



We wish you a
Merry Christmas!



On the first day of Christmas, my true love gave to me, a partridge in a pear tree."

The familiar lyrics of this tune are sung as part of Christmas caroling and holiday celebrations, reaching a crescendo each time singers belt out "five golden rings." The song is an English Christmas carol that was written in 1720. While it references plenty of gift-giving, it's easy to assume the song is about giving Christmas gifts. However, the 12 days in the song actually refer to the birth of Jesus Christ.

The 12 days of Christmas, also known as the Twelvetide, refers to the festive Christian season that celebrates the Nativity of Jesus. In fact, the start of these days occurs on December 25 and extends until the evening of January

5th, the day before the Epiphany, known as Twelfth Night. Each day corresponds to a remembrance of different religious events or people.

Christmas celebrants can celebrate well into the new year. Commemorating the 12 days of Christmas can include small festivities from December 25 to January 5. On Twelfth Night, historically known for parties, modern-day fanfare can mark the culmination of the Christmas season - with the last of gift-giving occurring on the Epiphany.

Gifting, hosting friends and family, attending religious services, participating in charitable events, or opening one's home to neighbors and those who can use some companionship are all ways to make the 12 days of Christmas more special.

The origins of Christmas caroling



The festive nature of the holiday season makes it an ideal time to sing, especially in groups. Perhaps it's no surprise then that caroling, a tradition that dates back many centuries, ultimately collided with Christmas.

Caroling and Christmas caroling are two different things. According to History.org, the origins of modern Christmas caroling can be traced to wassailing, a term that has evolved for more than a millennium. What started as a simple greeting gradually became part of a toast made during ritualized drinking. Time magazine notes that the word "wassail," which appeared in English literature as early as the eighth century, eventually came

to mean the wishing of good fortune on one's neighbours, though no one can say for certain when this particular development occurred.

During medieval times, farmers in certain parts of Britain would drink a beverage to toast the health of their crops and encourage the fertility of their animals. By 1600, farmers in some parts of Britain were still engaging in this ritual, and some were by now taking a wassail bowl filled with a toasting beverage around the streets. These wassailers would stop by neighboring homes and offer a warm drink, all the while wishing good fortune on their neighbors.

During this period, wassailing had nothing to do with Christmas,

but that began to change in Victorian England, when Christmas became more commercialized and popular. It was during this time when publishers began circulating carols, forever linking the tradition of wassailing with Christmas.

Christmas caroling as Victorian Englanders knew it might have fallen by the wayside. But while carolers may no longer go door-to-door singing Christmas songs and wishing their neighbours good fortune, those intent on seeing the modern manifestation of this tradition that dates

back more than a millennium may be able to find some carolers at their local mall or church.

WITH THANKS

Here's hoping this holiday delivers your fill of special surprises.



Merry Christmas to you and yours!

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Merry Christmas
Mayor, Council and Staff
Town of Shellbrook



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It's been a real treat for us to serve you, and we wish you all the trimmings of a truly spectacular holiday season.

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We're extra grateful to all of you!*

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How to choose the perfect Christmas tree

Do you love seeing and smelling a real Christmas tree in your home? If so, here are some tips for choosing the perfect one.

Determine what size

Choose a spot in your home to place your tree and don't forget to measure it to make sure you don't come home with one that's too tall. The spot you select should be away from air vents so that the tree doesn't prematurely dry out.

Choose the tree

To choose the right tree, look for one with needles that are shiny and uniformly green. When you crush the needles between your fingers, they should release a strong, fresh scent. Lift the tree and make sure that it's heavy, that the needles stay on and that the trunk is slightly sticky.

Care for the tree

Store your tree outdoors or in the garage until you're ready to decorate it. Right before you do, cut about an inch of

the trunk off the bottom. This will allow your tree to soak up the water it needs to thrive indoors.

Put your tree in the stand and fill the basin with water. Make sure to add water daily so your tree doesn't dry up. Wait a few hours for the branches and needles to settle before you start decorating.

A dry Christmas tree is a fire hazard. To minimize the risk, make sure to give it enough water, keep it far from the fireplace and use lights that don't emit heat.

Two cute Christmas crafts to make with your kids

If you have time off during the holiday season, make the most of it by making one — or both! — of these cute crafts with your family.

1. Appreciation garland

Show your family how much you care about them by hanging an appreciation garland where everybody can see it.

Here's how to do it: write something you love about each family member on note cards. Attach them to a string of red and white bakers twine with clothespins, along with other seasonal decorations.

If you're hosting this year, you can give your guests blank note cards so they can write their own notes of appreciation.

2. DIY snow globe

If you have small plastic tree ornaments that have lost their hooks, and some empty clear glass jars, use them to make snow globes.

Here's how to do it: using waterproof superglue, adhere the ornament to the lid of the jar, and allow it to dry completely. Fill the jar with water, a couple of drops of glycerine — which can be found in most drugstores — and

as much glitter as you'd like. Close the jar tightly, turn it upside down and give it a shake.

You can use any plastic object in a snow globe; if the kids have figurines they want to use, feel free to incorporate them.

Be sure to mark the

date on your finished crafts. They're almost certain to become family keepsakes that you'll want to put on display at Christmas or keep as mementos for years to come.

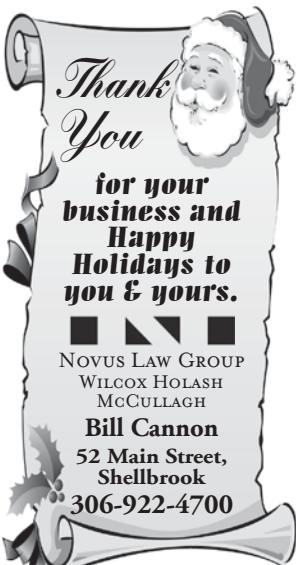


At This Special Time Of Year...

We want to give you our warmest wishes for a holiday season that's magical in every way.

Happy Holidays

Council and Staff
R.M. of Shellbrook #493



At This Season of Giving -



We'd like to give you our well wishes for a happy and healthy holiday season. We feel deeply honored to have your friendship and trust. Thanks!

Grant, Heather, Daryl, Tamara, Mark, Karen, Julie, Wendy, Marlene, Cathy, Patty, Gwen W., Sharri, Doreen, Jennifer, Jeremy, Janice, Gwen P.

Woodland Pharmacy
Shellbrook, Canwood, Leask

Tidings of Comfort & Joy

At Christmastime, may the company of loved ones present and the fond memories of those who have passed surround you with happiness and fill your heart with peace.

We wish you all the very best this holiday season.

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Remembering the true meaning of Christmas

**By Jonathan Worrall,
Student Minister,
Knox United Church**

Christmas is here! It's the greatest time of year.

It is a time for family, friends and celebration.

Sadly, it is also one of the most hectic and stressful periods of the year. There are the nerve-wracking shopping trips, as we navigate through the endless chain of stores

and through the hordes of other (often irritated) Christmas shoppers. It is a time, which especially for parents, can be very taxing, as they try to provide a memorable and happy Christmas for their children. This in turn, generally leads to worries about money.

It is also important to recognize that Christmas can be especially difficult for those who are alone,

as the holiday season makes their loneliness all the more pronounced. For some, this may be the first Christmas for empty-nesters, for those without family, or those who are separated from their family by a great distance, or for those who have recently lost a

loved one.

In Western culture, it can be almost impossible to remember and embody the true meaning of Christmas. As a secular society, it has become a commercialized holiday where the emphasis is on consumption. Now, I'm no Scrooge; I have nothing against the giving of gifts. A gift from a friend or family member is a warm and loving gesture.

Instead, I am suggesting that we keep in mind

the true meaning of Christmas. To quote Ferris Bueller, "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it." Let's take a moment to pause amidst the hustle and bustle, and remember the true meaning of Christmas; Christ and his message. A message which became embodied by the reformed Scrooge, who, after being visited by

the Ghosts of Christmas, did his part to be the hands and feet of Christ.

Treasure your time with your friends and family, make merry memories. Spread the joy of Christmas to one and all. Focus on random acts of kindness; volunteer at the care home, visit those who would benefit from and cherish the company, donate to your local food-bank, or give to charity.

May God bless you all this holiday season.

Let's put Christ back into Christmas

**By Dave Whalley, DLM
First United Church, Big River**

Advent is a time of waiting; waiting for the surprise of the incarnation of God. The Creator is revealed to us in many different ways in our individual lives. We sense the Creator on many occasions when we least expect the presence of the Great Spirit to be with us. We, as a people, find it difficult to accept and realize that God is always present with us in our earthly lives. The Holy Spirit is always guiding us in all the directions our life might take us. The question we have to reflect on is; are we listening to the Good Orderly Direction that our Creator is giving to each and

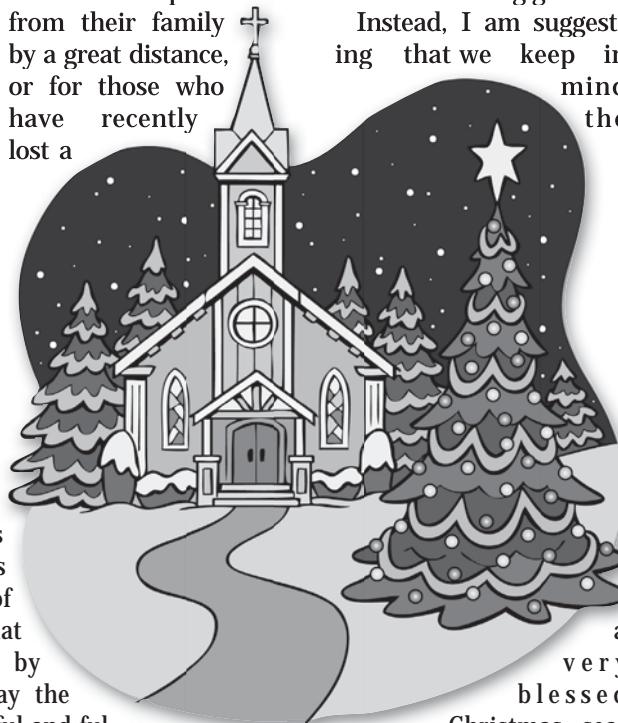
everyone of us?

This Christmas season, let all of us live in the peace of mind and soul that Jesus promises by faith in him. May the hope of a meaningful and fulfilled life be with all of us by faith in the Higher Power. May the Great Spirit bring the love that is promised by our God, and may we let that Spirit work with us and through us as we travel the highway of life. The joy that we all seek can be ours by faith in God.

On behalf of all of us at First United Church, Big River, we wish everyone

a very blessed Christmas season, filled with the gifts that are given to us by God; especially the gifts of peace, hope, love and joy. All we have to do to receive these gifts is live by faith in God, worship our creator, and treat our neighbours as we would want to be treated ourselves.

May the blessings of God be with you, now and forever, as we wait for Christmas and the New Year!



**By David Bodvarson,
SPA**

Another Christmas is fast approaching, it is likely my favourite time of the year. I have always felt something special about this season.

I just read this week about Christmas Eve 1914. My understanding is the guns fell absolute silent along the 30 mile stretch of the Western front. Wow! It is pretty incredible that the war stopped momentarily.

On Christmas Day, I read, the German, British, and French troops met in 'no man's land' to shake hands, share food and even exchange gifts. No one ever expected "The Christmas Truce."

Jesus is called some wonderful names in the Bible like "Wonderful, Counsellor, Mighty God, Everlasting Father." I sure

like that last one "Prince of Peace." (Isaiah 9:6)

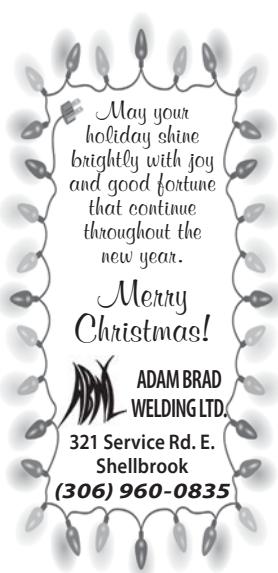
I'm sure glad I met the Prince of Peace. How about you?

From SPA, wishing you a blessed Christmas and a Happy New Year.



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Did you know?



The holiday season is rife with tradition. Some holiday traditions, such as holiday lighting displays, are impossible to miss, while others are more subtle and possibly even unknown to many celebrants. One tradition that falls into the latter category involves the placing of oranges into Christmas stockings. The origins of Christmas stockings are rooted in legend, and one of the more popular tales involves a widowed father of three beautiful girls. According to Smithsonian.com, this father was struggling to make ends meet and was concerned that his financial struggles would affect his daughters' ability to find a spouse. As the legend goes, St. Nicholas was wandering through the man's town and heard of his concerns. Recognizing that the man was unlikely to accept charity, St. Nicholas slid down the chimney of his house and placed three gold balls in the girls' recently laundered stockings, which were hanging by the fire to dry. The value of the gold balls, which were discovered the following morning, was enough to ensure the girls could eventually wed. So what does that have to do with oranges? Those who wanted to replicate the tale could not so easily come upon gold balls to place in stockings, so they chose something similar in appearance: oranges.

Decorate with a nose toward inviting holiday aromas

Holiday decor is as much about the sights and sounds as it is about the scents of the season. Few things evoke the holiday spirit as much as the aroma of fresh evergreen or spicy cinnamon and cloves. Incorporating inviting aromas into holiday decor can make homes feel even more special.

Filling a home with fragrant decor takes a little ingenuity and planning. Here are some ideas to incorporate the scents of the holiday season into your decor.

- Use a real Christmas tree. An easy way to create a pine-like scent indoors is to select a real Christmas tree. Ask the tree farm which varieties are the most fragrant. If a fresh tree is not possible, fill a decorative basket with pine cones and evergreen boughs for that woodsy appeal.

- Create a seasonal scented simmer. Take to the stove to make a homemade air infusion from ingredients in and around the house. Simmer pine branches, citrus peels, vanilla, nutmeg, cinnamon, and whatever else can be placed in a pot or slow cooker with water. The scents will permeate the house for hours if enough water is added to the mixture.

- Make holiday sachets. Some of the same ingredients for the holiday simmer can be dried and sewn into sachets. Add ribbon and hang on real or artificial trees. Or tuck the pouches into various areas around the house.



Embrace delectable holiday scents in seasonal decor.

- Experiment with scented candles. Scented candles can be found at various stores during the holiday season. Select among popular holiday aromas like pine, cinnamon, apples, and Christmas cookie varieties.

- Utilize essential oils. Natural food stores and other retailers may sell essential oils, which can be diluted and sprayed on surfaces or into the air. Exercise caution around upholstery, or test for staining before use.

- Spend more time in the kitchen. Add delicious scents to the home by way of freshly baked goods or holiday meals. Nothing beats the smell of cookies right out of the oven, and the scents can linger for hours.

- Make beeswax ornaments. Add scented oils to melted beeswax and pour into molds. Hang these creations as ornaments on

- trees or in other areas of the home.

- Craft some "gingerbread" ornaments. A mixture of cinnamon, applesauce and glue can be used to make ornaments or gift tags that resemble gingerbread cookies, and these ornaments have more staying power than actual

cookies.

- Design a pretty pomander. Stud an orange with cloves. Cut off the top of the orange and hollow out a place for a small tea light. The warmth of the flame will produce more scent.

Rich and inviting aromas can fill a home with the holiday spirit.



Wishing you and your family a very happy holiday.

May your season be filled with joy and the upcoming year overflow with all the good things in life.

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Dave, Heather & Staff

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Stairway to Christmas: how to decorate stairs for the holidays

The stairway in your house is the perfect place to show off your Christmas spirit. Here's how to dress up this oft overlooked part of your home.

Decorate the handrail

Wrap the handrail with evergreen garlands and decorate them with either berries, pinecones and burlap ribbons for a rustic look, or with Christmas baubles for a more whimsical take. Wrap a string of white or coloured lights around the garlands to add some sparkle.

Alternatively, you can

decorate the handrails with ribbons instead of greenery. Depending on the look you want, you can choose to use either one type of ribbon or a mix of different kinds in an assortment of colours and sizes.

Decorate the stairs

If they're wide enough, put decorations directly on the

stairs. Pillar candles (battery-operated ones are safest), wooden decorations and festive figurines can help create the holiday ambience you're after.

Decorate the walls and ceiling

Ask the kids to make paper snowflakes and use them to decorate the wall along the stairway. You can also dis-

play holiday photos from Christmases past. As a final touch, consider suspending large ornaments from the ceiling. Make sure to hang them high enough so that no one bumps their head.

If you follow these tips, your stairway aesthetic is sure to please visitors and earn their praise all season long.



When's the best time to exchange Christmas gifts?

If you're celebrating Christmas with young children this year, it's a good idea to plan out when you'll open the presents. Although your kids may want to open gifts first thing Christmas morning, there are advantages to putting this off till later in the day. Here are a few options to consider before deciding when to open the Christmas presents.

- Before breakfast: most kids want to leap

out of bed and start opening their presents straight away. By letting them open their gifts as soon as everyone's up, you won't have to hold

them back from rushing through breakfast. Afterwards, you can have a more leisurely Christmas brunch. Plus, they'll have new toys to entertain them for the rest of the day.

• After breakfast: tell children before they go to bed Christmas Eve that they'll only be able to open gifts after breakfast. Making sure everyone eats and fully wakes up before opening presents can be a good way to avoid



meltdowns later in the morning.

• When guests arrive: If you have grandparents or other extended family coming over, they may want to be there to give your kids gifts and watch them open their other presents. Consider putting off the gift exchange until they arrive.

Another possibility? Allow kids to open one gift — or their Christmas stocking — on Christmas Eve. This can be a good way to help them settle down the night before and maybe you'll even get to sleep in a little in the morning.

Season's Greetings

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Shellbrook, SK

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the Happy Holidays, as much as we do.

Thank you to everyone for your support this year.



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Rich in
Blessings

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happiness, peace, goodwill and
contentment... we hope your
holiday season is filled with all
the things that matter most.

Serving you has been our
pleasure. Merry Christmas!

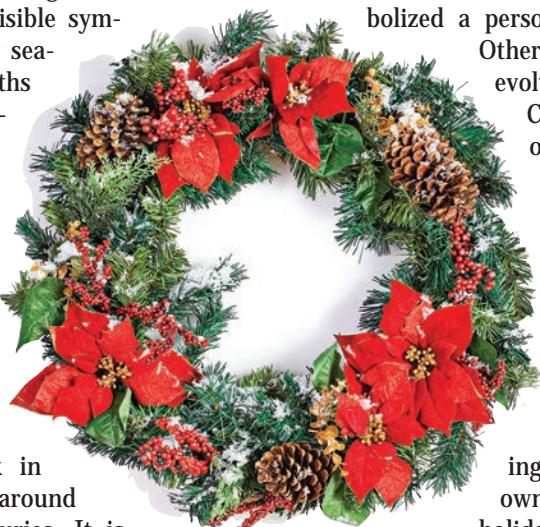
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There are many different ways to decorate homes and businesses for the holidays. Tall evergreen trees are among the most visible symbols of the holiday season. However, wreaths hung on doors, windows or fences also are ubiquitous this time of year.

Wreaths adorn homes primarily during the holidays of Easter and Christmas. Wreaths have also been worn around the head or neck in ceremonial events around the globe for centuries. It is believed the first wreaths date back to ancient Greece and Rome. Members of the Greco-Roman society were known to



hand-make ring-shaped items using fresh tree leaves, small fruits, flowers, and twigs.

Oftentimes these headdresses symbolized a person's social status. Others suggest wreaths evolved to become a Christian symbol of immortality.

Regardless of how wreaths are viewed, many people like to display wreaths for the holidays. Wreaths can be purchased pre-made, but making a wreath on your own can make the holidays even more fun.

One of the easiest ways to make a wreath is to design it around a circular floral foam form. Gather supplies to make

How to make holiday wreaths the easy way

the wreath. For traditional wreaths, supplies will include sprigs of evergreen (real or artificial), ribbon, floral wire, bows, and artificial berries. Working around the foam form, arrange the boughs of evergreen, using the floral wire to wrap or pin into the foam itself. Keep the layers coming until you get the desired coverage. Embellish with a ribbon or place a bow.

The blog A Piece of Rainbow says that creating a wreath jig is an easy way to make a wreath. Cut a dollar-store laundry basket bottom from the top ring to make a template, on which you can place wreath-making materials so they keep their circular form. Use floral wire or natural jute string to tie the materials together.

Experiment with fresh evergreen, twigs, holly branches, or whatever materials you choose.

Thick card stock also can serve as the wreath template. Attach artificial flowers or leaves, spray snow, ornaments, or other items to the card stock ring with a firm adhesive.

Many craft stores sell wreath forms made of natural vines that have been strung in a ring. These can be decorated in their entirety or left a little sparse to let the natural twine show through.

Wreaths may seem like complicated creations. But a little imagination and the right materials is all it takes to create a homemade wreath.

How to create a durable gingerbread house

Gingerbread cookies and houses are one of the many symbols of the holiday season, alongside Christmas trees and twinkling lights. In fact, few confections symbolize the holidays more so than gingerbread.

Many a child (or a child at

heart) has spent hours carefully trying to create decorative gingerbread houses. Although gingerbread recipes span various cultures, gingerbread houses originated in 16th century Germany. The fairy tale "Hansel and Gretel" helped solidify the popularity of gingerbread,

which became part of Christmas traditions.

Even though gingerbread houses can be fun to make, there's no denying it can be exacting work - especially for those who strive for perfection. Prepackaged kits attempt to take some of the guesswork out of the equation, but those who are crafting from scratch can employ these tips as they build their gingerbread houses.

• Go for form and not flavour. Few gingerbread houses ever get eaten, so focus on finding a dough that will bake up rock hard as opposed to one that tastes good.

• Get the right icing texture. Pastry artist Catherine Beddall says royal icing is the

preferred "glue" to adhere gingerbread pieces. Beddall says icing should be thick like peanut butter and not runny.

• Mind the dough. Do not roll out the gingerbread dough too thin or it may become brittle after being cooked. Always cut out shapes before the gingerbread is baked. Let the baked pieces sit overnight to cool completely before using them to build.

• Patience is key. Allow the icing to dry for at least a couple of hours after adhering each piece and before moving and handling the house, says Beddall. Work in stages so that individual items can be decorated and allowed to dry. Then the walls can be put together, followed by the roof pieces.

• Kids likely will need help. Children may not have the patience or steadiness to handle complete gingerbread construction. They can



decorate the separate pieces of the house while the components are laying flat, which is easier for kids. Adults can do the main assembly later on.

• Utilize a template. Free-handing may not be easy. Cut out templates using

cardboard or posterboard for various gingerbread pieces.

One of the most important tips is to have fun. Don't take gingerbread house making too seriously as a novice. Rather, enjoy the experience and the centuries-old tradition.

'Arc the Shellbrook Welder sings...'

... 'Have a Happy Happy Happy Holiday!'

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Denise, Meg, Carmellie, Cher, Tracey, Raeleen & Kelsey

A Winter Wonderland

May you enjoy the beauty and splendor of this special time of year with loved ones and friends, and please accept our best wishes and gratitude for your loyal and continued support.

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Three great gifts for the DIY enthusiast



Do you have someone on your Christmas shopping list who likes to spend their free time building things? If you're stumped about what to get them, here are a few gift ideas that you may not have considered.

1. Digital tape mea-

sure: a modern version of a classic tool. A digital tape measure can convert measurements from fractions to decimals and inches to centimetres. It also gives precise readings up to one millimetre and will calculate the midpoint of whatever's being measured. Some prototypes also come with a built-in level. A useful tool for many types of projects, this one is sure to quickly become indispensable.

2. Multi-tool: a must-have item for the DIYer who prefers to always keep their favourite tools on hand. More than a regular pocket-knife, a multi-tool can hold as many as 18 tools. Components might include knives, saws, pliers, cutters, awls and screwdrivers. Most even have a bottle opener for cracking that beer when the job is done.

3. Personalized hammer: almost everybody already owns a hammer, but most don't have one with a personalized handle. Engrave a regular hammer with their name, a special word or an inside joke between the two of you right on the tool's wooden handle. They'll be so touched, they may decide to decorate their workshop with it rather than use it.

Whatever their passion project, the DIYer in your life is sure to appreciate one — or all — of these thoughtful and useful gifts.

Peace on Earth

... And thanks to you, our customers, for your loyal support. We feel blessed to have you as our friends & neighbours. Have a wonderful holiday.

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Krista & Stacy

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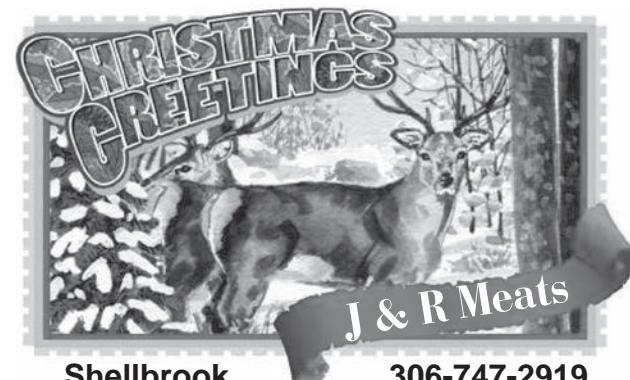
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'Tis the season!

Time to say thanks to all of you who have made this past year a joy for us!



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Holiday gifts for four-legged family members

Holiday shoppers who are busy making lists and checking them twice should make sure they don't overlook the family pet. Christmas has gone to the cats and dogs, as a greater number of people include their companion animals when selecting gifts each year.

A study by OnePoll conducted by Rover.com, the nation's largest network of dog sitters and walkers, found that 95 percent of pet owners have bought holiday gifts for their pets. Gifts can range from everyday needs, like food and treats, to more lavish extravagances like spa treatments.

Pet owners who plan to get their pets gifts this year may want to consider some of the emerging pet trends as they browse wares and services. The Balance, a business, career and industry information site, says pet industry trends point toward these segments seeing growth.

Natural pet products

Just as people are interested in protecting the health of the planet and their own personal health, so, too, are they extending this concern to companion animals. Natural pet products, which can include natural flea and tick remedies, holistic foods, organic items, and all-natural grooming products, can make great gifts.

Specialty pet services

The American Pet Products Association says the demand for high-end pet grooming and other services is substantial. In addition, personalized training, behavioral consulting, portrait photography, dog sitting, and upscale spa treatments like pet Reiki and massage are booming.

Mobile pet grooming
Mobile pet grooming has become the norm in

many areas. Mobile pet grooming can reduce the potential stress on animals, and tends to be very convenient for customers, particularly seniors and others who have mobility issues.

Beyond these growing trends, pet owners have a bevy of other ideas from which to choose. Here are just a few different suggestions:

- tests to detect pets' DNA and trace breed and ancestry,
- interactive puzzles to keep pets engaged and banish boredom,
- stylish storage baskets for pet toys,
- hidden cat litter or dog crate items that camouflage commonly used pet items,
- heated pet bed for cozy nights and mornings, and
- signature vests, coats and sweaters to look good and remain comfortable.

Pet gifts are popular this time of year, ensuring all members of the family have a treat to open.



May your dreams be merry and bright!

Greetings from

Laura's Hair Studio
306.747.3077
101 Railway Ave. West,
Shellbrook

Closed from December 25th to 29th, 2019, inclusive.



**TO OUR
CERISHED
CUSTOMERS**

We wish you tidings of comfort and joy as we thank you for making us feel so at home here.
Merry Christmas!

Triple S Transport
306-747-2944
Darin, Tina and Staff

Health and fitness gifts they'll love

Looking for the perfect gift for the fitness addict in your life? Or maybe you're hoping to motivate a friend or family member to be more active? In either case, there's a bounty of possibilities. Here are a few types of gifts that will encourage your loved ones to get moving.

Stocking stuffers

There are a number of small, inexpensive items that would make great stocking stuffers for family members or token gifts for your workout buddies. Some ideas include:

- Workout socks
- Energy bars
- Health magazines
- Safety lights (for running or biking)
- Sunglasses

Under the tree

Impress them this year with new gear to add to their arsenal. A few ideas include:

- Sports bags
- Exercise mats
- Running shoes
- Active wear
- Sports equipment

To make the most impact, reflect on the person's hobbies and pursuits. For instance, if your brother is a cycling



enthusiast, see if he needs a new helmet or seat. Or maybe your sister wants to take up tennis. Get her a racket and tennis balls or even lessons. The point is to take each individual's interests into consideration.

If they already have everything

If you're unsure what the individual you're shopping for needs,

a great idea is to buy them a gift card for their favourite sporting goods store. Or, to really wow them, present them with a gym membership, a sports massage, several sessions with a personal trainer or an appointment with a nutritionist. These types of gifts are almost certain to be appreciated.

Gifts for five types of enthusiast

Finding the perfect gift isn't always easy, especially when the person you're shopping for is passionate about things you don't know much about. Here are some gift ideas for five types of enthusiast.

1. Coffee lovers. An insulated travel mug, beans from a local roaster, an espresso maker, a conical burr grinder, coffee flavoured chocolates, double-walled coffee glasses, travel coffee press or coffee-scented candles.

2. Yarn crafters. Books or magazines with knitting and crocheting patterns, a row counter, a yarn bowl, a set of nee-

dles or hooks, a project bag, a tool case, personalized stitch markers, high quality yarn or a gift certificate to a yarn store.

3. Aspiring writers. A mechanical keyboard, a laptop tray, noise-cancelling headphones, a fountain pen, personalized notebooks, a Bluetooth keyboard for their tablet, an external hard drive, books about writing or a printer.

4. Tabletop gamers. A dice bag, a wooden card holder, plastic card protectors, a board game bag, custom game organizers,

a play mat, a component organizer, new dice, a custom character figurine or an expansion pack for their favourite game.

5. Environmentalists. Reusable stainless steel or silicone straws, reusable produce bags, silicone snack and sandwich bags, a reusable water bottle, jewelry made from recycled materials, beeswax food wraps for leftovers or a vegan cookbook.

Buying a gift that speaks to your loved one's interests will show them that you care.



Four gift ideas for tech-lovers



Tech-lovers can be tough to buy for. With all the new and exciting products that come out every year, it's difficult keep up with the latest trends. To help you out, here are four products that tech-lovers are buying en masse this year.

1. Virtual reality headsets

Virtual reality headsets are the future of both gaming and media. The 360-degree viewing experience transports you to another universe. There's no need to leave your living room to be courtside at Madison Square Garden watching a Knicks game, in the Egyptian desert taking a tour of the pyramids or even on a spaceship fighting cyborgs.

2. Drones

Drones are getting more popular and increasingly sophisticated every year. Nowadays, there are tons of different prototypes available and they come in a wide range of price points. Different models are made to appeal to different interests:

Spread the Word!

Here's hoping that your holiday brings, Peace and joy and all good things Plus a load of fun and laughter To create warm memories forever after!

Greetings & Gratitude

SANTA SAYS

'GO GREEN, RECYCLE'

Hwy 55
Waste Management
306-468-3055
Canwood

choose between a camera drone, a toy drone or a racing drone.

3. Mobile WiFi hotspots

Some people can't survive without an internet connection. And many have a good enough excuse, as staying connected is vital to their job. Mobile WiFi hotspots are the perfect gift for these people. These palm-sized gadgets provide you with internet access anywhere in the world.

4. Portable chargers

The more electronic gadgets a person uses, the more frequently they're scrambling around anxiously to find a power source. Put a tech-lover's mind at ease by giving them a portable charger capable of powering up their phone, tablet, headphones and other electronic devices.

Happy Holidays

All the best to our friends and neighbours this Holiday Season.

R.M. of Canwood #494
306-468-2014

MERRY Season's Greetings!

All The Best...

To the best bunch of people we know — our customers! Our heartfelt thanks from all of us to all of you!

Merry Christmas, Everyone!

Brian Person & Staff
BP Construction Ltd.
Canwood 306-468-7440

Village of Canwood Council & Staff

Decking your halls: holiday decorating ideas for the enthusiast

Ready to take your Christmas decorating to the next level? Here are some pro tips that can elevate your holiday embellishments from merely so-so to full out sublime.

Choose your palette

The pro-decorator's cardinal rule? Choose a palette and stick to it. Make sure your ornaments, ribbons, lights, stockings, gift-wrapping and more are made up of hues from your chosen palette. Here are a few colour combinations to try:

- Traditional. Tried-and-true, red, green and gold make up the classic Christmas colour scheme.



When choosing a real Christmas tree for holiday celebrations, consumers should think about the many ways that trees can be repurposed after the holiday season. Some towns collect discarded trees to use them for various purposes. However, homeowners can get in on the action as well. The Old Farmer's Almanac offers these great ideas for post-holiday tree use.

- Prop up the tree near a bird feeder to provide another perch and shelter to birds that stick close to home in winter, such as chickadees and finches.
- String the tree with various treats for birds and put it in a sheltered location. Ideas include homemade suet, cranberries and millet.
- Mulch the tree and use it in the garden in the spring.
- Use boughs to insulate

Christmas tree recycling

perennials in the garden.

- Keep some branches to use as kindling in a wood stove or fireplace, or as aromatic logs for next year's yule fire.
- Sink an old tree in a personal pond. Fish and tadpoles will live and lay eggs around this sheltered area.
- Collect some pine needles and sew them into fabric packets to make scented sachets for closets or drawers.

There are many imaginative ways to come up with handy uses for Christmas trees once the holiday season ends.



SANTA
*Especially
For You*

We'd like to join jolly old Saint Nick in sending warm wishes to you and your loved ones this holiday season. We appreciate your goodwill and trust in us, and thank you for your business.

Merry Christmas!

From Management and Staff of
Lamplight Cuisine

**Greetings
of the Season**

May mirth and joy light up your year this holiday season, and beyond. Thank you for doing business with us. Your visits are always welcome!


Diamond North
CREDIT UNION
Directors and Staff
306-724-8370, Debden
306-469-4944, Big River

- Icy. A more modern option, this palette is made up of periwinkle, teal and silver.

- Jewel. A vibrant palette of green,

purple, orange and red.

- Metallic. A glittering and regal palette of silver and gold.

- Monochrome. If simple and elegant is more your style, consider a colour scheme made up solely of whites.

Choose your theme

Next to palette, the most important decorating decision you'll make is in regards to theme. The idea is to take an evocative word or phrase and let your imagination go to work. Here are a few examples:

- Winter wonderland. Think white and lots of it. Include elements like snowflakes, tinsel and wintery animals such as reindeer and moose.

- Rustic farmhouse. Use logs, sticks, pinecones, greenery and other natural materials. Plaid patterns are a fitting accompaniment.

- Christmas cheer. Combine festive colours like red, green and gold with classic Christmas imagery.



ery.

- West coast Christmas. Bring the charm of the seaside indoors with shells and starfish and a colour palette of soft pink, blue and beige.

Once you've found your starting point — whether it's a colour palette, a theme or both — you'll find that your ideas start to flow. Happy decorating!

**Filled with
Glad Tidings**
May your holiday be
brimming with
good times and
glad tidings!



It's been a pleasure
serving you this past
year...thanks!

**Demers Mfg. &
Machine Ltd.**
306-724-2071 ~ Debden

**A Note of
Thanks**



and bundles of best wishes to our noteworthy customers and friends.

**Creative Image
Salon**
306-724-4414, Debden

Season's Greetings
Thank you
for your patronage!

Victoire General Store
306-724-4800 ~ Victoire

Christmas Greetings
to our Neighbours, Associates,
Customers & Friends

With heartfelt thanks, we recall the many individuals who have helped make this past year a memorable one for us, and wish you the very merriest holiday season ever.

Your kindness and generosity have made doing business in this community a real joy for us!

Demers Shopping Centre
306-724-2104

& Debden **RONA** 306-724-2207
201 Main Street, Debden

Willow
Insurance Corp.

With best wishes to one and all for a merry and bright holiday season.

THANKS
For Your Patronage

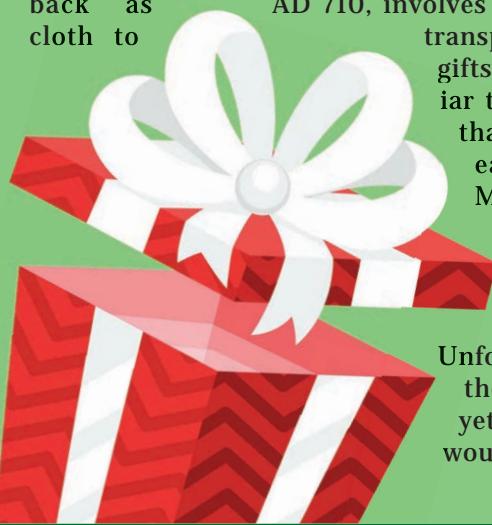
Shell Lake, SK
306-427-2255

Debden, SK
306-724-2012

Wrapping gifts is a very old tradition

The holiday season is rife with tradition. One of the most recognizable traditions involves wrapping gifts. While the wrapping paper many gift givers use today is a relatively recent phenomenon, the tradition of wrapping gifts is centuries old, with some historians even suggesting it dates back to ancient times. The Children's Museum of Indianapolis® notes that many ancient cultures celebrated various holidays that included exchanging gifts, adding that it's very likely that, even in ancient times, gifts were wrapped to surprise their eventual recipients. Bojagi is a traditional Korean wrapping cloth that might have begun being used some time during the Three Kingdoms of Korea period, which began in 57 BC and ended in AD 668. The Japanese tradition of furoshiki, which can be traced back to the 17th century and possibly as far back as AD 710, involves using a traditional wrapping cloth to

transport certain items, including gifts. As for the gift wrap familiar to today's holiday celebrants, that traces its origins to the early 1900s. The Children's Museum of Indianapolis notes that Eli Hyman and Morris Silverman founded the first gift wrap company in the United States in 1903. Unfortunately for gift givers back then, adhesive tape had not yet been invented in 1903, and wouldn't be for another 27 years.



Merry Christmas From Our House To Yours

May the coming season deliver an abundance of peace, joy and happiness to your home.

CARRIER
FOREST PRODUCTS LTD.

Big River, Saskatchewan

Tips for baking better Christmas cookies

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

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

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

Handle butter with care

Butter can make or break a cookie recipe, as butter is often the glue that holds the cookie together. Therefore, it is key to follow the directions

carefully regarding how to handle butter. Smithsonian.com says to leave butter at room temperature for 30 to 60 minutes to properly soften it. This takes patience, but fiddling with butter too much can damage its delectable integrity. While purists may say butter is best, margarine may be acceptable if it has a high fat content; otherwise, cookies may spread out and flatten.

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

Measure flour properly

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

Slow down the eggs

Add eggs one at a time to make sure each will emulsify properly with the fat in



Fa...la...la...la...la

... And a round of thanks to you, our kind and loyal customers. We are very grateful for your business this past year and wish you all the best this holiday season.

Merry Christmas!

LENS TRUCKING
306-469-4411

Big River

HAPPY, HAPPY,
HAPPY, HAPPY,
HAPPY, HAPPY,
HOLLY-DAYS

Wishing all of you
a very joyful
holiday season.

Thanks.

Ritchie
Construction
Ltd.

George, Arlene
and staff

Season's
Greetings

May all the joys of a sweet, old-fashioned Christmas be yours. Thank you for being such loyal customers.

From Management
& Staff of

**Big River
Truck &
Trailer**
306-469-2471

Crank Up

The Christmas
Spirit!



Here's hoping your holiday's a model of perfection. Thanks, friends!

from Patty, Cheyenne & Staff

Big River Esso

306-469-5774

Keep safety in mind when decorating for the holidays

Decorations help make the holiday season a magical time of year. Stores are awash in color and twinkling lights, and similar imagery is on display in private homes.

Designing holiday displays can be a great way for families to spend time together and kick off the celebration. In fact, according to Electrical Safety Foundation International, around 90 percent of Americans decorate their homes for the holidays.

When trimming the tree and decorating this holiday season, families must keep safety in mind. A little planning and some precautionary measures can ensure displays are enjoyed all season long. Travelers Insurance offers the following holiday decorating safety tips.

- Do not overload outlets. Plan displays according to the number and location of available outlets.
- Never exceed the maximum number of light strands that can be attached together.

- Use lights and products that have been tested for safety. Certification marks like UL, ETL and CSA are from nationally recognized laboratories.

- LED lights should be used whenever possible. Such lights consume less energy and run cooler than other bulbs.

- The ESFI says candles start almost 50 percent of all decoration fires. Minimize the risk by using candles only when they can be monitored. Artificial candles can be used in place of real candles.

- Check for freshness in live trees. A fresh tree will last longer and is less of a fire hazard than an old tree.

- Place Christmas trees at least three feet away from all heat sources, including fireplaces and heaters.

- Use decorations that are non-combustible or made from flame-resistant materials.

- Pay attention to the age recommendations of decorations to see if they can be used in homes with young children. Some items, however common, are choking or strangulation hazards.

- Avoid putting small, "mouth-sized" decorations near the ground or on lower limbs of trees, where young children can easily reach them.

- Exercise caution when hanging decorations at high heights. Make sure the ladder is secured and have a spotter who can

- hold the ladder and pass items up safely.

- Outdoor electric lights and decorations should be plugged into circuits protected by ground fault circuit interrupters, or GFCIs.

- Exercise caution when decorating near power lines that extend to the house.

- Keep hung stockings far away from open flames so they do not catch any errant embers.

These are just a few suggestions for decorating a safely for the holiday season.

Amazing Christmas world records

Do you love Christmas? If so, you're not alone. In fact, every year, the spirit of the season drives holiday enthusiasts to perform impressive feats. Here are some particularly remarkable Guinness World Records that are on theme.

- Largest artificial Christmas tree. Built by the Arjuna Ranatunga Social Services in Colombo, Sri Lanka in 2016, this tree measured more than 72 metres high. It was erected during a three-day Christmas carnival and was topped by a 6-metre star.

- Largest Christmas ornament. In 2018, a Christmas ornament more than 4.5 metres in diameter was displayed in Dubai Mall, Dubai, United Arab Emirates.

If you're hoping to set your own holiday record this year, you better get started. Christmas will be here sooner than you think.



Have a Merry Little Christmas
We're hoping your holiday is stuffed with good things!
Thanks for your continued patronage.
Midtown Holdings
Jeff, Gerald & Staff
Big River
306-469-5666


PEACE JOY LOVE LAUGHTER
EARL BEEBE TRUCKING LTD.
Shirley & Staff
306-469-2289 Big River

Merry Christmas & Happy New Year!

We wish everyone a Happy & Safe Holiday!
SERVING BIG RIVER
Cory & Kerri
BIG RIVER AUTOBODY


Now Serving Our Best Wishes
Here's hoping your holiday season is just the way you like it. It's always a pleasure to serve folks like you and we sincerely appreciate your dining with us this past year
Wanda and Staff
Phone 306-469-4488
Big River


May Your Holiday Be Merry & Bright
The tree is lit, the stockings are hung, and the good times are about to begin. We hope your Christmas is everything you're hoping it will be.
Thanks for making our season such a great success. We look forward to serving you in the New Year.
Pat, Donna & Staff
Panter Agencies Ltd.
Big River 306-469-2155


Wishing you and your loved ones a wondrous season filled with all the trimmings and hopes of a prosperous new year.
Thank you for your kind patronage. Your friendship really makes us feel like celebrating.
Margo, Russell and Staff
H & J PLUMBING & HEATING
306-469-2204
Big River

Tips for safe holiday entertaining in pet-friendly households

The holidays are a time to spend with friends and family. Celebrating and entertaining are large components of what makes Thanksgiving, Christmas, Chanukah, and New Years festivities so enjoyable. Holiday hosts with pets must consider companion animals when planning the festivities.

The holiday season brings added dangers for pets. The American Veterinary Association notes that, by keeping hazards in mind, pet owners can ensure their four-legged friends enjoy the season as much as everyone else.

- Secure the tree. Securely anchor the Christmas tree so that it won't tip over on anyone, including rambunctious pets. Also, stagnant tree stand water can grow bacteria. If a pet should drink the water, it may end up with nausea or diarrhea. Replenish the tree basin with fresh water daily.

- Skip the candles. When creating mood lighting, opt for electronic or battery-powered lights

instead of open flames. Pets may knock over candles, and that can be an instant fire hazard.

- Keep food out of reach. Situate food buffets beyond the reach of hungry and curious animals. Warn guests to promptly throw out their leftovers so that dogs and cats do not sneak away with scraps that may cause stomach upset or worse. Real Simple magazine

warns that fatty foods can promote pancreatitis - a potentially dangerous inflammation of the pancreas that produces toxic enzymes and causes illness and dehydration. Small bones can get lodged in a pet's throat or intestines as well.

- Avoid artificial sweeteners. Exercise caution when baking sugar-free desserts. The artificial sweetener xylitol can cause dogs' blood pressure to drop to dangerously low levels. Xylitol is found in some toothpastes and gum, so tell overnight guests to keep their toiletries secure to avoid accidental exposure.

- Be cautious with cocktails. If the celebration will include alcoholic beverages, the ASPCA says to place unattended adult beverages where pets cannot reach them. Ingested alcohol can make pets ill, weak and

even induce comas.

- Be picky about plants. Mistletoe, holly and poinsettias can be dangerous in pet-friendly households. These plants can cause gastrointestinal upset and may lead to other problems if ingested. Opt for artificial replicas instead. If guests bring flowers, confirm they are nontoxic to pets before putting them on display.

- Watch the door. Guests going in and out may inadvertently leave doors open. In such instances, pets who get scared or are door dashers may be able to escape the house. Put a note by the door to watch for escaping pets.

- Designate a safe space for pets. If the holiday hustle proves too much for cats, dogs, birds, and more, give the pet a safe, quiet spot away from the crowds.

Holiday hosts should factor in pet safety when they open their homes to guests.



How to take great photos on Christmas morning

One of the best parts of Christmas morning is watching your kids — or grandkids — open their gifts. It's a magical moment to experience but also to preserve. Here are some great tips for capturing those special moments this Christmas.

Be prepared

Get your camera or phone ready before-

hand. On Christmas eve, take a moment to make sure that the battery is

charged and that you have enough memory available for new photos. Get the room you'll be spending Christmas

morning in ready too. Make sure you're happy with the decor and that the lighting is suitable for taking pictures. As a rule, try to have as much natural light as possible.

Be in the right place

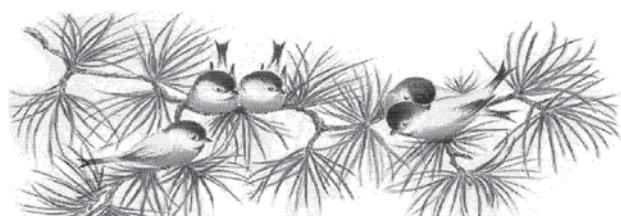
The little ones will probably be down on the floor as they open their gifts. You might want to follow suit. To get the best photo of that awestruck or beaming face, make sure the camera lens is level to it.

Bonus tip: if you want to best capture the dramatic moment when

your kids first enter the room and see the gifts under the tree, position yourself beside it so that you can photograph their faces.

Tell a story

The moment when your kid sees their new toy might be the climax, but it doesn't tell the whole story. Get pictures of them curiously weighing a wrapped box, trying on the sweater they discover inside and hugging grandma to thank her for the gift. Not only are these photos wonderful on their own, but they also tell a great story when placed side by side.



The holidays bring many gifts, but none are more precious than the gift of your support and friendship. Thank you for contributing to our success

*Management &
Board of Directors*

*Honeywood (Dr. A.J. Porter)
Heritage Nursery
Parkside*

Wishing you much
harmony and joy
at Christmas

**Reeve and Council
R.M. of Leask
#464**



Wishing
everyone
Peace & Good Will
at Christmas
**Mayor and Council
Village of Leask**



Thank You For Your Patronage!

*With best wishes to
you and yours for a
joyous holiday season.*

Ag-Ray Seeds & Processing

306-747-8203

Parkside



Thanks & Best Wishes All Around

It's friends and customers like all of you who make our season bright!

David Moe

SGI Motor License Issuer

Parkside General Store ~ 306-747-2275



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Help make your poinsettias last longer

Poinsettias are synonymous with the holiday season. These colorful plants brighten up homes with their vibrant hues in variations of red, white and pink, making them a holiday decoration many people cannot live without.

While they're most visible during the often chilly holiday season, poinsettias prefer warm weather. Poinsettias are native to Central America and originally flourished in an area of southern Mexico. The Aztecs used the plant for decorative and medicinal purposes.

The poinsettia may have remained a regional plant if not for the efforts of Joel Roberts Poinsett, who was the first United States Ambassador to Mexico under President James Madison. Poinsett, who would later found the Smithsonian Institution, had a love of botany and became enamored with the brilliant red plants he saw in Mexico. Eventually, Poinsett began growing the plants at home in South Carolina, and friends and others soon coveted them.

Poinsettias are beautiful and the bracts

(modified leaves) can be vibrantly colored. That signature vibrancy is why many people would like to preserve their poinsettias to last beyond the New Year, which is possible with the right care. The following are some tips, courtesy of Mother Nature's Network, Habersham Gardens, Oregon Live, and Phoenix Flower Shops, to keep poinsettias thriving past the holiday season.

- Start with healthy plants that have full leaves, bracts and deep colors.

- Poinsettias do best

when the temperature is between 65 and 75 F. Temperatures below that or drafts from cold windows can cause leaves to drop.

- Position the plant in a room that gets indirect sunlight for at least six hours per day. If direct sunlight can't be avoided, diffuse the light with a sheer curtain.

- Poinsettias need well-drained soil. Overwatering or allowing roots to sit in wet soil can cause the leaves to fall off prematurely. Water thoroughly only when the pot looks dry. In households with temperatures around 70 F, the plant should be watered about once a week.

- Fertilize the plant after the blooming season with a balanced, all-

purpose fertilizer.

- Try placing poinsettias in or near a bathroom, as they prefer high humidity.

- It may be possible to get poinsettias to rebloom next season. Allow the poinsettias to dry out a little more in the spring.

In May, cut about four inches from each stem to produce a lush, full plant during the winter. The plants can be moved outside in June and during the summer, but keep them away from direct sunlight. Return the poinsettias indoors beginning around October.



Make sure the plants get at least 12 hours of darkness per day for around eight weeks in October and November. This will help them develop a deep hue and bloom on time for Christmas.

Holiday hosting in small spaces

more time to spend with their loved ones during the festivities.

Don't overdo it on drinks, either. When planning the drinks menu, avoid offering cocktails, which take time to prepare and often require guests to visit the kitchen for refrigerated ingredients. Limit drinks to wine, beer, water, and soft drinks, storing cold beverages in a cooler kept outside on a front or back porch



Season's Greetings!
*We wish you & yours
a very happy holiday.
Thank you for
your patronage.*

Rural Exteriors
306-497-7991
306-497-2260
Krydor, Sask.

**With Tidings of
Comfort & Joy**

*May the coming season
bring, peace & joy
and all good things!*



Lakeview
INSURANCE BROKERS

207 - 2nd Ave. W.

Blaine Lake, Sask.

306-497-2695

**Wishing our
customers a very
Merry Christmas
and thank you
for your patronage.**

*We look forward to
serving you in 2020.*

LENNOX
**K.C. Plumbing
& Heating Ltd.**
306-947-2019
Hepburn, Sask.



Rejoice!

With joy in our hearts, we wish you all a truly miraculous holiday season.

Staff and Management of

**Blaine Lake
Ambulance Care**

Keith & Diana Woytiuk



THANK YOU AND WISHING
YOU AND YOUR FAMILY ALL
THE BEST FOR 2020!!

Krystal & Ryan Thorhaug

113 Main Street • 306-497-2461



Five unique holiday gift-wrapping ideas

Wrapping Christmas presents often feels like a chore, but it doesn't have to. With a little creativity, you can make gift-wrapping fun — not to mention cheaper and more eco-friendly. Here are a few gift-wrapping ideas to inspire you.

1. Use recycled materials as gift-wrap. Wrap your gifts in recycled household items such as old newspapers and magazines, discarded maps, left over wallpaper and even gently worn clothes. With some extra effort, your presents will look just as beautiful and far more interesting than if they were wrapped in plain old store-bought paper.

2. Go monochrome. For a sleek, stylish look, consider using shades of the same hue for wrapping paper, ribbon and gift bags. Or, choose two or three colours to theme your gift-wrapping around (pick a combo other than red and green).

3. Add natural materials as decora-

tions. Try wrapping presents in brown Kraft paper, tying them with string and decorating the packages with sprigs of evergreen or dried flowers. If you're decking your house with holly or other seasonal greenery, save some of the foliage to use as embellishments for your wrapped gifts.

4. Try using furoshiki. Wrapping presents in patterned fabric, or furoshiki, is a Japanese practice that offers an aesthetically pleasing and eco-friendly alternative to wrapping paper. Fabric can be reused year after year so you don't need to buy, and throw away, copious amounts of wrapping paper each holiday season.

5. Have your kids design the paper. Have your kids decorate large pieces of thin, white paper to use for wrapping presents. The personalized drawings by your children will make the presents that you gift to your family members that much more meaningful.



Being tasked with finding a great gift for a friend, family member or office Secret Santa can prove challenging. Sure, there's the worry of the gift selection itself — even the best givers can find themselves stumped when attempting to buy for the person who has everything, or for someone they barely know. Factor in the stress of gift wrapping, timely delivery if you're ordering online and trying to score a just-right item that also suits your budget, and you've got a perfect holiday-anxiety storm.

Fortunately, alleviating the aforementioned stress is very possible. Here are four ways to help:

1. Whittle your list. Even if it feels like your people-to-shop-for list is set in stone, know this: it's okay to reassess each year.

Buying for kids instead of adults in a family-and-friends dynamic is a great way to minimize spending and incorporating an ornament exchange with hard-to-buy-for types will keep the spirit of giving alive without sacrificing your sanity in the process.

2. Be a purposeful shopper. A great way to avoid buying items your recipients don't want or need? Make a list. Whether you prefer to shop in-store or online, being prepared before you buy will help minimize unnecessary purchases. And making a



*Wishing you
and your family a
Merry Christmas
& Happy New Year!*

**PEARMAN
GRAIN LTD.**
306-374-1968
Saskatoon

SEASON'S GREETINGS!
With thanks for your valued business this past year. Have a great holiday!

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NAPA
AUTO PARTS

Four ways to minimize gift-giving stress

list early will also help you determine if you're planning on buying too many gifts, period.

3. Get emotional. A study published by the Journal of Consumer Psychology found that many participants chose to give a personal but predictable present, assuming the recipient would prefer it. Interestingly, the study found gift recipients valued emotional gifts that tugged at their heartstrings instead. The take-away: choosing a gift that's

meaningful and gives back is never wrong. Purchasing a gift from World Vision's gift catalogue is a great way to feel good about giving, especially considering that each donation has the power to literally change a life.

4. Shop early and shop smart. Sometimes it's not possible to finish your holiday shopping by September. So, whenever possible, make a plan to set aside a few hours on a weekend or after work to chip away at your list

online or in person to avoid the chaotic last-minute rush. And for those who prefer to shop online but are concerned about delivery dates? Shopping early (and with reputable retailers) is even more important.



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and many thanks
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May joy and good fortune still hang around!

With warm wishes to our many supporters this holiday season.

From Brian, Justin & Pat Jacobson

Spiritwood Stockyards
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Spiritwood

Tips to help you dream of sugarplums this holiday season



From festive parties to late-night wrapping and baking sessions, this time of year can be extremely busy. While your to-do list may seem daunting and may even be keeping you up at night, a good night's sleep is the answer to many of the issues that plague us during the holidays.

Fortunately, getting a better sleep is easier than you think. Here are few tips to try:

1. Unplug earlier. While that holiday movie marathon might be calling your name,

try to keep your TV off for 60 to 90 minutes before bedtime. Light exposure in the evening can trick your brain into thinking it's still daytime, which doesn't help when you're trying to get a good night's rest. The same goes for your smart devices and computers, which emit blue light. Try curling up with a good book to help unwind at the end of the night instead.

2. Quit the caffeine. Avoid the after-dinner latte with friends or the need to make coffee in order to stay awake longer to finish your errands. Caffeine may reduce your total sleep time and if you're consuming caffeinated beverages night after night, this could be detrimental to your health. Opt for an herbal tea instead to help encourage a restful sleep.

3. Create a zen space. Stressed out and can't get your mind to turn off? Try creating a space that's conducive to sleep. To start, your bedroom should be dark, quiet and cool. Try

using a diffuser with lavender essential oil that is calming, soothing and relaxing, making it great to use before bedtime. A sound machine such as one that produces white noise or spa sounds can also be extremely effective in helping you relax into a restorative sleep.

4. Weigh yourself down. You've likely heard of a weighted blanket and it might seem like a strange concept, but don't knock it until you try it. Weighted blankets have been helping people feel more secure and reduce anxiety for a better, deeper sleep. It's a worth a try to help reduce your holiday stress.

www.newscanada.com



Start Your Engines...Christmas Is Coming!

As we gear up for another holiday season, we'd like to send you our best wishes for a very Merry Christmas.

Thank you for your patronage!



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Three tips to go big and save big on holiday décor

Transforming your home into a winter wonderland can be an exciting time for the whole family. Filling your living room with festive knick-knacks, showering the outside of your house and trees with lights – it's enough to give anyone that fuzzy, warm feeling inside.

Although holiday decorating can be exciting, the bills that come along with your efforts can be a rude awakening come January. Use these simple tips to make the most of your decorations this year, without the sticker shock.

1. Reusability. Make things easy. Pick items that can be re-used year after year like a classic, beautiful, artificial tree that can be pulled out without any fuss. Same goes for other décor – investing in timeless pieces you love will pay off over time.

2. Sometimes less is more. Your

house doesn't have to look like Santa's workshop to feel festive. Pick a few items that really put you in the holiday spirit rather than going all out. Going the minimalist route will make your home look chic and help you avoid the slippery slope into overwhelming.

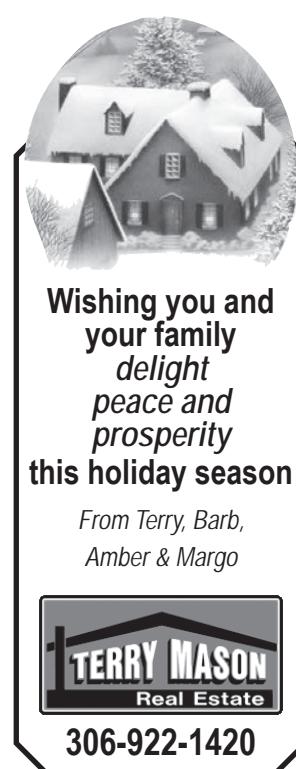
3. Make a list, check it twice: Christmas puns aside, making a list before you go shopping is helpful for making sure you don't forget any of those holiday essentials. To save some time and money, consider Walmart for your one-stop shop. You can fill your cart with virtually every decoration you need and don't have to worry about doing any last-minute shopping for items you couldn't find. Have more than décor on your list? You can pick up gifts and groceries too.

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From all of us to all of you go our heartfelt thanks for making this a very bright year for us. With best wishes for a truly memorable holiday season.

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*From Terry, Barb,
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The best Christmas ever (almost)

By Mark Hillenbrand
I remember the rush of excitement when I first noticed it under the Christmas tree. Carefully covered in bright red wrapping paper sat a rectangular box with my name on it. It was 10 inches long, 8 inches wide and 3 inches deep with just the right weight and feel. There was only one logical conclusion: I was getting a handgun for Christmas! I was giddy with anticipation as I imagined the fun I would have shooting bottles and keeping gophers at bay. It was going to be glorious. I was only 6 years old at the

time, but more than ready for the responsibility of a dangerous firearm in my estimation.

Each night after supper I would lay under the tree clutching the package to my chest while I stared up at the reds and greens of the Christmas lights and savoured the musty aroma of the freshly cut spruce. I could barely contain my delight, and more than once, I was scolded when Mom caught me tearing away at a corner trying to sneak a glimpse of my new gun. Would it come with a holster? Had they remembered to get me lots,

and lots of bullets? Could it kill a coyote?

Finally, after an eternity, Christmas Day arrived. My sisters and I sat huddled around the tree each holding onto the gift we had selected to open first. I already had my boots and jacket carefully laid out, for the moment I ripped off the paper I was heading out into the farmyard to blast off a couple shots. I could not wait a moment longer to try the best gift ever.

At last it was my turn, I frantically tore off the paper as my heart pounded and the room spun. I wasn't even breathing. My eyes grew wide as my gift was finally revealed, there in my hands sat not a shiny new handgun, but rather a bible. A bible! "Are you kidding me?" I thought. I already had two bibles, what I didn't have was a handgun! Forty-one years have passed and I still feel the sting of that disappointment.

May your Christmas be filled with love, laughter and gratitude (even if you don't get what you were hoping for).

Mark is a lawyer, a former resident of Shellbrook, and the author of *Fields and Fencelines: Stories of Life on a Family Farm* which is available on-line through Amazon and other retailers. Visit www.markehillenbrand.com for more information.

Teach children how to pay it forward this Christmas

It's always a struggle to find perfect gifts, especially ones that are unique and meaningful. Ethical gifts are a great option for last-minute shoppers and take away gift-shopping anxiety. They also teach us lessons of gratitude and giving that we can share with family and friends.

Giving Tuesday and

the holidays are a perfect opportunity for children to start the process of gift-giving and instill the virtue of giving back early on. And with ethical gifts, you don't need to spend 20 minutes doing laps in the mall parking lot.

Ethical giving programs like Plan International Canada's

Gifts of Hope have gained popularity, bolstered by rising social consciousness. They come in different forms, one of which could be a donation to a charity in honour of the holidays, a birthday or other special occasion.

These gifts can be assigned to a specific initiative or tangible item – like school essentials or a goat. Picture the moment you tell your kids you got them a goat as a gift – now that's a gift and a conversation to remember for life.

More meaningful than traditional gifts, goats are gifts kids can get behind and talk about, spreading awareness and supporting real projects that change real lives. Plus, a goat might just be the most unique and life-changing gift ever. When a

family receives goats, they are provided with training on goat rearing, which becomes a sustainable source of income as the animal produces kids – or baby goats – as well as nutrition and food for children. This particularly benefits girls as they are the most undernourished in families due to gender inequality.

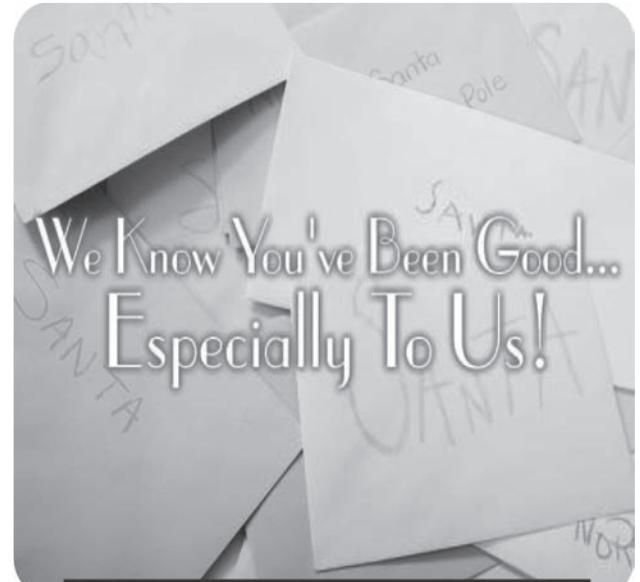
Goats combine hope and action and help turn the cycle of poverty into a cycle of progress. This in turn, will bring hope and change for children while supporting the promotion of gender equality, as the goats are part of an ongoing program that seeks to empower women and girls.

These special gifts support girls' education, put food on plates and put an income in the hands of parents who



dream everyday of being able to build a future for their families. This season consider teaching kids about gifts that give back; real gifts that go to real projects and change real lives.

Find more information at plangifts.com.
www.newscanada.com



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SANTA'S CHRISTMAS KITCHEN



Candy Cane Cheesecake

By: Rachel Quenzer
www.theeverydaymomlife.com

Did you know candy canes were originally created in order to keep children quiet in church?

According to the folklore story, the choirmaster at the Cologne Cathedral in Germany wanted to keep children quiet during a long performance at the Christmas Eve mass. He asked a local candy maker to make the sugar sticks and had them bent in the shape of a Shepard's staff in honor of the Shepard's that visited Jesus.

Whether or not you believe the story, I think we can all agree that candy canes and Christmas are synonymous.

I made my recipe in a pressure cooker but feel free to use the base recipe and cook the cheesecake any way you want.

Prep time: 20 mins

Cook time: 40 mins
 Total time: 1 hour
 Serves: 8-10

Ingredients

Cheesecake Crust Ingredients:

- 4-5 large graham crackers
- Three tablespoons of butter, melted

Peppermint Cheesecake Filling Ingredients:

- Two 8 oz. packages of cream cheese, softened
- ¾ cups of sugar
- 1/3 cup sour cream
- 1/3 cup of heavy cream
- 2 Tbsp. of vanilla
- 1 Tbsp. of peppermint extract
- 2 Tbsp. of all-purpose flour
- 3 eggs at room temperature
- 6 drops of red or pink food coloring

White Chocolate Topping:

- 1 cup of white chocolate chips, melted
- Crushed candy canes

Instructions

1. Crush your graham crackers. Make sure they are crushed to a very fine consistency and then add your melted butter.

2. Press the mixture into the spring form pan and then put the crust in the freezer for 10 minutes.

3. Combine your sour cream, heavy cream and cream cheese. Mix well.

4. Add your sugar, flour and eggs and mix well. Make sure not to over mix though or you will get air bubbles in the cake, which doesn't make much of a difference in taste. It's more of a look thing.

5. Add vanilla and fold it into the mixture.

6. Add your peppermint extract and food coloring and fold it into the mixture.

7. Remove the pan from the freezer and use butter or olive oil to coat the edge.

8. Pour the cheesecake filling into the pan and even it out with a spatula.

9. Add one cup of water to your pressure cooker.



10. Tent your cheesecake with tin foil.

11. Use the stainless steel rack that comes with the pressure cooker and lower the cheesecake into the pot.

12. Secure the lid and cook on high pressure for 33 minutes. Remember, you will need to allow time for the pot to come to pressure.

13. When the timer is done, let the pot vent naturally for about 10-15 minutes. Then, release any

final pressure.

14. Take the tin foil off and let the cheesecake cool on the counter for about an hour. Then, put the cheesecake in the refrigerator for at least three hours.

15. Once it has had time in the fridge melt your white chocolate chips in the microwave. About 30 seconds should work. Crush your candy canes while it melts.

16. Use a spoon to put the chocolate on top of the cake and then sprinkle the candy cane on top.

Make the holidays a little sweeter

What would the holidays be without platters full of homemade cookies? It's that time of year for pulling out favorite recipes and filling the house with delicious aromas and delectable treats.

This recipe for "Stareos" from "Classic Stars Desserts" (Chronicle Books) by Emily Luchetti adds a gourmet spin to a popular chocolate sandwich cookie.

Stareos

Makes 18 cookies

Chocolate Shortbread

1 1/2 cups all-purpose flour

Pinch of kosher salt

1/2 cup unsweetened cocoa powder, sifted
 8 ounces (16 tablespoons) cold unsalted butter, cut into 1/2-inch pieces

1/2 cup granulated sugar

Flour for dusting

Filling

1 cup mascarpone cheese

1 tablespoon granulated sugar

1/4 teaspoon vanilla extract

To make the chocolate shortbread: In a bowl, stir together the flour, salt and cocoa powder and set aside. Combine the butter and sugar in the bowl of a stand mixer fitted with the paddle attachment and beat on low speed until the butter and sugar begin to incorporate, about 15 seconds. Add the dry ingredients and continue to mix until the dough comes together, about 3 minutes. It will look dry just before it comes together.



Line 2 baking sheets with parchment paper. On a lightly floured work surface, roll out the dough 1/4 inch thick. Using a 2-inch star cutter, cut out as many cookies as possible. Gather together the scraps, reroll, and continue cutting out cookies until you have 36 cookies. Place the cookies on the prepared baking sheets, spacing them 1 inch apart. Refrigerate until firm, at least 1 hour.

Preheat the oven to 300 F. Bake the shortbread until firm, about 35 minutes. At the midway point, switch the baking sheets between the racks and rotate them 180 degrees to ensure even baking. Let cool on the baking sheets to room temperature.

To make the filling: In a small bowl, stir together the mascarpone, sugar and vanilla until smooth.

Turn 18 of the cookies bottom-side up on a work surface. Using a table knife or a small icing spatula, spread about 1 tablespoon of the filling on the bottom of each cookie. Top with the remaining cookies, bottom-side down.

Add a little "ho ho ho" to your holiday baking

Did you know one of Canada's favourite holiday traditions is baking? A survey by the makers of Becel found that 53 per cent of Canadians spend time baking during the holidays.

When swapping baking recipes this season, try something with a little holiday flare that's easy to make with the whole family. These White Chocolate Candy Cane Cookies are soft and chewy, and sure to put you at the top of Santa's nice list.

White Chocolate and Candy Cane Holiday Cookies

Prep time: 10 minutes

Cook time: 10 minutes

Makes: 26

Ingredients:

- ½ cup (125 mL) white chocolate chips
 - 1/3 cup (75 mL) crushed candy canes
- Directions:**
1. Preheat oven to 375°F (190°C). Combine flour, baking soda and salt; set aside.
 2. In large bowl, beat together margarine, brown sugar and granulated sugar. Beat in egg and vanilla until blended. Gradually add flour mixture and beat just until blended. Stir in white chocolate chips and crushed candy canes.
 3. Drop tablespoonfuls of batter onto ungreased baking sheets, about 2 inches (5 cm) apart. Bake for 8 to 10 minutes or until edges are golden. Let cool for 2 minutes in pan on rack; transfer cookies directly to rack and let cool completely.

Tips: You can buy crushed candy canes or crush them in a food processor. If baking with kids, here's a good method to get them involved: place candy canes in resealable plastic bag and wrap in another plastic bag or a clean tea towel. Place on cutting board and crush with a rolling pin or meat mallet. Make these cookies year-round by substituting crushed candy canes with colourful sprinkles.

www.newscanada.com





Solve the code to discover words related to Christmas.
Each number corresponds to a letter.
(Hint: 18 = e)

A. 12 19 23 10 19

Clue: Man in red

B. 24 18 16 23 7 18 18 24

Clue: Antlered animal

C. 1 17 16 25 23 18 8

Clue: Santa's entryway

D. 3 24 18 12 18 23 10 12

Clue: Thoughtful items

Answers: A. Santa B. reindeer C. chimney D. presents

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to Christmas.

G M E A N R



Answer: Manger

DECORATIONS WORD SEARCH



Find the words hidden vertically, horizontally, diagonally, and backwards.

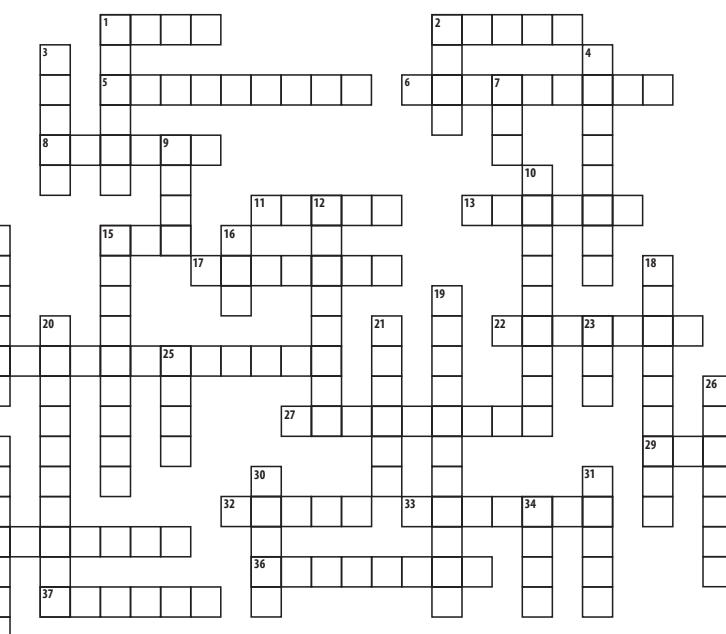
Christmas crossword

CLUES ACROSS

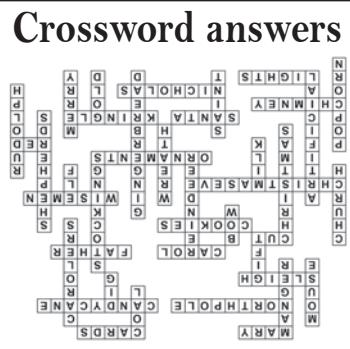
- The mother of Christ
- People often mail these to friends and acquaintances
- Santa's home and workshop are located here
- Traditional red-and-white-striped candy
- Santa's vehicle
- A Christmas song
- _____ Christmas
- If you _____ a live Christmas tree, you must throw it out after the holidays
- A treat commonly left for Santa
- They followed a star to find the Christ child
- The night before Christmas
- Decorations commonly hung on trees
- The colour of Rudolph's nose
- _____ Claus
- Kris _____
- A "door" for Santa
- St. _____
- These electric decorations were introduced as a safe replacement for candles on Christmas trees

CLUES DOWN

- Baby Jesus had this for a bed
- Naughty children may find a lump of this in their stockings
- "not a creature was stirring, not even a _____"
- People who go door to door singing Christmas songs
- If you _____ a live Christmas tree, you may plant it after the holidays
- Another word for present
- These should be hung by the chimney with care
- The animals that travel with Santa
- Christmas Eve services are held here
- I'm dreaming of a white _____
- A colourful decoration often added to the top of a package
- Angels announced Jesus' birth to these people
- These spicy holiday cookies are often shaped as people
- This type of Christmas tree may be used year after year
- A round object often hung on a door
- A small person who helps Santa
- Santa's preferred beverage



- He guided Santa's sleigh one foggy Christmas Eve
- String this to decorate the Christmas tree
- Old _____ Nicholas
- _____ Christmas!
- One of the three gifts the wise men brought to the Christ child



Crossword answers

- ANGEL
- CANDLES
- CENTERPIECE
- GARLAND
- INFLATABLE
- LIGHTS
- MANGER
- MENORAH
- MUSIC
- NUTCRACKERS
- ORNAMENTS
- POINSETTIA
- SLEIGH
- SNOW GLOBE
- SPOTLIGHT
- STAR
- STOCKINGS
- TINSEL
- TOPPER
- TRAIN
- TREE
- WREATH

WORDS



As we turn the page to another holiday season, we'd like to take a moment to thank you, our patrons, for your trust and support. We hope this Christmas delivers all the good news you've been hoping for and more.

Shelbrook Chronicle

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