CHRISTMAS Greetings



A Special Supplement to the

Winchester Press

Wed., Dec. 17, 2008

Sing for your news

For the last few years, we in the newsroom have taken a favourite Christmas poem or tune and altered the lyrics to represent the *Winchester Press* or the community in general. This poetic tribute, to the tune of "Let it Snow," is our offering this year....

Oh, the weather outside is frightful,
But the news is so delightful;
And since there's no reason to stress,
Read the *Press,* read the *Press,* read the *Press*!

The news has no signs of stopping,
And the photos are always eye-popping;
We know you'd expect nothing less,
Read the *Press,* read the *Press,* read the *Press*!

When the papers are bundled and sent,
And the news is delivered to you,
We hope it's relevant,
That's why we do what we do!
The year is almost ending,
There are several susbcriptions pending,
So be sure we have your address;
Read the *Press,* read the *Press,* read the *Press!*

United Way of SD&G hopes Christmas giving poll is right

A survey conducted earlier this month suggests the majority of Canadians plan to tighten their belts on gift shopping and entertainment this Christmas, but 82 per cent say they will give as much or more to charity, in part because they realize the "need" is even greater this year.

The poll is the first to survey Canadians about their projected 2008 Christmas charitable giving.

United Way of SD&G campaign chair Scott Armstrong says the need across the region has increased by almost 25 per cent in the past two years, where now approximately 30,000 people receive assistance annually through United Way-funded agencies.

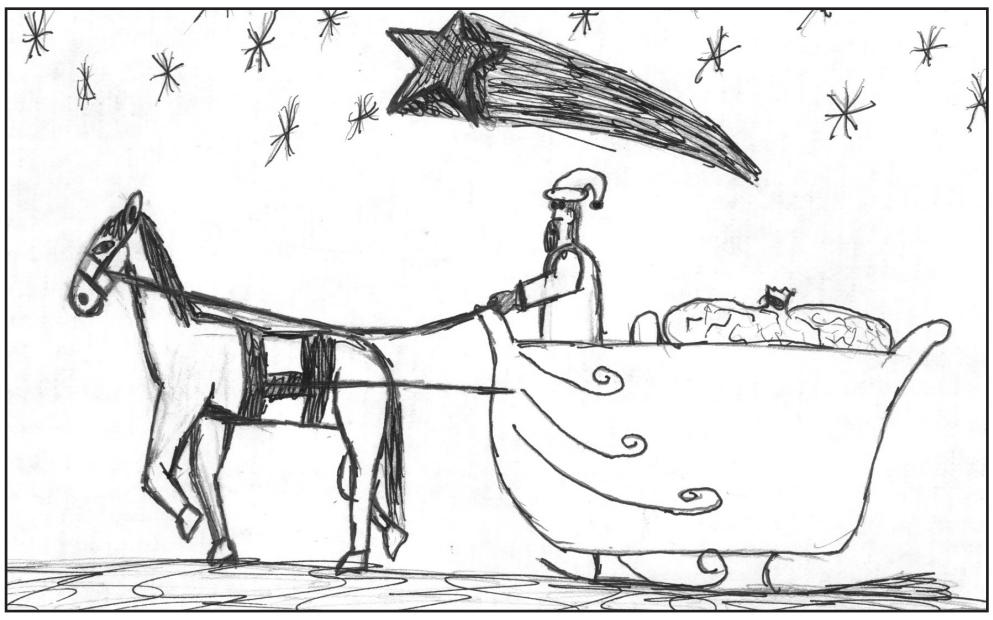
The poll indicates that Canadians do intend to curb their holiday spending. However, charitable giving will be the last of five areas in which they will choose to cut back. Dining out is first on the chopping block, with 74 per cent indicating that they are "likely" to trim this expense, followed by Christmas gifts and entertainment (72 per cent) and clothing purchases (70 per cent).

This year, the United Way has not set a local campaign goal.

"This community has a history of amazing benevolence," Armstrong said. "When the need is there, so is the money. Our job right now is to make sure everyone knows about the crucial work being done by our 18 member agencies across SD&G."

Local United Way agencies include: Big Brothers and Big Sisters of Cornwall and District, which also serves Dundas County; the Canadian Red Cross Society; The Canadian National Institute for the Blind, which the local Lions Clubs support annually; Meals on Wheels; and the Tri-County Literacy Council, among others.

This year's United Way fundraising campaign runs until Dec. 19. Donations can be made through payroll deduction, online at www.unitedwaysdg.com, or by calling 613-932-2051.



Connor Burrell, Grade 8, Nationview Public School

On our cover

First time for everything...

Five-month-old Kobe Stewart of Williamsburg wasn't fazed by the big man in red when he took his turn on Santa's knee at Winchester Home Hardware on Fri., Dec. 5. The photo opportunity was a Dundas County Food Bank fundraiser and a steady stream of children arrived to put in their Christmas requests with Santa.
Press Photo — James



In This Season Of Song...



We'd like to add a full measure of cheer plus a hearty chorus of thanks to you, our customers for making this year a noteworthy one for us. Noel!

LINDA'S
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504 Main Street, Winchester
613-774-6260



As we get ready to unwrap yet another Christmas, please accept our best wishes for a holiday that's filled with family, friends and lots of wonderful surprises.
For the gift of your friendship, we will always be grateful.
Merry Christmas!

Jen's
Fawcett's Jewellery and Gifts
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Tidings Of Comfort & Joy

Here's hoping your holiday season is overflowing with the many blessings this great time of year has to offer...

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What's a better stocking stuffer than music?

LAJ rocks the holiday season with debut EP

by Meghan Duncan
Press staff

Local residents Sean Desarmia, Chris Sommerville, Jon Whittington, and Mark Cook form the band LAJ. Their debut five-song EP is available now.

The music is rock with a mix of folk, blues, and country according to Sommerville, who said he hopes it will appeal to a wide audience.

"Our CD has been purchased by high school students and people in their 50s," he told the *Press.* "We've had a positive response from all age groups so far and we hope that continues."

The band has been together since 2007 with several member changes.

"We're really just starting out," he said. "We've played a few shows in Cornwall, and now we're starting to book gigs for 2009."

The CD is available though the band's website — www.lajrocks.com. The band's songs can also be heard on their "myspace" page at www.myspace.com/lajrocks. In support of Doc and Woody's CHEZ 106.1 FM CHEO fundraiser, $1 from any LAJ EP sold before Christmas will go to the fund.

"We're hoping to sell 1,061 copies so that $1,061 dollars will go to the fundraiser," he said.

The five-song EP was released in July and the band members have since been selling it to friends and family trying to get the word out about their music. Now the CDs are available at CD Warehouse and on that company's website (www.mymusic.com).

"We're working with City Lights Entertainment to get the songs on iTunes and other online music sellers," Sommerville said.

Winchester resident Jim Lefebvre performs on one of the album's songs, while Chesterville residents Dean Desarmia and Ryan McRae helped write a couple of the songs.

Sean Desarmia is LAJ's main songwriter — the band has a collection of about 25 original tunes to perform.

"I believe it comes mostly from his own life experiences," Sommerville said about Desarmia's songwriting inspiration.

The studio-produced EP was engineered and mixed by Chris Ferris at Little Chicago Studio in Ottawa, and mastered by David Cain at Soundmaster Studio, also in Ottawa. Sommerville and Desarmia produced the CD.



Making music

Sean Desarmia, lead singer of the Chesterville-based band LAJ, is pictured during the recording process for the band's five-song EP, which was released in July.



Malcolm, Grade 7, Metcalfe Public School



Kaitlyn Johnston, Grade 2, Ecole Ste-Thérèse-d'Avila



SEASON'S GREETINGS

Before you go dashing through the snow, we'd like to take a moment to let you know how much we value and appreciate your business. Thanks, friends!

Aron's Professional Roofing

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Sugar plums....
Candy canes ....
And gingerbread men ....
Must be that time of the year once again!

Merry Christmas and many thanks!

Have A Sweet Season!

THE VILLAGE BIN

498 Main St. W., Winchester
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Festive Tidings At Christmas



Here's hoping your holiday contains all the trimmings that make Christmas such a special time of year.

With thanks from all of us to all of you.

Mayor, Council and Staff

TOWNSHIP OF SOUTH DUNDAS
613-535-2673

A Note Of Thanks
To Our Customers & Friends

As another year comes to a finale, we'd like to offer a chorus of thanks to all the individuals customers, neighbours and friends who have made this year a noteworthy one for us.

With best wishes for a merry and bright holiday season from the Management & Staff of

WINCHESTER Home hardware
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Hwy. 31 at Hwy. 43 South of Winchester

Wreaths

A demure symbol of Christmas or an unidentifiable article?



They're everywhere this time of year. Whether they're made from fresh evergreen bows or man-made materials, these circular symbols adorn homes, offices, and highway overpasses, and many times may go unnoticed.

Until now, the Christmas wreath has provoked no public controversy whatsoever.

If someone decided not to put up the iconic Rockefeller Center Christmas tree, it would cause a public uproar. But if someone decides not to put up a Christmas wreath, likely no one would bat an eyelash.

There is no laudatory carol called "O Christmas Wreath," and no call for a public wreath-lighting.

The history of the wreath is so tangled with symbolism that the wreath has come to mean everything and nothing: a perfectly secular symbol of Christmas.

Among the first people to embrace wreaths were ancient Persians, who wore diadems made of fabric and jewels, the wreath standing in for wealth and power.

The Greeks awarded wreath-like headwear to early Olympic champions, to symbolize victory.

Germanic tribes used wreaths to anticipate the end of the long winter, a tradition that, under Christianity, morphed into the familiar advent wreath, with candles lit in the weeks leading to Christmas.

The Europeans who settled North America brought wreath-making techniques to the New World.

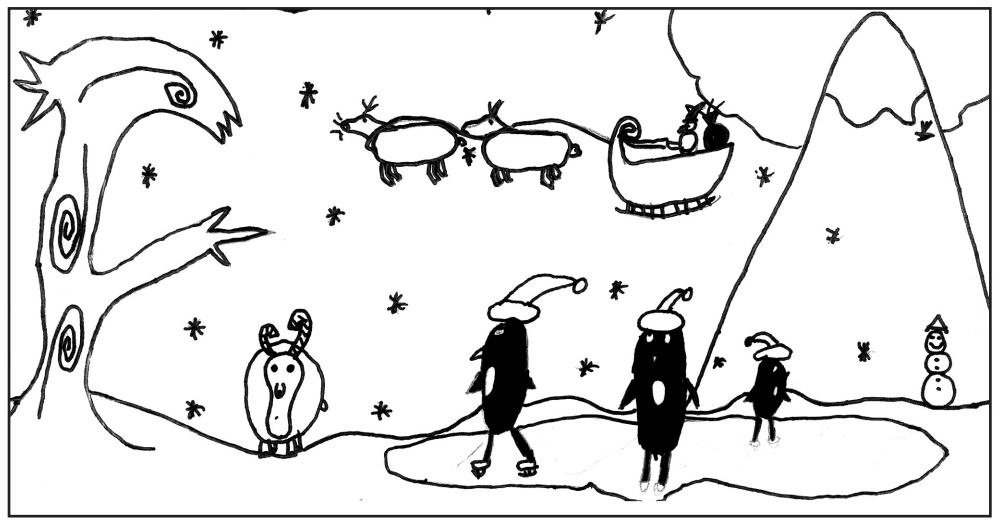
In New York City, there is a steady supply of wreaths, from those laid at Ground Zero to the more festive lobby adornments. Each year, in an inconspicuous building in a corner of central park, wreath enthusiasts submit their latest creations to a "Wreath Interpretations" art exhibit.

They may be constructed from organic or manmade materials. They may be round or square. They may have a hole in the center or not. Anyone who takes the time to create a wreath, no matter how quasi-definitional, will likely find it displayed in the "Wreath Interpretations" exhibit.

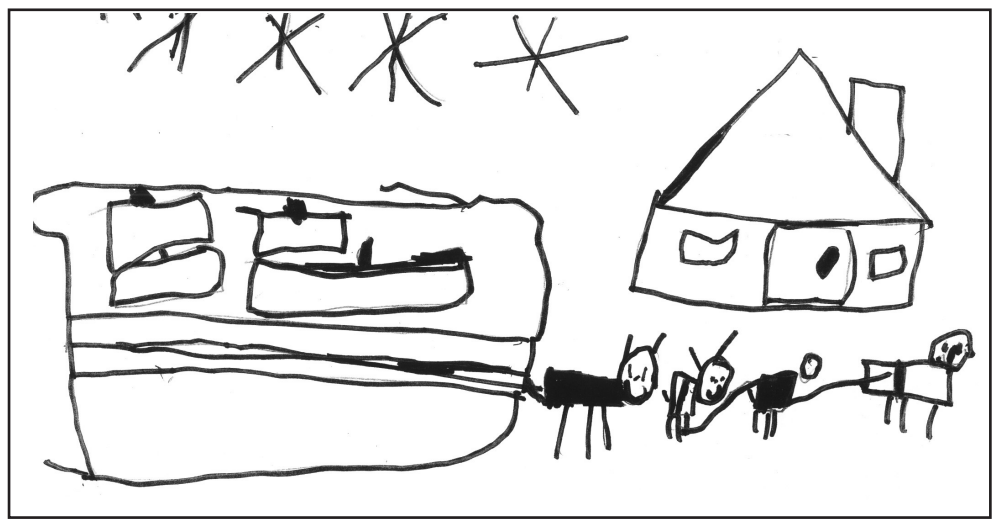
Some are constructed from materials like metal chains, a horseshoe crab shell, Japanese rice paper, twigs, a bicycle wheel, papier-mâché, pussy willow, metal strips from an old loom, subway passes, wood shavings, plastic hangers, recycled umbrella material, and natural birch wood armature.

Some make political statements, others are so simple they hardly invoke opinion. But likely none would look at home on the front door of a house or above a fireplace.

But holding up wreaths for artistic inspection seems to defeat their purpose — which is to be a modest symbol of the season. In public, the eyes tend toward the Christmas tree, the manger scene, the menorah. The wreath, however, works undercover, and while it may go unnoticed most of the time, it will likely be around for centuries to come, and perhaps its meaning will evolve, or delude, even more.



Conor Veinotte, Grade 4, St. Mary's School, Chesterville



Collin Laplante, Grade 1, St. Mary's School, Chesterville

Wishing You a Merry Christmas and a Happy New Year



Thanks for being such a good customer.
It's been a pleasure serving you.
Sylvie, Normand & Staff

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... is the chance to let you know how grateful we are for your friendship and support as we wish you all a very merry season and a happy New Year.

It's been a gift for us serving folks like you. Thanks!

Mary's Restaurant
513 St. Lawrence Street,
Winchester
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On This Joyous Occasion

We'd like to display our best wishes and appreciation for the many good people we've had the privilege to meet and serve this past year.

Here's hoping your holiday is merry and bright in every way.

Thanks!

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Orman Savage, Sales Representative; Butch Oldford, Broker/Manager;
Robert Peddle, Sales Representative

GREETINGS AT CHRISTMAS

To all our associates and friends, we wish a happy and healthy holiday season filled with the joy of family and friends.

It's been our pleasure serving you this past year and we look forward to serving you again soon. Thanks!

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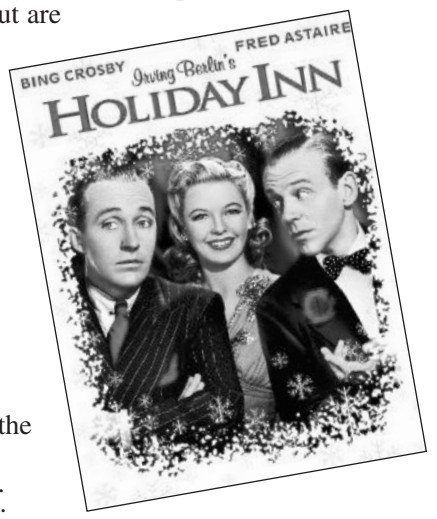
Ten greatest Christmas movies of all time

Here's the *Winchester Press'* official rankings of the best holiday movies, in no particular order. So when you're exhausted from all the shopping and wrapping and baking, make a mug of hot chocolate, put your feet up and let these cinematic masterpieces get you into the holiday mood. (And don't freak out if you don't spot *How the Grinch Stole Christmas, A Charlie Brown Christmas, or Rudolph the Red-Nosed Reindeer* — which are classified as television specials, not movies.)

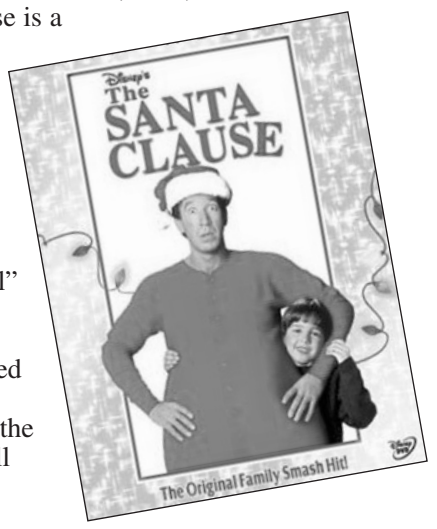
#10 *Holiday Inn* (1942)

Starring Bing Crosby and Fred Astaire, this musical is a must-see. The story follows two performers who share an act but are competitive both on-stage and in pursuit of a woman named Lila (Virginia Dale), a long-time member of their act. *Holiday Inn* features a dozen original songs, the most famous of which was *White Christmas,* which went on to inspire the movie that also appears on this list. A little-known fact: The hotel chain Holiday Inn is named after this successful film.



#9 The Santa Clause (1994)

The Santa Clause is a shining highlight in Tim Allen's holiday flick career. He plays Scott Calvin, who inadvertently becomes the next Santa Claus after putting on the "real" big red suit. The film became a classic, and spawned two (rather awful) sequels. However, the original film is well worth watching.



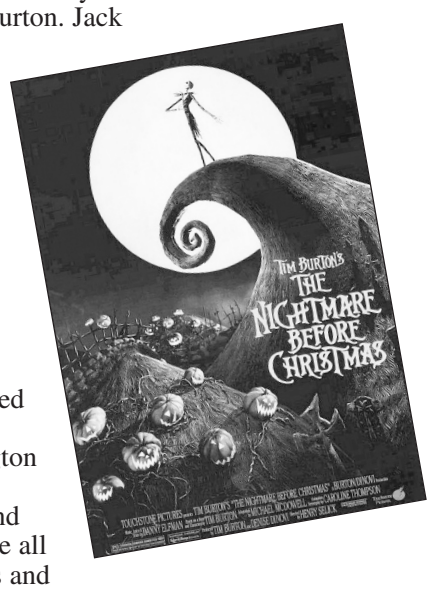
#8 *White Christmas* (1954)

Not only is this film one of the greatest Christmas movies in history, it is also one of the best musicals ever produced. *White Christmas* stars Bing Crosby and Danny Kaye, and co-stars blonde bombshells Rosemary Clooney and Vera-Ellen. Two former servicemen from the Second World War have found success together in the musical industry after the war. Through a series of events and coincidences, they meet up with a sister singing act (Clooney and Vera-Ellen) trying to make it "big" in the industry. A series of mishaps and romantic moments ensue, but it's the music and dance numbers that make this film truly memorable.



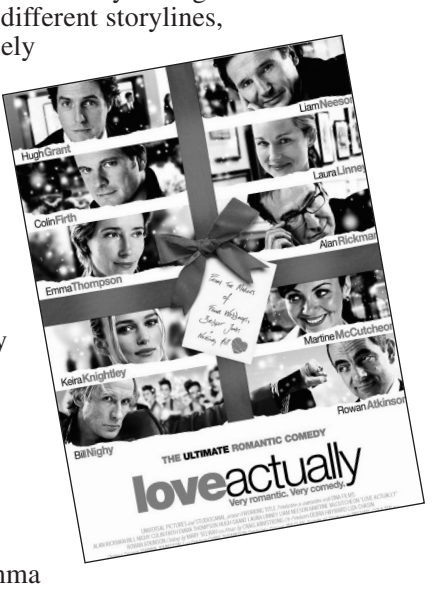
#7 *The Nightmare Before Christmas* (1993)

This stop-motion fantasy film was written and co-produced by Tim Burton. Jack Skellington, a skelleton-like creature from Halloween Town, opens a portal to "Christmas Town." Having lived in an eternal world of Halloween, Skellington understandably experiences some culture shock. Moved by the spirit of Christmas, Skellington returns back to Halloween Town and tries to tell everyone all about it. The ghosts and goblins of Halloween Town find Christmas Town inferior to their own ghoulish traditions, and decide to take over Christmas.



#6 *Love Actually* (2003)

This romantic comedy became a surprise Christmas classic when it came out five years ago. It features approximately nine different storylines, with characters loosely connected to one another. The screenplay explores different aspects of love — between a man and woman, father and son, brother and sister, young love, etcetera. The snappy script and performances alone make the film stand out among holiday flicks. Stars include Alan Rickman, Bill Nighy, Colin Firth, Kierra Knightly, Emma Thompson, Hugh Grant, and Liam Neeson, just to name a few. (This movie's not really family appropriate, so make sure the kiddies are tucked in tight before watching.)



#5 *It's a Wonderful Life* (1946)

Produced and directed by Frank Capra, this film is loosely based on the short story "The Greatest Gift" by Philip Van Doren Stern. The film, set after the Second World War, stars James Stewart as George Bailey, a man who plans to commit suicide on Christmas Eve. A guardian angel is sent to help him in his hour of need, and shows Bailey what the world would be like if he weren't in it. Some might consider this movie a bit depressing, but it's a classic, and our top 10 list would simply not be complete without it.



• continued on page 6



Merry Christmas

and sincere thanks to our customers and friends this holiday season

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O HOLY NIGHT

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Jim Brownell, MPP

Stormont-Dundas-South Glengarry

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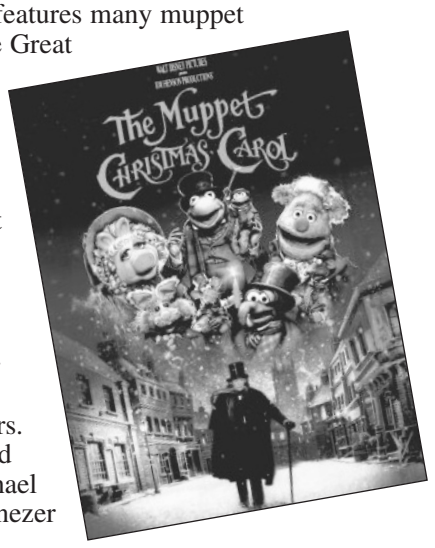
Greatest Christmas movies

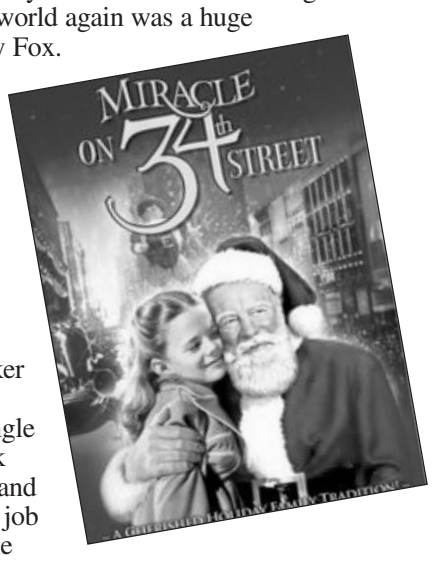
#4 *The Muppet Christmas Carol* (1992)

This film is perhaps the most creative adaptation of the Charles Dickens novel, *A Christmas Carol,* written in 1843. The film features many muppet stars, including the Great Gonzo (as the narrator, Charles Dickens himself), Rizzo the Rat (Charles Dickens' sidekick, who isn't ashamed to admit he's only there for the food), Kermit the Frog (as the honest bookkeeper Bob Cratchit), and Miss. Piggy (as Mrs. Cratchit). Esteemed English actor Michael Caine stars as Ebenezer Scrooge, a greedy skinflint on a one-way track to Hell, unless he changes his ways to let the true Christmas spirit into his heart. This hilarious must-see easily makes the top 10.



#3 *Miracle on 34th Street* (1947)

This charming story about a mother and daughter having faith in the world again was a huge hit for 20th Century Fox. When a jovial man named Kris Kringle (Edmund Gwenn) finds out that the Santa in the Macy's Thanksgiving Day Parade is intoxicated, he complains to event director Doris Walker (Maureen O'Hara). She convinces Kringle to replace the drunk man in the parade, and he does such a fine job that he's hired as the department store Santa. As it turns out, Kringle really is "the real thing", but many others don't believe him, including Walker and, initially, her nine-year-old daughter, Susan (Natalie Wood). Kringle ultimately ends up getting a psychological assessment, and even winds up in court. We won't spoil the ending, but the story is definitely a classic and easily makes our top 10 list.



#2 *Miracle on 34th Street* (1994)

Few remakes top the original, but the 1994 version of *Miracle on 34th Street* is an exception. First, it stars a cuter and more precautious Mara Wilson (of *Mrs. Doubtfire* fame) as Susan, making the character a more sophisticated and insightful kid. Second, actor Richard Attenborough is the ultimate Santa Claus. And finally, the script was almost completely rewritten, delving into deeper issues including greed, selfishness, human nature, and faith in God.



#1 *Home Alone* (1990)

Home Alone introduced us to child star Macaulay Culkin in the role of Kevin McCallister, a kid who wishes his family would "just disappear". This wish actually comes true one morning — he's accidentally left behind when his family flies to Paris for a Christmas vacation. While McCallister initially relishes his independence, he soon finds out that running a household isn't as easy as he thought. It all becomes more difficult when he has to defend the house against intruders. This touching movie was a hit with audiences, as was John Williams' distinctive score. *Home Alone* still remains one of the most financially successful films in history, and was the highest-grossing film of 1990. Three sequels came out afterwards; however, none would beat the original.



Honourable mentions

We disagreed on some titles that should make the list, so here are some honourable mentions not to be missed...



One Magic Christmas (1985)

Filmed on location in Collingwood, Ont., and other areas near Toronto, this Christmas tale will push your emotions to the edge and make you truly thankful for what you have. Mary Steenburgen plays Ginny Grainger, who has lost all sight of the meaning of Christmas until a series of events is set in motion that will change her life forever. With an appearance by a Christmas angel (Harry Dean Stanton), and St. Nick himself, this Canadian classic should be a standard on the to-watch list.



Gremlins (1985)

Classified as comedy-horror, this mogwai movie is set at Christmas time and a must-see for many who grew up in the '80s, with Howie Mandel as the voice of Gizmo, and popular brat pack actors Zach Galligan, Phoebe Cates, and Corey Feldman. The movie was popular enough to spawn the creation of Gremlins brand breakfast cereal, which was produced for a few years after the first film was released. The cereal was similar to Captain Crunch, but pieces were shaped like Gizmo. Any film good enough to inspire a cereal is worth a watch, don'tcha think?



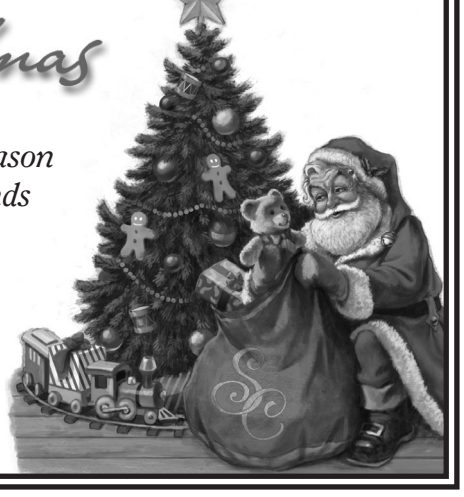
Die Hard (1988)

Die Hard, starring Bruce Willis, is an unconventional Christmas classic. A hostage situation at a corporate Christmas party is the perfect situation for John McClane, a detective with the New York City Police Department, to save the day. It takes place during Christmas, has Christmas carols, and follows a number of standard tropes of Christmas films. The plot of the film as a whole is unquestionably Christmas-themed and features the love story of an unhappy couple rekindling their marriage. So if you're tired of the sappy Christmas specials on television, pop in your old VHS of this shoot-em-up action film — you still have a VCR, right?

Merry Christmas

Wishing you and yours a gifted season filled with good times, good friends and good fortune.

THE CONNECTION
WAREHOUSE OUTLET
561 St. Lawrence St., Winchester
Mon.-Sat. 9 am-5 pm; Sun. 10 am-4 pm



Trimmed With Gratitude

As we prepare for the holiday season,
We're filled with joy, and you're the reason!
All the very best to our loyal friends and neighbors

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We extend a heartfelt thanks to our customers past and present. It's a pleasure serving you. We hope you and your family enjoy a wonderful Christmas, and health and happiness in the New Year.
- From Management & Staff

SALESMEN:
Barry McMillan • Darryl McDonnell • Kirk McMillan • Richard Zandbergen

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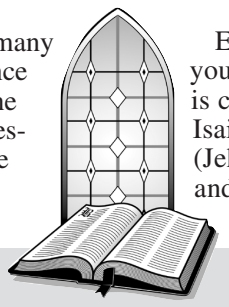


SHEPHERD TALK
by Rev. Bruce North

A Christmas tradition for many is attending a performance of Handel's *Messiah.* The majestic blend of voice and orchestra is only window dressing to the original beauty of the scriptures, which the presentation is entirely based upon. Most are familiar with the great Hallelujah Chorus, the centerpiece of the production. It tells of Christ the King, the one who will reign forever. The advent of such a glorious kingdom is to be the hope of the Church of God throughout this age. Such is the power of this thought that it inspires us to grant a pre-emptive ovation as did royalty and commoners before us.

In days of political uncertainty, we must remember that our ultimate future hope is not to look to the masses but the manger, not Parliament Hill but Zion's mountain. Just before the Hallelujah chorus there is the lesser-known solo piece, "Thou shalt dash them in pieces like a potter's vessel" (Psalm 2:9), which may reflect some of the frustrated public sentiment of our human political wranglings. We must remember that the babe in the manger is the king of all those who will put their trust in His saving grace. Bow before Him today as did the shepherds of Bethlehem, praise Him as did the angels in the heavens. Give Him your homage and gifts as did the Magi.

Embrace His kingship now while you still have a choice, for the day is coming when as the prophet Isaiah reveals "Before me (Jehovah) every knee shall bow and every tongue shall confess" (Isaiah 45:23). St. Paul later adds to this "every knee shall bow and every tongue confess that Jesus Christ is Lord, to the Glory of God the Father." (Philip 2:10).

There is no doubt about who Jehovah is, none other than the incarnate Christ. He made a covenant of salvation with this world as the Father and paid the price for the world's rebellion as the Son on the cross.

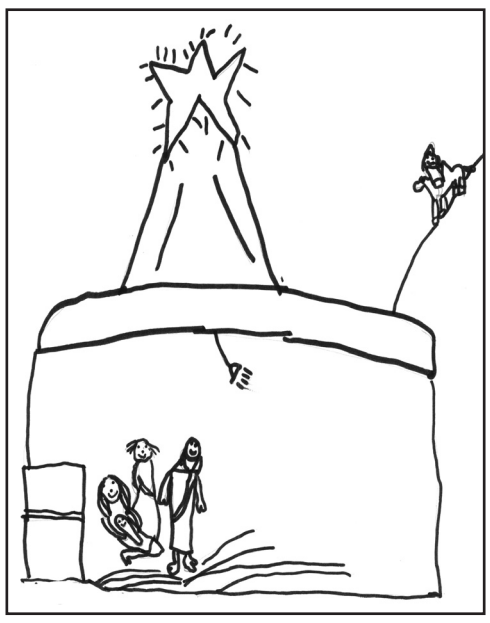
Friends, good government is coming, for upon this baby born in Bethlehem the prophet Isaiah announces and Handel's *Messiah* powerfully echoes "and the government shall be upon his shoulders and He will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the increase of His government and peace there will be no end." (Isaiah 9:6, 7).

Maranatha! Soon your kingdom will come on Earth as it now is in Heaven.

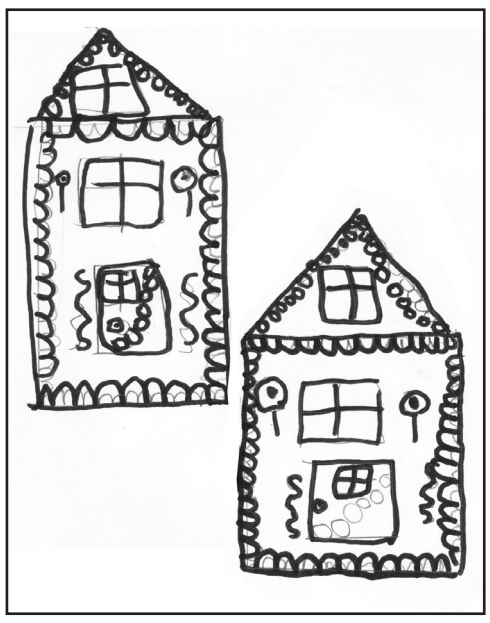
This column is provided courtesy of the Dundas Ministerial Association







Chelsea, Grade 2/3,
Metcalfe Public School



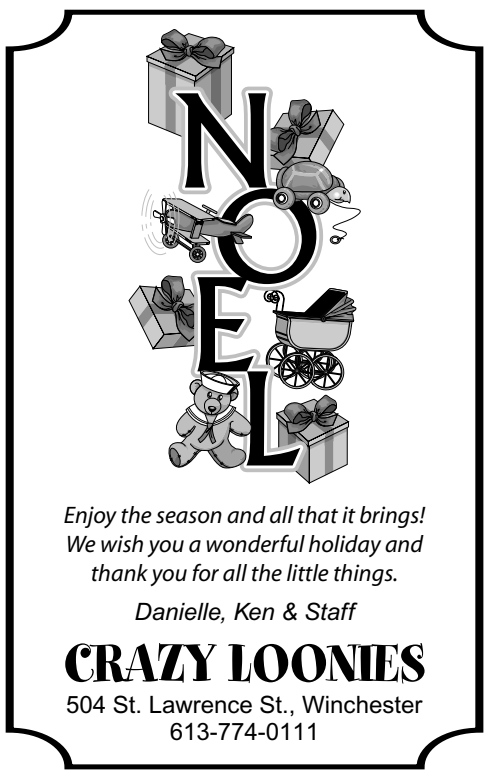
Emma, Grade 2,
Metcalfe Public School



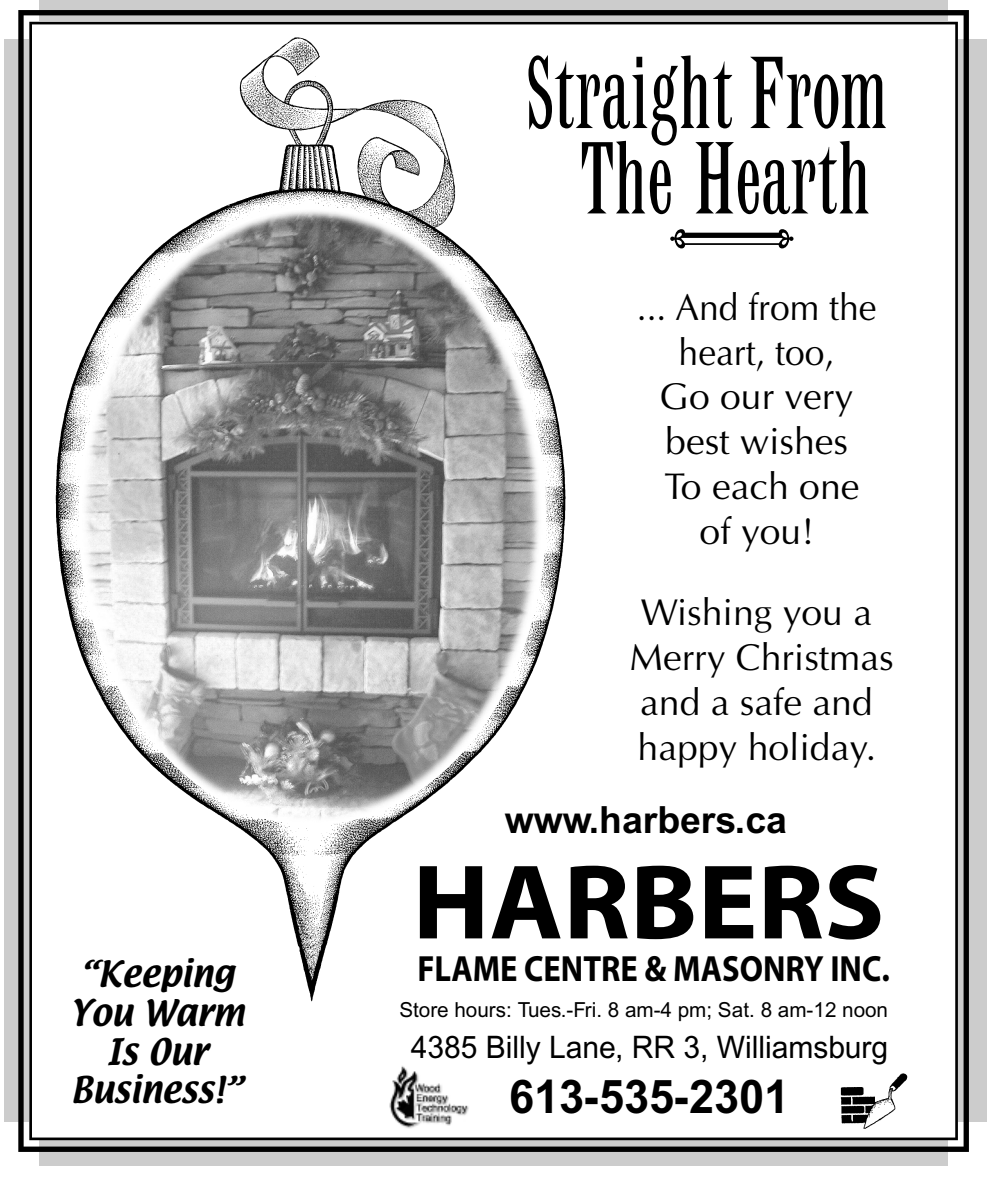
Winter time poem

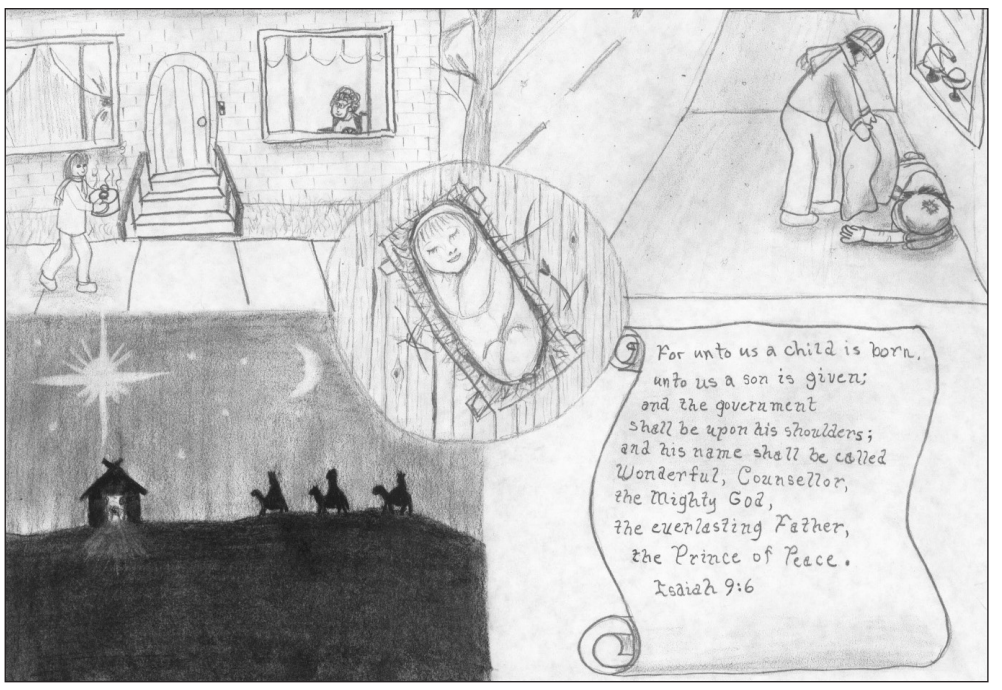
Three pups: Biggins, Baggins and Boggins,
All winter have lumps on their noggins.
The lumps are because not having hands, but paws,
they cannot hold on tight to toboggans.

Holly Connolly MacDonald, Grade 4/5, Nationview Public School









Artwork provided courtesy of the Dundas Ministerial Association

Christmas carols: how they began

by Mollie McKibbon

Christmas hymns or carols, written to honour the birth of Jesus Christ, first began to be sung in the fourth century after his crucifixion. St. Hilary of Poitiers wrote the oldest known hymn in the fourth century, but it wasn't until St. Francis of Assisi introduced carols into his church services, which became part of the church celebration of Christmas. Generally, monks composed solemn, sacred music and songs for worship. Carols were often based on folk music, which tended to be dance music and therefore more joyous and lively than the usual kind of hymn. When they were translated into several languages, they became popular songs, known in French North America as "chants de Noel", in France as "noels", and in English North America as "carols". English carol writing suffered a setback when Oliver Cromwell banned their singing from 1649 to 1660, but re-emerged in the early 1700s.

The first North American carol, known as the Huron Carol, was written by a Jesuit priest Jean de Brebeuf in order to make the Christmas story more accessible to the Huron people to whom he ministered. The original title was "Jesous Ahatonihia", which in the Huron language meant "Jesus he is born". Jesse Edgar Middleton wrote the English lyrics, which describe the nativity in terms of a North American aboriginal setting, in 1926. This version of the carol has been used by aboriginal singer Tom Jackson as the theme of his yearly television Christmas show.

By 1955, the most recorded Christmas carol was "Silent Night", written by an Austrian assistant pastor Joseph Mohr as a poem, "Stille Nacht", in 1816. It was introduced as a carol after the poem was set to music composed by the St. Nicholas Church organist, Franz Gruber, as a guitar piece. It was first sung in that church in Oberndorf on Christmas Eve 1818 and has become a beloved standard in candlelight services around the world.

Another often-requested carol, "Away in the Manger", was inspired by a line in a carol written by Martin Luther, "Away there in the manger a little infant lies." This fact led to the misunderstanding that Luther had written the piece. Actually, it was composed in Pennsylvania and since has been given 41 different settings. It is sometimes sung to the melody "Flow Gently Sweet Afton".

There is a mystery surrounding the carol "The Twelve Days of Christmas" as to what it all means. Several ideas have been suggested, one of them being that it was meant to be a kind of silly parlour game to test people's memories. The most interesting theory is that it was a encoded way of teaching catechism to children during the time when the Catholic faith was outlawed in Britain. According to the story, each gift of the true love had a Christian meaning. The gifts were substitutes for the following symbols: "Partridge in a pear tree" as Christ on the cross; "two turtle doves" as Old and New Testaments; "three French hens" as the Holy Trinity; "four colly birds" as the four gospels of Matthew, Mark, Luke and John; "five golden rings" as the first five books of the Old Testament; "six geese a-laying" as the first miracle of Jesus that turned six jars of water into wine; "seven swans a-swimming" as the seven sacrements of the Roman Catholic Church; "eight maids a-milking" as the eight beatitudes from the sermon on the mount; "nine ladies dancing" as the nine choirs of angels; "10 lords a-leaping" as the 10 commandments; "11 pipers piping" as the 11 loyal disciples of Jesus; and "12 drummers drumming" as the 12 tribes of Israel.

Whatever the origin of these wonderful songs, they have become one of the most cherished traditions of Christmas, whether sung in church or around the family tree.

Christmas Eve services

Here is a list of some of the local church services taking place on Christmas Eve

Anglican Parish of North Dundas (Winchester)
2 pm Blue Christmas Service
7 pm Family Service
11 pm Midnight Mass

Winchester Baptist Church
3 pm Candlelight Service

St. Andrew's Presbyterian Church (Chesterville)
7 pm Service

St. Paul's Presbyterian Church (Winchester)
7 pm Refreshments and Fellowship
7:30 pm Christmas Eve Service

Morewood United Church
7:30 pm Family Carol Worship Service

Trinity United Church (Chesterville)
9 pm Christmas Eve Service with Communion

Winchester Wesleyan Church
6:30 pm Service

Harmony Community Church
7:30 pm Candlelight Service with Communion



Winchester United Church
7 pm Christmas Eve Family Candlelight Service
9 pm Christmas Eve Communion

A MERRY GOOD TIME!



Here's hoping the season brings you much warmth, love and joy.

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Cotnam Country Depot
33 King Street, Chesterville
613-448-3838



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Linda Berube
Professional Certified Groomer
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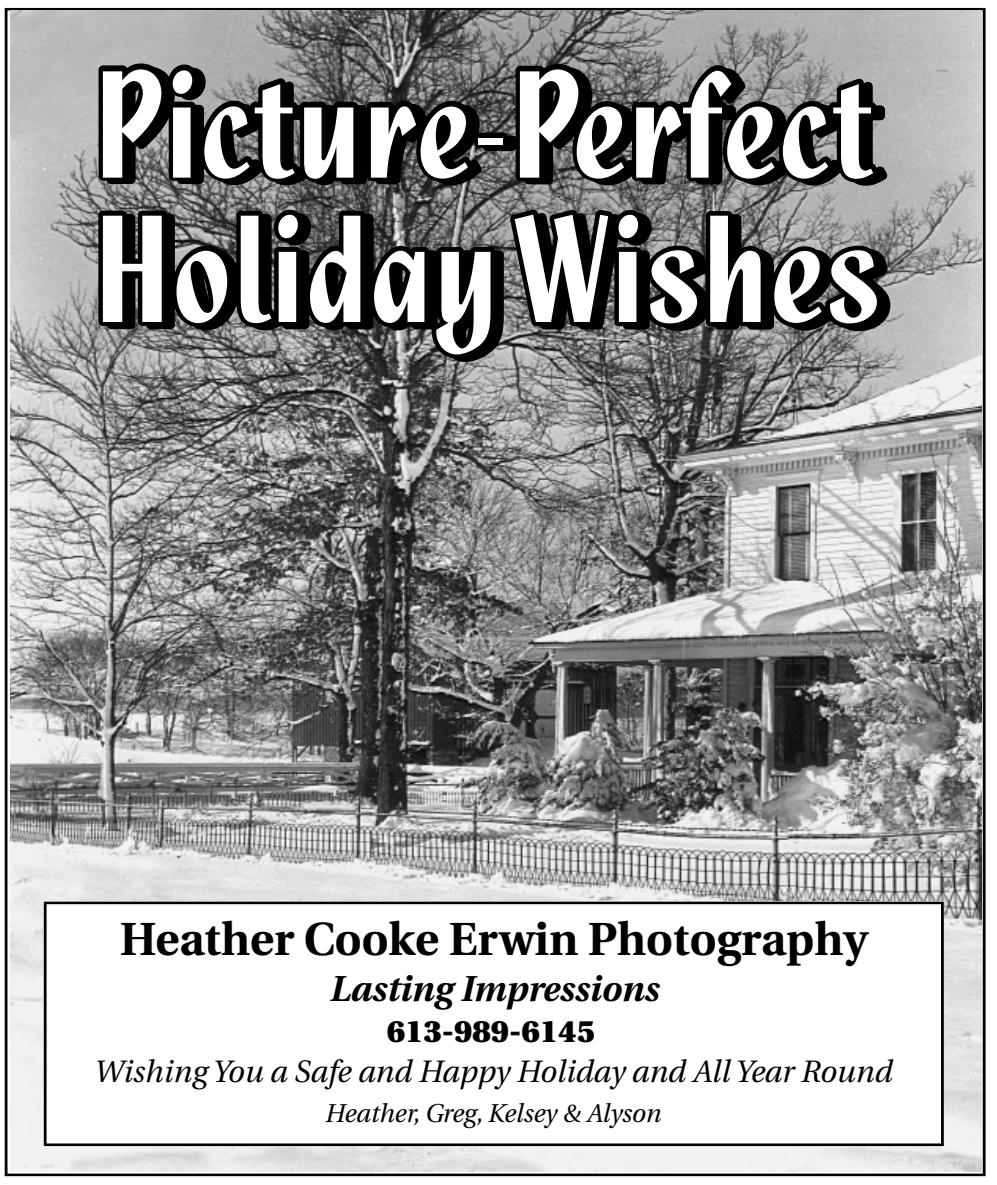
Cell. 613-299-4633
All Breeds of Dogs & Cats



Heather Cooke Erwin Photography
Lasting Impressions
613-989-6145
Wishing You a Safe and Happy Holiday and All Year Round
Heather, Greg, Kelsey & Alyson



Bah, humbug?



St. Lawrence Street speculation

by Meghan Duncan

This year, in coming up with ideas for this annual "Christmas Greetings" section, I harboured a quiet but fierce ambition to write a perfect, definitive Christmas column.

Alas, life got in the way. Christmas shopping got in the way, Christmas concerts and events got in the way, and here I sit, typing madly hoping that a creative idea may hit me before the 300-word mark.

It was Nov. 1 this year that, on my way home from a Halloween party, I stopped by a grocery store. I was confronted by the leering and antlered facade of what to my wondering eyes should appear but a moose. No wait — it was a reindeer. Still on a Halloween candy high, I couldn't believe that Christmas was just around the corner.

Popular culture force feeds us endless invocations of the same repetitive theme — that at Christmas time we are all collectively supposed to succumb to this compulsory infliction of joy. That if we all buy enough presents and keep smiling we will suddenly join hands like the Whos down in Whoville and begin singing Christmas carols in perfect harmony.

I'm not a Grinch; in fact, I used to love Christmas and all that it stood for. But this year, a few major life-altering events have made me change my view a little.

I'm tired of the politically correct slogans that must be exactly right — "Happy Holidays," "Cool Yule," or a Dickensian "Compliments of the season." I'm tired of the propoganda-like advertising campaigns that end up making you feel highly inadequate. I'm tired of the stress and drama that takes place between family members simply because Christmas is a stressful time of year. And I'm tired of paying for it — whether by credit card or stress-induced tears.

Every Christmas comes wreathed in irony — how did a holiday celebrating a birth in a manger morph into a shopping free-for-all?

So this year, for the first time, I'm going to try hard to take a step back from it all. I'm not going to feel compelled to take part in any activity — whether family related or not — unless I want to. I'm not going to feel compelled to purchase things just for the sake of checking a name off a list.

I'm going to buy gifts for those who matter to me most, but I'm going to spend more time taking stock of all that I have and purging some things I don't need anymore.

I have more than everything I need. There are people right here in this community that don't have even the basic needs. If I can help them through a donation of money, food, or clothing, then that's what I'll do. That's how I plan to spread Christmas cheer this year.

I'm the thriftiest shopper around — I can find the deals anywhere, and I love "vintage" items (yes, that horrendously ugly sweater that someone got rid of will likely find its way to my closet at some point). But I don't need any more clothes, whether they make a fashion statement or not. I don't need any more things. I don't need any more gifts.

If I receive gifts I will appreciate them gladly — especially if they are a surprise, are creative, and are thoughtful. But there will be no wish lists, no itemized database of needs.

The Christmas season should be a time for free hugs, not expenses.

Don't get me wrong, if prince charming happened to stop by and offer me a diamond ring, I'd probably have a hard time turning it down. But generally speaking, we all need to realize that Christmas should be about love and hope, not how-cheap-can-I-get-that-soap-on-a-rope.

You can talk all you want about recessions and economic troubles. But the fact is, we spend too much money on useless things at Christmas whether there's a recession or not.

Here I sit, and at 650 words, I think I've managed to pull out a pretty satisfactory Christmas column. It may not be perfect, or even definitive, but perhaps nothing this time of year should be.



Alex, Grade 2, Metcalfe Public School

To Our Valued Customers

One thing that we know is true,
Is it's been a pleasure to serve all of you.
So without any fuss or further delay,
We wish you a merry and bright holiday!

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We're loading up the sleigh to wish you all a great holiday!
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It is with deepest gratitude that we extend our holiday greetings to our loyal customers, neighbours, associates and friends. Knowing people like you makes doing business a genuine joy for us all year long.

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We thank you for the gift of your business, and wish you and your loved ones a bounty of glad tidings this holiday season.
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With Appreciation At The Holidays
With best wishes from our family to yours for a most memorable, magical holiday season.
Thanks for your support this year.
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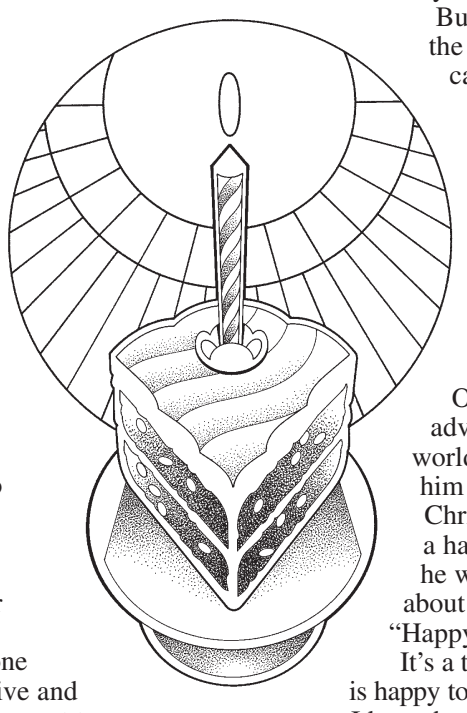
Christmas at my house

Memories of love, laughter, and quirky traditions

by Sarah Kelford

For me, Christmas is about family, and my family is big on tradition. I was raised in a liberally Catholic nuclear household with my parents and three siblings. On my mom's side, the Wendorf family, I have 14 aunts and uncles, 23 cousins, six second-cousins, umpteen significant others, two loving grandparents, and 23 years of hilarious family memories.

For Christmas, the unofficial family motto is "the more the merrier." With a number of relatives living out of town, province, country, or continent, it's hard to get everyone together, but we do the best we can, and Wendorf gatherings average 30 to 40 people.



But Christmas is especially important to my family, and once a year, we share a little extra love and a little extra laughter with our quirky traditions.

Yes, we get to see one other. Yes, we get to give and receive presents. Yes, we get to sing carols on Christmas eve before watching Grandma and Grandpa slowly unwrap their presents without tearing an inch of paper. All this is good, but our really interesting and unique tradition takes place on Christmas Day.

My family has a Jesus cake — a chocolate cake with chocolate icing, green and red sprinkles, one candle, and a plastic manger with baby Jesus laying in it to top it off.

And we sing — all of us — "Happy Birthday" to Jesus.

When I moved to Ottawa three years ago, I rented a room in a house with a charming globe-trotting Australian who had decided to spend a year of his journey in Ottawa. When the holidays approached, Patrick, who came from a large family, was going to spend Christmas alone, so I asked my parents if he could join us for the holidays.

Keeping with the motto, my parents didn't hesitate, and Patrick fit in great. I told (warned) him about our quirky tradition, and I was shocked when he didn't believe me! He actually thought I was joking up until the point when my mom lit the match and the family gathered in the kitchen and began to belt out birthday wishes to Jesus.

But he joined in. And the next day when he called his parents in Australia, he told them about the Wendorf Jesus cake. His mom thought it was a great tradition, and didn't know why their family hadn't thought of it.

After Patrick left Ottawa on another adventure around the world, I didn't hear from him until the following Christmas. He wished me a happy holiday and said he would be thinking about my family as we sang "Happy Birthday."

It's a tradition that my family is happy to share with anyone.

I brought my boyfriend Nigel home for our first Christmas together last year. I told him that my family is very big on tradition and to just go along with it.

He did. Christmas Eve, he belted out "Jingle Bells," "Up on the Rooftop," and "Silver Bells." He woke up at 5 am on Christmas Day to open presents and see what Santa Claus left for us.

And, when I saw my mom light the candle on the Jesus cake, a slight shiver of fear trembled through me, but he laughed along with the rest of us, and we all loudly, and proudly, sang "Happy Birthday" to Jesus just like every year before that.

So, dear readers, as you gather with your family and friends this Christmas, take time to remember your childhood traditions, holiday memories, and if you wish, bake a cake and sing "Happy Birthday" to Jesus.



I've been really good!

Two-and-a-half-year-old Cynthia Tupper of Winchester was a little shy at first, but ended up giving Santa a big hug at Winchester Home Hardware on Fri., Dec. 5. The Dundas County Food Bank and Home Hardware offered photos with Santa as a food bank fundraiser.

Press Photo — James

Joy To The World

..And glad tidings to you and your kin this holiday season. Thanks for all the joy you've given us this year.

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CHRISTMAS Is In The Air!

It's just days before Christmas and all through the town,
We see happy people; not even one frown.
It's great to see folks who show so much care
For their friends and their neighbours - today it's so rare.
So we'd like to thank you this time of the year
For all of the memories we hold so dear.
As customers, as neighbors, you all mean so much
To us, your community and all whom you touch.

Have a wonderful holiday!

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Holiday Joy

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We appreciate your continued support.

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LOVE GOODWILL TO MEN CHRISTMAS BLESSINGS PEACE ON EARTH HALLELUJAH JOY

In The Spirit Of The Season

At this time of peace, joy and goodwill, we'd like to thank you for the gift of yours. Your support has made doing business a pleasure, and has given us much cause for celebration this year. Merry Christmas!

Carl Berends and Sue Blaine

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The ultimate in recycling

One-third of Canadians admit to re-giving gifts

A new survey reveals that for a substantial number of Canadians, the revered tradition of holiday gift-giving may also include the dubious practice of "re-gifting."

About a third of Canadians polled (32 per cent) admit that they have re-gifted a present they've received in the past by passing it on to someone else because they did not need, want, or like the gift.

Interestingly, while most Canadians surveyed said they themselves do not practice re-gifting, the majority (65 per cent) also said they do not have a problem overall with the notion of re-gifting an article by passing it on to someone else as a present. And nearly half (45 per cent) said they actually would not mind it if they were on the receiving end of a re-gifted item.

In fact, more than a third of Canadians (36 per cent) suspect they have already received a re-gifted present at least once in the past from a friend or family member.

So what are some of the top items for everyone to look out for as potentially re-gifted presents this year? Here is a short breakdown of items that Canadians surveyed admit to having re-gifted to others in the past:

- 23 per cent admit to having re-gifted home décor or knick knacks;
- 15 per cent admit to re-gifting clothing;
- 6 per cent admit to re-gifting bottles of wine;
- 5 per cent have re-gifted bath products or candles;
- 53 per cent say they've never re-gifted and don't plan to re-gift (in Quebec, that number jumps to 69 per cent);
- 65 per cent of Canadians don't have a problem with re-gifting (36 per cent feel good about it; only 9 per cent felt guilty);
- 8 per cent were happy to have the item out of their house;
- 8 per cent thought re-gifting was a greener option;
- 5 per cent thought re-gifting would save time and money.

This holiday season, in the true spirit of giving — and re-giving! — Canada Post is inviting Canadians to participate in an entertaining interactive online contest by answering the question "What kind of re-gifter are you?"

After completing a survey designed to classify participants as either a re-gift Guru, a re-gift Jokester, a re-gift Revenger or an Anti-re-gifter, contest participants become eligible to win a horrendous-looking holiday sweater that is sure to top anyone's "re-gifter list" this year.

Contest entrants can also re-gift their chance to win the sweater by sending it to a friend, thus making themselves eligible to win a fabulous $5,000 vacation. Visit www.canadapost.ca/regifter to take the quiz and enter the contest.

The survey referenced in this article was conducted by Harris/Decima with a representative sample of the Canadian population between Oct. 9 through Oct. 12. The survey's margin of error is 2.8 per cent, 19 times out of 20.



Josh Beach, Grade 7,
Nationview Public School

Santa Claus

Santa, who gave your reindeer those magical powers to fly? And how do you travel the whole world in a single night or in different parts of the world? Is it a day after? And if you're so fat how did you come through my so small chimney? And why did you choose to come in the winter? Aren't you tired of the cold weather?

**Isaac Zollinger, Grade 4,
Inkerman Public School**

One-of-a-kind deer

I fly. I glide as the magic of Christmas flows beneath my hooves. It sparkles and forms a platform to guide me. I am what you call a reindeer.

My brothers are big and strong yet I lack strength and size. As I pass icicles shimmer, but it is the stars that flash and twinkle throughout the night.

I love to help Mr. Claus as he delivers the magic and joy of Christmas. I will never not be a guardian of Santa.

I am a one-of-a-kind reindeer.

**Samantha Cormier, Grade 3,
Inkerman Public School**

Merry Christmas



We're wishing you a "sleighful" of cheer, along with our thanks for your stopping here.

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With best wishes and gratitude at this special time of year

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Look, ma! No skis!

Here's an easy way to burn off some holiday calories

It looks a little odd to people at first glance. The long stride is there. The look of determination is there. The poles are there. But wait — no skis?

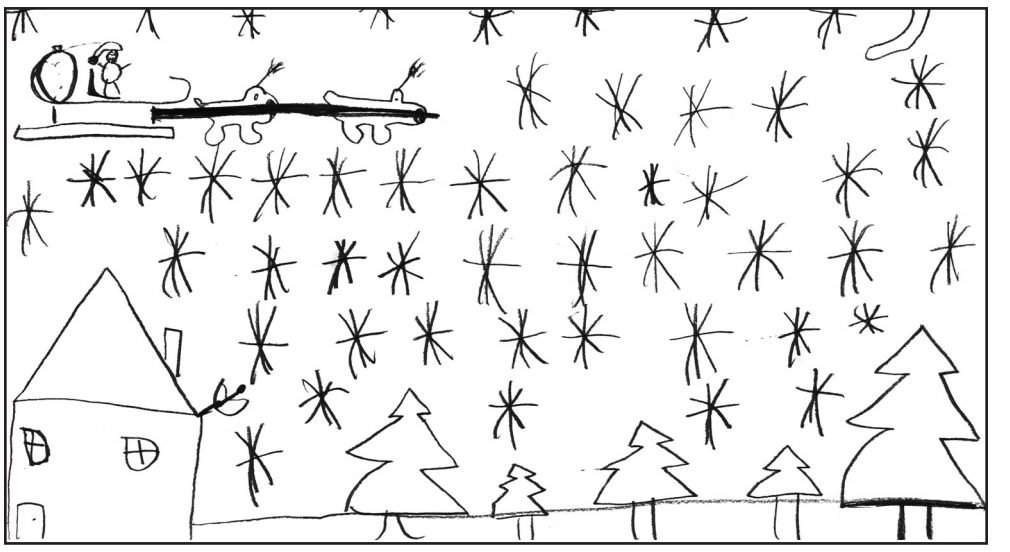
Nordic walking, also called ski walking, is simply walking with poles. But those poles make a big difference. Because they bring the arms and upper body into the workout, and they dramatically increase the overall fitness benefits associated with walking.

Regular walking works 70 per cent of a body's muscle mass. Adding specially designed Nordic walking poles increases the overall body workout, using 90 per cent of your muscles.

And it's all in the swing. Nordic walking also offers a better cardio workout than hiking and skiing because it increases oxygen intake and burns more calories. With the proper technique, you can burn up to 40 per cent more calories than regular walking. The workout also helps loosen neck and shoulder muscles that tense up while seated at a desk or watching television.

The whole point of Nordic walking is to keep you on your feet, so make sure your footwear is comfortable. Some moulded footbeds are made of rubber and are anatomically shaped to provide better arch support and comfort. More comfort means a better and longer workout. Also look for boots with insulated linings to keep your feet dry and warm on long winter treks.

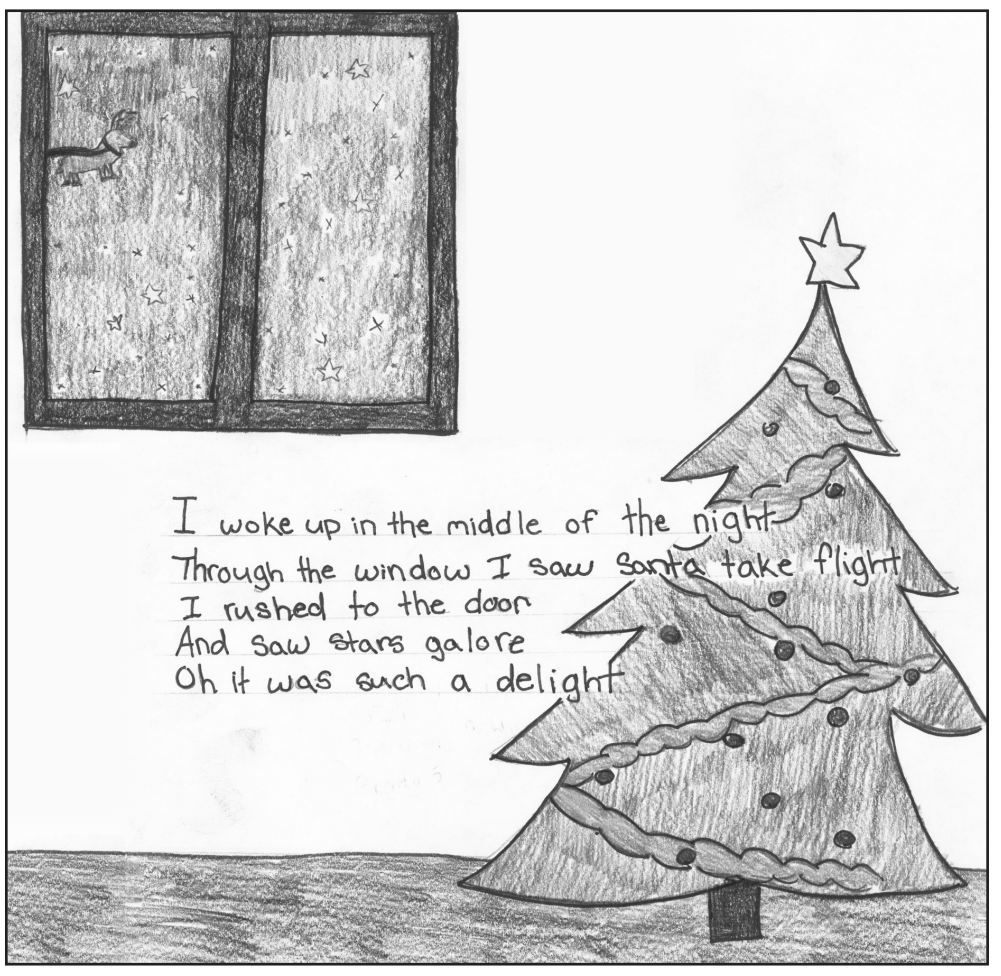
The health benefits of Nordic walking are plentiful, so pick up some poles and get walking. With a little preparation and the right footwear, staying fit in winter can be a real walk in the park.



Dylan Wattie, Grade 2, Ecole Ste-Thérèse-d'Avila



Kayla Gauthier, Grade 2, Ecole Ste-Thérèse-d'Avila



Linsey, Grade 6, Inkerman Public School

SEASON'S GREETINGS

With glad tidings to you and yours at this joyous time of year. We look forward to serving you again, soon.

McHaffie Flea Market

Hwy. 31 North
2 km north of Morrisburg
Exit 750
613-543-2523 OR
613-543-2623

Reduce stress and save cash during the holidays

Food is often a focal point of holiday gatherings, regardless of whether it is a simple cocktail party or a full-blown holiday feast, and both can easily take a toll on pocket books and time.

We all know there's more than one way to trim a tree — which means there are also countless ways to trim expenses and excess time spent in the kitchen.

If you find yourself hosting a holiday event, don't be afraid to ask guests to bring along their favourite dish or appetizer to reduce your own stress and food costs. Everyone loves a potluck, and having everyone bring a dish will cut costs and save time.

Breaking tradition can help trim food expenses and increase the selection of dishes to serve. Start making your own holiday food traditions — come up with new recipes by using some ingredients that have been in the cupboard for a while.

While shopping for ingredients for your holiday feast, consider purchasing locally produced foods. Foods produced close to home are often fresher and help support the local economy. New labels are making it easier to identify and choose Canadian ingredients.

When planning for your holiday dinners and parties, select dishes that are healthy and easy to prepare. Save yourself some time by slicing vegetables and preparing side dishes ahead.

...'Tis The Season To Be Thankful!

In this season of faith and renewal, we'd like to join our friends and neighbors in a prayer for peace on earth and understanding between nations. At this time we are also reminded of the many blessings we have been fortunate to receive, especially the goodwill and support of people like you.

Best wishes for a joyous Noel with heartfelt thanks from all of us.

Winchester Automotive Services
Hwy. 43 just off Hwy. 31
Winchester • 613-774-3189



Emma Lapointe, Grade 1, St. Mary's School, Chesterville

Ten holiday giving ideas for kids

By Amanda Smith-Millar
Press staff

Let's face it – when you're a kid or a teenager, you don't have much cash to spend on Christmas presents. But you don't need a lot of money to find or make great gifts. All you need is time, creativity, and a little change from your piggy bank.

The tips below will help you come up with presents for parents, grandparents, siblings and friends.

Best of all, you should be able to find everything you need locally. For example, you can ask to be dropped off in Winchester for an hour or so, and you can get your Christmas shopping "wrapped up" in no time!

1. Bake something

Homemade cookies, breads, tarts, and brownies are just a few ideas. Put the finished product in a tin or sealed container, decorate it with a ribbon or bow, and you're all set. Remember, if you're too young to use the stove, always ask a grown-up for help.

2. Buy or make a Christmas ornament

Christmas ornaments are fun to make and cheap to buy. A bonus: the person you give the ornament to will think of you when they decorate the tree for years to come!

3. Buy a mug and fill it with candy

This tried-and-true classic gift idea is cheap and quick to put together.

4. Assemble a scrapbook

Does your family save pictures, ticket stubs, pamphlets, certificates, and all sorts of "souveniers"? Do they plan to assemble all these odds and ends into a scrapbook one day, but never seem to get around to it? If so, consider making a scrapbook for Christmas. You'll need scissors, glue and tape, a binder or scrapbook, coloured or construction paper, and some clear plastic sheets. It'll make a nice gift and it'll be one more item off your parents' to-do list.

5. Create chore coupons

Parents are strapped for time these days, so why not take some of the responsibility off their plates? Create "I-owe-you" chore coupons. For example, you can offer to: vaccuum all the rugs in the house; do the dishes; do the laundry; reorganize some untidy or neglected area of the house (like a closet or basement); babysit a younger sibling; or take out the garbage and recycling.

6. Make a "practical gift basket"

This is perfect if you have an older brother or sister living away from home, or going college or university. Make a gift basket of useful items that might be tough for them to buy when money runs low — shampoo, soap, toothpaste, tooth brushes, computer paper, and non-perishable food items (like noodles or soup) are just a few ideas.

7. Assemble a cook book

Got someone who loves cooking, or is learning to cook, in your family? Use the internet, or cook books in your house, to create a culinary publication tailored to that person's needs or interests. It's up to you how long or fancy you make the book, whether you add pictures or not, whether you make it on the computer or assemble it into a scrapbook, etc.

8. Write a short story with your friend or family member as the lead character

This is a great idea if you like writing. Just make sure you start well in advance so that it's finished by Christmas Day.

9. Give the person a framed picture of the two of you together

For the cost of a frame and one photograph, you have a nice gift of the two of you that they can keep for years to come.

10. Pool resources with a parent or sibling

If you want to buy a special gift for a family member, but it's a bit too expensive for you, share the costs with someone else in your family.

He Knows You've Been Good...

Best wishes and many thanks for your friendship and continued support.



Dr. Larry Gray
VETERINARIAN
593 Main St. W., Winchester 613-774-2204



Season's Greetings

Wishing you tidings of comfort and joy this holiday season.

H&I COUNTRY SUPPLY
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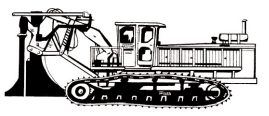
613-652-4828

With joy in our hearts, we extend our warm wishes to you and your family for a very Merry Christmas and a Happy New Year.

We appreciate your continued loyal support.



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Cheer

When winter spreads its gentle mantle of white over the countryside, everyone warms with the spirit of this happiest of seasons.

Happy holidays to all!



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FOR THOSE WHO DEMAND MORE



With warm wishes for a joyous Christmas to all the people we've had the pleasure to serve this year.

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TRACTOR TRAILER AND AUTOMOTIVE REPAIR
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Winchester Springs
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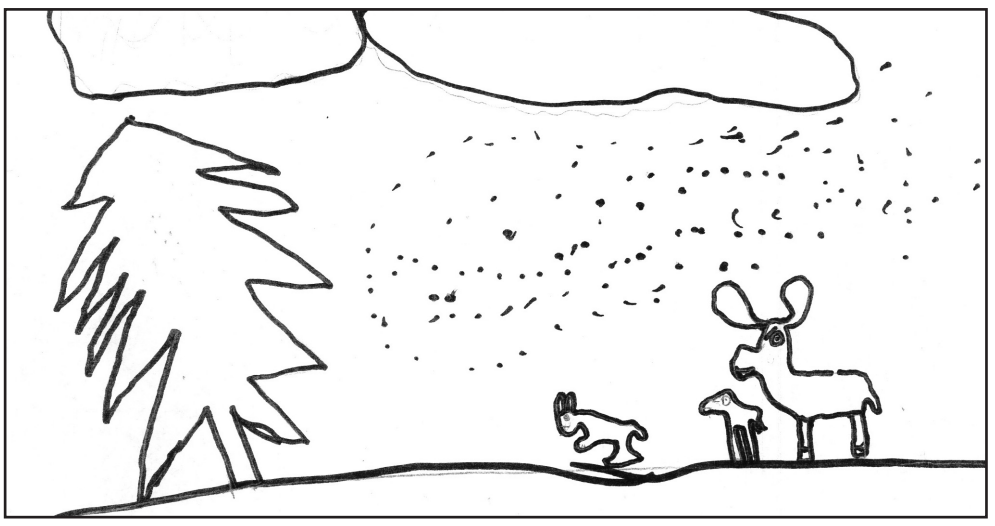


Devon, Winchester Public School



Jacob Holmes, Grade 2, Nationview Public School

Christmas cheer

Beep, beep, beep went the alarm clock of Arnold Grump. He got out of bed, grabbed the alarm clock and heaved it out the window. It was 6 o'clock on a Saturday morning and if there was anything he hated more than waking up early on a Saturday morning, it was Christmas.

He walked over to the calendar, muttering to himself. Arnold looked at the calendar with a glare on his face. It was Dec. 24th, Christmas Eve, the day when he had to go shopping for all of his nieces and nephews.

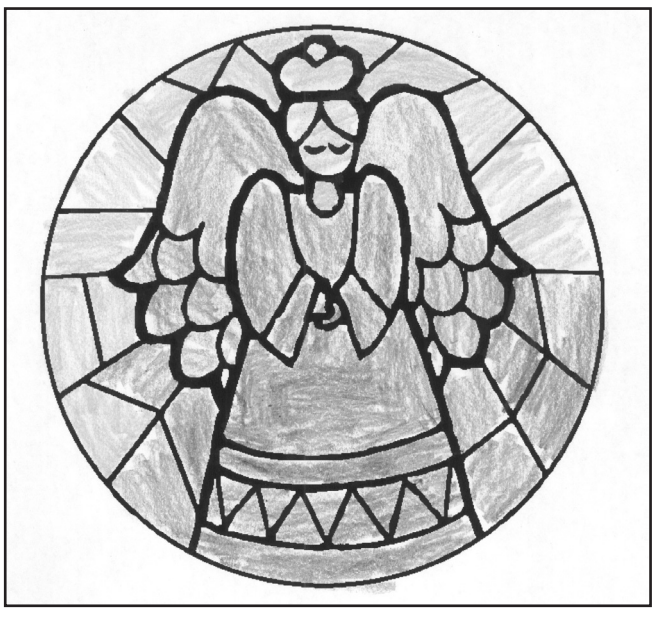
He walked to the front door, put on some boots and a coat, and trudged out the door to his car. He put the car in drive and drove towards the mall.

When he got there he saw two elves handing out presents to all the little children. Arnold was disgusted at the sight of this, so when he saw the pile of presents the elves were handing out he drove his car right into it. All of the children's smiles suddenly turned into frowns. Some of the kids who didn't get presents started crying. Arnold rolled down his windows and laughed in their faces.

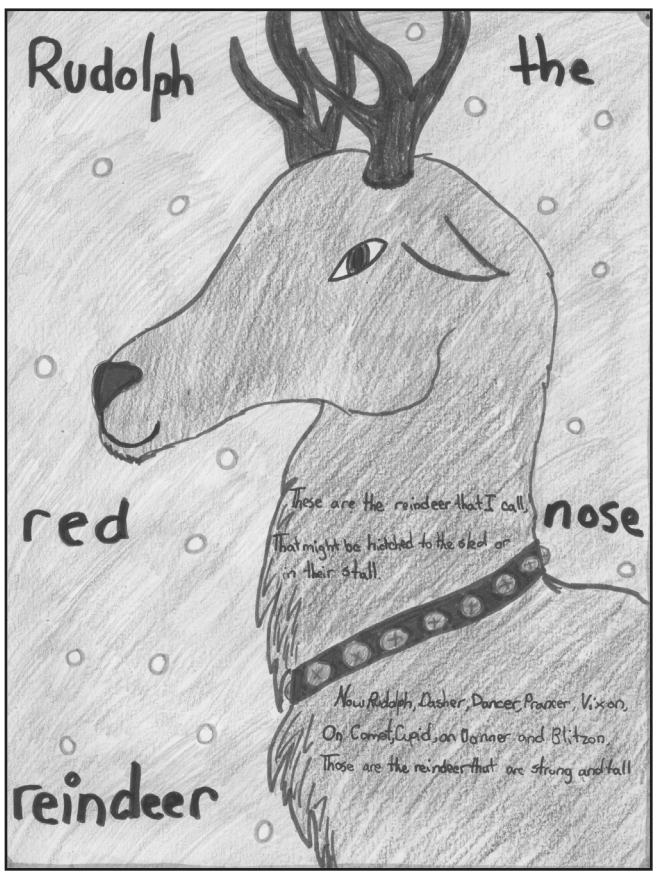
He parked his car and walked into one of the stores and saw a nativity scene. He looked into the scene and saw baby Jesus.

That day Arnold Grump realized the true meaning of Christmas and he bought each of his nieces and nephews nice gifts.

Shawn Kollaard, Grade 6, Community Christian School, Metcalfe



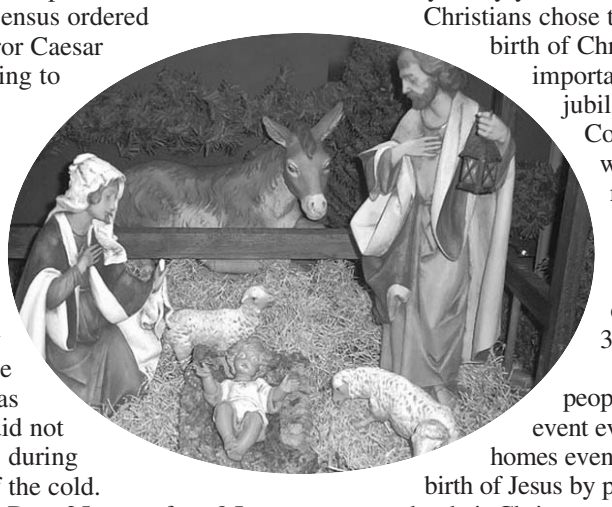
Gabrielle Armstrong, Kindergarten
Ecole Ste-Thérèse-d'Avila



Carlee Coburn, Grade 6,
Inkerman Public School

Why do we celebrate on December 25th?

For Christians, Christmas represents the birth of Jesus Christ. The exact date of His birth is not known. According to one Gospel, Jesus was born during the great census ordered by Roman Emperor Caesar Augustus; according to another, He was born six years before our era. Therefore, the date was established completely at random. This is also supported by the fact that, at the time that Jesus was born, shepherds did not guard their flocks during winter because of the cold.



So where does Dec. 25 come from? In fact, the selection of this date has been attributed to the Emperor Aurelien, who worshiped the invincible sun at the end of the year. Always held on Dec. 25, this celebration paid homage to the birth of the most powerful planet and acknowledged its light coming through the darkness.

It is only many years later that the Christians chose to celebrate the birth of Christ during this important time of jubilation. Emperor Constantine, who was the first to recognize Christianity as a religion, officiated the date in the year 330.

Since then, people celebrate this event every year. Many homes even epitomize the birth of Jesus by placing a nativity scene under their Christmas tree. The traditional Christmas mass is also an occasion for practising Christians to celebrate this custom with prayer, as a family.

LIGHTEN UP...
IT'S CHRISTMAS!
Wishing you everything merry and bright this holiday season.
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For your belief in us, we thank you from the bottom of our hearts as we wish you a most merry and miraculous holiday season.
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Season's Greetings
Wishing our customers the very best for the holiday season.
Join us on December 23rd for holiday treats.
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Parents:

Teach your kids to give the gift of themselves

Christmas traditions and celebrations date back to over 4,000 years ago, according to holidays.net, an online resource for holiday celebration information. And many were celebrated centuries before Christ was born. The 12 days of Christmas, the bright fires, the Yule log, the giving of gifts, parades with floats, carolers who sing while going from house to house, the holiday feasts, and the church processions can all be traced back to the early Mesopotamians.

Today, parents still celebrate some of those same Christmas traditions with their families amid the fun and excitement of exchanging gifts. Parents can instill lessons of humility and selflessness in their children by reinforcing the idea that it is often more rewarding to give than it is to receive. This will help to create new Christmas traditions that can be passed down throughout generations.



Creating holiday traditions that teach kids to give rather than receive will instill selflessness in them, strengthen the family and establish lasting memories.

The following are some ideas from PageWise.com that can help parents get started with creating some family traditions of their own.

Gift giving

Encourage family members to create gifts themselves, in addition to the ones that they purchase. You can find books that are full of homemade gift ideas at the library or bookstore — especially in the children's section. Your kids will take pride in their gifts if they've spent time and energy in creating them.

Or set up a Secret Santa gift exchange among family members. Since your children probably don't have much money, allow them to focus their efforts and funds on one person. Draw names out of a hat, but tell them to keep their name assignments a secret. You can expand a Secret Santa exchange to include service. Tell your children to do something in secret for their person each day: make a bed without being noticed, stick a note in a lunchbox, iron a shirt, etc.

For neighbors and friends, give plates of homemade cookies and fudge. Choose an evening close to Christmas (or an entire day if you're really gung ho) and have the children help you make and frost sugar cookies, bake fruit breads or stir fudge. Then assemble paper plates with a variety of your goodies, wrap and deliver them with Christmas cards. Your kids will love taking turns running up to your neighbors' doors to deliver them. If your family enjoys singing, deliver your plates of treats on your Christmas caroling route.

Serving others

Opportunities abound for serving others, and making service a family tradition at Christmastime can help your children develop lifetime habits of service.

Buy a gift for a needy child. Select a name from an "angel tree" located in many area banks. Take your children with you when you shop for this child. Your children will learn how wonderful it feels to sacrifice some of their own gifts for others.

A nursing home is a wonderful place to visit during the holidays. Your children will lift the spirits of the residents simply by being themselves. Take small gifts or candy canes to distribute. If your children play musical instruments or like to sing, put on a show at a local nursing home. Call the nursing home ahead of time to schedule an appropriate time to perform.

Decorating

Christmas decorations not only brighten homes, they also remind you of past Christmases and happy memories. The following decorating ideas can easily become family traditions.

Encourage your children to make a special Christmas tree ornament each year, replete with their names and year (i.e. Victoria 2005). Every year, when you decorate the tree, they will be proud of their contributions.

Spend an evening making a gingerbread house, and continue to do so each year. Take pictures of each gingerbread house and keep a Christmas memory scrapbook. The kids will love looking back at all of their gingerbread houses and remembering each year's construction.

Don't be a dark spot in your neighborhood. Brighten up the season with Christmas lights, and involve your children in putting them up on the inside and outside of your home. Drive around the neighborhood, looking at all the lights.

With Bright Wishes

We're all aglow this holiday season…
And your kind friendship is the reason.
So without any fanfare or further delay,
Go our warm wishes for a great holiday!

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Hope, Dreams & Levity
We Thank You With All Sincerity!

Wishing you all the trimmings of a truly miraculous holiday season.

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All The Best!

May good times come naturally this season.

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JOY HOPE PEACE

glad tidings to you!

Wishing you all the joy of the season from the Dental Office of
Dr. Carlin and staff
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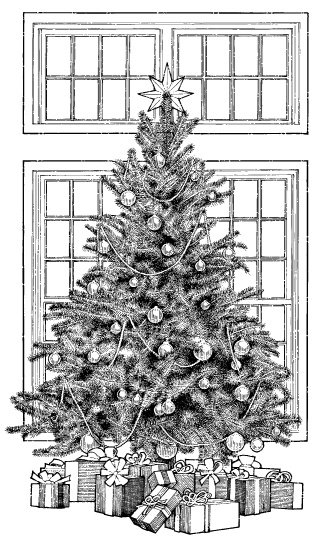
We are handicap accessible • New patients always welcomed
Call us at **613-774-2616** for an appointment

Deck The Halls!

Wishing you all the trimmings of a beautiful holiday season.
Your presence has been the best present for us this year.
Thanks!

C & H CONSTRUCTION
RENOVATIONS
GENERAL CARPENTRY
CHRIS HELMER
613-774-1051



Special gift ideas

Everyone likes receiving gifts during the holiday season. The reality surrounding a person with Alzheimer's disease requires a few considerations when it comes to gift ideas. Remind people in advance about inappropriate or unsafe gifts. Advise friends and family to not bring complicated board games or electronic equipment but rather to choose practical and useful gifts. Here are some holiday gift ideas for people with Alzheimer's disease that are both appropriate, safe and sure to please:

- audiotapes of favourite music or music from their youth
- simple card games
- subscriptions to magazines
- tickets to a concert or a musical
- taxi gift certificates or a charge account
- gift certificates for long distance telephone calls
- frozen, homemade meals
- a special photo album
- simple to manage clothing (for example warm sports tops and jogging pants)
- hand/body lotions
- fruit basket or flowers

Where to get help

- Call your local Alzheimer Society, call 1-800-616-8816 or visit www.alzheimer.ca. Ask for a copy of the brochure Caring for Someone with Alzheimer Disease? Take Care of yourself Too!
- Victoria Order of Nurses www.von.ca

Healthy eating during the holidays

While food and the holiday season are synonymous with each other there is no reason why you shouldn't be able to enjoy all that the season has to offer. Often ingredient substitutions to your favourite holiday recipes can help cut down on carbohydrates and calories while still maintaining, and sometimes even enhancing, the flavours that you love. Consider the following healthy holiday ingredient tips:

- Reduce the sugar in muffins and add a small dollop of sugar-free jam or jelly to the centre of the batter or replace the sugar with Splenda.
- Reduce the sugar in crisps and cobblers and add a pinch of cinnamon or nutmeg to naturally enhance the sweetness of fruit-based desserts. Extracts such as vanilla and almond are also good flavour enhancers.
- Squeeze citrus juice – lemon, lime, grapefruit or orange – over fresh fruit desserts to enhance their flavour. You save approximately 45 calories with a squeeze of juice rather than a tablespoon of sugar.
- Use a sugar substitute such as Splenda brown sugar blend, which contains half the calories and carbohydrates of one serving of brown sugar.
- Replace all or half of the all purpose regular flour in a recipe with whole wheat flour.
- If a recipe calls for coffee cream or half & half, consider substituting for whole milk or evaporated skim milk.
- A lower fat alternative to one egg is two egg whites.
- If your recipe calls for butter, margarine, shortening or oil, try substituting applesauce for half the called-for butter, shortening or oil.

For more baking and cooking tips and recipes, visit: www.splenda.ca. - *News Canada*



Mooooooory Christmas to all and to all a good night!

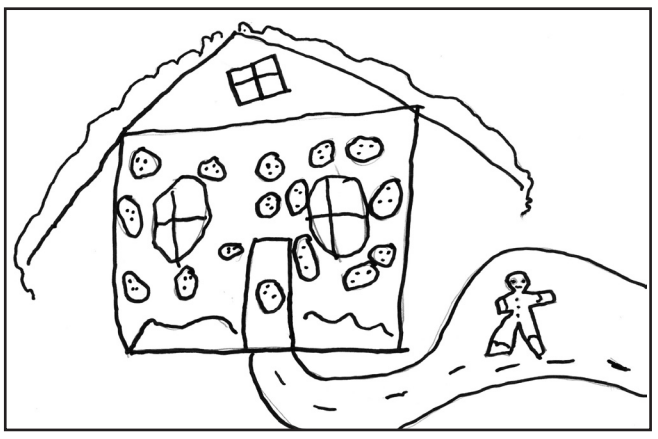
What if Santa's sleigh was pulled by a team of flying holsteins? Berwen Redliner Fabulous, one of the many red-and-white holsteins at Berwen Farms, donned her antlers in a festive tribute to Santa's hard-working team of reindeer. The photo was supplied to the Press *by Wendy Molenaar, who along with her husband Bert and three children milk 35 cows and manage a total herd of 100 both black-and-white and red-and-white holsteins near Cumberland. "Red genetics are unique and it makes farming an interesting challenge," Wendy said, noting that 60 per cent of the heard is red-and-white. The Molenaars are involved in Russell 4-H and have kept the* Press *in the loop with a variety of information and photos in the past.*

The life of an elf

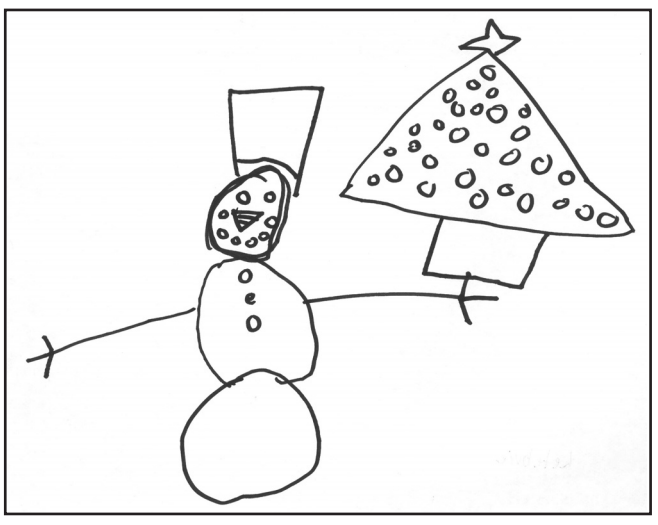


Working in the workshop, tapping on the toys,
and making fun presents for girls and boys.
But when I'm finished I have to stay here,
because I have to take a break for Christmas next year!

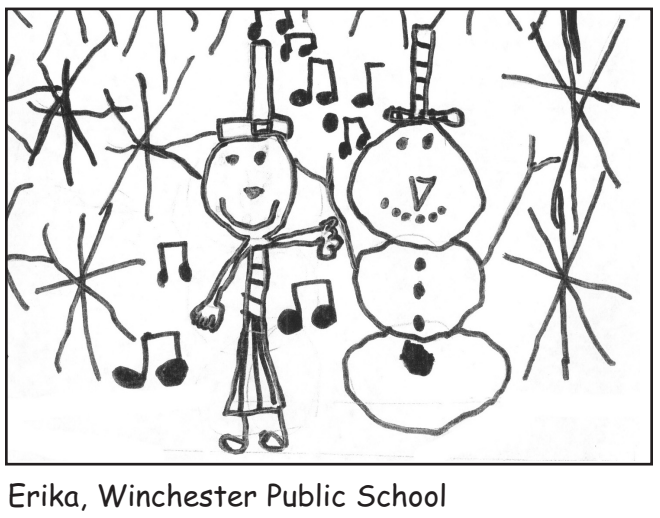
Carlee Coburn, Grade 6, Inkerman Public School



Cory, Grade 3, Metcalfe Public School



Katie Lefebvre, SK, Winchester Public School



Erika, Winchester Public School



Wherever you go this holiday season, know our warm wishes are with you. May your home be blessed with peace, love and joy this holiday season.

the co-operators
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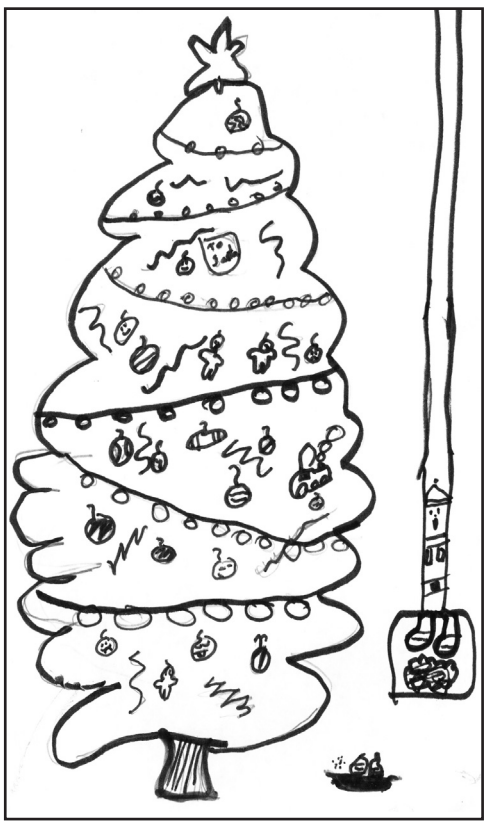

Ian Inkster-Richmire,
Age 10,
Elma Public School



Willow Hutchinson,
Grade 8,
Community Christian School



Jessica Harper, Grade 6, Winchester Public School

Get glowing this holiday season with smart candle safety tips

Even though the holidays are a time to relax and have fun, it's important to keep safety in mind as you plan your decorations and dinner parties.

Candles are a great way to add ambiance and even fragrance to your holiday festivities, but they can be dangerous, too. According to Fire Prevention Canada, candle fires are more common during the Christmas period. From December 15-30, candle-related fires go up approximately 140 per cent!

Here are some tips to keep in mind to enjoy a safe holiday season:

• Keep candles away from decorations – It takes just seconds for a candle to light something on fire, so be careful not to place them near window drapes, presents or hanging holiday ornaments. Be sure candles are set on a sturdy surface in proper holders that have a secure grip. Choose holiday decorations that are flame-retardant, too, and never use candles on Christmas trees.

• Consider flameless candles – Flameless candles are battery operated and mimic the flicker and glow of a real candle. They are excellent to use around children and pets and don't pose a fire risk like open flame candles. S. C. Johnson has even come out with the first-ever flameless candle/air freshener with the new Glade Wisp Flameless Candle, so you can have the benefits of a candle with long lasting fragrance, too. There are a variety of scents to choose from and it comes in an attractive frosted glass holder. For more information visit www.glade.ca.

• Ensure adult supervision – Teenagers especially love to have candles burning in their bedrooms – but it's easy to forget about them, and candles that are left unattended can quickly become a hazard. In fact, bedrooms are a common location for fires to start. Let your teen use flameless candles instead if they really want to have the look, feel and scent of a candle in their rooms.

- News Canada



Yuletide Greetings

We're pleased and proud to have such wonderful neighbours, and wish all tlhe best to all of you this holiday season.

Hawley's Corners Gift Shop
Gifts and Accessories for All Occasions
8177 Victoria Street, Metcalfe
613-821-1332

December Hours:
Open daily
10 am-5 pm up to and including Christmas Eve,
Thursdays
until 8 pm

Season's Greetings & Many Thanks

Here's hoping all your dreams come true this holiday season.

Vandemheen Construction

Lubbert & Wanda Vandemheen

South Mountain, Ont.
613-989-2103

PEACE ON EARTH

...And to all of our neighbors, many thanks for your goodwill this past year!



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Commercial and Institutional
BUTLER
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GSI



HOLIDAY *Peace*

The warmth and compassion of those who care make the difference.
Winchester & Chesterville Funeral Homes
Season's Greetings
Wishing you all the love, laughter and memories, to last throughout the year.

WINCHESTER & CHESTERVILLE FUNERAL HOMES
1283217 Ont. Inc.

505 Church St., Winchester
613-774-2120
Fax 613-774-4059

Frank X. Curry, Natasha Buter and Staff

Proudly Canadian and Independent

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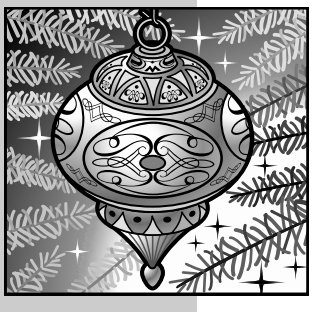

Season's Greetings To All

As we enjoy the symbols of the season, the tree, the decorations, the music and more, we would like to add our best wishes for a joyous holiday.

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WILLIAM J. JOHNSTON, O.L.S., O.L.I.P.
WILLIAM A. (SANDY) JOHNSTON, C.S.T.
2250 Hwy. 31, Winchester 613-774-2414

Joel Geleynse releases Christmas single

Joel Geleynse is back with a new single, "It's December," available now on iTunes.

The *Press* has reported on Geleynse, who grew up in Inkerman, several times in the past regarding his music career, as well as his endeavours as a professional figure skater, including his appearance on the Turkish reality show similar to *Dancing with the Stars* in which Turkish celebrities test out their skills on skates when paired with a professional.

"It's December" is Geleynse's first release in almost five years following a 2004 acclaimed full-length album. The song is a catchy Christmas single, being billed as "edgy, eclectic, and emotive."

Olympic figure skating gold medallists Jaime Sale and David Pelletier have requested to skate to

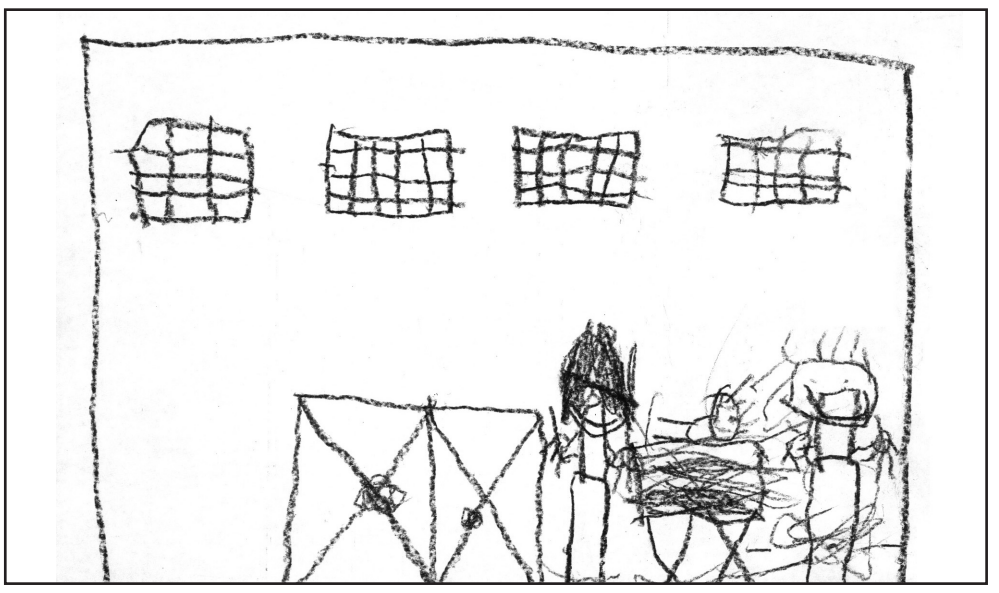


Geleynse's upcoming release "Molly" in the 2009 Stars on Ice tour, which will be featured on NBC's today show live from Rockafeller Square on Jan. 1.

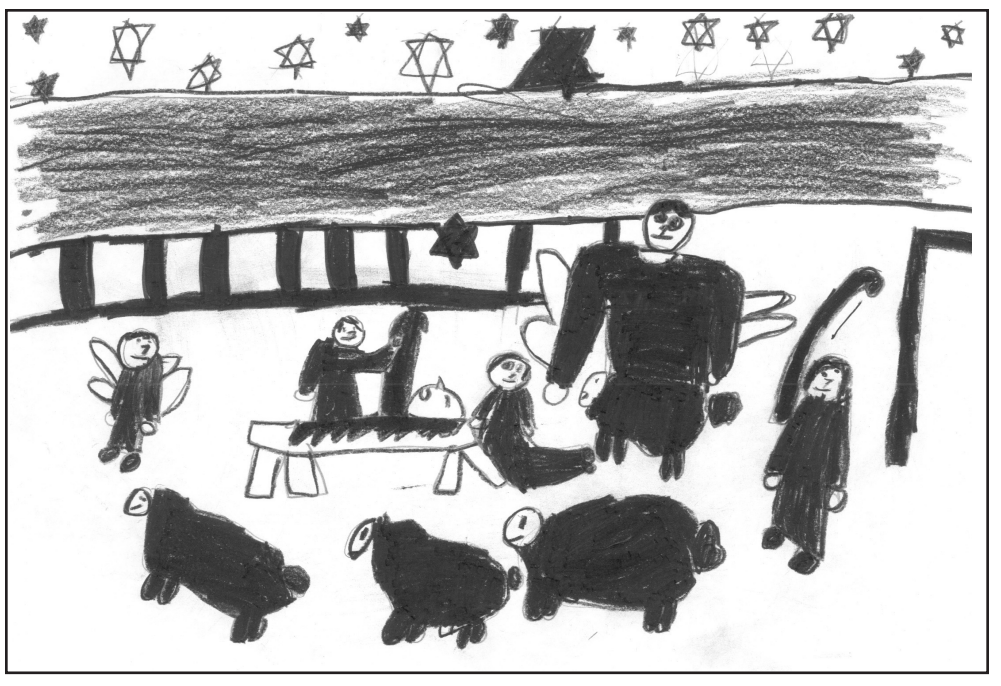
Geleynse also wrote the theme song for *Chef School,* a series on the Food Network.



Darian Allard, Grade 4, Community Christian School



Tyrel Luchies, Senior Kindergarten, Timothy Christian School



Jacqueline ter Horst, Grade 3, Timothy Christian School

Showcase holiday cards

This year, find a creative way to display your Christmas cards by using them to add a decorative element to your home. You'll find a number of ideas in Hallmark's Home for the Holidays book such as:

• Hang smaller cards from a chandelier or other light fixture with silver or gold ribbon.

• Glue cards onto a long, red ribbon that hangs from the top of your windows. Anchor the bottom with an attractive red Christmas globe.

• Create a greeting card garland by threading cards onto a ribbon and hanging the garland around your tree, across your fireplace or through your banister.

Additional holiday tips are available online at www.hallmark.com or toll-free, 1-800-268-3230.

- News Canada

How to reduce holiday stress

Holidays can be a particularly stressful time for everyone. Gift buying, store lineups, mall crowds, maxed out credit cards – who wouldn't feel stressed? The good news is that reducing holiday pressures is as easy as a shift in your mindset. Keeping things in perspective and appreciating the things you have, can go a long way to reduce anxiety at holiday time. Christian Children's Fund of Canada, an organization that helps children in need around the world, has some simple things you can do to put your holiday stress in perspective.

Count your blessings

Remember those less fortunate in other countries and remember all the things you have received in the last year. We like to dwell on the downside of life, but when we look at what little children in need don't have, we can't help but feel blessed.

Reach out to others

If you think your situation is tough, consider how others, especially those in need, are spending Christmas. Not only will this give you some perspective, but making a donation in the name of someone on your gift list is a great way to create a sense of personal satisfaction that you are helping.

Remember those people who truly need your gifts

As we try to meet all the "wants" of those around us at Christmas, it is helpful to remember families in developing countries who can't even provide for their day-to- day needs.

Do something meaningful

Visiting a website like www.ccfcanada.ca is an easy yet satisfying way to help those in need this Christmas. Beyond traditional ways to donate like a child sponsorship, there are fun gift giving ideas for those on your list. Have you ever thought about sending a baby goat to a family in need, or filling a remote rural clinic with medical supplies?

For more ways to find satisfaction through giving, visit www.ccfcanada.ca or call 1-800-263-5437.

- News Canada



It's Beginning To Look A Lot Like Christmas!

Here's hoping your holiday is filled to the rafters
With peace and joy and the sound of laughter
And when the trimmings all come down,
May good fortune hang around!

Christmas Hours:

December 24 - 6 am-7 pm
December 25 - Closed
December 26 - 7 am-10 pm
December 31 - 6 am-7 pm
January 1 - Closed
January 2 - 6 am-10 pm

Country Kitchen Restaurant
& 31 Motel
Licensed Under LLBO
Winchester 613-774-2417



With her gingerbread house fully decorated and packed in a box for the trip home, 11-year-old Nicole Sandoval decided to decorate a cookie.



Almost as soon as she had finished decorating her gingerbread cookie, nine-year-old Megan Derick made it disappear.



Five-year-old Brendan Shaver concentrated on his cookie decorating challenge.



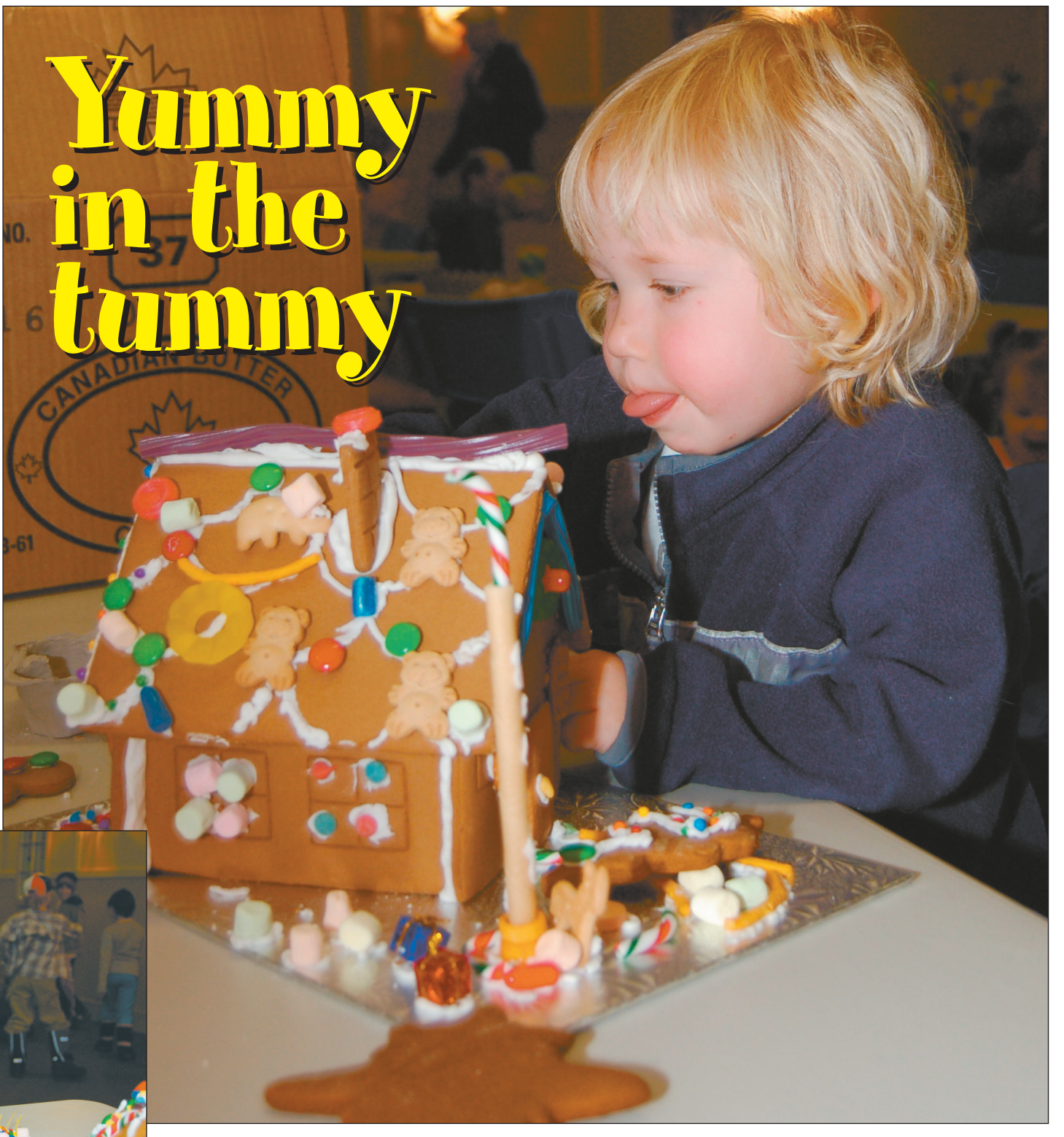
Like many of the youngsters who attended the workshop at the South Mountain Agricultural Hall, seven-year-old Jacie Smith could not resist tasting some of her building materials.

Yummy in the tummy

The annual Gingerbread Workshop, presented by the Friends of the South Mountain Library, was a sold-out event on Sun., Nov. 30. Plans for the new South Mountain Library, which is expected to open at this time next year, were also on display during the event,



Karlee Ouelette, 8, let her imagination soar during the workshop.





Above: This was one building project that captured the full attention of three-year-old Cam Shaver. Left: After finishing work on her family's gingerbread house, six-year-old Carley Milne-Servage moved on to decorating a cookie.

Photos — Barbour

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

Wishing you and your family a one-of-a-kind holiday season.

ANDRE MENARD & SONS
Bauma*light* Generators
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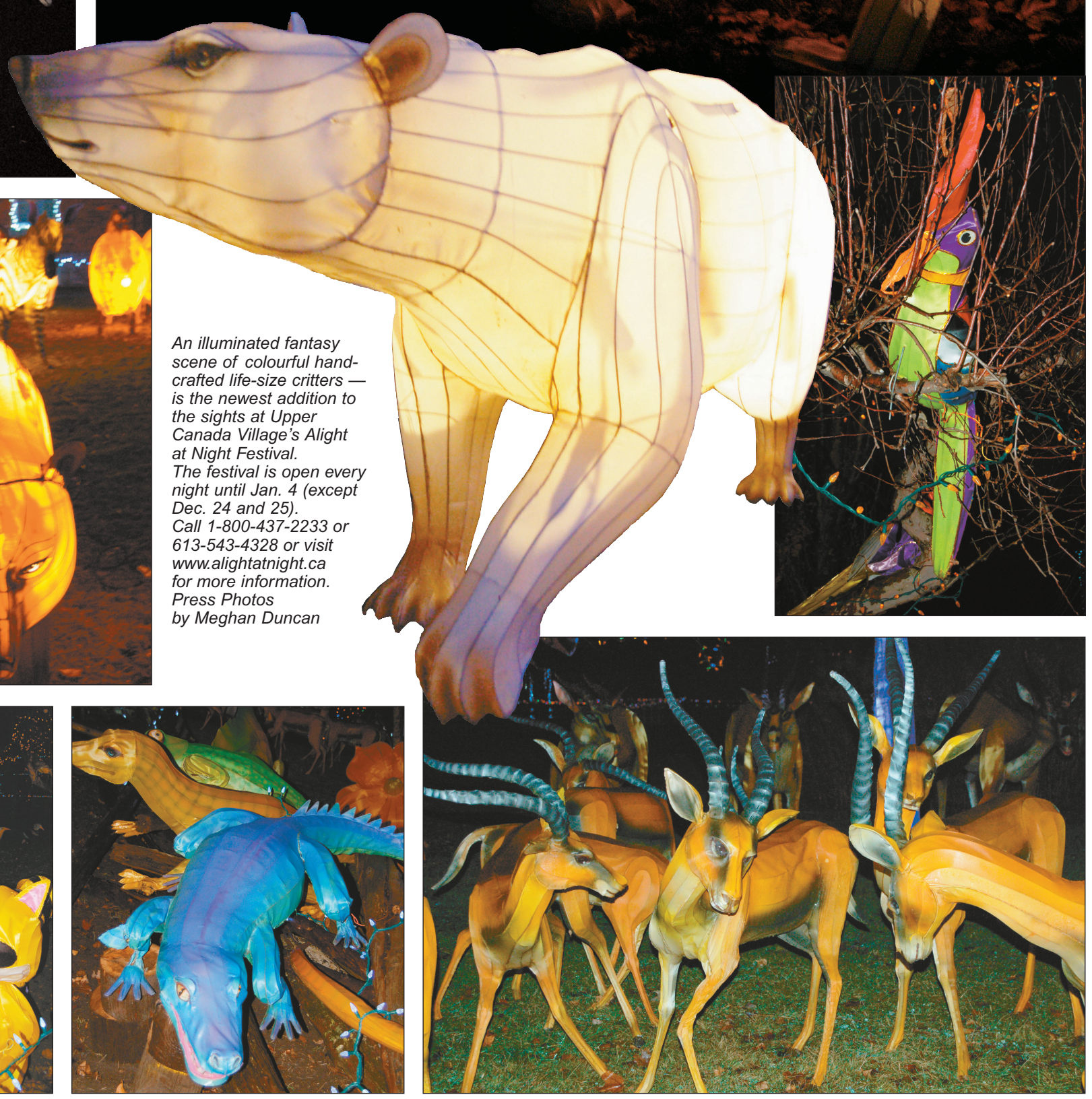
Upper Canada Village's Enchanted Forest

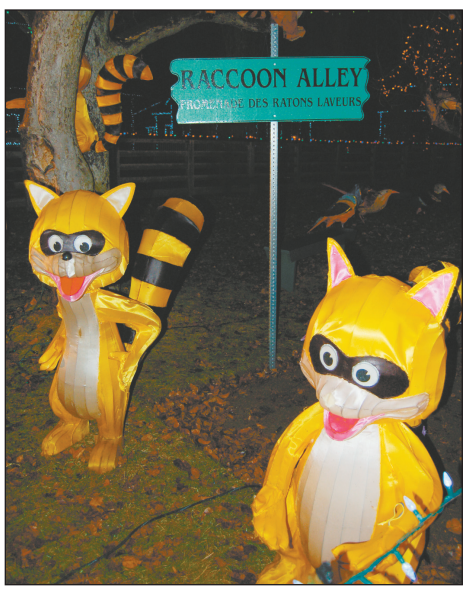








An illuminated fantasy scene of colourful hand-crafted life-size critters — is the newest addition to the sights at Upper Canada Village's Alight at Night Festival.
The festival is open every night until Jan. 4 (except Dec. 24 and 25).
Call 1-800-437-2233 or 613-543-4328 or visit www.alightatnight.ca for more information.
Press Photos by Meghan Duncan





Holiday Warmth to You

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How to host a party on a budget



You want to throw a party, but don't want to break the bank? No problem. A little resourcefulness and creativity can go a long way. Homebasics (www.homebasics.ca) has smart suggestions on how to save big without sacrificing an ounce of fun.

Throwing a festive little gathering can be lots of fun but can end up costing hundreds of dollars. Here are some savvy ways to help you zero in on hidden party expenses – and save in ways your guests will never notice (in fact, they'll ooh and aah at your ingenuity!).

Hidden cost: Fancy tablecloths

Don't have a tablecloth big enough to cover your table now that you've put the extra leaves in? Try this trick: Starch and iron a white flat sheet in good condition and spread it over the table. Then center your smaller tablecloth on top (if it's a square, arrange it in a diamond shape). Voilà – you have total coverage and no one will know the difference.

Hidden cost: Serving platters

Don't spring for platters you'll use only a few times a year. Instead, dress up your glass pie plate with summer cocktail napkins or edible flower petals. Need an extra serving tray? Drape a cookie sheet with white linen napkins or cover a large cutting board with a patterned scarf.

Hidden cost: Specialty ingredients you'll use only once

Many recipes call for spices and other ingredients you don't normally keep on hand. Before buying a whole bottle of something when you need only a teaspoon for one dish, check the substitution guides in your cookbooks. For expensive dried spices and herbs, visit a bulk store. They typically stock five spice, cinnamon sticks, cloves and similar items loose in bins so you can buy just what you need for your recipe.

Hidden cost: Doing everything yourself

Yes, we know you want total control. But a potluck backyard bash can save you money and stress – and you can give guests a lovely gift for their efforts that won't cost a thing. Here's how to do it right: Assign each guest a category such as vegetable side dish, bread or dessert. Ask guests to bring copies of their recipes on index cards that you can assemble into little cookbooks as parting gifts. Punch holes in the cards and tie with the ribbons.

Hidden cost: A lavish bar

Nix the cocktails. You'll save the expense of hard liquor, as well as mixers. Stick to wine or beer, or try this fruity party punch for a crowd: Mix together and chill 2 cups (500 mL) each cranberry juice, pineapple juice and orange juice, plus 1 cup (250 mL) orange liqueur, such as Cointreau or Triple Sec. Just before serving, add 4 cups (1 L) chilled ginger ale and garnish with lime slices. For kids or nondrinkers, mix up an additional bowl of punch without alcohol. For fun, freeze grapes or berries in your ice cubes.

- News Canada



Nate Engwerda, Elma Public School

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With good cheer and best wishes too,
For each and every one of you!
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It's Christmas time

Gingerbread baking, jingle bells a ringing,
it's Christmas, Christmas time.

Spending it with family decorating the tree,
it's Christmas, Christmas time.

Santa is loading up his sleigh because,
it's Christmas, Christmas time.

Kids get up sooner because,
it's Christmas, Christmas time.

Hailey Gibson,
Grade 4,
Elma Public School

Snow Symbols

When I see the snow
So pure and white, shining bright,
God's love has been shown.

White Delight

The stars are shining
With God's velvet lining, bright,
For our own delight.

Martha Oeschger, Grade 8,
Community Christian School

Happy Holidays

from

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A little cheer goes a long way!

Thanks for your continued support and Merry Christmas





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in the future.

Happy holidays and thank you from all of us at

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Whipped shortbread

Submitted by Donna Rushford, co-publisher and advertising manager

1 cup butter, creamed
1/4 cup cornstarch
1-1/2 cups flour
1/2 cup icing sugar
1 tsp vanilla

Whip all ingredients together until very light. (More whipping makes these cookies better.)
Bake at 300 F for 25 minutes.

Porcupines

Submitted by Donna Rushford, co-publisher and advertising manager

1 cup sugar
2 eggs
Butter, size of an egg
1 cup dates, chopped
1 cup walnuts, chopped
1 cup coconut
Dash of baking powder

Mix everything together in a saucepan on the stove until melted together. Cool. Shape into balls and roll in coconut.

Asparagus appetizers

submitted by Janet LaPierre, production manager

1 tube crescent rolls
1 bunch asparagus spears
Basil pesto
Feta cheese
Olive oil

Blanch asparagus until just tender, then stop cooking process by immersing in cold water. Drain.

Unroll crescent roll dough. Separate into triangles on cookie sheet. Spread with pesto sauce, add three to four asparagus spears to each triangle. Top with crumbled feta cheese and drizzle with a little olive oil.

Bake for 20-25 minutes in a 375° oven. Serve hot.

Habanero gold jelly

Submitted by Nancy Torrance, graphic designer

A hot, sweet, translucent jelly with colourful bits suspended within. Serve with cream cheese or old cheese and crackers or melt it on your favourite dish.

1/3 cup (75 ml) finely sliced dried apricots or mangos
3/4 cup (175 ml) white vinegar (5% acidity)
1/4 cup (50 ml) each: finely chopped red onion, red bell pepper and seeded jabanero or jalapeno peppers
3 cups (750 ml) granulated sugar
1 pouch (85 ml) liquid pectin

In large stainless steel saucepan, combine apricots and vinegar. Cover and let stand at least 4 hours.

Add red onion, red and hot pepper and sugar. Over high heat, stirring constantly, bring to a full rolling boil that cannot be stirred down. Stir in pectin. Boil hard, stirring constantly, for 1 minute. Remove from heat, skim off foam and stir to disperse peppers.

Ladle jelly into hot sterile jars as you would for jam, leaving 1/4 inch headspace. Using non-metallic utensil, remove bubbles from filled jars before applying lids. If needed, adjust headspace by adding more jelly.

Boil filled jars (heat process) in boiling water canner for 10 minutes. Cool and check seals. Store in cool, dark place.

Makes 6 x 125 ml or 3 x 250 ml jars.

Kathy's "archery shop" fudge

Submitted by Amanda Smith-Millar, reporter

Shortly after my parents, Larry Smith and Kathleen Millar, expanded their archery shop in Winchester in 1990, my mom started making to-die-for chocolate fudge for customers and her archery students at Christmas. My brother, Trevor, and I have helped with the baking since we were old enough to stir.

The recipe is based on the one published by Eagle Brand sweetened condensed milk. My mother has modified the recipe over the years, but it's essentially the same.

1 1/2 packages (or 12 full squares) of semi-sweet Baker's chocolate *(You can use chocolate chips if you want, although my mother doesn't because she dislikes the aftertaste.)*
1 can Eagle Brand sweetened condensed milk
300 ml icing sugar
A pinch of salt
5 ml vanilla extract

Optional: 125 ml of chopped nuts *(Years ago, mom used to put in chopped walnuts, but stopped because so many people have allergies.)*

Turn a stove element on to "medium". Break the bar of semi-sweet chocolate up into squares, and stir in the pot as the chocolate melts. Be careful — if you don't keep stirring, the chocolate will burn.

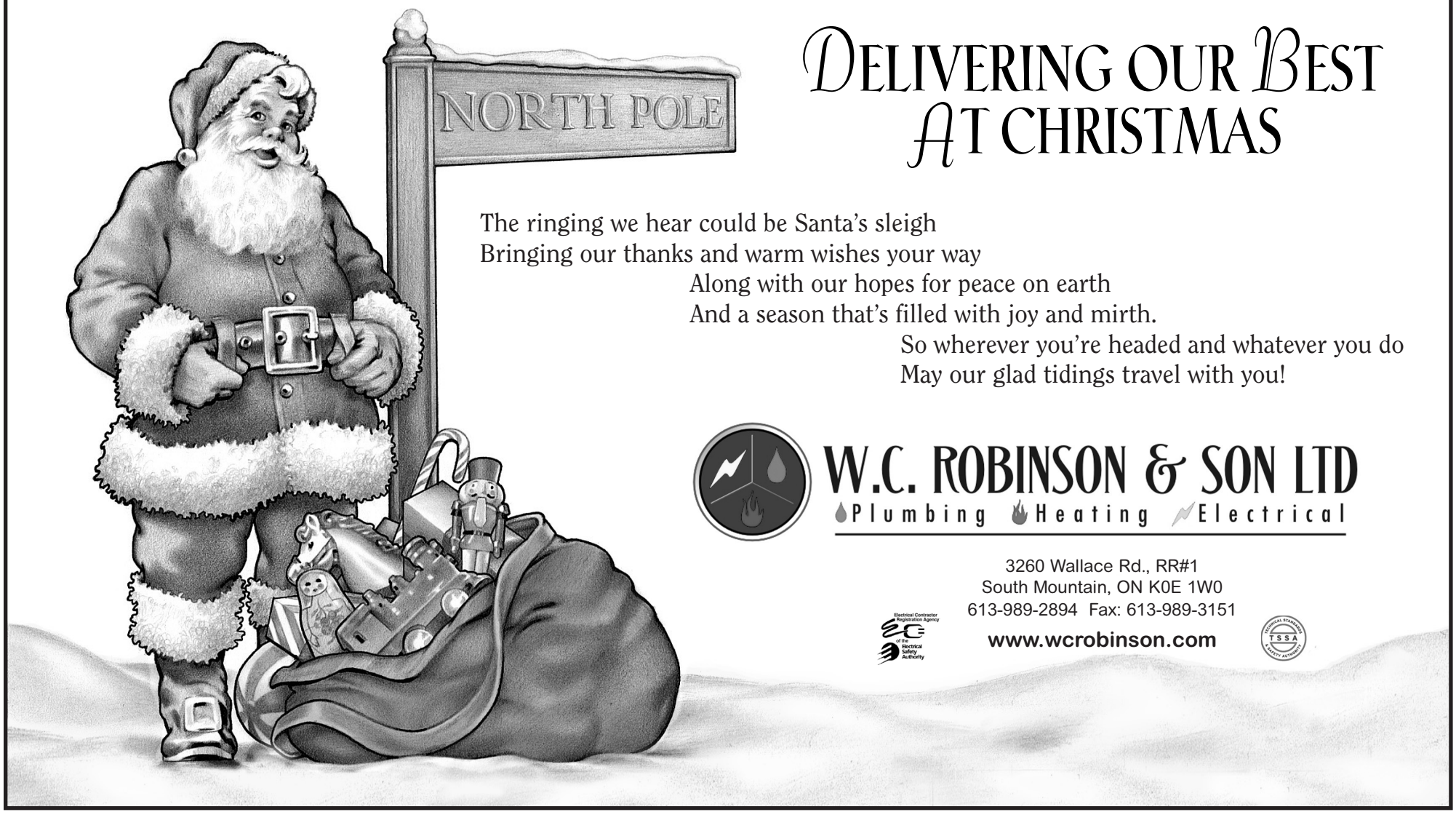
Next, add the sweetened condensed milk, slowly. Keep stirring. Then add vanilla.

Once everything is mixed together, slowly add the icing sugar. If you sift the icing sugar, it will be less likely to end up as uncooked lumps in your final product (gross!). If you want to add nuts, do so now.

When everything is stirred to your satisfaction, pour the liquid chocolate into a cake tin that has been lined with tin foil or wax paper. Put it into the fridge until the chocolate has hardened into fudge. When it's hard, chop into pieces.

You won't be able to get all that sticky fudge out of the pot, which means you'll need a metal spoon to scrape the cooling fudge out of the pot before you wash it. This is where children become useful. To prevent a sibling fistycuffs, hand the pot to one child and the stirring spoon to the other. *"The most important part is making sure which one of your children gets the spoon and which one gets the pot," says my mother.*

And if you have more than two kids? I guess you'll have to improvise.



Taste Of The Holidays

From our kitchen to yours

Press staffers have sifted through their recipes to share some of their secrets with readers. Here's a selection of our holiday favourites that will hopefully become your holiday favourites, too.

Maple stuffed turkey breast

Submitted by Meghan Duncan, editor

Enjoy the turkey without the leftovers
An hour and a half preparation time, serves four to six people

1⁄4 cup onions, finely diced
1 clove garlic, minced
1 tbsp sage, chopped
1⁄2 cup fresh or frozen cranberries, chopped
1 1/2 cups long grain and wild rice mix, cooked
salt and pepper to taste
3 pounds turkey breast, boneless, skin on
3⁄4 cup real maple syrup
1⁄2 cup butter, softened
1 tsp dried sage
4 large carrots, cut into halves lengthwise

Preheat oven to 325 F (163 C).

In a large pan, on medium-low, sauté onions until transparent before adding garlic, sage, and cranberries. Sauté until cranberries are softened. Stir in rice, season with salt and pepper and set aside.

Place a piece of wax or parchment paper on top of turkey breast, skin-side down and flatten with the flat side of a meat mallet or a rolling pin until it is of a fairly even thickness.
In a small bowl, combine maple syrup and butter. Remove wax paper and spread 1⁄4 cup of the butter mixture on the inside of the turkey breast. Spoon the stuffing mixture on breast, leaving a two-inch border around the sides. Starting at one end, fold the turkey breast around the stuffing, fully enclosing the stuffing, and secure with string or skewers.
Lay the carrots in the bottom of a lightly oiled roasting pan. Place the turkey breast seam side down on the carrots and rub with another 1⁄4 cup of the butter mixture. Season with salt, pepper and dried sage then cover and bake for 30 minutes. Uncover and continue to bake for 1 hour or until a meat thermometer registers 180 F (82 C).

Remove turkey from oven, heat remaining butter and maple syrup on medium until mixture begins to boil and starts to reduce. Remove string or skewers from turkey breast and slice in one-inch thick slices. Serve with roasted carrots and maple sauce.

Maple glaze for ham

Submitted by Elan Slack, advertising sales

3/4 cup maple syrup
1/2 cup water
1/4 cup brown sugar
1 tsp cloves (ground)
1/4 cup wine vinegar

Combine all ingredients in a small saucepan. Simmer until sugar is dissolved. Baste ham during the last 10 minutes of baking.

This glaze tastes the best on a fresh smoked ham from your local butcher.

Hot artichoke parmesan dip

Submitted by Linda Johnston, graphic designer

1 cup Miracle Whip Dressing
1 cup parmesan grated cheese
1 can (398 ml) artichoke hearts, drained, coarsely chopped
2 green onions, chopped

Heat oven to 350 F.
Mix all ingredients. Spoon into shallow ovenproof dish or 9-inch pie plate. Bake 15 minutes or until hot and bubbly.

Serve with crackers or bread.

Fruitcake chews

Submitted by Connie Hart, office manager

1/2 cup shortening or butter
1/2 cup light brown sugar
1 egg
1 3/4 cups all purpose flour
1/2 tsp baking powder
1/2 tsp salt
1/4 cup milk
1/4 cup frozen concentrated orange juice
1 cup coarsely chopped nuts (almonds, walnuts or pecans)
1 cup red or green candied cherries, chopped
1/2 cup mixed candied fruit, chopped

Preheat oven to 350 F. Place shortening, sugar and egg in a large mixing bowl. Beat with a wooden spoon or electric mixer until well mixed. Stir flour, baking powder and salt together with a fork until blended. Gradually beat half into shortening mixture. Add milk and orange juice concentrate and beat in. Then gradually beat in remaining flour mixture. Stir in nuts and candied fruit. Drop heaping teaspoonfuls of dough, about two inches apart, on greased baking sheets. Bake for 12 to 15 minutes or until a pale golden colour. Place on wire racks to cool. Makes 40 cookies.

Chicken-filled mini puffs

Submitted by Marlene Harper, administrative assistant

Mini puffs
1 cup water
1/2 cup margarine or butter
1 cup all purpose flour
4 eggs

Heat oven to 400 F. Heat water and margarine to rolling boil in three-quart saucepan. Stir in flour. Stir vigorously over low heat until mixture forms a ball, about one minute. Remove from heat. Beat in eggs, all at once; continue beating until smooth and glossy. Drop dough by slightly rounded teaspoonfuls onto ungreased cookie sheet. Bake until puffed, golden brown and dry, about 25 minutes. Cool on wire rack.

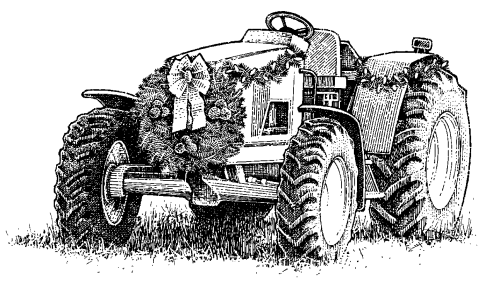
Chicken filling
2 cups finely chopped cooked chicken or 3 cans (6-3/4 oz. ea.) chicken, drained
1/3 cup mayonnaise or salad dressing
1 tbsp finely chopped onion or 1/2 tsp instant minced onion
2 tsp lemon juice
1 tsp ground ginger
1/2 tsp salt
1/4 tsp pepper
1/2 cup finely chopped celery

Mix filling ingredients. Cut off tops of puffs with sharp knife; remove any filaments of soft dough inside. Fill each puff with rounded teaspoon chicken mixture; replace top. Refrigerate until serving time. Makes five dozen appetizers, 45 calories each.

Do ahead tip: After cooling, mini puffs can be wrapped, labeled and frozen no longer than one week. Chicken mixture can be covered and refrigerated no longer than 24 hours.

HOLIDAY GREETINGS

It's our favorite time of the year, when we pause to thank our many good friends in the area for making business easy to do around these parts.



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A Most Welcome Season

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and many thanks

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May the *Spirit* of the Season Be Yours

As you revel in the true meaning of Christmas, we hope it casts a wonderful light on the year ahead.



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Light up your home this holiday with easy décor ideas

Decorating for the holidays can seem overwhelming! Stores are overflowing with so many ideas that it's hard to know what to choose.

Ensuring your home is festive and welcoming to guests doesn't have to be complicated – or expensive. Here are some key things to keep in mind:

Try a holiday greeting garland – rather than fuss with evergreen garlands, why not dress up your mantle or staircase with a greeting card garland instead? Weave a ribbon through the railings, and attach cards as they come in the mail. Soon you'll have a banister full of holiday messages on display – and your greeting cards will enjoy the prominence they deserve.

Celebrate the joy of fragrance – it's easy to create a warm and inviting atmosphere with the glow and fragrance of festive candles. If you're worried about candle safety with children and pets, or just don't want the wax mess of ordinary candles, try an inexpensive flameless version. These battery-operated lights flicker and glow just like real candles, and can be found in various shapes and sizes. The Glade Wisp Flameless Candle even combines a flameless candle and an air freshener in an attractive frosted glass holder, so you get the benefit of the candle glow with a variety of interchangeable fragrance options that can be adjusted depending on how much scent you like.

Get the kids involved – if you have kids, then chances are you have budding artists who are more than willing to help decorate for the holidays! Popcorn and cranberries make excellent "beads" for little hands to thread on a string for decorations, while homemade ornaments can quickly become treasured heirlooms. Wreaths can also become more meaningful when decorated with keepsakes from the past year. *- News Canada*



Kaitlyn Geurkink, Grade 7, Nationview Public School

Packaging pointers

Proper packaging will ensure that your packages arrive at their destination in good condition.

• Use a padded envelope or sturdy box to protect the contents properly (your goal is to ensure what's inside doesn't move).

• If you use a recycled box, wrap it in paper without writing or drawings, so that the address is clearly visible.

• Seal the box with reinforced packing tape rather than regular household adhesive tape. Do not use cord or string that can get caught in the mail-processing equipment.

• Ensure that the full sender and recipient addresses are clearly legible (with postal code). It's also a good idea to place all addresses inside the box too!

• Choose the right shipping option so that your parcel is delivered on time.

• Your package must have sufficient postage according its weight and destination. Verify at your local post office or online at canadapost.ca. *- News Canada*



Jordan, Elma Public School



Lundi, Grade 5, Winchester Public School



Sarah Doucette, Grade 5, Winchester Public School

Season's Greetings!
All The Best...
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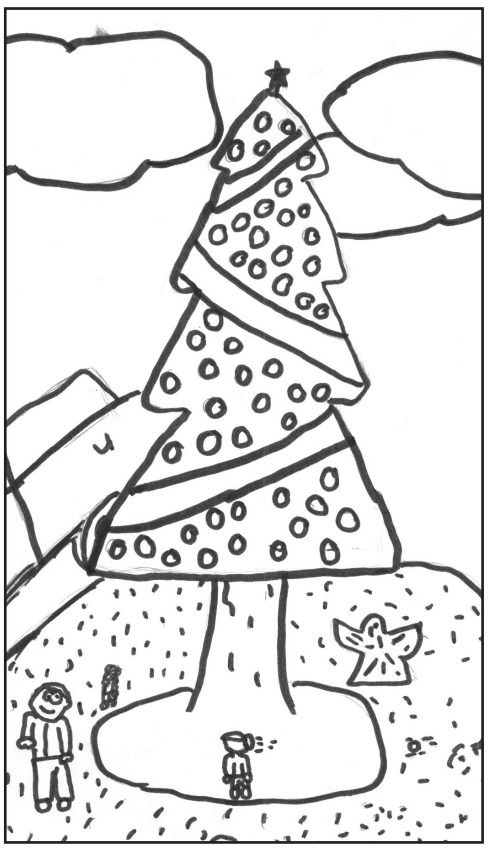

Katy,
Elma Public School



Jannah Vanderlaan, Grade 8,
Nationview Public School

Holidays at home

Celebrate with family traditions

With the holiday season in full swing, it's time to stop the shopping and focus on family. Every family has its own traditions that have been passed down from grandparents to grandchildren. The holidays just wouldn't be the holidays without that special tree trimming, gingerbread house or secret eggnog recipe. Below are some famous family traditions that truly spread cheer.

Holiday décor hunting: Many families start off the holiday season with a trip to the tree farm to decide on the perfect new house guest. Whether it's short and fat or thin and tall, it's almost always too big for the house. While you're out, why not gather branches for wreathes and pine cones for centerpieces? Everyone in the family can make their mark on the holiday decorating.

Naughty or nice: Most parents have their children write wish lists to Santa, not only to get a heads-up on what to buy but also to pique their excitement and imagination. To avoid the paper and envelopes, have them e-mail Santa's Windows Live Hotmail account through www.asksanta.ca. They'll receive a personalized response that will keep them in anticipation of the man in red.

Family bake off: With all the necessary holiday preparations, families can spend quality time together baking treats for the steady stream of visiting guests. Using tried and true recipes for pumpkin pie won't disappoint. Homemade cookies also make great gifts for schoolmates, colleagues and neighbours.

Sweet treats: Even if Santa deems your child as 'nice' and plans to make a trip down your chimney, it's always polite to leave some milk and cookies. To help him fight the battle of the bulge, however, you and the kids might want to brainstorm some healthier snack options. Perhaps opt for cookies with raisins over chocolate chips.

The holiday season is one of the best times to reconnect with family and friends. Celebrating your traditions with others brings us all together and leads to a very happy New Year. *- News Canada*



Matthew, Grade 7, Metcalfe Public School

Noel
Feliz Navidad
Merry Christmas
Happy Holidays
Season's Greetings

Wishing you and your family a most memorable holiday season.

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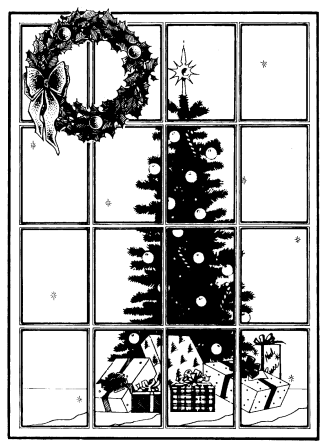
We Wish You A Merry Christmas!



May your holiday be filled with all the trimmings that make for beautiful and lasting memories.

We're filled with gratitude when we recall all the time we've spent serving you this year. Thanks!

RUTTERS ELEVATORS INC.
The Rutters Family
RR 1, Chesterville
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Go For It... It's Christmas!



May everything you've been wishing for come your way this holiday season.

We thank you for brightening up our year with your visits.

M. B. Foster
Forging the Future

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Proud to be part of the community



Welcome Christmas
into your heart
Let faith and family
play a part;
And wherever you may roam
You will always be at home!
•••••
May the spirit of Christmas reside with you this holiday season and beyond.
With special thanks and best wishes from all of us.

Welcome Christmas!

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Holiday recycling tips

Ten ways to reduce giftwrap waste

By Amanda Smith-Millar
Press staff

After the excitement of Christmas morning is over, and the gifts are open, there always seems to be a large pile of giftwrap on the floor. Unless you have a woodstove, all that paper will (or at least, should) go into a recycling bin.

According to *Zero Waste,* an environmental publication from the Regional District of Nanaimo, B.C., if all Canadians conserve a little bit more during the holiday season, it'll make a big difference. *Zero Waste* reported that in Canada, the annual waste from giftwrap and shopping bags equals about 545,000 tonnes. If every family in Canada reduced its weekly waste during the holidays by just one kilogram, 34,000 tonnes of garbage would be eliminated.

Try out these 10 ways to reduce giftwrap waste, and you'll not only be saving the environment, but also some money this holiday season.

1. Buy recycled giftwrap

It's just as good and gets the job done.

2. Buy gift bags instead of wrapping paper

Christmas-themed gift bags are cheap, not to mention it saves on wrapping time. Plus, they're perfect for concealing tough-to-wrap items, like t-shirts or socks.

3. Use gift bags again next year

If you receive a nice gift bag this Christmas, keep it to "re-gift" next year. Store the bags in a place where they won't get wrinkled or squashed.



4. Buy cloth Christmas bags, or make your own

Cloth gift bags last even longer than the regular pastic-and-paper kind. Plus, making a draw-string gift bag out of holiday-themed fabric is an extra-special addition to a gift for that special someone.

5. Collect decorations

Think of how many bows, ribbons, and fancy Christmas decorations you receive every year! Many of these items – if stored properly – can be re-used for Christmas 2009. Resist the temptation to turf those special extras and save them for a future wrapping job.

6. Save greeting cards to recycle as tags

Unfortunately, many holiday greeting cards are thrown away when the festive season is over. Consider saving these cards to use as tags for gifts next Christmas. Here's how: First, make sure there's no writing on the inside-left leaf of the card. Then, cut the card in half. Keep the cover, and discard the back half of the card. Punch a hole in the corner of the card cover, and voila! You have a new tag for a gift bag or wrapped gift, which can be attached with a ribbon or string. Write who the gift is "to" and "from" on the back, and you're set to go. You can also use the same portion of the cards to decorate packages, or patch up ripped portions of reused wrapping.

7. Use the comic sections of newspapers as giftwrap

It's cheap and environmentally friendly option, which may give your gift's recipient a laugh too! Another tip: Save the comic sections of a newspaper in the weeks leading up to Christmas, and the strips are likely to be holiday-themed. (Or, use old issues of the *Winchester Press.* We won't mind. And it might be a conversation piece if you're sending gifts across the country.)

8. Use brown paper grocery bags

This material is durable and easy to fold, and the final gift won't look as plain if you decorate it with a pretty ribbon or bow. According to Zero Waste, if every Canadian wrapped just three gifts in reused paper, it would save enough paper to cover 45,000 hockey rinks.

9. Make the wrapping part of the gift

Some examples: wrap a small gift in a scarf, or put the gifts inside a plastic pail that can be used later. You can also purchase decorative boxes that can be used around the home.

10. Buy gift certificates

Gift certificates, or rechargable gift cards, don't require any wrapping paper and can be slipped inside an envelope with a card. Plus, the recipient can buy exactly what he or she wants. So pick up a gift certificate at your loved one's favourite store and let them do the heavy shopping.

More wrapping ideas

Even if you're using recycled paper, here are some wrapping ideas to make gifts look spectacular.

Theme wrap

Choose a colour scheme and stick with it. If you're wrapping a larger gift, and also giving something smaller, use contrasting colours on each present. If several gifts are wrapped in brown paper, they'll make the fancier-wrapped gifts look out-of-place.

Weave

Wrap the gift in a solid colour, then take contrasting strips of paper and weave them in and out. Use double-sided tape to hold the initial pieces in place. After weaving the paper under, then over, each other, tape down the remaining ends and you'll have a creative-looking gift with an interesting, textured surface. (What about a gift wrapped in newspaper with brown paper accents? It'll look vintage — perfect for wrapping those retro gifts for the hipster in your household).

Patchwork

If you don't have enough of one kind of paper for a gift, make it look like you meant to wrap it that way. Cover the bulk of the gift with a large piece of paper, then fill in the gaps with smaller pieces. Or, choose two contrasting pieces of wrapping paper. After you wrap the first layer, take a smaller square to cover one or two corners.

Shapes

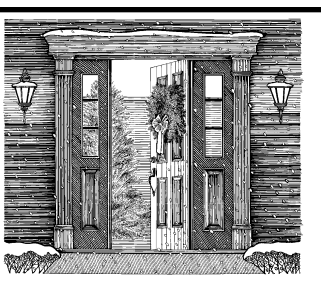
Putting cut-outs on wrapped presents add texture and finesse. Try printed digital photos or fabric. Or make a collage of digital photos (new or old photos that have been scanned), print it off, and use it as wrapping paper — the receiver may have so much fun looking that the photos that they might not want to open the gift!

Accordion fold

Take scrap paper and accordion fold it several times, then wrap it around the box slightly off-centre. Tape it in place.



Branden, Grade 2, Metcalfe Public School



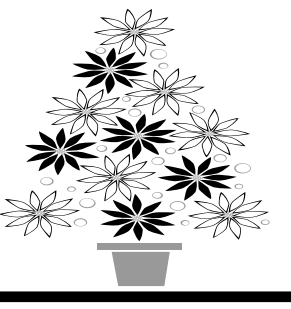
From our home to yours, a Very Merry Christmas and a Healthy and Happy New Year



FULLY LICENSED - PUMPS
SEWAGE SYSTEMS
WATER CONDITIONING
CENTRAL VAC

PIERRE RICHER PLUMBING INC.
Sales and Service
Proprietor P.R. Richer
P.O. Box 339, Crysler, Ontario
613-987-2963

Deck The Halls!
Wishing you and yours, all the trimmings of a beautiful holiday season.
We thank you for your kind patronage this past year.
Claude's Manufacturing & Upholstering Reg'd.
107 MAIN STREET, MOREWOOD
613-448-2233



Best Wishes from Our Family to Yours this Christmas and a Prosperous and Healthy Happy New Year

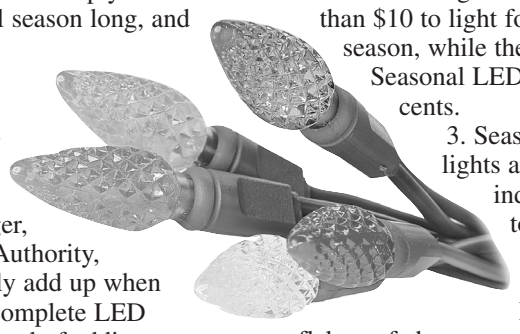
We appreciate your continued patronage and look forward to serving you next year!

The McINTOSH Country Inn & Conference Centre
Hwy. 2 East • Morrisburg
613-543-3788 • 1-888-229-2850
www.mcintoshcountryinn.com



Save money and conserve energy this holiday season

Want to save money during the holidays? This year, consider making the switch from your old incandescent string lights to energy-efficient seasonal LEDs. The sparkling lights will keep you in the holiday spirit all season long, and you'll notice savings on your electricity bill.



According to Raegan Bunker, Program Manager, Ontario Power Authority, the savings really add up when you undergo a complete LED conversion. Instead of adding a new string of seasonal LEDs to your existing roster of incandescent holiday lights, Bunker says you can count on better savings and a more aesthetically pleasing look when you switch over all your seasonal lights at once.

Here are the top five reasons why homeowners should consider making the switch to LED string lights this holiday season:

1. Consider the long-term savings when purchasing seasonal LED string lights. They have been rated to last an amazing 200,000 hours and will continue working for many seasons to come.

2. Seasonal LED string lights are 95 per cent more energy efficient than traditional string lights. An old, 70-bulb incandescent light string can cost more than $10 to light for the holiday season, while the equivalent in Seasonal LEDs costs just 33 cents.

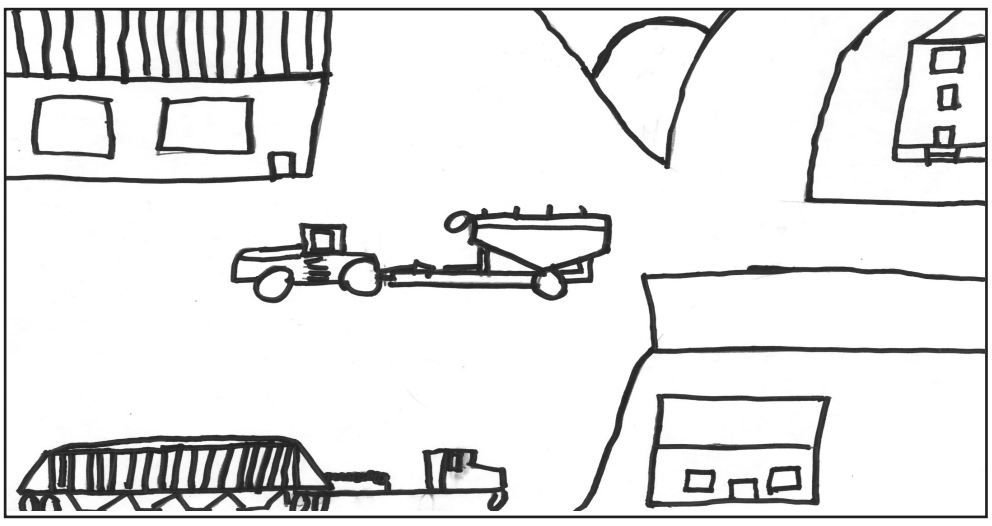
3. Seasonal LED string lights are available for both indoor and outdoor use to help you save inside and out.

4. Coloured LED bulbs never flake or fade so you don't have to examine bulbs for paint chips and deal with costly replacements each year.

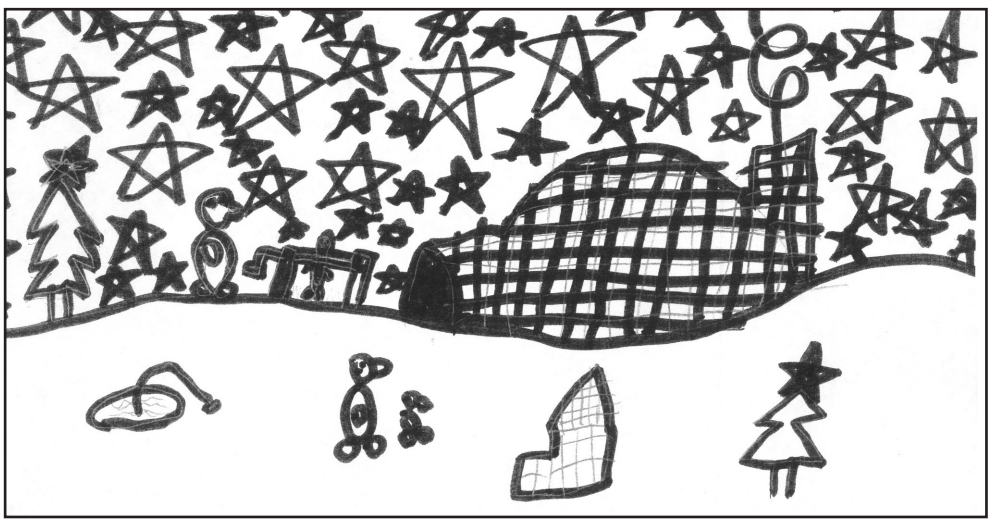
5. Durable LED bulbs are made with cool-to-the-touch plastic that's almost impossible to break. So they're safer and longer-lasting than old, incandescent strings.

For more information on seasonal LED products and the fall Every Kilowatt Counts coupon redemption book, visit www.everykilowattcounts.com.

- News Canada



Kyle Backes, Grade 5, Winchester Public School



Joey, Grade 3, Winchester Public School



May you and your family be blessed with the gifts of health, happiness and harmony this Christmas and beyond.

It's been a pleasure knowing you and we look forward to serving you again next year.

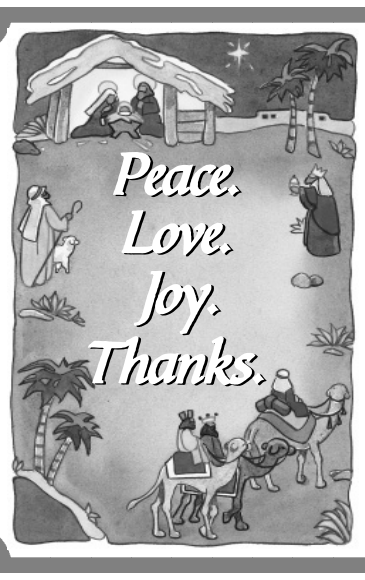
Terry's Restoration Shop
RR3, Mountain
613-989-2773

Sandy's Restoration Shop
3142 Brinston Road
613-989-1764

NOEL

WITH BEST WISHES
For a fun-filled holiday season. Thanks, friends!
NAPA AUTO PARTS
PARCOLL PRODUCTS LTD.
WINCHESTER 580 Main St. W 613-774-2366
MORRISBURG Hwy. 2 613-543-2929
KEMPTVILLE RR3 613-258-2525
PRESCOTT 920 Edward St. 613-925-4223
NAPA Get the Good Stuff

HAPPY HOLLY DAYS
With our sincere thanks for your valued business.
Rideau Auctions Inc.
Civic #2250, Corner of Hwys. 31 & 43, Winchester, Ontario
613-774-2735 Fax: 613-774-5559

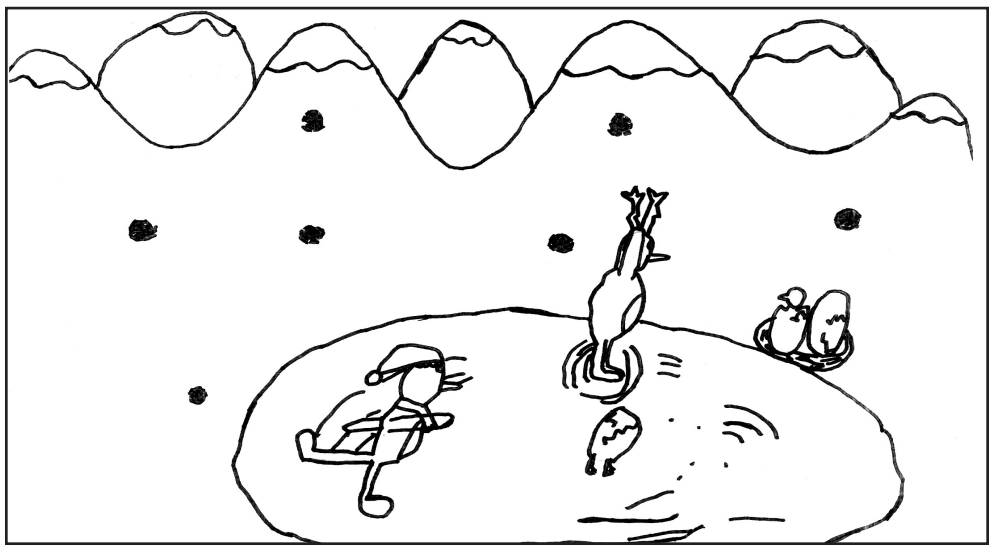


With our most sincere gratitude and best wishes to all of you. Have a happy and joyous holiday season.
DERKS ELEVATOR INC.
Gary Derks & Family
RR2, 3063 Forward Rd. S.
Chesterville, 613-448-2522

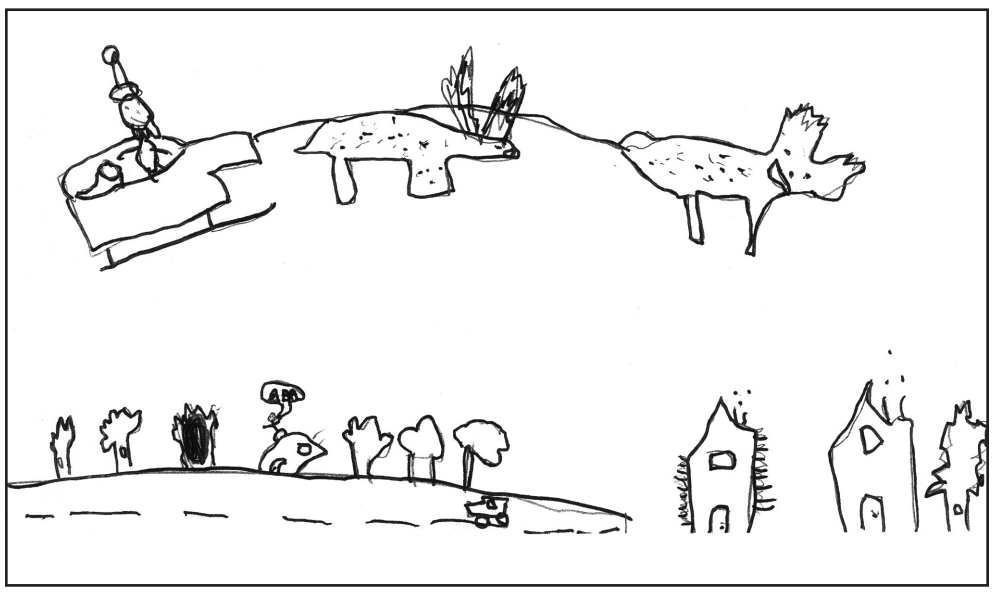
Delivering Our Best Wishes!
Please accept our best wishes for a very merry Christmas and a healthy and prosperous New Year.
We feel truly honored to serve this community and appreciate your trust in us.
DANIELS FUNERAL CHAPELS INC.
472 Main Street, Winchester, Ontario, K0C 2K0
613-774-1117
E. JAMES DANIELS (JIM)
Funeral Director



Kaitlynn Summers, Age 8, Inkerman Public School



Chelsea VanWylick, Grade 3, St. Mary's School, Chesterville



Hayden, St. Mary's School, Chesterville

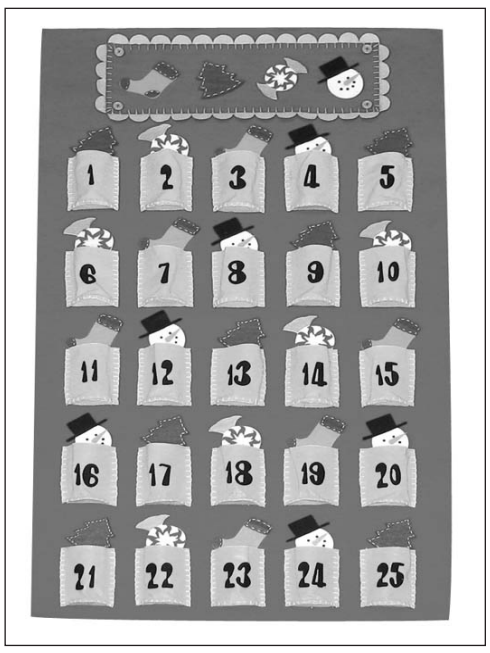
The countdown begins!

Mothers are definitely the busiest people during the holidays. They must run from one store to another, find a present for everyone, and get the groceries before Christmas Eve. In spite of all their chores, they have a smile on their face, a parcel under one arm, and their children by the hand.

To count down the days during this time of feverish excitement, the Advent calendar was invented. In fact, a German father created it a very long time ago. Wanting to contain his children's impatience, he cut out religious images that he started giving them each morning until Christmas morning.

Very quickly, the small illustrations changed into cookies and candies. Thanks to this man, the Advent calendar was born. To this day, stores overflow with them a few weeks before Christmas. Usually, they include the entire month of December. A chocolate is hidden behind each day of the month.

You can also create your own calendar for your children. The wonderful Christmas rituals will then begin well before the month of December. The possibilities for containers to hold the treats are endless:



The Advent calendar is the best way to contain the excitement.

coloured envelopes, little cloth bags, small linen purses, etc. All you need is a little imagination and, there, you have your very own Advent calendar!

Merry Christmas!



Wishing you a season filled with lots of love, laughter and joy.

Locke's Rentals & Welding
11029 Cook Rd., Dixons Corners
613-652-1620

Stuffed with Best Wishes



Thank you for the gift of your friendship.
Happy Holidays!
We look forward to your continued patronage.

Love Your Pet
Open 7 Days a Week
KEMPTVILLE MALL
Hwy. 43, Kemptville, ON
613-258-1376



GOOD FRIENDS MAKE IT ALL WORTHWHILE...
With sincere appreciation for your valued patronage this year.
Merry Christmas & Happy New Year, everyone!

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Mountain, Ontario
613-989-2378
colemanse@ripnet.com
www.colemansmallengines.ca

Coleman's SMALL ENGINES

Wishing you a safe and happy Holiday Season!
Merry Christmas and Happy New Year

RLS Royalty Limousine Service Ltd.
Serving Eastern Ontario
1-888-726-4545 • 613-448-1759

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!

D&J Motors
Wincrest Business Park
Winchester
613-774-2703
ACDelco
ONTARIO'S DRIVE CLEAN

Dear Santa,
Have any of your reindeer had fawns lately? I hope you bring me lots of presents that I want, please! You're the best Santa ever. Probably because you're the only Santa in the world! You're hip and cool!
PS: Please bring my mom, dad, and sister and of course me presents.
Elizabeth Russell, Grade 4

Dear Santa Claus,
Are you proud being the most handsome man in the world? Can I please have Buttercup, she is beautiful. I also want Baby Alive. Can I have a Pet Shop Horse? I really want High School Musical 2 and 3. I am eight years old.
Rebecca Skuce, Grade 3

Ho Ho Ho Santa,
What's cracking in the North Pole? Are you real, because I stayed up all night long and I didn't see you? Is Mrs. Claus fattening you up for the winter? I want you this Christmas to wake me up. Know what's funny? You fell for it...HA HA HA!! I hope this Christmas is fun like always. Happy Christmas to you, you live in a zoo, you look like a reindeer and you smell like one too! Is that funny or is that funny!! How many elves do you have? Why are they smaller than you? Why are their ears pointy? You must be 100 years old. Happy 101 on Christmas! Do you need a licence to drive a sled?
Cyrill Jaquemet, Grade 4

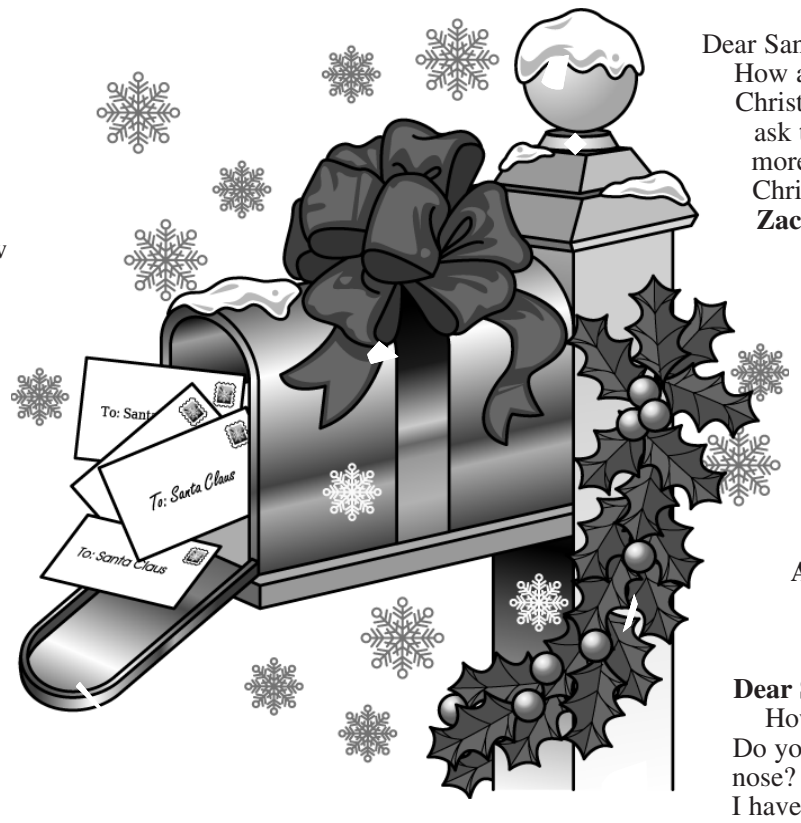
Dear Santa,
I bet you have lots of presents for lots of people for Christmas. We can't wait to see you at Christmas time. We will decorate our house for you and we are giving you lots of cookies and milk. Remember to not get so much presents because your deer won't hold that much presents. I hope you like the holiday and enjoy giving presents to everyone.
PS: Can your reindeer carry lots of presents?
Sawyer Murphy, Grade 4

Dear Santa,
All I want for Christmas is a hippo and a kitten. If you can't fit the hippo in the chimney just bring him through the door. I would like a girl hippo. Now for the kitten. I want a grey kitten. And I'm going to need a small litter box and a big one too (for the hippo).
PS: Tell the reindeer and the elves I said "Hi".
PS PS: Have a good Christmas.
Sara Lachapelle, Grade 4

Dear Santa,
How are you doing? Do you still have Rudolf? How many elfs do you have? For Christmas I want a PSP and also a big teddy monkey, a toy dirtbike and a pocket knife, and a black guitar.
Jeremy Gutknecht, Grade 3

Letters to Santa

From Morewood Public School students



Dear Santa,
I really want a XBox 360 and a DS and a PSP. I love you Santa.
Hunter Byers, Grade 3

Dear Santa,
I want two DS games and a teddy bear. I hope you have a good Christmas. Do your elves shower? Can you write back? I love you Santa.
Elexa Cruthers, Grade 4

Dear Santa,
Hey Santa, how are you? Do you want to hear a joke? Ok, what's red, white and has four wheels? The answer is at the end of this letter. Now to what I want for Christmas. All I really want is three things, Lego Mars Mission, Hypersonic operations aircraft, and in my stocking of course chocolate.
The answer to the joke is you driving a truck!
PS: I really want those things.
Logan Lachapelle, Grade 3

Ho Ho Ho Santa,
How are you? I really want a K'nex Roller Coaster, please and thank you. I can't wait till Christmas! See you then.
PS: Tell the elves I said "Hi".
Bobby Walker, Grade 4

Dear Santa,
How are you? Is Mrs. Claus fattening you up for Christmas? How are the reindeer? If you don't mind, ask them if they want more carrots and do you want more milk and cookies? This is what I want for Christmas: a PSP, please. Happy Christmas.
Zack Nelson, Grade 4

Dear Santa,
Can you get me a XBox 360 with the game Bully. I will put out lots of chocolate chip cookies and chocolate milk. Can you make a iPod for me? How is Missis Claus? I was good this year. How about you? Can you leave a picture of you? I love you Santa.
Austin Robinson, Grade 3

Dear Santa,
How are your elves? Are they doing a lot of work? Do you still have Rudolph? Does he still have a shiny nose? Do you still have the rest of the reindeers? Can I have an iPod please? Can I have a PS3 please? Can I have Grand Theft Auto for my PSP? Can I have some new shoes? Thanks Santa and have a very good Christmas.
Trent Downey, Grade 3

Dear Santa,
How are you doing? I can't wait until Christmas Eve. I hope I get lots of presents for Christmas. It's my favourite year, I love it.
Tyler Summers, Grade 4



Here's hoping your holiday season hits all the high notes.

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

Merry Christmas!

Dundas Machine
The Fabrication Specialists
12205 Gypsy Lane, Winchester, ON, K0C 2K0
Office: 613-774-1672 • Fax: 613-774-6612
Toll Free: 1-888-877-0714

Happy Holidays



In the rush of events, we tend to overlook the important friendships that are the true basis of business relationships. One of the great pleasures of the Holiday Season is the opportunity to exchange greetings with those whose friendship and goodwill are valued so highly.

In this spirit it is a pleasure to say 'Thank you' and extend sincere appreciation for the very pleasant association enjoyed with you.

May a bright and prosperous New Year bring happiness to you and yours.

Black Lumber Co. Ltd.
Morrisburg 613-543-3777

Warm Wishes
All the best to you and yours this happy time of year.
We send our thanks out to all and wish you much good cheer!
Monast Backhoe & Haulage Service Ltd.
Chesterville 613-448-2856

MERRY CHRISTMAS!
We're filled with warm wishes
and lots of good cheer
For all the kind people we've
served this past year.
Thanks, friends!



ZOLLINGER'S

CUSTOM BALING
WINCHESTER
613-774-0015

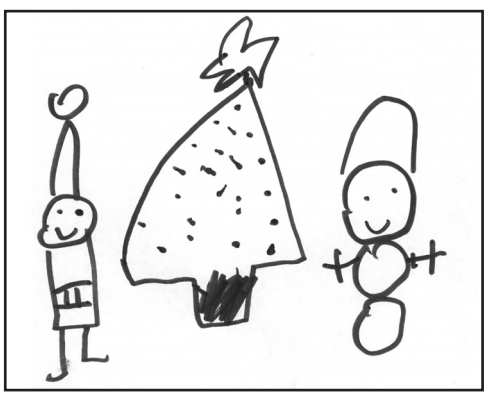
The history behind a holiday bloom

According to Mexican legend, the first poinsettia came from the prayers of a peasant brother and sister. Without money for a gift to give to the church in honor of Jesus, they brought a bouquet of weeds to the altar one year. They placed their green plants around the church's manger scene, according to Christmas.com. Miraculously, the first "Flower of the Holy Night" bloomed in a bright red and green star shape.



The poinsettia plant was cultivated by the Aztecs of Mexico long before the introduction of Christianity to the Western Hemisphere. Poinsettias first became associated with religions in the 17th century when, because of their brilliant color and holiday bloom, Franciscan priests in Mexico used the flower during nativity processions.

Poinsettias were introduced to Americans in 1825 by Joel Robert Poinsett, the first U.S. ambassador to Mexico. Poinsett, a skilled botanist, grew the plants in his greenhouse in Greenville, South Carolina. He then sent them to botanical gardens and fellow horticulturists. The poinsettia eventually reached Robert Buist, a nurseryman, who sold it as Euphorbia poinsettia (a German botanist had already given the plant the botanical name, Euphorbia pulcherima). Poinsettia, however, remains the accepted name in English-speaking countries.



Cierra Pappin, Sr. Kindergarten, Winchester Public School



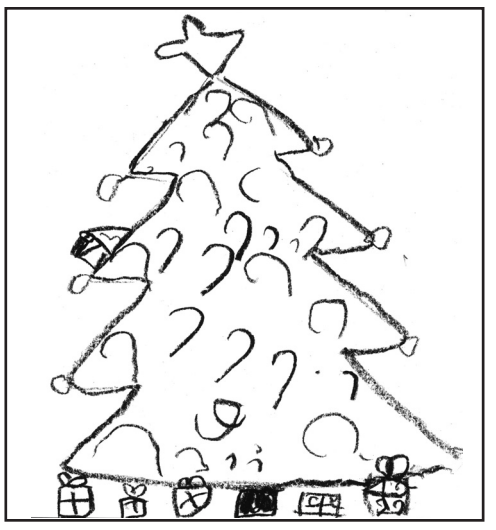
Chantalyne Leonhardt, Grade 2, Ecole Ste-Thérèse-d'Avila



Bianca Legros, Age 9, Inkerman Public School



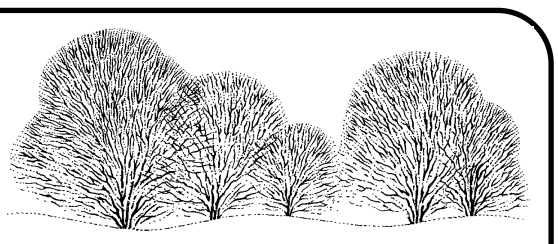
Emily Scheepers, Sr. Kindergarten, St. Mary's School, Chesterville



Dinasty Lefebvre, Sr. Kindergarten, St. Mary's School, Chesterville

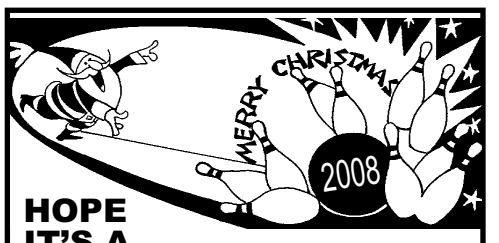
Over The River And Through The Woods...

We'd go the distance to say, "Merry Christmas and many thanks!"



D&T Repair

RR1, Winchester • 613-774-6614



HOPE IT'S A **Hit!**

Wishing you a Christmas that's a perfect '10'.

This past year has been great fun, thanks to you!

Chesterville Bowling Inc.

Main Street, Chesterville 613-448-3535
Ron & Shari

Celebrate The Season!



At this festive time of year, we'd like to extend our warmest wishes to all our friends for the very merriest season ever. It's been a privilege and a pleasure serving you this year. Thanks!

BYERS CARPENTRY
RR4, Crysler • 613-448-3078
613-448-1318 • 613-448-3966

With Best Wishes



We're thinking of you this holiday season and we thank you most sincerely for your generous support.

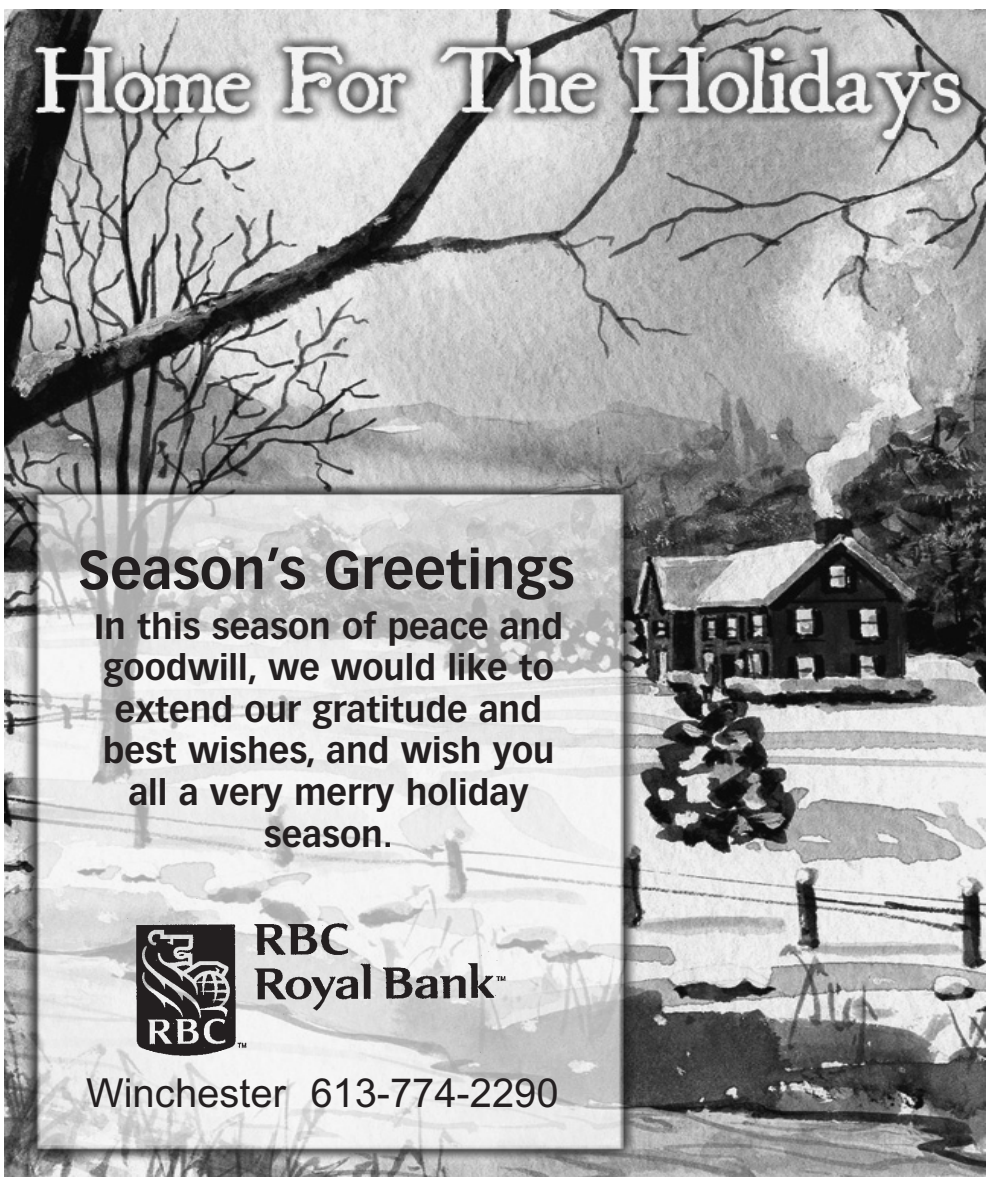
Daryle Ross Real Estate Ltd.
7163 Parkway Rd., Greely, Ont., K4P 1N3
613-821-2369 • 1-877-450-4401

Tidings Of Comfort & Joy

We've got much to celebrate this season,
And your kind patronage is one reason,
That we're filled with joy and cheer;
At this special time of year.
And now without further delay,
We wish you all a great holiday!

FIRST STOP
HOME OWNER & CONTRACTOR
TOOL & EQUIPMENT RENTALS LTD.
Locally Owned & Operated
Est. 1994

2678 Hwy. 43, Kemptville
(Cornerstone Mall)
1-877-245-3296 • 613-258-4152



Season's Greetings

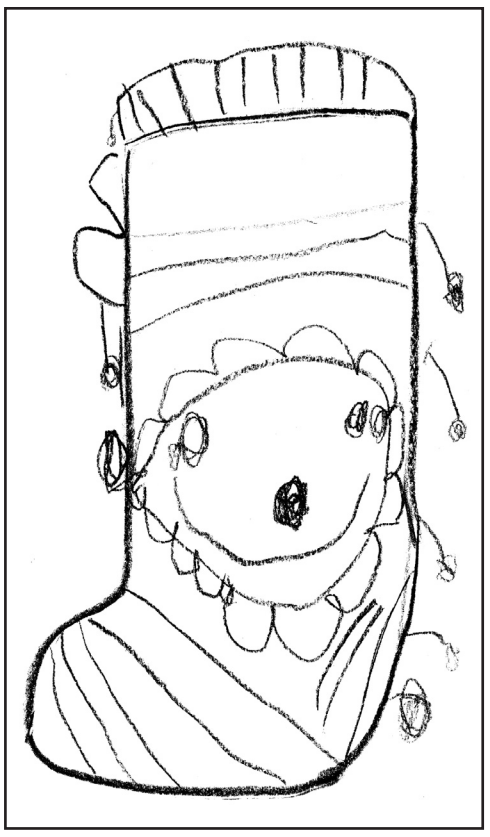
In this season of peace and goodwill, we would like to extend our gratitude and best wishes, and wish you all a very merry holiday season.

RBC Royal Bank™

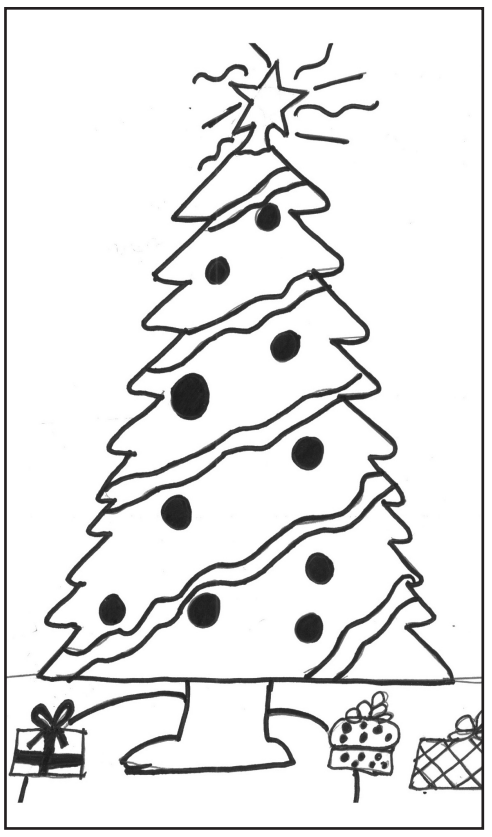
Winchester 613-774-2290



Reuben VanDenBroek, Grade 3, Timothy Christian School



Sadie Thompson, Jr. Kindergarten,
St. Mary's School, Chesterville



Keena Moham, Grade 6,
Community Christian School



RING IN THE SEASON

Ring is peace and joy and love
Ring in blessings from the Lord above
Ring in hope and ring in cheer
Ring in our best wishes for a joyous year!

Merry Christmas and many thanks

MOREWOOD KITCHENS
CUSTOM DESIGNED CABINETS
DANIELLE & REJ POMAINVILLE
13650 CTY. RD. 13, MOREWOOD
613-448-2739

Blessings At Christmas

At this joyous time of year, we'd like to join you and your family as we give thanks unto the Lord for the precious gift of our holy Saviour.

For the gift of your loyal and generous support, we offer our sincere thanks.

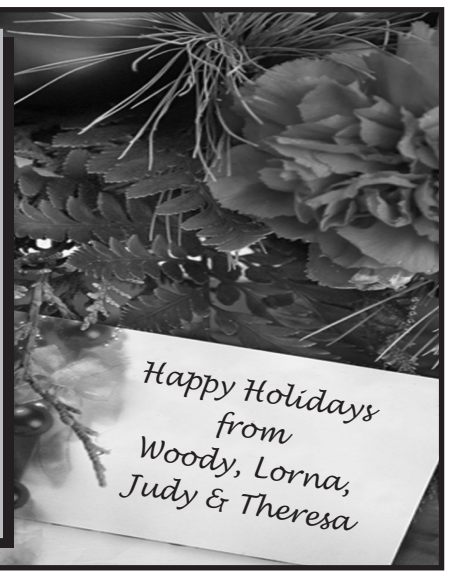
Rob's Automotive Services Inc.
8624 Bank St., Vernon 613-821-5050



PEACE LOVE JOY

We wish you every happiness this holiday season. Thank you for being such loyal customers. We look forward to seeing you again in the New Year.

Wayne LaPrade Photography
9 Industrial Dr., Chesterville 613-448-2852





Catch The Spirit

Christmas is about so much more than Santa and gifts. It's an opportunity to renew our faith and to tell all the special people we know just how very much we value their friendship and support.

Merry Christmas and thanks!

Dundas Manor Ltd.
P.O. Box 970, Winchester
613-774-2293 • 613-774-2294

To Our Valued Customers
At The Holiday Season

The thing we value most about our business is the chance to meet people like you!
Thanks for your patronage over the past years.
Merry Christmas and much happiness to you this holiday season.
– Garry, Linda and Staff

GARRY Munro PLUMBING & HEATING
Chesterville
613-448-3659



HOME FOR THE HOLIDAYS

There's no place we'd rather be at Christmas than right here, with all our good friends and neighbors. For your goodwill, we are truly indebted, and we wish you all a beautiful holiday and a happy and prosperous New Year.

Charles (Chuck) Barkley
BROKER OF RECORD
CELL
613-930-5701

THOM
REALTY LTD. BROKERAGE
105 MAIN ST., MORRISBURG VILLAGE PLAZA
Morrisburg, Ont., K0C 1X0
TEL./FAX
613-543-3598
E-mail: thomrealty@mor-net.on.ca

Nancy Schaillee
SALES REPRESENTATIVE
CELL
613-551-7025

Indoor safety tips

Make sure your hearth is healthy

Gas fireplaces

• No glass, no gas: Do not use your gas fireplace if the glass panel is removed, cracked or broken. Glass panels and frame assemblies should be replaced only by a qualified service person.

• Look for the certification Flame: When purchasing or installing a gas fireplace, check for the mark of an accredited certification organization such as the Flame mark from CSA International. This indicates the fireplace meets applicable national standards.

Carbon-monoxide alarms

• Sleep tight: Install at least one carbon-monoxide (CO) alarm near bedrooms. Use more than one CO alarm if sleeping areas are located on different levels of your home.

• Instrumental instructions: Follow the manufacturer's instructions for installing and maintaining your CO alarms.

• Buy the Flame: When purchasing a CO alarm, check for the mark of an accredited certification organization such as the certification Flame and CSA 6.19-01 reference mark from CSA International.

Smoke Alarms

• Put them to the test: Test your smoke alarms monthly to make sure they work. One smoke alarm is not enough. Install smoke alarms on every level of your home and outside all sleeping areas. Only working smoke alarms can give you the precious seconds you may need to escape a fire.

Basement and garage

• Store safely: Do not store combustible materials such as gasoline, propane, paper, chemicals, paint, rags and cleaning products near your gas furnace. Gasoline or propane cylinders must be stored outside the home.

• Flame faux-pas: Never use gasoline or other flammable liquids in the vicinity of your gas furnace or water heater.

• Look for the Flame: Look for the familiar CSA International certification Flame mark on your gas-fired furnace or water heater to ensure it has been tested and certified to the applicable standard. Have a qualified heating contractor perform a yearly maintenance check of your furnace and venting system.

CSA International Certification

You can learn more about CSA International certification marks online at www.csa-international.org/certification_marks.

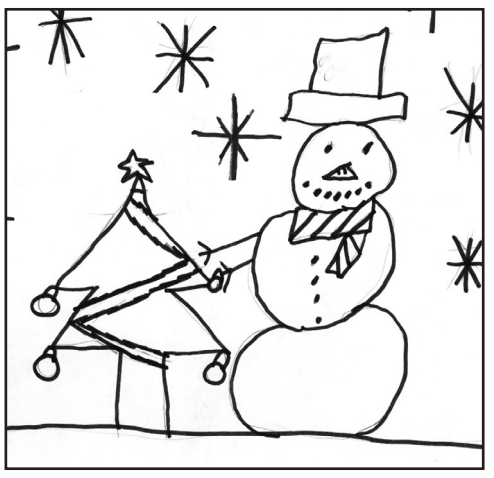
Safety Online

The whole family can enjoy a fun and interactive website about holiday safety at www.csaholiday.com. More general safety tips are available online at www.csa.ca/consumers/consumer_site.

- News Canada



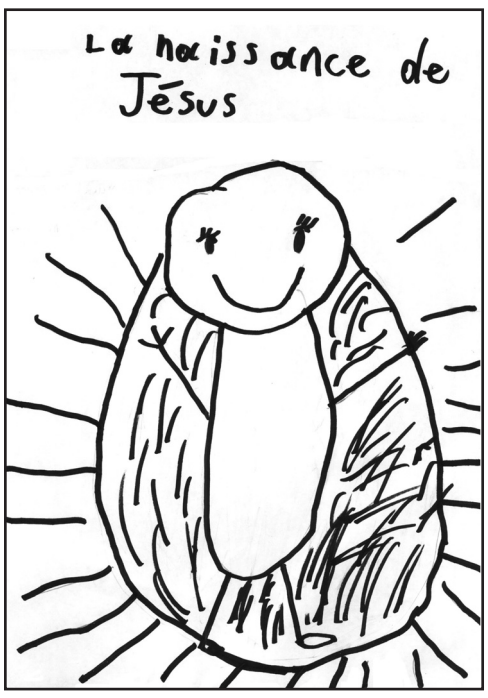
Abigail Kingswood, Grade 6,
Community Christian School



Emily Beach, Grade 4,
Nationview Public School



Julia, Grade 3, Winchester Public School



Devon Hart, Grade 3,
Community Christian School



May you and your loved ones revel in the delights of this wonderful season and may you enjoy many fond memories for a long time to come. Happy Holiday!

A31 Auto Sales
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A Beautiful Season

Here's hoping it's a beautiful season for you and your family this holiday. We feel privileged to have your support and honored by your friendship.
Merry Christmas!

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GREETINGS OF THE SEASON



Christmases may come and go, but it's the warm memories of good times shared with people we care about that will last forever.

For all the times we've shared with you this past year, we are sincerely grateful and we wish you all the very merriest holiday season ever!

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To all of our dear customers, go our sincere thanks for visiting this year. We wish you and yours the very best this holiday season, and we look forward to seeing you again next year.



Denise & Cary

KEMPTVILLE MALL
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Benjamin Moore
The Colour Experts

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With best wishes and heartfelt thanks from all of us to all of you at this joyous season.

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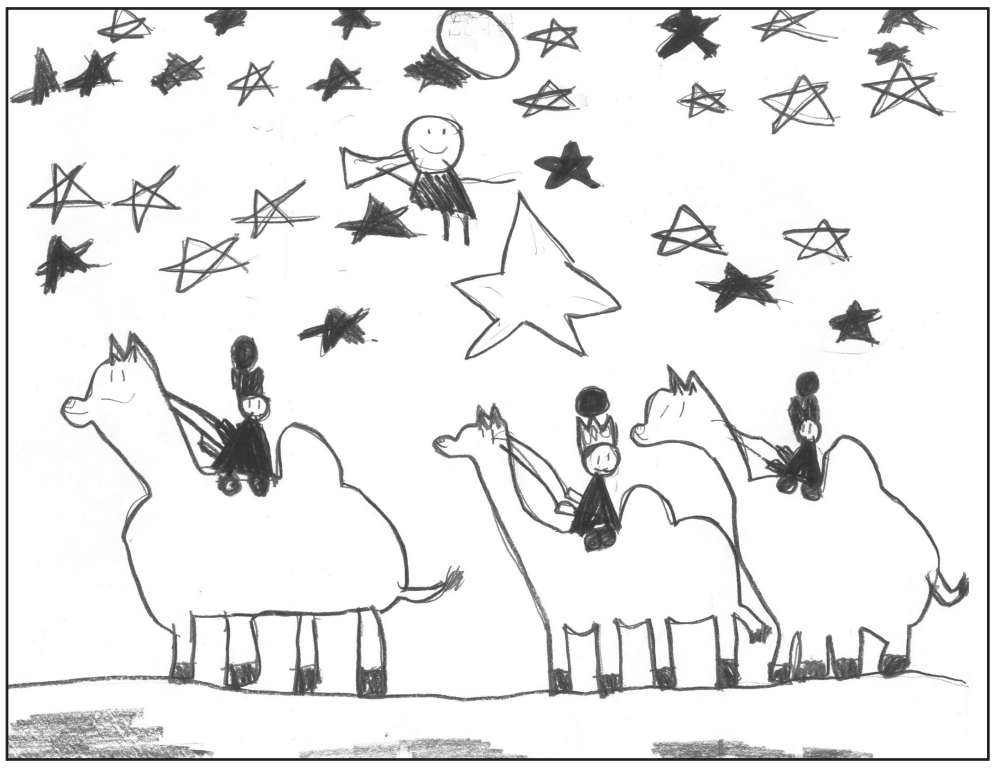
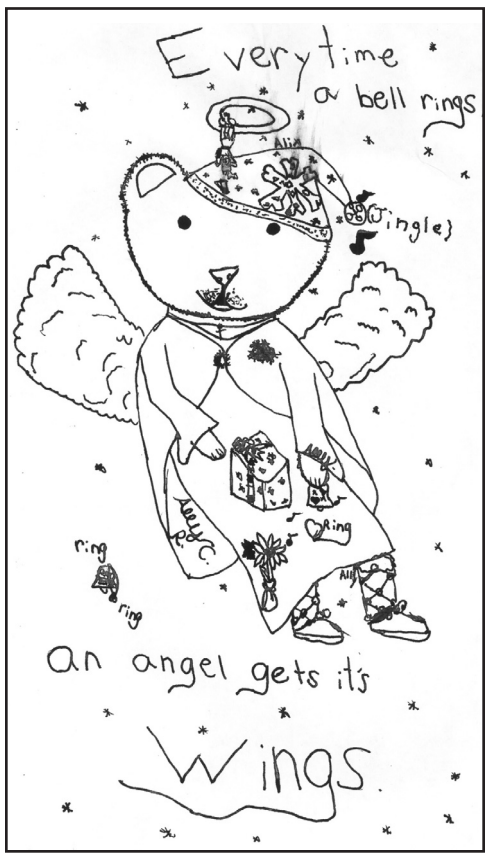
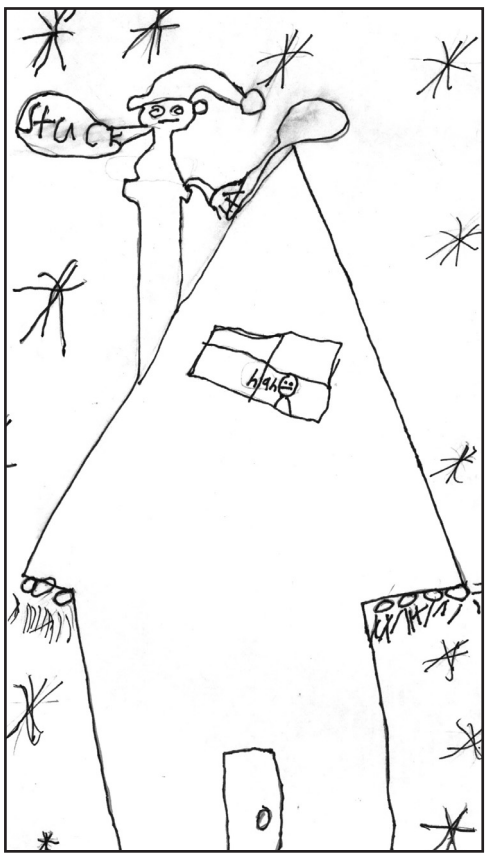


Larissa Westervelt, Grade 3, Timothy Christian School



Alix Roberts, Grade 8,
Nationview Public School



Isaac Zollinger,
Inkerman Public School

Add international flavor to your holiday table

When planning your holiday gatherings this year, try a new twist on tradition inspired by the many cultures that make up the Canadian landscape. Celebrating with cakes and breads from around the world is an easy way to add international flavour to your holiday table.

In Germany, Christmas Stollen is made with raisins, currants, citrus peel, candied cherries and marzipan. Originating in Dresden as far back as 1400, stollen was originally baked without butter and milk. Special permission had to be obtained from the Pope to lift the so-called "butter ban" in effect at the time, allowing butter and milk to be used in the recipe. Today, stollen is prepared in a variety of ways with each bakery using its own special recipe handed down over generations.

Italian-Canadians enjoy a slice of home every holiday season with a traditional panettone cake. A moist, spongy cake baked with dried fruit and raisins, panettone is often enjoyed as dessert or given as gifts. Italy's top-selling brand, Motta Panettone, was first sold in 1919 and is widely available at grocery stores across Canada. Motta Panettone has a mild golden colour and sweet flavour, and is made using natural sourdough leavening to obtain the cake's soft texture.

Portuguese Bolo-Rei (pronounced boo-hay), or King Cake, is another Christmas tradition. This fruitcake is shaped in a ring to symbolize the crowns of the Magi and a foil-wrapped charm is hidden inside the dough before it's baked. Whoever finds the charm must buy next year's Bolo-Rei and share it with all those present when the original charm was discovered.

Many Canadians of British descent are familiar with the rich plum pudding that follows a traditional Christmas meal. In England, it was tradition to bake small silver charms in the cake. A silver coin would bring wealth in the coming year; a tiny wishbone, good luck; a silver thimble, thrift; an anchor, safe harbour. By Victorian times, only the silver coin remained. Today, families who make their own puddings can still buy these tiny charms.

- News Canada

Merry Christmas
and
Happy New Year



With best wishes and gratitude to our friends, neighbors and customers

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Christmas time

Christmas is the time of year when it brings joy to child's faces when snow falls upon their face.
Christmas is time to think of others rather than yourself.
Christmas is time to sit with your family and drink your moist hot chocolate with marshmallows as soft as your pillow.
Christmas is time to leave some milk and cookies and sugar and carrots for Santa and his reindeer.
Christmas is time to sleep so Santa can come and give you presents in the morning.
Christmas is the time of year that I love.

Mackenzie Beaudry, Grade 4,
Inkerman Public School



Abigail, Grade 3, Winchester Public School

Season's Greetings





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To old friends, new friends and friends yet to be made, all of us at Jim's Performance Plus Ltd. send our best wishes for a Happy Holiday and a Prosperous New Year

JIM'S Performance Plus Ltd.

Jim Primrose - Proprietor

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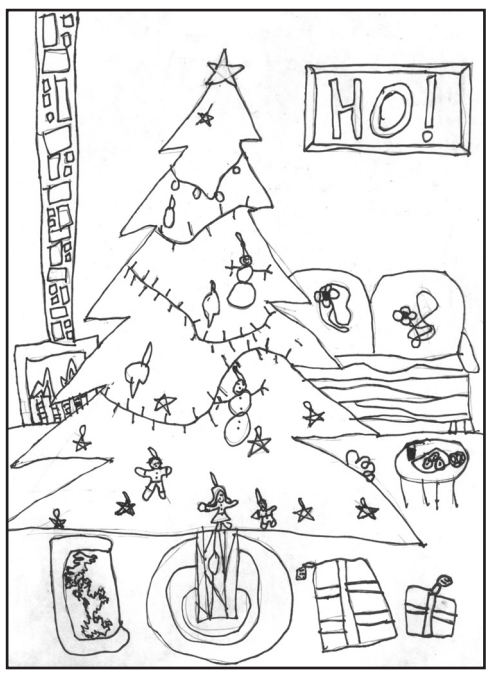
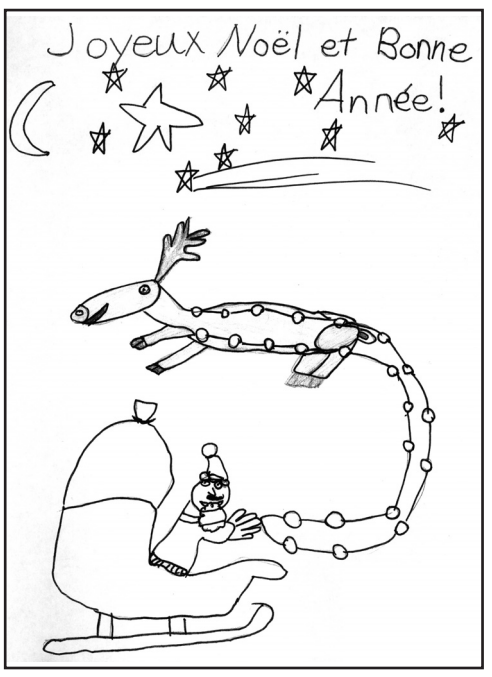
Peyton Van Den Broek, Grade 1, Timothy Christian School



Taylor Sherrer, Age 8,
Inkerman Public School



Brandon Scheepers,
St. Mary's School, Chesterville

Santa, what are you like?

Santa, Santa, Santa, what are you like?
I dream about you every night.
I imagine you with silky hair and clothes as soft as fresh fallen snow...
...Your sled dark red with golden jingling bells that flow,
and I imagine your elves that put on the bells to be quite friendly you know.
You were wearing your magical bright red suit,
when you first gave me my flute,
and put it under our colourful Christmas tree.
When I'm asleep is when you creepidy, creep, creep, creep as quietly as you can be.
So when you come this year, on the table you'll see,
a little present of cookies and milk for you from me.

Nicole Giles, Grade 4, Inkerman Public School

Chanukah: History and celebrations

Chanukah is a festive Jewish holiday rooted in symbolism. It is celebrated for eight days and nights on the 25th day of the Hebrew month of Kislev (which falls in November or December on traditional calendars). It commemorates the rededication of the holy temple in Jerusalem, Israel. The Jews recaptured their temple after it had been seized by the Greek-Syrians in the 160s B.C.E. They were happy to reclaim their temple, but saddened that it was in a disarray. After it was cleaned and repaired, they wanted to host a dedication ceremony and light their menorah, an oil-burning lamp. But they could only find enough oil for it to burn for a day. Miraculously, the oil kept the menorah burning for eight days, enough time for them to find more oil.



Menorah traditions

Today, Jews around the world commemorate this miracle by lighting a menorah for eight nights. Menorahs can come in all shapes and sizes. The only requirement is that the candle holders be spaced enough apart so that the flames don't resemble a pagan bonfire. On the first night of the holiday, one candle is lit. A candle is added and lit each successive night until the eighth night when all candles are lit. The tallest candle, known as the "shamash," is used to light the other candles.

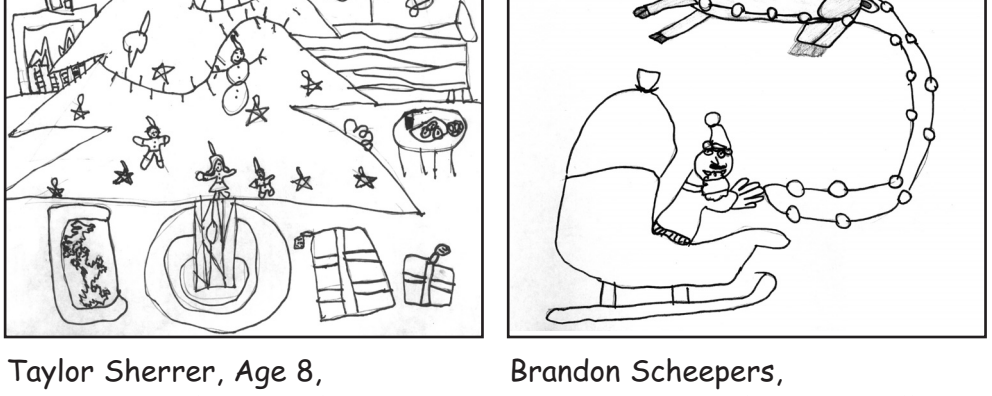
Flavourful foods

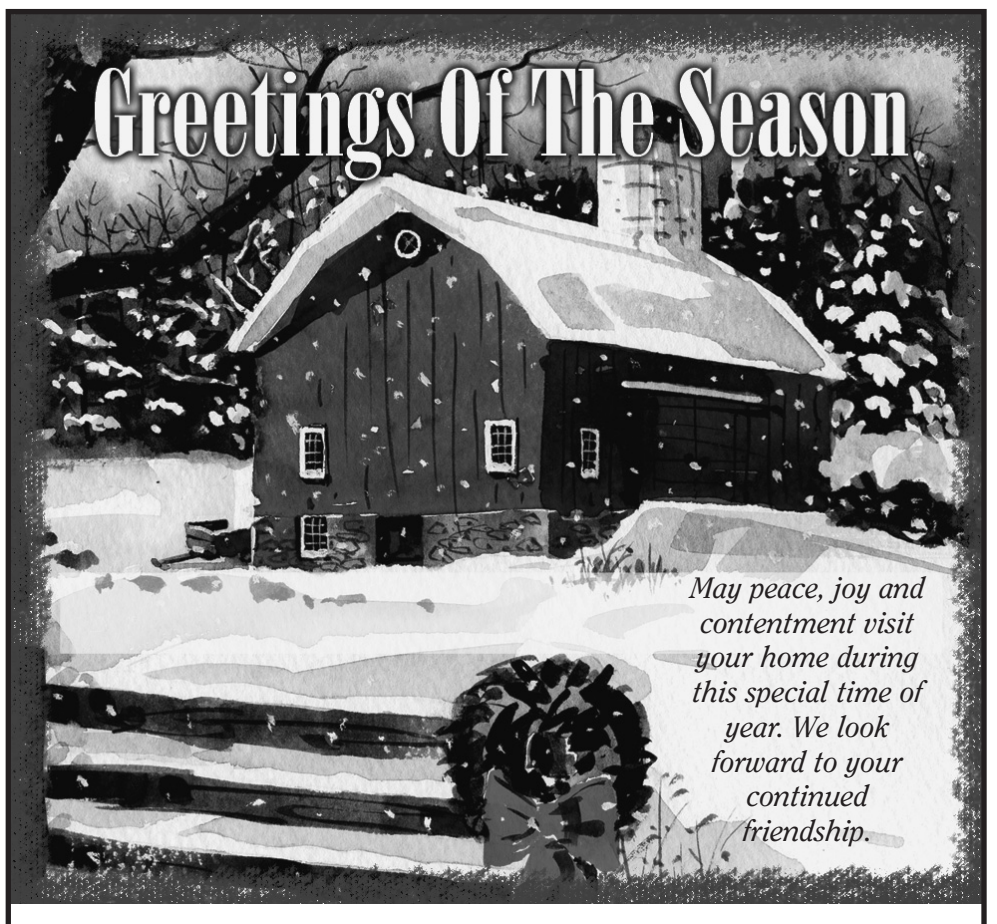
The holiday is full of cultural celebrations. People eat potato pancakes (also known as latkes) which are cooked in oil as a reminder of the oil that burned for eight days. Some also eat jelly doughnuts, or "sufganiyot" which are jelly doughnuts without the hole.

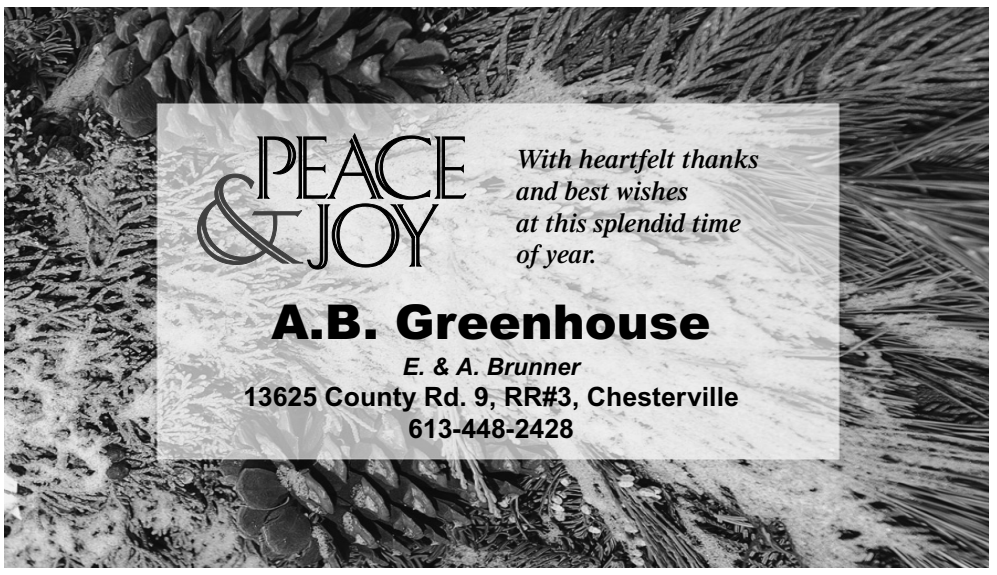
Entertainment

Another tradition associated with Chanukah is the dreidel game. A dreidel is like a top with four sides. Each side bears a Hebrew letter which, together, mean "A great miracle happened there." To play, each player receives the same number of candy pieces, coins or any other small object. Before spinning the dreidel, the player puts a fixed number of his pieces into a central "pot" and spins the dreidel. What letter lands face up determines how much the player gets from the pot. "Nun" brings nothing, "no win, no lose"; "gimmel" means you take all from the pot; "hey" gives you half the pot; and "shin," you lose what you put in. The game is played until everyone is left with no pieces or everyone agrees to stop.



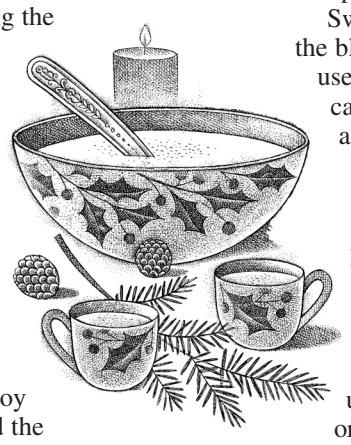






Low-fat holiday egg nog

Holidays and eating go hand-in-hand. From lavish dinners to a quick lunch while shopping – high-fat foods are often the dietary staple during the holiday hustle and bustle. A few bites of cookies here and a few sips of spirits there can quickly pack on the pounds. And the temptation to overindulge can be as big as Santa's belly!



Yet, you can enjoy the holidays — and the foods that go with them — if you make a few healthy substitutions. Don't worry. Your favorite holiday treats will taste the same: They'll just be better for you! This low-fat, low-calorie "Diet Eggnog," courtesy of Diet Bites™ (www.dietbites.com), is just what Santa and your waistline have ordered.

Diet Egg Nog

Makes about six eight-ounce servings

6 cups of skim milk

1 cup of Egg Beaters (or your favorite comparable product)

Sweetener to taste (Use the pink stuff, the blue stuff, or the yellow stuff and, if you use the real stuff, be sure to measure carefully and remember to count those added calories!)

2 teaspoons of real vanilla extract

2 teaspoons of rum extract

Ground nutmeg and cinnamon (or you can use a bit of pumpkin pie spice)

Directions

Heat the milk, Egg Beaters and sweetener in the microwave on high until thickened, stirring every minute or so. (You can also use your stove if you prefer.) Remove from microwave or stovetop and stir in the remaining ingredients. Next, cover the mixture very tightly with plastic wrap and chill. Sprinkle with additional nutmeg and cinnamon if desired. You can even add a dollop of nonfat, sugar-free topping for an added treat!

How to get better holiday photos

The holiday season is here again. A time when family and friends come together to spend time and celebrate. But we all know that having your loved ones near during the holiday season isn't always possible. So this year, Kodak wants to help you bring your family and friends together with photos.

Here are a few tips on how to maximize your holiday photo opportunities.

When it's cold outdoors…

• Camera batteries are sensitive to the cold as cold air can suck away battery power. To protect your camera battery, keep your camera warm by putting it in an inside coat pocket. As a back up, take extra batteries with you.

• Cameras are also sensitive to moisture. When they're not being used, cameras should be kept in zippered plastic bags. Also, carry a camera lens-cleaning tissue to wipe moisture off the lens before taking a picture.

• You may also want to consider leaving your good camera at home and using a one-time-use camera instead. This will ensure you still get all those great holiday photos, while keeping your camera safe.

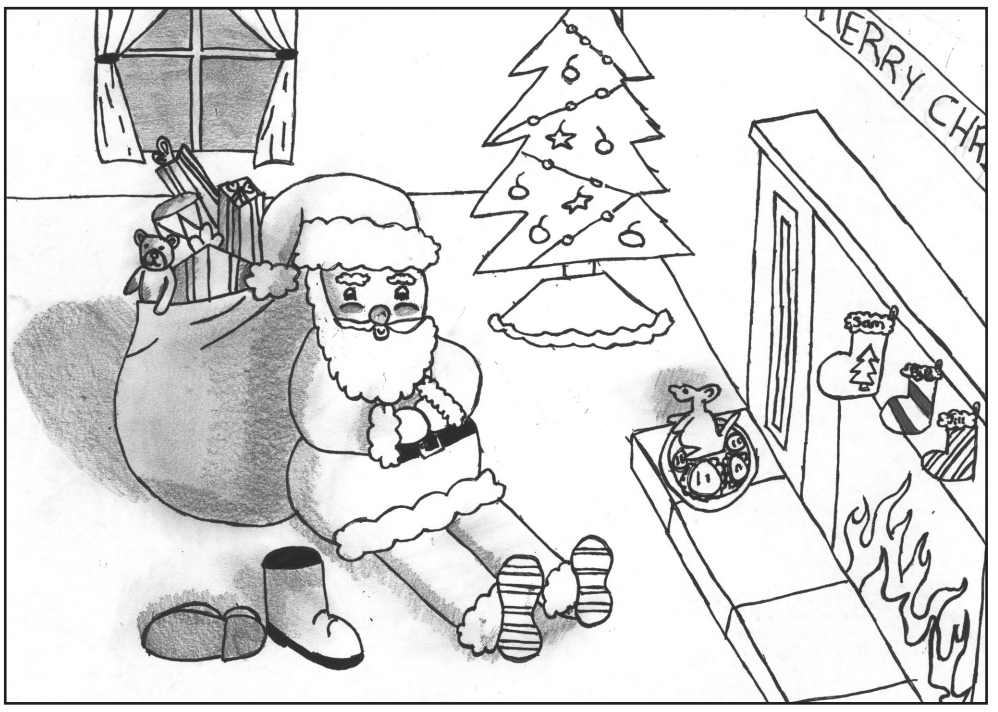
Create the perfect photo opportunity…

• Children and pets are popular holiday photo targets, but they are often in motion and difficult to capture on film. Try using action photo techniques to bring children and pets to a stop in your pictures. Pre-focus on a spot in their path and just as they reach that spot, take the picture to freeze their dynamic action.

• Bring photos to life by encouraging family and friends to interact in photos. This makes photos more interesting to view and share.

For more information and instructions on how to take photos in a variety of circumstances, visit www.kodak.ca/go/PhotoTips.

- News Canada



Kaytland Burke, Grade 8, Nationview Public School



Have A Radiant Holiday

May you find yourself at the center of good tidings this holiday.
Thanks for your support this past year.

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We're sending you our very best
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And the hope that we see you all next year!

Merry Christmas, everyone!

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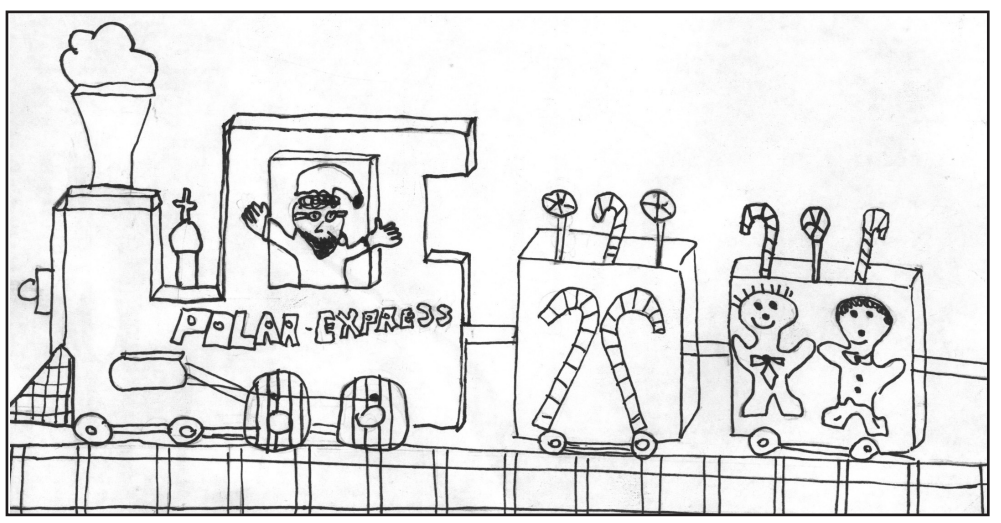

Tracy Larmour, Grade 5, Elma Public School



Delivering Our Best

All we want for Christmas is the opportunity to thank all of you for the goodwill you've shown us this year, and hope that you enjoy a gifted season filled with lots of glad tidings and good friends.

Happy Holidays, Everyone!

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Make sure the base of the tree is immersed in water at all times.

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NORTH DUNDAS FIRE SERVICES

Season's Greetings
from the
North Dundas Fire Services

Holiday carols sing-along sheets

Hosting a group of friends and family this season? Planning on carolling through the neighborhood? Then make sure you're prepared with popular song lyrics that can be distributed to your fellow merrymakers. Here are some classic carols that everyone will enjoy. Just clip and copy as needed.

"Jingle Bells"

We're dashing thro' the snow
In a one horse open sleigh, and
O'er the fields we go
A laughing all the way.
The bells on bobtail ring
They're making spirits bright,
What fun it is to ride and sing
A sleighing song tonight.
Jingle bells, jingle bells, jingle all the way
Oh what fun it is to ride in a one horse open sleigh.
Jingle bells, jingle bells, jingle all the way
Oh what fun it is to ride in a one horse open sleigh.

"Silent Night"

Silent night, holy night.
All is calm, all is bright.
Round yon Virgin Mother and Child.
Holy Infant so tender and mild,
Sleep in heavenly peace.
Sleep in heavenly peace.

Silent night, holy night.
Shepherds quake at the sight.
Glories stream from heaven afar,
Heavenly hosts sing, "Hallelujah."
Christ, the Savior, is born.
Christ, the Savior, is born.

"O Christmas Tree"

O Christmas Tree, O Christmas Tree,
Thy leaves are so unchanging.
Not only green when summer's here,
But also when 'tis cold and drear.
O Christmas Tree, O Christmas Tree,
Thy leaves are so unchanging.

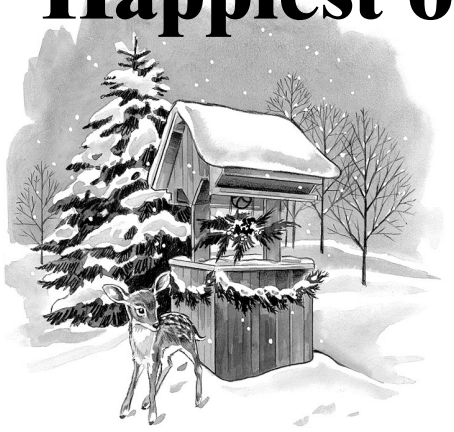
"The First Noel"

The first Noel the angel did say
Was to certain poor shepherds in fields as they lay;
In fields where they lay keeping their sheep
On a cold winter's night that was so deep.
Noel, Noel, Noel, Noel,
Born is the King of Israel.

"It Came Upon a Midnight Clear"

It came upon a midnight clear,
That glorious song of old,
From angels bending near the earth
To touch their harps of gold.
Peace on Earth, good will to men,
From heavn's all gracious King.
The world in solemn stillness lay,
To hear the angels sing.

WISHING YOU THE
Happiest of Holidays



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

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Merry Christmas



Wishing you and yours a gifted season filled with good times, good friends and good fortune.
We know we feel fortunate to have neighbors like you.

Tammy Zollinger, Sales Representative

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Glad Tidings Are On The Way!

North, south, east or west... We're sending you our very best,
Because one thing that we know is true, we wouldn't be here without friends like you!
Merry Christmas and many thanks from all of us.

North Pole

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Res. 613-774-2847
613-774-3323
or 613-774-2925
Toll Free: 800-267-8336

FEED & FARM Allison's DEPOT



Get the holiday hook-up: Light up the night with these safety tips in mind

Nothing says "home for the holidays" quite like a fresh cut Christmas tree, its branches twinkling with soft lights while outdoors, lighted deer or inflatable snowmen say Season's Greetings to passers by. "Although beautiful, sometimes lights and other holiday decorations can be dangerous, if not installed properly," says Ian Cleghorn, a Canadian lighting expert. To ensure safe trimming and decorations throughout the season here are some lighting and electrical tips:

Indoor and outdoor lights

• Verify that all your lights and extension cords are certified by a recognized organization (CSA, ULC or cUL) and have been designed for their proposed use inside or outside.

• Inspect every string of lights for damage to the wire insulation or smashed light sockets. Smashed sockets or loose wires can cause shock or fire.

• Replace burned-out bulbs immediately and make sure all of the bulbs are firmly fastened in their sockets.

• Throw away damaged strings. They aren't worth the risk of a fire.

• Use one long extension cord rather than linking several shorter cords together, and avoid plugging too many holiday lights and other electrical decorations into a single outlet.

• Unplug lights when you're not home and when you go to bed.

Stringing outdoor lights

• Make sure your ladder is long enough to reach your highest point and that you position it on level, secure ground. Always have at least one adult helper to hold the ladder for you.

• Use plastic light clips to hang the strings from your gutters and eaves. Or, use insulated staples to secure lights to the house or tree. Remember that sticking a nail through the electrical strings could damage the wire and cause an unsafe situation.

• Keep extension cords away from water, snow and ice. Use only extension cords designed for outdoor use. Consider putting the lights on a timer for energy efficiency.

• Remove outdoor lights soon after the holidays to prevent winter weather from causing extensive wear.

Indoor decorations

• Use only noncombustible or flame-resistant materials.

• Do not start fires in fireplaces decorated with stockings or other trimmings and avoid burning tree trimmings and wrapping paper in the fireplace. They may release toxic fumes or cause flash fires.

• Don't run extension cords under rugs or carpets.

• Avoid sharp or breakable decorations and keep trimmings with small removable parts out of the reach of children.

• Use clear, thin wires to anchor trees to walls. This keeps children from pulling trees down on top of them. Also, position trees away from exits. *- News Canada*

Oh Christmas tree!

Oh Christmas tree! You're so sparkley and flashy!

You're just so, so, beautiful with all those lights shining all over.

There's yellow lights, green lights, red lights, pink lights. Just so many colours! It's like gold coins all over the tree.

Oh would I ever like being a shining tree sparkling all over.

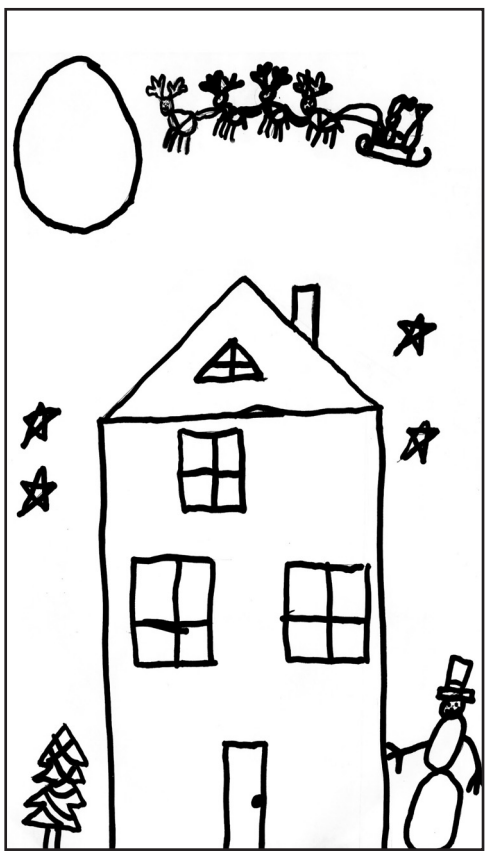
Kaitlynn Summers, Grade 3, Inkerman Public School

Icicles!

You glitter in the sun as bright as a light. You're as pointy as a pin. You're so cold you send a chill through my body. I love catching you when...

You fall down off the ledge of the roof. My dog Ginger likes licking you. To her you taste just like a treat. Oh icicles, please come this winter. I'm ready to catch you right now!

Maddison Barkley, Grade 3, Inkerman Public School



Ashley Harper,
Grade 4,
Winchester Public School

WITH OUR SINCERE THANKS

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Merry Christmas and a Happy New Year!

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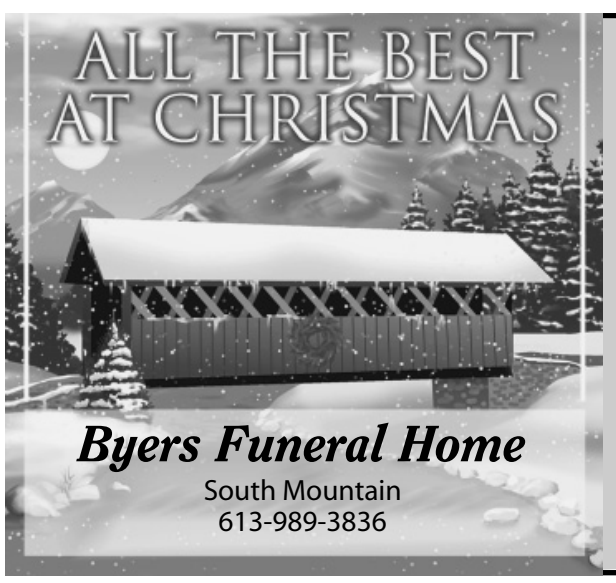
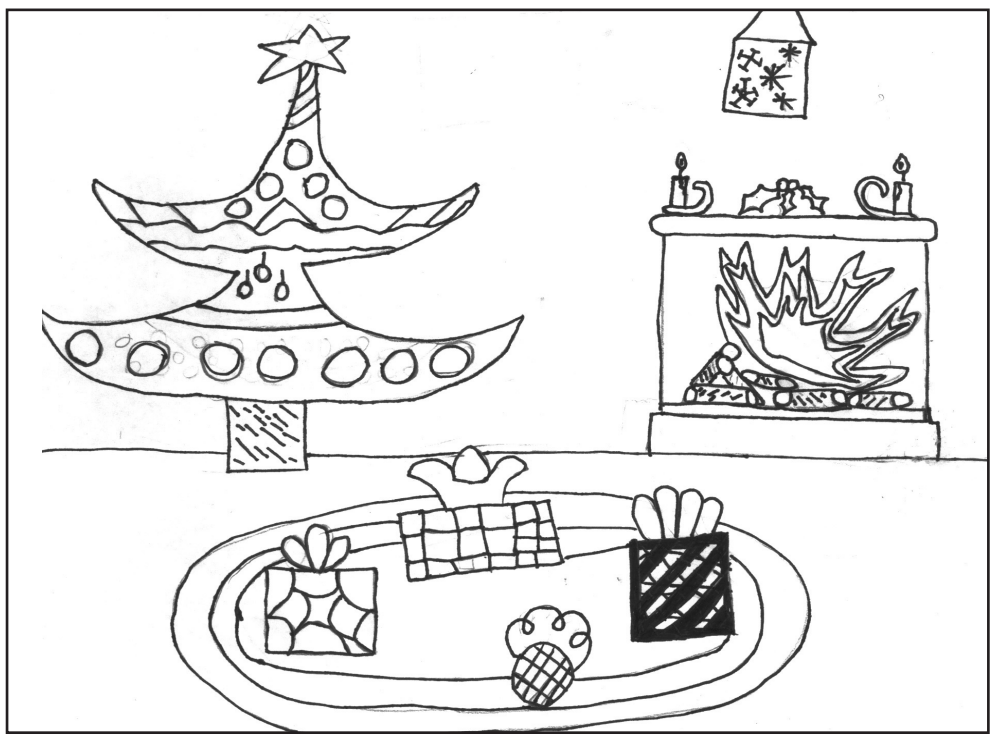


Byers Funeral Home
South Mountain
613-989-3836

May the coming season bring peace, joy and harmony for you and your loved ones.

For your trust, we are truly thankful.



Maddison Barkley, Grade 3, Inkerman Public School

Holiday spirit made simple

By J. Caroline Carroll

If you, like so many of us, want our families to have all of the sights, sounds and sweet smells of the Yuletide – but don't have time to create it – here are some shortcuts that no one will guess, courtesy of the Home Made Simple online at homemadesimple.ca:



Decorate with bows

Putting pretty ribbons and bows on candlesticks and plants, on chair backs and stair rails, will bring joy to your home. The colors don't just have to be red and green, so tie in gold, metallic silver, floral patterns or plaids.

Hang holiday wreaths

If you don't have time to trim a tree – real or artificial – put wreaths on your doors, inside and out. Wreaths with pinecones, holly and berries look great on the mantle and on windows too.

Fragrances

During the holidays, fragrances have a powerful effect on our emotions. Just as sounds and colors affect our attitudes, what we smell has a direct effect on our emotional outlook and behavior. A bad smell is instantly repelling for example, but the smell of something good – like warm gingerbread or apple cider, or the scent of natural evergreens – is like a little shot from above.

Decorate with plants

Fill decorative bowls with pinecones and holly. Make swags of holiday evergreens for your doors. Add a poinsettia to every room.

Create the sounds

Tie sleigh bells onto the front door, or any exterior door. Initiate a sing-along with CDs, or encourage the music makers in your family.

Make everything sparkle

Sprinkle artificial snow on tabletops, on buffets or on plants. Place shiny ornaments in a clear glass bowl, or vase. Light candles everywhere.

- News Canada



Merry Christmas and Happy New Year

At this special time of year we wish everyone all the joy and peace of an old-fashioned Christmas.

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We wish you joy, we wish you cheer
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And have a happy holiday!

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