DECEMBER 2016

Merry Christmas



A Special Supplement to the Winchester Press

Hmmm, you're not having seconds?

The battle of the Christmas bulge

by Blair Paterson

Christmas Message

I have had "weight" problems most my life.

Oh sure, I exercise; been to Weight Watchers. I've "pushed myself away from the table sooner" (thanks to every older relative ever). I guess it's just who I am, I guess. Or maybe not.



Rev. Blair Paterson

Growing up, Christmas meant many things, but it always meant food. Mom baked special goodies: lemon squares, Nanaimo bars, and cranberry bread. My Nana made homemade plum pudding (soaked in Brandy and set on fire). My Grammie made chocolate-covered chow mein noodles that, if I close my eyes, I can still taste.

Nothing beat Christmas. On Christmas Eve, being from Quebec, we had Tourtière, then Christmas morning, after all the gift opening, there would be a big breakfast. One of my uncles owned a delicatessen in Montreal, so there were literally tons of bacon, sausages, and cretons, not to mention eggs by the dozen, fried tomatoes, and pancakes.

Then, after a day of playing, sledding, and napping, we'd have Christmas supper at about 4 pm, complete with turkey, potatoes, Brussel sprouts, as well as eight other veggies, mince meat pies, apple pies, and pumpkin pies. And, to finish it off, at about 9 pm we'd all snack on leftovers, which meant turkey sandwiches complete with stuffing and cranberry sauce.

But then I met *her* – she who became my wife, and she was from Chesterville. Suddenly Christmas included a "dinner" I was expected to attend. Do you see the conundrum?

In Chesterville, as well as much of Dundas County, dinner has different connotations than in the bright lights of Montreal or Kemptville.

So, along with the traditional meal of my family – breakfast, supper and snack – I now had to add Christmas dinner at Karen's, which took place at noon. On Christmas Day, I think I ate whole weeks worth of caloric intake.

And then came the dreaded words from mother, "Hmmm, you're not having seconds? I guess *their* food is better than mine."

Sigh. So before you judge me and my waistline, just think of what I've had to endure. Imagine the agony of "how about one more slice of *your* favourite pie," the "pass Blair the potatoes again," and the groping hands of a future grandfather-in-law "he, he, he, he's got more room for rutabagas."

I ask now that you bow your heads in a moment of silence for all sons and sons-in-law who do what we must to please mothers and mothers-in-law.

But, before you go (and grab the Pepto-Bismol), let me just say that I know exactly how blessed I am. I know that I have been loved enough that people around me ply me with food – around tables overloaded with loved ones and friends, squalling children and pets, circling the table legs – year after year after year.

God has blessed me, and now that I have reached the age I am, with its apparent wisdom, I await the day when I can wreak my revenge on some unwitting young man on Christmas day.

I'll enjoy watching him, stuffed to the gills, punish his body (and his taut manly figure) all for love.

☆

Rev. Blair Paterson leads the South Mountain-Hallville pastoral charge, which includes churches in South Mountain, Hallville, Inkerman, and Heckston.



Our warmest wishes for a simply unforgettable holiday season!

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from management and staff

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Local tree farm provides festive family tradition

Alicia K. Gosselin

OSGOODE

For many of us, nothing rings in the Christmas season better than visiting a local tree farm to cut down an authentic evergreen tree.

The look, the scent, and the very feel of a real tree enhance the warm, homey atmosphere we desire to create during our most festive time of year.

At Laird's Tree Farm in Osgoode, more than 48 acres of forest encourages families to spend some time choosing the "perfect" tree for their home – whether it's a blue spruce, a white spruce, a balsam fir, or a white pine – while creating a lasting holiday memory.

Second-generation owners Dan and Bonnie Laird have been operating the farm since 2001, when they took over from Dan's parents, who first started planting trees in 1977.

"It's always been a family-oriented spot here, and a lot of our customers come year after year with their kids because it's an experience for them," said Dan. "Whether they want to spend a couple of hours walking through the bush, or park and walk five steps, we cater to their preference."

All Christmas trees are flagged in the field to make it easy to find and identify them. After finding and cutting down a tree (with handsaws only), customers can proceed to the free shaking and bailing station to wrap up their tree.

Whether the customer wants to do it all themselves, or are a bit tuckered out, Dan said he and his staff can do it all – cut down the tree, wrap it, and load it.

On weekends the Lairds also offer complimentary hot chocolate, wagon rides, and a bonfire for families to warm up.





Dan Laird, owner of Laird's Tree Farm in Osgoode, has more than 48 acres of evergreens for customers to choose, cut, and bring home for the Christmas season. After finding and cutting down a tree (with handsaws only), customers can proceed to the free shaking and bailing station to wrap up their tree. Press Photos – Gosselin

Every year, the Lairds plant more than 2,000 trees, which take about 10 to 12 years from seed to harvest to grow an eight-foot evergreen.

"We have to be about eight years ahead of the trend, and plant the types of trees we know people will be looking for," added Dan.

The very first type of tree that was planted on the farm was a scotch pine, as they needed a shorter amount of time than average to reach full maturity. Throughout the years, the Lairds decided to discontinue the scotch pine as they were heavy maintenance, prone to disease, and grew inconsistently.

"The most popular type of tree nowadays is the balsam fir," said Dan. "They hold their needles the longest and have a softer branch."

According to Dan, certain evergreens stand out more than others and are better for handling and decorating.

Take a look at the different characteristics of the trees sold at the Osgoode-based farm:

White spruce: The white spruce is excellent for ornaments – its short, stiff needles have a blunt tip, and have better retention than any other spruce. They are bluish-green and have a natural, full shape.

Blue spruce: Of all the trees, the blue spruce has one of the sharpest needles. They are bluish-grey, and have a good symmetrical form. The branches are also stiff, making them a good option for heavy ornaments.

Balsam fir: One of the most popular Christmas tree choices, the balsam fir is dark green and its needles last a long time. This type of tree also retains its pleasing fragrance throughout the holiday season.

White pine: One of the largest pines, the white pine has soft, flexible needles and is bluish-green in color. White pines have good needle retention, but have little aroma. They also aren't recommended for heavy ornaments.

At Laird's Tree Farm, small-load delivery and landscaping services are also offered, with maple trees available for customers upon request.

The "U-Cut" farm is open from Sat., Nov. 26 until Fri., Dec. 23.

Merry Christmas!

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Hope is real – when you know what you are hoping for

by Thurland Brown



Thurland Brown

"I hope it doesn't snow this winter" is a sentence every Canadian older than 10 has probably said at least once.

But even while we are speaking the words, we know they will not come true. It may be a legitimate wish, but it should not be considered a true "hope."

In the Christian calendar, "hope" is a word closely associated with Advent and Christmas, but if we use it loosely we run the risk of confusing true Christian Hope with fleeting pipedreams.

When we say, "I hope I never get sick," (nor anyone else I love), or "I hope I never face a problem," those are quite likely pipedreams, not true hope.

When I personally think of hope, I define it as "reasonable expectation based on past experience and observation." So when I say, "I hope it doesn't snow this year," that is different than when a North Dundas farmer says, "I hope to have a great harvest of corn this year."



My statement is unreasonable, while his has a foundation. Years of data collection make it reasonable to assume that it *will* snow. We may not know when, and we may be fortunate enough to not have it snow hard enough to ruin our special event, but it *will* snow this winter.

On the other hand, the farmer knows this is a good soil for corn, he knows that he has practiced good husbandry, he knows the climate in this area is suitable for corn production; therefore, he can say with a reasonable confidence, "I'm hoping for a good harvest."

I'd like to suggest that "Christian Hope" has a basis. I define it as "reasonable expectation based on what I have already seen or experienced of the grace and mercy of God."

When I talk about "the hope of the presence of God," or the Scripture talks about "the hope of heaven," we are basing it on what we have already experienced.

I do not have room to tell the stories here, but as a pastor visiting in many difficult situations, I have to say that I have experienced the hope and healing of the presence of God.

You could probably argue with me – and you might even win the argument – because the stories I would share will never prove the existence of God to a mind that is closed, or a heart that has grown cold.

But that's not why He shows up. He shows up to show Himself to the seeking heart, the hungry and desperate soul. And over the years I have seen many eyes light up with a renewal of hope when they experience that revelation from God.

So this Christmas season, I gladly say "My *hope* is in the Lord."

P.S. At New Hope Church, we have created a space that we think is conducive to hope and healing. Between now and Christmas, every Tuesday (from 1 to 4 pm) and every Thursday (from 7 to 9 pm) the sanctuary will be open for personal times of solitude.

The lights will be on, the music will be on, and the heat will be on. The rest is up to you. Come in, sit down, listen quietly, and let the Spirit of God minister hope to your world.

☆

Thurland Brown serves as pastor at New Hope Church in Winchester.

The origins of New Year's resolutions

For millenia, people around the world have commemorated the arrival of a new calendar year by adhering to various traditions. One such tradition is making resolutions for the year ahead. Resolutions are promises to oneself geared around personal fulfillment and betterment.

Resolutions are widely practiced, but some people may not understand the origins of New Year's resolutions and why they have become the norm.

Some historians tie the practice of making resolutions to the ancient Babylonians. More than 4,000 years ago, the Babylonians celebrated the New Year in March rather than January. The spring harvest was in March, and a festival called Akitu, which lasted 12 days, was celebrated. An important part of the festival was the crowning of a new king. Special rituals also affirmed a connection to the gods. The Babylonians made promises to the gods, which included vows to return borrowed objects and pay outstanding debts.

Resolutions can also be traced to ancient Rome. The Romans were instrumental in creating a more formal calendar, and the start of the new year was moved from March to January (January and February were added to the Roman calendar under the rule of Numa Pompilius). Julius Caesar wanted to honour January's namesake, Janus, the Roman god of beginnings. Janus' two faces enabled him to look back into the past and forward into the future. Sacrifices to Janus were made, and worshipers exchanged gifts with one another. A custom of setting resolutions began during this period as well, with Romans promising to be good to one another.

Eventually, these resolutions were funneled into prayers and fasting when Christianity was adopted by the Roman Empire. Other religious parallels include the Jewish holiday of Yom Kippur, which is a day of atonement and reflection as celebrants examine their wrongdoings and seek forgiveness and to behave better moving forward. Yom Kippur follows Rosh Hashanah, Judaism's own new year.

Resolutions also may be loosely tied to Medieval times. During this time, knights took a "peacock vow" at the end of the Christmas season. Each year, these knights would reaffirm their commitment to chivalry.

Today New Year's resolutions are largely a secular tradition, but they're still connected to a desire to be a good person and put one's best self forward.



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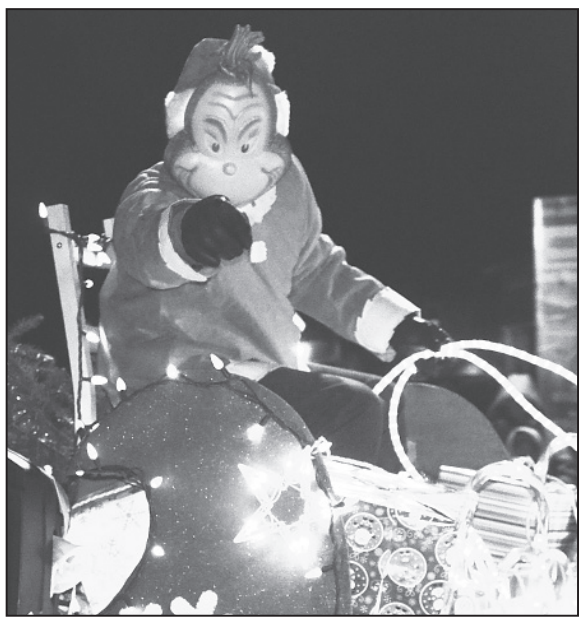
Light up the night

Embrun's main street glowed with Christmas pride Sat., Nov. 26 during the annual holiday parade throughout the village. The Embrun Fire Department and the Embrun and Russell Optimist Clubs worked together to co-ordinate the festive affair, and gathered donations for the Embrun, Russell, Limoges, and Marionville food banks with the help of the local army cadets. Nearly 30 floats made their way down Notre-Dame Street toward the Embrun Arena, where community members were invited to enjoy hot chocolate and goodies to end the parade. According to Embrun Optimist Club president Elizabeth Godin-Charron, more than 120 children joined in the post-parade fun at the arena.





Left: Students from Ecole elementaire catholique Saint-Jean couldn't help but snack on some of the candy they were handing out. Above: Parade co-ordinators apparently trusted the Grinch to lead a sleigh.



Staff members from Holder Tractors showed off one of their orange machines.



The parade was an opportunity for Kozy Kritters, a small, privately supported in-home animal rescue, to spread awareness about its relocation to Embrun village.



The Embrun Optimist Club helped to co-ordinate this year's Embrun holiday parade Sat., Nov. 26. *Press Photos – Gosselin*

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Christmas' arrival is no surprise with Advent involved

by Aaron Reimer



Aaron Reimer

For most of us, the Christmas season is marked by more chaos than peace.

No matter how old we are there's this time leading up to the "big day" that's marked by increasing expectation.

For some, it's a happy time, for others it can be closer to panic. It seems like it starts earlier every year. We plan, we travel, we decorate, we bake, we shop, we eat, we worry about how much we spent while shopping and how much holiday-weight we're gaining while we're eating.

Sometimes it seems like we're bouncing around like a ping-pong ball in a clothes dryer until we're flung out into the new year wondering where the holiday went!

I'm not railing against busyness or complaining about losing the spirit of Christmas, I'm saying that no matter what we believe, Christmas is more of a season than an event.

In the Christian church, we have a word that encompasses that, "Advent."

For us, Christmas doesn't come suddenly. Each year, there's a four-week lead-up that reminds us, in the midst of the busyness, of the hope, peace, joy, and love that come with Jesus Christ's coming into our world.



It's a wonderful time of anticipation and celebration of the beautiful mystery that Christ has come, Christ is here, and Christ is coming again.

I'm a bit of a word nerd, so I like to sink into the meaning of things when I talk about them. Advent is the same concept that we get the word "adventure" from. It's something new coming. Something expected, but somehow unexpected at the same time.

It's a time of profound change where the old passes away, and something different takes its place and nothing can ever be the same afterward. Advent is a time that we eagerly anticipate the coming not of presents and turkey, or even the end of insane busyness, but of Jesus Christ.

Once upon a time, the world was Christless, and it waited with bated breath for the one who would make all things new. Then, like a silent ray of starshine, He was here.

That's what we celebrate. That's what we still wait for. The old made new. The broken made whole. The greatest gift the world has been given. He was given when He was least deserved and most needed, and that pattern has been followed in countless lives in the centuries since.

This Christmas season, take some time to ponder what the advent of Jesus Christ means, or could mean, in your own life. Look at the world around you. Look up to the stars. Jesus is coming.

☆

Aaron Reimer serves as pastor at New Hope Church in Winchester.

Hanging stockings with care

Mantles adorned with garland and other holiday trinkets make fireplaces come alive for Christmas. That magic is only enhanced by hanging Christmas stockings, which are just waiting to be filled with goodies for good girls and boys. Those without a fireplace often hang stockings from windowsills and stairway banisters.



No written record exists to explain the origin of hanging stockings on fireplace mantles. Despite this, many people link the tradition to a tale about St. Nicholas. As that story goes, St. Nicholas was traveling through a village when he overheard the plight of three women. They were poor, and their father could not afford an ample dowry to marry them off. Rather than have them end up spinsters, St. Nicholas secretly tossed bags of coins through a window (or down the chimney, depending on which version of the story you read or hear), and they were captured in the girls' stockings hanging to dry by the fire. The family was overjoyed to have received such riches.

Soon news traveled about the mysterious money in stockings, and other children left out stockings for St. Nicholas to capture their own gifts.

The tradition has transformed over the years, and now many children hang stockings by the chimney with the expectation that the stockings will be filled with gifts from Santa. Traditions once suggested that only gifts from Santa were left in stockings, while gifts placed beneath the tree were from family, but that has since changed. Stockings are now meant to hold small gifts while larger items are placed under the tree.

Have a Very Merry Christmas and a Happy New Year!



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CONTENTMENT

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December 25 - Closed
December 26 - Closed
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January 2 - 7 am-2 pm

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Straight From The Hearth



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Rev. North's daughter, Rebekah, is currently undertaking a six-week volunteer effort at an orphanage in Kampala, Uganda. A graduate of both North Dundas District High School and Carleton University (social work), she is living up to the credo of a "God carrier."

The God carriers

by Bruce North

Elizabeth exclaimed with a loud cry "Blessed are you [Mary] among women, and blessed is the fruit of your womb," Luke 1:42

The other day waiting in Doc Steele's office I noticed a young mother calming her fussing baby. She picked the wee guy up and softly repeated, "It's okay, It's okay."

I noticed how relaxing it was in my own soul to hear these words of maternal assurance. I think for the first time, when called to have my blood pressure checked, they got it on the first try. I think of the amazing fact that a loving mother in just such a fashion once comforted the creator of all things.

As St. Paul declares, "He [Jesus] is the visible image of the invisible God, the firstborn over all creation," Colossians 1:15

The blessing of the incarnation (the divine merging with human form) is that mankind has been able to look directly into the face of God through Jesus Christ. The wonder of the incarnation is that a young woman was chosen as a holy vessel for the habitation of God. She was what is roughly translated into English "the God carrier." We too are given a similar opportunity, the privilege to have God live in us. We can do this by acknowledging our sin and inviting Jesus to come into our "hearts," dedicating ourselves to become His followers.



Rev. Bruce North

Christmas Message

God chose Mary for the exalted honour of being the one who would carry her own Saviour inside of her, and comfort Him as a newborn.

Now the one who was conceived by the Holy Spirit sends His Holy Spirit to live in all those who are Born Again, and thus experience the "Emmanuel," which means "God with us."

Like Mary, we all can be blessed because of the blessed one who can live in each of us.

☆

Rev. D. Bruce North serves as senior pastor at Harmony Church.

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Finding commonality among our differences

by Bruce Kemp



Rev. Bruce Kemp



They say that no two snowflakes are alike.

But, recently a scientist did find two alike. So much for the theory that every snowflake is unique!

Even though there is more than one snowflake in this world that appear the same, it is still amazing to think of the intricacies of the created world that even something as small and seemingly inconsequential as a snowflake has its own identity – even if it has a twin.

When I go to feed the birds in the morning, I know that there are many chickadees and blue jays and other birds. In some ways they all look alike, but I know that if I took the time to examine them closely I would be able to distinguish between them by colour, marking, or behaviour.

Now I know that one snowflake by itself cannot turn the world white, and that one bird by itself cannot eat every seed. I also know that I cannot change the world by myself. Each of us who share the form of a human being has common characteristics, but we are all different in some way. That means that each of us has something to contribute to life in this world, and that each of us is valued in the eyes of our Creator.

As we prepare to mark again the mystery of God coming to us in the person of Jesus, may we take the time to recognize and be thankful that each of us has been created in the image of God with common features, but distinct differences. And may we seek to welcome, support, and respect each other with humility and grace as we strive to live this common life that we share as a community.

And may we keep this in our minds and hearts, our words and our actions – not only in this season, but throughout the coming year.

☆

Rev. Bruce Kemp leads the local Presbyterian pastoral charge, which includes churches in Winchester, Morewood, and Chesterville.



To our friends and neighbours with our thanks for giving us so much to celebrate this season.

Dave Tremblay

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Merry Christmas

We hope your season is delightful in every way!

Thanks and Best Wishes

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Simple ways to dress up your home for the holidays

The holiday season is rife with traditions that focus on fun and family. One such testament to the festive spirit of the holiday season is the many homes and businesses decorated with the lights and colours that have become synonymous with the season.

Decorating for the holiday season can be time-consuming. Holiday decorating includes things as simple as putting up a wreath or as complex as stringing lights on the exterior of a home. Though elaborate displays can take hours to erect, time-crunched holiday celebrants can still create festive, welcoming displays.

• Hang holiday wreaths. Holiday enthusiasts without much time to decorate can invest in a couple of holiday wreaths, which can be dressed up as much or as little as celebrants prefer. If you do not have the time to string lights on the house, wrap them around wreaths hung in windows or hang the wreaths on a home's main entrance.

• Decorate with ornaments. Ornaments are not exclusive to Christmas trees. Fill a vase or bowl with metallic ornaments and place it in a prominent location, such as a busy hallway or the foyer of your home. Hang ornaments on clear filament from the mantle or within the main window of the house, where they can reflect tree lights and add sparkle.

• Bring in more greenery. Drape evergreen boughs on staircase railings or on the mantle, or use greenery to frame doorways. The scent will be inviting and things instantly will look more festive.

• Use throws and decorative pillows. Change the look of a room with holiday-coloured decor if you do not want to clutter the space with knickknacks. A red and green blanket draped over the sofa can give off a comforting holiday vibe.



• Focus on the front door and entryway. Celebrants who do not have the time to decorate their entire homes can create a warm, inviting space by decorating their front doors and entryways. Place greenery, bows, tinsel, lights, and winter-inspired accessories by the front door so friends and family visiting for the season catch the holiday spirit the moment they walk through the door.

• Place LED candles in windows. Rather than contending with twinkle lights and electric cords, homeowners can employ battery-operated faux candles to create a homey appeal in windows and hallways throughout their homes.

Simplify holiday decorating with some easy tips to make houses cozy and festive.

Films contribute to cherished holiday traditions

The tradition of watching holiday films together as a family is one custom that has endured for generations. Grandparents may have their favourite films, while moms and dads no doubt have their own must-see holiday movies as well. And no holiday film session is complete without including at least one movie that celebrates the magical impact that this time of year can have on youngsters.

The Polar Express (2004)

Children love this tale of a young boy who lives out many kids' holiday fantasies by embarking on a magical, unpredictable journey to the North Pole. Along the way, the boy becomes a true believer in the spirit of Christmas when he picks up a loose sleigh bell that falls off of Santa's sleigh. Santa ultimately entrusts the bell to the boy, referring to the bell as "the first gift of Christmas."

National Lampoon's Christmas Vacation (1989)

A holiday favourite among a slightly older crowd, *National Lampoon's Christmas Vacation* continues the tale of lovable family man Clark Griswold (Chevy Chase). Clark is determined to provide a traditional family Christmas for his wife, children, and their large extended family, only to have his dream holiday derailed by a stingy boss.

It's a Wonderful Life (1946)

Grandparents are no doubt very familiar with this beloved holiday classic, which tells the tale of frustrated businessman George Bailey (Jimmy Stewart). Contemplating suicide on Christmas Eve, George is saved when his guardian angel, Clarence (Henry Travers), intervenes and shows him what life would have been like for George's loved ones had he never been born.

All the Best for the Holidays



May your holiday be a great time to reflect and relax.
We appreciate your support.

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Did you know?

Each January 1, people all over the world make resolutions for the new year. Many of the same resolutions pop up on popularity lists each year. According to a study by GoBankingRates, which in December of 2015 asked 5,000 people what their New Year's Resolutions would be for 2016, the top resolutions included:

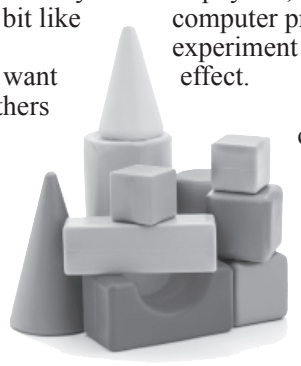
- Enjoy life to the fullest.
- Live a healthier lifestyle.
- Lose weight.
- Spend more time with family and friends.
- Save more, spend less.

A study by Thomas Cook UK, a United Kingdom-based travel company, indicated many people in Britain planned to cut back on social media as a top resolution as well. It should be interesting to see which resolutions play out upon the arrival of 2017.

Select educational toys

When shopping for holiday gifts for children, shoppers can easily be overwhelmed by the many toys, electronics, apparel and other items available for kids. Those who may not be up-to-date on the latest trends may even find shopping for kids a bit like solving a difficult puzzle.

While some shoppers may want to get kids the flashiest toy, others may prefer gifts that are both fun and mentally stimulating. Developmental toys and educational games for kids make for popular gifts. Toy and game manufacturers continue to develop products that integrate logic, reasoning, language stimulation, and motor skill development. Shoppers looking for fun, educational toys and games for the kids on their shopping lists have a host of items to choose from.



• **Building blocks:** Blocks that enable children to design and construct are popular among youngsters of various ages. Blocks come in many different forms, from early education wooden blocks that fill nursery floors to the more intricate, interlocking building sets that are coveted by older children.

• **STEM toys:** Some of the latest trends in children's toys veer away from regular video games and apps and cater to the rising interest in STEM. STEM is an acronym for science, technology and math. Early introduction to STEM-related skills can pay dividends later in life, considering students who have an emphasis on STEM knowledge are highly coveted among employers. STEM toys may include robot-building kits, toys that help young learners test the boundaries of physics, apps that help kids learn computer programing, and even scientific experiment kits that illustrate cause and effect.

• **Sensory toys:** Young children can benefit from toys that stimulate the senses. Items to consider include water toys, sands (including the newer kinetic varieties), playdoughs, musical instruments, and bubbles. Even food-related toys, such as those that encourage baking or cooking, will appeal to various senses and can help kids learn valuable skills.

• **Imaginative play toys:** Imaginative play is an effective way to stimulate creative thinking and may help children become better learners. The Creativity Institute, specializing in toys for creative play, says playing is important to children and the way they practice growing up. According to an article by Dr. Scott Kaufman that appeared in *Psychology Today,* "Systematic research has increasingly demonstrated a series of clear benefits of children's engagement in pretend games from the ages of about two and one half through ages six or seven." Dress-up toys, puppets, dolls, action figures, and toys that mimic real-life activities are all examples of products that promote imaginative play.

Creative ways to reuse Christmas cards

Roughly 1.6 billion Christmas cards, including boxed cards, are purchased in a given year. That's quite a lot of cards to address and mail, and many festive greetings for recipients to read and display.

With so much money and effort put into sharing Christmas greetings, some people may wonder how they can prolong the merriment offered by these cards. Here are some creative ways to put Christmas cards to new use once this holiday season has come and gone.

• Make your own gift tags. Christmas card stock is the perfect medium to turn into gift tags for presents. Cut the cards into squares or rectangles or use a stencil to create whatever shape you desire. Then use a hole punch to create a space for ribbon or another tie. Use the tag to dress up gifts.

• Get magnetized. All it takes is scissors, glue, and sheets of magnet for a decorative and fun craft project. Turn favourite Christmas cards into mementos that can be saved year after year, which also will dress up refrigerators or other magnetic surfaces. This idea works well for photo greeting cards as well.

• Make Christmas card ornaments. Use the cards to create uniquely shaped ornaments for the tree. Cards can be turned into block shapes and hung with ribbon. Explore your creative side and decorate your tree at the same time.

• Create greeting card garlands. Display cards by stringing them together and



hanging them from the mantle or another prominent area. If cards are too large, punch out large circles from the cards and then attach those disks to heavy thread.

• Decorate your packages. Instead of overspending on preprinted gift bags, make your own. Buy plain bags in a solid colour and then embellish them with cutout patterns or pictures from Christmas cards.

• Frame favourite cards. Make greeting cards a permanent part of holiday decor by framing the most decorative ones you receive. Use these frames year after year and put them on display with other holiday decorations.

• Make a wine bottle gift tag. Use a 1¼-inch hole punch to create an opening for the neck of a wine bottle on a piece of folded card stock. Glue a greeting card to the portion of the card stock that will lay flush with the wine bottle and you have a decorative wine tag.

• Shred older cards for confetti. Fill gift boxes or bags with homemade confetti made from recycled Christmas cards.

How Sweet It is!

Wishing you all good things at Christmas and in the New Year to come.

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Great gifts for seniors

Every holiday shopper ends up with at least one loved one on their shopping list who they can't seem to find anything for. Some people seem to have it all, while others may be less than forthcoming with regard to items they may need or want.

Many seniors tend to fall into the latter category. Shopping for holiday gifts for seniors can be difficult if shoppers don't know what seniors want. But the following are a handful of gift ideas that might make this holiday season that much more special for seniors.



Reading material

A 2015 survey from the Pew Research Centre found that 69 per cent of adults age 65 and over acknowledged reading at least one book in the previous 12 months. That makes books a good bet for shoppers who don't know what to get their 65-and-over loved ones this holiday season. But shoppers might want to opt for more traditional print books rather than e-books, as the survey found that only 15 per cent of readers age 65 and over had read an e-book in the previous 12 months. Also, consider gifting magazine or newspaper subscriptions, or a selection of puzzle books or adult colouring books.

Gym membership

Many seniors could benefit from aerobic and muscle-strengthening activities. Seniors are at greater risk for osteoporosis, a medical condition in which age-related tissue loss contributes to brittle, fragile bones. Physical activity, including muscle-strengthening activities like weight training, can help combat osteoporosis. Family members stuck on what to get aging loved ones may want to consider gifting a membership to a local gym. Many gyms offer heavily discounted memberships to seniors, and such gyms may even offer senior fitness classes at no additional cost.

Travel gifts

Many retirees love to travel, but not every senior has the means to take off for parts unknown. Holiday shoppers can light up seniors' smiles by gifting travel gifts this holiday season. One idea is to transfer airline miles to an elderly loved one so he or she can get a free or discounted flight. If that's not a possibility, gift certificates from your local travel agency, travel accessories, or new lightweight luggage is sure to please.

Family time

Shoppers who are especially stuck on what to get seniors for Christmas can just resolve to spend more time with their elderly loved ones. Many seniors genuinely have everything they need, and may only want to spend more time with their children and grandchildren. Make a New Year's resolution to spend more time with the special seniors in your life if the perfect gift is eluding you.



Home for the holidays

Christmas carols and festive songs help make the holidays complete by setting the mood for the festivities to come.

Songs resonate differently with people during the holiday season. For example, some celebrants find certain holiday tunes or lyrics especially poignant.

Those who might be missing home or planning on visiting friends and relatives who live far away during the holiday season often find the words to "(There's No Place Like) Home for the Holidays," are an accurate portrayal of the sentiments of holiday traveling.

Composed by Robert Allen, with lyrics by Al Stillman, "(There's No Place Like) Home for the Holidays" was published in 1954.

The best-known recordings of the song are by Perry Como, who recorded it twice — once in 1954 and then again in 1959 with a different musical arrangement. The first version reached #8 on the Billboard magazine chart in the United States.

The Carpenters recorded another popular version of the song for their 1984 album, "An Old-Fashioned Christmas."

Nora Jones and Cyndi Lauper also recorded a duet version of the song in 2011.

Merry Christmas and Happy New Year

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From all of us to all of you – May you enjoy health and happiness during the holiday season and in the new year ahead.

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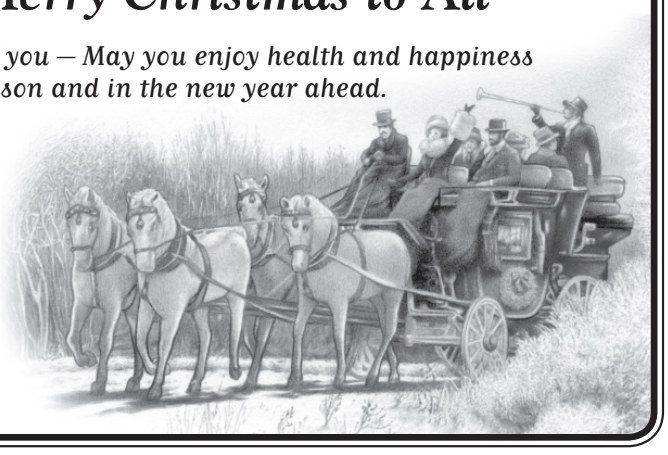

Merry Christmas!



May the coming season bring peace, joy and harmony for you and your loved ones. For your trust, we are truly thankful.

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Season's Greetings

As the snow falls to the ground, we'd like to spread good cheer all around. Since Christmas can't be far behind, here's to a season that's one-of-a-kind!

Thanks for your never-ending support.

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Drew Hosick aboard Kemptville's Juice FM entry.

Sparkle and shine

The 20th anniversary North Dundas Parade of Lights took to the streets of Winchester Sat., Dec. 3 with more than 50 floats in tow.



NDDHS band leader Joel Exner kept his musicians on note.







Above: Coca-Cola's entry was certainly bright.

Left: Brandon Scheepers pulled the North Dundas District High School (NDDHS) float.

Centre: Rev. Debbie Poirier walked alongside Chesterville's Christ Church United's float.



Martine Payne walked the parade along with other members of the North Dundas Leos.



This year's North Dundas Community Builder Award recipients, Bob and Sandra Weagant, rode in style.



Nation Valley All-Terrain Vehicle Club members Charity Baker (left) and Charlotte Coons.

Press Photos – Uhrig



We wish all of our customers and friends a very Merry Christmas and a Happy New Year.

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Morrisburg Santa Claus parade largest on record

The 23rd annual Morrisburg Santa Claus Parade attracted more than 60 floats to this year's Christmas celebration Sat., Dec. 3 – a record amount of participants to hit the streets during the long-running event.

At left:
Staff and residents of Dundas Manor in Winchester wished the crowd a Merry Christmas.

Below, from left:
Members of the South Dundas Fire and Emergency Services Chris Paulino (left) and Bryan Holmes rapped about fire safety.

Zak Mark showed off his two-month-old puppy to some of the little parade-watchers.

Morrisburg Public School (MPS) students advocated for saving their school from possible closure during the parade.

Press Photos – Gosselin







Wishes Warm & Bright

Hope your holiday glows with peace, joy and contentment. It's been a pleasure serving you in 2016, and we look forward to seeing you in the New Year!

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Wrap it up like a pro

Holiday shipping need not be as stressful as holiday shopping. The key is proper packaging, whether you're shipping across Canada or around the world this festive season.

"We handle well over a million shipments each day this time of year and we've seen customer packaging in various forms," says Sandra MacLennan, vice president of customer care at Purolator. "To continue to keep our customer promises, we stress the importance of proper packaging to help avoid any damage and encourage our customers to send their shipments early."

Here are a few packaging tips:

• Wrap all items individually using appropriate packing materials, such as bubble wrap, foam peanuts or air pillows. These materials should be at least three inches thick. For items with sharp edges, or fragile items like electronics, add cardboard inserts to protect the edges. Do not use newspapers, twine or tissue paper for cushioning as they do not offer enough protection.

• Avoid previously used boxes. They lose strength over time and are unlikely to provide adequate protection throughout the distribution process. New and durable shipping boxes can be purchased from Purolator Shipping Centres or office-supply stores.

• Place precious cargo in the centre of a box. Make sure all items fit well and are not protruding or compressed within the box.

• Do not apply glue, masking tape, cellophane tape or opaque tape to seal your boxes. These materials lack strength to keep the package intact. Instead, use three-inch-wide plastic, pressure-sensitive tape to close all boxes, making sure all edge seams are taped.

• Be sure to stick the shipping label on the largest, flattest surface of the box. Then double-check the accuracy of the sender and receiver information on the shipping label. When necessary, affix information to indicate that a glass, liquid or heavy-weight object is enclosed. Lastly, retain a copy of your package identification number (PIN) for easy tracking.

Choose a reliable shipper that will provide you with options to ship online or schedule a pick-up. Alternatively, drop off your shipments at one of the company's locations or a drop box.

More information is available at purolator.com.

www.newscanada.com



Use three-inch-wide plastic, pressure-sensitive tape to close all boxes, making sure all edge seams are taped.

Here's to a healthy happy New Year

This year, make a resolution that doesn't focus on achieving something, but rather on changing something about yourself for the better.

Here are three ideas to get you going:

1. Get in touch. Haven't talked to your siblings in a while? Haven't called your best friend to see how they're doing? Now's the time. Use 2017 to reconnect with everyone who is, and was, special in your life.

2. Give back. One of the best ways to keep a resolution is by making it about someone else. Help vulnerable children around the world for instance, by buying a UNICEF Survival Gift at shop.unicef.ca. You can choose an item that is meaningful for you — education supplies, vaccines, bed nets, or even soccer balls. Start the year off with hope by helping a child have a brighter future.

3. Let go. Make 2017 the year of living well. That means letting go of any grudges that are taking up valuable space in your mind. Focus on you, take good care of yourself, and don't spend any more mental energy on things that aren't lifting you up.

www.newscanada.com

Tips for going gluten-free in the new year

Embrace the gluten-free trend by using creative ideas to get the nutrients your body needs and the flavours you crave. Whether you or a family member needs to go gluten-free, these tips are perfect for you.

Remember that some individuals may be sensitive to gluten but don't have celiac disease. Known as gluten sensitivity or non-celiac gluten sensitivity, symptoms may be similar to celiac disease. Unlike celiac disease however, GS isn't an autoimmune disorder and doesn't cause damage to the small intestine.

A great economical, delicious, and versatile option for going gluten-free is using beans.

Here are ways to incorporate this superfood into your diet:

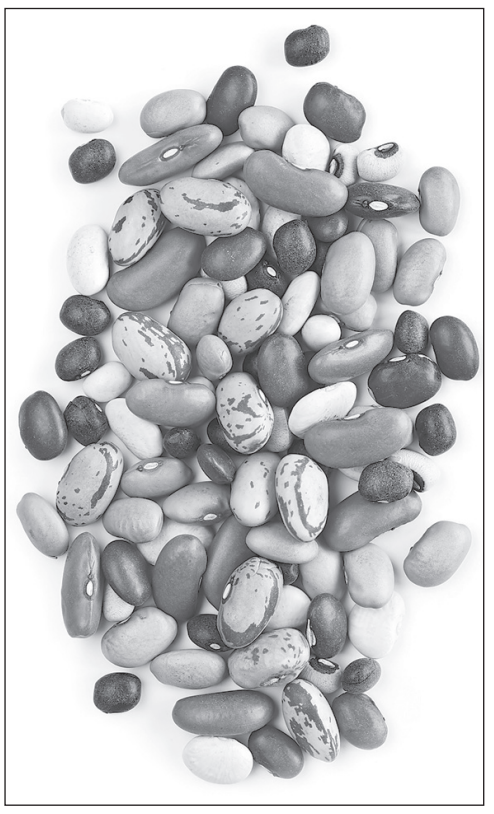
1. Look for gluten-free ready-to-eat products that contain beans or other pulses, like peas, lentils, and chickpeas. Commonly used ingredients in other gluten-free foods such as white rice flour, tapioca flour, potato starch, and cornstarch aren't nearly as nutritious as pulses.

2. Use bean flour in your baking instead of wheat flour. Just make sure you adjust a few things to achieve similar end results. You'll need to use more liquid or eggs, as bean flour absorbs more liquid. Gluten-free baked goods also require xanthan gum or guar gum to prevent crumbling. Many gluten-free baked good recipes call for more than one type of flour. This is because different gluten-free flours have different ratios of proteins and starches. Combining flours helps produce the best texture and taste in baked goods.

3. Bump up the nutrition of gluten-free foods by adding whole beans. For example, try mixing 1/2 cup (125 mL) of black beans into 1 cup (250 mL) of gluten-free salsa. Add some chopped cilantro and a squeeze of lime juice for an easy party dip. Serve with raw veggies or gluten-free crackers.

Find more tips and recipes online at ontariobeans.on.ca.

www.newscanada.com



A great economical, delicious, and versatile option for going gluten-free is using beans.



Best wishes from our family to yours!

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Ron & Shari



ring in THE **JOY!**

It's been a joy for us to serve people like you.
Happy Holidays!

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'Tis the season to be jolly and to give thanks for the generosity of friends and neighbours like you!

Wishing you a very ***Merry Christmas*** *and a* ***Happy New Year***
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Happy Holidays *Joyeuses Fêtes*

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C'est un plaisir de vous servir.
Sylvie, Normand & Staff



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Five ideas to keep your family active this winter

While it's tempting to stay bundled up under blankets and in front of a screen during the colder seasons, it's important to make sure you and your family are still getting the daily minimum of 30 minutes of physical activity to keep minds and bodies healthy.

Here are five tips to keep your brood active this winter.

1. Don't be afraid of snow. Winter has some great outdoor sports that are fun for everyone. Skiing, snowboarding, and snowshoeing are great activities that are family-focused and keep heart rates up.

2. Consider indoor play areas and gyms. Check out your local community centre to see if there are any indoor activities. Many centres have swimming pools, climbing walls, and open gym times to play a fun game of basketball, badminton, or dodgeball.

3. Lace up those skates. Outdoor skating rinks are exciting for young and old alike. Bring the hockey sticks and pucks and practice your skills on the ice.

4. Create a snow family. Fresh snow on the ground means it's the perfect time to start building those snow people. Rolling large balls of snow will keep bodies moving and the little ones will love being creative when decorating the face.

5. Take a winter hike. Canada is full of beautiful scenery that looks magical when its dusted with snow. Take the kids outside on a hike that lets them learn about our geography and keeps them active.

Bonus tip: Enjoy outdoor fun longer by staying warm with the proper toques, gloves, snow pants, and jackets. To get everything you need in one stop, check out Sport Chek for winter items for men, women, and kids of all ages.

www.newscanada.com

How to gift the perfect bottle of wine

A bottle of good wine often makes the perfect present for a holiday host. But gifting wine can sometimes be a bit intimidating.

"Many of us just want to enjoy a good glass of wine without thinking about it. So sometimes keeping it simple might be the best way to find the perfect present," advises Jane Masters, who is one of the world's 354 masters of wine and tastes and handpicks wines for Opimian, Canada's largest wine community.

For Masters, the most important thing about buying wine for someone else is to find out what wine styles they like. Does your friend tend to drink red wine more than white, or are they a fan of rosé? Do they like wines from a particular country, like France or Australia? Or are they fans of a specific grape variety, like Chardonnay, Sauvignon Blanc, Cabernet Sauvignon, or Shiraz?

Others like to hear more about the wine, where it comes from, how it's made, and who makes it. Knowing what your friend likes, you can select something that fits the bill but is a bit different and widens their repertoire. For example, if they love Shiraz from Australia, why not try one from Chile, where it is also called Syrah?



For wine lovers, a bottle from an unexplored or often neglected region is a great selection. A premium wine from Germany, Sicily, or even Greece should do the trick.

Offering something to a collector leaves a bit less leeway both in terms of price point and variety. In fact, you'll most likely have to scout for a fine wine from a renowned appellation. Take a peek in their cellar for some ideas or discreetly ask them what their favourite wines are — collectors usually enjoy sharing their thoughts about wine.

A great alternative is gifting a wine club membership, which gives members access to exclusive wines and is the perfect present for new enthusiasts and aficionados alike. Find more information at www.opimian.ca.

www.newscanada.com

A VERY MERRY CHRISTMAS
...and a Happy New Year

Best wishes to our customers and friends at this joyous time of year!

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RR2, BERWICK, ON
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Happiest of Holidays



You've helped make this past year everything we wished it would be. Thank you for your generous support.

from Glen & Heather Whitteker and the staff at:
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Merry Christmas and Happy New Year



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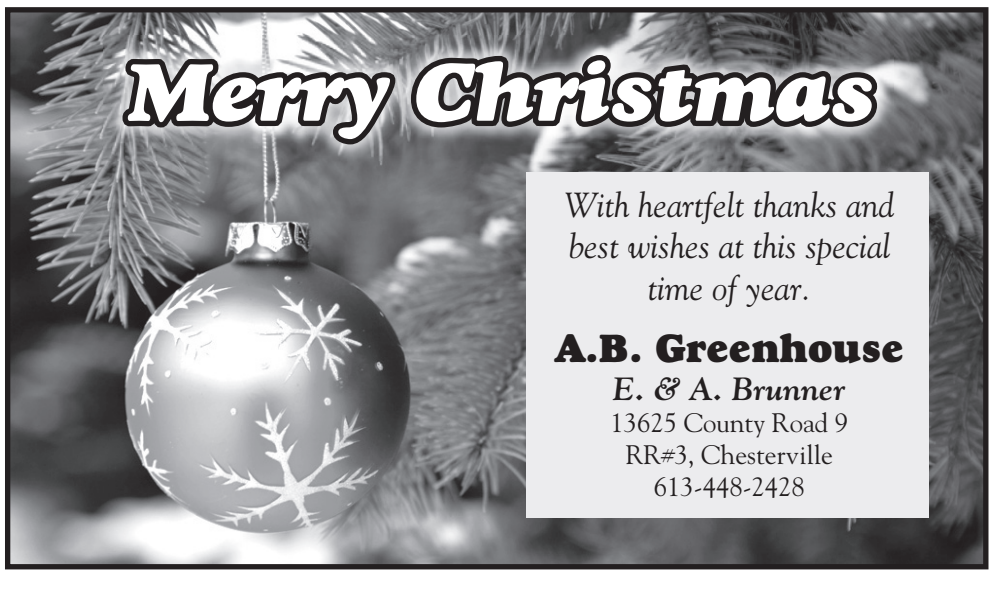

Merry Christmas

With heartfelt thanks and best wishes at this special time of year.

A.B. Greenhouse
E. & A. Brunner
13625 County Road 9
RR#3, Chesterville
613-448-2428



Deck THE HALLS

This note is trimmed with best wishes, and our gratitude too,
plus a string of glad tidings to each one of you!
Happy Holidays!

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Winchester 613-774-2703
www.djmotorsltd.com

ACDelco UCDA ONTARIO'S DRIVE CLEAN ONTARIO'S DRIVE CLEAN GOODYEAR

Christmas in North Dundas Word Search

S	A	B	W	T	S	C	W	Y	E	S	S	J	D	Y	C	S	E	E	S
J	E	O	E	E	L	R	H	E	T	W	D	E	P	O	I	T	L	L	A
T	N	C	S	A	E	S	R	I	E	S	V	N	M	J	S	E	V	I	N
S	S	R	I	A	V	T	W	E	L	E	O	M	A	U	U	K	I	B	T
U	O	R	T	V	L	E	T	O	S	D	U	R	Y	B	M	R	S	O	A
H	P	H	O	E	R	C	R	A	H	N	R	S	F	C	Y	A	D	M	V
M	M	A	G	T	O	E	M	T	I	S	H	E	G	O	T	M	E	W	D
A	O	N	R	R	C	T	S	T	A	O	T	N	N	N	I	S	C	O	Y
E	A	V	N	A	S	A	Y	H	P	I	I	F	B	C	R	R	O	N	E
S	L	E	I	I	D	S	R	P	C	L	L	A	A	E	A	E	R	S	K
L	R	V	R	E	U	E	I	T	R	R	Z	S	U	R	H	M	A	S	C
E	J	H	E	P	S	N	S	U	M	A	U	N	F	T	C	R	T	K	O
I	C	D	P	S	G	S	C	E	A	K	L	H	U	S	I	A	I	A	H
G	F	E	S	T	I	V	E	R	T	O	Y	S	C	F	W	F	O	T	Y
H	R	L	A	X	C	N	I	A	T	N	U	O	M	Y	O	T	N	I	D
S	E	S	U	O	H	D	A	E	R	B	R	E	G	N	I	G	S	N	N
A	N	E	R	A	H	O	T	C	H	O	C	O	L	A	T	E	A	G	A
L	I	G	H	T	S	C	H	I	L	I	N	A	G	G	O	B	O	T	C
S	T	F	I	G	F	C	A	R	O	L	I	N	G	P	A	R	T	Y	O
R	W	N	O	G	A	W	E	S	T	A	O	L	F	E	E	R	T	J	L

Find the words hidden vertically, horizontally and diagonally throughout the puzzle. Words can also be read backwards – from right to left.
Solution on page 18.

WORDS

ANGEL TREE
ARENA
BANDS
BAZAAR
BEAVERTAILS
CANDY
CAROLING
CHARITY
CHILDREN
CHILI
CHRISTMAS EVE
CHURCH SERVICES
COMMUNITY SUPPERS
CONCERTS
CRAFT SHOWS
CURLING
DECORATIONS
ELVES
ELVIS
FARMERS MARKETS
FESTIVE
FLOATS
FROSTY
FUN
GIFTS
GINGERBREAD HOUSE
HOCKEY
HORSES
HOT CHOCOLATE
JOY
LIGHTS
MOVIES
MUSIC
PARADES
PARTY
SANTA
SHOPPING
SKATING
SLED
SLEIGH
SNOW
SNOWMOBILE
SWEET CORNER
TOBOGGAN
TOY MOUNTAIN
TOYS
TRACTORS
TREE
WAGON
WREATH



We'd like to express our appreciation for your support and wish everyone a very happy holiday season.

Kevin Lapp

Lapp Construction

Crysler 613-913-2621

With Warm Christmas Wishes



All Things Bright And Beautiful

Wishing you and yours an abundance of glad tidings at this special time of year.
We feel blessed to have neighbours like you and look forward to seeing you again, soon.

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All the Best

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Ladies shopping local

Owner Kristie Billings (left) of Barkley's Shoes and Accessories invited two of her local suppliers to the storefront Thurs., Nov. 24 to showcase their customized clothes, accessories, and giftware in person during her first annual Ladies Night event. Kristen Faubert (middle) of Kozy Stitches and Jamie Peca of Burlap and Butterflies both offer personalized services, and take custom orders. For more information, contact Billings at 613-229-2256. Press Photo – Gosselin

Why you should support local businesses this season

With fierce competition and online shopping platforms gaining popularity, many small businesses have experienced hard times over the last few years and a few have been forced to close up shop. But these closures are not without consequences, as local shops help create a neighbourhood's culture and atmosphere.

According to a recent survey, approximately nine-in-ten Canadians agree that local businesses play an important role in their neighbourhood and 71 percent agree that they would rather live close to local businesses, rather than large retail establishments.

Supporting local businesses directly contributes to the vitality of neighbourhoods and the sustainability of communities. It's therefore essential for everyone to make an effort to ensure their longevity.

This is why Shop The Neighbourhood, a great social accountability program developed by Yellow Pages, is highlighting the importance of local commerce. It aims to contribute to neighbourhood development and promote behavioural change in consumers.

"Local businesses are at the heart of Canadian neighbourhoods and communities," declares François Ramsay, Senior Vice-President, Corporate Affairs at Yellow Pages. "We believe in this program as it provides the opportunity for all of us to contribute to the vitality of the neighbourhoods in which we live, work, and play."

www.newscanada.com

Five great holiday reads

Between present-purchasing panic and the usual festive family fits, the holiday season can be a tough time of year. For those looking for some refuge from the hustle and bustle, there's nothing better than sitting down with a great read.

Here are five stories for when you need an escape:

Canadian: *Hag-Seed* by Margaret Atwood

From Miracle on 34th Street to your aunt's celebrated Christmas casserole, the holidays are the perfect time to revisit a beloved classic. In Hag Seed, Atwood retells Shakespeare's The Tempest with the power and panache only she can muster. The book is part of the Hogarth Shakespeare project, which features some of today's most acclaimed authors retelling the bard's works.

Mystery: *Night School* by Lee Child

For excitement that is slightly different than dashing to get the last one of this year's sold out trending kids' toy, try Child's explosive new thriller Night School. After 11 straight global #1 bestsellers, Child sends readers back to school with his most unpredictable Jack Reacher novel yet.

Romance: *Possession* by Helen Hardt

Holidays leaving you cold? Heat things up with book three of Hardt's Steel Brothers Saga. Jade Roberts love for Talon Steel is the real deal, and she's more determined than ever to help him come to grips with whatever's haunting him. To that end, she continues her investigation of the Steels…and unknowingly attracts some dangerous foes from their shrouded history.

Fantasy: *The Fate of the Tearling* by Erika Johansen

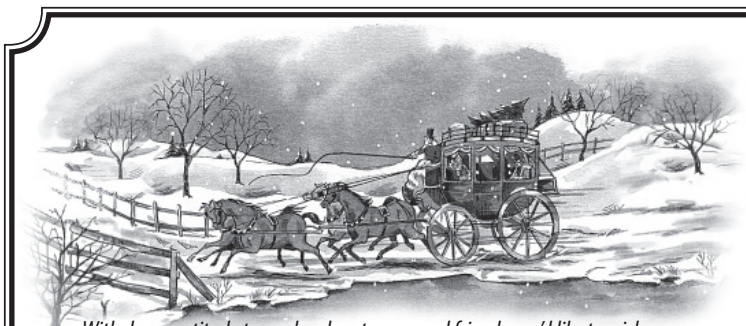
Travel to far-off lands with Johansen's thrilling conclusion to her bestselling Tearling trilogy. In less than a year, Kelsea Glynn has transformed from a gawky teenager into a powerful princess. Unfortunately, in her quest to end corruption and restore justice to her kingdom, she has made many enemies — including the evil Red Queen, who's set her armies against the Tear.

Nonfiction: *Feminist Fight Club* by Jessica Bennett

Part manual, part manifesto, Feminist Fight Club is a humorous yet incisive guide to navigating subtle sexism at work. A pocketbook Lean In for the Buzzfeed-generation, Bennett's guide provides real-life career advice and witty reinforcement for today's cohort of professional women.

Find more expertly curated seasonal must-reads online at kobo.com/holidaysreads.

www.newscanada.com



Sending Our Best at Christmas

With deep gratitude to our loyal customers and friends, we'd like to wish everyone a very Merry Christmas and a prosperous New Year. It's been a privilege and a pleasure serving you. Enjoy the season!

Stan & Betty, Greg, Brent & Deanna, Sawyer & Shaye Vanden Bosch

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Sales and Service

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As we look back upon the past year, we would like to acknowledge those who have helped us shape our business. We wish you all a very Merry Christmas and a Happy New Year.



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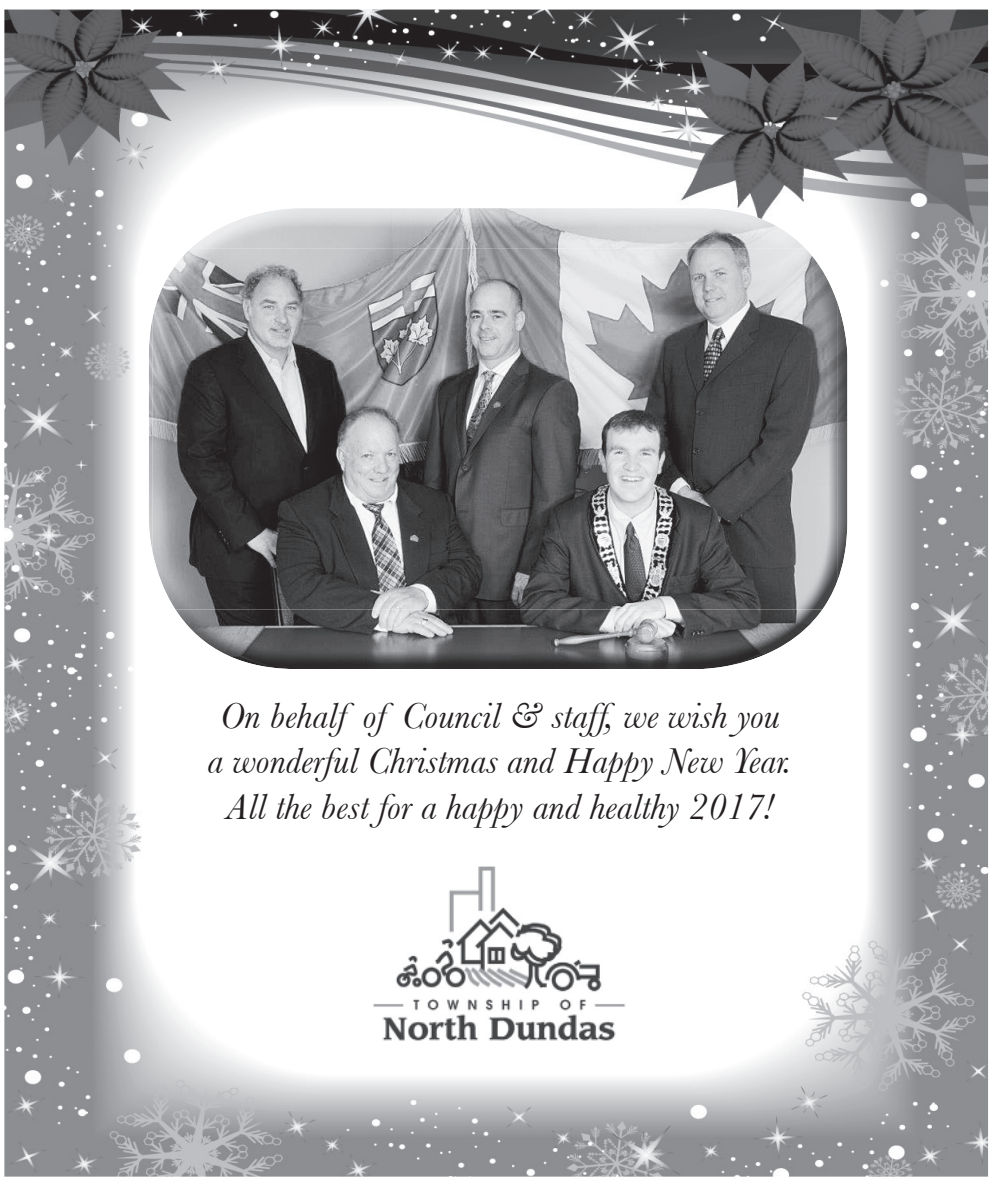

On behalf of Council & staff, we wish you a wonderful Christmas and Happy New Year. All the best for a happy and healthy 2017!

TOWNSHIP OF North Dundas



Photo courtesy of Veterinarians without Borders

Inspiring gifts for those who have everything

Everyone has someone on their list who's impossible to shop for, whether that person has it all or has difficult-to-pin-down taste. Instead of getting them a boring, safe gift like a pair of socks or a candle, why not donate to a charity in their name?

Impress loved ones with a creative gift that also makes a meaningful contribution this holiday season. This unique, elegant present can be customized by selecting an organization that matches their interests or one that supports a cause with emotional resonance. Here are some ideas for everyone on your list:

For the animal lover: Veterinarians without Borders works with disadvantaged communities in Africa, Asia, and Canada to foster the health of animals, people, and the environments in which they interact. By sharing their skills and expertise in animal and ecosystem health, they promote sustainable livelihoods and help improve human health and food production systems.

For the humanitarian: The Veteran Transition Network runs 10 day programs for struggling veterans across Canada, delivering much-needed group therapy for depression, PTSD, and suicidal thoughts. In 18 years, not a single veteran who has gone through the program has committed suicide.

For the environmentalist: The Canadian Parks and Wilderness Society is the only nationwide charity dedicated solely to the protection of our public land and water and ensuring our parks are managed to protect the nature within them.

For the artist: The Literary Review of Canada publishes the LRC, a leading forum for discussion on books, culture, politics, and ideas. It also produces Spur, a national festival hosted across the country that brings people together with arts presenters, artists, scientists, thinkers, writers, and speakers to reimagine the kind of society in which they want to live and to be a catalyst for ongoing dialogue and citizen engagement.

A great way to help while also saving money is to donate your miles through Aeroplan's Member donation program. Now in its 10th year, each charitable donation of 1,000 miles or more made through the program will be topped up by a 10 per cent contribution from Aeroplan.

"Aeroplan enables members to donate their miles to charitable partner organizations dedicated to improving lives and enriching communities at home and around the world," says Alden Hadwen at Aeroplan.

To donate your miles, go to www.aeroplan.com/donate.

www.newscanada.com

WORD SEARCH SOLUTION

(Over,Down,Direction)
ANGELTREE(2,9,NE)
ARENA(5,17,W)
BANDS(15,5,NW)
BAZAAR(14,9,SW)
BEAVERTAILS(3,1,SE)
CANDY(20,18,N)
CAROLING(7,19,E)
CHARITY(16,12,N)
CHILDREN(7,1,SE)
CHILI(7,18,E)
CHRISTMASEVE(2,13,NE)
CHURCHSERVICES(14,14,NW)
COMMUNITYSUPPERS(16,1,SW)
CONCERTS(15,6,S)
CRAFTSHOWS(16,12,NW)
CURLING(8,13,NE)
DECORATIONS(18,6,S)
ELVES(1,9,SE)
ELVIS(18,1,S)
FARMERSMARKETS(17,14,N)
FESTIVE(2,14,E)
FLOATS(14,20,W)
FROSTY(14,6,NW)
FUN(15,14,NW)
GIFTS(5,19,W)

(Over,Down,Direction)
GINGERBREADHOUSE(17,16,W)
HOCKEY(20,13,N)
HORSES(1,6,NE)
HOTCHOCOLATE(6,17,E)
JOY(15,3,N)
LIGHTS(1,18,E)
MOVIES(1,7,SE)
MUSIC(16,5,N)
PARADES(2,6,SE)
PARTY(15,19,E)
SANTA(20,1,S)
SHOPPING(13,6,SW)
SKATING(19,11,S)
SLED(3,16,N)
SLEIGH(1,10,S)
SNOW(1,4,NE)
SNOWMOBILE(19,10,N)
SWEETCORNER(12,1,SW)
TOBOGGAN(19,18,W)
TOYMOUNTAIN(17,15,W)
TOYS(10,14,E)
TRACTORS(9,11,NW)
TREE(18,20,W)
WAGON(7,20,W)
WREATH(8,1,SW)

Season's Greetings
We wish you a Merry Christmas and a Happy New Year
Mayor, Council & Staff
MUNICIPALITY OF SOUTH DUNDAS
34 Ottawa Street, P.O. Box 740
Morrisburg ON K0C 1X0
613.543.2673 l southdundas.com

merry christmas
to our many customers and friends and many thanks for your support
K&R Repairs Inc.
Kees van Winden
Ralph Oschmann
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Merry Christmas
to our Customers and Friends
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For Your Business
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Merry Christmas
From Our Home To Yours
Merry Christmas from our Family at the McIntosh Country Inn to Yours
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Thank You for Your Support All Year Long
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1-888-229-2850
www.mcintoshcountryinn.com

Holiday party planning made easier

Planning a holiday party is hectic, between accommodating busy schedules, picking the right playlist to set the mood, and putting out the right spread to appease all appetites and dietary restrictions.

Try these creative holiday hacks to keep your next party running smoothly from start to finish.

1. Make as much as you can ahead of time. Preparing beforehand is the key to actually enjoying your own party, saving you valuable time and energy. Be choosy about what you make from scratch. Look for appetizers that you can freeze and prep in advance to alleviate stress on the big day.

2. Choice is king. Options are guaranteed to please your guests. Trendy charcuterie platters with lots of variety are easy, look beautiful, and will satisfy everyone. Go beyond just cheeses, breads, and meats by putting out unique spreads and dips. Jams, honey, and flavoured butters can really spice up a holiday tray. Try Lactantia's new tomato basil butter for an unexpected and savory surprise.

3. Set up a self-serve cocktail station. Avoid playing bartender all night by setting out a station for your guests where they can mix their own cocktails using delicious spirits, liquors, juices, and tonics. Be sure to have garnishes and shot glasses, and choose cocktails that don't need ice to prevent running back and forth to the freezer. Don't forget to have some great non-alcoholic options as well.

4. Rent a coatrack. An affordable rental can make the in and out process much easier, and will help keep party-goers in the main party room and out of your bedroom.

5. Keep some extra gifts on hand. Don't get caught off guard when a guest turns up with a present by having a few pre-wrapped gifts stored in a closet. That way, you'll have a great book or candle on hand to gift back.

Find quick and convenient holiday entertaining recipes like tomato basil cheese bread or maple glazed salmon at www.lactantia.ca.

www.newscanada.com

Thoughtful gifts for moms

With the holidays just around the corner, you might be scrambling to find the perfect gift for your mom, mother-in-law, or mother figure in your life. Here are three creative ideas:

1. Handicrafts. A grandmother's necklace, basket or other handicraft from Beautiful World Canada, a charity that supports girls' education in Sub-Saharan Africa.

2. Meaningful throw. This is the perfect gift for a mom with a cottage or favourite reading nook. Choose one in her favourite colours.

3. Fresh-cut flowers. This is the best gift for a mom who has it all. Everyone loves getting fresh flowers; pick ones you know she loves.

www.newscanada.com

Three very Canadian gift ideas

We're Canadian and we're proud! We talk about the weather a lot, we drink Caesars and we pronounce 'about' correctly, no matter what our southern neighbours say.

That's why this holiday season, we've put together the top three gifts to bestow upon your fellow Canadian…or even yourself!

An Endless Summer

Our winters are cold, but there's no need to hibernate! Give the gift of light and warmth with an outdoor fireplace that encourages everyone to gather together. And it's perfect for cottage lovers too.

Canada's Vodka

Any good Canadian knows holiday cocktails have to be made with Canada's vodka! Gift the Caesar lover on your list Canada's own Iceberg Vodka, made in Newfoundland with water from 20,000-year-old icebergs.

Chic Winter Wear

As Canadians, we like the simple things, but we also love to splurge, especially during the holidays! Our recommended splurge item is a double-faced superfine alpaca wrap coat made by Canadian designer Bojana Sentaler. Best yet, the coat was worn by Princess Kate on her latest trip to Canada.

Happy Holidays, Canada!

www.newscanada.com

Happy Holidays
Merry Christmas & Happy New Year
With deep gratitude for your loyal support, we wish you and yours a wonderful holiday season.
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& Happy new year!
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Hope It's Just What You Always Wanted!
May all of your hopes and dreams come true this Christmas. As another Christmas gets into gear, we're once again reminded of how blessed we are to have such great friends and customers. We appreciate your business, and we wish you much happiness today and all year.
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Merry Christmas
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Valued customers and friends, we appreciate your support over the past 30 years.
–Garry, Linda & Staff
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A gift idea for that one person who has it all

METCALFE

As a Canadian, one of the most painstaking tasks of winter always comes down to clearing laneways and walkways of freshly fallen snow.

For some, a shovel can do an efficient job on its own, but for most, a couple of centimetres of snow can mean hours out in the cold digging out a path of escape.

That's when a snow blower (or thrower) comes in handy, cutting down the time spent outside by more than half.

But not all snow blowers are created equal, according to Allan Johnston, owner of Allan Johnston Repair and Sales in Metcalfe.

"Always make sure you're buying the right snow blower for the job – a smaller snow thrower won't be able to get through a mountain of snow pushed at the end of a driveway by a snow plow," he said. "Sometimes choosing a machine that is heavy-duty can mean the difference between having to take out the shovel or not."

At Johnston's outdoor equipment store, there are a variety of Ariens and Husqvarna snow blowers and throwers to choose from to tackle snow-clearing jobs both big and small.

There are four different types of snow blowers – electric, one-stage, two-stage, and three-stage.

Some factors to keep in mind when choosing a snow blower include the size of laneway to be cleared, how far the snow needs to be thrown, and how much snow on average will be plowed.

"A two-stage snow blower is our most popular seller – it eats the snow and throws the snow, and is great for a two-lane driveway," Johnston said.

Take a look at the different types of snow blowers to get the best bang for your buck:

Electric snow blower

These extremely lightweight machines are commonly used on decks and steps where larger gas-powered snow blowers don't fit, and are capable of clearing light snow from sidewalks and small driveways.

One-stage snow blower

Single-stage machines only throw the snow once, with an auger that scoops up the snow and throws it out the chute. Since the auger actually touches the ground, you should not choose a single-stage option on gravel surfaces. "We call them 'path pros' because it's small and effective for that kind of job," said Johnston. "The disadvantage is it will only throw snow so far and so high, so if we get a big snow year, it sometimes doesn't work out."

Two-stage snow blower

Two-stage blowers throw the snow twice – first, a metal auger scoops up the snow and ice, and then a high-speed impeller throws it out through the chute. The auger on a two-stage doesn't touch the ground, so they can be used on gravel and concrete. They also feature taller buckets capable of tackling snowdrifts.

Three-stage snow blower

These are the most powerful snow blowers on the market. First, two metal augers scoop up the snow and ice and move it toward the centre of the machine where an accelerator chops and pushes the snow through, launching it out of the chute at high speed. "For a customer in a rural area with a huge laneway, they're going to need something more premium and professional grade," said Johnston. "They won't need to spend three hours out in the cold – they can get it done in 45 [minutes]." A three-stage machine can launch the snow up to 50 feet away.



At Allan Johnston Repair and Sales in Metcalfe, there are a variety of Husqvarna and Ariens snow blowers and throwers to choose from, depending on the size of the snow-clearing job.
Press Photo – Gosselin

In addition to providing a wealth of options for new snow blowers, Allan Johnston Repair and Sales also offers snow blower repair services for those with an existing machine that needs to be tuned up for the season.

Indulge with healthier holiday habits this season

Between late-night cocktail parties, end-of-year celebrations, and family feasts, bad habits abound during the holiday season. Feel good about enjoying the festivities with these three tips for healthier holiday habits.

1. Consume treats wisely. A great trick for indulging in your favourite foods while lowering your calorie intake and increasing your nutrients is to eat a small meal before arriving at the event. Have a hearty soup or salad packed with veggies at home and then enjoy that slice of cake or fried app at the party.

2. Get moving. Instead of trying to fit hitting the gym every day into your busy schedule, use your holiday errands and events to help you squeeze in some exercise. Walk around the mall to find the perfect gift rather than shopping online, run around and play with the kids at your family get-together, and hunt for rustic holiday décor like branches and pinecones on a nature hike.

3. Stop smoking. A recent survey shows the most common scenarios that trigger cravings are after having a meal, being with friends, and consuming alcohol — situations we often face during the holidays. "For help with all your triggers, try Combination Therapy," advises family physician Dr. Richard Tytus. "The Nicoderm patch is now authorized by Health Canada for combined use with Nicorette fast-acting products to provide both ongoing support and support to control sudden cravings."

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Press Staff

Holiday Recipe Collection



Press staffers have sifted through their recipes to share some of their favourites with readers.

Baked Beans

Submitted by Donna Rushford, co-publisher and advertising manager

Recipe calls for one pound of navy beans. You may double the recipe. I never soak my beans. Here is my method: I put the beans in a pot of water and let them come to a rolling boil (30 minutes). I drain the beans and put the beans in a pot of fresh water and boil them again until soft. Keep the liquid off this boil and add the ingredients and finish cooking them in the slow cooker (4 - 6 hours on low).

Ingredients:
1 lb. bacon, diced
1 large onion, chopped
1 ½ Tbsp of minced garlic
2 sprigs fresh thyme
(Brown the bacon, add onion, cook till softened and add garlic and thyme. Cook for another 2 minutes)
1 cup brewed coffee
½ cup of your favourite barbecue sauce
¼ cup plus 1 tablespoon packed brown sugar
1 ½ Tbsp Creole mustard or any whole grain mustard
1 Tbsp molasses
1 tsp red hot sauce
¼ tsp black pepper
2 tsp salt
(If you don't think they are moist enough you may add more water). If you don't think they are sweet enough, add more sugar and molasses. Enjoy!

Cucumber Bites with Herb Cream Cheese and Cherry Tomatoes

Submitted by Janet LaPierre, production manager



4 oz. (1 brick) cream cheese, softened to room temperature
¼ cup ranch dressing
2 Tbsp dill (can use thyme)
3-4 long cucumbers, sliced into one-inch slices
15 cherry tomatoes, sliced in half
Additional sprinkle of salt (to taste)
Additional sprinkle of spice (same as used in cream cheese) for garnish
Additional sprinkle of paprika OR a Cajun spice mix (optional) for garnish

Mix the softened cream cheese with the ranch dressing and herbs. Mix until well combined. Spoon into a piping bag with a star tip.

Prepare the cucumber. Using a fork, score the sides. Slice into one-inch pieces. Using a melon baller, remove a portion of the centre of one side of the piece of cucumber, leaving a half moon crater.

Pipe the Herb Cream Cheese into the crater. Enough to stick out of the top about ½ inch.

Add a half cherry tomato partially buried into the Herb Cream Cheese

Sprinkle additional salt, herbs, and spice mix for additional colour. Chill in the fridge until ready to serve.

Serve chilled and enjoy!

Double Chocolate No-Bake Cookies

Egg-free, paleo, gluten-free, dairy-free, peanut-free

Submitted by Alicia Gosselin, reporter

Who says you need to put on 10 pounds to truly ring in the Christmas season? If you're craving something sweet this holiday, but are still trying to stay healthy, check out this egg-free, gluten-free, dairy-free and peanut-free cookie that tastes just like Mom's.

½ cup crunchy almond butter
½ cup packed, soft pitted Medjool dates
1 cup shredded unsweetened coconut
¼ cup raw cacao powder
1 tsp vanilla extract
¼ tsp sea salt
Optional: 1.5 oz finely chopped dark chocolate
40 g raw cacao butter (melted dark chocolate would also work)
1 tsp honey

Add almond butter and dates to food processor, puree.

Add shredded coconut, cacao powder, vanilla, and salt. Puree until it starts sticking together. Optional: Fold in chopped dark chocolate.

Use a scoop with a lever or your hands to make 12 balls.

Put the cookies on parchment paper. Freeze for 30 minutes.

Meanwhile heat cacao butter and honey over a double boiler until just melted, then turn off the heat.

Spoon the mixture over the cold cookies and chill to solidify. You can do this a few times until the mixture is all gone.

Store in the fridge.



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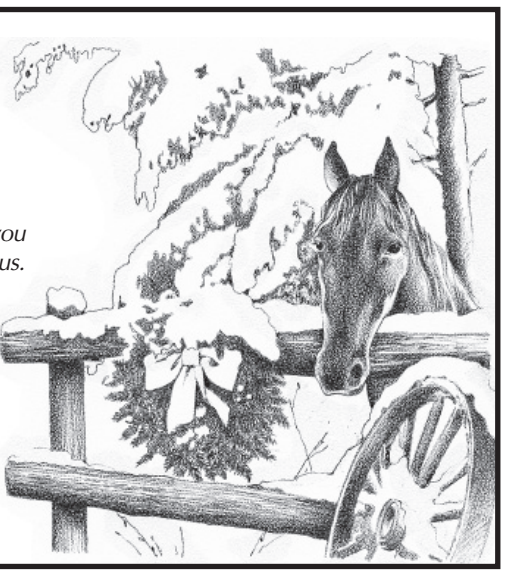

Deck the Halls!

Boughs of holly, bows and snow,
mistletoe, music and lights all aglow.
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Merry Christmas, everyone!

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Press Staff

Holiday Recipe Collection



Here's a selection of our holiday favourites that will hopefully become your favourites, too.

Frozen Pumpkin Pie Cheesecake

Submitted by Linda Johnston, graphic designer

2 sleeves graham crackers, finely crushed
3 Tbsp light brown sugar
½ tsp cinnamon
6 Tbsp butter, softened (not melted)
1 cup purèe pumpkin (not pumpkin pie filling)
1 (8 ounces) package cream cheese
1 (8 ounces) Cool Whip
1 (15 oz.) can sweetened condensed milk
½ tsp. pumpkin pie spice
Optional: Caramel sauce & whipped cream

Crust: Crush graham crackers. Stir in brown sugar and cinnamon. Add softened butter. Stir with a fork just until combined. Press crumbs onto bottom of spring form pan and up sides. Freeze for 10-15 minutes while you prepare filling.

Filling: Beat cream cheese until smooth. Add pumpkin and pumpkin pie spice. Mix until combined. Slowly add sweetened condensed milk, beat until mixture is smooth. Fold in Cool Whip - do not over mix. Pour filling onto crust and cover with plastic wrap. Freeze at least 6-8 hours. Let soften for about 10 minutes before cutting. Serve with caramel sauce and whipped cream, if desired.

Pecan Lemon Loaf

Submitted by Marlene Harper, office manager

½ cup butter, softened
1 ½ cups sugar, divided
2 eggs
2 cups all-purpose flour
1 teaspoon baking powder
½ teaspoon salt
¾ cup sour cream
1 cup chopped pecans, toasted
1 Tbsp grated lemon peel
¼ cup lemon juice

In a large mixing bowl, cream butter and 1 cup sugar until light and fluffy. Add eggs, mix well. Combine flour, baking powder and salt, add to creamed mixture alternately with sour cream. Fold in pecans and lemon peel. Transfer to a greased 9" x 5" x 3" loaf pan. Bake at 350 degrees F for 50-60 minutes or until toothpick inserted near center comes out clean. In a small saucepan, combine lemon juice and remaining sugar. Cook and stir over medium heat until sugar is dissolved. Pour over warm bread. Cool completely on wire rack before removing from pan. Variations: Substitute grated orange peel and orange juice for the lemon.

Fudgey Chocolate Mints

Submitted by Elan Slack, advertising sales

1 cup milk chocolate chips
2 cups semisweet chocolate chips
11 oz., (300 ml) sweetened condensed milk
2 Tbsp hard margarine or butter
1 tsp vanilla
1/8 tsp peppermint flavouring (see note)

Combine all six ingredients in heavy 2 quart saucepan. Heat, stirring often, on medium-low until chocolate is melted and mixture is smooth. Pour into greased 9 x 9 inch pan. Cool. Makes about two pounds. Cuts into 144, ¾" mints.

Note: You may add a few more drops of peppermint to dough to desired mintiness.

No Bake Granola Bars

Submitted by Janet LaPierre, production manager

2 ½ cups Rice Krispies
1 ½ cups quick cooking oats
1 cup trail mix (pumpkin seed, sunflower seed, cranberries, almonds, M&Ms)
¾ cup smooth peanut butter
½ cup honey
¼ cup packed brown sugar

Line a 13 X 9 inch pan with parchment.
Combine first 3 ingredients.
Microwave remaining ingredients on high for one minute, stir.
Add to cereal mixture, mix well.
Press in pan, cool 30 minutes.
Cut into bars.

Easy Coconut Macaroons

Submitted Nancy Torrance, graphic designer

5 ¼ cups coconut flakes
1 can sweetened condensed milk
2/3 c. flour
1 tsp. vanilla extract
Melted chocolate (optional for dipping or drizzling)
Preheat the oven to 350 degrees F.
Line a cookie sheet with parchment paper.
Combine coconut and flour together in a bowl.
Add in sweetened condensed milk and vanilla, stir together until well blended.
Scoop by teaspoonsful and using wet hands, shape into round balls (or triangles if you prefer) before dropping them onto the baking sheet.
Bake for 12 to 15 minutes until top is golden brown. Immediately remove from baking sheets.
Cool completely before dipping or drizzling with chocolate, if desired.

We wish you and your family a safe, happy and peaceful festive season and extend our sincere thanks for your support throughout the year.

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Merry Christmas & Happy New Year

May your season be trimmed with every happiness. We wish you all the best, and thank you for your support this past year.

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Press Staff

Holiday Recipe Collection

From our kitchens to yours



Candy Cane Brownie Trifle

Submitted by Linda Johnston, graphic designer

One 9 x 13 inch pan of baked brownies
1 cup semi-sweet chocolate chips
3 Tbsp butter
1 ¼ cup half & half cream
¾ cup sugar
3 Tbsp light-coloured corn syrup
¼ tsp peppermint extract
2 cups whipping cream
¼ cup powdered sugar
¼ or ½ tsp peppermint extract
1 cup crushed candy canes (about 12 candy canes)

Cut brownies into bite-size chunks and set aside.

In a saucepan combine chocolate chips and 3 Tbsp butter. Cook and stir over low heat until melted.

Stir in 1 ¼ cups half & half cream, ¾ cup sugar, and corn syrup. Bring to gentle boil over medium heat, stirring frequently for about 8 minutes or until sauce is reduced to about 2 1/3 cups. Remove from heat. Let cool until it stops bubbling.

Stir in ¼ tsp peppermint extract. Cool to room temperature; mixture thickens as it cools.

In a chilled mixing bowl combine 2 cups whipping cream, powdered sugar, and ¼ or ½ teaspoon peppermint extract. Beat with chilled beaters of an electric mixer on medium speed until soft peaks form.

Place 1/3 of the brownie chunks in a 3-quart bowl or trifle dish. Drizzle with ¼ of the chocolate sauce. Sprinkle with ¼ of the candy canes. Top with 1/3 of the whipped cream. Repeat layers twice more. Drizzle with remaining chocolate sauce; sprinkle with remaining candy canes.

Serve immediately.

Whipped Shortbread

Submitted by Janet Spearman, administrative assistant

½ c icing sugar
1 cup butter
1 ½ cup flour

Combine all ingredients and beat for 10 minutes. Drop by teaspoon on cookie sheet. Decorate with cherry pieces coloured sugar or sprinkles if desired. Bake at 350 degrees F for 12-15 minutes, until bottoms are light brown. Cookies melt in your mouth – the secret is in the beating!

Authentic Indian Chai Tea Mix

"Masala" is the word for "spice" in India – hence "tea masala" is "spice for tea."

Submitted by Elan Slack, advertising sales

¼ cup granulated sugar
1 Tbsp tea masala
1/3 cup whole loose black tea
¼ cup whole green cardamom
2/3 cup cinnamon sticks, broken up
3 Tbsp chopped dried gingerroot

Layer all ingredients, in order given, in jar with tight-fitting lid. Makes about 1 ½ cups.
Directions for authentic Indian chai tea:
TO STORE: Pour contents of jar into plastic bag. Seal or close with twist tie while pushing excess air out. Lay bag on flat surface and roll rolling pin over the bag several times to break down the cardamom pods. Return contents of bag to jar. Store in cool, dark place for up to a month. Always stir or shake very well before measuring to be sure the ingredients are evenly distributed.
TO SERVE: Combine 6 Tbsp Chai Tea Mix, 2 ½ cups milk and ½ cup water in medium saucepan. Heat on medium, stirring occasionally, until boiling and rich, light brown in colour. Strain.
Serves 2.

Cranberry Orange Cookies

Submitted by Matthew Uhrig, editor

Orange sugar: 1/3 sugar
1 tsp freshly grated orange zest
Cookie: 1 cup sugar
¾ cup butter, softened
1 large egg
2 cups all-purpose flour
1 ½ tsp baking powder
¼ tsp baking soda
½ cup dried cranberries, chopped
½ cup chopped macadamia nuts
1 Tbsp freshly grated orange zest

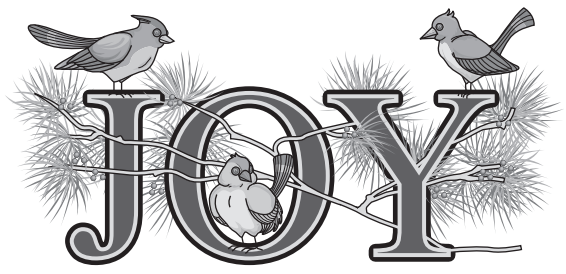
Heat oven to 350 degrees F. Combine orange sugar ingredients; mix well. Set aside. Combine one cup sugar, butter, and egg in bowl; beat at medium speed until creamy. Add flour, baking powder, soda; beat at low speed until well mixed. Add all remaining ingredients. Continue beating just until mixed. Shape dough into one-inch balls; roll in orange sugar. Place two inches apart on ungreased cookie sheets. Flatten with bottom of glass to 1 ½-inch circles. Bake 7-11 minutes or until edges are lightly browned. Do not over bake. Cool one minute on cookie sheet; remove to cooling rack.

Montana's Four Cheese Spinach Dip

Submitted by Janet LaPierre, production manager

8 ounces cream cheese (softened)
¾ tsp garlic powder (not garlic salt)
¼ cup freshly grated Parmesan cheese
1 Tbsp freshly grated Romano cheese
1 Tbsp very finely chopped red bell pepper
1 green onion (scallion) finely chopped
½ pkg frozen chopped spinach - thaw squeeze dry
½ cup grated medium cheddar cheese
1 pinch cayenne pepper

Preheat oven to 400 degrees F. Mix first four ingredients with hand or stand mixer until well mixed. Add next two ingredients, mix on med-low until just blended. Add spinach, mix on low until just blended. Transfer to small ovenproof dish, sprinkle cayenne on top. Top with cheddar. Bake for 15 - 18 minutes or until bubbling around edges. Remove from oven. Allow to set for 5 - 7 minutes before serving. Serve with pita wedges or tortilla chips.



Merry Christmas!

Here's hoping your home and heart are filled with joy this holiday season.

With heartfelt gratitude from our flock to yours.

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All our best to all of you at Christmas and in the New Year

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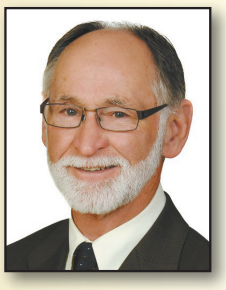

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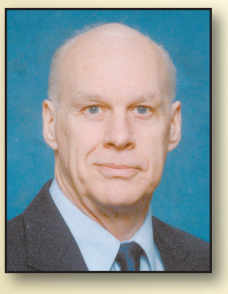

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