

Calgary Reception
Archive Copy
Please Return

Area Code 403

MEDICINE HAT and Area

MARCH 5, 1994



**A GUIDE TO AGT
PRODUCTS & SERVICES
LOOK INSIDE!**

WE GO FURTHER THAN LONG DISTANCE



EMERGENCY CALLS

**"9-1-1 SERVICE APPLIES TO MEDICINE HAT AND REDCLIFF
THIS SERVICE DOES NOT APPLY IN OTHER RURAL ALBERTA COMMUNITIES"**

**For Your Appropriate Emergency Telephone Numbers
Refer To Emergency Calls Immediately Preceding Your Local Area Listings**

Please enter the telephone numbers that apply to your area.

FIRE



**NATURAL
GAS**



POLICE



**ELECTRIC
LIGHT
and
POWER**



AMBULANCE



**WATER
SEWER
ROADS and
GARBAGE**



HOSPITAL



**MUNICIPAL
DISASTER
SERVICE
AGENCY**



POISON CENTRE



1-800-332-1414
TOLL FREE ALBERTA-WIDE

**SOCIAL
SERVICES**



**HEARING AND SPEECH IMPAIRED EMERGENCY
ACCESS — POLICE, FIRE & AMBULANCE**



DOCTOR _____ DENTIST _____

INSERT YOUR ADDRESS AND TELEPHONE NUMBER FOR EMERGENCY USE

TELEPHONE SERVICE CALLS

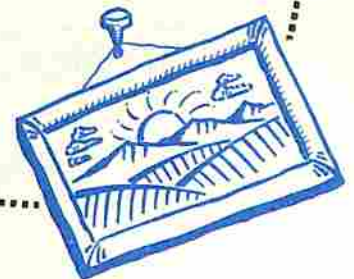
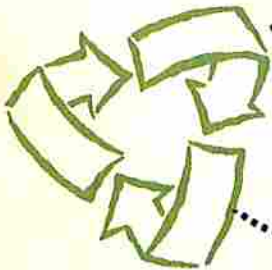
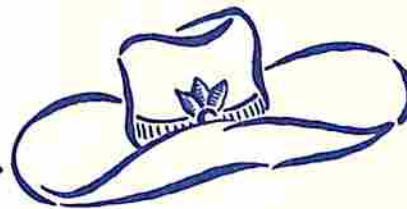
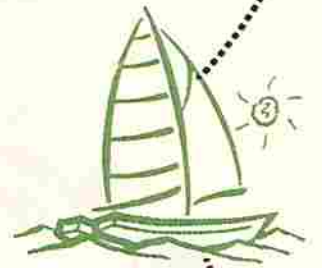
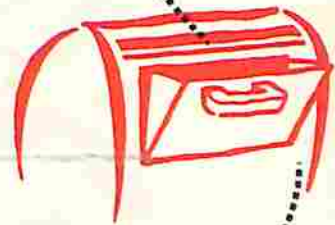
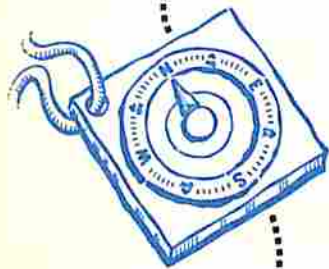
SEE INSTRUCTIONS IMMEDIATELY PRECEDING YOUR LOCAL AREA LISTINGS

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TM

COMMUNITY PAGES



WHAT'S INSIDE

2 MAPS

6 - 8 COMMUNITY SERVICES

10 - 15 POSTAL CODES

3 - 5 ATTRACTIONS

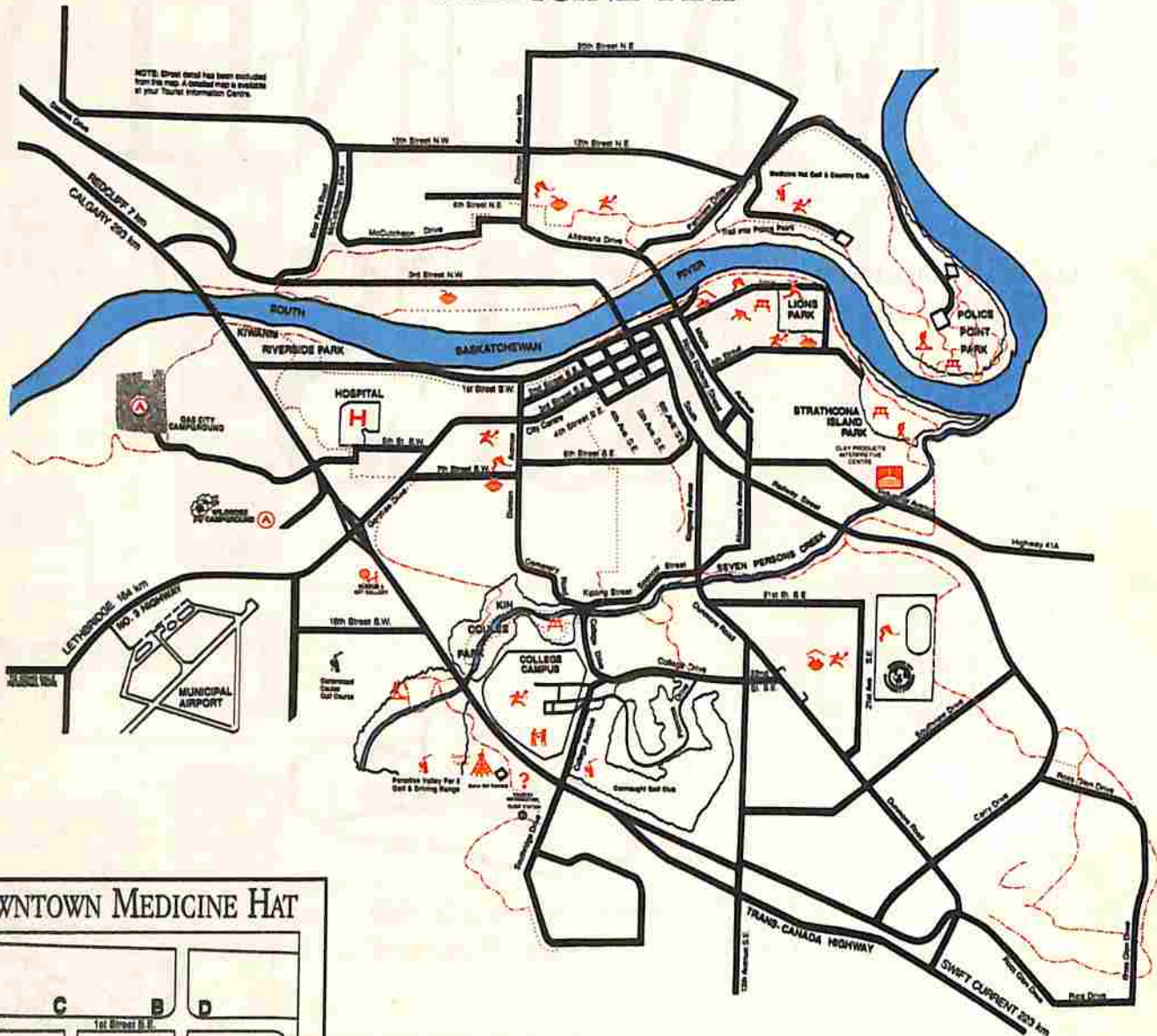
9 SENIORS' GUIDE

16 RECYCLING

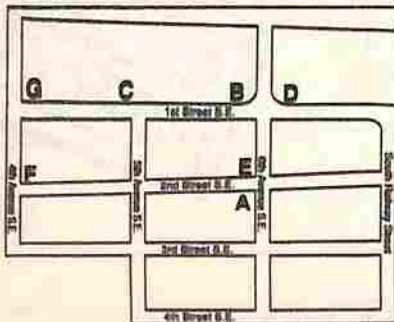


MAPS

MEDICINE HAT



DOWNTOWN MEDICINE HAT



DOWNTOWN POINTS OF INTEREST

Chamber of Commerce.....A	Gas City Square.....E
City Hall.....B	Post Office.....F
Court House.....C	Lib.....G
Riverside Park.....D	Police Building.....H

Map provided courtesy of
South East Alberta Travel &
Convention Association



LEGEND

Picnic Areas	Hockey Arena
Museum	Cultural Centre
Athletic Park	Golf Course
Camping/Trailer Park	Indoor Swimming Pool
Information Centre	Outdoor Swimming Pool
Hospital	Curling Rink
Tennis Court	Trails
Walking Trail	On-Street Cycle Routes



ATTRACTIONS

CITY OF MEDICINE HAT

SITES OF INTEREST

Ajax Coal Mine
Echo Dale Park off Hwy #3

City Hall
Downtown 580 - 1 Street SE

Clay Products Interpretive Centre
Corner of Industrial & Medalta Avenues

Cultural Centre
Opposite Tourist Centre on Hwy #1

Downtown Historic Walking Tour
Self-guided tour in downtown

Echo Dale Farm – Woolfrey House
Echo Dale Park

Medicine Hat Museum & Art Gallery
1302 Bomford Crescent SW

Medicine Hat Public Library
414 - 1 Street SE

Saamis Tepee
Above Seven Persons Creek Coulee,
on Hwy #1

PARKS

Echo Dale
Off Hwy #3 near airport

Kin Coulee
Near Medicine Hat College

Kiwanis Riverside Park
Hwy #1 and 1 Street SW

Lions Park
2 Street and Minto Avenue

Police Point
North side of South Saskatchewan River

Strathcona Island
South side of South Saskatchewan River

FOR FURTHER INFORMATION CALL
MEDICINE HAT (403) 527-6422

SOUTH EAST ALBERTA TRAVEL & CONVENTION ASSOCIATION

Refer to the Yellow Pages™ Headings Index for the following services within the
Yellow Pages™ coverage area of this directory:

Arenas & Athletic Parks
Associations, Societies & Foundations
Bowling
Camp Grounds
Exhibitions & Fairs

Golf Courses
Hotel Reservations – Out of Town
Hotels
Libraries
Motel Reservations – Out of Town

Motels
Museums
Parks
Recreation Centres
Restaurants

Shopping Centres
Sightseeing Tours & Attractions
Ski Centres
Swimming Pools – Public
Travel Service
Tourist Information

Note: Not all possible Yellow Pages™ classifications are listed above. Refer to the Yellow Pages™ Index for other appropriate headings, however, please also note that some businesses may choose not to list in the directory.



ATTRACTIONS

SOUTHEAST ALBERTA

SITES OF INTEREST AND PARKS

BOW ISLAND

Alberta Sunflower Seeds Plant Tour
Alfalfa Dehydrating & Cubing Plant Tour
Alberta Wheat Pool Bean Plant Tour
Bow Island Gas Field – Old Glory
Golden Sheaf Park (Rattlesnake Dam)

CYPRESS HILLS — ELKWATER

Bull Trail
Bullshead Reservoir
Elkwater Lake
Horseshoe Canyon Viewpoint
Michelle Reservoir
Reesor Lake
Spruce Coulee
Survival Tree

DUNMORE

Cavan Lake

ETZIKOM

Etzikom Bird Sanctuary
Etzikom Museum & Canadian National
Windpower Centre

FOREMOST

Forty Mile Coulee Reservoir & Park
Monument to Early Settlers
Pakowki Lake
Vernon Reservoir

HILDA

Sandy Point Park

IRVINE

Prairie Memories Museum

MANYBERRIES

Orion Sandhills

REDCLIFF

Memorial Park
Redcliff Museum
River Valley Park

SEVEN PERSONS

Red Rock Coulee
Sunridge Observatory

SUFFIELD/RALSTON

Alderson Abandoned Ghost Town
Canadian Forces Base Suffield

FOR FURTHER INFORMATION CALL
MEDICINE HAT (403) 527-6422
SOUTH EAST ALBERTA TRAVEL & CONVENTION ASSOCIATION



ATTRACTIONS

GATEWAY COUNTRY

MUSEUMS

Main Features	Community
Clay Products Interpretive Centre	Medicine Hat (Seasonal)
Etzikom Museum & Canadian National Windpower Centre	Etzikom (Seasonal)
Medicine Hat Museum & Art Gallery	Medicine Hat (Year Round)
Prairie Memories Museum	Irvine (Seasonal)
Redcliff Museum	Redcliff (Seasonal)

THE ARTS

Main Features	Community
Cultural Centre	Medicine Hat (Year Round)
Medicine Hat Museum & Art Gallery	Medicine Hat (Year Round)
Medicine Hat College Theatre	Medicine Hat (Year Round)
Live Seasonal Theatre	Foremost (Seasonal)

WATCHABLE WILDLIFE

Main Features	Community
Burrowing Owl	Redcliff
Magpie	Medicine Hat
Deer – Mule & Whitetail	Entire Zone
Elk, Moose	Cypress Hills
Migratory Songbirds (Police Point Park)	Medicine Hat
Prairie Dogs	Entire Zone
Pronghorn Antelope	Suffield & Walsh
Sage Grouse	Manyberries
Snow Geese	Entire Zone
Swift Fox	One Four

Seasonality: Watchable Wildlife is a year-round joy in Gateway Country. Call Tourist Centre for details.

WINTER SPORTS

Main Features	Community
Cross Country Skiing & Snowshoeing	Cypress Hills
Police Point Park	Medicine Hat
Strathcona Park	Medicine Hat
Downhill Skiing Hidden Valley	Cypress Hills
Hockey:	
Medicine Hat Tigers, Arena	Medicine Hat
Ice Fishing:	
Elkwater Lake, Spruce Coulee & Reesor Lakes	Cypress Hills
Rattlesnake Dam	Bow Island

WATER SPORTS

Main Features	Community
Canoeing:	
South Saskatchewan River	Medicine Hat
Fishing:	
Pike, Perch, Walleye, Brook & Rainbow Trout	35 Locations
Jetskiing:	
(South Saskatchewan River)	Medicine Hat
Competition Gold Sheaf Park	Bow Island
Elkwater Lake	Cypress Hills
Water Skiing:	
Elkwater Lake	Cypress Hills
Rattlesnake Dam	Bow Island
Windsurfing:	
Golden Sheaf Park	Bow Island
Elkwater Lake	Cypress Hills

FOR FURTHER INFORMATION CALL
MEDICINE HAT (403) 527-6422
 SOUTH EAST ALBERTA TRAVEL & CONVENTION ASSOCIATION



COMMUNITY SERVICES

ADOPTIONS

Alberta Family & Social Services 529-3657

BUS INFORMATION

Medicine Hat Transit System 529-8214

Special Transit

(For Handicapped Individuals & Seniors) 529-8214

Dial-A-Ride (6:15 p.m. - 10:45 p.m.) 528-7433

CHILD PROTECTION

Alberta Family & Social Services Child Welfare 529-3607

Child Abuse Hot Line - 24 Hour 1-800-387-KIDS (5437)

Children's Advocate 1-800-661-3446

CONSUMER INFORMATION

Housing and Consumer Affairs 529-3535

COUNSELLING - FAMILY & INDIVIDUAL

Alberta Alcohol & Drug Abuse Commission 529-3582

Alberta Mental Health Clinic 529-3500

Christian Counselling Centre 526-7800

Housing and Consumer Affairs

(Financial Counselling) 529-3535

Medicine Hat Family Services 529-8020

DAY CARE

Alberta Family & Social Services

Day Care Programs 529-3550/3657

See under "Day Centres Homes & Nurseries"

in Yellow Pages

DISTRESS/CRISIS LINE

Kids Crisis Line (Toll Free) 1-800-668-6868

Samaritan Crisis Line - 24 Hour 1-800-667-8089

Medicine Hat Women's Shelter - 24 Hour 529-1091

Long Distance Dial "0" Operator

(No Charge) & ask for Zenith 22022

EDUCATION

Families First Foundation (Parenting) 526-7119

Medicine Hat College 529-3811

Medicine Hat Further Education Council 529-9060

Oyen Further Education Council 664-2060

Students Finance Board 1-800-222-6485

See under "Schools" in Yellow Pages

EMERGENCY CALLS (MEDICINE HAT)

Ambulance, Fire Alarm, Police "9-1-1"

EMPLOYMENT/UNEMPLOYMENT

Alberta Career Development & Employment

(Career Counselling) 529-3683

(Career Information Hotline) 1-800-661-3753

Canada Employment Centre 528-6800

ENVIRONMENTAL HEALTH SERVICES

Southeastern Alberta Health Unit 529-7950

FAMILY PLANNING/BIRTH CONTROL

Southeastern Alberta Health Unit

Medicine Hat Office 526-7950

Bow Island Sub-Office 545-2296

FAMILY VIOLENCE (INFORMATION)

Medicine Hat Women's Shelter Society

Administration 528-5608

Shelter Supervisor 527-8223

Office for the Prevention of Family Violence

(Dial 529-3511) & ask for Edmonton 422-5916

FIRST AID

Red Cross Society 526-3048

St. John Ambulance 529-8005

HANDICAPPED DISABLED (ADULTS & CHILDREN)

BEHAVIOUR MANAGEMENT:

Behaviour Management Services 529-8931

MENTALLY & PHYSICALLY HANDICAPPED:

Alberta Family & Social Services

Assured Income for the

Severely Handicapped (A.I.S.H.) 529-3578

Client Services Co-ordinator 529-3657

Association for Parents of the Handicapped 526-7473

Medicine Hat Regional Association for the

Mentally Handicapped 527-3302

Premier's Council - Disabilities 1-800-272-8841

REDI Enterprises 526-5742

SEAHU Home Care Program

Medicine Hat Office 527-1136

Bow Island Sub-Office 545-2296



HEALTH — ASSOCIATIONS, AGENCIES, GROUPS

- Heart & Stroke Foundation of Alberta.....527-0028
Pregnancy Support Group.....527-6540
For information contact the
Community Resource Centre 529-3552

HOMEMAKING SERVICES

- Hearts At Home Health Services.....527-9888
Meals-On-Wheels.....529-8383
Medicine Hat Home Support.....529-8318
We Care Health Services 529-2200

HOUSING ACCOMMODATIONS

- Medicine Hat Housing Authority 527-4507

IMMIGRANTS

- Saamis Immigration Services Association.....529-0700

INCOME TAX

- General Inquires 1-800-332-1410
Forms Requests.....1-800-472-9701
French Services (Call Collect).....292-4118

INFORMATION & REFERRAL

- Community Resource Centre.....529-3552
Medicine Hat Rite Centre
(Provincial Programs & Services) 529-3511
Medicine Hat Public Library 527-5551
Reference Canada (Referral to
Federal Programs & Services) 1-800-232-9481

LANDLORD & TENANT

- Medicine Hat Landlord and Tenant
Advisory Board.....529-8308

LEGAL SERVICES

- Legal Aid.....529-3553
Dial-A-Law (Toll Free) 1-800-332-1091

MARRIAGE LICENSES

- Alberta Motor Association.....527-1166

MEDICAL SERVICES

- A* Sexually Transmitted Disease.....1-800-772-2437
A* Daily Living
Medicine Hat Office.....527-1136
Bow Island Sub-Office.....545-2296
Alberta Blue Cross 529-5550
Alberta Health Care Insurance Plan
(Dial 529-3511) & ask for.....Edmonton 427-1432
Medicine Hat Regional Hospital.....529-8000
Southeastern Alberta Health Unit 526-7950
SEAHU Home Care Program
Medicine Hat Office.....527-1136
Bow Island Sub-Office.....545-2296
Victorian Order of Nurses.....529-8025
We Care Health Services 529-2200
Doctors - See under "Physicians and
Surgeons" in Yellow Pages

MENTAL HEALTH

- Alberta Mental Health Clinic 529-3500
Canadian Mental Health Association 529-8944
Medicine Hat Regional Hospital
Partial Hospitalization Program.....529-8030

NUTRITION/DIET

- Alberta Agriculture, Food & Rural Development
District Home Economist 529-3616
Medicine Hat Regional Hospital.....529-8000
Southeastern Alberta Health Unit 526-7950

SENIOR CITIZENS (INFORMATION ON SERVICES)

For Listings Refer to the Seniors' Guide on page 9



A New Spirit of Giving



SHELTERS/HOSTELS

- Medicine Hat Women's Shelter Society 529-1091
or Dial "0" Operator (No Charge)
& ask for Zenith 22022
The Salvation Army.....527-2474/526-9699

SUICIDE PREVENTION EDUCATION & REFERRAL

- Canadian Mental Health Association 529-8944

SUPPORT/SELF-HELP GROUPS

- Al-Anon, Al-Ateen & Al-Atot.....527-8252
Alcoholics Anonymous.....527-2065
Association for Parents of the Handicapped
(Support Groups for Parents of
Children with Disabilities 526-7473
Canadian Diabetes Association.....529-1259
CanSurmount Program 529-8015
Compassionate Friends.....529-8020
Emotions Anonymous (Adult & Youth) 526-1145
Families First Foundation (Parenting) 526-7119
Life Goes On Support Group 526-3427
Narcotics Anonymous Support Group 529-4474
New Beginnings Support Group.....527-2536/529-6745
Nursing Mothers Group.....526-8137/529-5146
Parent to Parent Support
Hospital – Neonatal Intensive Care Unit 529-8837
Pregnancy Support Group.....527-6540
Reach To Recovery Support Group 529-8015
Step Parenting Support Group 529-8020
Stroke Recovery Group of Medicine Hat 527-3833
Teen Ed Society 529-2484
United Ostomy Support Group 529-8015

UNITED WAY AGENCIES

- Arthritis Society.....526-8011
Big Brothers/Big Sisters.....527-6640
Canadian National Institute for the Blind 527-2211
Canadian Mental Health Association 529-8944
Canadian Paraplegic Association.....529-8951
Canadian Red Cross.....526-3048
Girl Guides of Canada 529-9153
John Howard Society of Medicine Hat.....526-5916
Medicine Hat Citizen Advocacy Society.....529-8907
Medicine Hat Community Christian Counselling.....526-7800
Medicine Hat & District Food Bank Association.....528-4313
Medicine Hat Family Service 529-8020
Medicine Hat Family YMCA 527-4426
Medicine Hat Women's Shelter Society 527-8223
Multiple Sclerosis Society 529-8974
Redcliff Action Society for Youth.....548-6122
Safety City Society.....529-2912
Scouts Canada.....527-3633
St. John Ambulance Association 529-8005
Teen Ed Society 529-2484
Worlds of Women Together 529-8953

VOLUNTEERING

- Volunteer Registry
Contact Community Resource Centre.....529-3552

YOUTH SERVICES

- Southeastern Alberta Health Unit
Young Children's Development Program.....529-8966



**Information &
Referral Services
Association of
Alberta**

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SENIORS' GUIDE

EMERGENCY (MEDICINE HAT)

Ambulance	"9-1-1"
City Utilities	529-8111
Fire	"9-1-1"
Hospital	529-8000
Poison Centre	1-800-332-1414
Police	"9-1-1"
Samaritans Crisis Line	1-800-667-8089
Women's Shelter	529-1091
Long Distance Dial "0" Operator & ask for ...Zenith 22022	

INFORMATION SERVICES

Community Resource Centre	529-3552
Income Security Information	529-8383
Reference Canada (Federal)	1-800-232-9481
Rite Operator (Provincial)	529-3511
Seniors Advisory Council for Alberta	1-800-642-3853
Seniors Independent Living Program	1-800-263-3788
Veiner Centre	529-8383
Veterans Affairs Canada	292-4048

HEALTH SERVICES

Alberta Mental Health Services	529-3500
Arthritis Society	526-8011
Canadian Cancer Society	529-8015
Canadian Mental Health Association	529-8944
Canadian Diabetes Association	529-1259
Kiwanis Emergency Alert	529-8800
Medical Arts Clinics	527-2281
Southeastern Alberta Health Unit	526-7950
United Ostomy Association	529-8015
We Care Health Services	529-2200

SUPPORTS FOR INDEPENDENCE

Adult Day Program (V.O.N.)	529-8025
Home Care Program	527-1136
Home Support Services	529-8318
Meals on Wheels - Medicine Hat	529-8330

SUPPORTS FOR INDEPENDENCE (CONT'D.)

Meals on Wheels - Redcliff	548-7415
Postpartum Program	529-8383
Vacation Relief Program	527-8755
Victorian Order of Nurses (V.O.N.)	529-8025

HOUSING ASSISTANCE

Housing Registry	529-8383
Landlord & Tenant Office	529-3535
Residential Rehabilitation Assistance Program (R.R.A.P.)	529-8383

EDUCATION

Heritage Alive Program	529-8383
Medicine Hat College	529-3811
Public Library	527-5551

TRANSPORTATION

Air BC	1-800-332-1080
Bus Passes	529-8383
Dial-A-Ride (6:15 p.m. - 10:45 p.m.)	528-7433
Greyhound Bus Lines	1-800-661-8747
Medicine Hat Transit System	529-8214
Special Transit	529-8214
Time Air	1-800-665-1177

OUTREACH AND COUNSELLING

Community Christian Counselling Services	526-7800
Helpful Visitors	529-8318
Life Goes On Support Group	526-3427
Medicine Hat Family Services	529-8020
New Beginnings Support Group	527-2536/529-6745
Partial Hospitalization Program	529-8030

RECREATION

Cultural Centre	529-3882
Parks	529-8313
Pools	527-7007
Strathcona Centre	529-8307
Veiner Centre	529-8383



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POSTAL CODES

1-800-267-1133

Postal Codes For Exchanges Included in the Medicine Hat and District Directory

BINDLOSS	TOJ 0H0	EMPRESS	TOJ 1E0	IRVINE	TOJ 1V0	REDCLIFF	TOJ 2P0
BOW ISLAND	TOK 0G0	ETZIKOM	TOK 0W0	MANYBERRIES	TOK 1L0	SCHULER	TOJ 3B0
BURDETT	TOK 0J0	FOREMOST	TOK 0X0	OYEN	TOJ 2J0	SEVEN PERSONS	TOK 1Z0
ELKWATER	TOJ 1C0	HILDA	TOJ 1R0	RALSTON	TOJ 2N0	WALSH	TOJ 3L0

MEDICINE HAT

MEDICINE HAT

STREETS WITH URBAN DELIVERY

*(LOOK FOR EITHER ODD OR EVEN NUMBERS)

ABERDEEN ST SE	219	-	T1A 0P8	337	339
odd	33	69	T1A 0P9	525B	-
even	201	261	T1A 0R3	150	-
odd	315	399	T1A 0R4	310	314
even	401	459	T1A 0R6	440	-
odd	505	577	T1A 0P7	502	-
even	6	110	T1A 0R1	510B	540B
odd	206	280	T1A 0R2	803A	821A
even	308	398	T1A 0R5	819	835
odd	404	482	T1A 0R7	839	873
even	506	554	T1A 0R7	927	965
ALEXANDRA ST SE	859	-	T1A 7X3	1001	1077
odd	201	-	T1A 3C7	1103	1177
even	301	-	T1A 3C8	1203	1247
odd	401	447	T1A 3E1	720	736
ALLOWANCE AVE SE	801F	801-543	T1A 3Q2	804	830
odd	523	-	T1A 3E2	830A	-
even	503D	533D	T1A 3E2	832	880
odd	501C	535C	T1A 3E8	912	974
even	503A	541A	T1A 3E6	1010	1078
odd	503B	545B	T1A 3E4	1106	1178
even	501E	545E	T1A 3E5	1202	1228
odd	545G	-	T1A 3G1	830A	-
even	701	-	T1A 3G3	832	880
odd	1023	-	T1A 3G4	912	974
even	332	-	T1A 3A9	1010	1078
odd	510D	-	T1A 3C9	1106	1178
even	530	-	T1A 3E9	1202	1228
odd	710	730	T1A 3E3	1007	1039
even	860	-	T1A 756	1103A	1199
odd	902	942	T1A 3G7	722	764
even	1002	1052	T1A 3G8	804	1096
odd	1110	1124	T1A 3G9	1134	-
even	1222	-	T1A 3H1	1170	-
ALTAWANA AVE NE	124	-	T1A 5N6	359	377
odd	218	-	T1A 5N7	360	376
ALTAWANA DR NE	172	-	T1A 5N3	3	27
odd	2339	2371	T1B 1A1	8	20
even	2340	2370	T1B 1A1	379	395
ANSON AVE SW	71	77	T1A 728	378	394
odd	81	127	T1A 729	225	277
even	135	163	T1A 8A1	301	399
odd	169	173	T1A 8A2	411	461
even	70	174	T1A 8A3	-	-
ASH AVE SE	155	-	T1A 3B1	-	-

RUES AVEC SERVICE URBAIN

*(RECHERCHEZ LES NUMÉROS PAIRS OU IMPAIRS)

BELL ST SW	1420	1440	T1A 5E9	1202	1272	T1A 1E4	CAMPBELL CRES SE	1	69	T1B 1J7
odd	1720	1760	T1A 5G1	701	-	T1A 5G5	odd	1	69	T1B 1J8
even	1440	1460	T1A 5A1	809	-	T1A 5G6	even	2	42	T1B 1J8
odd	1760	1780	T1A 5A2	901	1035	T1A 5G7	odd	7	-	T1B 1T3
BENNETT CRT NW	15	53	T1A 7A1	1119	1135	T1A 5G8	even	15	31	T1B 1T4
odd	84	82	T1A 7A2	1442	1548	T1A 5G9	odd	2	58	T1B 1T5
even	17	53	T1A 7R2	1602	1630	T1A 5H1	even	2	58	T1B 1T5
odd	6	60	T1A 7R2	1702	1764	T1A 5H2	odd	2	110	T1B 3J8
BINDER CRES NW	17	53	T1A 7B1	1802	-	T1A 5H3	even	5	29	T1B 3Y2
odd	6	60	T1A 7B2	BURNS CRES NW	9	89	odd	4	32	T1B 3Y2
even	318	-	T1A 3B8	odd	103	177	even	5	29	T1B 3Y2
odd	418	440	T1A 3B9	even	4	188	odd	4	32	T1B 3Y2
BIRCH AVE SE	318	-	T1A 3B8	BURTON PL SE	2711	2763	CAMAS CRT SE	19	25	T1B 2A3
odd	418	440	T1A 3B9	odd	2624	2696	even	6	24	T1B 2A3
BLACK BLVD NW	665	-	T1A 7B5	even	2624	2696	odd	347	371	T1A 0S9
odd	665	-	T1A 7B5	BUTTERCUP CRT SE	13	55	even	403	447	T1A 0T1
even	768	-	T1A 7B3	odd	13	55	odd	501	553	T1A 0T3
odd	768	1098	T1A 7B4	even	12	54	even	302	358	T1A 0S8
BLUEBELL CRT SE	7	37	T1B 2L2	odd	51	75	odd	404	460	T1A 0T2
odd	6	36	T1B 2L2	even	52	74	even	504	558	T1A 0T4
even	6	36	T1B 2L2	CAIRNEY CRES SE	5	81	CAMERON PL SE	5	21	T1B 3S7
BOMFORD CRES SW	1617	-	T1A 5E7	odd	5	81	odd	4	20	T1B 3S7
odd	1705	-	T1A 5E8	even	5	81	even	45	81	T1B 1J9
even	1250	-	T1A 5E4	odd	5	81	odd	89	93	T1B 1K7
odd	1302	1320	T1A 5E6	even	5	81	even	105	141	T1B 1K8
BRAEMAR ST SE	701	749	T1A 0T9	CAIRNS WAY SE	7	39	ROSS GLEN ESTATES	235	-	T1B 4B5
odd	803A	865A	T1A 0V4	odd	43	51	odd	249	261	T1B 2Z2
even	815	877	T1A 0V3	even	4	48	even	273	295	T1B 356
BRIDGE ST SE	1105	1163	T1A 0V1	CALDER BAY SE	9	21	odd	297	325	T1B 1Z4
odd	1301	1339	T1A 0V2	odd	8	20	even	337	349	T1B 2B7
even	1431	1469	T1A 0V3	even	5	29	odd	381	381	T1B 2B8
odd	940	984	T1A 0V4	odd	10	28	even	14	-	T1B 2B9
even	1114	1178	T1A 0V5	even	10	28	odd	18	68	T1B 1L1
BRAY CRES SW	14	84	T1A 0V6	CALDER CRES SE	5	83	even	74	92	T1B 1L2
odd	14	84	T1A 0V7	odd	12	18	odd	94	-	T1B 1L3
even	14	84	T1A 0V8	even	66	162	even	202	234	T1B 1P2
BRIDGE ST SE	1105	1163	T1A 0V9	CALDER CRT SE	11	53	odd	238	250	T1B 1P3
odd	1301	1339	T1A 1E3	odd	8	44	even	262	266	T1B 1P4
even	1431	1469	T1A 1E5	even	7	25	odd	274	280	T1B 1P5
odd	940	984	T1A 1E6	odd	12	48	even	284	-	T1B 1P6
even	1114	1178	T1A 1E7	even	12	48	odd	300	336	T1B 1P7
BULLIVANT CRES SW	1202	1272	T1A 1E4	CALDER GREEN SE	7	25	even	340	-	T1B 1Z3
odd	701	-	T1A 5G5	odd	12	24	CAMERON WAY SE	13	29	T1B 3S3
even	809	-	T1A 5G6	even	5	41	odd	4	56	T1B 3S2
odd	901	1035	T1A 5G7	odd	5	41	even	19	27	T1A 4N3
even	1119	1135	T1A 5G8	even	12	48	odd	20	28	T1A 4N3
odd	1442	1548	T1A 5G9	CALDER PL SE	5	41	CAMP DR SW	19	27	T1A 4N3
even	1602	1630	T1A 5H1	odd	5	41	odd	19	27	T1A 4N3
odd	1702	1764	T1A 5H2	even	12	48	even	20	28	T1A 4N3
even	1802	-	T1A 5H3	CAMP DR SW	19	27	odd	20	28	T1A 4N3
BURNS CRES NW	9	89	T1A 7A1	odd	19	27	even	42	50	T1A 7M6
odd	103	177	T1A 7A2	even	20	28	odd	42	50	T1A 7M6
even	4	188	T1A 7R2	odd	20	28	even	42	50	T1A 7M6
BURTON PL SE	2711	2763	T1A 7R2	even	20	28	odd	42	50	T1A 7M6
odd	2624	2696	T1A 7B1	odd	20	28	even	42	50	T1A 7M6
even	2624	2696	T1A 7B2	even	20	28	odd	42	50	T1A 7M6
BUTTERCUP CRT SE	13	55	T1A 3B8	odd	20	28	even	42	50	T1A 7M6
odd	13	55	T1A 3B9	even	20	28	odd	42	50	T1A 7M6
even	12	54	T1A 7B5	odd	20	28	even	42	50	T1A 7M6
CACTUS ST SW	51	75	T1A 7B3	even	20	28	odd	42	50	T1A 7M6
odd	51	75	T1A 7B4	odd	20	28	even	42	50	T1A 7M6
even	52	74	T1B 2L2	even	20	28	odd	42	50	T1A 7M6
CAIRNEY CRES SE	5	81	T1B 2L2	odd	20	28	even	42	50	T1A 7M6
odd	5	81	T1B 2L2	even	20	28	odd	42	50	T1A 7M6
even	5	81	T1B 2L2	odd	20	28	even	42	50	T1A 7M6
CAIRNS WAY SE	7	39	T1A 5E7	even	20	28	odd	42	50	T1A 7M6
odd	7	39	T1A 5E8	odd	20	28	even	42	50	T1A 7M6
even	43	51	T1A 5E4	even	20	28	odd	42	50	T1A 7M6
odd	4	48	T1A 5E6	odd	20	28	even	42	50	T1A 7M6
CALDER BAY SE	9	21	T1A 0T9	even	20	28	odd	42	50	T1A 7M6
odd	8	20	T1A 0V4	odd	20	28	even	42	50	T1A 7M6
even	5	29	T1A 0V3	even	20	28	odd	42	50	T1A 7M6
odd	10	28	T1A 0V1	odd	20	28	even	42	50	T1A 7M6
even	10	28	T1A 0V2	even	20	28	odd	42	50	T1A 7M6
CALDER CRES SE	5	83	T1A 0V5	odd	20	28	even	42	50	T1A 7M6
odd	12	18	T1A 0V6	even	20	28	odd	42	50	T1A 7M6
even	66	162	T1A 0V7	odd	20	28	even	42	50	T1A 7M6
CALDER CRT SE	11	53	T1A 0V8	even	20	28	odd	42	50	T1A 7M6
odd	8	44	T1A 0V9	odd	20	28	even	42	50	T1A 7M6
even	7	25	T1A 1E3	even	20	28	odd	42	50	T1A 7M6
CALDER GREEN SE	12	24	T1A 1E5	odd	20	28	even	42	50	T1A 7M6
odd	7	25	T1A 1E6	even	20	28	odd	42	50	T1A 7M6
even	5	41	T1A 1C9	odd	20	28	even	42	50	T1A 7M6
CALDER PL SE	5	41	T1A 1E2	even	20	28	odd	42	50	T1A 7M6
odd	5	41	T1A 1E2	odd	20	28	even	42	50	T1A 7M6
even	12	48	T1A 1E2	even	20	28	odd	42	50	T1A 7M6



MEDICINE HAT

ALBERTA

URBAN/URBAINE

822 SMITH CLOSE SE odd impar even par 2 15 SMITHSON ST SE odd impar even par 9 111 BOUCH BAY SE odd impar even par 5 23 SOUTH RAILWAY ST SE odd impar even par 201 645 911 1021 1105 110 210 314 410 502 646 676 678 906 1130 SOUTH RIDGE CRES SE odd impar even par 9 8 132 SOUTH RIDGE CRES SW odd impar even par 52 128 SOUTH RIDGE DR SE odd impar even par 169 201 207 303 34 38 60 152 178 SOUTH WEST DR SW odd impar even par 15 23 55 50 SOUTHDAL CRT SE odd impar even par 6 18 SOUTHVIEW CRT SE odd impar even par 3 19 SOUTHVIEW DR SE odd impar even par 2185 2205 2345 2425 2451 2793 1202 1480 CRESTWOOD MOBILE HOME COURT 2248 2248 2398 2402 2532 SOUTHVIEW PL SE odd impar even par 3 15 SPENCER ST SE odd impar even par 511 551 615 753 200 660 SPRAGUE WAY SE odd impar even par 69 101 107 193 277 301 427 90 106 244 310 442 STAFORD CRES SE odd impar even par 5 35 41 95 179 6 36 42 90 STEEL ST SE odd impar even par 1117 1165 1112 1165	840 TIA 3N5 TIB 4B9 TIB 4B9 TIB 3H6 TIB 3G6 TIB 4A8 TIB 4A8 TIA 2V2 TIA 2V8 TIA 2W3 TIA 2W4 TIA 2V5 TIA 2V3 TIA 2V4 TIA 2V6 TIA 2V9 TIA BH3 TIA 2W1 TIA 2W2 TIA 2W6 TIB 2P2 TIB 2N8 TIB 2P1 TIB 2N9 TIB 3K8 TIB 2L8 TIB 3S1 TIB 2B2 TIB 2N6 TIB 2N7 TIB 2E2 TIA BE7 TIA BE8 TIA BL6 TIA BJ8 TIA BJ8 TIA BJ9 TIA BJ9 TIB 1R4 TIB 1R5 TIB 1R1 TIB 1E8 TIB 1G1 TIB 2H1 TIB 4B6 TIB 3Z3 TIB 1R3 TIB 1R2 TIB 1E9 TIB 1C8 TIB 1C7 TIA BK1 TIA BK1 TIA 1Y8 TIA 1Y9 TIA 1Z2 TIA 1Y7 TIB 3M2 TIB 3L5 TIB 3L9 TIB 3Z1 TIB 3Y9 TIB 3Y7 TIB 3M1 TIB 3K3 TIB 2S6 TIB 4B9 TIB 4A7 TIB 3Z1 TIB 3Y9 TIB 3Y8 TIB 3Y1 TIB 3Y8 TIB 3Y8 TIA 1E8 TIA 1E7	STEVENSON ST SE odd impar even par 11 101 TIB 3G8 TIB 3H1 STEWART DR NW odd impar even par 655 1073 602 1074 STONE CRES SE odd impar even par 11 113 119 191 6 136 142 214 STRATTON WAY SE odd impar even par 5 - 241 - 24 114 120 126 132 164 STRONG AVE SE odd impar even par 11 41 12 - 18 54 SUNFLOWER CRT SE odd impar even par 13 49 12 48 SWAN WAY SE odd impar even par 8 20 24 36 TAYLOR BLVD SE odd impar even par 35 91 6 62 TAYLOR CIR SE odd impar even par 3 23 4 24 TAYLOR CLOSE SE odd impar even par 3 23 4 24 TAYLOR CRES SE odd impar even par 7 23 39 55 10 22 26 70 74 94 TAYLOR CRT SE odd impar even par 9 21 4 24 TAYLOR PL SE odd impar even par 3 15 8 24 TAYLOR RD SE odd impar even par 693 707 709-13 709-13 711 733 737 769 773 781 694 712 TERRILL RD NW odd impar even par 511 599 502 514 538 628 THOMPSON CRES SE odd impar even par 2555 2783 2504 2778 TRACTOR AVE SE odd impar even par 901 919 1125 1145 TRANS CANADA WAY SE odd impar even par 1023 1299A 1301 1343 1270 1290 1312 1316 TURNER DR SE odd impar even par 4 8 TWEED AVE NW odd impar even par 51 69 UPLAND CRT SE odd impar even par 6 78 UPLAND DR SE odd impar even par 139 225 1957 2257 102 184 1910 2262 VALLEYVIEW DR SW odd impar even par 1 45 42 62 VIOLET CRT SE odd impar even par 13 25 12 24 VIRICOUNT AVE SW odd impar even par 25 49 WASHINGTON AVE SE odd impar even par 523A - 523B -	501D 525D 525G 515E 533E 503C 547C 502D 538E WOOD ST SE odd impar even par 606 614 WOODMAN AVE SE odd impar even par 201 401 515A 521A 521B - 523A 531A 531F - 533A 535A 547 - 202 - 508D 512D 514C - 514D - 514E - 516D 520D 520G - 522D 524D 548 - WOODMAN AVE SE odd impar even par 520B - WOOLLEY PL SE odd impar even par 2313 2377 2314 2392 YUILL ST SE odd impar even par 925 955 1001 1089 1115 1177 1201 1277 1301 - 920 976 1002 1078 1112 1170 1202 1278 1 AVE NE odd impar even par 101 - 901 939 1101 - 1911 - 1941 - 350 - 702 - 1102 1120 1908 1950 1 AVE NW odd impar even par 343 353 423 457 340 - 424 456 1 AVE SE odd impar even par 945 - 820 - 1 AVE SW odd impar even par 25 - 119 125 429 - 601 - 1251 - 422 422A 1 ST NE odd impar even par 3 97 105 - 8 78 102A 128A 112 198 220 254 1 ST NW odd impar even par 1 69 105 177 201 277 301 375 401 499 2 78 302 370 402 456 502 594 612 1 ST SE odd impar even par 1 27 205 277 305 381 443 - 533 - 731 749 10 28 210 286 312 378 414 466 CITY OF MEDICINE HAT 560 770 1 ST SW odd impar even par 9 77 111 171	201 245 701 1177 24 78 102 176 200 202 528 684 702 770 858 890 902 978 1160 1 AVE NE odd impar even par 121 - 144 - 405 - 410 - 239 - 239 - 1497 - 1617 - 1835 - 114 - 238 - 320 - 1102 - 1790 2 AVE NW odd impar even par 341 343 421 445 202 - 406 440 2 AVE SE odd impar even par 131 141 525 - 130 148 402 424 520A - 1022 - 2 AVE SW odd impar even par 421 - 1302 - 2 ST NE odd impar even par 63 - 101A 131A 158B - 101 189 221 245 2 62 130A - 170B - 102 180 216 262 2 ST NW odd impar even par 3 75 201 - 309 377 401 457 507 585 2 76 102 178 202 278 312 378 402 450 502 590 2 ST SE odd impar even par 3 85 203 267 457 459 501 577 601 675 727 773 817 849 801A 853A 801B 885B 909 989 14 74 248 278 304 380 404 480 504 562 606 660 702 - 830 874 830A 880A LUTHERAN MANOR 922 978 2 ST SW odd impar even par 5 173 209 269 309 377 102 178 202 444	245 701 1177 24 78 102 176 200 202 528 684 702 770 858 890 902 978 1160 1 AVE NE odd impar even par 121 - 144 - 405 - 410 - 239 - 239 - 1497 - 1617 - 1835 - 114 - 238 - 320 - 1102 - 1790 2 AVE NW odd impar even par 341 343 421 445 202 - 406 440 2 AVE SE odd impar even par 131 141 525 - 130 148 402 424 520A - 1022 - 2 AVE SW odd impar even par 421 - 1302 - 2 ST NE odd impar even par 63 - 101A 131A 158B - 101 189 221 245 2 62 130A - 170B - 102 180 216 262 2 ST NW odd impar even par 3 75 201 - 309 377 401 457 507 585 2 76 102 178 202 278 312 378 402 450 502 590 2 ST SE odd impar even par 3 85 203 267 457 459 501 577 601 675 727 773 817 849 801A 853A 801B 885B 909 989 14 74 248 278 304 380 404 480 504 562 606 660 702 - 830 874 830A 880A LUTHERAN MANOR 922 978 2 ST SW odd impar even par 5 173 209 269 309 377 102 178 202 444	TIA 3Z3 TIA 3Z5 TIA 3Y8 TIA 3Y9 TIA 3Z2 TIA 3Z4 TIA 3Z6 TIA 3Z7 TIA 3Z8 TIA 3Z9 TIA 5Z7 TIA 7K4 TIA 6S2 TIA 6S3 TIA 5Z9 TIA 6A3 TIA 6A4 TIA 7S4 TIA 6A7 TIC 1A1 TIC 1P2 TIA 5Z8 TIA 6A1 TIA 6A2 TIA 6A6 TIC 1C4 TIA 6S5 TIA 6S7 TIA 6S4 TIA 6S6 TIA 2K8 TIA 2L1 TIA 2K7 TIA 2K9 TIA 2L2 TIA 2L4 TIA 8L7 TIA 4Y8 TIA 5K6 TIA 5L1 TIA 5L3 TIA 5K8 TIA 5L5 TIA 5K7 TIA 5L2 TIA 5L4 TIA 5K9 TIA 5L6 TIA 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6I6 TIA 6I7 TIA 6I8 TIA 6I9 TIA 6J1 TIA 6J2 TIA 6J3 TIA 6J4 TIA 6J5 TIA 6J6 TIA 6J7 TIA 6J8 TIA 6J9 TIA 6K1 TIA 6K2 TIA 6K3 TIA 6K4 TIA 6K5 TIA 6K6 TIA 6K7 TIA 6K8 TIA 6K9 TIA 6L1 TIA 6L2 TIA 6L3 TIA 6L4 TIA 6L5 TIA 6L6 TIA 6L7 TIA 6G3 TIA 6G4 TIA 6G5 TIA 6G6 TIA 6G7 TIA 6G8 TIA 6G9 TIA 6H1 TIA 6H2 TIA 6H3 TIA 6H4 TIA 6H5 TIA 6H6 TIA 6H7 TIA 6H8 TIA 6H9 TIA 6I1 TIA 6I2 TIA 6I3 TIA 6I4 TIA 6I5 TIA 6I6 TIA 6I7 TIA 6I8 TIA 6I9 TIA 6J1 TIA 6J2 TIA 6J3 TIA 6J4 TIA 6J5 TIA 6J6 TIA 6J7 TIA 6J8 TIA 6J9 TIA 6K1 TIA 6K2 TIA 6K3 TIA 6K4 TIA 6K5 TIA 6K6 TIA 6K7 TIA 6K8 TIA 6K9 TIA 6L1 TIA 6L2 TIA 6L3 TIA 6L4 TIA 6L5 TIA 6L6 TIA 6L7 TIA 6G3 TIA 6G4 TIA 6G5 TIA 6G6 TIA 6G7 TIA 6G8 TIA 6G9 TIA 6H1 TIA 6H2 TIA 6H3 TIA 6H4 TIA 6H5 TIA 6H6 TIA 6H7 TIA 6H8 TIA 6H9 TIA 6I1 TIA 6I2 TIA 6I3 TIA 6I4 TIA 6I5 TIA 6I6 TIA 6I7 TIA 6I8 TIA 6I9 TIA 6J1 TIA 6J2 TIA 6J3 TIA 6J4 TIA 6J5 TIA 6J6 TIA 6J7 TIA 6J8 TIA 6J9 TIA 6K1 TIA 6K2 TIA 6K3 TIA 6K4 TIA 6K5 TIA 6K6 TIA 6K7 TIA 6K8 TIA 6K9 TIA 6L1 TIA 6L2 TIA 6L3 TIA 6L4 TIA 6L5 TIA 6L6 TIA 6L7 TIA 6G3 TIA 6G4 TIA 6G5 TIA 6G6 TIA 6G7 TIA 6G8 TIA 6G9 TIA 6H1 TIA 6H2 TIA 6H3 TIA 6H4 TIA 6H5 TIA 6H6 TIA 6H7 TIA 6H8 TIA 6H9 TIA 6I1 TIA 6I2 TIA 6I3 TIA 6I4 TIA 6I5 TIA 6I6 TIA 6I7 TIA 6I8 TIA 6I9 TIA 6J1 TIA 6J2 TIA 6J3 TIA 6J4 TIA 6J5 TIA 6J6 TIA 6J7 TIA 6J8 TIA 6J9 TIA 6K1 TIA 6K2 TIA 6K3 TIA 6K4 TIA 6K5 TIA 6K6 TIA 6K7 TIA 6K8 TIA 6K9 TIA 6L1 TIA 6L2 TIA 6L3 TIA 6L4 TIA 6L5 TIA 6L6 TIA 6L7 TIA 6G3 TIA 6G4 TIA 6G5 TIA 6G6 TIA 6G7 TIA 6G8 TIA 6G9 TIA 6H1 TIA 6H2 TIA 6H3 TIA 6H4 TIA 6H5 TIA 6H6 TIA 6H7 TIA 6H8 TIA 6H9 TIA 6I1 TIA 6I2 TIA 6I3 TIA 6I4 TIA 6I5 TIA 6I6 TIA 6I7 TIA 6I8 TIA 6I9 TIA 6J1 TIA 6J2 TIA 6J3 TIA 6J4 TIA 6J5 TIA 6J6 TIA 6J7 TIA 6J8 TIA 6J9 TIA 6K1 TIA 6K2 TIA 6K3 TIA 6K4 TIA 6K5 TIA 6K6 TIA 6K7 TIA 6K8 TIA 6K9 TIA 6L1 TIA 6L2 TIA 6L3 TIA 6L4 TIA 6L5 TIA 6L6 TIA 6L7 TIA 6G3 TIA 6G4 TIA 6G5 TIA 6G6 TIA 6G7 TIA 6G8 TIA 6G9 TIA 6H1 TIA 6H2 TIA 6H3 TIA 6H4 TIA 6H5 TIA 6H6 TIA 6H7 TIA 6H8 TIA 6H9 TIA 6I1 TIA 6I2 TIA 6I3 TIA 6I4 TIA 6I5 TIA 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6L4 TIA 6L5 TIA 6L6 TIA 6L7 TIA 6G3 TIA 6G4 TIA 6G5 TIA 6G6 TIA 6G7 TIA 6G8 TIA 6G9 TIA 6H1 TIA 6H2 TIA 6H3 TIA 6H4 TIA 6H5 TIA 6H6 TIA 6H7 TIA 6H8 TIA 6H9 TIA 6I1 TIA 6I2 TIA 6I3 TIA 6I4 TIA 6I5 TIA 6I6 TIA 6I7 TIA 6I8 TIA 6I9 TIA 6J1 TIA 6J2 TIA 6J3 TIA 6J4 TIA 6J5 TIA 6J6 TIA 6J7 TIA 6J8 TIA 6J9 TIA 6K1 TIA 6K2 TIA 6K3 TIA 6K4 TIA 6K5 TIA 6K6 TIA 6K7 TIA 6K8 TIA 6K9 TIA 6L1 TIA 6L2 TIA 6L3 TIA 6L4 TIA 6L5 TIA 6L6 TIA 6L7 TIA 6G3 TIA 6G4 TIA 6G5 TIA 6G6 TIA 6G7 TIA 6G8 TIA 6G9 TIA 6H1 TIA 6H2 TIA 6H3 TIA 6H4 TIA 6H5 TIA 6H6 TIA 6H7 TIA 6H8 TIA 6H9 TIA 6I1 TIA 6I2 TIA 6I3 TIA 6I4 TIA 6I5 TIA 6I6 TIA 6I7 TIA 6I8 TIA 6I9 TIA 6J1 TIA 6J2 TIA 6J3 TIA 6J4 TIA 6J5 TIA 6J6 TIA 6J7 TIA 6J8 TIA 6J9 TIA 6K1 TIA 6K2 TIA 6K3 TIA 6K4 TIA 6K5 TIA 6K6 TIA 6K7 TIA 6K8 TIA 6K9 TIA 6L1 TIA 6L2 TIA 6L3 TIA 6L4 TIA 6L5 TIA 6L6 TIA 6L7 TIA 6G3 TIA 6G4 TIA 6G5 TIA 6G6 TIA 6G7 TIA 6G8 TIA 6G9 TIA 6H1 TIA 6H2 TIA 6H3 TIA 6H4 TIA 6H5 TIA 6H6 TIA 6H7 TIA 6H8 TIA 6H9 TIA 6I1 TIA 6I2 TIA 6I3 TIA 6I4 TIA 6I5 TIA 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A green recycling symbol consisting of three arrows forming a triangle, positioned above the word "RECYCLING".

RECYCLING

DID YOU KNOW...

- Directories collected through our recycling program are shipped to de-inking plants where they are turned back to pulp which is used for future directories, effectively closing the recycling loop.
- Newsprint used in AGT Directories contains a *minimum* of 10% recycled fiber.
- We currently recover approximately 30% of the paper distributed. By 1998, our goal is to recover 50%. Please do your part to help us reach that goal!

For information on where to recycle your old phone book, refer to the back inside cover of this phone book.



If you have suggestions to improve our program, or want information about our current recycling initiatives, please call AGT Directory at 1-403-530-5565.

OTHER EMERGENCY CALLS

COMMUNITY SERVICES (24 Hours)

CHILDREN'S SERVICES

CHILD ABUSE HOT LINE — 24 Hrs.....1-800-387-KIDS (5437)

KIDS HELP PHONE (No Charge Dial).....1-800-668-6868

CRISIS LINES & COUNSELLING

AIDS & SEXUALLY TRANSMITTED DISEASE INFORMATION

(No Charge Dial).....1-800-772-2437

SEXUAL ASSAULT CRISIS LINE (No Charge Dial).....1-800-552-8023

SUICIDE CRISIS LINE (The Samaritans).....1-800-667-8089

SHELTERS

WOMEN'S SHELTER — 24 Hrs. Emergency Line.....Medicine Hat 529-1091

CRIME WATCH (24 Hours)

REPORT A POACHER (Outdoor Observer)

(No Charge Dial).....1-800-642-3800

ENVIRONMENTAL, INDUSTRIAL & OTHER EMERGENCIES

AIRCRAFT & MARINE DISTRESS

24 Hrs. (No Charge Dial).....1-800-661-5631

DANGEROUS GOODS INCIDENTS

24 Hrs. (No Charge Dial).....1-800-272-9600

DISASTER SERVICES

24 Hrs. (No Charge Dial).....1-800-272-9600

ENVIRONMENT EMERGENCY

24 Hrs. (No Charge Dial).....1-800-222-6514*

FOREST FIRES

24 Hrs. (Call Collect).....427-FIRE or 427-3473*

INDUSTRIAL ACCIDENTS (Notification of Fatality or Serious Injury)

24 Hrs. (Call Collect).....Medicine Hat 529-3530*

Manyberries 24 Hrs. (Call Collect).....Lethbridge 381-5522*

Empress & Bindloss — 24 Hrs. (Call Collect).....Red Deer 340-5170*

OIL & GAS FIELD EMERGENCIES (Energy Resources Conservation Board)

24 Hrs. (Call Collect).....Medicine Hat 527-3385*

UTILITY EMERGENCIES (24 Hours)

BURIED UTILITY LOCATIONS (Alberta 1st Call).....1-800-242-3447

IF YOU EXPERIENCE ANY DIFFICULTY REACHING NUMBERS MARKED WITH AN ASTERISK (*), CALL
ALBERTA PUBLIC SAFETY SERVICES 1-800-272-9600 (24 Hours)

Useful information in regards to a variety of emergency situations
is located in the Blue-Edged White Pages

[illegible]

AGT Limited, Canada's third largest telephone company, provides telecommunications products and services in Alberta transmitting voice, data and video communications throughout the province. Federally regulated by the CRTC, AGT is the largest subsidiary of Alberta based TELUS Corporation.



INFORMATION PAGES

HOW TO REACH US!*

*Toll-free

AGT Limited TeleCentre

310-2255

(for residential & single-line business services)

8 AM - 4:30 PM Monday - Friday

- Service & billing inquiries
- Service moves & changes
- Calling Cards & Call-Me Cards
- Phone rentals — we'll deliver direct to you
- Long Distance savings plans
- Custom Calling Services
- Telephone directories

Business Communications

(for all other business services)

Sales Inquiries 1-800-661-1800
Order Inquiries 1-800-361-3311
Billing/Payment Inquiries 1-403-530-7171

Repair Services 24 Hrs

Residential & Single-line Business Services 611
All other business services 1-800-263-6699

AGT Action Line (Customer Relations)

Seven days a week 1-800-567-0000
TDD Access 1-800-567-0442

— Complaints/suggestions—General comments/questions

Main Switchboard 1-403-382-2511

Other Services

	Page		Page
AGT Smart Touch™	12-15	Inside Wiring	10
Area Codes	22	Local Calling Areas	5
Buried Cable Location Service	9	Long Distance Calling	17-19
Canadian Radio-television and Telecommunications Commission (CRTC)	4	Rates	20
Cable Pedestals	9	International	23-25
Customer Relations	4	Mobile Phone Services	4
Directory Assistance		Payment Locations	4
Local	9	Payphone Services	4
Long Distance	17	AGT Relay Service	11
AGT Directory Services	26	Repair Trouble-shooting Guide	10
Emergency Information		Rural Telephone Service	9
Drug/Medicine Information	30	Special Needs (sight, hearing, etc.)	11
Emergency Planning	35	Telephone Security	8
First Aid	27-29	Telephone Sets	16
Poison Treatment	31	Terms of Service	7
Severe Storm Warning	32-34	Time/Temperature/Weather	11
How to Use the Phone Book	6	Time Zones	21

Requests for changes to the next issue of this directory must be received by AGT Limited no later than

Dec. 5, 1994

DATE SUBJECT TO CHANGE

HOW TO REACH US!*

*Toll-free

Mobile Phone Services

Cellular 400/General Mobile Customer Service 1-403-530-5960
Billing/Payment Inquiries 1-403-530-7171

Payphone Services

Coin, Charge a Call & Cardreader
Customer Inquiries 1-800-472-9773

AGT Relay Service

TDD Access 1-800-855-1155
Voice Access 1-800-855-1166

Customer Relations

If you're not satisfied, or if you don't know who to call, contact the Action Line, 1-800-567-0000, seven days a week, FAX us at 266-8903, or write to:

AGT Customer Relations
6-H Flr, 411 - 1 St. S.E.
Calgary T2G 4Y5

Canadian Radio-television and Telecommunications Commission

AGT Limited is regulated by the Canadian Radio-television and Telecommunications Commission (CRTC). The CRTC is an independent agency of the Government of Canada, and is responsible for regulating the activities of telecommunications companies which fall under federal jurisdiction. Our goal is to satisfy your needs, however, should a concern be unresolved, please contact:

The Secretary-General
Canadian Radio-television and
Telecommunications Commission
Ottawa K1A 0N2

Please send a copy of your letter to:

Director, Regulatory Matters
AGT Limited
10020 - 100 St.
Edmonton T5J 0N5

PAYING YOUR ACCOUNT

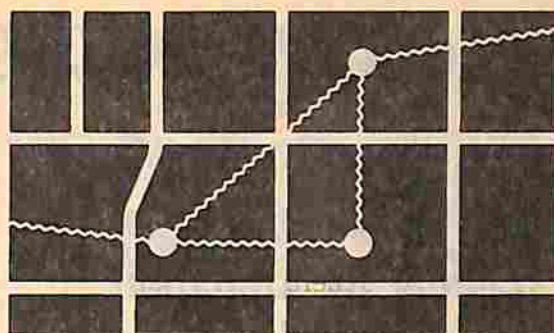


Bills may be paid at most financial institutions and at authorized agents, through pay-by-phone (where available), direct debit, or by mail to

AGT Limited
Box 2422
Edmonton T5J 2S7

LOCAL CALLING AREAS

(Extended Flat Rate Calling)



MEDICINE HAT DIRECTORY AREA

You can call without Long Distance charges

from: to:

Bindloss (379)	Empress (565), Oyen (664)
Bow Island (545)	Burdett (833), Foremost (867), Medicine Hat (526/527/528/529), Redcliff (548)
Burdett (833)	Bow Island (545)
Elkwater (893)	Medicine Hat (526/527/528/529), Redcliff (548)
Empress (565)	Bindloss (379), Oyen (664)
Etzikom (666)	Foremost (867), Manyberries (868)
Foremost (867)	Bow Island (545), Etzikom (666), Milk River (647)
Irvine (834)	Medicine Hat (526/527/528/529), Redcliff (548)
Manyberries (868)	Etzikom (666)
Medicine Hat (526/527/528/529)	Bow Island (545), Elkwater (893), Irvine (834), Ralston (544), Redcliff (548), Schuler (839), Seven Persons (832), Walsh (937)
Oyen (664)	Acadia Valley (972), Bindloss (379), Cereal (326), Empress (565), Sibbald (676)
Ralston (544)	Medicine Hat (526/527/528/529), Redcliff (548)
Redcliff (548)	Bow Island (545), Elkwater (893), Irvine (834), Medicine Hat (526/527/528/529), Ralston (544), Schuler (839), Seven Persons (832), Walsh (937)
Schuler (839)	Medicine Hat (526/527/528/529), Redcliff (548)
Seven Persons (832)	Medicine Hat (526/527/528/529), Redcliff (548)
Walsh (937)	Medicine Hat (526/527/528/529), Redcliff (548)

HOW TO USE THE PHONE BOOK

Listing By Alphabet:

Names are listed alphabetically by:



Surname	Smith
Initials or	Smith A D
Given Name or	Smith Alfred
Company Name	Smith Arnold (Canada) Ltd
etc.	Smith Aurora B

Letters Used As Names:

Letters when used as names are considered as words and are usually spaced and inserted alphabetically, starting with the first letter, unless the letters are together, then they appear as one word.

Example: A B C Transport (See beginning of "A")
XYZ Transport (See "XYZ" as one word)



Hyphens, Numbers And Abbreviated Names:

Hyphenated words or letters are inserted alphabetically as two words:

Example: Mid-Western (Listed as Mid Western)
Smith-Jones-Black & Associates (Listed as Smith Jones Black & Associates)

Hyphenated surnames and multi-part surnames without hyphens are inserted as one word:

Example: Smith-Jones T (Sequenced as Smithjones T)
Van den Brink T (Sequenced as Vandenberg T)
Vanden Brink T (Sequenced as Vandenberg T)

Numbers are sometimes used as names. Check for them as if they are spelled in full:

Example: 66 Restaurant (Sequenced as SixtySix Restaurant)

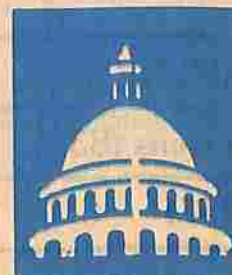
Certain abbreviated words appearing at the front of another word are listed as if spelled in full:

Example: St. Albert (Sequenced as Saint Albert)

Federal And Provincial Listings:

For Federal and Provincial listings, check under:

Government of Canada
Government of Alberta



TERMS OF SERVICE

The **AGT General Tariff**, which identifies our rates, charges and general regulations, is available for inspection on request at your TeleCentre.

Following are items of general interest condensed from the Tariff:



Applying For Service

Applications for telephone service are accepted in writing, by telephone, or in person at any TeleCentre. The minimum contract period for all standard services and equipment is one month, unless otherwise stipulated. We reserve the right to request the customer pay a deposit, or make payment of rental, Long Distance or service charges in advance of the service being established, or at any time during the service period.

AGT Liability

AGT's liability for damages, costs or losses arising from mistakes, omissions, interruptions, delays, errors, or defects in service or equipment shall not exceed an amount equivalent to the proportionate charge to the customer for the period of service in which it occurs.

Customer Billing

Bills are due on the billing date, and may be paid at Authorized Agents, Banks, or by Direct Debit, by depositing at AGT Telecentre deposit boxes, or by mail to **Box 2422, Edmonton T5J 2S7**.

Failure to receive a bill does not relieve responsibility for payment. Protection of telephone service from unauthorized use is the customer's responsibility. Service is provided on condition that the customer is responsible for payment of all calls made from or received collect on the telephone service listed in his/her name, whether authorized or not.

If a charge is disputed, then the customer must make timely payment of the undisputed portion of the bill. We will promptly investigate the disputed charge and advise the customer of the result of the investigation. If it is determined that the charge is the responsibility of the customer who was originally billed, then prompt payment will be expected. The customer may negotiate a deferred payment arrangement, provided that it is reasonable under the circumstances. We may not suspend or terminate service for disputed charges unless we have reason to believe that the purpose of the dispute is to evade or delay payment. If a customer is dissatisfied with the results of a billing dispute investigation, the dispute may be referred to a supervisor or manager, or to the AGT Action Line.

Privately Owned Equipment

The AGT General Tariff permits the attachment of equipment which is certified in accordance with our Terminal Attachment Standards. All such equipment must be on the approved list or authorized in writing by AGT. A current Terminal Equipment List and Terminal Attachment Standard is available for public inspection at AGT's Network Services Department, Fundamental Planning Section. We reserve the right to disconnect any equipment which in our opinion could cause network harm and interfere with service to other customers, or is a real and/or potential danger to the public or AGT employees.

Connection of equipment is not permitted on any payphone services.

Termination Of Service

AGT may terminate service for a number of reasons, such as:

- non-payment of an account for which the customer is responsible
- continued use of unauthorized equipment attached to AGT facilities
- fraudulent use or abuse of service, which adversely affects AGT equipment or service.

Upon termination of service, the customer shall return all equipment owned by or required to be returned to AGT. If the customer fails to do so, then he/she shall pay the current price for such equipment.

TELEPHONE SECURITY

Unlawful Telephone Calls

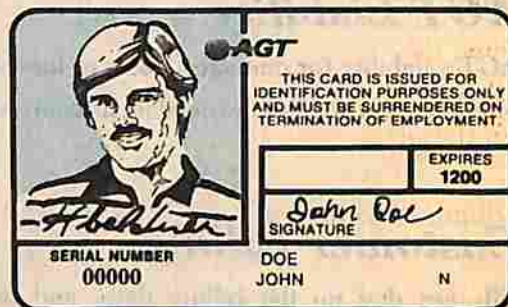
The Criminal Code provides for up to six months in prison or \$2,000 in fines for making obscene or harassing calls, and for a maximum sentence of up to five years for making threatening calls.

AGT Security co-operates with police in the identification and prosecution of these callers. We will only release call trace information to the police for their investigation.

CALL TRACE - See page 14.

Identification Of AGT Employees

Every AGT employee carries a photo identification card. This plastic laminated card shows our company name, and the employee's photograph and signature. If in doubt, ask to see this I.D. card - our employees will show it to you without hesitation.



Calling Card Security

You are responsible for the protection of the card supplied with AGT Calling Card™ service. Keep the number of this card private and secure. **DO NOT** give your number to anyone, and ensure when using your card the number cannot be overheard. (Unscrupulous persons are notorious for acquiring credit card numbers in public facilities such as airports, bus terminals, etc.) If your card is lost or stolen, report this **IMMEDIATELY** to AGT by calling your TeleCentre or (after-hours) 1-800-561-8888.

What To Do When You're Away From Home

RIGHT



- LIGHTS ON?
- RADIO GOING?

WRONG



A phone off the hook may alert burglars that you are not home! A continuous busy signal is a giveaway.

If you use an answering machine, your message should say that you **"can't come to the phone"** **NOT** that you're not at home.

Fraud

It is illegal for anyone to charge Long Distance calls to another person's telephone number or Calling Card number without their permission. Persons placing such calls, or using any device to avoid payment of calls, are subject to prosecution and, if convicted, are subject to fines and/or imprisonment.

GENERAL INFORMATION

Network Provisioning Requirements (formerly BICS)

Owners, developers, architects, engineers, contractors . . . Prevent delays and hidden costs, and ensure your projects are ready for your tenants to obtain telephone service. Call AGT Limited in the pre-planning stage for free consultation on network provisioning requirements. For further information, call 0-403-382-2530 (please call collect).

Buried Cable Location Service

Before you operate any heavy equipment, or dig in your own backyard, have the underground cables in the vicinity located. Call Alberta 1st Call at **1-800-242-3447** at least **TWO** working days in advance. We will be notified and will locate any cables in the area, at no charge.



Cable Pedestals

These are located in rural areas, alleys, along highways, on private property, and wherever there are underground telephone services. They're marked with AGT identification. If one is damaged, disrupted communications can result. If you notice a damaged pedestal, **please call our Repair Service or call Alberta 1st Call at 1-800-242-3447.**

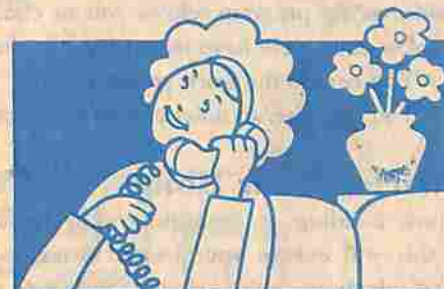
Local Calls From Payphones

Local calls placed from payphones may be charged to a Calling Card, placed collect, or billed to a third number. They can be placed either through the operator, or by using our automated Long Distance service. Each call is charged a **transaction charge**, in addition to the regular payphone charge. This service is available throughout Alberta, except within the City of Edmonton area. For more information, please see Long Distance Calling.

Local Directory Assistance

To get a new number which has not been listed, dial 411. There is no charge for this service. However, if you request a number (local or Long Distance) which is listed in this directory, there is a 75¢ charge. All requests for addresses are also chargeable.

There is no charge for calls from payphones, or from federally or provincially registered hospitals. Motion or vision impaired customers registered with AGT are not charged for directory assistance.



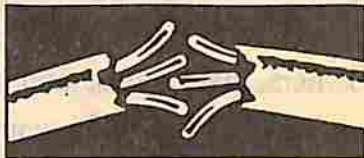
Rural Telephone Service

Call us early - as soon as you start your foundation. Rural lines are installed underground and we need plenty of advance notice so your phone service will be ready when you are. To apply for rural telephone service, call your TeleCentre.

All Rates Quoted Are Subject To Change

REPAIR TROUBLE-SHOOTING GUIDE

The most frequent problem reported by residential customers is No Dial Tone, and, when the telephone number is called from another telephone, the caller gets a busy signal. The cause of the problem may be a receiver off the hook, a cordless telephone with dead batteries, or an answering machine that is not working properly. Avoid the waste of your time, or the inconvenience of providing access for us, by performing these simple trouble-shooting steps:



If you have only one telephone set:

1. Check to ensure receiver is on the hook.
2. Unplug the telephone.
3. With the telephone unplugged, call the problem telephone from a friend's house. If you get a busy signal, call AGT Repair. If you get a ringing signal, the telephone set was likely causing the problem and may need to be repaired or replaced.

If you have two or more telephone sets:

1. Check all telephones to ensure receivers are on the hook.
2. Unplug each telephone device one at a time. (A telephone device may be a telephone set, cordless telephone, answering machine, computer modem or FAX machine.)
3. After unplugging the first telephone device, wait for 5 minutes, then check the next telephone for dial tone. Continue to unplug the remaining telephone devices, one at a time, waiting 5 minutes each time.
4. If all telephone devices except one have been unplugged and you still have no dial tone, unplug the last telephone, wait 5 minutes, then plug in the first telephone you removed.
5. Still no dial tone? Call AGT Repair.

Should dial tone be returned at any step of this trouble-shooting process, the telephone device that was last unplugged was probably causing the problem and will need to be repaired or replaced.

If you locate the problem AFTER placing a trouble report to AGT Repair, please call to cancel the trouble report.

Repair of non-functioning telephone equipment:

AGT rental equipment: Call AGT Repair.

Customer-owned equipment: If it's still under warranty, return it to the vendor for exchange or repair.

Repair Service

Residential & Single-line Business Services.....	611
Business Systems	1-800-263-6699

WHAT IS INSIDE WIRING?

Inside wiring is the wiring between the point where the telephone line enters your home or building and your telephone or telephone jacks. The home or building owner is responsible for the installation and repair of the telephone inside wiring in the same way as for the electrical inside wiring. Inside wiring must meet Canadian Electrical Code and AGT Terminal Attachment standards to ensure user safety and quality voice transmission.

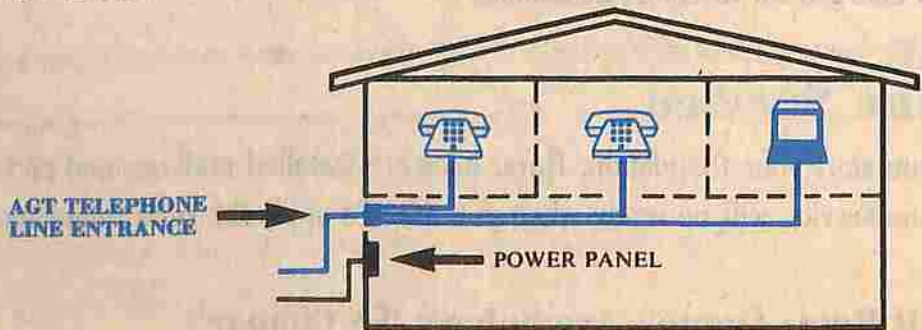
Wiring Options

Our inside wiring program allows you to choose who will install the wiring inside your home or building. Most residential and single-line business customers have two options for installing telephone wiring and jacks on their premises:

- You can do the work yourself.
- You can hire an independent contractor.

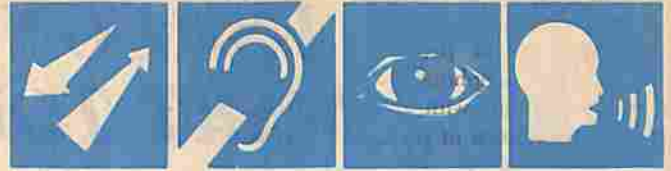
Pre-Wiring Your Home

If you are building or renovating your home, have your telephone outlet locations pre-wired before the insulating and dry-walling stages; this will ensure your inside wiring is concealed. Also be sure to run a separate wire from the power panel location to each individual telephone outlet location, and leave enough excess wire at both ends for doing terminations.



SPECIAL SERVICES

**For Those
With Special Needs**



AGT Relay Service

A Relay Service for users of Text Telephones (TTYs) is available 24 hours a day, 7 days a week. This service has been established to allow TTY users with severe hearing, speech or motion impairments to communicate over the telephone with non-TTY users.

TTY-originated Calls (TTY Users)

TTY users wishing to contact a hearing person, dial **1-800-855-1155**. The operator will connect you and relay the conversation. TTY users wishing to contact another TTY user, dial **1-800-855-1155** for Long Distance calls and the operator will connect you. Local TTY-to-TTY calls can be dialed direct.

Voice-originated Calls (Voice Users)

Hearing persons who wish to contact a TTY user, dial **1-800-855-1166**. The operator will connect you with the TTY and relay the conversation.

There is no charge for this service. When applicable, Long Distance rates will apply, with a 50% reduction on the per-minute rate on all calls within Canada when using the AGT Relay Service.

A TTY-to-TTY Long Distance call qualifies for the 50% discount only when connected through the Relay Service.

Voice/Hearing carry-over is also provided upon request.

AGT Time, Temperature & Weather Service

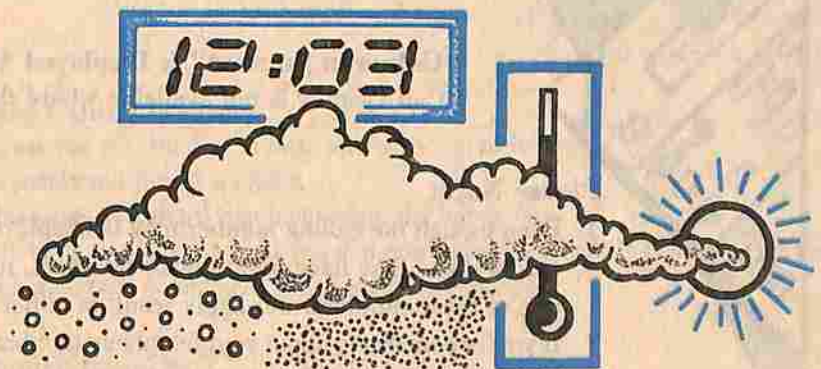
Timely Information 24 Hours A Day, 7 Days A Week!

On a holiday travelling Alberta?

Call these numbers for the weather forecast.

(Please dial carefully)

CALGARY	263-3333
CAMROSE	672-8861
EDMONTON & AREA	449-4444
FORT McMURRAY	743-1555
GRANDE PRAIRIE	532-9160
RED DEER	343-8111
WETASKIWIN	352-7111



Long Distance charges will apply to calls placed from outside the local calling area.

USE CONVENIENT AGT SMART TOUCH™ SERVICES

Call Again

With Call Again, your phone will keep trying a busy number until it's free. Once the line is free, Call Again notifies you with a special ring, and puts the call through for you. You can use Call Again to program up to three numbers.



To Continue Trying A Busy Number:

Listen for dial tone, then dial *66 (1166 on a rotary dial set). You will hear a recorded message informing you that your Call Again request has been activated. Call Again will keep trying the last number you dialed for 30 minutes. You're notified by a special ring (two short, one long) when the line is free. Call Again makes two attempts to notify you that you can now place your call. If you don't lift the handset before the second attempt is completed, your request is cancelled.

A Special Announcement Will Notify You If:

The free line becomes busy again before you have a chance to get through, or the number you are calling cannot be reached using Call Again.

If You're Talking On Your Phone When The Call Again Number You Requested Becomes Free:

Your phone will attempt to signal you for up to 30 minutes. If after 30 minutes you are still on the phone, your Call Again request is cancelled.

To Cancel Call Again:

Listen for dial tone, then dial *86 (1186 on a rotary dial set).

Call Display

Shows you who's calling, before you pick up the phone. It uses a display screen to provide you with the number of an incoming call.

"Private Number" Is Displayed After The First Full Ring If:

The location where the call originates has "blocked" delivery of the telephone number.

"Unknown Number" Is Displayed After The First Full Ring If:

Call Display is not available where the call originated.

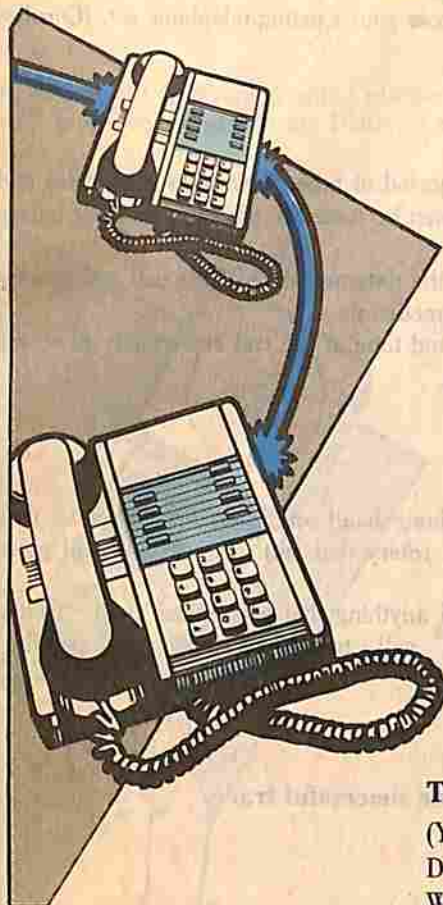
Please Note:

1. Even though the calling number may be displayed, it may not be set up to **receive** calls. For example, large corporations may have hundreds of numbers, many of which are used only for their outgoing calls. Calling one of these numbers will likely result in either a fast busy signal or no answer.
2. If you're concerned about your telephone number (including non-published) being displayed to people you call, please call your TeleCentre to discuss privacy options available to you.



Due to technical limitations, Call Display service may not be available to all customers in an area.

Call Forwarding



Don't get trapped at home waiting for an important call — Call Forwarding sends your calls to where you can be reached: a friend's, or the office, cottage, etc. This second phone may be either a local or Long Distance number. (If it is Long Distance, then you are responsible for the applicable charges.) You can still originate calls from the first phone, but will not receive incoming calls, as they are automatically forwarded to the second phone number. When a call is being forwarded, a short burst of ringing at your phone reminds you the Call Forwarding feature is activated.

To Activate Call Forwarding:

1. Dial **Activating Code 72**. (On a Touch Tone® phone, press 72# for speedier response.) You'll hear three beeps, then a dial tone.
2. Dial the telephone number (or Speed Calling code) of the phone to which your calls are to be forwarded. For Long Distance numbers, dial 1 + area code (if applicable), then the seven-digit number. When that phone is answered, the feature is activated. If the other phone is not answered, replace your receiver and repeat steps 1 and 2 within two minutes. An intermittent dial tone will confirm the feature is activated.

To De-activate Call Forwarding:

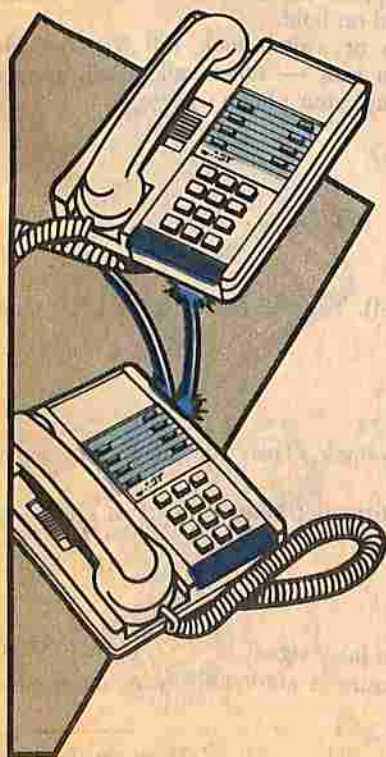
(You can de-activate this service only from your own phone.)

Dial **De-activating Code 73**. (On a Touch Tone® phone, press 73# for speedier response.)

When you hear two beeps, hang up.

Call Return

Don't worry about missing a call because you're not home or busy with something else when the phone rings — Call Return remembers the last caller's number, and dials it for you at your convenience. (If applicable, Long Distance charges will apply.)



To Reach The Last Number That Called You:

1. Listen for dial tone, then dial *69 (1169 on a rotary dial set). You will hear a recorded message announcing the number, and offering the choice of calling it or not.
2. To return the call, press 1.

(If the call you received is from a number in an area where Call Return is not yet available, an announcement will advise you that the number cannot be reached using Call Return. Or, if your last caller "blocked" delivery of his phone number, you'll hear either a fast busy signal, or an announcement indicating that "the last number is private, please hang up now.")

If The Number You Are Calling Is Busy:

A recorded message informs you that the line is busy and asks you to hang up.

The busy number is then monitored for 30 minutes.

You're notified by a special ring (two short, one long) when the line is free.

Call Return makes two attempts to notify you that you can now place your call. If you don't lift the handset before the second attempt is completed, your request is cancelled.

To Cancel The Call Return Request:

Listen for dial tone, then dial *89 (1189 on a rotary dial set). A special message then greets you and asks you to terminate the call.

Call Trace

Call Trace is available on all single-line telephones, and can be activated from your existing telephone set. (Cordless telephones may be an exception.)

When To Use Call Trace:

- if you receive repeated harassing calls within a short period of time. Write down the dates and times, to establish a pattern before tracing. Several calls must be traced to the same number before any action will be taken.
- if you receive one or more obscene calls. Write down the date and time of the call and exactly what was heard during the call. A trace should be done immediately.
- if you receive a threatening call. Write down the date and time of the call and exactly what was heard during the call. A trace should be done immediately.

How To Trace Your Last Incoming Call:

1. Hang up for several seconds, then pick up the telephone hand-set, listen for dial tone, then press *57 on your Touch Tone® phone (1157 on a rotary dial set). A recording will guide you through the steps.
2. Write down the date(s) and time(s) of the call(s), and anything that was heard on the call(s).
3. Report the calls to your local police. Report call traces as soon as possible.
4. Report threatening calls to the police immediately.

Call Trace costs you nothing until you use it, \$3 per successful trace.

See Telephone Security, page 8, for additional information.

Call Waiting

Don't miss important calls — Call Waiting lets them through when you're already on the phone. Two soft beep tones, at 10-second intervals, signal that another call is waiting.

To Answer The Second Call:

1. Ask your first caller to hold the line, then briefly depress the flash or LINK™ button or the switch-hook. The first caller is automatically placed on hold.
2. Subsequent depressions of the flash or LINK button or switch-hook will transfer you back and forth between both callers. Only one call can wait — other callers will receive a busy signal. If a second call is waiting when you hang up, your phone will ring.

Call Waiting Can Now Be Turned Off For The Duration Of One Call

To Turn Off Call Waiting Before Placing A Call:

1. Listen for dial tone, then dial *70 (1170 on a rotary dial set). You will hear a special dial tone.
2. Dial the number you wish to call.

To Turn Off Call Waiting During A Call:

1. Briefly depress the flash or LINK button or the switch-hook. This will place your caller temporarily on hold, and you will hear a special dial tone.
2. Dial *70 (1170 on a rotary dial set). You will hear a confirmation tone letting you know Call Waiting has been cancelled.
You will be automatically re-connected with the first caller.

While the cancellation feature is activated, callers will receive a busy signal. Once either of the above calls is ended, the Call Waiting feature is automatically re-activated.

All Rates Quoted Are Subject To Change

™ Northern Telecom

Speed Calling

Identify eight frequently called numbers that you can access with a one-digit code, or identify 30 numbers that you can access with a two-digit code. (Long Distance charges may apply).



How To Enter Numbers:

1. Dial **Activating Code 74** for your list of eight most frequently called numbers, or **Code 75** for 30 frequently called numbers. (On a Touch Tone® phone, press # after the number, for speedier response.) After a short pause, you may hear an intermittent tone before the steady dial tone.
2. Dial the Speed Calling code you are assigning to each individual number (one digit from 2-9 for your list of eight frequently called numbers, or two digits from 20-49 for a list of 30 numbers).
3. Dial the seven-digit telephone number. If it's a Long Distance number, dial 1, then the area code (if outside Alberta) and the seven-digit number. An intermittent dial tone confirms the number has been recorded in the phone's memory.

How To Change A Number:

1. Dial **Activating Code 74** (for the eight frequently called numbers) or **75** (for the list of 30 numbers). After a short pause, you will hear an intermittent tone, then the steady dial tone.
2. Dial the one- or two-digit Speed Calling code, then the **new** telephone number assigned to that code. The previous number is eliminated. An intermittent dial tone confirms the new number is recorded.

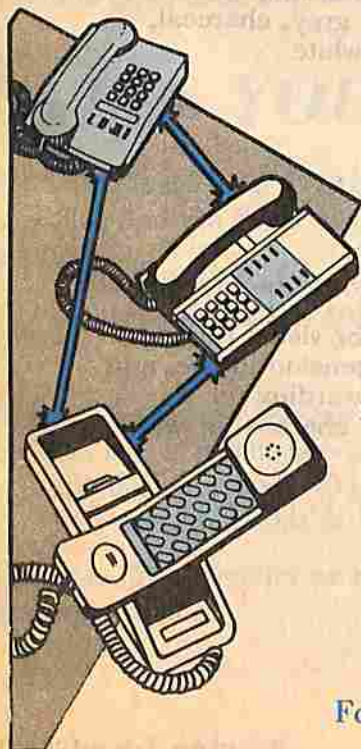
How To Use Speed Calling:

Dial the one-digit code (2-9) for your list of eight most frequently dialed numbers, or the two-digit code (20-49) for your list of 30 numbers.

How To Cancel A Code:

1. Dial appropriate **Activating Code (74 or 75)**, then wait for a steady dial tone.
2. Dial the one- or two-digit Speed Calling code. Wait. An intermittent dial tone confirms the code is cancelled. (Some types of AGT equipment may only allow a number to be changed, not cancelled.)

3-Way Calling



To Add A Third Party To An Existing Conversation:

1. Ask your first caller to hold the line, then briefly depress the flash or LINK™ button or switch-hook. You'll hear three beeps, then the dial tone.
2. Dial the number of the third party. When the third party answers, depress the flash/LINK button or switch-hook to make the three-way connection. If the third party is not in the local calling area, Long Distance charges will apply.

If The Third Party Doesn't Answer, Or If The Line Is Busy:

1. Depress the flash/LINK button or switch-hook to return to the first party.
2. Depress the flash/LINK button or switch-hook again to eliminate busy tone or ringing, and continue your conversation. If you hang up, connections to both parties are broken. When either called party hangs up, your connection with the remaining party is maintained.

For further information, call your TeleCentre.

™ Northern Telecom

RENTAL TELEPHONES

YOUR RENTAL CHOICES FROM AGT

Get in touch with the advantages of renting. You'll feel right at home with your rental phone:

- Worry-free repair service - we'll replace the phone at no charge if required.
- Quality is built right in to every phone - all are made in Canada.

When your communications needs change, trade up to a model with more features.

Meridian™



- Business set that displays callers' numbers on its display screen*
- Stores the last 15 answered or unanswered callers' numbers
- On-hook dialing; tiltable display; release key to quickly disconnect the line for your next outgoing call
- Ten memory buttons for numbers you call often or for codes to access AGT services
- A light for visual ringing, hold, extension-in-use, and Call Forwarding on
- Grey or charcoal

Vista 200™



- Displays callers' numbers on its display screen*
- Stores the last 15 answered or unanswered callers' numbers
- Ten memory buttons for numbers you call often or for codes to access AGT services
- A light for visual ringing, hold, extension-in-use, and Call Forwarding on
- Almond, charcoal or white

Maestro™



- Displays caller's number on its display screen*
- Stores the last 15 unanswered callers' numbers
- Ten memory buttons for numbers you call often or for codes to access AGT services
- A light for visual ringing, hold, extension-in-use, and Call Forwarding on
- Almond, grey, charcoal, sand or white

Vista 100™



- Displays caller's number on its display screen*
- Stores the last answered or unanswered caller's number
- Six memory buttons for numbers you call often or for codes to access AGT services
- A light for visual ringing, hold, extension-in-use, and Call Forwarding on
- Almond, charcoal or white

* Requires Call Display service (see page 12)

For further information, call your TeleCentre.

™Northern Telecom

LONG DISTANCE CALLING PLANS

Between Friends

The convenient way of buying AGT Long Distance is Between Friends.® A low monthly fee for the first 30 minutes of calling makes it easier to estimate what your next phone bill will be. Choose the Alberta Plan and/or the Canada & U.S. Plan, depending on your calling needs.

Alberta Plan:

Entitles you to 30 minutes of Direct Distance Dialing within Alberta for \$4.80 per month, with unlimited additional overtime minutes at the same per-minute rate of 16¢. Calls must be made between 6 PM and 8 AM Monday - Friday, or all day Saturday, Sunday, Christmas Day and New Year's Day.

Canada & U.S. Plan:

Entitles you to 30 minutes of Direct Distance Dialing to anywhere in Canada (excluding Alberta) and the U.S. (excluding Alaska & Hawaii) for \$8 per month, with unlimited additional overtime minutes at the same per-minute rate of 26¢. Calls must be made between 6 PM and 8 AM Monday - Friday, or all day Saturday, Sunday, Christmas Day and New Year's Day.

Select Route

Select Route™ allows you to select, within a 100-km radius in Alberta, the community or communities you would like to call for a low monthly fee. A 60 Minute Plan or Unlimited Calling Plan is available, and each plan allows you to place direct-dialed calls to the community of your choice. (Certain routing limitations may apply.)

60 Minute Plan:

Available to both residential and business customers. The first 60 minutes is \$7 monthly per route, and each additional minute is 15¢.

10 Hour Plan:

Available to both residential and business customers. The first 10 hours are \$40 per month for residence customers and \$80 per month for business customers, each additional minute is 15¢.



Teleplus

For a low monthly fee, Teleplus® North America saves you 15% off the cost of Direct Dialed Long Distance calls (and most Calling Card calls), 24 hours a day, 7 days a week, over and above all the regular discount periods. Teleplus Overseas provides 15% discounts on eligible Direct Dialed Long Distance calls of \$200/month or less, and 20% discounts when eligible Direct Dialed Long Distance calls exceed \$200/month.

Teleplus North America: For Long Distance calls to anywhere in North America including Alaska & Hawaii.

Teleplus Overseas: For Direct Dialed Long Distance calls to anywhere in the world.

CALLS YOU CAN DIAL YOURSELF

Direct Distance Dialing (Station To Station)

For calling direct to speak to anyone at any seven-digit telephone number in Alberta, Canada, the U.S. and the Caribbean:

Within Area Code 403: dial **1 + the number**

Outside Area Code 403: dial **1 + area code + the number**



Long Distance Directory Assistance

To obtain telephone numbers in distant locations (Alberta, Canada and the U.S.):

Within Area Code 403: dial **1-403-555-1212**

Outside Area Code 403: dial **1 + area code + 555-1212** (chargeable)

There is a 75¢ charge for each request. Motion and vision impaired customers registered with AGT are not charged for directory assistance.

All Rates Quoted Are Subject To Change

Goods & Services Tax will apply

CALLS YOU CAN DIAL YOURSELF (Cont'd)

AUTOMATED LONG DISTANCE SERVICE

Where this service is available, the transaction charge per call is less than that for operator-assisted calls. For operator-assisted calls, or if you do not have a Touch Tone® phone, please see Operator-Assisted Calling.

Dial 0 + Number

You will then hear a "bong" tone, followed by the announcement, "This is AGT Long Distance. To charge this call to a Calling Card, enter the Calling Card number now; for a collect call, press 1-1; to charge this call to another number, press 1-2; for person-to-person and other calls, press zero for the operator." You may bypass the recorded announcement by pressing the applicable numbers immediately after the bong tone.

Calling Card Calls

After the bong tone, enter the 14-digit Calling Card™ number. If the card number is entered incorrectly, you will be advised to enter your card number again. You can place up to five Calling Card calls without having to hang up, re-dial or re-enter the Calling Card number. After the first call is complete, press the pound (#) key, then place your next call.

Call-Me Card Calls

After the bong tone, enter the last four numbers on the card, followed by the pound (#) key.

Collect Calls

After the bong tone, press 1-1. When requested, say your name; the computer will record your name and call the number you dialed. Your name will be announced to the called party to accept the charge. The called party may then press 1 to accept the charge, or say "yes" at the end of the announcement. To refuse the charge, he would say "no", or just hang up.



Third Number Calls

After the bong tone, press 1-2. An announcement will ask you to enter the area code and number to which the call is to be billed. (You will also be asked for your name, and charge acceptance will be confirmed.)

OPERATOR-ASSISTED CALLING

In areas where Automated Long Distance Service is available, Calling Card, Call-Me Card, Collect and Third Number calls placed through an operator have a higher transaction charge per call; this also applies to calls placed from rotary dial phones. Motion and vision impaired customers who cannot use the automated service, and are registered with AGT, will be charged the lower rate.

To place an operator-assisted Calling Card, Call-Me Card, Collect or Third Number call:

1. Dial '0' + the number you wish to call. Listen for the "bong" tone.
2. Then:
 - If you are using a Touch Tone® phone, press '0' for the operator
 - If you are using a rotary dial phone, briefly depress the switch-hook and you will reach an operator
 - or,
 - Do nothing, and the system will continue with a message listing the various billing options available. At the end of the message, your call will be automatically connected to an operator.

All Rates Quoted Are Subject To Change
A transaction charge applies to all non-DDD calls
Goods & Services Tax will apply

OPERATOR-ASSISTED CALLING (Cont'd)

3. When you've reached the operator, please provide the following information, as applicable to the type of call you wish to make:

Calling Card:

say "calling card", then give the 14-digit Calling Card number (3-digit area code + 7-digit telephone number + 4-digit PIN)



Call-Me Card:

say "call-me card", then give the 14 numbers appearing on the card

Collect:

say "collect", then say your name

Person To Person:

say "person to person", then give the name of the person you want to speak to

Third Number:

say "third number", then give the area code and number you want the call billed to. The operator will ask for your name, and will confirm that the charge will be accepted.

Time & Charges:

say "time and charges". The operator will call back with the information when the call is complete.

OTHER TYPES OF SPECIAL CALLS

Conference:

Talk to several people in different locations at the same time: for more information or to place your call dial 1-800-667-8517.

Marine:

To communicate with ships: dial '0', give the operator the details

Mobile:

To communicate with aircraft and vehicles: dial '0', ask for the mobile operator

FOR OPERATOR ASSISTANCE, DIAL '0'

GENERAL INFORMATION

Rates in effect at the time your call is connected will apply throughout the complete call, even though the call may extend into another rate period. Initial period rates are charged for a minimum of one minute, with a minimum charge of 37¢. Additional minute rates are charged for a full minute or any portion of a minute.

You will not be charged

- If you hang up before you dial the complete number
- If the called number is busy or does not answer
- If you reach a telephone company recorded announcement.

You will be charged

- If you reach a FAX machine, or a personal or business answering device, whether you leave a message or not.
- If you reach a Cellular 400 Public Mobile telephone, air time charges will be assessed.

Adjustments will be made

- If you reach a wrong number
- If you are cut off during conversation
- If you cannot hear or be heard.

Dial '0' immediately and tell the operator what happened.

TRANSACTION CHARGES

A transaction charge is applied to all calls other than Direct Distance Dialed (DDD) and overseas calls.

Some examples of transaction charges are:

Station to Station Calls:

	Automated	Operator
Calling Card/Call-Me Card*	\$1.00	\$1.25
Collect	1.50	2.00
Third Number*	1.50	2.50
Payphone Paid, Hotel/Motel Paid	N/A	2.00

Person to Person Calls:

All Types	N/A	4.25
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For other transaction charges, dial '0' for the operator.

*Calls placed between two U.S.A. points and billed to a Canadian number are charged at the U.S.A. telephone company rates (both transaction and long distance charges).

All Rates Quoted Are Subject To Change
A transaction charge applies to all non-DDD calls
Goods & Services Tax will apply

Rates From Medicine Hat To Select Alberta Points

Alberta 	Regular Rates	Discounted Rates	
	*Regular Day Rate 8 AM-6 PM Mon.-Fri.	Evening Rate 6 PM-Midnight Mon.-Fri. 8 AM-Midnight Sat.-Sun.	Night Rate Midnight-8 AM Daily
Customer Dialed	No Discount Each Min.†	35% Discount Each Min.†	60% Discount Each Min.†
Banff	.34	.22	.14
Calgary	.33	.21	.13
Edmonton	.33	.21	.13
Edson	.36	.23	.14
Fort McMurray	.36	.23	.14
Grande Prairie	.36	.23	.14
Lethbridge	.33	.21	.13
Peace River	.36	.23	.14
Red Deer	.34	.22	.14
Slave Lake	.36	.23	.14
Wetaskiwin	.34	.22	.14

Rates From Medicine Hat To Select Canadian Points

Canada 	Regular Rates	Discounted Rates	
	*Regular Day Rate 8 AM-6 PM Mon.-Fri.	Evening Rate 6 PM-Midnight Mon.-Fri. 8 AM-Midnight Sat.-Sun.	Night Rate Midnight-8 AM Daily
Customer Dialed	No Discount Each Min.	35% Discount Each Min.	60% Discount Each Min.
Halifax	.48	.31	.19
Toronto	.47	.31	.19
Vancouver	.46	.30	.18
Winnipeg	.45	.29	.18

Rates From Medicine Hat To Select U.S. Points

U.S. 	Regular Rates	Discounted Rates	
	*Regular Day Rate 8 AM-6 PM Mon.-Fri.	Evening Rate 6 PM-Midnight Mon.-Fri. 8 AM-Midnight Sat.-Sun.	Night Rate Midnight-8 AM Daily
Customer Dialed	No Discount Each Min.	35% Discount Each Min.	60% Discount Each Min.
Denver, Colo.	.54	.35	.22
Los Angeles, Calif.	.54	.35	.22
Las Vegas, Nev.	.54	.35	.22
Seattle, Wash.	.53	.34	.21

*Christmas Day And New Year's Day: Evening Rates Will Apply

Charges are for each minute of a Direct Distance Dialed (DDD) call. Slight variations may appear on your bill due to rounding off after any discounts are applied. Discounts are computed on the total time.

Please refer to page 19 for charges applicable to non-DDD calls, or dial '0' for the operator.

† Initial period rates are charged for a minimum of one minute, with a minimum charge of 37¢.

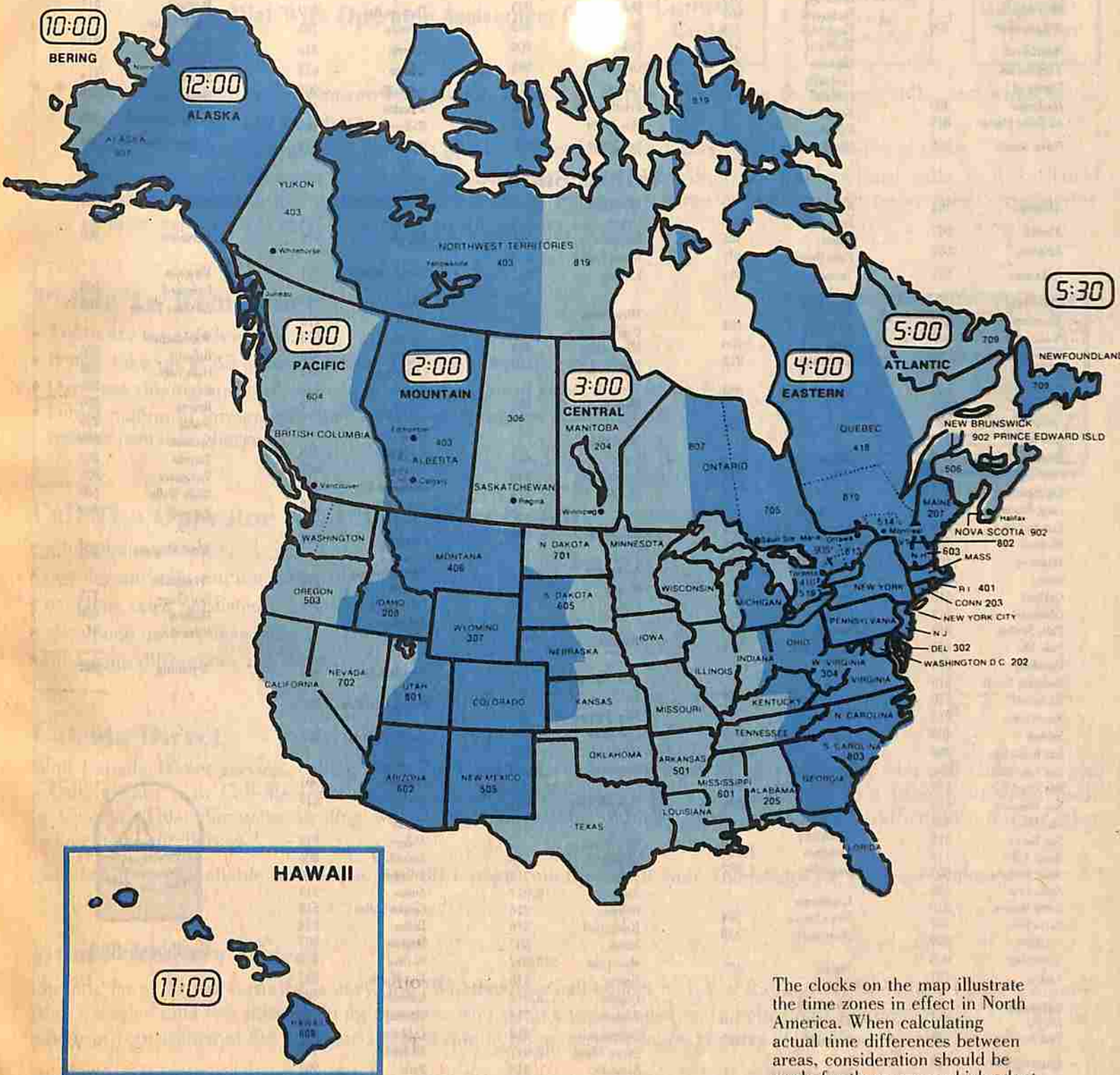
The rate in effect at the time your call is connected will apply throughout the complete call, even though the call may extend into another rate period.

Long Distance rates to other locations such as Northern B.C., Yukon Territory, District of Mackenzie (N.W.T.), Alaska, Hawaii and Mexico are governed by different rate schedules. For rates to these and other locations, contact the operator by dialing '0'.

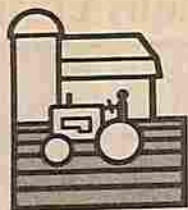
**All Rates Quoted Are Subject To Change
Goods & Services Tax will apply**

CANADA - U.S.

TIME ZONE MAP



The clocks on the map illustrate the time zones in effect in North America. When calculating actual time differences between areas, consideration should be made for those areas which adopt Daylight Time.



AREA CODES FOR SOME PLACES YOU CAN CALL

(For area codes not listed, dial '0' for the operator)

Canada

Alberta	403	Ontario		Ontario (Cont'd)		Quebec (Cont'd)		P.E.I.	902
British Columbia	604	Barrie	705	Kenora	807	Ste. Marie	705	Quebec	
Manitoba	204	Belleville	613	Kingston	613	Sarnia	519	Hull	819
New Brunswick	506	Brampton	905	Kitchener	519	Sudbury	705	Lachine	514
Newfoundland & Labrador	709	Brantford	519	London	519	Thornhill	905	Longueuil	514
Northwest Territories		Brockville	613	Malton	905	Thunder Bay	807	Montreal	514
District of		Burlington	905	Niagara Falls	905	Timmins	705	Pointe Claire	514
Mackenzie	403	Cambridge	519	Oakville	905	Toronto	416	Quebec City	418
All Other Places	819	Chatham	519	Oshawa	905	Trenton	613	Roxboro	514
Nova Scotia	902	Clarkson	905	Ottawa	613	Unionville	905	St. Lambert	514
		Cooksville	905	Peterborough	705	Waterloo	519	Sherbrooke	819
		Cornwall	613	Port Credit	905	Welland	905	Saskatchewan	306
		Fort Erie	905	St. Catharines	905	Windsor	519	Yukon Territory	403
		Guelph	519						
		Hamilton	905						

United States

Alabama	205	Florida		Michigan		North Carolina		Utah	801
Alaska	907	Jacksonville	904	Detroit	313	Charlotte	704	Vermont	802
Arizona	602	Miami	305	Escanaba	906	Raleigh	919	Virginia	
Arkansas	501	Palm Beach	407	Grand Rapids	616	North Dakota	701	Richmond	804
California		Tampa	813	Lansing	517	Ohio		All Other Places	703
Alhambra	818	Georgia		Minnesota		Akron	216	Washington	
Anaheim	714/909	Atlanta	404	Duluth	218	Cincinnati	513	Bellevue	206
Bakersfield	805	Rome	706	Minneapolis	612	Cleveland	216	Halls Lake	206
Berkeley	510	Savannah	912	Rochester	507	Columbus	614	Kent	206
Beverly Hills	310	Hawaii	808	Mississippi	601	Dayton	513	Renton	206
Burbank	818	Idaho	208	Missouri		Toledo	419	Seattle	206
Compton	310	Illinois		Joplin	417	Oklahoma		Spokane	509
Concord	510	Chicago	312	Kansas City	816	Bartlesville	918	Tacoma	206
Fresno	209	Danville	217	St. Louis	314	Britton	405	Vancouver	206
Huntington Beach	714	Des Plaines	708	Montana	406	Oklahoma City	405	Walla Walla	509
Inglewood	310	Joliet	815	Nebraska		Tulsa	918	Yakima	509
Long Beach	310	Marion	618	Omaha	402	Oregon	503	West Virginia	304
Los Angeles	213	Peoria	309	Sidney	308	Pennsylvania		Wisconsin	
Modesto	209	Indiana		Nevada	702	Altoona	814	Eau Claire	715
Monterey	408	Columbus	812	New Hampshire	603	Philadelphia	215	Madison	608
Napa	707	Fort Wayne	219	New Jersey		Pittsburgh	412	Milwaukee	414
Oakland	510	Indianapolis	317	Livingston	201	Scranton	717	Wyoming	307
Oceanside	619	Iowa		Plainfield	908	Rhode Island	401		
Palm Springs	619	Cedar Rapids	319	Princeton	609	South Carolina	803		
Palo Alto	415	Des Moines	515	New Mexico	505	South Dakota	605		
Pasadena	818	Sioux City	712	New York		Tennessee			
Redondo Beach	310	Kansas		Albany	518	Memphis	901		
Richmond	510	Topeka	913	Bronx	718	Nashville	615		
Sacramento	916	Wichita	316	Brooklyn	718/917	Texas			
Salinas	408	Kentucky		Buffalo	716	Abilene	915		
San Bernardino	909	Lexington	606	Hempstead	516	Amarillo	806		
San Clemente	714	Louisville	502	Ithaca	607	Arlington	817		
San Diego	619	Louisiana		Manhattan	212/917	Austin	512		
San Francisco	415	New Orleans	504	Nassau	516	Corpus Christi	512		
San Jose	408	Shreveport	318	Queens	718/917	Dallas	214		
San Mateo	415	Maine	207	Rochester	716	Denison	903		
Santa Ana	714	Maryland		Schenectady	518	El Paso	915		
Santa Barbara	805	Baltimore	410	Staten Island	718/917	Fort Worth	817		
Santa Cruz	408	Rockville	301	Syracuse	315	Galveston	409		
Santa Monica	310	Massachusetts		Utica	315	Houston	713		
Santa Rosa	707	Boston	617	Westchester	914	Lubbock	806		
Stockton	209	Springfield	413	White Plains	914	Midland	915		
Sunnyvale	408	Worcester	508			Paris	903		
Vallejo	707					Richardson	214		
Colorado						San Antonio	210		
Denver	303					Tyler	903		
Pueblo	719								
Connecticut	203								
Delaware	302								
District of Columbia	202								



Caribbean 809



INTERNATIONAL CALLING

To Dial Direct: 011 +

Country
Code

+

Routing
Code
(if applicable)

+

Local
Number

** To Dial With Operator Assistance: +

Country
Code

+

Routing
Code
(if applicable)

+

Local
Number

- * * Operator assistance is required for Collect, Person to Person, and Time & Charges calls, and when using foreign Calling Card numbers.

Operator-assisted charges will apply to all non-Direct Distance Dialed (DDD) international calls.

Automated Long Distance Service is available on most North American Calling Card calls, and on Third Number billed calls to North American telephone numbers (charge acceptance will be verified). Availability of these services will vary, depending on the country called.

Points To Remember:

- There are time differences.
- It may take up to 45 seconds for an overseas phone to ring.
- Overseas ringing and busy signals are often different from those in Canada.
- Direct dialing to foreign directory assistance operators is subject to regular overseas charges.



Call The Operator (dial '0') If You Need:

- a telephone number
- country and city routing codes (limit of 3 routing codes per call)
- overseas rates not listed
- assistance on overseas calls
- time zone differences not listed.

Canada Direct

With Canada Direct service, calling home from overseas has never been so easy. Whether you call collect or use a Calling Card™ or Call-Me Card number, just one direct-dialed call puts you through to a friendly operator back in Canada. This eliminates dealing with foreign operators and any potential language difficulties; it may also reduce hotel surcharges.

Canada Direct is available from more than 80 foreign countries. Call your TeleCentre for more information.

Home Country Direct

Phoning home from Canada is easy, too. Whether you call collect or use a Calling Card number, Home Country Direct service puts you through to an operator who speaks your language, in your home country. And . . . you'll be billed on your return at the operator-assisted rate in effect in your home country at the time the call was placed.

Home Country Direct is available to more than 60 countries. Call your TeleCentre for more information.

Canada's country code is 1, and the routing code is the area code.

COUNTRY CODES & TYPICAL RATES

Alberta Locations To	Country Code	Rate Periods	Direct Dial 1 Minute Minimum	Operator Assisted*		All Calls Each Add'l Minute	Time Difference From Mountain Standard Time
				Station-to- Station 3 Minute Minimum	Person-to- Person 3 Minute Minimum		
Argentina	54	Daily (7 AM-11 PM) Daily (11 PM-7 AM)	\$2.94 \$2.06	\$7.84 \$7.84	\$11.76 \$11.76	\$1.96 \$1.37	+4
Australia	61	Daily (4 PM-Midnight) Daily (8 AM-4 PM) Daily (Midnight-8 AM)	\$1.83 \$1.47 \$1.47	\$4.88 \$4.88 \$4.88	\$7.32 \$7.32 \$7.32	\$1.22 .98 .85	+17
Austria	43	Mon.-Fri. (9 AM-1 PM) & Sun. (9 AM-6 PM) Mon.-Fri. (1 PM-6 PM) & Sat. (9 AM-6 PM) Daily (6 PM-9 AM)	\$2.06 \$1.65 \$1.44	\$5.48 \$5.48 \$5.48	\$8.22 \$8.22 \$8.22	\$1.37 \$1.10 .96	+8
Bangladesh	880	Daily (8 PM-2 AM) Daily (2 AM-2 PM) Daily (2 PM-8 PM)	\$2.79 \$2.24 \$1.95	\$7.44 \$7.44 \$7.44	\$11.16 \$11.16 \$11.16	\$1.86 \$1.49 \$1.30	+13
Belgium	32	Mon.-Fri. (9 AM-1 PM) & Sun. (9 AM-6 PM) Mon.-Fri. (1 PM-6 PM) & Sat. (9 AM-6 PM) Daily (6 PM-9 AM)	\$2.06 \$1.65 \$1.44	\$5.48 \$5.48 \$5.48	\$8.22 \$8.22 \$8.22	\$1.37 \$1.10 .96	+8
Brazil	55	Daily (7 AM-11 PM) Daily (11 PM-7 AM)	\$2.33 \$1.64	\$6.20 \$6.20	\$9.30 \$9.30	\$1.55 \$1.09	+3
Chile	56	Daily (7 AM-11 PM) Daily (11 PM-7 AM)	\$2.48 \$1.74	\$6.60 \$6.60	\$9.90 \$9.90	\$1.65 \$1.16	+3
China	86	Daily (4 PM-Midnight) Daily (8 AM-4 PM) Daily (Midnight-8 AM)	\$4.28 \$3.42 \$3.00	\$11.40 \$11.40 \$11.40	\$17.10 \$17.10 \$17.10	\$2.85 \$2.28 \$2.00	+15
Colombia	57	Daily (7 AM-11 PM) Daily (11 PM-7 AM)	\$2.48 \$1.74	\$6.60 \$6.60	\$9.90 \$9.90	\$1.65 \$1.16	+2
Commonwealth of Independent States	7	Mon.-Fri. (9 AM-1 PM) & Sun. (9 AM-6 PM) Mon.-Fri. (1 PM-6 PM) & Sat. (9 AM-6 PM) Daily (6 PM-9 AM)	\$3.87 \$3.09 \$2.72	\$10.32 \$10.32 \$10.32	\$15.48 \$15.48 \$15.48	\$2.58 \$2.06 \$1.81	+11
Czech & Slovak, Federal Republic of	42	Mon.-Fri. (9 AM-1 PM) & Sun. (9 AM-6 PM) Mon.-Fri. (1 PM-6 PM) & Sat. (9 AM-6 PM) Daily (6 PM-9 AM)	\$2.48 \$1.98 \$1.74	\$6.60 \$6.60 \$6.60	\$9.90 \$9.90 \$9.90	\$1.65 \$1.32 \$1.16	+8
Denmark	45	Mon.-Fri. (9 AM-1 PM) & Sun. (9 AM-6 PM) Mon.-Fri. (1 PM-6 PM) & Sat. (9 AM-6 PM) Daily (6 PM-9 AM)	\$1.92 \$1.53 \$1.35	\$5.12 \$5.12 \$5.12	\$7.68 \$7.68 \$7.68	\$1.28 \$1.02 .90	+8
Egypt	20	Daily (6 AM-6 PM) Daily (6 PM-1 AM) Daily (1 AM-6 AM)	\$2.94 \$2.36 \$2.06	\$7.84 \$7.84 \$7.84	\$11.76 \$11.76 \$11.76	\$1.96 \$1.57 \$1.37	+9
El Salvador	503	Daily (7 AM-11 PM) Daily (11 PM-7 AM)	\$2.33 \$1.64	\$6.20 \$6.20	\$9.30 \$9.30	\$1.55 \$1.09	+1
Ethiopia	251	Daily (7 AM-4 PM) Daily (4 PM-Midnight) Daily (Midnight-7 AM)	\$3.23 \$2.58 \$2.27	\$8.60 \$8.60 \$8.60	\$12.90 \$12.90 \$12.90	\$2.15 \$1.72 \$1.51	+11
France	33	Mon.-Fri. (9 AM-1 PM) & Sun. (9 AM-6 PM) Mon.-Fri. (1 PM-6 PM) & Sat. (9 AM-6 PM) Daily (6 PM-9 AM)	\$1.65 \$1.32 \$1.16	\$4.40 \$4.40 \$4.40	\$6.60 \$6.60 \$6.60	\$1.10 .88 .77	+8
Germany	49	Mon.-Fri. (9 AM-1 PM) & Sun. (9 AM-6 PM) Mon.-Fri. (1 PM-6 PM) & Sat. (9 AM-6 PM) Daily (6 PM-9 AM)	\$1.92 \$1.53 \$1.35	\$5.12 \$5.12 \$5.12	\$7.68 \$7.68 \$7.68	\$1.28 \$1.02 .90	+8
Greece	30	Mon.-Fri. (9 AM-1 PM) & Sun. (9 AM-6 PM) Mon.-Fri. (1 PM-6 PM) & Sat. (9 AM-6 PM) Daily (6 PM-9 AM)	\$2.48 \$1.98 \$1.74	\$6.60 \$6.60 \$6.60	\$9.90 \$9.90 \$9.90	\$1.65 \$1.32 \$1.16	+9
Hong Kong	852	Daily (4 PM-Midnight) Daily (8 AM-4 PM) Daily (Midnight-8 AM)	\$2.19 \$1.76 \$1.53	\$5.84 \$5.84 \$5.84	\$8.76 \$8.76 \$8.76	\$1.46 \$1.17 \$1.02	+15
Hungary	36	Mon.-Fri. (9 AM-1 PM) & Sun. (9 AM-6 PM) Mon.-Fri. (1 PM-6 PM) & Sat. (9 AM-6 PM) Daily (6 PM-9 AM)	\$2.33 \$1.86 \$1.64	\$6.20 \$6.20 \$6.20	\$9.30 \$9.30 \$9.30	\$1.55 \$1.24 \$1.09	+8
India	91	Daily (8 PM-2 AM) Daily (2 AM-2 PM) Daily (2 PM-8 PM)	\$2.61 \$2.09 \$1.83	\$6.96 \$6.96 \$6.96	\$10.44 \$10.44 \$10.44	\$1.74 \$1.39 \$1.22	+12.5
Indonesia	62	Daily (4 PM-Midnight) Daily (8 AM-4 PM) Daily (Midnight-8 AM)	\$2.61 \$2.09 \$1.83	\$6.96 \$6.96 \$6.96	\$10.44 \$10.44 \$10.44	\$1.74 \$1.39 \$1.22	+15
Ireland	353	Mon.-Fri. (9 AM-1 PM) & Sun. (9 AM-6 PM) Mon.-Fri. (1 PM-6 PM) & Sat. (9 AM-6 PM) Daily (6 PM-9 AM)	\$1.83 \$1.47 \$1.28	\$4.88 \$4.88 \$4.88	\$7.32 \$7.32 \$7.32	\$1.22 .98 .85	+7
Israel	972	Daily (6 AM-6 PM) Daily (6 PM-1 AM) Daily (1 AM-6 AM)	\$2.79 \$2.24 \$1.95	\$7.44 \$7.44 \$7.44	\$11.16 \$11.16 \$11.16	\$1.86 \$1.49 \$1.30	+9
Italy	39	Mon.-Fri. (9 AM-1 PM) & Sun. (9 AM-6 PM) Mon.-Fri. (1 PM-6 PM) & Sat. (9 AM-6 PM) Daily (6 PM-9 AM)	\$2.48 \$1.98 \$1.74	\$6.60 \$6.60 \$6.60	\$9.90 \$9.90 \$9.90	\$1.65 \$1.32 \$1.16	+8
Japan	81	Daily (4 PM-Midnight) Daily (8 AM-4 PM) Daily (Midnight-8 AM)	\$2.33 \$1.86 \$1.64	\$6.20 \$6.20 \$6.20	\$9.30 \$9.30 \$9.30	\$1.55 \$1.24 \$1.09	+16
Kenya	254	Daily (7 AM-4 PM) Daily (4 PM-Midnight) Daily (Midnight-7 AM)	\$2.79 \$2.24 \$1.95	\$7.44 \$7.44 \$7.44	\$11.16 \$11.16 \$11.16	\$1.86 \$1.49 \$1.30	+10
Korea (South)	82	Daily (4 PM-Midnight) Daily (8 AM-4 PM) Daily (Midnight-8 AM)	\$2.48 \$1.98 \$1.74	\$6.60 \$6.60 \$6.60	\$9.90 \$9.90 \$9.90	\$1.65 \$1.32 \$1.16	+16

*Includes calls billed to a calling card number

For further information on rates, discount periods and city routing codes, dial '0'

All rates quoted are subject to change. Goods & Services Tax will apply

COUNTRY CODES & TYPICAL RATES

Alberta Locations To	Country Code	Rate Periods	Direct Dial 1 Minute Minimum	Operator Assisted*		All Calls Each Add'l Minute	Time Difference From Mountain Standard Time
				Station-to-Station 3 Minute Minimum	Person-to-Person 3 Minute Minimum		
Libya	218	Daily (6 AM-6 PM) Daily (6 PM-1 AM) Daily (1 AM-6 AM)	\$1.92 \$1.53 \$1.35	\$5.12 \$5.12 \$5.12	\$7.68 \$7.68 \$7.68	\$1.28 \$1.02 .90	+9
Malaysia	60	Daily (4 PM-Midnight) Daily (8 AM-4 PM) Daily (Midnight-8 AM)	\$2.48 \$1.98 \$1.74	\$6.60 \$6.60 \$6.60	\$9.90 \$9.90 \$9.90	\$1.65 \$1.32 \$1.16	+15
Netherlands, Kingdom of the	31	Mon.-Fri. (9 AM-1 PM) & Sun. (9 AM-6 PM) Mon.-Fri. (1 PM-6 PM) & Sat. (9 AM-6 PM) Daily (6 PM-9 AM)	\$1.83 \$1.47 \$1.28	\$4.88 \$4.88 \$4.88	\$7.32 \$7.32 \$7.32	\$1.22 .98 .85	+8
New Zealand	64	Daily (4 PM-Midnight) Daily (8 AM-4 PM) Daily (Midnight-8 AM)	\$1.83 \$1.47 \$1.28	\$4.88 \$4.88 \$4.88	\$7.32 \$7.32 \$7.32	\$1.22 .98 .85	+19
Nigeria	234	Daily (7 AM-4 PM) Daily (4 PM-Midnight) Daily (Midnight-7 AM)	\$2.33 \$1.86 \$1.64	\$6.20 \$6.20 \$6.20	\$9.30 \$9.30 \$9.30	\$1.55 \$1.24 \$1.09	+9
Norway	47	Mon.-Fri. (9 AM-1 PM) & Sun. (9 AM-6 PM) Mon.-Fri. (1 PM-6 PM) & Sat. (9 AM-6 PM) Daily (6 PM-9 AM)	\$1.73 \$1.38 \$1.22	\$4.60 \$4.60 \$4.60	\$6.90 \$6.90 \$6.90	\$1.15 .92 .81	+8
Pakistan	92	Daily (8 PM-2 AM) Daily (2 AM-2 PM) Daily (2 PM-8 PM)	\$3.23 \$2.58 \$2.27	\$8.60 \$8.60 \$8.60	\$12.90 \$12.90 \$12.90	\$2.15 \$1.72 \$1.51	+12
Philippines	63	Daily (4 PM-Midnight) Daily (8 AM-4 PM) Daily (Midnight-8 AM)	\$2.48 \$1.98 \$1.74	\$6.60 \$6.60 \$6.60	\$9.90 \$9.90 \$9.90	\$1.65 \$1.32 \$1.16	+15
Poland	48	Mon.-Fri. (9 AM-1 PM) & Sun. (9 AM-6 PM) Mon.-Fri. (1 PM-6 PM) & Sat. (9 AM-6 PM) Daily (6 PM-9 AM)	\$2.61 \$2.09 \$1.83	\$6.96 \$6.96 \$6.96	\$10.44 \$10.44 \$10.44	\$1.74 \$1.39 \$1.22	+8
Portugal	351	Mon.-Fri. (9 AM-1 PM) & Sun. (9 AM-6 PM) Mon.-Fri. (1 PM-6 PM) & Sat. (9 AM-6 PM) Daily (6 PM-9 AM)	\$2.48 \$1.98 \$1.74	\$6.60 \$6.60 \$6.60	\$9.90 \$9.90 \$9.90	\$1.65 \$1.32 \$1.16	+7
Romania	40	Mon.-Fri. (9 AM-1 PM) & Sun. (9 AM-6 PM) Mon.-Fri. (1 PM-6 PM) & Sat. (9 AM-6 PM) Daily (6 PM-9 AM)	\$3.23 \$2.58 \$2.27	\$8.60 \$8.60 \$8.60	\$12.90 \$12.90 \$12.90	\$2.15 \$1.72 \$1.51	+10
Saudi Arabia	966	Daily (6 AM-6 PM) Daily (6 PM-1 AM) Daily (1 AM-6 AM)	\$2.94 \$2.36 \$2.06	\$7.84 \$7.84 \$7.84	\$11.76 \$11.76 \$11.76	\$1.96 \$1.57 \$1.37	+10
Singapore	65	Daily (4 PM-Midnight) Daily (8 AM-4 PM) Daily (Midnight-8 AM)	\$1.83 \$1.47 \$1.28	\$4.88 \$4.88 \$4.88	\$7.32 \$7.32 \$7.32	\$1.22 .98 .85	+15
South Africa	27	Daily (7 AM-4 PM) Daily (4 PM-Midnight) Daily (Midnight-7 AM)	\$2.19 \$1.76 \$1.53	\$5.84 \$5.84 \$5.84	\$8.76 \$8.76 \$8.76	\$1.46 \$1.17 \$1.02	+9
Spain	34	Mon.-Fri. (9 AM-1 PM) & Sun. (9 AM-6 PM) Mon.-Fri. (1 PM-6 PM) & Sat. (9 AM-6 PM) Daily (6 PM-9 AM)	\$2.61 \$2.09 \$1.83	\$6.96 \$6.96 \$6.96	\$10.44 \$10.44 \$10.44	\$1.74 \$1.39 \$1.22	+8
Sudan	249	Daily (6 AM-6 PM) Daily (6 PM-1 AM) Daily (1 AM-6 AM)	\$2.79 \$2.24 \$1.95	\$7.44 \$7.44 \$7.44	\$11.16 \$11.16 \$11.16	\$1.86 \$1.49 \$1.30	+10
Sweden	46	Mon.-Fri. (9 AM-1 PM) & Sun. (9 AM-6 PM) Mon.-Fri. (1 PM-6 PM) & Sat. (9 AM-6 PM) Daily (6 PM-9 AM)	\$1.65 \$1.32 \$1.16	\$4.40 \$4.40 \$4.40	\$6.60 \$6.60 \$6.60	\$1.10 .88 .77	+8
Switzerland	41	Mon.-Fri. (9 AM-1 PM) & Sun. (9 AM-6 PM) Mon.-Fri. (1 PM-6 PM) & Sat. (9 AM-6 PM) Daily (6 PM-9 AM)	\$1.92 \$1.53 \$1.35	\$5.12 \$5.12 \$5.12	\$7.68 \$7.68 \$7.68	\$1.28 \$1.02 .90	+8
Syrian Arab Republic	963	Daily (6 AM-6 PM) Daily (6 PM-1 AM) Daily (1 AM-6 AM)	\$3.87 \$3.09 \$2.72	\$10.32 \$10.32 \$10.32	\$15.48 \$15.48 \$15.48	\$2.58 \$2.06 \$1.81	+10
Tanzania	255	Daily (7 AM-4 PM) Daily (4 PM-Midnight) Daily (Midnight-7 AM)	\$2.19 \$1.76 \$1.53	\$5.84 \$5.84 \$5.84	\$8.76 \$8.76 \$8.76	\$1.46 \$1.17 \$1.02	+11
Thailand	66	Daily (4 PM-Midnight) Daily (8 AM-4 PM) Daily (Midnight-8 AM)	\$2.61 \$2.09 \$1.83	\$6.96 \$6.96 \$6.96	\$10.44 \$10.44 \$10.44	\$1.74 \$1.39 \$1.22	+14
Turkey	90	Mon.-Fri. (9 AM-1 PM) & Sun. (9 AM-6 PM) Mon.-Fri. (1 PM-6 PM) & Sat. (9 AM-6 PM) Daily (6 PM-9 AM)	\$2.79 \$2.24 \$1.95	\$7.44 \$7.44 \$7.44	\$11.16 \$11.16 \$11.16	\$1.86 \$1.49 \$1.30	+10
United Arab Emirates	971	Daily (6 AM-6 PM) Daily (6 PM-1 AM) Daily (1 AM-6 AM)	\$1.92 \$1.53 \$1.35	\$5.12 \$5.12 \$5.12	\$7.68 \$7.68 \$7.68	\$1.28 \$1.02 .90	+11
United Kingdom	44	Mon.-Fri. (9 AM-1 PM) & Sun. (9 AM-6 PM) Mon.-Fri. (1 PM-6 PM) & Sat. (9 AM-6 PM) Daily (6 PM-9 AM)	\$1.65 \$1.32 \$1.16	\$4.40 \$4.40 \$4.40	\$6.60 \$6.60 \$6.60	\$1.10 .88 .77	+7
Venezuela	58	Daily (7 AM-11 PM) Daily (11 PM-7 AM)	\$1.83 \$1.28	\$4.88 \$4.88	\$7.32 \$7.32	\$1.22 .85	+3
Yugoslavian Federation, Republics of	381	Mon.-Fri. (9 AM-1 PM) & Sun. (9 AM-6 PM) Mon.-Fri. (1 PM-6 PM) & Sat. (9 AM-6 PM) Daily (6 PM-9 AM)	\$2.79 \$2.24 \$1.95	\$7.44 \$7.44 \$7.44	\$11.16 \$11.16 \$11.16	\$1.86 \$1.49 \$1.30	+8

*Includes calls billed to a calling card number

For further information on rates, discount periods and city routing codes, dial '0'

All rates quoted are subject to change. Goods & Services Tax will apply



HOW TO REACH AGT DIRECTORY

BUSINESS CUSTOMERS

YELLOW PAGES™ Advertising Sales & Service

1-800-661-4260

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Call Collect 0-403-530-5565

PURCHASE OF TELEPHONE BOOKS

Alberta, Canada and Worldwide

1-800-661-4260

LISTdirect

Consumer & Business List Service

1-800-265-5478

AGT Directory Limited (**LISTdirect**) makes available lists of names, addresses and telephone numbers **printed in** AGT telephone directories to selected organizations for a fee. This may result in unsolicited mail or telephone calls at a subscriber's residence or place of business.

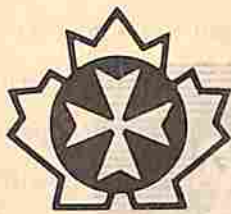
If you prefer not to have your name on these lists, please notify **LISTdirect** by writing to:

LISTdirect
AGT Directory Limited
Box 6000
27th Flr 411 1 St SE
Calgary, AB
T2P 2R2

A new letter is required each time your name, address and/or telephone number is changed.
Note: Removal of your name from AGT Directory Limited's lists will not necessarily eliminate all unsolicited mail or phone calls as there are many other list sources available.

GENERAL INFORMATION: This telephone directory is produced for AGT Limited by AGT Directory Limited. AGT Directory Limited is a subsidiary of the Alberta based TELUS Corporation.

FIRST AID FOR EMERGENCIES



Presented by: St. John Ambulance

First Aid for Emergencies is a step by step guide on immediate care you should give and on what to do until an ambulance arrives or until the person is taken to hospital. It is not a First Aid Course and Training in First Aid is recommended.

WARNING

Do not move the casualty unless there is danger to yourself or the casualty.

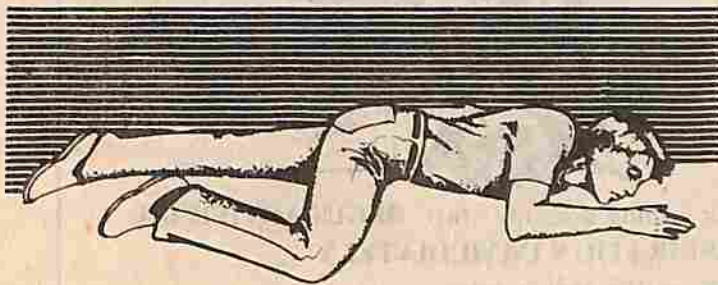
WHAT TO DO WHILE WAITING FOR THE AMBULANCE

1. Check breathing and give Artificial Respiration if needed.
2. Stop severe bleeding.
3. Protect unconscious persons.

UNCONSCIOUSNESS

Place unconscious person in the recovery position with the head extended to prevent the tongue from falling to the back of the throat and to help keep the airway open.

CAUTION: Do not move casualty if there are any signs of injury.



HEART ATTACK

SIGNALS

Pain in the chest, shoulders, lower jaw and upper arm.
Heartburn and indigestion.
Heavy pressure, squeezing and fullness in the chest.
Shortness of breath, pale skin, sweating and weakness.
Nausea, vomiting and indigestion.
Apprehension and fear.

ACTIONS FOR SURVIVAL

1. Place the casualty at rest, usually sitting.
2. Call for an ambulance, reassure.
3. Loosen collar, belt and tight clothing.
4. Monitor breathing and be prepared to give Artificial Respiration.
5. If the casualty loses consciousness, check for breathing and feel for pulse — If there is no pulse, those trained in CPR should commence CPR.

ARTIFICIAL RESPIRATION



1. Check for Breathing
 - a. Look and Feel for chest movement
 - b. Listen for breathing
 - c. Feel for breath on your cheek



2. If not breathing, open the AIRWAY
 - a. Lift the chin and
 - b. Press back on the forehead



3. If breathing does not start, **BEGIN ARTIFICIAL RESPIRATION IMMEDIATELY**
 - a. Keep the airway open
 - b. Pinch the nostrils
 - c. Take a deep breath
 - d. Blow 2 long, slow breaths into the casualty's mouth
 - e. If the chest does not rise, reposition the head, ensure a tight seal and blow 2 long, slow breaths again
 - f. If the chest rises, continue breathing into the adult casualty at the rate of one breath every 5 seconds

FOR INFANTS: Cover both the mouth and nose with your mouth and blow puffs of air every 3 seconds

CHOKING

1. If the casualty can speak or cough, stand by to help



2. When the casualty can no longer cough or breathe
 - a. Have someone call for an ambulance



- b. Give repeated abdominal thrusts with the fist just above the navel
 - c. Repeat abdominal thrusts until successful or the casualty becomes unconscious

CONVULSIVE SEIZURES

1. **KEEP CALM.** Let the seizure take its course.
2. **PROTECT** from further injury. Assist casualty to the floor and place something soft under the head.
3. **DO NOT FORCE ANYTHING BETWEEN THE TEETH.**
4. Roll the person to his or her side when the jerking has stopped. Ensure an open airway. Check for medical identification.
5. If the Seizure goes on longer than 10 minutes or repeats without full recovery, **CALL FOR MEDICAL HELP.**

UNCONSCIOUS CHOKING CASUALTY

1. Position casualty on his or her back
2. Open the airway
3. Check the mouth for foreign matter
4. Attempt artificial respiration,
IF NOT SUCCESSFUL
5. Kneel astride the casualty's thighs or lower legs



6. Place the heel of one hand just above the navel;
place the other hand on top
7. Thrust upward, giving a series of 6-10 distinct
thrusts
8. Check the mouth for foreign matter
9. Attempt artificial respiration

Repeat abdominal thrusts, mouth checks and
attempts at artificial respiration until help arrives.

SEVERE BLEEDING

Control severe bleeding by applying direct pressure
on the wound. Use a sterile or clean cloth over the
wound if available.

Elevate the bleeding part as much as possible.

Keep the casualty at rest.

When bleeding is controlled, apply additional
dressings and bandage firmly. Maintain elevation
and immobilize the limb.



BURNS AND SCALDS

Ensure that there is no further danger.

Immerse in cool water to relieve pain.

Do not place under extreme water pressure as it
will damage the skin further. Do not break blisters
nor apply ointments. Cover with dry dressings and
seek medical help.

Edmonton	10975 - 124 Street Phone: 452-6161
Ft. McMurray	Box 5366 743-0991
Calgary	2905 - 12 Street N.E. 250-2922
Grande Prairie	10215 - 102 Street 532-1012
Medicine Hat	631 Prospect Drive S.W. 529-8005
Lethbridge	P.O. Box 910 909 - 3 Avenue, North - #135 327-2847
Red Deer	#9, 7887 - 50 Avenue 342-7744

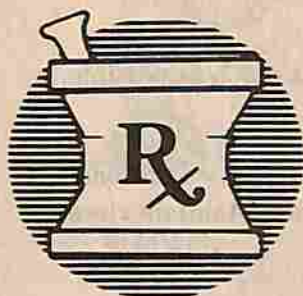


St. John Ambulance



THE PROPER USE OF DRUGS AND MEDICINES

Presented by: The Alberta Pharmaceutical Association in co-operation with
the Calgary Society of Pharmacists.
Provided as a public service by AGT.



PRESCRIPTION DRUGS

The instructions on your prescription may be confusing, but with the help of your pharmacist, and a few basic rules it should become easier.



1. Take your medication as directed.

There is always a reason for the medicine that is ordered by your doctor. Follow the directions on the label exactly.

2. Be sure you understand what the directions mean.

The times during the day when you take your medication are very important. If you are not sure, don't guess! Ask your pharmacist or doctor to make the directions clear.

If you take a number of medicines, ask your pharmacist to help you work out a schedule you can manage.

3. If you have missed some doses —

DO NOT try to "catch up" by taking all the medicine at once. Call your pharmacy or doctor to find out what to do in this situation.

NON-PRESCRIPTION DRUGS

Some medicines you take may be obtained without a prescription. If you take non-prescription drugs you should know —

1. if the drug will make you **drowsy** or **lightheaded**.
2. if the drug will **interact with other drugs** or **medicines** you may be taking. Tell your doctor and your pharmacist about **all** the drugs you are taking.
3. if the drug will worsen any **chronic disease** you may have, (eg. asthma, diabetes, heart trouble).



ALWAYS READ PACKAGE INSTRUCTIONS CAREFULLY!

For more information about non-prescription drugs look for the DRUG CAUTION CODE at your local pharmacy.

Remember to follow any special instructions.

Always **keep medicines out of the reach of children.**

Store medicines in a cool dry place.

Discard all prescription drugs you are not currently using.

**Check the expiry date on non-prescription drugs and
discard if they have expired.**



REMEMBER YOUR PHARMACIST IS A PROFESSIONAL READILY AVAILABLE
TO HELP YOU UNDERSTAND YOUR MEDICATIONS!

TREATMENT OF ACCIDENTAL POISONING

POISON CONTROL CENTER: 1-800-332-1414 (TOLL FREE)

SWALLOWED POISONS

THIS IS AN EMERGENCY, ANY NON-FOOD SUBSTANCE IS A POTENTIAL POISON

1. (a) **MEDICINES** — Do not give anything by mouth until you have called the POISON CONTROL CENTER.
- (b) **CHEMICAL OR HOUSEHOLD PRODUCTS** — Unless the person is unconscious, having convulsions, or cannot swallow — give one or two glassfuls of water or milk immediately. Do not give carbonated fluids.
2. If the person is unconscious or having convulsions, call an ambulance and have them transported to a medical facility at once.

A. If poison contains petroleum products (eg. kerosene, gasoline)

DO NOT INDUCE VOMITING

B. If poison is a strong corrosive (eg. lye, strong acids, bleach, drain or oven cleaners)

DO NOT INDUCE VOMITING

C. For other types of swallowed poisons

INDUCE VOMITING ONLY IF DIRECTED BY POISON CENTER

Use only Syrup of Ipecac to induce vomiting, other methods can be harmful. Ipecac may be obtained from your pharmacy.

BRING THE PACKAGE OR CONTAINER, WITH INTACT LABEL, TO THE TELEPHONE

INHALED POISONS

(fuel gases, auto exhaust, dense smoke)

1. Remove person to fresh air, loosen clothing
2. Open doors and windows wide
3. Call the POISON CONTROL CENTER for further advice
4. If the person is not breathing, start artificial-respiration immediately. Have someone call an ambulance.

CHEMICAL SPILLS

SKIN

1. Remove contaminated clothing. Make sure you avoid contaminating self.
2. Rinse skin with a large amount of water for 15 minutes. Wash gently with a mild soap and water, rinse.
3. Call the POISON CONTROL CENTER for further advice.

EYE

1. Rinse eye with 8 ounces of lukewarm water using a large glass. Continue for 15 minutes and have the person blink as often as possible while rinsing. Remove contact lenses, if worn.
2. After rinsing call the POISON CONTROL CENTER for further advice.

PRESENTED BY: The Edmonton Society of Pharmacists in co-operation with The Poison and Drug Information Service and The Alberta Pharmaceutical Association.

The following information set out in this SEVERE STORM GUIDE is presented by the following

**ENVIRONMENT CANADA
EMERGENCY PREPAREDNESS CANADA**

SEVERE STORM GUIDE

HEED THE WARNINGS

Before a severe storm hits, make sure you know what types of storms could occur in your area and at what time of the year they are most likely to strike. Know what forecast area you are in so you will know if a weather warning applies to you. It will often be helpful to note the adjacent regions if you live close to a boundary.

THINGS TO DO NOW!

1. Prepare your emergency pack.
2. Choose your shelter.
3. Reduce the hazards — trim dead or rotting branches and cut down dead trees to reduce the danger of limbs falling on your home.
4. Choose a meeting spot for your family.
5. Ensure mobility afterwards. Always have a fairly full tank of gasoline in your car.

EMERGENCY PACK

- Extra clothing
- Extra blankets
- Medication
- First Aid items
- Battery powered radio & spare batteries
- Flashlights, candles
- Tools for emergency repairs



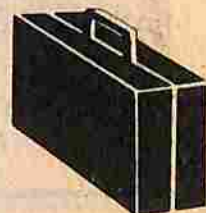
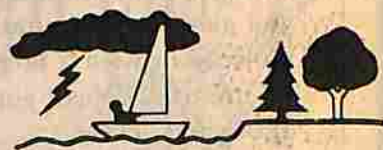
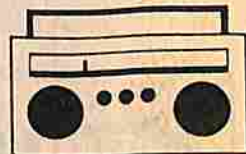
**Choose
Your Shelter**



**Reduce
the Hazards**

WHEN A SEVERE STORM THREATENS

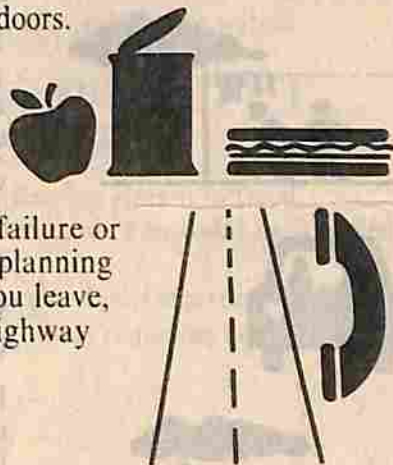
- Listen to your local radio or TV station for weather warnings and advice. Have your battery-powered radio handy; electrical power may fail.
- Secure anything that might be blown around or torn loose, both indoors and out. Flying objects such as garbage cans and lawn furniture can damage property and injure people.
- Never venture out in a boat. If you spot bad weather while boating or swimming, head for shore immediately. Check forecasts before going out, and listen to weather reports while boating.
- If you are advised by officials to evacuate, do so. Take your emergency kit and supplies with you. You will also need flashlights and batteries, infant care items, and personal documents and identification for each family member. Before you leave, shut off electricity to reduce fire hazard.
- Keep calm. You'll be more able to cope with emergencies.
- If a storm reaches severe proportions, go to your shelter spot and take your emergency kit with you.



PRECAUTIONS FOR WINTER STORMS

AT HOME

- During the winter, it is a good idea to prepare a supply of heating fuel. Trucks may not be able to get through the storm.
- Ensure farm animals are stabled and have plenty of food and water before a storm settles in.
- Do not go outdoors during a blizzard. If you cannot avoid travel between your house and outbuildings, tie one end of a rope securely to a doorknob or other marker at each building you must visit, starting with your house. Do this even if you are on familiar ground. Hold tightly to this lifeline when you walk, blowing snow can blind you and make you lose your way.
- Have a good supply of food on hand and be prepared to wait out this storm indoors. Blizzards often last for days.



IN YOUR CAR

Winter travel by car can be a very serious business. The slightest mechanical failure or driving error can lead to a serious survival situation. Knowledge and advance planning are needed and may save your life or help you avoid needless injury. Before you leave, check the road conditions for the area you'll be travelling in by phoning the highway information number in the phone book.

PRE-WINTER CAR CHECKLIST

- | | |
|--|-------------------------------------|
| ☐ Ignition system | ☐ Brakes |
| ☐ Battery | ☐ Wipers |
| ☐ Lights | ☐ Defroster |
| ☐ Cooling system | ☐ Snow tires |
| ☐ Fuel system | ☐ Chains |
| ☐ Lubrication | ☐ Antifreeze |
| ☐ Exhaust system | ☐ Winter oil |
| ☐ Heater | |

WINTER TRAVEL KIT

- | | |
|------------------------------|--|
| Shovel | Ice scraper and brush |
| Sand | Booster cables |
| Tow chain | Road maps |
| Flashlight | First aid kit |
| Compass | Matches |
| Warning light or road flares | Candle in deep can |
| Extra clothing and footwear | Fire extinguisher |
| Emergency food pack | Methyl hydrate (for fuel line and windshield de-icing) |
| Axe or hatchet | Blanket |

IF YOU GET STRANDED ...

- If possible stop your vehicle completely off the travelled portion of the road. (Large vehicles may not be stopped by the storm).
- Set out warning lights or flares and turn on the dome light and the four way flashers.
- Stay inside the car and keep dry.
- Avoid over-exertion and exposure. Shovelling and bitter cold can kill. If you stay with the car you won't get lost and you'll have shelter.
- Keep fresh air in the car by opening a lee-side window. Run your motor sparingly and beware of exhaust fumes and ensure the exhaust pipe is not blocked by snow.
- Exercise your limbs, hands and feet vigorously.
- Keep moving and don't fall asleep.
- Keep watch for traffic or searchers.
- Use your candle for warmth. It should provide enough warmth to keep you from freezing if you are dressed for winter.

PRECAUTIONS FOR SUMMER STORMS

LIGHTNING

Lightning is an electrical discharge resulting from the build up of static electricity between clouds or between clouds and the ground. It is present in all thunderstorms and even more frequently in severe ones. More people are killed by lightning throughout the year than by the other effects of violent storms. You can estimate the distance of a lightning stroke by counting the seconds between the flash and the thunderclap. Each second indicates about 300 metres. If you count fewer than five seconds, take shelter. Lightning is near.

- Stay indoors when there is lightning activity. Don't go outside unless absolutely necessary.
- If you are indoors, keep away from doors, windows, fireplaces, radiators, stoves, metal pipes, sinks or other charge conductors. Disconnect electrical appliances such as TVs and radios. Don't handle electrical equipment or telephone during an electrical storm.
- Stay away from wire fences, clotheslines, metal pipes, rails and other metallic paths which could carry lightning to you from some distance away.
- Get off of and away from motorcycles, scooters, golf carts, bicycles, tractors and other metal farm equipment. Put down golf clubs.
- Don't be the tallest object in an open area. Get well away from hilltops and trees. Never take shelter under a tree.
- If you are in your car, stay there. It will give you excellent protection from lightning. Pull away from trees that might fall on the car. Stay in your car until the storm passes and it is safe to drive again.
- If you're hopelessly isolated in a level field or prairie and you feel your hair stand on end — indicating lightning is about to strike — drop to your knees and bend forward putting your hands on your knees. **DO NOT** lie flat on the ground.

TORNADOES

Tornadoes, or "twisters" are violent windstorms characterized by a twisting funnel-shaped cloud which forms at the base of a cloud bank and extends towards the ground. Tornadoes occur in conjunction with severe thunderstorms, and are often accompanied by lightning, heavy rain and/or hail. Although small, often less than a hundred metres wide, they are nature's most violent storms, packing winds to 450 km/h and creating havoc over paths from less than a kilometre to several hundred kilometres in length.

Tornadoes strike suddenly, their loud roaring noise will alert you that one is coming. They move rapidly (50-70 km/h) and normally touch ground for less than 20 minutes. Tornadoes usually move from the southwest to the northeast and usually occur from May to September (June and July are the peak months).

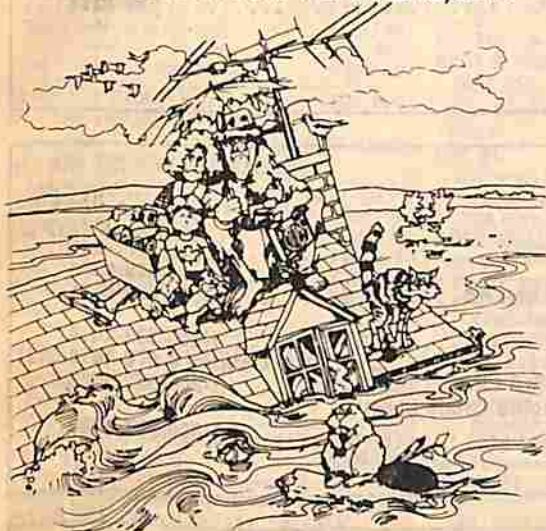
- Choose a shelter area in advance. If you don't have a basement, the centre of the house or the side away from the coming storm makes a good shelter. Avoid large halls, cafeterias, arenas, etc.; their roofs are more likely to collapse.
- If a tornado catches you outdoors, take shelter immediately. As a last resort, lie flat in a ditch, excavation or culvert.
- If you are driving and spot a tornado heading in your direction, drive away from its path at a right angle. Do not remain in the car, you may be trapped if it overturns.
- If no shelter can be found, hang on to a small tree or shrub.

FLOOD SAFETY GUIDE

BEFORE THE FLOOD

- Stay tuned to local radio/television stations for public information and instructions.
- Keep a portable battery radio, emergency lights and flashlights in working order.
- Keep your vehicle fuelled.
- Keep a stock of food which requires little cooking and no refrigeration as electrical power may be interrupted.

SO IT CAN'T HAPPEN HERE, EH?



WHEN YOU RECEIVE A FLOOD WARNING

- Store drinking water.
- Remove valuables from basements or lower floors.
- Plug basement outlets: sewers, drains, sinks, toilets & laundry outlets.
- Move to a safe area before you are isolated by flood waters.

DURING A FLOOD — DON'T PUT YOURSELF IN PERIL

- Do not attempt to cross on foot any flowing stream in flood.
- Do not attempt to drive over a flooded road. You could be stranded.
- Stay out of the flood area.
- Do not phone Disaster Services, Police or Fire Department unless you need help or are calling on behalf of others requiring assistance.

AFTER THE FLOOD

- Check with local health authorities on drinking water purity.
- Necessary medical, welfare and other needs are available at established local evacuation centres or at those places publicly designated.
- Do not visit the disaster area. Your presence will hamper rescue and other emergency operations.
- Report broken utility lines to appropriate authorities.

TOXIC GAS SPILL/CLOUD

(from a PLANT, WAREHOUSE, PIPELINE, OIL-GAS WELL,
TANK RUPTURE or SPILL)

ACTIONS TO TAKE



1. STAY indoors.
2. STAY TUNED to local RADIO/TELEVISION stations for public information and instructions.
3. CLOSE (and keep closed) all doors and windows.
4. TURN OFF air conditioners, furnaces, water heaters and their pilot-lights.
5. CLOSE all exterior air intakes and vents.
6. DO NOT operate clothes dryers, kitchens/bathroom vent-fans, rangehood vents.
7. DO NOT operate light-switches.
8. IF OUTSIDE, seek shelter in a large enclosed public building.
9. IF IN A VEHICLE, move away from any identified "danger area".
10. SHUT OFF all heater, fresh-air, air conditioner and ventilator intakes or windows of the vehicle.
11. KEEP AWAY from "danger areas" as announced, and follow instructions of emergency service personnel.