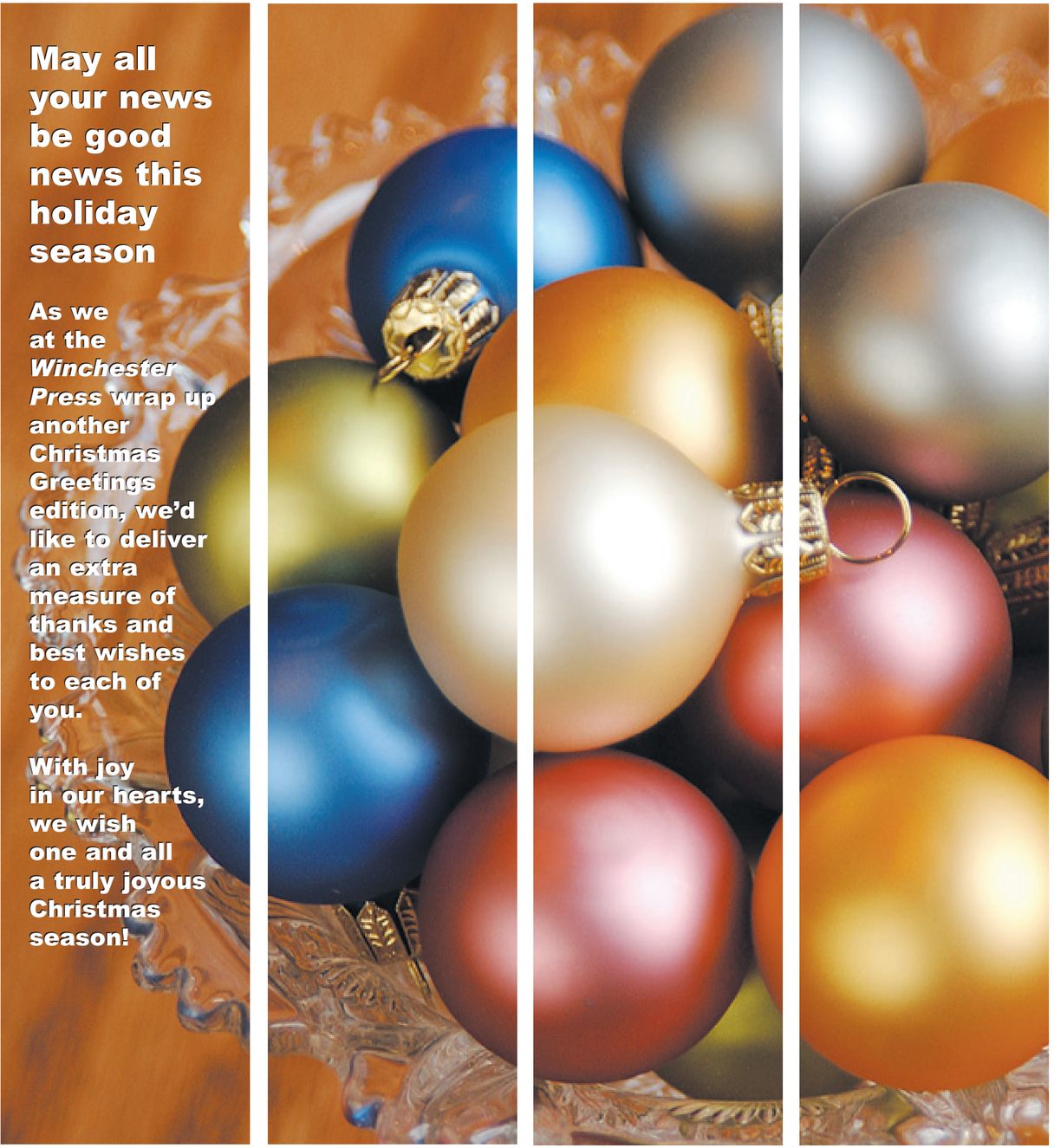
TRIMMED WITH OUR BEST WISHES



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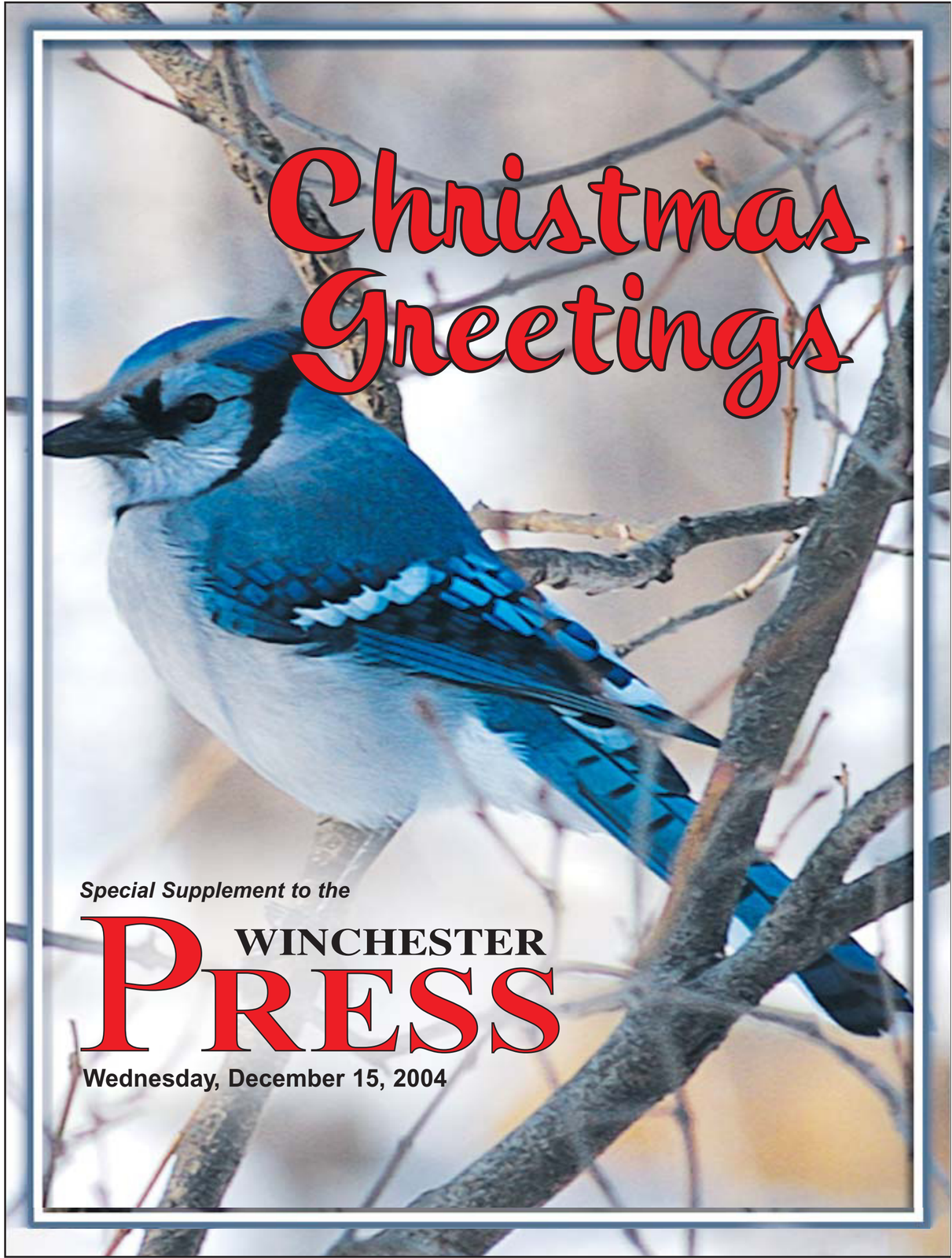


Reusable gift tags

Enhance your gift with an old-fashioned touch

CHESTERVILLE — Family owned and operated, The Pietersma Tinworks Ltd., of Chesterville, has found a new way to enhance the spirit of giving.

Reusable metal gift tags that can also be used as ornaments for the tree will add an old-fashioned touch to any Christmas gift.



After presents have been ripped open and the floor is covered in wasted paper, these special gift tags can be saved and reused time and again.

"With a little creativity, the reusable gift tags can be decorated to add a personal touch to your gift," said Greg Pietersma, president and master tinsmith.

The Pietersma Tinworks is well known for its old-fashioned tinsel.

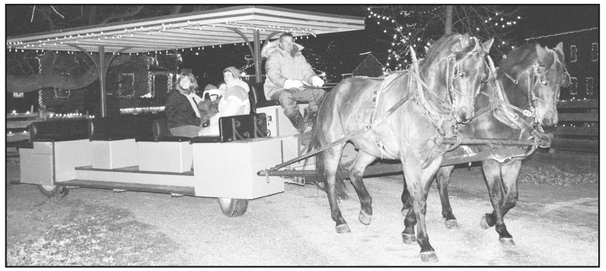
Founded in 1991, it is the world's largest manufacturer of premium tin tinsel, but the company also makes Christmas tree stars, tree toppers, light reflectors and tinsicles.

The timeless decorations are of quality workmanship and will become family heirlooms.

Pietersma began his tinsmithing career at Upper Canada Village and then studied at Eastfield Village in Albany, New York where he earned his title of Master Tinsmith.

Based in Chesterville, The Pietersma Tinworks Ltd. ornaments and gift tags can be purchased at The Village Bin in Winchester, or online at www.pietersmatinworks.com, where the company's products are shipped from coast to coast in North America.

The company also displays its products regularly at craft shows.



Alight at night

Upper Canada Village will be alive with 150,000 sparkling Christmas lights nightly until Jan. 2, except for Christmas Eve and Chirstmas Day. This is the fourth year for the Alight at Night event. Every heritage building in the village is strung with lights, making for a dazzling display. Guests may choose to tour the park on a horse-drawn wagon. Hot food and drinks will be available inside the harvest barn.

Press Photos — Zabel



Winter

Cold, white snow,
Hills for skiing,
Snowball fights, toboggan races
And snow board competitions.

Creating snowmen with your family
'Tis the season to be jolly.
Put up the balls of holly
And walk under the mistletoe.

Merry Christmas
Shane Barkley, Grade 5
Elma Public School

Thank you for your kindness and your support.
To all we wish a very merry Christmas season.
Marcel, Lise and the staff

Russell Slaughter House Inc.
Russell, Ontario
Tel.: 445-2005, Fax: 445-3518



Just In The Nick Of Time!
Before Santa arrives we wanted to send out best wishes and thanks from our house to yours. Merry Christmas!



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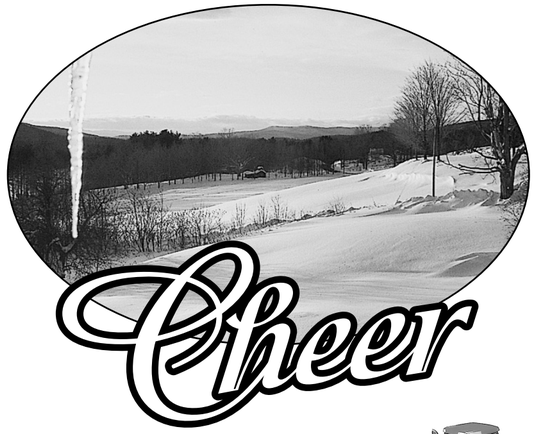

Cheer

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!



REIS EQUIPMENT CENTER

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249 Rue Principale **ST. BERNARDIN** 613-678-2033
2265 Highway 31 **WINCHESTER** 613-774-2273

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Simple tips to keep New Year's resolutions

With the onset of every New Year, you likely resolve to make some changes in your life in the spirit of the season. Maybe you say you'll exercise more, eat less or reduce the stress in your life. Whatever you resolve to do, very often you have the same New Year's resolutions year in and year out because it's just too hard to fulfill them.

Imagine how your life would change if you could put it on "autopilot" and reach all of your goals automatically. Here's the good news, you can by utilizing a powerful self improvement tool that you already possess... your habits. Think about the habits you have now and how they affect virtually every aspect of your life. Your weight and health are determined by your eating habits. Your relationships with people are determined by your social habits. Your success at work is determined by your work habits. Your character, health and virtually every aspect of your life is determined by your habits.

If you ask 10 people on the street what the word habit means, nine of them will tell you that a habit is a negative action that people do over and over again, like smoking, procrastinating or eating too much. People seldom think about the power that exists in good habits.

Look a little closer at the meaning of the word habit. Random House dictionary defines habit in this way:

Habit: An acquired behavior pattern regularly followed until it has become almost involuntary.

Think about the words "almost involuntary." This means the habit is so powerful in your mind that it is almost unstoppable. With respect to bad habits like smoking, procrastination and overeating, this is very bad. But with positive habits, this is very good.

When is the last time you sat down and said to yourself, "Today I am going to add a new habit to my life?" You have probably never said those words but you can start saying them today.

What is a positive habit? A positive habit is a habit that produces positive benefits. Why is there such great power in positive habits to affect change? Because habits, by their nature, are automatic. Over time, they can become permanent. You can put your life on autopilot to reach your goals automatically by acquiring new positive habits that provide the benefits you want. How do you go about adding new positive habits to your life? You begin repeating an action, attitude or thought process every day for at least 21 days. Research has shown that an action that is repeated for a minimum of 21 days is likely to become a permanent habit.

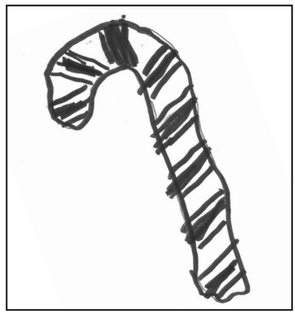
Here are a few habits that can positively affect your life and that are easy to acquire.

• Make it a habit to set goals. Define your goals, write them down on paper, set a deadline for reaching them and track your progress.

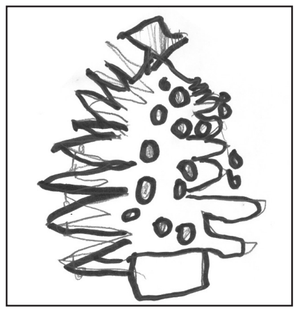
• Make it a habit to walk everyday. A recent study published by the New England Journal of Medicine showed that women who walked regularly lowered their risk for heart disease as much as women who did more vigorous exercise such as running.

• Make it a habit to always order your salads with dressing on the side, potatoes with toppings on the side and order fried foods baked. According to the Encyclopedia of Foods, you can save 10 to 30 grams of fat every time you eat out by controlling the amount of fat that you add to your foods.

There are more than 80 life-changing positive habits in the new bestselling book "The Power of Positive Habits" (Abritt Publishing) by Dan Robey. You can purchase the book at major bookstores.



Rhyce Sherrer, Kindergarten, Inkerman Public School



Nicole Giles, Kindergarten, Inkerman Public School

GIFTS of the Season



May peace and joy be delivered to you and yours!

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Country Holiday Greetings
We wish all our neighbors a beautiful season.

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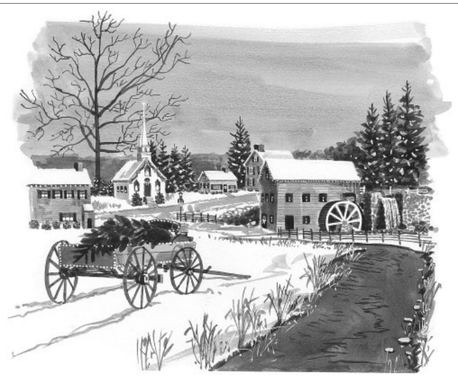


It Must Be Christmas

There's a special feeling of cheer in the air which can only mean one thing: Christmas is almost here! In the spirit of the season, we extend best wishes for a happy, healthy season.

On behalf of the Management and Staff



Le Pavillon

Retirement Resort
1122 Notre Dame, Embrun
613-443-1690



Create festive greetings on your inkjet printer this holiday season. Visit Epson's website for fun inkjet projects you can do in minutes.

Seasonal salutations with your ink jet printer

The holidays are a great time to reconnect with friends and family. This year, instead of a traditional store-bought card, why not let your creativity take control? All you need is a computer, scanner and printer and you'll be able to create personalised holiday greetings that will be that much more memorable and save you money.

Epson Canada brings you these easy, fun holiday greetings projects:

Personalised Greeting Cards

Don't spend your valuable time rummaging through the local card store for that perfect card. With an inkjet printer, you can create your own holiday greeting cards in minutes. Download a template you like from one of the many sites on the web – try www.mycardmaker.com. Then use a photo-editing program such as Adobe Photoshop Elements to drop in your favourite family portrait. Add seasonal borders, a message and fun holiday stickers and print out on card-sized inkjet papers. Now you're ready to pop them in the mail.

Holiday Newsletters

Update family and friends on annual milestones by sending out a family newsletter. Include photos and descriptions of key family events that happened during the year such as graduations, birthday parties, babies and sports awards. Microsoft Office's website (www.officeupdate.microsoft.com) offers numerous newsletter templates you can just drop your family's information and photos into. Add a holiday border and print out on your inkjet printer. Include your newsletter in holiday greeting cards or send out separately.

Holiday Postcards

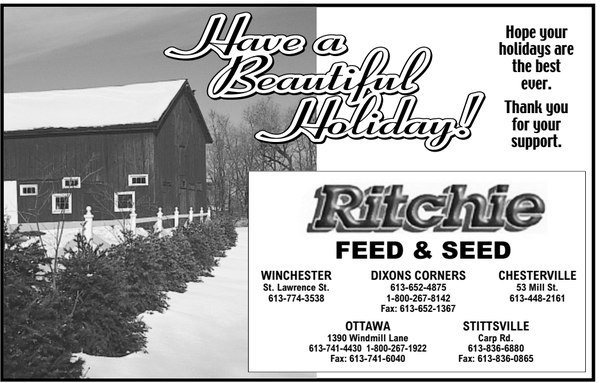
If you're tired of Christmas cards or are traveling this holiday season, send a holiday postcard instead. Scan in your favourite vacation or family photos, add a fun border to the outside, write your message on the back, print out on postcard-sized inkjet cards and stick them in the mail. Websites such as Epson's Print Lab Series (www.printlabseries.com) provide you with easy-to-use postcard templates. Postcards are much more fun than traditional letters, and you won't even need an envelope.

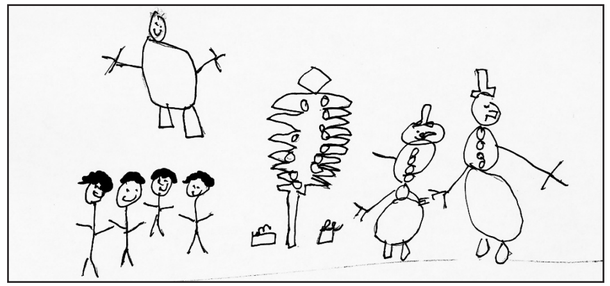
Holiday Photo Stickers

Customize your holiday envelopes and gifts with personalized holiday photo stickers featuring you and your family. Load a photo stickers software program onto your computer such as one included in Epson's Photo Stickers Kit, choose a photo that can be easily cropped, drop the photo into the sticker template, and print the stickers on ready-made pages included in your sticker package.

For best results with any of your holiday projects, make sure you use an inkjet printer with long lasting inks and paper. They'll make your photos look great and your greetings stand the test of time.

- News Canada





Tyler Como, Grade 4, Morewood Public School

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.
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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 neighbors - 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!

From the staff and management of

Kemptville Building Centre Ltd.
and
Kemptville Home Furniture
Hwy. 43, Kemptville

Home furniture 258-9333 KBC Home building centre 258-6000

Painter sees everything as a potential canvas

by Matthew Barbour

OSGOODE — What do baseballs and Christmas have in common? Leave it to Sylvia Pinard of Osgoode to draw the connection. Actually, she draws more than a connection between the two. She paints faces on baseballs and sells them as snowballs. Each ball is painted with a happy-go-lucky smiling face and topped with a toque.

Pinard participated in the Metcalfe Farmers' Market's two Country Christmas events this year. She said that when the idea of painting on baseballs struck her, she headed for her children's toy box. "I'll replace them next summer," she quickly added.

The snowballs turned out to be quite popular at the market. At her booth, she also displayed other hand-painted seasonal ornaments, from small items that can be hung on a Christmas tree, to articles that can be put on view outdoors.

"I try to come up with something new each year," said Pinard. Last year, she started painting welcome plaques. The wood for the signs is cut and prepared by her husband, Richard. She then paints country scenes on the plaques. Winter scenes are a favorite at this time of year.

Below each scene, she usually includes a hand-lettered "Welcome." As a finishing touch, the plaques are covered with three coats of varnish to make them weather resistant. "They look great on a fireplace, or on a front door," she said.

Three years ago, the painter heard about painting on old ice skates and decided to have a go at it. She finds used skates in second-hand stores, flea markets and garage sales, takes them home and goes to work on them. First she fills any cracks in the leather and smoothes out other imperfections. She then coats each skate with several layers of acrylic paint until they look brand new. She then paints various designs and adds ribbon for the laces.

Pinard loves to paint. "I'll paint on just about anything," she said. In fact, her ice-skate creations led to one of her most unique efforts. "A lady came by, saw how I had painted the skates, and asked if I could do the same type of thing with cowboy boots. I said sure," Pinard recalled. The customer had just bought a new pair of cowboy boots for her husband and wanted to make a second present out of his old boots.

The artist prepared the boots with the same basic technique she uses on skates, but finished them off with a country motif, which included a hand-lettered expression, "Country 'til I die."

Sylvia Pinard is busy with her art throughout the year. She also paints her designs on stools, dressers, milk cans and saws. This painter enjoys painting and it was that enjoyment which drove her to selling her art. "You should see our walls at home. We were running out of places to show my work," she said, "But I can't stop painting. I love it."



"I'll paint on just about anything," said Sylvia Pinard, who exhibited her artwork at this year's Metcalfe Farmers' Market Country Christmas events in November and December. Sylvia holds one of her snowballs – a painted baseball. When the inspiration for these items hits her, she heads for her children's toy box. She also paints on old ice skates and has even turned her talent to an old pair of cowboy boots. *Photo — Barbour*

OUR BEST WISHES



It's always a pleasure doing business with you and we look forward to serving you in the future. May the beauty and joy of this season refresh your spirit and brighten your life with special memories.



Linda Bowers
Associate Broker

COLDWELL BANKER

Coburn Realty
157 Main St., Morrisburg, ON
www.bowershomes.ca
613-543-2222
linda@bowershomes.ca



Wishing You Joy

Here's hoping your holiday season is a blast, from the first day to the last.
Thank you for your support.
– *The Lecours Family*

Fawcett's *Jewellery and Gifts*
487 Main St. E.
Winchester
774-6132

Holiday Greetings From Our Family To Yours

May a circle of family, friends and good cheer surround you during this magical season. We wish you and yours a very Merry Christmas and a Happy New Year. Thank you for your support this year.

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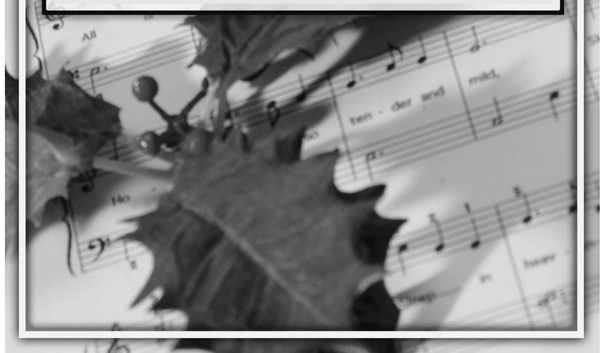


Tree Primer:

Tips on selecting a Christmas tree



A beautifully appointed holiday tree, like the crackling of a fire on a snowy evening, adds warmth and welcome to any home. Whether you're planning to trim a Douglas, Frasier or fir this season, freshness is of the up most importance. Anyone with a keen eye and a good nose can select the perfect tree. Keeping your tree in top form throughout the holidays is also attainable. Consider the following tips to help you select a tree that is just right for your home:

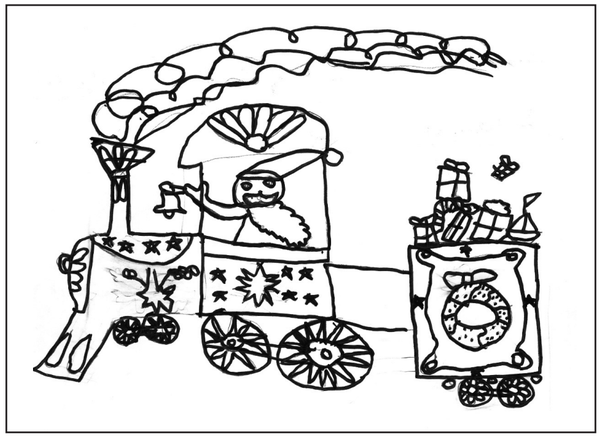
Freshness First - When a tree catches your eye, give it the freshness test. Look for green color and pull a few needles, shake the tree and inspect the limbs. The needles shouldn't pull off or shake off easily and they should be flexible, moist, sticky and fragrant when you crush them in your hand. Limbs should be strong enough to support lights and spaced to lend visual balance. The butt end of the trunk should be cut to promote water absorption and prolong its beauty and life.

Getting it Home Safely - If possible, transport your tree home in the trunk of the car instead of on top to lessen exposure to wind. If you have to put your tree on top of the car, cover it to help prevent wind or sun damage. Burlap material works well in this case. Once you've selected your tree, you have about five hours to get it into a stand of water. Any longer and it becomes necessary to make a fresh cut in the trunk.

Setting it up and Watering - Once home, place the tree in a sturdy, water reservoir stand, making sure it is appropriate for the size of the tree and that it will hold at least 3 1/2 litres of water. Some people mistakenly shave the sides of the tree trunk to fit it into the stand. This is a common mistake that lessens the tree's lifespan.

Use a preservative in the water and keep the stand filled. The average tree will absorb roughly 3 1/2 litres of water during the first 24 hours of being placed in the stand, and between 4 cups and 3 1/2 litres of water each day thereafter. Water consumption is related to the diameter of the tree butt, not to its height, so be sure to check water levels daily even if your tree doesn't seem that large.

- News Canada



Ashley Larmour, Grade 5, Inkerman Public School

FESTIVE Greetings

We hope the holidays bring much laughter, warmth and good fortune for all those you hold dear.
Happy holidays to all our friends and neighbors!

Winchester Grain Elevator
Division of Parrish & Heimbecker Limited
Winchester 774-2720

With Our Thanks At Christmas

Our cup runneth over with holiday joy and with gratitude for you, our customers.

CURRAN FLOORING CENTRE & COTNAM TRUE VALUE HARDWARE
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A Very Merry Christmas

With best wishes and gratitude from all of us to all of you.

Vandemheen Construction
Lubbert & Wanda Vandemheen
South Mountain, Ont.
613-989-2103



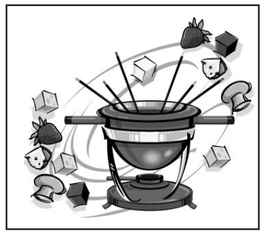
Wishing you all the beauty of the holiday season and the best in the year to come. We appreciate your patronage and look forward to serving you in the future.

Happy holidays and thank you from all of us at

Glen Robinson and Sons
Plumbing and Heating
RR2, Chesterville **448-2894**

Make guests grow fond of fondue

It's easy to serve fondue at your next holiday party. Once considered unsophisticated, it is now an ideal party food — inexpensive, interactive and of course fun. It always creates a relaxed atmosphere and even the pickiest of eaters can find something to eat since there are so many "dippers" to choose from.



One of the best parts about fondue is that its ingredients are flexible. You can use one cheese or a combination. Accompaniments run the gamut — breads, cherry tomatoes, grapes, cubes of chunks of celery or carrots, cubes of meat, lightly steamed broccoli, cauliflower and asparagus, apple and pear wedges or another seasonal vegetable or fruit. Just about any "dippers" will please a hungry crowd and will taste good with cheese too.

Guests will hover over the pot "Classic Swiss Fondue" from "Cooking for Company" (HPBooks) by Nicole Aloni. And you'll have them grow a fondness for fondue.

CLASSIC SWISS FONDUE

Serves 8 to 10 as an appetizer or 4 as an entrée; makes 3 cups

You don't have to buy a specific "fondue vessel." A small chafing dish works as well. Fondue should be heated on the stove and transferred to a fondue pot or chafing dish to serve and stay warm while you're eating. Fill the pot less than half full. If it's too full, it's easier to lose your dunking medium and harder to keep well-mixed.

If the fondue is too thin, turn up the heat a little and stir rapidly until some of the liquid evaporates, without letting it boil. If it gets too thick while people are eating, add some more wine, turn up the heat and stir vigorously until the fondue is smooth, without letting it boil.

Fondue always can be used at the cheese component for gourmet macaroni and cheese casserole. Toss cooked pasta with the fondue, top with additional cheese or bread crumbs, and bake at 350° F until bubbling.

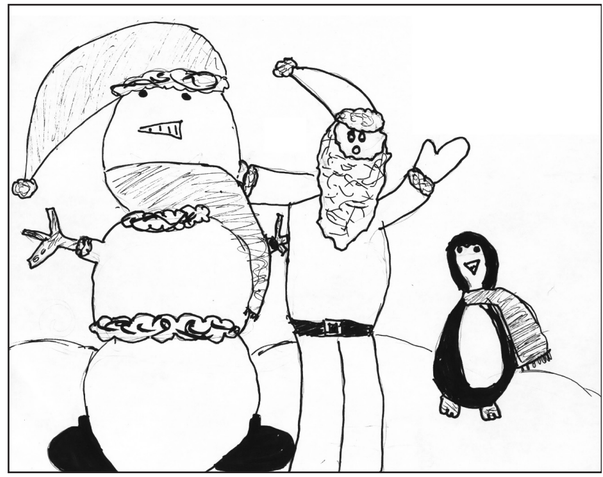
Fondue
2 teaspoons cornstarch
3 tablespoons kirsch
1 clove garlic, smashed
1 to 1 1/4 cups dry white wine
1 tablespoon fresh lemon juice
1 pound Gruyére or 8 ounces Gruyére and 8 ounces Emmentaler, grated (4 cups)
1/8 teaspoon freshly grated nutmeg
White pepper

To serve
Fondue pot or small chafer
Fondue forks or skewers
Small plates
Cocktail napkins
Bread cubes, crostini or pita wedges, green apple wedges, blanched carrots or cauliflower

1. In a small bowl, whisk the cornstarch into the kirsch to dissolve.

2. Rub the garlic clove around the inside of a heavy saucepan over medium heat and then drop it in. Add the 1 cup white wine and lemon juice and bring to a gentle simmer. Add the shredded cheese, one handful at a time, stirring constantly with a wooden spoon.

3. When the cheese is completely melted into the liquid, add the kirsch mixture and whisk to blend. Let simmer several minutes to thicken. If the mixture is too thick, stir in some additional wine. Season with the nutmeg and white pepper. Transfer immediately to a fondue pot and serve with bread cubes, fruit or vegetables.



Sarah Holmes, Grade 4, Inkerman Public School

Holiday Greetings From Our Home To Yours

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
A Better Place For You™

SANDI SMITH
AGENT
29 King St., Chesterville, ON, K0C 1H0
Bus.: 613-448-3300 Res.: 613-448-2416
Fax: 613-448-1217
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Energy-saving ideas for setting holiday lights ago

Lighting up the home for the holiday season is a great way to add warmth and a touch of holiday spirit to any home. Here are some tips to help add a little lighting magic to your home without blowing your holiday budget.

Decorating with lights

• Adorning the outside of the house with lights and decorations immediately sets a festive tone for family and friends.

• To accent special features of the house like the roofline or pillars, choose ribbon lights or for a cascading waterfall effect, hang icicle lights from the roofline.



• For a versatile lighting option, try rope lights. They can be bent or shaped to fit virtually any application.

• Garland lights that feature clusters of lights are perfect for lining doorways, fences and pillars.

• To add some fun for the kids and liven up your yard, choose from illuminated figures including angels, reindeers, Santa or a moose.

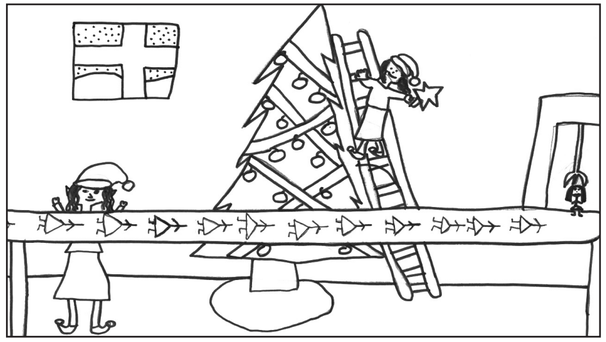
Conserve energy and save money

• Often forget to turn your lights off? Timers are the perfect solution as they can be programmed to automatically turn off both indoor and outdoor lights.

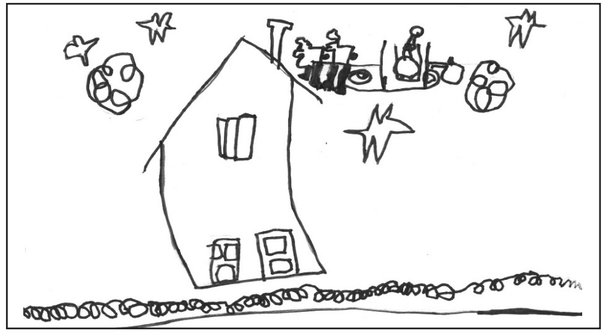
• Many people go away during the holidays, leaving their homes unattended. By setting the timer, lights will automatically go on and give the appearance that someone is home, enhancing security.

• Using timers year round will go a long way to reducing energy consumption and saving money.

• Choose environmentally friendly lights that help to conserve energy. Noma Light Emitting Diode (LED) lights last up to seven times longer than traditional holiday lights and cost up to 90 per cent less to operate. These energy-efficient lights are bright and stylish and are available in a variety of colours and styles. - *News Canada*



Jackie Graham, Age 11, Inkerman Public School



Kurtis McLean, Grade 1, Morewood Public School

HAPPY HOLIDAYS

To all our friends both near and "deer" to us, we extend our heartfelt wishes for a very merry holiday.

SKUCE REPAIRS

4384 9th Line Road
Vernon, Ontario
774-5612



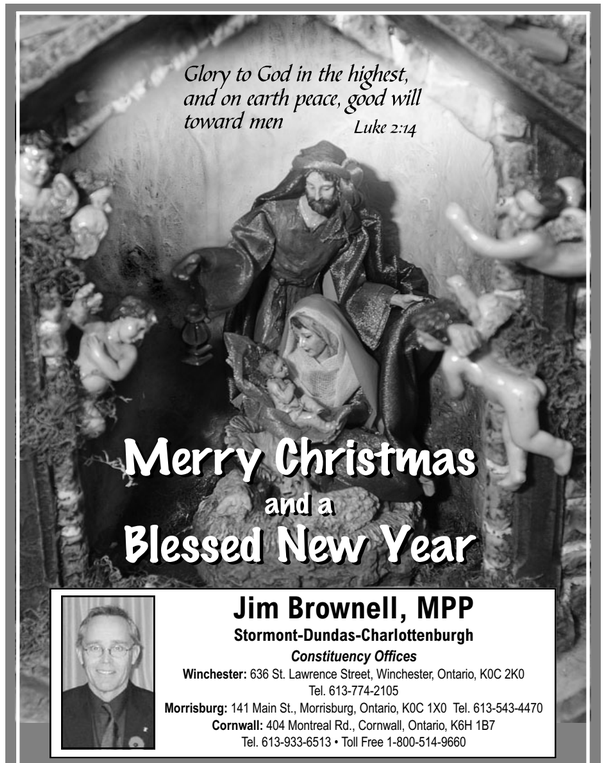
TRIMMED WITH A WISH

From the brightly colored packages
to the lights on the tree,
may you enjoy all the blessings
this special season has to offer.

Coons Cartage & Excavation

Maynard Coons

South Mountain 989-2012



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Buy a bear, give a blanket to the needy

OTTAWA — Canada Post is proud to support the Salvation Army again this year with a donation of $1 from the sale of every exclusive Hallmark toy or ornament sold at participating post offices. The $25,000 donation will be used to purchase 3,000 blankets that will be distributed to individuals and families in need across the country.

"On behalf of every Canadian who has purchased an ornament or toy at their post office, Canada Post is proud to give this donation to the Salvation Army," said Alain Guilbert, vice-president of communications at Canada Post. "As much as Canada Post and its employees deliver the holidays for Canadians, the Salvation Army ensures that the warmth of the season is shared by as many as possible. Canada Post is honored to help."

For most Canadians, Christmas is a special time of year. For some, however, it is a reminder of what they don't have and what they cannot provide for their families. "We thank Canada Post for its continued generosity," said Graham Moore, spokesperson for the Salvation Army. "This money will deliver the message that someone cares to many people across the country."

With this year's donation, $125,000 has been donated by Canada Post to the Salvation Army since the partnership started five years ago. Each year, Canada Post has donated $1 from the sale of each holiday Hallmark ornament and Bear Mail to the Salvation Army.



Polar Bear Mail

Canada Post is making a donation to the Salvation Army for every Holiday Hallmark Christmas item it sells this season. It's true that bears are employed as mail carriers in the far north. *Press Photo — Zabel*

Funds from the partnership have been used to provide winter boots and snowsuits for needy children. A Vancouver shelter was able to purchase mats for use during the winter months, thereby increasing its capacity. In a similar project, money was used to purchase new beds for the Agape Hospice in Calgary.

Canada Post funds have provided educational materials, toys and warm clothing for children at L'Abri d'espoir, a Salvation Army shelter for women and children in Montreal. And donations have provided temporary food and shelter to needy families when they had to travel to be near hospitalized family members.

Available at the Winchester Post Office are three ornaments in a series depicting Santa responding to Christmas letters. This is also a full selection of plush Bear Mail characters. And don't forget, you don't need a stamp to write to Santa through Canada Post. Just like with the Prime Minister, it's free to send a letter. Santa Claus, North Pole, HOH OHO.

SendingOurBest

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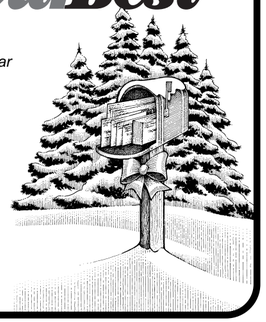
We're delivering our gratitude, too
To each and every one of you!



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Holiday plants:

Plants and flowers for the winter months



Winter isn't as barren as one would think. Holiday plants can spruce up the interior of any home and make for wonderful gifts. "Poinsettias and pines are always popular, but there are many other less traditional blooms to choose from that are both seasonal and easy to take care of," says John Mansz, one of Canada's leading gardening experts. Consider the following plant suggestions to decorate your home or give as a gift:

Poinsettia Alternative - Most people think of poinsettia when easy gift-giving and holiday decoration comes to mind, but the white freesia is also inexpensive and seasonal and can grow inside or out, except in temperatures below -6°C.

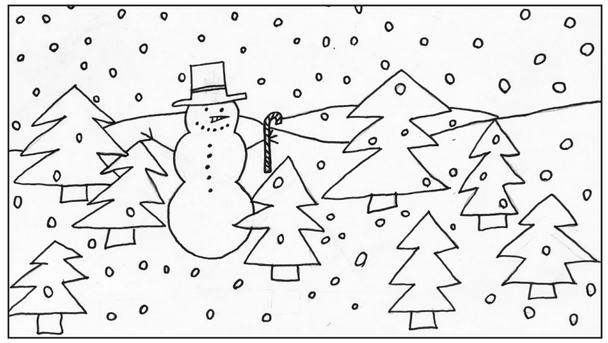
Oh Cactus Tree, Oh Cactus Tree - The Christmas cactus, known for its familiar Yuletide blooms, works well in a windowsill with bright, but indirect light. "Colors range from corals, pinks, yellows and magentas, and the plant requires very little care," says Mansz. "Keep it indoors in the winter and leave it outside in a shady area in the summer and it should do just fine."

Edible Décor - The fragrant herb rosemary in a festive pot can instantly freshen up a room. Keep it on a kitchen windowsill full of sun, and it's there to season your holiday meal. When winter has finally passed, blue flowers bloom to signal the arrival of spring.

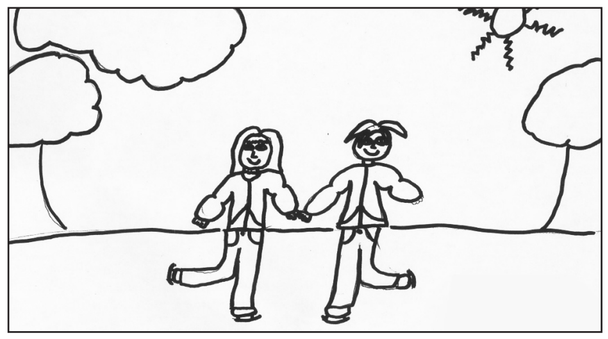
Tried and True - If selecting the poinsettia, look for a plant that is attractive from all sides. "The leaves should be dark green and full at the bottom of the stem, which should be strong," says Mansz. The colored leaves, or bracts, should be firm, open and well colored all the way to the edges, and small bracts that surround the flowers should also be fully colored.

Once you get it home, unwrap it and place it in a sunny window and away from warm or cold drafts. Your poinsettia will require daytime temperatures of 15°C - 21°C. If possible, move it to a cool room at night, around 13°C.

Check the soil each day, water it when the soil is dry and allow the water to drain into a saucer. *- News Canada*



Brett Coburn, Grade 6, Inkerman Public School



Hailey Parker, Grade 3, Morewood Public School

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Gifts for people who love to cook

We all have them – in our family and group of friends – those who love to cook! Here are some great ideas for those special cooks on your list.



1. Fresh herbs year round are a great treat for cooks. Many window box kits are readily available or you can make your box inside of which are placed tiny terra cotta pots each filled with the seeds to grow a variety of herbs.

2. How about a tempting book of chocolate recipes bundled with a lovely gift basket of all different kinds of chocolate – dark, semi sweet, white, chips and chunks.

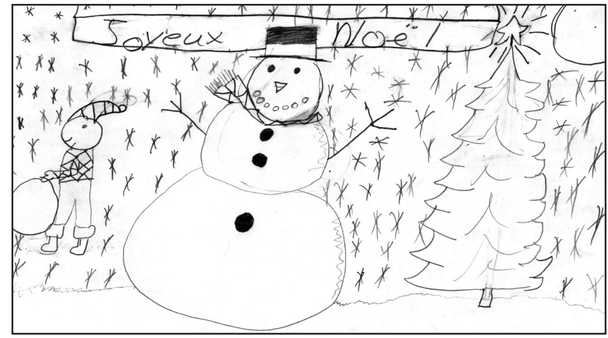
3. Does your best friend love Indian food? Handwrite their favorite recipe onto special stationary and roll into a scroll tied with matching ribbon. Next fill some empty spice bottles with the spices in the recipe and package them all together in a gift box. Try it for another friend with a Japanese or Italian recipe.

4. Today's kitchen appliances can make just about any cook look like a pro. For the most special cook on your list – colorful countertop appliances make mixing, blending and creating special foods even more exciting.

5. Many cooks would enjoy a few culinary tips from the pros. If a trip to a French cooking school is not in the gift budget, why not give them a video cooking series.

Don't forget to wrap your gifts for cooks creatively. Tea towels make a great substitute for wrapping paper – just tie with ribbon to keep secure. Baskets and pots look beautiful wrapped with clear cellophane and finished with a bouquet of dried herbs. You can also visit www.counterscaping.com to get more inspiring gift ideas for those who love to spend time in the kitchen. Now, you have the recipe for a wonderfully unique gift that those special cooks on your gift list will love.

- News Canada



Emily McKenzie, Age 9, St. Guillaume



Alex Pepin, Grade 6, Morewood Public School

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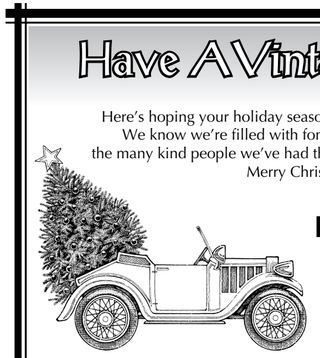

Have A Vintage Season!
Here's hoping your holiday season is a truly memorable one.
We know we're filled with fond memories as we recall the many kind people we've had the privilege to serve this year.
Merry Christmas!
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with our thanks
May good times come naturally this holiday season.
It's been our joy serving you this year.
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Holiday gifts with personal flavor will impress

No other time of year fills up your calendar as quickly as the holidays. Open houses, get-togethers, dinner parties – it seems there's always a function to attend. And that means lots of hostess gifts to buy. Or does it?

This year, add a personal touch to your gift giving by making a homemade treat your host, family or friends will love:

• Wow the chocolate lovers you know with a package of easy-to-make, yet decadent chocolate peanut butter truffles. Simply package a dozen truffles in a gold or silver box and tie with festive fabric ribbon.

• For people who love to munch, sweet-and-spicy flavored peanuts are sure to please. Fill a glass or porcelain bowl with peanuts and wrap it with clear cellophane tied in red ribbon.

• Even if you don't cook, you can still give your host a personalized gift. Write out a holiday-inspired recipe on stationery that best reflects your style and place it inside a covered casserole dish. Top it off with a big, gold bow.

Sweet and spicy peanuts

Simplify your holiday cooking or gift giving with hors d'oeuvres that can be prepared in advance and stored in the freezer. These peanuts are also great when coarsely chopped and sprinkled over salads or stir-frys.



Ingredients

1 tbsp brown sugar (15 ml)
1 tsp salt (5 ml)
1/2 tsp cayenne pepper (2 ml)
1/2 tsp chili powder (2 ml)
2 tsp peanut oil (10 ml)
2 cups unsalted skinned (500 ml) peanuts, about 1/2 lb (250 g)

Method

1. Preheat oven to 350 ºF (180 ºC). In a medium bowl, stir brown sugar with salt, cayenne and chili powder. Stir in oil. Add nuts and stir until evenly coated.

2. Turn onto baking sheet. Bake in preheated oven, stirring occasionally, until nuts are toasted and fragrant, about 10 minutes.

3. Turn into bowl and toss with additional salt if necessary. Serve warm or at room temperature. Store in an airtight container. Peanuts will keep for several weeks when refrigerated or stored in the freezer. Makes 2 cups (500 ml).

– Courtesy of the Peanut Bureau of Canada

PER SERVING (2 tbsp): 88 calories; 3.6g protein; 7.5g fat (of which 3.8g is monounsaturated); 3.2g carbohydrates

- News Canada

Chocolate peanut butter truffles

This simple truffle recipe will add elegance to any holiday festivity. They also make great gifts for the chocolate lovers on your list.



Ingredients

Truffles:
8 oz bittersweet chocolate, (250 g) chopped
2 tbsp butter, softened (25 ml)
2 tbsp smooth peanut butter (25 ml)
1/4 cup icing sugar, sifted (50 ml)
2/3 cup whipping cream (150 ml)
Coating (optional):
Finely chopped peanuts
Edible gold flake
Unsweetened cocoa powder, sifted
Icing sugar, sifted
Chocolate shavings
Chocolate decorations

Method

1. In a bowl set over (not in) a saucepan of hot (not boiling) water, melt chocolate with butter, stirring occasionally until smooth. Whisk in peanut butter, icing sugar and whipping cream until smooth. Remove bowl from saucepan. Transfer chocolate mixture to shallow glass baking dish. Cover with plastic wrap and refrigerate until it stiffens but is still pliable. If it is too stiff to work with, let stand at room temperature for several minutes.

2. Roll about 4 tsp (20 mL) of the chocolate mixture in the palm of your hand to form a 1-1/4 inch (3 cm) ball. Place on plate. Repeat with remaining chocolate mixture. Cover with plastic wrap and chill until serving.

3. To coat truffles: place coating of your choice in small bowl. One at a time, roll the chilled truffles in the coating. Lift, shaking off excess coating. Store coated truffles in refrigerator until serving. Makes about 20 truffles.

– Courtesy of the Peanut Bureau of Canada

PER TRUFFLE (without coating): 118 calories; 1.4g protein; 8.7g fat (of which 1.9g is monounsaturated); 8.5g carbohydrates

- News Canada

Season's Greetings

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CHRISTMAS GREETINGS

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Swag: it's a wreath that's not round

by Sean Meagher

MORRISBURG — The Christmas spirit was alive at the Upper Canada Migratory Bird Sanctuary in late November at a swag-making workshop for crafters. Expert volunteers guided a group of eager students to create personal Christmas swags, for only $10.

A swag is a Christmas decoration similar to a wreath, but it's not circular. Evergreen branches can be assembled in any number of ways, incorporating the same types of ribbons ornaments that would be found in a wreath. The swag is a highly versatile decoration. It can grace a fireplace mantle, or can be wrapped around a banister.

The swag-making group was provided with pine cones, glue, scissors, and a variety of decorations. These were incorporated into the evergreen boughs. "I think it's great, I'm just here for the swags," said Jacky Whittaker, from Ingleside.

Vivienne Froats was the swag expert at the workshop who guided everyone to create a beautiful, reusable, holiday decoration.

"You would be surprised at the number of people here today who have not been down here before," said Margaret Reynolds, a Friend of the Sanctuary. "And some of them are even from Morrisburg," she added. Although the bird sanctuary has been a part of the community for a number of years, it is often overlooked.





Above: Arlene Hart from Newington made a swag at the Upper Canada Migratory Bird Sanctuary on Nov. 28. In the spirit of the day, she tucked a small bird into her creation. Right: Jacky Whittaker from Ingleside used pine cones in her design. *Photos — Meagher*

Reynolds said this workshop is a great way to make people aware of the sanctuary and its programs. "It's a good way to get the word out," she said.

The Friends of the Sanctuary is a volunteer, non-profit organization that provides support and sponsorship for the Upper Canada Migratory Bird Sanctuary. The park covers 9,000 hectares of managed woodlands, marshlands, goose pastures and waterways.

Reynolds suggested that spending a day at the Sanctuary is a great way to see nature's beauty. "You can come here for a day, and in the winter we rent out snowshoes and skis for a dollar a pair," she said. For more information about the Upper Canada Migratory Bird Sanctuary, contact 613-346-1577.



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Survivor assistance

Adopt-A-Minefield campaign to assist Vietnam

The Canadian Landmine Foundation, Canada's foremost fundraising organization for landmine action and a managing partner in the global Adopt-A-Minefield campaign, declared this year that Dec. 3 would be proclaimed Adopt-A-Minefield's Survivor Assistance Day.

The date marks the anniversary of the Ottawa Treaty, banning the production, use and trade of anti-personnel landmines. Survivor Assistance Day (SAD) was an opportunity to help build awareness of the plight of landmine survivors. This is in keeping with the United Nations' declaration of the international day of disabled persons.

The Give the Gift of a Changed Life campaign was launched on Dec. 3, and will continue until the end of the year. The Give the Gift of a Changed Life campaign calls Canadians to assist landmine survivors in their rehabilitation, and enable them hopefully to look toward a brighter future. People are asked to make a donation in the name of a friend, family member of colleague toward Adopt-A-Minefield's Survivor assistance program. Adopt-A-Minefield's Survivor assistance program assists, not only in the fitting and use of prosthetic limbs, but also in the rehabilitation of the spirit.

One hundred per cent of all donations will be put directly toward survivor assistance projects in Vietnam.

"The Give the Gift of a Changed Life campaign enables the donor to give a gift that will not remain unused and the recipient to receive the unique gift of knowing that they have helped to change the life of someone who has been injured by a landmine," says CLF president and CEO Scott Fairweather.

Every 27 minutes a person is killed or maimed by a landmine. There are presently more than 300,000 people worldwide who have survived a landmine accident. Each year, landmines kill or injure another 18,000. Most of these casualties are civilian and up to 50 per cent are children.

Many mine-affected countries do not have the resources to adequately care for their landmine survivors. A lack of access to health care in remote areas, a lack of equipment and medicines, and a lack of funds often prevent survivors from getting the treatment they need in order to survive.

The Give the Gift campaign will enable someone who has sustained a serious injury through a landmine accident to receive vital survivor assistance aid. The recipient of a Gift of a Changed Life valued at $20 or more will receive a unique Adopt-A-Minefield gift card featuring a painting by Paul McCartney — who, with his wife Heather, serves as Adopt-A-Minefield's goodwill ambassador.

Those donating $50 or more will also receive a copy of Heather's video, A Quiet Earth. A donation of $50 will purchase a prosthetic limb. A donation of $100 will help a landmine survivor to walk again.

Send a cheque to Adopt-A-Minefield c/o The Canadian Landmine Foundation, 1623 Yonge Street, Toronto, M4T 2A1 or visit www.canadianlandmine.org to donate today. Give the gift of a changed life! For more information contact Scott Fairweather 416-365-9461, ext. 22.



Change a life

Make a statement against landmines with these original shirts designed by Paul McCartney and Heather Mills McCartney. The front proclaims NO MORE LANDMINES, the back sports the Adopt-A-Minefield logo. The perfect holiday gift, these shirts keep on giving by spreading the Adopt-A-Minefield message and supporting mine removal around the world.

Adopt-A-Minefield®
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Light up the holidays

Tips ensure safe twinkling and trimming

Nothing brightens up a winter evening more than holiday lights. Whether they're adorning a tree, framing the home, draped around shrubbery or used to accent a festive piece of yard art, lights emit magical ambiance.

"Putting up the holiday lights doesn't have to be a chore if you follow simple steps and make sure the stringing is left to adults," says Ian Cleghorn, a Canadian energy and lighting expert. Cleghorn offers the following tips to ensure "safe trimming."

• Verify that all the lights and extension cords have been designed for their proposed use inside or outside. Look for the Underwriters Laboratories (UL) trademark on the product or the label.

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

• Replace burned-out bulbs immediately. "Burned-out bulbs can cause the other bulbs to overheat and shorten the lives of the entire string," says Cleghorn. "Make sure all bulbs are firmly fastened in their sockets."



Outdoor Lights

• Be sure the ladder is long enough to reach your highest point and is positioned on level and secure ground with an adult helper holding it.

• 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, and use only those designed for the outdoors. "Consider putting the lights on a timer for energy efficiency," says Cleghorn.

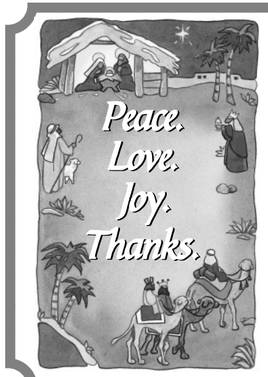
• Plug electric decorations into a rubber, multiple outlet yard post to avoid overloading a circuit or causing a power outage.

Christmas Trees

• "To ensure that you have enough lights to cover the tree, a good rule of thumb is three 100-light sets for every half a meter of height," says Cleghorn.

• Before getting started, plug in the individual light strands to make sure all bulbs are working properly. For the best effect, weave lights back and forth, taking care not to cross the cord over itself.

• Keep trees watered and away from fireplaces, radiators and heat sources. Turn off lights when leaving the house and going to bed. *- News Canada*



With our most sincere gratitude and best wishes to all of you. Have a happy and joyous holiday season.
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Thanks
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Ten new ways to decorate for the festive season



For many people, the holidays are about spending time with family and friends and entertaining at home. Decorating the home is high on the to-do list in preparation for this special time. To refresh your look this year, add something new to complement your existing collection or find new ways of decorating with some of your favourite pieces that you already have at home. Here are a few ideas to get you started:

• Decorate with ornaments. Try hanging glass or reflective ornaments on your chandelier for a dazzling festive effect or create a centrepiece by piling decorations into a glass vase or bowl. Shatter-proof ornaments that resemble glass are a great idea for pet owners and families with small children. Easy ideas include suspending ornaments on ribbons and placing on doors and doorknobs or hanging them as mistletoe in entranceways.

• Create a welcoming entrance with a Christmas tree in the foyer. With trees available in various sizes, the perfect one can be found for any size home. Decorate with colors such as burgundy and gold to create warmth.

• String indoor lights on wreaths and garlands and place them in front windows. It's a simple way to trim indoors and outdoors at the same time.

• If you don't have a mantle, hang stockings on bedroom doors, a great way to deck the halls.

• Create instant ambience and warmth with candles. Try grouping several chunky pillar candles of varying heights together or place votive and pillar candles in colored or cut glass holders for great light effects. For the latest look, use tealight lamps with glass and beaded lampshades (never leave burning candles unattended).

• Dress up window treatments by draping beaded and decorative garlands over curtain rods.

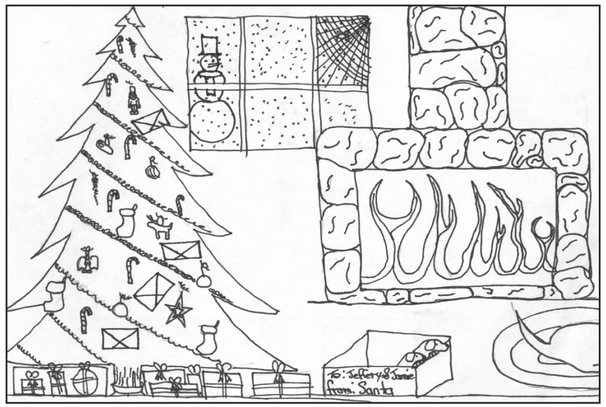
• Use color co-ordinated ribbons instead of hooks to hang tree ornaments for a stylish designer look.

• Holiday plants are an easy way to add splashes of color. Decorate an indoor planter with a festive bow to add a vibrant accent to any room. A variety of plants are available during the holiday season including poinsettia, cyclamen, azaleas, Christmas cactus, mumsettia (a red poinsettia planted with a white chrysanthemum), and indoor flowering bulbs like amaryllis, paperwhites, hyacinths and crocus.

• Clear your coffee table and dress it up for the holidays with yuletide music boxes, snow globes, a bowl of candy, holiday books and albums, candles and fresh flowers.

• Decorate the backyard. Lit twig trees look beautiful at night, and a garland around the fence can add that extra touch of holiday spirit.

- News Canada



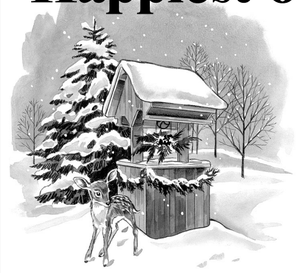
Taylor Ormsby, Grade 6, Morewood Public School

Silent was the night

Silence was the night in Bethlehem.
Not a sound was made not even a
mouse. Little Lord Jesus asleep on the
hay. The baby has waken up, but does
not cry. He makes joy and laughter.
The animals are happy and the angels
are too.

Ian Guthrie, Grade 5,
Timothy Christian School

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.

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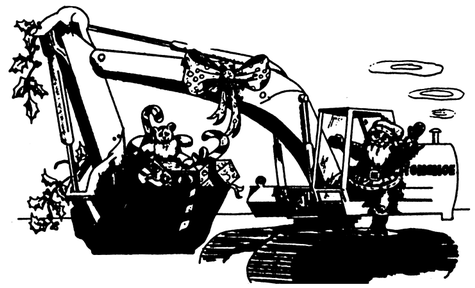
Merry Christmas and Happy New Year



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O Christmas Tree
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Gift-giving traditions around the world provide inspiration

Perhaps you feel like you give the same old gifts year in, year out to family and friends. You've tried to get inspired but its as fruitless as a bad fruitcake. A trip around the world might cut into your holiday funds, but taking a look at holiday traditions around the world is a great way to find gift ideas.This year turn gift giving into a lesson in diversity. Here, a melting pot of ideas that will impress your friends and family:

South Korea

During the fall harvest (which arrives in mid-August, depending on the lunar calendar), families gather to share a meal. At this celebration, adult children give money to their parents and, at day's end, parents pack up the harvested crops for their children. "It's like our Thanksgiving," says Jiyong Ahn, 26, who spent 8 years in South Korea and now lives in River Edge, New Jersey. Pretty presentation is another lesson to be learned from South Koreans. Everything in Korea is gift-wrapped and the packaging is important, says Claudia Chung, 26, who lived in South Korea until age 5 and now lives in New York City. "You buy a cake and the wrapping is prettier than the cake itself," she adds. "They even put ribbons on a box of pizza." Remember, it's all about the packaging, so get out the bows and streamers, even if you decide to give Mom and Dad cash this year.

China

Using red wrapping paper and envelopes will delight those in China, who think the color brings good fortune and wards off evil. Traditionally on the Chinese New Year, people exchange red envelopes filled with money. But, even if ensconced in red, a clock is an inappropriate gift for someone who is Chinese. The English word for clock sounds like the Chinese word for death, so when you give someone a clock, he might think you are hexing him, warns Gladys Cheng, 23, of San Gabriel, California, who lived in Hong Kong until she was 8. "Giving 'time' is like predicting death," she says, "If I give you a clock or watch, it's like I'm saying that you're going to die soon."

Israel

Every December, Jews around the world celebrate Hanukkah, the festival of lights or celebration of the Macabees' victory over the Greeks, who wanted the Jews to give up their culture and faith in favor of a Hellenistic life in 166 B.C. After the Macabees won the war, they needed to rededicate their temple but only had enough oil for one day. Miraculously, the oil lasted eight days. As a result, Jews today light candles on the menorah for each of Hanukkah's eight nights and often they exchange gifts. Originally, Jews gave monetary presents to teach children about sharing and in Israel that sentiment remains. Parents often give their children "gelt," which are coin-shaped chocolates wrapped in gold foil. Potato latkes and jelly doughnuts are the holiday's signature foods should you be invited to a Hanukkah celebration. The goal of the giver should be to provide a sweet thought as opposed to a fancy or expensive gift.

Netherlands

Sending postcards, via snail mail, for special occasions may not be common in this e-mail based world. But it is still common in the Netherlands. "It's more personal to write a note than to e-mail or call someone," says Lonneke Amijs, 21, who lives in Helmond in the Netherlands. "You can better express your feelings." If putting it in writing is not your style, you can always offer a floral bouquet. Flowers are the typical offering when you are invited to someone's home in the Netherlands, not surprising for a country famous for its tulips. The Dutch also exchange gifts on Sinterklaas, or Santa Claus Day, on December 5, which celebrates the actual feast day of Saint Nicholas for whom Santa Claus was named. On this day, people indulge in traditional Dutch cookies and candies, adults often make little presents or write poems for one another, and children receive a piece of chocolate in the shape of their first initial.



A trip around the world might cut into your budget, but taking a look at holiday traditions around the world is a great way to find gift ideas.

Portugal

In Portugal, and in other parts of Europe, handmade gifts are often seen as the most sincere. Although Christmas is the most popular time of year to exchange gifts, most people bring homemade baked goods or knitted tablecloths, shawls or blankets whenever visiting someone's home, says Portuguese American Helder Gil, 26, of Washington, D.C. Even celebrities, including Julia Roberts, have taken up Portuguese habits like knitting, proof that even old-fashioned hobbies can be chic.

- News Canada



Our sincere thanks for your valued business. We appreciate having you as our customer and look forward to serving you in the New Year.

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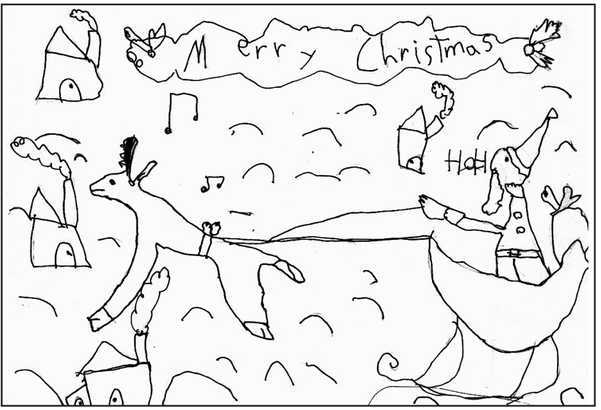


Daphne Van Delst, Grade 2, St. Mary School, Chesterville

You make it, they bake it.... Chunky oatmeal cranberry cookies

An attractive gift to give as well as a tasty treat to eat.

Ingredients

1 cup all purpose flour (250 ml)
1/2 tsp baking soda (2 ml)
1/4 tsp salt (1 ml)
1 1/4 cups Robin Hood or Old Mill Oats (300 ml)
1/2 cup granulated sugar (125 ml)
1/2 cup packed brown sugar (125 ml)
3/4 cup dried cranberries (175 ml)
3/4 cup white chocolate chips (175 ml)
1/2 cup chopped pecans (125 ml)



Method

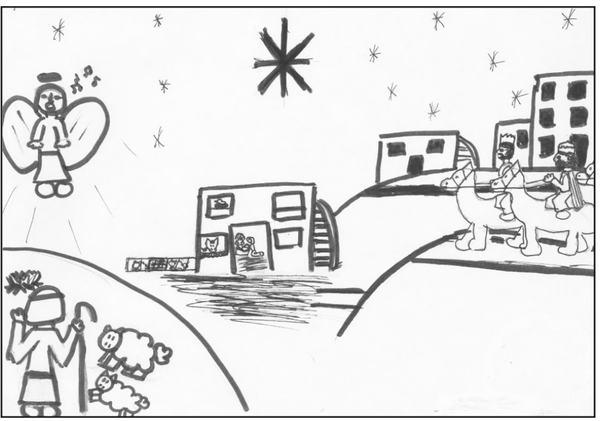
1. Combine flour, baking soda and salt. Mix well. Pack down in a large jar with tight fitting lid. Add other ingredients, one at a time, packing each layer down firmly.

2. Put the lid on the jar and tie a ribbon around it. Print out the following preparation directions on a card and fasten to the jar.

DIRECTIONS:

Beat 1/2 cup (125 ml) softened butter until light and creamy. Add 1 egg and 1 tsp (5 ml) vanilla, mixing until smooth. Add ingredients from jar, stirring until thoroughly blended. Drop dough by tablespoonfuls (15 ml) onto greased cookie sheet. Bake at 350º F (180º C) for 12 to15 minutes or until light golden. Makes about 3 dozen cookies.

More festive recipes and baking tips are available online at www.robinhood.ca or call 1-800-268-3232. *- News Canada*



Jennifer Noort, Grade 7, Timothy Christian School

NOEL

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For a fun-filled holiday season. Thanks, friends!
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JOY HOPE PEACE
glad tidings to you!
Wishing you all the joy of the season from the Dental Office of
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We are handicap accessible • New patients always welcomed
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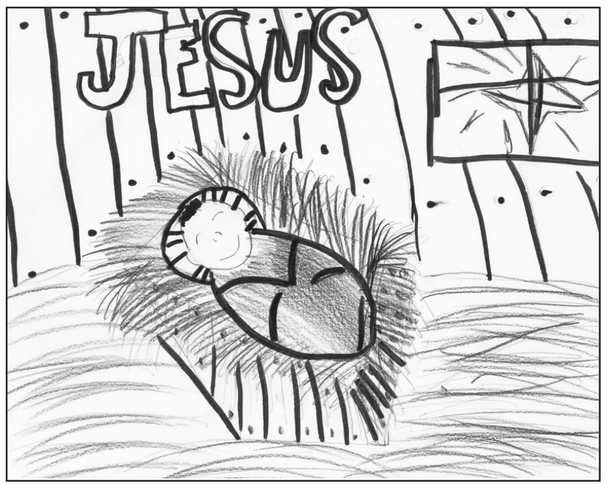


Sarah Kaldeway, Timothy Christian School

Where did Santa's reindeer come from?

It remains unclear as to why reindeer became associated with Santa Claus but they were first introduced in 1821 in a poem by William Gilley, a New York printer, which began with "Old Santeclaus with much delight, His reindeer drives this frosty night". In 1882, Clement Clarke Moore, one of Gilley's friends, embroidered the new addition to Christmas lore in another and more magical poem.

In his poem *The Night Before Christmas* Moore immortalized eight tiny reindeer by name.

"When, what to my wondering eyes should appear,

But a miniature sleigh, and eight tiny rein-deer,

With a little old driver so lively and quick,

I knew in a moment it must be St. Nick.

More rapid than eagles his coursers they came,

And he whistled, and shouted, and called them by name;

"Now, Dasher! now, Dancer! now, Prancer and Vixen!

On, Comet! on, Cupid! on, Donder and Blitzen!

To the top of the porch! to the top of the wall!

Now dash away! dash away! dash away all!"

Since that time reindeer have become an integral part of the Christmas story with children leaving treats for them and the introduction of perhaps the most famous of them all – *Rudolph the Red-nosed Reindeer.* *- News Canada*

Way up in the sky

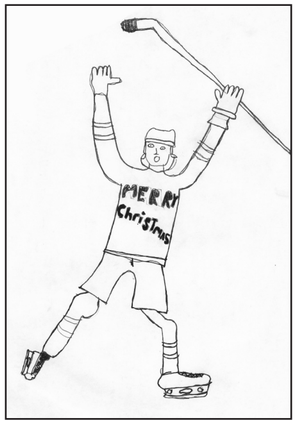
Way up in the sky,
There is a jolly old guy.
He gives gifts to girls and boys,
Like books and games and toys.
As he flies off out of sight,
He yells Merry Christmas to all
And to all a good night.

Courtney Carriere,
Grade 3,
Metcalfe Public School

I love Christmas

I love Christmas because it gets our family together. So I think that's good for me and my family. I also think the decorations we put up are nice and colorful. I also really like to get presents. This is such a good time of the year.

Cody Prince,
Grade 6,
Winchester Public School



Josh Stubbings, Grade 6, Winchester Public School

Wishing You Joy, Peace and Enlightenment At Christmas

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Dean C. MacGillivray
Funeral Director

Lila Gibeault
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Support Staff

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1283217 Ont. Inc.

Sundblom Santa: world's vision of Santa

Santa Claus, easily one of the world's most popular characters, also is one of the most mysterious. We know he lives at the North Pole with Mrs. Claus, and we know he and his elves load the sleigh each Christmas Eve for a marathon trip around the world, but little is known about his past.



Some historians believe the legend started in the fourth century, when Nicholas, the first Bishop of Myra in Asia Minor (modern-day Turkey), became known for his kindness to children and for his help to the needy.

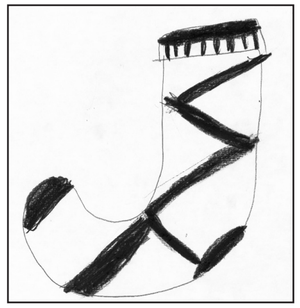
As recently as 65 years ago, Santa Claus literally was a character of many dimensions. In numerous artistic renditions, Santa has been depicted as everything from a pixie to a leprechaun, sometimes even a frightening gnome.

But thanks in part to The Coca-Cola Company, the jolly fella has an image that is well known and enduring around the world today: plump man in a red suit and white beard who travels by reindeer and slips into homes through the chimney each Christmas Eve.

It was in 1931 that the world-wide company commissioned American artist Haddon Sundblom to transform Santa Claus into a totally human, merry gentleman – with rosy, red cheeks and a handsome, white beard.

Popularly known as the "Sundblom Santas," the series of Santa Claus oil paintings were used for a number of special Christmas advertisements for Coca-Cola, beginning in 1931 and carrying through the next six decades. Haddon Sundblom died in 1976, but the Company continues to display the Santa images in its holiday advertising and packaging.

"The Sundblom Santa is remarkable for several reasons, most notably because of the way Haddon Sundblom captured the essence of St. Nicholas," said Phil Mooney, archivist, "Sundblom created an enduring symbol, the spirit of Christmas, which Coca-Cola shares with the world through its packaging and advertising." *- News Canada*



Kayla, Grade 2/3,
Dixon's Corners Public School



Juanita Lopez, Grade 3,
Dixon's Corners Public School



Resounding Christmas Wishes

May the spirit of Christmas ring in your heart and echo throughout the New Year. Please accept our best wishes at Christmas time and our sincere thanks for your loyal patronage.

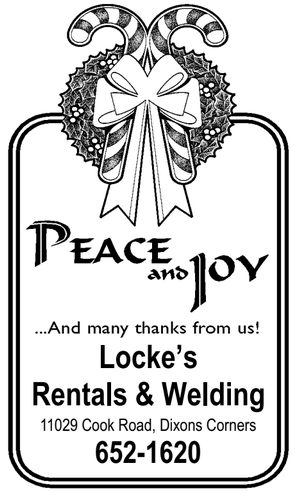
Carol and Dwaine

Armstrong Burner Service

Winchester 774-3522



Michelle Séguin, Age 6
Ste-Thérèse d'Avila



PEACE and JOY

...And many thanks from us!

Locke's Rentals & Welding

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Holiday Warmth to You

May your season be filled with family, friends and many good times. You have our sincere gratitude for your patronage. Happy holidays, everyone!

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Fa...La...La...La...La!

We'd like to chime in with a chorus of best wishes and thanks to you, our customer.

Hope your holiday season hits all the high notes.

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Merry Christmas & Happy New Year

'Tis the season to celebrate good friends and neighbors like you.

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Abbey Rose

Top 10

New Year's family resolutions

An increasing number of families have adopted the idea of making family New Year's resolutions. Following is a peak at the top 10:

1. Put the Family on a Reasonable Budget — Taking time out to learn budgeting strategies for living within the family's means

2. Make Time for Family Dinners — Resources abound with facts about their positive impact on a family and ideas on making them possible.

3. Resolve Conflict Without Yelling — Seek out new ways to help the family communicate effectively.

4. Get the Family Involved in Volunteer Activities — Find ideas on how to involve the family in community acitivities.

5. Create Family Quality Time from Everyday Activities — There are 24 hours in a day, and a thousand ways to make each one count for your family.

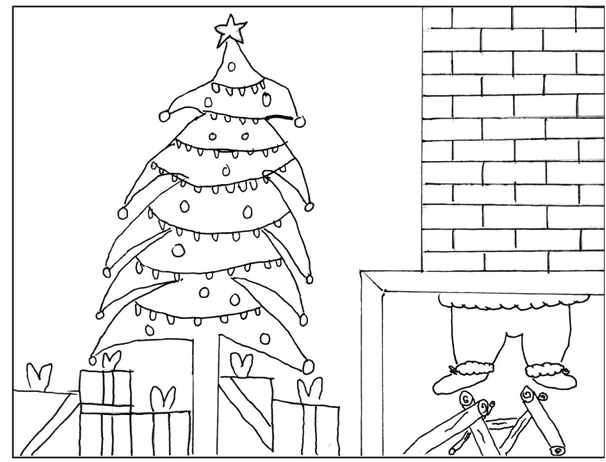
6. Put More Romance in the Marriage — Find ways to renew the excitement and attraction that of relationships before the children came along.

7. Time Management — Learn quick and easy ways to find for free time for the family.

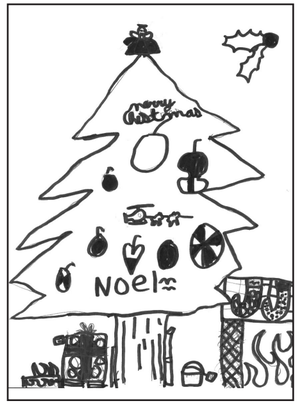
8. Find a Better Balance Between Work and Home Life — It is possible to manage both.

9. Get More Sleep — Proper sleep is vital for adults and children.

10. Keep Fit During and After New Babies — Rediscover the benefits of exercise and ways to get back into exercise programs after the baby is born.



Jeremy Rose, Grade 7, Nationview Public School



Chase DeDekker,
Elma Public School

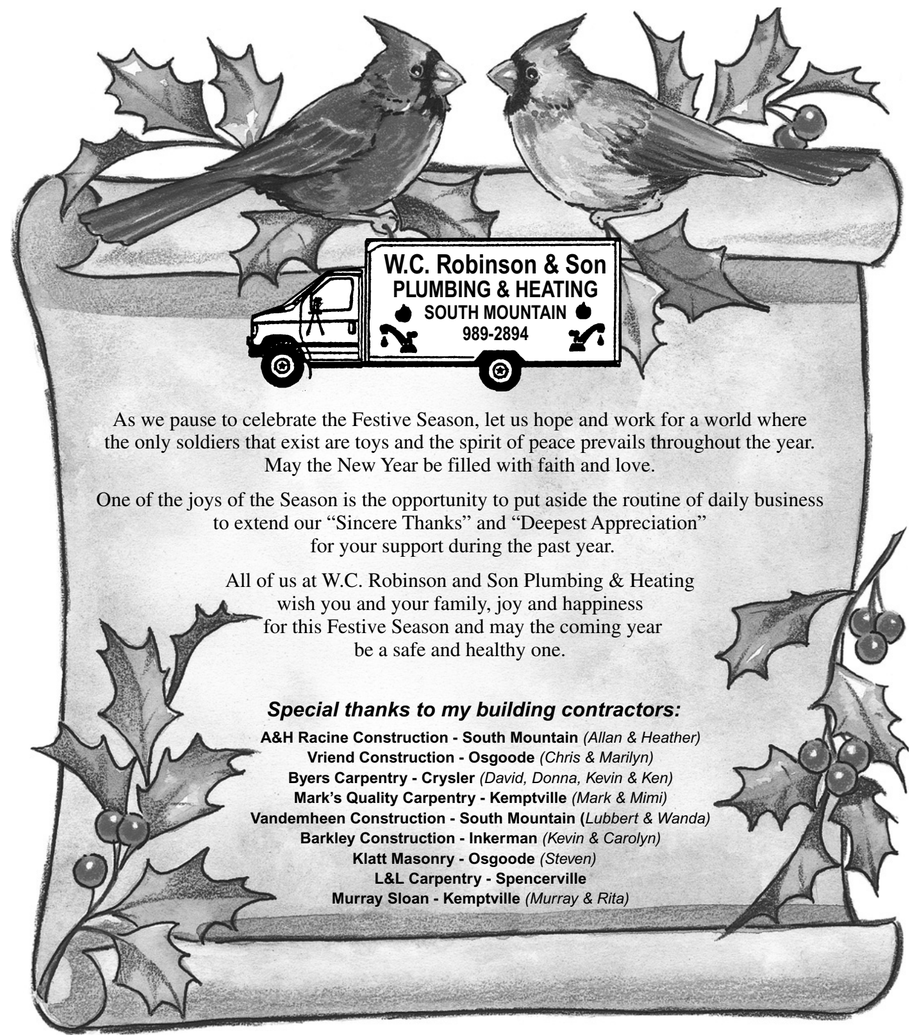
I am Santa

I am santa Clause
I wonder how many people are on my noty list
I hear bells every christmas eve
I see you when your sleeping
I am Santa Clause

I pretend I fly in the sky when flying
I feel toys every christmas eve
I touch a christmas tree when I put presents under your tree
I worry if every one is on my noty list
I cry if every body is on my noty list
I am Santa Clause.

I understand your christmas lists
I say HO HO HO
I dream about eveyone being on my nice list
I try to make every toy on your list
I hope you all believe in me
I am Santa Clause

Ryan Switzer, Grade 5/6,
Winchester Public School



As we pause to celebrate the Festive Season, let us hope and work for a world where the only soldiers that exist are toys and the spirit of peace prevails throughout the year. May the New Year be filled with faith and love.

One of the joys of the Season is the opportunity to put aside the routine of daily business to extend our "Sincere Thanks" and "Deepest Appreciation" for your support during the past year.

All of us at W.C. Robinson and Son Plumbing & Heating wish you and your family, joy and happiness for this Festive Season and may the coming year be a safe and healthy one.

Special thanks to my building contractors:

A&H Racine Construction - South Mountain *(Allan & Heather)*
Vriend Construction - Osgoode *(Chris & Marilyn)*
Byers Carpentry - Crysler *(David, Donna, Kevin & Ken)*
Mark's Quality Carpentry - Kemptville *(Mark & Mimi)*
Vandemheen Construction - South Mountain (*Lubbert & Wanda)*
Barkley Construction - Inkerman *(Kevin & Carolyn)*
Klatt Masonry - Osgoode *(Steven)*
L&L Carpentry - Spencerville
Murray Sloan - Kemptville *(Murray & Rita)*

You are invited to a cookie exchange

It wouldn't be the holiday season without delicious homemade festive cookies. And hosting a cookie exchange is a great way to enjoy everyone's favorite holiday cookies as well as go home with a bountiful supply of them. It is also a lovely way to spend time with friends and family – either at home or at work.

The Robin Hood Test Kitchen shares some tips that take the guesswork out of hosting a cookie exchange:

• Invite about 6-10 people to your home or place of work for a cookie exchange and make sure they RSVP. At work, consider a lunch-hour exchange.

• Ask guests to bake a dozen cookies for each guest attending, plus an extra dozen to taste.

• Have guests bring their cookies in containers that they can take their cookie assortment home in – plastic freezer containers work well.

• Have guests think about choosing a favorite family recipe or one traditional to their background. Ensure there is no duplication to guarantee the best variety.

• Bring baked cookies that hold their shape well and have no soft icings that would get messy in transit.

• Make sure each guest brings copies of their recipe to pass around.

• Have platters ready for the cookies brought for sampling.

• Bake your cookies a day or two in advance.

• Make sure that cookies can be frozen so that they can be enjoyed throughout the holiday season.

• When you get home repack so you don't store soft cookies with crisp ones.

• Provide sparkling water, coffee or tea and a supply of small plates and napkins for the tasting.

• Visit www.robinhood.ca for festive cookie recipe ideas and baking tips.

- News Canada

Double chocolate cookies

A great recipe for a cookie exchange. Try them warm too.

Makes about four dozen cookies

Double Chocolate Cookies

Preheat oven to 375º F (190º C). Grease cookie sheet.



1 2/3 cups Robin Hood All-Purpose Flour (400 ml)
1/3 cup cocoa powder (75 ml)
1 tsp baking soda (5 ml)
1/2 tsp salt (2 ml)
1 cup butter, softened (250 ml)
3/4 cup packed brown sugar (175 ml)
1/2 cup granulated sugar (125 ml)
1 egg
2 tsp vanilla (10 ml)
2 cups chopped semi-sweet chocolate (500 ml)
1 cup coarsely chopped pecans (250 ml)

1. Stir together flour, cocoa powder, baking soda and salt.

2. Cream butter in large bowl on medium speed of electric mixer until light. Gradually beat in sugars, egg and vanilla until smooth. Blend in dry ingredients on low speed. Mix well. Stir in chocolate and nuts.

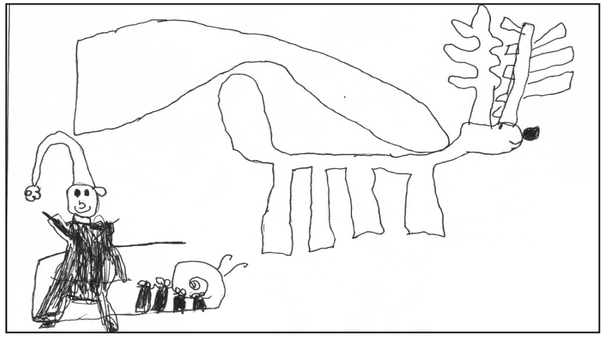
3. Drop dough by tablespoonfuls (15 ml) about 2 inches (5 cm) apart on prepared cookie sheet.

4. Bake for 8-10 minutes or until set. Cool 5 minutes on sheet, then transfer to rack and cool completely.

Variation: Vary the kind of chocolate and nuts to suit your taste.

Preparation time: 20 minutes / Baking time: 10 minutes / Freezing: excellent

More festive recipes and baking tips are available online at www.robinhood.ca or call 1-800-268-3232. *- News Canada*



Will Zandbelt, Grade 2, St. Mary School, Chesterville

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!

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RENOVATIONS
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CHRIS HELMER
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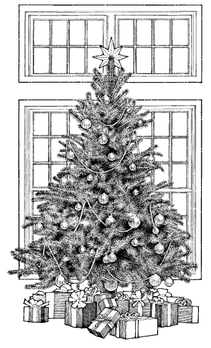



Merry Christmas and Happy New Year

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

from **Graham and Douglas Casselman**
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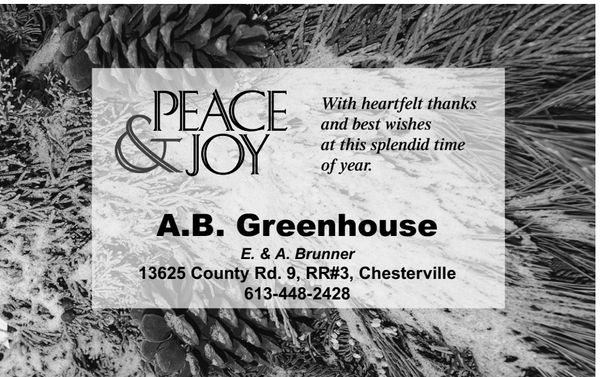

PEACE & JOY

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

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

SENDING OUR BEST



May the happy hours, beautiful memories and many holiday blessings shared by your family make this your merriest Christmas ever!
We're thinking of you and sending our thanks.

Terry's Restoration 989-2773
Sandy's Restoration 989-1764

Christmas Seals: A Canadian Tradition

Did you know...

• Christmas Seals were first sold in Denmark in 1904.

• Nine million sheets of Seals will be printed in Canada this year.

• The Lung Association has mailed Christmas Seals to Canadian homes since 1927.

• If the Christmas Seals were stretched out they would equal the entire length of the Tour de France bicycle race – that's 3,429 km!

• To celebrate the holidays, The Lung Association sends out 90 million Christmas Seals across Canada and by using them, you show that you support the fight against lung disease.

• By making a donation to The Lung Association's Christmas Seal Campaign, you are one of the millions of people who contribute to this annual campaign.

• When a donation is made as a Christmas gift, an acknowledgement card is sent.

The Lung Association is dedicated to improving your lung health. Because one in five Canadians is living with a serious lung disease, we specialize in giving you advice and information about asthma, breathing difficulty due to lung illness, air quality, and respiratory research. Please support our Christmas Seal Campaign, because, when you can't breathe, nothing else matters. Call our toll-free number 1-888-566-5864 (LUNG) or visit us at www.lung.ca.

- News Canada

Santa facts

Where did Rudolph come from?

In 1939, Robert L. May wrote a children's story about a deer whose glowing nose made him treated like an outcast by his fellow reindeer, and then made him a hero as he led the entire team on a zero-visibility Christmas Eve. The story was published as a children's book with great success. Ten years later, the story was converted into a song. Gene Autry, singer and cowboy star of movies and television, had two 1947 hits with "Here Comes Santa Claus" and "Rudolph the Red-Nosed Reindeer."

- News Canada



Nicholas Maheux, Grade 5, Inkerman Public School



Trimmed With Best Wishes

May your heart be filled with the love of family, the warmth of good friends and the light of faith – all the trimmings for a truly satisfying holiday season.

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CATERING SERVICES
Al & Judy Graham
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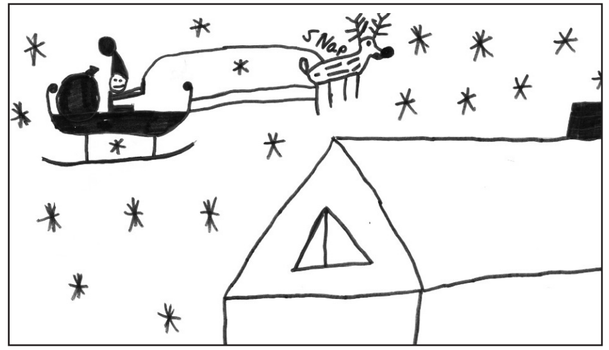
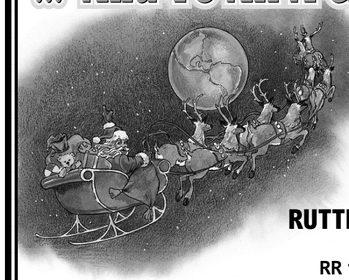


Justin Fawcett, Grade 5, Elma Public School

"And To All A Good Night!"



In this season of wonder, we wish you lots of harmony and joy at every turn.

Merry Christmas!

RUTTERS ELEVATORS INC.
The Rutters Family
RR 1, Chesterville 448-2153



A Very Merry Season

Our stockings are hung, the tree's all aglow;
We're sending glad tidings to the people we know;
So before all the festivities begin, we'd like to thank you for your dropping in!

COTTAGE COVE

LADIES' CASUAL CLOTHING AT AFFORDABLE PRICES
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Next to Human Resources Centre

Favorite recipes for leftover turkey

• continued from previous page

Fast and Easy Turkey Jambalaya
Serves two
2 cups instant rice
2 cups liquid
1 can stewed tomatoes
1 cup cooked turkey chunks, cubed if possible
¼ cup cooked smoked sausage, or cooked smoked ham, or salami cubed
¼ cup salad olives, finely chopped
1 tablespoon oil
1 medium sized onion, diced
1 green pepper, seeds and membrane removed and diced
1 stalk of celery, sliced into small chunks
1 tablespoon garlic powder
1 teaspoon thyme
1 small pinch of cayenne (if you're brave, increase to large pinch)

Strain tomatoes, pressing with a fork to remove as much juice as possible and add enough water to complete measure of two cups of liquid. Add garlic powder, thyme and cayenne to this liquid and bring to a boil in a saucepan. If you happen to have a Cajun spice blend handy, add ½ teaspoon of it to the mix. Reduce heat and simmer for three minutes before turning heat off. Add rice, stir and cover.

Place oil, turkey, onion, green pepper and celery in a large skillet, and cook over low medium heat, stirring frequently, until vegetables are almost cooked. Add tomatoes, sausage and olives to skillet and bring to a simmer once more, stirring frequently. Fluff rice and add to skillet. Mix well. Remove from heat and let stand for five minutes, then serve.

Turkey Curry
Serves four
2 cups cooked turkey in small chunks
2½ cups milk
1 cup frozen green peas
3 tablespoons butter
2 tablespoons flour
1 tablespoon curry powder
salt to taste



Melt two tablespoons of butter in a skillet over medium heat and add turkey. Heat for five minutes, stirring frequently. Add peas and continue heating and stirring frequently for another five minutes. Add last tablespoon of butter, then sprinkle curry powder and flour over turkey and peas, stirring until all of the flour has absorbed butter. While continuing to stir, slowly pour milk into the skillet. Once mixture has thickened, remove from heat and let stand for a few minutes before serving over a bed of rice. Since the turkey is precooked, some of it will fall apart, but the taste is superb.

I find it difficult to discuss curry without extolling its virtues. Curry is something we always have in our cupboard. A little sprinkle here and there can add an amazing dimension to many foods. For example, one of our favorite vegetable medleys is steamed carrots, celery and onions.

Steaming preserves nutrition. Once the veggies are cooked, we toss them in melted margarine, sprinkle with a large pinch of curry and toss again. The idea is to add a very small amount of the seasoning so that the flavor of curry does not jump out at you, but rather enhances the taste of the vegetables. A hint of curry is excellent in scrambled eggs too.

Curry in itself is not a spice, but is actually a blend of many herbs and spices. It is usually comprised of an average of 15 different ingredients, although there may be as few as five, or as many as 25. Numerous sources of natural healing information tell of the medicinal properties of curry's ingredients.

Turmeric, which gives curry its distinctive yellow color, is said to have anticancer, antibiotic and anti-inflammatory qualities; and promotes health in the liver. Cayenne, which provides most of the heat in curry, purportedly helps digestion and is good for the lungs, heart and kidneys. Claims for ginger, another spice that creates a bit of heat, say it aids circulatory problems, cramps and indigestion and is a colon cleanser. Similar assertions are made for many of the other ingredients in curry, such as cinnamon, clove, fennel, fenugreek and mustard.

The above is presented as information only and is not intended to offer medical advice. If you feel you suffer from any of the symptoms or ailments mentioned, you should consult a qualified physician. Stated health benefits aside, most people who have sampled a strong curry dish will report that their tear ducts received a good flushing and that their sinuses were somewhat clearer afterward. Don't forget to try a pinch or two of curry in your turkey dressing.

Merry Christmas

A world of thanks and best wishes to our neighbors, customers and friends. We feel fortunate to serve great folk like you!



Tile Drainage Ltd.

RR#1, Winchester, Ontario K0C 2K0
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Henry Doornwaard



Home For The Holidays

There's no place we'd rather be for the holidays, than right here with our neighbors and friends. Merry Christmas!

GUILDCREST HOMES®

Morewood
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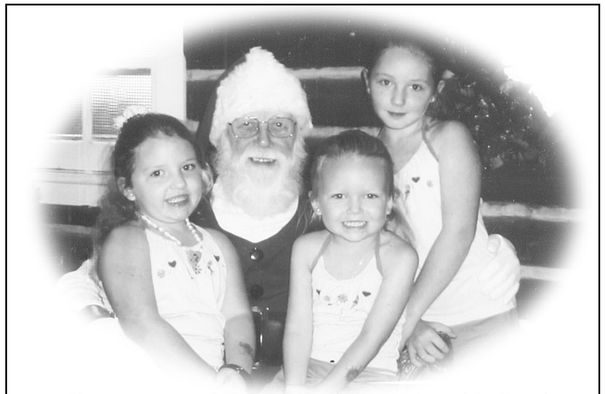

Greetings From The North Pole ...And From Us, Too!

We are joining Santa in wishing you and your family a "Merry Christmas, and many thanks" to the greatest bunch of folks we know... our customers!

Merry Christmas from Allan, Sharen & family & staff

Allan Johnston
REPAIR & SALES
2665-8th Line Rd., Metcalfe • 821-4263



Christine Brydon, Grade 1, Ecole St-Joseph

Where do I write to Santa?

No one knows when children began writing letters to Santa, but certainly the practice was common by the 1870s. Apart from the North Pole, children's letters were sometimes addressed to nearby cities, heaven or simply to Santa Claus.

In 1869 the McLaughlin Bothers published *Santa Claus and His Works* and in it was a poem written by George P. Webster establishing that Santa Claus lived in the North Pole.

"In a nice little city called Santa Claus-ville,
With its houses and church at the foot of the hill
Lives jolly old Santa Claus...
His home through the long summer months, you must know,
Is near the North Pole, in the ice and snow..."

In 1982, to help ensure that Santa Claus received all of his letters, Canada Post established a formal mailing address for him and invited children from around the world to send Santa their holiday wishes. He can be reached at:

Santa Claus, North Pole, Canada, HOHOHO

In 2002, Santa Claus received over one million letters from children around the world, in more than 26 languages including Braille.

- News Canada

A gift of tradition

A gift for the future

WINCHESTER — Looking for the perfect gift for your child, grandchild or loved one this holiday season? A gift that grows but is never outgrown is a great idea this holiday season. Canada savings bonds have been a holiday gift-giving tradition in many families since the bonds were first introduced nearly 60 years ago.

"Canada savings bonds are a meaningful way to introduce children to the world of saving and investing," said Jacqueline C. Orange, president of Canada Investment and Savings, a special operating agency of the federal Department of Finance, responsible for Canada Savings Bonds. "By starting a nest egg for a loved one, you're giving them something worth holding on to for the future."

Backed by the Government of Canada, both the Canada savings bond and the Canada premium bond are available in denominations as low as $100 to fit almost any gift budget. The Canada savings bond is cashable at any time, while the Canada premium bond is cashable annually, but has a higher rate of interest at the time of issue than the Canada savings bond.

Canadians can purchase both bonds online at www.csb.gc.ca, by calling toll-free 888-773-9999, or at any bank. Gift cards are also available online, by phone, and by request at financial institutions.

A Heartwarming Holiday



From our home to yours, we wish you and your loved ones the best holiday season ever! Thank you for your loyal support this year.

LANNIN'S TIM-BR Mart

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774-2830

With Thanks & Best Wishes

With joy in our hearts we wish you all a most delightful season. It's been a pleasure doing business with you and we look forward to your continued patronage. Happy Holidays!



THE VILLAGE BIN
498 Main St.,
Winchester
774-2783

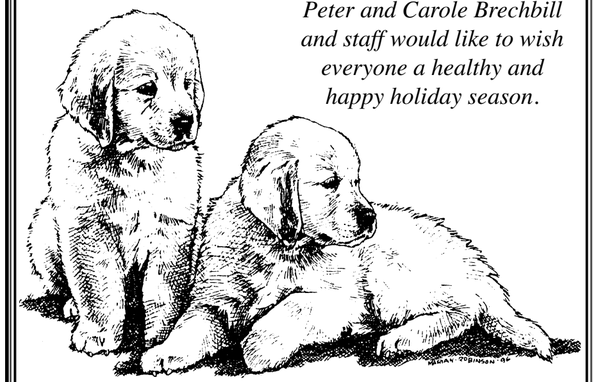
Very Merry Christmas

With best wishes and gratitude from all of us to all of you.

SHADBOLT'S
Stedmans V&S
501 St. Lawrence St., Winchester 774-2008

Shaynedoro Perm. Reg'd

Peter and Carole Brechbill and staff would like to wish everyone a healthy and happy holiday season.



Shaynedoro (Perm. Reg'd.) **Kennels**

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Ormond Rd., RR1, Winchester, K0C 2K0 774-3091

I am Santa Claus!

I wonder If children will like the presents.
I hear everyone talking about me
I see people excited for X-mass
I want everyone happy
I am Santa Claus

I Pretend to be someone else so I can buy X-mass presents
I feel happy to give people presents
I touch the happyness of Christmass
I worry every children won't believe on me
I cry If I missed someone to give a present
I am Santa Claus

I understand how important it is to make someone happy
I say "HOHOHO, Merry Christmass!"
I dream every year about Christmass
I try to give great presents for all kind of kids
I hope that this year It will be the best Christmass
I am Santa Clause

Karen Thurler,
Grade 5/6,
Winchester Public School



Cheyanne, Grade 2, Winchester Public School



Alyson Erwin, Grade 7, Nationview Public School

Holiday "do-ahead" cooking tips

• Do your planning, shopping and as much preparation as possible before your cooking day.

• If planning to cook in one day, do most complicated recipes early in the day while you're at your freshest.

• If serving a new recipe, do a test drive for your own family before serving to company.

• To prevent that overcooked or warmed over taste, slightly undercook vegetables, rice and pasta.

• If possible, set your freezer to minus 10 degrees for 24 hours before your cooking day. This will help to decrease the possibility of spoilage and loss of flavor. Set your freezer back to zero once all the food is frozen. *- News Canada*

A Sleigh Full Of Thanks!
We're loading up the sleigh to wish you all a great holiday!
Hope it delivers lots of joy and happiness.
TOPLINE TRAILER & EQUIPMENT SALES
DIVISION OF WEAGANT FARM SUPPLIES LIMITED
Sundowner KUBOTA
1226 County Rd. 31, north of Winchester
(at Harmony Corner)
613-774-0992
Fax: 613-774-0994 Web site: www.toplinetrailers.com

Over The River And Through The Woods...
We'd go the distance to say, "Merry Christmas and many thanks!"
D&T Repair
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Trimmed With Our Thanks
... And our best wishes, too, to each and every one of you! Happy Holidays!
Aura Spa
BEAUTY & WELLNESS
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Winchester
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Yuletide Greetings
We're pleased and proud to have such wonderful neighbors, and wish all the best to all of you this holiday season. Thank you for your loyal support.
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Christmas turkeys have nine lives

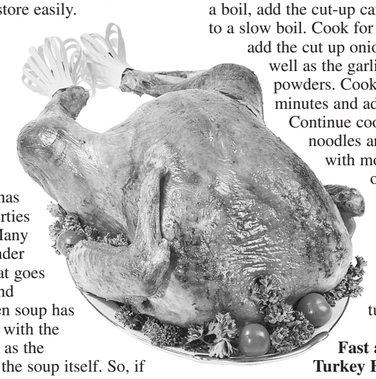
Favorite recipes for leftover turkey

WINCHESTER — Your Christmas turkey has so much more to give after its star performance on the big day. Many people underrate the bounty that can be had from the bones alone, and leftover meat need not be relegated to sandwiches.

We don't let a single turkey go through our house without making soup stock out of the bones. It's a worthwhile process — for a total of 30 minutes of actual work with the remains of a 15 to 20-pound bird, we end up with about 16 cups, or four litres of concentrated stock, which we freeze in portions of one to two cups each. Nothing beats homemade stock when creating a soup from scratch.

After plucking all of the meat from the carcass, we leave the bones in our high-walled roasting pan and submerge them in 17 or 18 cups of water. We usually start this in the morning and let it simmer on the stove for three to four hours before the heat is turned off and the pan is allowed to cool. Once cool, the bones are removed and the liquid is strained into large glass jars, which are then placed in the refrigerator.

While chilling in the refrigerator, the fat rises to the top of the liquid, and provided we haven't used too much water, the concentrated stock turns to gelatine. The fat can be skimmed off and discarded, but we usually break it up and include it with the stock for storing. It's very easy to scoop the gelatine into plastic bags, which are sealed and placed in the freezer. Any other container of choice can also be used, but we find the plastic bags store easily.



Most people have heard that chicken soup has curative properties for the sick. Many believe the tender loving care that goes into making and serving chicken soup has as much to do with the healing power as the ingredients of the soup itself. So, if that premise is accepted, why not turkey soup?

Easy Turkey Soup
Serves two
2 cups of liquid
¼ cup small egg noodles
1 stalk of celery
1 carrot
1 small onion
1 tablespoon garlic powder
Pinch of curry powder
Salt to taste

For the liquid, use at least one cup of turkey stock and add enough water to complete the measure. Bring the liquid to a boil, add the cut-up carrot and reduce to a slow boil. Cook for 10 minutes, then add the cut up onion and celery, as well as the garlic and curry powders. Cook a further five minutes and add noodles. Continue cooking until noodles are tender. As with most soups, this one tastes better the next day.

Here are some of our other favorite recipes for leftover turkey:

Fast and Easy Turkey Fried Rice
Serves two or as single meal for one
2 cups instant rice
1¼ cups water
¼ cup soy sauce
¾ cup cooked turkey (cubed looks nice)
½ cup mixed frozen vegetables
2 tablespoons oil
1 tablespoon butter or margarine
1 tablespoon onion powder
2 teaspoons garlic powder

In a saucepan, bring water, soy sauce and butter or margarine to a boil and remove from heat. Add rice, stir and cover. Let stand. Place oil, turkey and frozen vegetables in a large skillet, or wok and cook over low medium heat, stirring frequently until vegetables are cooked. Fluff rice and add to contents in skillet.

Sprinkle with onion and garlic powders and mix well. Let stand for five minutes and serve. Since this contains meat, vegetables and rice, it can be a meal in itself. However, you might consider serving this with egg rolls and chicken balls from the grocery store. Chicken balls aren't really Chinese, but neither is instant rice.

Turkey Broccoli Salad
2 cups cooked turkey chunks (cubed looks nice)
1 cup shredded cheddar cheese
1 head of broccoli (florets only)
1 small onion
Dressing
½ cup mayonnaise
¼ cup sugar
4 tablespoons wine or cider vinegar (can also substitute white vinegar)
¼ teaspoon garlic powder
Salt and pepper to taste

Prepare dressing and refrigerate for at least 30 minutes. Add to other ingredients just before serving. (Consider adding broccoli stems to turkey soup above)

• more recipes on next page

Have A Happy Holiday!
With sincere best wishes to our neighbors, patrons and friends.
Surgeson Grain Handling Systems
12536 County Rd. 43 East, Winchester 613-774-0172

With Warm Regards At Christmas
As we throw another Yule log on the fire, our thoughts are with the many fine folk we've had the privilege to know and serve this past year.
May contentment and joy warm your heart this holiday season.
Harbers Flame Centre & Masonry Inc.
Joy & Brian Harbers
RR3, Williamsburg 535-2301

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
REJ POMAINVILLE
13650 CTY. RD. 13, MOREWOOD
448-2739

At The Birth Of Our Savior
On this holy night so long ago, our Savior, Prince of Peace was born, bringing His light and love to shine upon all the world for all time.
For this, and our many blessings, we are deeply grateful and wish to thank all our customers for your support throughout the year.
Merry Christmas and Happy New Year.
Femystique Fashions
Place d'Embrun
Unit 25, 767 Notre-Dame, Embrun
613-443-2629



Snapping a Christmas cracker and tearing off the wrapping to claim the small prize inside is a tradition that's more than 150 years old. This Christmas novelty item actually started out as a candy, wrapped in tissue paper.

Have an explosive Christmas this year

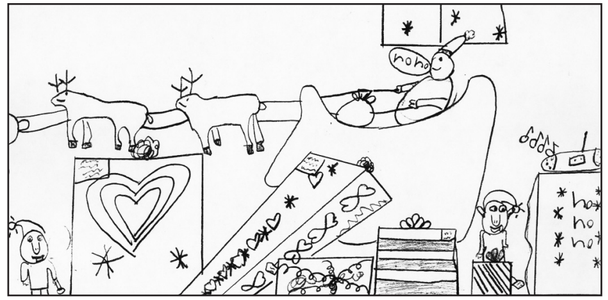
WINCHESTER — It's difficult to gauge the popularity of Christmas crackers in Canada, but they certainly have become a tradition in many families. The fun of pulling on the two tabs to make a loud snap and then tearing the small package apart to search for the surprises inside is a tradition that migrated from Great Britain.

The Christmas cracker, invented by a man named Tom Smith more than 150 years ago, actually started out as a candy. Smith, a London baker and confectioner, was visiting Paris in 1840 when he came upon the "bonbon," a sugar-coated almond, wrapped in a piece of tissue paper. He brought the idea back home with him and the sweet was an instant success at his shop. Once the Christmas season was finished, however, sales dropped substantially.

Smith was a man with apparently substantial marketing talents — he immediately began looking for ideas to bring sales of the bonbon up. He decided to include a short love motto with each candy — that seemed to do the trick. Smith had to increase his staff to keep up with demand for this novelty.

The ever-forward thinking Smith began to look for other ways to extend the popularity of his new candy. The crackle of a fire log gave him the inspiration he was seeking and he immediately started experimenting with various combinations to give his candies a "pop" when they were opened. Finally in 1847, he found a way get that pop in his candy wrappers, and the Christmas cracker was born.

It was virtually an overnight success — people were clamoring for his product. However, Smith wanted to keep improving his novelty. He decided to leave out the candy, adding a small surprise instead, but he kept including the motto. He called his newest refinement Cosaques. Soon after, Smith began designing different kinds of crackers and by the turn of the century, his company was producing a special design for each occasion on the calendar. Today, crackers can be found in any local store that carries party supplies. They usually contain a small toy or surprise, a fortune and a paper crown.



Abby Oak, Grade 1/2, Winchester Public School

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 Tool & Equipment Rentals Ltd.
2678 Hwy. 43, Kemptville (Cornerstone Mall)
1-877-245-3296 • 258-4152

Merry Christmas, From the Whole Gang!

Just in the 'nick' of time, we're delivering our best wishes to all our patrons.





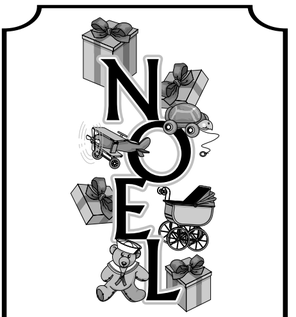
The CountryBoy
The CountryGirl
The Country Attic
The Country Sole
494 Main St. East, Winchester 774-3341



Season's Greetings

However you celebrate this spectacular season, please know our best wishes are with you. Enjoy the holidays!

J. Devereaux & Son Ltd. Pumping Service
Metcalfe 821-2348



Enjoy the season and all that it brings! We wish you a wonderful holiday and thank you for all the little things.

Danielle, Ken & Staff

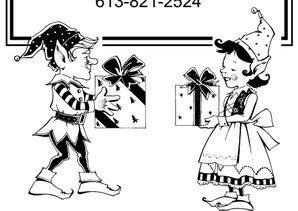
CRAZY LOONIES
504 St. Lawrence St., Winchester
774-0111

In This Season of Giving...

We'd like to give you our heartfelt thanks. Merry Christmas!

CELEBRATING OUR 43RD CHRISTMAS

McVey Insurance Service Ltd.
Debbie McVey, *Broker*
8028 Victoria Street, Metcalfe
613-821-2524



Santa at my house

It's a snowy wintery Christmas Eve
What a beautiful sight to see
The flakes are falling softly, softly
What a night for Santa to come see me.

I'm sure the elves worked hard all year
And Santa Claus did too
I thank you all so very much
That you make children happy the way you do.

For my thanks, I left some treats
For Santa are cookies and milk
And for the reindeer who pull the sleigh
I left four bales of hay.

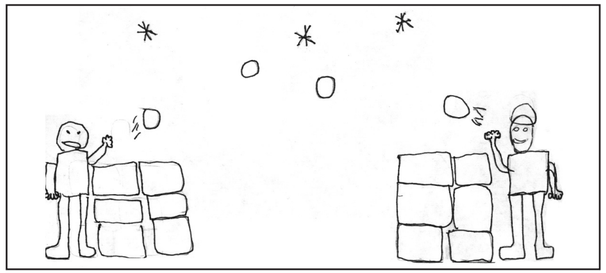
As I lay in bed late at night
I heard a noise downstairs
I jumped from my bed
And by the chimney I seen the man in white and red.

He coughed and coughed
What a funny sight to see
He was covered in soot from head to toe
I laughed so hard I thought he would see me.

His belly stuck out so far and wide
This man in red would never be able to hide
He put the presents under the tree
I hurried back to bed so he wouldn't see me.

Then I heard a patter on the roof
And off he went to another house
Please come back again next year
I'll clean my chimney more often next year.

Travis Vanderveen,
Grade 4, Elma Public School



Matthew Laflamme, Grade 2, St. Mary School, Chesterville



It's real!

three-year-old Hope DeVries gives a tug on Santa's beard. She's hoping that the man in red will bring her Polly Pockets, this year. Santa visited with children at the Royal Bank on Dec. 3, before the Parade of Lights. *Press Photo — Duncan*

In The Spirit Of The Season

Christmas is more than a holiday – it's a time to reflect on all the friendships and blessings we've enjoyed in the past year. We feel truly fortunate to count you among them and hope you will join us in wishing for worldwide peace this holiday season.

WINCHESTER DISTRICT MEMORIAL HOSPITAL

Winchester District Memorial Hospital
566 Louise Street
Winchester, Ontario, K0C 2K0
613-774-2422 Fax 613-774-0453

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 543-3777

'Tis The Season...

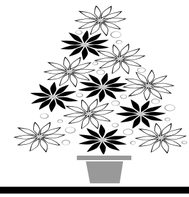
to say "thank you" to all our supporters.
We wish you all a very merry and bright Christmas holiday and look forward to seeing you again soon.

Hamilton Custom Cabinets
10480 PLEASANT VALLEY RD., SOUTH MOUNTAIN
613-989-1162

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
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



Spice up your coffee!



Top off that holiday meal with a twist on an old standard – coffee! The following tips help you spice up your holiday coffee.

• Serve coffee with cinnamon stick right in the cup for stirring.

• Add a sprinkle of nutmeg for some drama.

• Fill half mug with hot chocolate and half with coffee then top with whipped cream – who could resist!

• Just a drop of vanilla or raspberry syrup will add a wonderful subtle flavor.

• Be festive – allow a candy cane to melt in your cup for a yummy minty taste.

- News Canada

How to host a holiday crowd in style

It's your year to host the holidays and the dining room table just isn't big enough. So you trek to the basement to bring up the card table and rusting folding chairs and suddenly all your hard work to set the perfect festive holiday table seems lost.

We've all been there. Before you surrender your carefully planned décor, try some of the following ideas, designed to help you maintain a festive holiday table despite the expanding crowd:

• If using a card table, set it up a few inches away from your dining room table rather than sticking it on the end where the heights don't match. Cover the card table with a tablecloth that compliments the colors used in your formal table setting

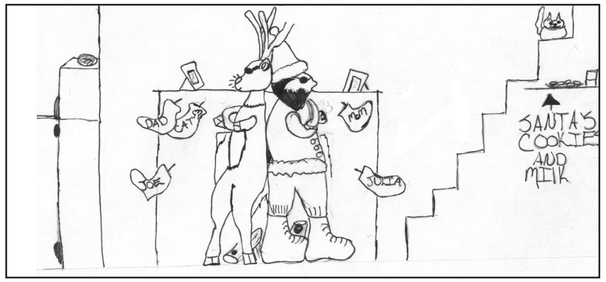
• Dress up folding chairs with a slipcover.

• Can't fit all of your chairs around the table? Consider seating your guests at a bench instead.

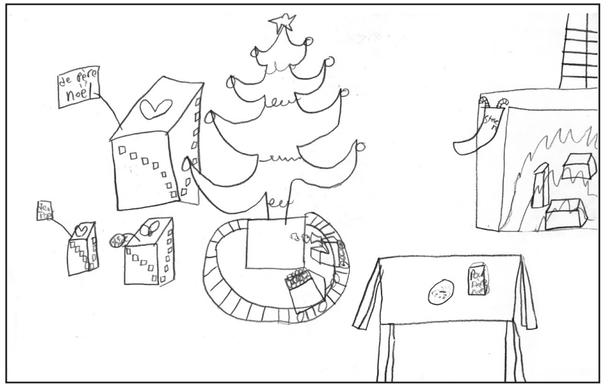
• Compliment your existing silverware collection with some additional antique or stainless steel pieces. Collectors often sell silver or flatware settings for a nominal price.

• If you've got more guests than place settings, don't be afraid to mix and match your dinnerware to create a trendy, eclectic look. With hundreds of dish designs available, it's easy to accommodate unexpected guests while keeping your table stylish.

- News Canada



Bailey Milne, Grade 5, Morewood Public School



Steven Hickens-Cléroux, St-Guillaume

a round of good cheer

...and a chorus of thanks from all of us to all of you!
We truly value your loyal patronage.



Guy Fuels

Toll free after hours: 1-800-667-8132

12041 DAWLEY DRIVE
WINCHESTER
613-774-2655
MORRISBURG
613-543-4397

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 448-2856



SEASON'S GREETINGS
& BEST WISHES
FOR THE HOLIDAYS

Scotiabank™

Life. Money. Balance both.™

™ Trademarks of The Bank of Nova Scotia.

South Mountain
Branch
10619 Main Street
South Mountain
Ontario
K0E 1W0

Gingerbread cookie cut-outs

A versatile cookie that can become an edible gift tag, place-card or holiday decoration.

Ingredients
1 cup Crisco Shortening (250 ml)
1 cup packed brown sugar (250 ml)
2 eggs
1 1/4 cups molasses (300 ml)
6 cups all purpose flour (1.5 L)
2 1/2 tsp ground ginger (12 ml)
2 tsp ground cinnamon (10 ml)
1 tsp each baking soda, salt and ground cloves (5 ml)



Method

1. Beat shortening and brown sugar in large bowl until creamy. Add eggs and molasses, beating until smooth. Combine remaining dry ingredients. Gradually add to molasses mixture, stirring in the last portion with a wooden spoon. Knead dough with hands if necessary to make a smooth dough. Wrap dough in plastic wrap and chill 1 hour for easy rolling.

2. Roll out dough, a portion at a time, on floured board to 1/4" (6 mm) thickness. Cut into desired shapes. Place on lightly greased baking sheets. Cut a hole on top of cookie using a straw.

3. Bake in centre of 350º F (180º C) oven for 12-15 minutes, or until firm (time will vary with size of cookies). Re-cut hole with straw. Transfer to racks; cool completely. Decorate as desired. String ribbon through hole for hanging.

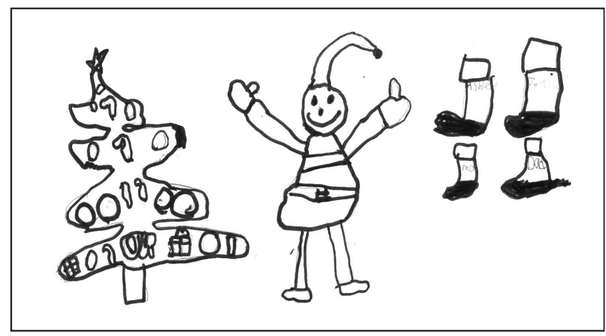
Makes: 9 dozen (recipe can be halved) / Preparation time: 25 minutes / Baking time: 15 minutes / Freezing: excellent

More festive recipes and baking tips are available online at www.robinhood.ca or call 1-800 268-3232.

- News Canada



Emily Tibben, Senior Kindergarten, Timothy Christian



Jessica Harper, Grade 2, Winchester Public School

Why I love Christmas

1. It is when Jesus was born.
2. Really cool presents.
3. All of my family comes.
4. I get to go to my aunts.
5. I get to see my friends in Cornwall.
6. We get to play fun games.

Kyle Robertson,
Grade 6, Winchester Public School

HOPE IT'S UPBEAT!



With a measure of gratitude, we'd like to wish you and yours a very merry holiday season.

Dundas Machine

12205 Gypsy Lane, Winchester
613-774-1672

Happy Holidays

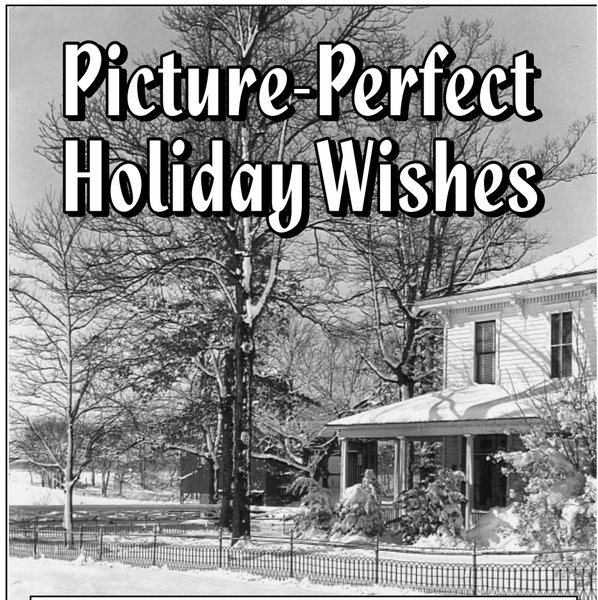
Our family would like to wish you all a safe, happy an "egg-citing" holiday season.

Wouters Poultry Farm

Tony, Trish and the Chicks



Picture-Perfect Holiday Wishes



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

Christmas tree dilemma

• continued from previous page

There wasn't much there except a few measly branches and a bunch of holes.

"We'll be able to put more decorations on," my sister suggested. But my mom didn't agree.

"It looks terrible!" she said, and was upset at the whole situation. Maybe it was because she realized that her kids were growing up and didn't want to have the same traditions, or maybe it was simply the fact that the tree looked pretty insignificant. Either way, the afternoon wasn't exactly pleasant.

As I look back on our Christmas tree tradition, I can't help but wonder why we put so much emphasis on what the tree looked like. Wasn't the whole idea to spend time together and have a good time? That was left lying on the highway with the tree a long time ago.

So this year, as my parents looked through the catalogue for artificial trees, all I could do was smile. Hopefully we'll have a fun, stress-free afternoon decorating the tree, spending time with family. After all, isn't that what Christmas is all about?

Christmas Tree Decisions

ARTIFICIAL:

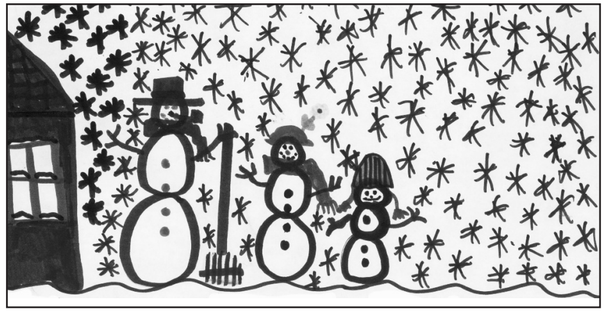
Pro: You can put it up months before christmas to get in the spirit and not have to worry about needles falling off. You can buy different shapes and sizes to fit your room and decor. Shopping for an artificial tree in a store is a lot warmer than trudging through the bush. You can take hours to decide on the perfect tree!

Con: Where do you store the tree for the rest of the year?

LIVE:

Pro: The smell of fresh pine or spruce will surely get you into the Christmas mood. Though it's stressful, it is an experience to take the family out the Christmas tree farm and ride on a wagon to find the perfect tree.

Con: Make sure Chip and Dale stay in the forest! You remember what happened at Mickey's house!! You have to buy a special tree stand and water the tree frequently. If you're travelling, you have to get someone to look after the tree for you so as not to return home to a floor covered in needles. Sparky, you brother-in-law's dog, might get confused. You may end up with some yellow presents.



Jamie Cochrane, Grade 6, Russell Public School

Merry Christmas and Happy New Year

Vanden Bosch Elevators Inc.

2809 County Road 7, Chesterville, ON, K0C 1H0
Tel. 613-448-2359 Toll Free: 1-866-267-6769
E-mail:elevator@vbfarms.ca www.vbfarms.ca



Anna Stubbings, Grade 2, Winchester Public School

TIDINGS OF COMFORT & JOY

As the holiday unfolds, we wish you a season of peace and love, health and prosperity; and all things beautiful and bright.

GARRY Munro PLUMBING & HEATING

Chesterville
613-448-3659



Stuffed with Best Wishes

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

Love Your Pet

Line Lafrance, *Owner*
Kemptville Mall
Hwy. 43, Kemptville, ON
613-258-1376

RING IN THE SEASON!

We'd like to chime in with warm wishes to you and yours for a happy and healthy holiday season. You deserve it!

THE STOVE STORE unmatched

6 Beverly St., Spencerville
613-658-3101
Website: www.TheStoveStore.net

Wishing You JOY!

Oh what could be a better sight, Than a Christmas tree that's all alight?
The only thing that's better still — Is your kind friendship and goodwill!

With best wishes and gratitude to all of our neighbors this holiday season.

Riveredge Farms Custom Agriculture
Pat and Dave Chambers & Families
CHESTERVILLE

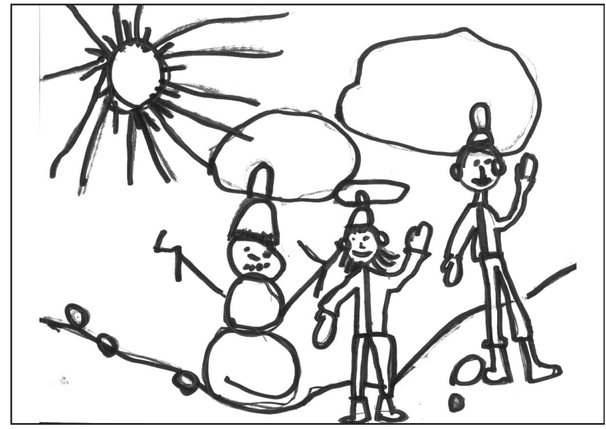
10 steps to the perfect turkey

1. Determine the number of people who will be joining you for dinner, and purchase the appropriate sized bird. A 6.75 kilogram turkey (15 pounds) will serve eight to 10 people.



2. If the turkey is frozen, thaw it in its original wrapper in the refrigerator or cold water (out of the refrigerator).
3. Preheat the oven to 160ºC (325ºF).
4. Rinse the turkey with cool water and pat dry.
5. Remove the neck and giblets from the body cavity.
6. If desired, lightly stuff the body cavity. Be careful not to over stuff the turkey.
7. Place the turkey, breast side up, in your roasting pan, on roasting rack, and cover.
8. Insert an oven-safe meat thermometer deep into the thigh. The thermometer will read 85ºC (185ºF) when the turkey is done. For a 6.75 kilogram bird, this should take about five hours (rule of thumb is 20 minutes per pound).
9. When done, remove the turkey using the lift out handles attached to the roasting rack. Transfer the turkey to a platter, cover, and let stand for 15 to 20 minutes.
10. Carve your perfect holiday turkey.

For more cooking tips and tasty holiday recipes please visit www.cuisinart.ca. *- News Canada*



Cassie Helder, Grade 2, Elma Public School



Andrew, Grade 2/3,
Dixon's Corners Public School

Oh Christmas tree

Oh Christmas tree you have been
standing there every Christmas Eve,
Oh Christmas tree your ornaments are
beautiful and you are there for me,
Oh Christmas tree you have lots of
presents under you and I hope one is for
me.

Mikayla Patterson,
Grade 2
Metcalfe Public School

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

Cheery friends.
Hello, hello I like Santa.
Ring, ring, hello.
I love Jesus.
Santa Claus.
Time to open presents.
Midnight is sleep time.
A is for angels of light.
Snowmen are made out of snow.

Jayna Hohsdorf,
Mother Teresa Catholic School

Filled With Best Wishes

Serving you has been a real treat for us. Thanks!
Peter Oliver and the staff at

CANADIAN TIRE

Canadian Tire
Morrisburg
12329 County Rd. 2, Morrisburg
Parts & Service 543-2845
Store 543-3015
Regular Hours:
Mon.-Fri. 8-8; Sat. 8-6; Sun. 10-5
Holiday Hours:
Dec. 21, 22, 23, 8 am - 11 pm
Boxing Day, 9 am - 4 pm

Christmas Is Looking Good!

This holiday greeting is trimmed with best wishes and thanks to our divine clients and friends. Knowing you has been simply heavenly for us.

CLASSIC CUTS
UNISEX HAIR STYLING AND TANNING SALON
Kathy, Trudy, Wendy, Brenda & Ashley
Morrisburg Shopping Centre
Morrisburg 543-2330

Greetings of the Season

Wishing you an old-fashioned holiday filled with memories you'll treasure always.

ACRES EQUIPMENT
12054 MAIN ST., WEST, WINCHESTER
20 miles south of Ottawa on Bank St., Hwy. 31
15 miles north of 401 - Morrisburg, Hwy. 31
613-774-2672 Fax: 613-774-1555



From our home to yours

May the meaning of Christmas be deeper, its friendships stronger, and its hopes brighter as you and your loved ones enjoy the magic of the holiday season. It's been a privilege and a pleasure serving you this past year. If I can be of any assistance in the coming year, please call.

RE/MAX Above the Crowd!

Alan LaPierre
613 448-3306
RE/MAX METRO-CITY REALTY LTD.
24-hour pager: 737-7200, Long distance: Dial 237-7000 then 448-3306

Host and hostess gifts made easy

As the holidays draw near, many people will be receiving invitations from family, friends and neighbors to get together for some holiday cheer. Proper etiquette is to bring a little something for the host or hostess. Here are a few suggestions on how to pick out special something for the gracious host.

• Often people bring a bottle of wine. Why not complement it with wine charms or festive swizzle sticks?

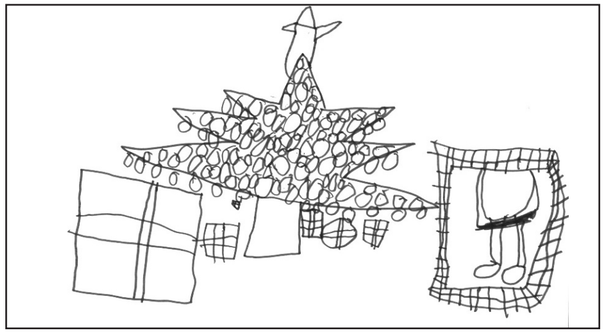
• Table-top decorations are a new trend this year and create a beautiful display. Co-ordinated table-top trees, wreaths, candles and glasses make a great gift for a host or hostess. You can mix and match coordinated items to create a personalized gift that can be used throughout the holiday season.

• Figure out how your host or hostess likes to spend their time. For example, if they entertain often, get something they can use when preparing or serving food and drinks.

• Find out your host's favorite scent and pick up a candle, candle centrepiece, or scented oil in their favorite scent.

• Think about your host's hobbies when shopping and stop by a store that has pre-wrapped gift baskets and themed gifts for the cook, do-it-yourselfer, automotive, golf or hockey enthusiast.

- News Canada



Matthew Pruner, Grade 2, Metcalfe Public School

Unique ways to wrap homemade baking

Spread the joy of the holidays with creative ways to give your Christmas goodies.

• Put your homemade candies in mini-cupcake liners and put them in a small shallow box. They will look like they just came from the candy store.

• Stack your cookies, wrap them in clear cellophane and tie each end with Christmas ribbon.



Hamish Matsell-Savage, Grade 2, Metcalfe Public School

The Grinch who stole Christmas

The grinch,
He was an evil man
He hated Christmas,
So he decided to steal Christmas
He took his dog
And took all the kids' presents.

All the kids were sad
So the grinch gave them back
And everyone was happy!
Even the grinch!!

Warren Ball
Grade 5, Elma Public School

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

Christ's birth
Holiday cheer
Receiving
Ideal gifts for others
Season's greetings
Together time
Mayhem in the stores
Asleep on the hay
Saviour born on Christmas Day!

Brittany Brilhante, Grade 6
Ryan Wubs, Grade 2
Timothy Christian School

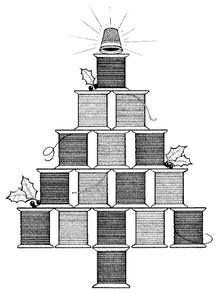


As we welcome in another holiday season, we are filled with gratitude for all the folks who have made us feel so welcome here and wish you all a very healthy and happy holiday!

Double Beauty
Esthetics & Hairstyling
464½ Main St. E.
Winchester 774-3111

Glad Tidings To You Wherever You Are...
We wish you a Merry Christmas and a Happy New Year!
Bicyclaude
968A Notre-Dame, Embrun
613-443-0808
www.bicyclaude.ca


HAVE A BALL!
Wishing you a bundle of glad tidings this Christmas. You deserve it!
Countryside Dog Grooming
Linda Berube
Professional Certified Groomer
Home: 1-613-989-2307
Cell. 299-4633
All Breeds of Dogs & Cats


trimmed•with•a•wish
Before we sew up another year, we'd like to wish you a holiday season that's made to order. We couldn't have asked for better customers than you. Thanks!
Merry Christmas & Happy New Year
Gini's Sewing Shop
Winchester 774-6260

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
774-0015

The Christmas tree dilemma

Meghan Duncan
Press Staff

Every family has their own traditions. In my house, it's the good-old-hike-into-the-woods and pick the perfect tree.

I can barely remember the first year we decided to get a real, live tree, but I can remember being really excited.

The excitement quickly wore off as I realized that five people having to agree on one tree is, to say the least, impossible. My mom liked the full ones; my brother liked the tall ones; and my dad and my sister were arguing over spruce versus pine.

Eventually, after only a few arguments, a tree was decided upon, and then came the time to start cutting. This was my dad's job. What you'd think would be a simple back and forth motion turned into a spitfire of curse words and branches flying.

Next was having to lug the tree back to the car – a true test of family co-operation.

Then came the tricky part: how to get it on top of the van and fastened tightly. With a one-two-three hoist, the tree was up on the van and a few minutes later had string keeping it nice and tight. Well, until we got onto the highway at least. The tree started to slide and a yell of "Pull over, quick!" turned into a few more curse words as my dad walked back to collect the tree off the road. When the most helpful suggestion is, "Just keep the window open and hold on to it!" you know you have a problem.

I somehow managed to fall asleep in the van, as usual, and woke up when the tree was being hoisted off. Now came the fun part, right? We got to decorate? First we had to get the tree into the house, into the tree stand and make sure it was sturdy. An hour later, I was still waiting to decorate. By this point, my mom had already broken out the egg nog, and rum, and was trying to stay calm as my dad struggled with the tree. My sister and brother had disappeared — they'd learned to keep clear of my dad's temper. Me? I'd fallen asleep again.

Ta da! My dad finally said, and stood back and stared at his masterpiece with pride.

We gathered around the tree to decorate, each hanging our own ornaments that we'd made over the years and arguing over who made what. My sister got to put the angel on top, because she was taller, which I thought wasn't a very democratic decision, but what did I know? I was four.

We stood back and stared at the tree, and breathed a sigh of relief. No one would dare tell my father that it wasn't exactly straight; we just cocked our heads to the side and smiled.

Last year, my sister and I politely told my mother that we didn't want to go out to a Christmas tree farm, and we suggested that we simply buy a tree from the lot in town. "The money would go to a good cause," we said, and my mom reluctantly agreed. We got the chosen tree home, put it into the stand and cut the cords keeping it together.

• continued on next page




Welcome Christmas!
Let the spirit of Christmas into your heart and be filled with the magic of this special time of year. We know we're filled with joy when we think of all the good friends we've made and wish you a very happy and memorable Christmas and New Year.
Holm-El Hairstyling
Elsie & Ray Holmes
Winchester 774-3734


Holiday Greetings To All Of You
With best wishes and gratitude at this special time of year.
www.cloverdalemeadows.ca
989-6003 or 774-0444
South Mountain
Cloverdale Meadows


He's Checking It TWICE!
We know you're on the list of people we'd like to thank this holiday season. Your kind patronage has made it all worthwhile. Merry Christmas!
From Brian and the staff at
BGM AUTOBODY
7944 Bank St. (Hwy. 31), Metcalfe 613-821-3345
Proprietor Brian Maloney

Did you know ... ?

The origin of Boxing Day

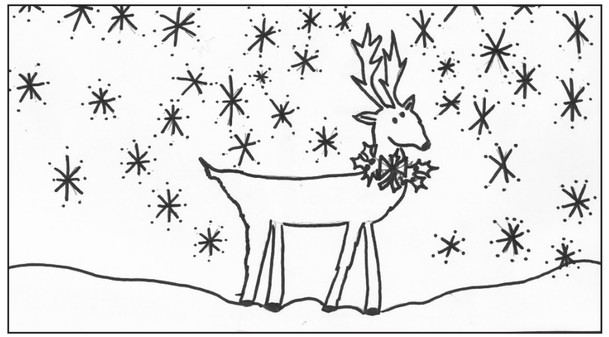
December 26 was traditionally known as St. Stephen's Day, named for the first Christian martyr. Celebrated in many countries, including Australia, Canada, New Zealand and the United Kingdom, it is now more commonly known as Boxing Day. According to historians, this expression came about because money was collected in alms-boxes placed in churches during the festive season. This money was then distributed to the poor and needy after Christmas. It is thought that Boxing Day was first observed in the Middle Ages. It found renewed popularity in the 1800s when wealthy Britons presented gifts in boxes to their servants on December 26 in appreciation of their work during the Christmas celebrations.



Ian Hunter, Grade 3, Russell Public School



Maranda Marks, Age 8, Mother Teresa



Kiley Johnston, Grade 4, Winchester Public School

Christmas... It's Uplifting!

Here's hoping everything runs smoothly for you this holiday season.

We appreciate your choosing us and thank you for your continued business.

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



A Round Of Good Cheer

With best wishes to all our customers, friends and neighbors at this joyous season.

DONEVELYN FARMS LTD.
ELEVATOR
Call 821-3790 Fax 821-3707
9253 Castor Road, Metcalfe
www.donevelynfarms.com



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!

ANDRE MENARD & SONS
GRAIN ELEVATORS
12650 Ormond Rd., Winchester (Marionville) 774-4246

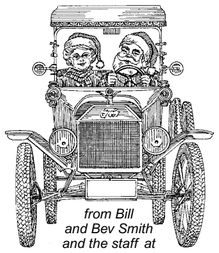
HO HO HO

HERE'S HOPING ALL OUR FRIENDS AND NEIGHBORS HAVE A VERY MERRY CHRISTMAS!

FLOWERS
DURANT'S
507 St. Lawrence St., Winchester
774-3825
173 Queen St. W., Chesterville
448-2354
1-800-263-5459

Hope Your Christmas Is All It 'Auto' Be!

It's been a pleasure to be of service to you.



from Bill and Bev Smith and the staff at

LMS MOTOR SALES LTD.
Williamsburg 535-2298

Present your gifts in seasonal style

Tired of ordinary gift bags and wrapping? Sarah Richardson, host of *Room Service* on Home & Garden Television (HGTV) offers three simple ideas to add punch to your presents.

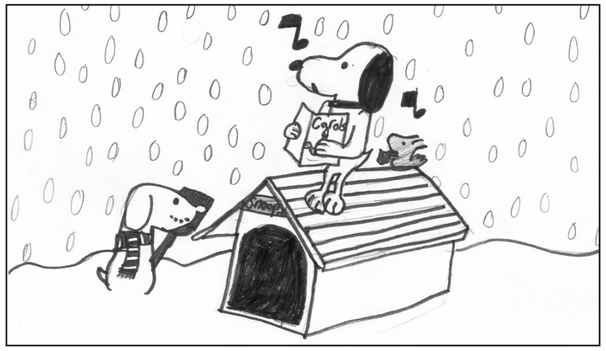
• Wrap it up. Spend an afternoon with the kids making personalized wrapping paper. Buy a roll of kraft paper and use cookie cutters to make fun and festive potato stamps. Create your own one-of-a-kind designs using the potato stamps with a stamp pad or paint. Add a sprig of greenery – pine, cedar or a branch with berries – for a natural, fragrant finishing touch.

• Sew pretty. Richardson saves leftover fabric scraps and puts them to good use during the holidays by sewing simple, reusable gift bags. Tie your handmade bags up with pretty ribbon for a stylish presentation.

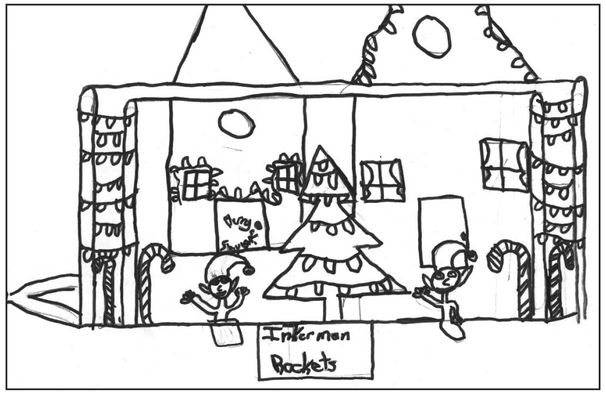
• Celebrate with color. Trade in traditional red and green for a unique color combination that really stands out. Richardson recommends unusual contrasts, such as hot pink with orange or pomegranate accented with olive.

For more ideas for your home, visit www.HGTV.ca.

- News Canada



Amanda Prusila, Grade 4, Winchester Public School

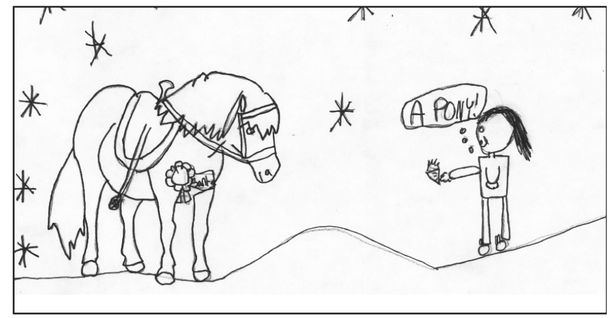


Jessica Van Winden, Inkerman Public School

Season's Greetings

Wishing you a festive season filled with good friends, good times and good tidings.

JMP Business Services Ltd.
Jose Poole **821-3436**



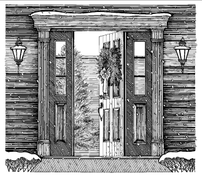
Taviah Smith, Grade 6, Winchester Public School

SEASON'S GREETINGS

With our best wishes and gratitude. Thank you for doing business with us.

Wim and Alie Berghuis

Eastern Engines
POWER EQUIPMENT
Williamsburg 535-2488



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
987-2963

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

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

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

Holiday entertaining made easy

As the holiday season draws near, many Canadians will begin planning a festive get-together for family and friends.

Here are some entertaining ideas to add some flare to celebrations this year.



Formal dinner

• The table will be the focal point. Choose a festive color – red or cranberry is the hot color this year – then co-ordinate dinnerware, napkins, tablecloths and glassware for an elegant look.

• Make a festive centrepiece by arranging glass ornaments in a bowl or a tray with holiday candles.

• Personalize it. Place a name card at each setting or a trendy shatter-proof ornament on each plate as a special takeaway at the end of the evening.

Cocktail party

• Serve finger foods that people can eat easily while holding a drink. Food stations make for a more informal atmosphere.

• Adorn drinks with holiday-themed swizzle sticks and attach wine charms to glass stems to add some flare and help guests identify glasses.

Cookie Exchange

• Great way to celebrate and round-up tasty treats for holiday entertaining.

• Decide on the number of guests. Ask each person to bring a dozen cookies or squares for each guest. Have guests package treats individually and gather together for a festive celebration to exchange goodies.

• Package up treats in holiday mugs, cookie jars and recipe boxes or send guests home with holiday-themed cookie cutters. A full range of festive food storage and baking accessories can be found in-store.

Skating party

• Perfect for those who enjoy the outdoors.

• Choose a local outdoor rink or arena and call ahead to reserve space or find out public skating hours.

• In the spirit of the season, invite guests to bring extra mitts, scarf or hat to donate to a local charity.

• Once the fresh air has worked its magic, invite guests back for warm apple cider, hot chocolate or mulled wine served in festive mugs and accompanied by some fresh, baked goods.

- News Canada

Ding Dong

It's Christmas Day!
Let's go outside
And play
Up over the hills
And into the snow
We goooo!
Snowboardin' and skiing
All day long
Now all the bells
Are going ding ding dong!

Austin Jurgens
Grade 3,
Elma Public School



Andrea Ceelen, Grade 6,
Inkerman Public School



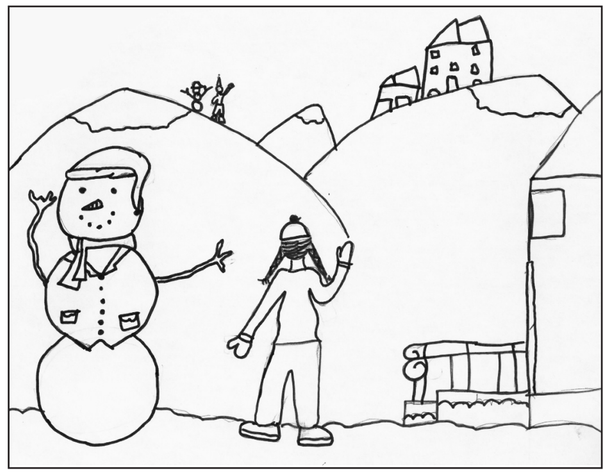
Kevin Griffith, Age 9,
Russell Public School

A Christmas Wish
Bundles of
HOLIDAY WISHES
Wishing you a bundle of holiday joy, tied up with a string of good tidings! Please know how much we appreciate your friendship and patronage.
Mary's Restaurant
513 St. Lawrence Street
Winchester
774-3733
Mon.-Thurs. 6 am-10 pm;
Fri. & Sat. 6 am-11 pm;
Sun. 8 am-10 pm
A Christmas Wish

HOPE IT'S A Hit!
MERRY CHRISTMAS 2004
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 448-3535
Dave & Susan Bird

Tidings Of Comfort & Joy
Here's to a season filled with memories, love, and the best of friends.
Merry Christmas!
Byers Funeral Home
South Mountain
989-3836

To Our SPECIAL FRIENDS At The HOLIDAYS
May you and yours enjoy an old-fashioned Christmas filled with good friends, good times and lots of good fortune. We thank you for your goodwill and support this past year.
Fostering and Adoptive Families
The Children's Aid Society of the United Counties of Stormont, Dundas & Glengarry
La Société de l'aide à l'enfance des comtés unis de Stormont, Dundas & Glengarry
932-3986



Emma Fraser, Grade 6, Winchester Public School



Megan Coleman, Grade 4, Inkerman Public School

A Christmas story

Give to the poor because they don't have any money to afford anything for their family. We celebrate Christmas because it was when Jesus was born. At Christmas you should give because it is better to give. Don't ask for everything because you don't need everything.

Janessa Pol, Grade 5
and Kyle Oosterhof, Grade 2
Timothy Christian School

Happy Holidays
from
A & T Service
Vernon 821-1946
A little cheer goes a long way!
Thanks for your continued support and Merry Christmas



We Wish You A



Merry Christmas
'Tis the season for us to say.
"Hope you enjoy a grand holiday."
May it be filled with joy and contentment,
Along with laughter and love and old-fashioned sentiment!
Country Kitchen Restaurant
& 31 Motel
Licenced Under LLBO
Winchester 774-2417



Extremely crafty

Luella Ranger of Chesterville has been showing her needlework at the Mountain Lions Club Arts and Crafts sale for the last three years. Among her creations was a snowman's head for serving candy.



Festive baskets

Jo-Ann Sterritt of Kemptville makes Christmas wreaths and gift baskets, which she displayed in the South Mountain Agricultural Hall Dec. 4 and 5 as part of the Mountain Lions Club Arts and Crafts sale.



We be jammin'

Jerry Flaro of Cornwall makes more than 50 varieties of jams, jellies and preserves and his wife Claudette dresses them up in gift baskets. The two were exhibiting their wares at the Mountain Lions Club Arts and Crafts sale Dec. 4 and 5.

Photos — Barbour

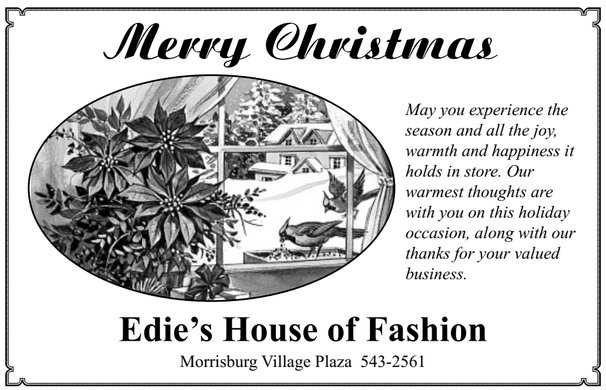
The Grinch

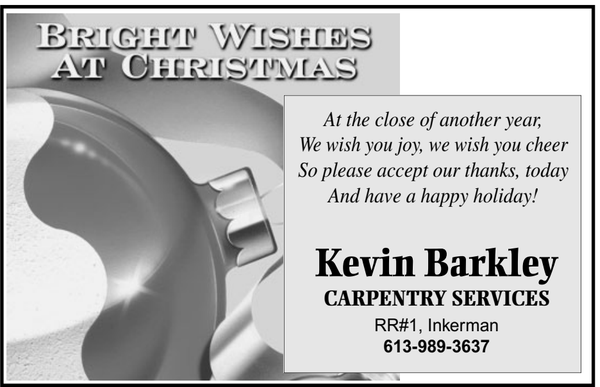
It was Christmas in Who-ville,
The Grinch was there too.
He carved the roast beast.
There was a big feast.
At least there was the Grinch,
Who did not steal Christmas.
"Max!" he called,
"Come here, I have little something."
He opened the package,
It was a treat,
That was carved like a wreath!

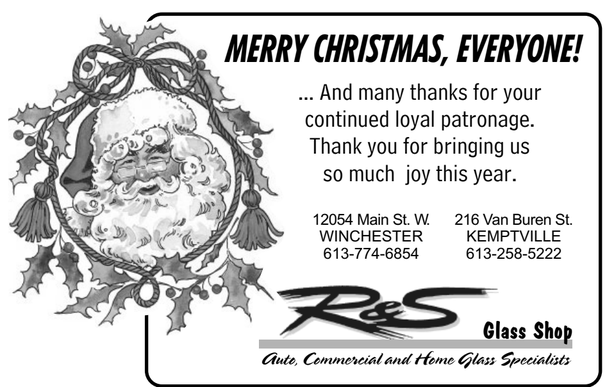
Annette Brietler
Grade 5, Elma Public School











Turkey Q&A

What's the best way to thaw a turkey?

Refrigerator thawing is recommended. However, if time is short, submerge the turkey in cold water. Thawing the turkey at room temperature is not recommended as it could promote bacterial growth.

Refrigerator Thawing:

- Thaw turkey in unopened wrapper breast-side up on a tray in the refrigerator.
- For every four pounds of turkey, allow at least one day of thawing.

Cold Water Thawing:

- Place turkey in unopened wrapper breast down and cover completely with cold tap water.
- Change water every 30 minutes to keep surface of turkey cold.
- Estimate minimum thawing time to be 30 minutes per pound for a whole turkey.

What's the proper way to stuff a turkey?

Generations of Canadians have been enjoying turkeys — stuffed and unstuffed. Whether you choose to stuff your turkey or cook stuffing in a casserole dish is a matter of personal preference. As with any preparation involving raw food ingredients, it is important to carefully follow proper food safety and handling procedures to ensure a safe turkey every time.

- Prepare stuffing just before placing in turkey. Use only cooked ingredients in stuffing — sauté vegetables, use only cooked meats and seafood (oysters), and use pasteurized egg products instead of raw eggs.
- Place prepared stuffing in turkey just before roasting. Do not stuff the turkey the night before roasting.
- Stuff both neck and body cavities of completely thawed turkey, allowing 1/2 to 3/4 cup of stuffing per pound of turkey. Do not pack stuffing tightly in turkey.
- Return legs to original tucked position, if untucked for rinsing or stuffing.
- Use a cook method that allows the stuffing to cook along with the turkey. Do not stuff turkeys when cooking on an outdoor grill or water smoker or when using fast cook methods where the turkey gets done before the stuffing.

Is it necessary to baste a turkey?

- Basting the skin during roasting is not necessary. Pouring juices over the turkey's skin while it roasts will not make the meat juicier. The liquid penetrates only about 1/8 to 1/4 of an inch beneath the skin and most of the juice will run off into the pan. Opening the oven door periodically to baste a turkey can interrupt roasting and may possibly lengthen the roasting time.
- Before roasting, lightly coat the turkey's skin with oil, shortening or vegetable cooking spray to prevent the skin from drying.

How do you know when the turkey is done?

Turkey is done when the meat thermometer reaches the following temperatures:

- 180ºF deep in the thigh; also, juices should be clear, not reddish pink, when thigh muscle is pierced deeply.
- 160ºF in the center of the stuffing, if turkey is stuffed. When the stuffed turkey is done, remove turkey from oven and let turkey stand for 15 minutes. This stand time allows the stuffing temperature to reach 165ºF for an added measure of safety.

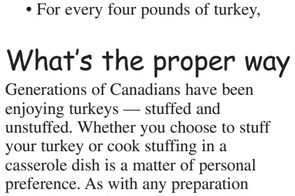
- News Canada



Chelsea Bolton, Grade 7, Nationview Public School



Heather Demers, Grade 2, Morewood Public School



CHRISTMAS Is Near!
All signs point to a wonderful season,
And your loyal friendship is the reason —
So whether you're close or far from here,
We're sending our best wishes for a joyous year!
A31 Auto Sales
PRE-OWNED VEHICLES
10791 County Rd. 2
Iroquois
613-652-4269
Glen Nelson
Doug Davidson

All Signs Point To Christmas!
Thank you for passing by our way this year. Have a joyous Noel.
Clara's Dressmaking and Tailoring
520 St. Lawrence St.
Winchester 774-3252



IT'S GM CANADA'S BIGGEST YEAR END CELEBRATION EVER

HOT BUTTON EVENT

150 OF OUR HOT NEW 2005s ARE HERE TO BE WON.

No purchase necessary to play

MINIMUM $500 OFF MOST 2005s

MINIMUM $1,000 OFF MOST 2004 & SELECT 2005s

WITH OTHER FANTASTIC AWARDS YOU COULD WIN INSTANTLY.

$2,000 OFF

$3,000 OFF

$5,000 OFF

$10,000 OFF

OFF ELIGIBLE PURCHASE OR LEASE ON MOST 2004s AND 2005s

0% PURCHASE FINANCING* for 60 months on most '04 and selected '05 models

*See dealer for details

WE'RE TRIMMING RATES!

We've trimmed our tree and our rates to keep things moving through the holiday season.

2005 Epic



Choose from 50 USED CARS & TRUCKS 2000 AND NEWER

- In Stock -

LOW FINANCING

NOW WE GIVE THANKS...

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

2005 Silverado



SALES AND SERVICE HOURS

Closed Friday and Saturday, Dec. 24 & Dec. 25

Closed Monday, Dec. 27

Open Tuesday, Wednesday, Thursday, Dec. 28, 29, 30 Regular Hours

Closed Friday, Dec. 31, Open Monday, Jan. 3

SALESMEN

Barry McMillan • Darryl McDonnell

Kirk McMillan • Richard Zandbergen

UPPER CANADA MOTOR SALES LTD.

CORNER HWY. 2 & 31, MORRISBURG 543-2925

CHEVROLET Parts GM Service

Letters to Santa Claus

Dear Santa:
This is what I would like for Christmas, a teddy bear, toys and love.
I was good this year.
Kristyn Lee,
Grade 5,
Metcalfe Public School

Dear Santa:
I am trying to do my best to work hard and help other people and to obey my teacher and my parents. Every year my family gets up early and we take turns opening our presents. I would really like a Playstation 2 please and thank you. I would also like Ruby, Yoshi Island and Spider Glider with figure. What I really want is peace.
Matthew Leflamme
St. Mary School
Chesterville

Dear Santa:
I've been good all year. Can I please have a real cat and a toy dog.
Jenna
Dixon's Corners Public School

Dear Santa:
I would like four Barbies, some Dora toys, and Princess toys. Thank you for the toys last year.
Mary,
Dixon's Corners Public School

Dear Santa:
I've been good this year and I love you. Can I please have a couple of Yu-gi-oh! and Pokemon Cards.
Matthew Henry
Dixon's Corners Public School

Dear Santa:
Thanks for making me and everybody else toys. Say thanks to the elfs too, they are cool. You're the best. They made a movie about you and the elfs. It's called *ELF.* Here is something I really want this year for Christmas – New hockey pads.
Thanks alot,
Sarah Rozon,
Grade 3,
Mother Teresa School

Dear Santa:
I've been good all year. Can I please have a monkey, and alarm clock and a new book for Christmas.
Katrina,
Dixon's Corners Public School

Dear Santa:
I've been good, but not super good. I would like a Yu-gi-oh Trading Card Game and Blue Eyes White Dragon, and Slimecano Play Set.
Cameron C.
Dixon's Corners Public School



Dear Santa:
I am going to be good this year. I am trying my best and I am waiting for Christmas! My family tradition is, my family wakes up early and opens the presents before breakfast. My wish list is that I would like a Spiderman GameBoy game. My wish for the world is that no one is bad and everyone treats each other nicely.
Ian Hickman
Grade 2
St. Mary School
Chesterville

Dear Santa
I am trying to do my best during Advent. I am going to be kind during Advent. Advent is a time to get ready for Christmas. My Christmas family tradition is we eat breakfast then we open presents. Santa, please can I have a Boobah, thank you. My wish for the world is all the people in the world have a Merry Christmas.
Elizabeth Charlebois
Age 7
St. Mary School
Chesterville



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!

Located minutes south of Winchester on Hwy. 31
774-3353

CASS BRIDGE CHEESE HOUSE



MERRY CHRISTMAS, EVERYONE!

... And many thanks for your continued loyal patronage. Thank you for bringing us so much joy this year.

12054 Main St. W. WINCHESTER 613-774-6854

216 Van Buren St. KEMPTVILLE 613-258-5222

R&S Glass Shop

Auto, Commercial and Home Glass Specialists



At This Season Of Wishes

Dreams do come true. How do we know? Because your kind friendship has made it so! Here's hoping your season is filled with magic. Thank you!

Keep It Colourful Inc.

Benjamin Moore The Colour Experts

KEMPTVILLE MALL 258-6789

Sporting Our Good Cheer



These snowmen have gathered here
To wish you joy and wish you cheer
No matter what sport you may play,
Have a winning holiday!

Thank you for your goodwill this past year.

SPORTS ACTIF

880 Notre-Dame, Embrun, Ontario 443-2488

Bob & Butch

'Quality and Service are number 1'