



We wish you a
Merry Christmas!

The origins of popular Christmas songs

"The Christmas Song," perhaps better known as "Chestnuts Roasting On An Open Fire," is a beloved tune cowritten in 1945 by Mel Tormé and Robert Wells. The song was reportedly penned on a hot July day and the writers had to think cool thoughts to evoke a feeling of the holiday season. This Christmas classic became one of the defining performances of Nat King Cole's career, as he is one of the most popular artists to perform the song and recorded it on at least three separate occasions.

Many Christmas songs are traditional religious hymns or slow-paced popular standards. "Jingle Bell Rock" is anything but, with a rock-n-roll hook and upbeat tempo. This popular rockabilly Christmas song was first released in 1957 by Bobby Helms and it fit in perfectly with other songs of the era. It remains a fan favorite today.

"Winter Wonderland," with its vivid cold weather imagery, seems like it was tailor-made to sing around Christmas time. But much like "Jingle Bells," the song wasn't actually written for the holiday season. The lyrics were penned in the 1930s by Richard Bernhard Smith, who was suffering from tuberculosis at the time and holed up indoors. Smith stared out his window observing kids playing innocently in the snow and wrote a poem evoking feelings of the care-free days he once knew. Smith's friend and musician Felix Bernard took the lyrics and composed a melody to go with them. Even though the song never specifically mentions Christmas, it quickly became a holiday standard.

"Christmas Time Is Here" is a song written for the 1965 television special "A Charlie Brown Christmas," which was one of the first animated specials produced for network television in the United States. Along with singing carols and baking cookies, watching classic Christmas specials is part of many

families' holiday traditions. Two versions of the song appeared on the album that was released in conjunction with the TV special: an instrumental version by the Vince Guaraldi Trio as well as a vocal version sung by choristers from St. Paul's Episcopal Church in San Rafael, Calif.

Snow-covered landscapes can make the holiday season that much more special. The beauty of such landscapes are captured in the song "White Christmas," which was penned by Irving Berlin. No one is sure when Berlin actually composed the song, but it is widely believed he did so in the late 1920s or early 1930s. Just what compelled Berlin, who was Jewish, to write the song also remains a mystery. But "White Christmas" is one of the best-selling songs of all time - particularly after it was included in the musical "Holiday Inn" starring Fred Astaire and Bing Crosby. The song earned Berlin an Academy Award for Best Original Song in 1942. In the film, "White Christmas" was performed as a duet by crooner Bing Crosby and

Marjorie Reynolds, but Crosby's solo recording is a time-honored classic that can always be heard during the holiday season.

Many popular holiday songs are time-honored classics that were written decades or even centuries ago. It takes a special tune to become a contemporary Christmas song with staying power - one that's enjoyed each year along with hymns, carols and other standards. "All I Want for Christmas is You" is one such song. Released in 1994 and featured on Mariah Carey's hit holiday album "Merry Christmas," the song has sold millions of copies around the world and quickly became a contemporary holiday standard. Often covered, not easily outdone, Carey's version is frequently included in "Top 100" lists for Christmas tunes.

"Have Yourself a Merry Little Christmas" has been recorded by many artists over the years. It was written in the 1940s by

composers Hugh Martin and Ralph Blane. The song was featured in the movie "Meet Me in St. Louis" and sung by Judy Garland, who immortalized it. More than 10 years after Garland introduced the world to the song, Frank Sinatra released a Christmas album to revitalize his music career and wanted to include "Have Yourself a Merry Little Christmas," though he asked composer Martin to tweak the lyrics to give it a lighter tone. Martin obliged, and the newer version has since widely become the standard.

Each holiday season, representatives for

charitable organizations stand in commercial districts and ring bells as they seek donations for the needy. Songwriting partners Jay Livingston and Ray Evans wrote a song in 1950 based on those department store Santas and Salvation Army volunteers and titled it "Tinkle Bells." Livingston's wife, Lynne, humorously suggested a new title so that the bells and song would not be associated with visiting the bathroom to "tinkle." The writers quickly changed it to "Silver Bells," which proved a much better fit. Holiday celebrants soon made "Silver Bells" a holiday standard.



Thank you for your patronage.



May the spirit of the season fill you with joy and contentment.

J&R

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Leoville, Sask



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Debbie Alberts, Librarian
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Beau, Megan & Staff

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We're serving up our best wishes for a joy-filled season!

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Best Holiday Wishes from Angie, Leon & Staff



Decorating homes and other spaces is a major component of the holiday season. Holiday decorations often reflect celebrants' religious beliefs, and the following are some traditional holiday decor symbols for people of various faiths.

Christmas tree

Christian or secular Christmas symbol

Few things evoke thoughts of Christmas time quite like a towering evergreen parked front and center in a home's picture window. Christmas trees are believed to date back to sixteenth century Germany. The custom ultimately arrived in America when the country welcomed an influx of German immigrants. It is widely believed that various non-Christian cultures may have used evergreen plants indoors in celebration of the winter solstice, which suggests Christmas trees may pre-date Christian symbolism.

Menorah

Jewish Chanukah symbol

Menorahs are seven-armed candelabras used in Jewish religious worship. To mark the Chanukah celebration, a special nine-armed hanukkiyah is displayed for eight days and nights. A candle is lit each day to commemorate the miracle of oil lasting in the rededicated Temple after the Maccabees' successful uprising against the Syrian Greeks. The menorah typically is placed in a highly visible spot, such as the front window of a home or in a high-traffic living space.

Advent wreath

Roman Catholic, Anglican and Lutheran, among others, Christian symbol

The Advent wreath is used by various Christian de-

Decorative holiday symbols add to seasonal celebrations

nominations and draws attention to the weeks preceding Christmas. A new candle is lit on the wreath each Sunday at mass to prepare the faithful to receive the Lord Jesus.

Kinara and Mishumaa Saba

Kwanzaa cultural symbol

The Kinara (candle holder) and the Mishumaa Samba (the seven candles) are symbolic of Kwanzaa. The candles and holder represent the Seven Principles, or the minimum set of values by which African people are urged to live.



Baby New Year

Secular symbol

Baby New Year is a popular promotional symbol used to commemorate the dawn of a new year. The baby represents rebirth and may be traced back to the ancient Greeks or Egyptians. Historians say the Greeks believed that their god of wine, Dionysus, was reborn on New Year's Day as the spirit of fertility. While people may not decorate with Baby New Year figurines, they do participate in "First Baby" competitions, which celebrate those infants born in the opening moments of a new year.

Nativity scene

Christian Christmas symbol

It's customary for nativity scenes to be included in Christmas decor schemes. The nativity depicts the birth of Christ and typically includes a manger, Mary, Joseph, shepherds, various animals, an angel, and the three visiting Magi. The infant Jesus also is included, though some people prefer to wait until the after the stroke of midnight on Christmas Eve to place Jesus in the manger. Live nativity scenes also are commonplace around Christmas. Saint Francis of Assisi is credited with creating the first live nativity scene in 1223.

Four tips to simplify holiday entertaining

The holidays can be stressful as we prepare to host family and friends, but they don't have to be. There are plenty of shortcuts you can take to simplify entertaining while still providing your guests with a night to remember.

1. Set the table.

Whether you're planning a sit-down meal or buffet, a Pinterest-worthy tablescape is likely in the works. Rather than purchasing linens for every holiday, a crisp white tablecloth is always timeless. Bring the

holidays to your table by using poinsettias of varying sizes. Poinsettias come in so many beautiful shades including classic reds, burgundy, pink and white and make a great parting gift for friends and family to enjoy at home for weeks to come.

2. Cut corners where you can.

When planning a party, appetizers are generally a go-to and the easiest thing to check off your list. The frozen section of your lo-

cal Loblaw's has everything you need to ensure your guests leave satisfied, from puff pastry hors d'oeuvres to plant-based options. At the deli, you can also order ready-made charcuterie boards with a selection of meats, cheeses, fruits, crackers and accompaniments.

3. Serve a signature cocktail.

Simplify the bar selection to a few options, offering a signature cocktail to ensure you can enjoy the evening and aren't bartending all night. Try your hand at making this spiced pineapple and cherry rum cocktail to bring some tropical flavour to your celebration:

Fill cocktail shaker half-way with ice. Add a ¼ cup pineapple juice, 1 ounce spiced rum and 2 teaspoons of cherry syrup. Pour over ice into stemless wine glass or cocktail glass. Top with one can of PC ginger beer. Garnish with cherries and pineapple wedge. Tip: Make the mixture ahead and serve in a pitcher and let guests top their own cocktail and garnish it.

4. Make gift-giving easy

Whether you need a gift for your guests or are looking for a hostess gift to take to a holiday party, pre-assembled gift baskets are a great option for the food lovers in your life. Op-

tions include classic holiday chocolates and cookie tins or everything to satisfy a much-needed caffeine fix. Best of all, they come gift wrapped so you just need to add a card.

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Season's Greetings

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& Season's Greetings
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and many thanks
to the best bunch
of people
- our customers!

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Merry Christmas!

Tracie & Staff at
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HAPPY HOLIDAYS

We appreciate your support & look forward to serving you in the New Year.



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& Payton Boyd

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Christmas Greetings

From the Reeve, Councillors &

Staff of the

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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 poster-board 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.

Did you know?

Lights on a Christmas tree may seem like a relatively recent phenomenon, but people who can't wait to deck the halls each December may be surprised to learn that this beloved tradition dates all the way back to the late nineteenth century.

Edward Johnson, a friend and colleague of Thomas Edison, introduced holiday light

bulbs in 1882. Prior to that, candles were lit on trees and families would briefly gaze at this awe-inspiring bit of holiday decor before the candles were quickly extinguished. Johnson is credited with being the first to suggest light bulbs, which were invented by his friend Edison, be used to light trees in place of candles.

While many were impressed by Johnson's eight-bulb holiday display, it remained a novelty until the 1920s, when pre-assembled lights became more ac-

cessible. Since then, Christmas tree lights have taken hold as a must-have piece of holiday decor in households across the globe.



With Gratitude
Please accept our best wishes for a blessed and beautiful Christmas season!
Thank you for the gift of your patronage.

Lorne Friesen
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Season's Greetings

We're rushing to wish you a merry Christmas! To all our friends in the community, thanks for all your generous support.

Spiritwood Fire & Rescue

WITH BRIGHT WISHES AT THE HOLIDAYS
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MERRY CHRISTMAS!

Thanks to all of our friends and clients for making 2021 an outstanding year for us. We owe our success to your loyal support, and we wish you and yours a very happy holiday!

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Merry Christmas & a Happy New Year!
Christmas Break Dec. 22nd to January 4th
Classes resume January 5th, 2022

Living Sky School Division No. 202

During the Holiday Season more than ever, our thoughts turn gratefully to those who have made our progress possible.
And in this spirit I sincerely say Thank You and Best Wishes for the holiday season and a Happy New Year!

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I have always liked Christmas. I realize Christmas is not all about receiving but also giving. Isaiah 9:6 speaks volumes. It says, "For unto us a Child is born, Unto us a Son is given; And the government will be upon His shoulder. And His name will be called Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace."

Jesus is the greatest gift one could ever receive. Over the years Christmas has changed and likely doesn't resemble the first one. Joseph and Mary headed off to Bethlehem. We read in the Scriptures that Mary had her first-born Son. She wrapped Him in swaddling cloths, and laid Him in a manger, because there was no room for them in the inn.

Baby Jesus was no ordinary child.

The Angel of the Lord announced His arrival. Telling us in Luke 2:11, "For there is born to you this day in the city of David a Saviour, who is Christ the Lord."

I realize Christmas is a time of festivity. One of my great joys as a little guy was trying to cut down a suitable Christmas tree. Growing up north of 60, I discovered pretty fast that was a difficult task. Well, we had a way around it. We got our tree from the bush and brought it home and placed

Christmas North of 60

strategically in the corner. The best side being exposed. Of course, mom would take over and creatively decorate it. It actually didn't look half bad.

Like others, we received gifts. Growing up, mom made Christmas special. At times I suspect she stretched her finances to see we all got something really nice. It was her way of celebrating Christmas. Maybe it came from the First Christmas when the wise men from the east brought gifts to baby Jesus.

It was almost like the atmosphere changed when Christmas drew near. I recall people dropping over, after all, it was the Christmas season.

There was the Christmas concert with those candy bags (brown, of course), filled with nuts and candies and an orange. We were celebrating Jesus' birthday.

Time has moved along, but the closer I get to the 25th of December I still get the feeling that we are celebrating a big day.

What is Christmas all about? Well, it is God Himself being born as babe in a manger. Emmanuel God with us. No greater reason than that to celebrate.

Wishing you a Merry Christmas.

Blessings,

Pastor David Bodvarson, SPA

Peace in Our Time!

By Dave Whalley, DLM(R)
First United Church, Big River

This Advent season of 2021 is so much different than other years with the pandemic still in our community, country, and the world. Let us not forget that Advent is a time of waiting, waiting for the incarnation of God. We meet the Great Spirit in many different ways in our individual lives. We sense the Creator's presence on many occasions when we least expect the presence of God to be with us. The hardest thing that we, as a people, find difficult to accept and also realize, is that God is always present in our earthly lives.



We are always being guided in all the directions our earthly life might take us. The question that we have to reflect on is, are we listening to God's good orderly direction?

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 us at First United Church, 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.

We all need peace without conflict in our

families, communities, country, and the world. We all have hope for a better community and world. Love is so necessary for us to feel part of God's Creation. Our earthly trip is very short compared to the history of this creation and joy in our lives is so important.

May the blessing of God be with you, now and forever, as we wait for Christmas and the New Year and an end of COVID so that we can get back to something that resembles normalcy.

Blessings of the Season

With gratitude and anticipation,
We'd like to join the celebration
With good cheer and best wishes too,
For each and every one of you!
Happy Holidays and heartfelt thanks!

Jeanette Siegel CPA, CGA

J Siegel CPA Prof. Corp.
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CHEERS TO YOU!

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Thank you for your support this year!

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Thank you for your loyal patronage!

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Spiritwood, SK

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We are truly grateful.

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Papa Rene's Pizzeria
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May you be blessed with good fortune this holiday season and throughout the year. Your trust means everything to us, and we thank you for the privilege of serving you.

Merry Christmas

Martodam's Family Retail
Elaine, Holly and Staff
Phone 306-883-2087, Spiritwood

Christmas trees are often the pièce de résistance of holiday decor. Few things draw the attention of holiday guests quite like an awe-inspiring Christmas tree, especially when that tree maintains its fresh, healthy sheen throughout December.

Many families purchase fresh trees in late November or during the

first weekend of December. Though the weeks leading up to Christmas Day may seem like a long time to keep a tree looking great, there are a handful of ways for holiday celebrants to help their trees maintain that undeniable appeal for the long haul.

· Pick the right tree. Choosing the right tree

is one of the simplest ways to keep a tree looking good throughout the holiday season. A freshly cut tree that buyers choose and cut down themselves or have cut down can reassure them that the tree is likely to stay strong throughout December.

Trees purchased from a tree lot may

have been cut down long before they made it to the lot, which can make it harder to keep them looking good until Christmas Day.

· Cut an inch off the base of any tree that is not freshly cut. MSU Extension at Michigan State University notes that all Christmas trees are conifers, which means they have resin canals in their trunks. Once a tree is cut, the resin can block the pores and make it harder for the tree to take in water. Cutting an inch off the base of a tree that was not freshly cut just before putting it in the stand can help ensure it

gets the water it needs to stay healthy and firm. MSU Extension notes that this approach should be taken with any tree that was not cut within six to eight hours of being put in a stand.

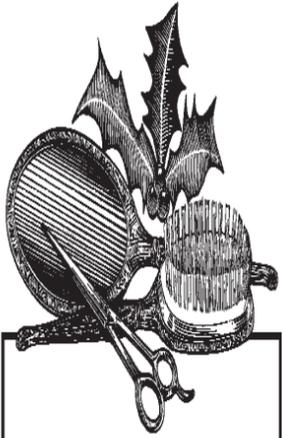
· Replenish the water supply every day. Fresh tree veterans recognize that Christmas trees can be very thirsty, especially within the first week or so of being cut and brought home. Fill the stand with water each morning and, if necessary, refill it each night before going to bed. The more water a tree gets and drinks, the more likely it is that the tree will look healthy all the

way to Christmas Day. MSU Extension notes that many decorative or antique tree stands do not hold much water, so anyone with such a stand may need to replenish the water supply more than once or twice per day.

· Keep the tree away from a heat source. For safety's sake, trees should be kept away from heating vents, fireplaces and space heaters. But keeping trees away from such heat sources, and ensuring they are not spending the daytime in direct sunlight, also decreases the chances they will dry out before Christmas Day.

A handful of simple strategies can help holiday celebrants keep their Christmas trees looking good throughout the month of December.

Tips to keep your tree fresh this holiday season



To Our Cherished Clients & Friends

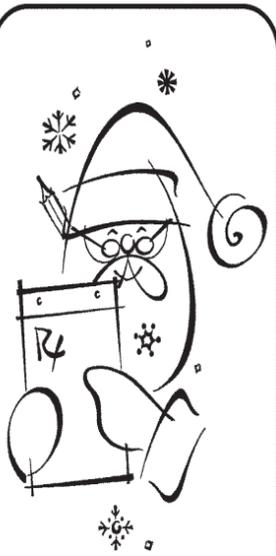
Folks like you are really a cut above!

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With our thanks for your patronage.

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Public Works Staff
& Town Council

Town of Spiritwood
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A Time For Giving

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The Massage Booth

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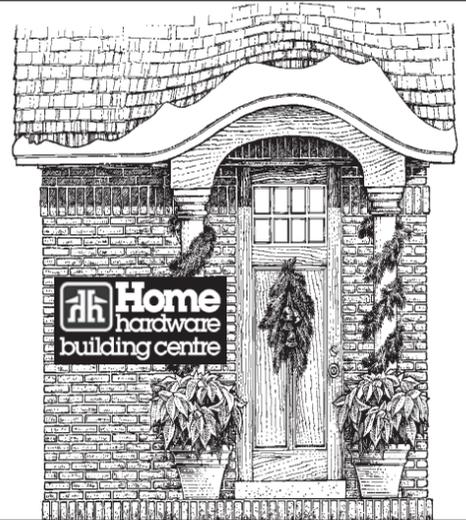
All the Best ...

To Our Customers, Neighbours, Associates and Friends, we extend our warm wishes for the Christmas Season.

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HAPPY HOLIDAYS



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Dennis, Melody & Staff

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HAPPY HOLIDAYS

Home hardware building centre

FROM OUR HOUSE TO YOURS

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Spiritwood Home Hardware Building Centre

Dennis, Melody & Staff
306-883-2255, Spiritwood

How to care for fresh holiday wreaths

Majestic Christmas trees garner the lion's share of the decorative fanfare when the holidays arrive. Trees may be the focal points of holiday decor, but the humble wreath adorning the front door is the first decoration guests are likely to see when visiting a home.

Wreaths may need some care to maintain their beauty all month long. Here are some tips to help holiday wreaths last as long as possible.

Choose a wreath wisely

When shopping for a wreath, choose freshly cut greenery that you assemble yourself; otherwise, look for wreaths made from freshly cut boughs with their foliage intact. Make sure not too many needles or leaves are falling off. Heavily decorated, pre-assembled wreaths may be convenient, but ornaments can make it challenging to give the wreath the moisture it needs to survive.

Moisture/water

Access to moisture will help to keep the wreath fresh. While a Christmas tree trunk may sit inside of a stand filled with water, wreaths require a little ingenuity. According to the wreath and garland retailer Club Botanic, if you will not be hanging a freshly purchased wreath right away, keep it in a plastic liner in a cool, dark place to help it retain moisture. Just make sure you don't seal that liner closed. Before hanging, lay the wreath in a couple of inches of water for about an hour or up to a day so that the cut stems can soak up water.

Once the wreath is hanging on a door or elsewhere, spritz it with water every few days to prevent it from drying out.

Location, location, location

Where you hang the wreath is key to its longevity. Wreaths and garlands hung indoors likely won't last as long as those hung outside, advises the flo-

ral retailer Bouqs.com. Evergreen boughs tend to require a colder climate to thrive, and indoor heat can prematurely zap moisture from the wreath. Using a humidifier indoors or misting the wreath may help.

It's probably best to hang fresh wreaths outdoors, but avoid direct sunlight, which can dry out the greenery. Slightly shaded spots are best. If your front door is bathed in full sun for hours, hang an artificial wreath here instead of a fresh one.

Maintain airflow

Another factor that can affect the wreath's longevity is an ample flow of oxygen. Wreaths tend to last much longer when kept on an outer door, indicates Harbor Farm in Ellsworth, ME. Wreaths sandwiched between a front door and a storm door will probably perish faster due to lack of oxygen.

Following these tips can help keep fresh wreaths as vibrant as the day they were brought home.



How to avoid post-holiday financial stress

The holiday season can be expensive. Between entertaining and choosing the perfect gifts, your wallet can take a hit.

Even if you do find some great bargains, credit card interest rates can quickly eat up savings from discounted prices if you car-

ry a balance forward.

Reduce financial stress and boost your financial resilience in the new year by following these tips:

1. Set a budget for gift spending before you start shopping — one for each person on your list, as well as a total limit for all

gifts.

2. Plan to pay the total amount owing on your credit card by the due date to avoid interest charges. If this is not possible, pay as much as you can — at least your minimum payment.

3. Avoid taking cash advances on your credit card, as you will be charged interest immediately.

4. Check your monthly statement carefully and report any unauthorized transactions to your credit card company immediately. This is especially important in January, since fraud occurs more

frequently during the holiday season.

The Financial Consumer Agency of Canada has more tips and resources to help you budget and pay off your credit card at canada.ca/money.

www.newscanada.com



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

Wishing you much
harmony and joy
at Christmas

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



With Tidings of
Comfort & Joy

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



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The
Word!

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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!

Village of
**Canwood
Council
& Staff**



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THE BEST FOR 2022!!

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Holidays**

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

R.M. of
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Merry
Christmas!

SANTA SAYS
'GO GREEN,
RECYCLE'



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Wishing
everyone
Peace & Good Will
at Christmas

Mayor and Council
Village of Leask

Gingerbread makes the perfect holiday treat

The holiday season is synonymous with many things, including family gatherings, shopping, elaborate lighting displays, and Santa Claus. For foodies, this time of year is the perfect opportunity to indulge one's love of baked goods.

Between office parties and gatherings with family and friends, it's hard to avoid baked treats come the holiday season. Perhaps no baked good is more closely linked to the holidays than gingerbread, an indulgence many people enjoy only around Christmas time. Holiday hosts or those who want to bring a dessert to their next holiday gathering can whip up this recipe for "Sticky Chocolate Gingerbread" from Maxine Clark's "Chocolate: Deliciously Indulgent Recipes for Chocolate Lovers" (Ryland, Peters & Small).

Sticky Chocolate Gingerbread

Makes an 8-inch cake
2 1/3 cups dark molasses
6 ounces dark chocolate (60 to 70 percent cocoa solids), grated
1 3/4 cups all-purpose flour
2 teaspoons ground ginger
5 ounces whole pieces preserved stem ginger, drained and roughly chopped
1 stick (8 tablespoons) unsalted butter, softened
1/2 cup plus 2 tablespoons dark brown sugar, sifted (to remove lumps)
2 medium eggs, beaten
1/2 teaspoon baking soda
2 tablespoons milk, warmed
A pinch of salt
Extra-large crystallized ginger pieces, to scatter (optional)
A deep 8-inch square cake pan or 8 x 6

x 3-inch oval cake pan

Preheat the oven to 325 F. Grease and line the base and sides of the cake pan with nonstick parchment paper.

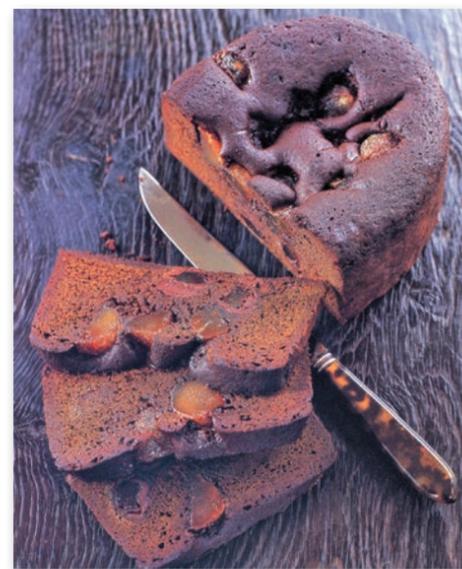
Put the molasses in a pan and heat gently until hot, but do not allow it to boil. Remove the pan from the heat and add the chocolate. Stir until melted.

Sift the flour, ground ginger and salt together in a bowl. Add the stem ginger and toss it around in the flour until every piece is coated.

Using an electric mixer, cream the butter and sugar in a large bowl. Beat in the eggs, then the molasses and chocolate mixture and finally the flour mixture. Dissolve the baking soda in the milk and gradually beat this into the batter.

Pour into the prepared cake pan, scatter with the crystallized ginger, if using, and bake for 45 minutes. Reduce the oven temperature to 300 F and bake for another 30 minutes. (If using the oval pan, cook for about 45 minutes at the higher temperature, then about one hour at the lower temperature, as it will be deeper.) A metal skewer inserted into

the center should come out clean. Let cool for five minutes in the pan, then turn out onto a wire rack and let cool completely. When cold, store in an airtight container for at least a couple of days to mature and become sticky. Don't worry if it sinks a bit in the middle - this is normal.



A spiced and creamy holiday twist for a classic cookie

Snickerdoodles are a true classic, with the distinctive crackled top and sweet cinnamon sugar coating. While this soft and chewy favourite can be enjoyed all year long,

why not give it a holiday twist by adding another timeless tradition — the flavour of eggnog?

Spiced Eggnog Snickerdoodles

Prep time: 25 minutes
Cook time: 20 minutes

Makes: 20 cookies

Ingredients:

Cookies:

- 1/2 cup unsalted butter, softened
- 1/3 cup granulated

- sugar
 - 1/3 cup packed brown sugar
 - 1 large egg, room temperature
 - 1 tsp pure vanilla extract
 - 1 1/4 cups all-purpose flour
 - 1 tsp cream of tartar
 - 1/2 tsp baking soda
 - 1/4 tsp salt
- Topping:
- 2 tbsp granulated sugar
 - 1 tbsp PC eggnog spice seasoning blend

Directions:

1. Preheat oven to

375°F (190°C). Line two baking sheets with parchment paper.

2. Beat butter, granulated sugar and brown sugar in large bowl using electric hand mixer on medium-high speed until creamy and light in colour, 2 to 3 minutes; alternatively, beat in bowl of stand mixer using paddle attachment. Beat in egg and vanilla, scraping down side of bowl as needed. Set aside.

3. Whisk together flour, cream of tartar, baking soda and salt in separate bowl. Add

to butter mixture; beat on low speed just until combined.

4. Stir together sugar and eggnog spice in small bowl. Scoop cookie dough and roll into balls. Roll balls in sugar mixture to coat.

Nutritional information per cookie: calories 100; fat 5 g; sodium 65 mg; carbohydrates 13 g; dietary fibre 0 g; sugars 8 g; protein 1 g.



SANTA

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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!

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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.

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Panter Agencies Ltd.
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Many people enjoy baking come the holiday season, and perhaps no dish is more synonymous with holiday baking than cookies. Children leave cookies out for Santa Claus on Christmas Eve, while adults may indulge and enjoy an extra cookie or two at family

gatherings or holiday office parties.

Cookies come in all shapes and sizes, so bakers have an array of options at their disposal when planning their holiday menus. Chocolate chip cookies may be among the most popular types of cookies, and bakers who want to capitalize on that popularity while giving loved ones something a little different may want to try the following recipe for "Double Chocolate Chip Cookies" from Maxine Clark's "Chocolate: Deliciously Indulgent Recipes for Chocolate Lovers" (Ryland, Peters & Small).

Double Chocolate Chip Cookies

Makes about 12 large cookies

5 tablespoons unsalted butter, softened

5 tablespoons granulated sugar

5 tablespoons light brown sugar, sifted

1 large egg, beaten

1/2 teaspoon pure vanilla essence or chocolate extract (see note)



Holiday cookies the whole family will love

1 cup plus 2 tablespoons self-rising flour

3 tablespoons unsweetened cocoa

1/4 teaspoon salt

2/3 cup (or more) dark and white (or milk) chocolate chips (or roughly chopped chocolate)

A heavy, nonstick baking sheet

Preheat the oven to 350 F.

Using an electric mixer, cream the butter and sugars together until pale and fluffy. Beat in the egg and vanilla essence.

Sift the flour with the cocoa and salt in a small bowl. Fold into the egg mixture with the chocolate chips.

Place 4 heaping tablespoonsfuls of the mixture on the prepared baking sheet, spacing them well apart. Press down and spread out to about 1/4-inch thick with the back of a wet spoon or with dampened fingers (you may like to scatter some more chocolate chips over the top). Bake for 10 to 12 minutes. Let cool on the baking sheet for 1 minute, then transfer to a wire rack. When cool, store in an airtight container. Repeat with the remaining mixture.

Note: Chocolate extract is a fat-free flavoring ingredient made from a blend of roasted cacao beans, water and alcohol.

Treat guests to a beloved holiday staple

The holiday season is steeped in tradition. Many traditions are decades if not centuries old, while others do not have such lengthy histories.

One younger tradition that many people cannot go without during the holiday season is centered around a wildly popular beverage made at an equally well-liked coffeehouse chain.

The peppermint mocha was introduced to Starbucks customers during the 2002 holiday season. The beverage became something of an instant classic and is now served at more than 30,000 stores across the globe.

Holiday hosts can bring the peppermint mocha into their own homes this holiday season thanks to Starbucks.

Though Starbucks notes the following DIY recipe for the "Peppermint Mocha" isn't the official recipe, it can help holiday hosts impress their guests and satisfy their cravings for this beloved beverage should families find themselves snowed in during their holiday gatherings this year.

DIY Peppermint Mocha

Makes one 12-ounce

beverage

1 fluid ounce coffee or 1 shot espresso, such as Starbucks Christmas Blend or Starbucks Espresso Roast Coffee

1/2 cup milk (or dairy alternative)

2 tablespoons peppermint-flavored syrup

3 tablespoons mocha sauce

Whipped Cream

Dark chocolate or shaving

1. On a stovetop, heat milk on medium setting. Whisk the milk to make foam about 30 seconds. Set aside. (Or, use an

electric milk frother at home if you have one.)

2. Pour two tablespoons chocolate sauce and two tablespoons peppermint syrup into bottom of 12-ounce or larger coffee mug.

3. Add one shot of brewed espresso. (Don't have an espresso machine? Make concentrated coffee by using less water in an alternative

brewing method.)

4. Fill mug with steamed milk.

5. Top with whipped cream and garnish with chocolate shavings.

Preparation time: 10 minutes



Merry Christmas From Our House To Yours

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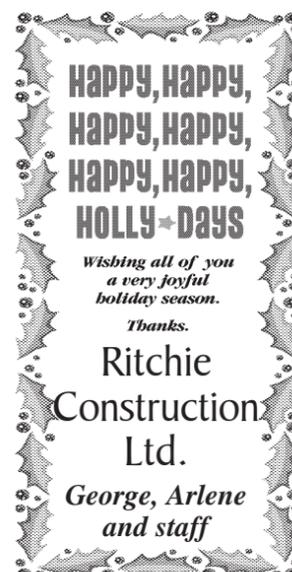
... And a round of thanks to you, our kind and loyal customers. We are very grateful for your business this past year and wish you all the best this holiday season.

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Last-minute holiday shopping tips

Some people thrive by doing all of their tasks early. Others seem to do their best work when faced with a time crunch. The methods individuals use to manage their time at work and play may extend to the ways they approach holiday shopping as well.

There's no right or wrong way to handle holiday shopping tasks, though Christmas Eve crowds at malls and throughout shopping districts suggest that there's more late comers than there are early birds. The following tips can help those who typically wait until the last minute to check names off

their lists.

- Utilize free shipping services. Shoppers who shop for gifts online at the last minute run the risk of gifts not arriving on time. Many online retailers charge a premium for expedited shipping. Try to stick to shopping at online retailers that offer free shipping even in the eleventh hour.

- Create a budget. When rushing around from store to store, it may be easy to spend more than you want to. Make a list of how much you want to spend on each person, and stick to that limit for each person. Move on to the next store if you didn't find what

you need in your price range.

- Establish a time limit. Stores have strategies in place to keep shoppers in their establishments longer, hoping you'll make impulse buys. These tricks include scenting the air with inviting aromas, putting necessities at the rear of the store, failing to display the time, and putting discounted items by the registers or door to attract shoppers. Set an alarm on your watch or phone for each store so you get what you need and get out on time.

- Subdivide bulk gifts. Think about purchasing bulk gifts like gift baskets from wholesale clubs and then breaking them down into individual gifts. This way you can gift several people on one purchase and save time in the process.

- Choose one-size-fits-all gifts. Think about a gift that can be purchased for multiple people so you can save time shopping for individualized gifts for everyone. For example, print a personalized photo calendar for several members of your family. You also can purchase multiple subscriptions or memberships to zoos or magazines for people on your list. Streamlining gifting in this way may save money as well as time.

- Choose in-store pickup. Rather than scouring various aisles, you can shop a retailer's website and then pick up items in the store. You'll save on potential shipping fees but still benefit by avoiding crowds.

Some people wait until the last minute to do their holiday shopping. A few tricks of the procrastinator's trade can make last-minute shopping go smoothly.

Christmas tree recycling

homemade suet, cranberries and millet.

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

- Mulch the tree and use it in the garden in the spring.

- Use boughs to insulate 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.

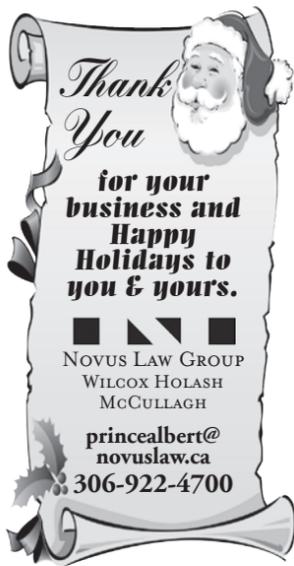
- Collect some pine needles and sew them into fabric packets to make scented sachets for closets or drawers.

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

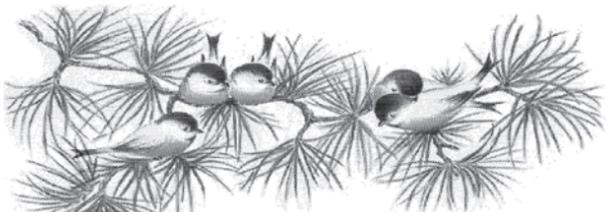


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and your family a
Merry Christmas
& Happy New Year!

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We wish you all the very best this holiday season.

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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.

Baking is a holiday tradition in many households. The aroma of freshly baked cakes, pies and cookies wafts through the air of many homes this time of year, and that makes the holiday season even more special.

Cookies are a tradition passed down through the ages. In medieval Europe, small, spiced cookies were exchanged as treats, and people still bake and share gingerbread cookies today.

Cut cookies are some of the most popular cookies to make during the holiday season. Some families may have their share of favorite cookie cutter shapes and dough recipes. Certain techniques can make holiday baking sessions easier and ensure consistent results.

- Work on a lightly floured, cool surface, such as a cutting board or stone counter top. Never work on a warm surface, which can cause dough to spread and stick.

- Roll out the dough between two sheets of baking or parchment paper. Betty Crocker recommends a thickness of about 1/8 inch, unless noted in the recipe. This prevents the dough from sticking, and parchment enables you to easily transfer rolled-out dough to a refrigerator or elsewhere.

- When rolling out dough, portion it out into a few smaller amounts to roll

out more easily. This will also help it to chill more readily.

- Cookies cut most easily when the dough is chilled. Refrigerate the dough for as long as possible, ideally an hour or more – even overnight. The more chilled, the firmer the dough will be.
- Rubber rolling pin rings that slip onto each side of the rolling pin can help ensure that the dough is being rolled out to a uniform thickness.

- Dip cookie cutters into flour with each cut. Work from the center and move out to the edges when cutting out your designs. Try to maximize space and avoid scraps and rerolling.

- Some expert bakers say that metal cookie cutters cut cleaner than plastic ones. Whichever cutter



Tips and tricks for cutting out cookies

you use, cut the cookie by pressing straight down; try not to twist or jiggle the cookie cutter when using it. Doughs with a high butter content can help, as the extra grease helps separate the dough from the cutters.

- If cut cookies have gotten warmer, place them in the freezer for a few

minutes to firm up again and then cook. This will guarantee the cookies will not spread or distort while baking.

Extra steps may seem like they will take a lot of time. However, the extra effort and attention to detail will help produce cookies that win rave reviews.

May your holiday shine brightly with joy and good fortune that continue throughout the new year.

Merry Christmas!

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Merry Christmas!

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

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Warmest holiday wishes from our families to yours.

Merry Christmas!

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Serving you has been our pleasure. Merry Christmas!

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BOURGEAULT & ASSOCIATES

Paul & Kelly Bourgeault,
Paul Beaulieu, & Gavin Holcomb

Tips for a safe holiday road trip

After a 2020 holiday season in which the pandemic forced the postponement or cancellation of festivities, families are planning to get together once again in 2021. Many people will head home for the holidays this year, and the vast majority will take to the highway to do so.

The Thanksgiving and Christmas/New Year's holiday periods are among the busiest for long-distance travel. The

highways will be busy with motorists criss-crossing the country to visit loved ones. Holiday travel may require covering a long distance in a limited amount of time. Finding ways to be efficient in regard to time management can reduce stress and improve safety.

Travel at night

If you can safely manage it, you may experience considerably less traffic in the evening hours than during other times of day. In addition, if kids are in tow, they may sleep much of the way, helping to reduce the number of times they ask, "Are we there yet?" Share driving responsibilities with another person so that each driver can take a break to prevent drowsy driving.

Get a vehicle main-



tenance check

No one wants to get stranded on the side of the road with a car filled with gifts and treats. It's well worth the investment to have a mechanic give a vehicle a checkup prior to leaving. Get an oil change even if it's a little early to do so. Look at tire tread wear and ensure that you have the right tires for the road conditions where you'll be headed.

Plan your route

People often rely on mobile phone or dashboard GPS systems to get where they need to go. However, it helps to have a general idea of the route so that if service drops out you can still find your way. Scout out rest stops or acceptable restaurants online prior to leaving so you have a plan for making stops in safe areas.

Stock the car

While presents may be taking up valuable real

estate, pack a cooler with snacks and beverages to help reduce how many times you need to get off the highway. Also, games or other forms of entertainment can keep children occupied on long trips.

Slow down in inclement weather

The holiday meal can be reheated if you're late, so don't feel compelled to speed or drive erratically when the weather is stormy. It's not worth the risk of getting into an accident that can cause serious injuries. Travelers United, a nonprofit organization that represents all travelers, also warns that quick storms that pop up after a long dry spell can immediately make road surfaces extremely slippery. Use caution.

Planning and preparation are essential to getting home safely this holiday season.

Self-care tips for the holidays

This time of year can be stressful for anyone, especially while we're still living in a pandemic without guarantees on how big a celebration we can have or who we'll be able to see. Lower your stress and enjoy the season to the fullest by following these self-care tips:

Create a morning routine.

During the holidays, we're overworked, overwhelmed and overspending. But taking a few minutes to start your day right can help you feel centred and calm. Light a candle, enjoy a cup of tea, read a good book or listen to soothing music or a self-help podcast before getting started on your to-do list to find balance and be more productive throughout the day.

Feel free to opt out.

Protecting your time is an important part of self-care. So don't be afraid to say "no" to things that stress you out or don't bring you joy, even if you feel obligated. Are promotional emails pressuring you to spend more? Unsubscribe. Does visiting your aunt always make you feel like a failure? Skip her get-together and send a greeting card instead.

Try cutting down on vices.

Going cold turkey to give up bad habits is challenging and often unrealistic. Rather than professing to stay off social media entirely, cut down how long you spend and make sure to turn off your phone when you're with someone or doing another activity. Don't try to avoid every tasty treat but limit yourself to a few favourites.

Listen to something merry.

Music can have a big influence on your mood. Surround yourself with the voices and music that radiate positivity and lift you up.

www.newscanada.com

Season's Greetings

From all of us at Scotiabank it has been our pleasure to serve fine folks like you.

Scotiabank
306-747-2623
Shellbrook, SK

Thank You
for your patronage

Foot Care & Reflexology

Estelle - 306-747-7400
Holbein

Merry Christmas

with many thanks,
and I'd like to extend to each one of you
...my very best wishes and gratitude too!

Parkland Therapeutic Massage

Shellbrook
306-747-2222

Season's Greetings

Hope your holiday serves up a hearty portion of peace plus an extra helping of joy. We know serving you has been a real joy for us.

Neighbourhood Caterers

306-747-7413

We hope you **DIG** the Happy Holidays, as much as we do.

Thank you to everyone for your support this year.

JRT EXCAVATING

TIM FEATHERSTONE
Project Management - Sewer & Water
General Excavation
Shellbrook • 306-747-2466

With Best Wishes At the Holidays

We're displaying our holiday cheer
To thank you all for stopping here -
And for your friendship and courtesy too
We're extra grateful to all of you!

Russ' AUTO BODY

306-747-2551
Holbein

Home SWEET Home For The Holidays!

How sweet it is, to find ourselves right here at the holidays, amongst good friends and neighbours like you.

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

Hannigan Honey

306-747-3299 hanniganhoney@sasktel.net

Smile...It's Christmas!

Wishing a very happy holiday season to all our patients and their families.

Dr. Denise Koerberlin
Dental Clinic
306-747-2555
Denise, Meg, Carmellie, Cher, Tracey & Raelen

The most popular gift *25 years ago*

It's easy for adults to experience a little nostalgia when holiday shopping for their children. The holiday season has long been considered a special time of year, and much of that magic can be traced to the joy kids feel when unwrapping gifts from mom, dad and, of course, Santa Claus.

Many parents who now have youngsters at home grew up in the 1990s. When such moms and dads are shopping for holiday gifts this season, they might wonder what was the must-have item for them back when they anxiously awaited the arrival of Christmas morning? According to Insider.com, who worked in conjunction with the Strong National Museum of Play in Rochester, New York,



1996 was the year of "Tickle Me Elmo."

This ticklish toy was the most sought-after item of the 1996 holiday season, and it was so popular that retailers experienced shortages. Those shortages led to some surprising sales on the secondary market, with figures that will undoubtedly drop some jaws even now, a quarter century after the Tickle Me Elmo craze erupted.

Though the Tickle Me Elmo doll retailed for around \$30 in 1996, some parents intent on getting their youngsters the most in-demand gift that year reportedly spent more than \$1,000 on a single doll. To put that latter figure into perspective, data from the U.S. Bureau of Economic Analysis indicates that the average price of a new car in 1996 was \$18,525. And according to Yahoo! Finance, drivers in the market for a used car in 1996 could have purchased a 1986 four-door Oldsmobile for just over \$2,600.

Five simple ideas *to spread holiday cheer*

Many people will tell you that it's often the little things that really make the holiday season, not big-ticket gifts or luxury splurges. So, start celebrating right now with these positive, cheerful ways to experience and share the holiday spirit.

1. Deck your halls.

It's hard not to feel festive when your home is decorated in sparkly, vibrant garlands, baubles and centerpieces. During the pandemic many are choosing to begin decorating early, so why not make your space merry and bright sooner? Try out some DIY crafts as a family to repurpose pinecones, boughs of holly and evergreen cuttings.

2. Play some music.

Seasonal songs can make even the biggest grinch feel merry and bright. With their lineup of ad-free holiday channels, SiriusXM has something for everyone, from chill holiday sounds to the classics and even country music's take on the season. Singing is encouraged — it'll boost your mood and help you relieve any stress

after a busy day of holiday shopping.

3. Start a new tradition.

Long-standing rituals are nice but take this year as an opportunity to try something different. Maybe it's testing out a new cookie recipe, going ice-skating on Christmas day or binge-watching the cheesiest holiday rom-coms you can find — whatever it is, make it an activity the whole family can enjoy and will be excited about for next year.

4. Share what you have.

It doesn't take much to give something back and appreciate your blessings. Is your kid's winter coat

too small? Donate it to a local women and children's shelter. Have a night in with nothing to do? Hand-write holiday cards for old friends. Even the gift of time can make a difference — try booking a virtual chat with a relative in a retirement or long-term care home who would love some company.

5. Give gifts that keep on giving.

Most shiny new toys lose their lustre by January, but if you opt for a non-traditional present the recipient will have something to enjoy year-round. Consider a longer term gift, like a virtual class or a subscription-based service.

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Merry Christmas!
Thanks for visiting and we look forward to serving you in 2022.
Shellbrook CHEVROLET BUICK GMC
"It just keeps getting better"
306-747-2411
Shellbrook

Thanking You Is at the Top of Our To-Do List
Please stop in for all your gift giving needs! We're here to serve you!
Merry Christmas!
Shellbrook Home Hardware
105 1st Ave. West
306-747-2616 • Shellbrook
homehardware.ca

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

Season's Greetings!

Thanks Friends!
With Season's Greetings to you and your kin, We're really grateful for you droppin' in!
Dave, Heather & Staff
Parkland Meats Ltd.
306-747-3939 Shellbrook

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.
Shellbrook Pharmacy
Krista, Stacy & Staff

Season's Greetings!

We take this opportunity to **Thank You** for your friendship & support over the past years. We look forward to serving you in 2022 and wish you health, happiness and prosperity in the New Year.
NABER FORD SALES
221 Service Road East, Shellbrook, SK
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Toll-Free 1-888-466-2237
www.naberford.ca
NABER POWERSPORTS
151 Service Road East, Shellbrook, SK
306-747-6100 • 306-747-2213 • Fax 306-747-3707
Toll-Free 1-888-466-2237

SHELLBROOK FUNERAL HOME

THE STAFF AT SHELLBROOK FUNERAL HOME WISH YOU A MERRY CHRISTMAS AND A HAPPY & PROSPEROUS NEW YEAR!
WWW.SHELLBROOKFH.CA
SHELLBROOK'S LONGEST SERVING FUNERAL HOME!

Cheers!
Here's to the greatest bunch of people we know ... our customers! Merry Christmas and sincere thanks
Brad & Staff
Shellbrook Hotel

May your cart overflow with glad tidings & joy!
May your heart be full with love & contentment this holiday season & beyond
Thank you for shopping with us!
SHELLBROOK BIGWAY
306-747-3623

Deck the halls with DIY decor

Decorating is one of the joys of the holiday season. Families often decorate together, and such traditions may include dressing the Christmas tree and hanging holiday lights around the house.

A day spent making homemade ornaments is another great way to decorate and spend quality time together as a family during the holiday season. Though families can let their imaginations run wild when making ornaments at home, the following are some great starting points that can

serve as springboards for holiday crafting sessions.

· **Snowmen:** The holiday season simply wouldn't be the same without snowmen. Homemade snowmen can be made out of ping pong balls, which are the ideal size when making ornaments for the Christmas tree. Those who want to go a little bigger can glue wiffle balls or large polystyrene balls together or create their own papier mâché snowmen to display on mantles or on console tables in a foyer or hallway.

· **Santa Claus:** Another staple of holiday decor, Santa Claus has inspired many a DIY holiday ornament over the years. A paper plate Santa Claus with a cotton ball beard glued on can make for a

fun Christmas craft, especially for young children who can't wait for the big guy to appear on Christmas Eve.

· **Penguins:** Though they might not have a direct link to the holiday season, penguins evoke feelings of cold weather, making them an ideal addition to holiday decor schemes. Make your own penguin family using polystyrene craft balls in assorted sizes and then hang them on the tree or place them around the house.

· **Reindeer:** Santa would not be able to get the job done each Christmas Eve without his trustworthy team of reindeer. Popsicle stick reindeer projects can be fun for kids of all ages and a great way for youngsters to recognize

the efforts of Dasher, Dancer, Comet, Cupid, and, of course, Rudolph, among others.

· **Cookie cutters:** Family baking sessions are a holiday tradition for millions of people. Though that often leads to batches upon batches of tasty cookies, it also means families tend to have a surplus of holiday cookie cutters around the house. Surplus cookie cutters tend to be discarded or relegated to the miscellaneous items drawer in kitchens, but a more awe-inspiring fate can await them. A coat of paint, some glitter and a little bit of string or twine is all families need to transform their extra cookie cutters into colorful tree ornaments.

Holiday decorating sessions can be made even more fun when families take time to craft some DIY decorations together.

Managing your nutrition this holiday season

Everyone gets excited by mouth-watering, sweet, savoury, and decadent holiday foods. If you're living with a chronic condition like diabetes, the holidays can be overwhelming when it comes to eating habits and self-care.

The good news is that by finding balance, you can still have treats that you really enjoy by pairing them with lean proteins like turkey, salmon, or chicken, seasonal veggies, like roasted cauliflower and eggplant and complex carbs, like brown rice or roasted potatoes. As you start heading out to festive gatherings, keep these tips in mind:

- Be mindful of your appetite, hunger and fullness cues and let those guide your choices. A common misconception is that you can skip meals because you may be consuming heavier, sweeter foods later in the day. Research shows that restriction leads to overeating – even binge-eating – later in the day. For those with diabetes, it could lead to unwanted spikes in glucose levels.

- Engage your senses to appreciate the colours, aromas and flavours of your favourite foods.

- Don't go to a holiday meal unprepared. Set limits and stick to them. Choose one or two treat foods that you will really enjoy and savour them.

- If you live with a chronic condition such as diabetes, it can be extra tricky to manage holiday eating and your glucose levels. A quick and easy way to check glucose levels throughout the day is to use a digital health tool, such as a flash glucose monitoring system.

- A fail-proof way to ensure there will be healthy options for you at a potluck is to bring veggies, crackers and dip, hearty salad or fruit salad yourself, and share the health with everyone.

www.newscanada.com

With thanks for your patronage, we wish you & yours a wonderful holiday season!

Smokey's Auto Service
306-747-8266
Shellbrook



IT'S THE MOST WONDERFUL TIME OF THE YEAR!

And we loved every minute of serving you all year long!

Merry Christmas
Mayor, Council and Staff
Town of Shellbrook



With Thanks
For Your Business
At The Holidays
On behalf of
Tammy & Dale Johnson
**SHELLBROOK
STORAGE & RENTALS**

Thank you for choosing us.
Merry Christmas!

1-306-960-5714
Shellbrook

WITH THANKS

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

Merry Christmas to you and yours!

306-747-4011
Shellbrook

TO OUR CHERISHED 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, Logan, Kassandra & Staff

HOLIDAY GREETINGS
FROM ALL OF US!

Wishing you a season that's merry and bright, filled with laughter, love and much delight! It's been a privilege and pleasure serving you this past year. Thanks, friends!

Sterling Concrete & Hauling LP
Tarek, Scott & Staff ~ Shellbrook
306-747-2496

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, Taylor, Wendy, Marlene, Cathy, Patty, Gwen W., Sharri, Doreen, Lorraine, Jeremy, Ale, Gwen P.

Woodland Pharmacy
Shellbrook, Canwood, Leask

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.



Festive pudding to satisfy your hunger and your health

There are a lot of temptations during the holidays. Between desserts, drinks and special occasion foods, you may consume more sugar than usual. To help keep your health in check, here are a handy tip and a delicious festive dessert idea:

Don't go to a dinner party or potluck unprepared. Normally loaded with refined sugar and carbs, desserts can get tricky — especially if you have a health condition such as diabetes.

Bringing a lower-sugar dessert is a great way to keep you on track at a potluck, and still enjoy a delicious treat with the rest of the party.

Try this fragrant and sweet pudding, which has 5.2 grams of fibre and 9 grams of protein per serving to keep you nourished and full. It's drizzled in a fresh, fruity homemade syrup that will satisfy your sweet tooth and keep your glucose balanced.

Festive Bread Pudding

Prep time: 45 minutes + 5 min

Cook time: 1 hour + 5 min

Serves: 8

Ingredients:

- 3 bottles (237 mL each) vanilla Glucerna, a nutritional drink with a low glycemic index
- 5 slices whole-wheat



- bread, cut into 2-cm cubes
- 375 mL (1 ½ cups) bran flake cereal
- 3 eggs
- 500 mL (2 cups) fresh or frozen soft fruit
- 30 mL (2 tbsp) lemon juice
- 2.5 mL (½ tsp) cinnamon
- 2.5 mL (½ tsp) vanilla extract
- 30 mL (2 tbsp) water

Directions:

1. Place a rack in the middle of the oven and preheat to 175°C (350°F).
2. Butter an 8 x 11-inch (20 x 28 centimetre) mould.
3. Spread bread cubes in mould and cover with bran flakes.

4. Mix Glucerna and eggs in a bowl and pour over bread.

5. Let sit for 30 minutes until liquid is absorbed, pressing bread from time to time.

6. Bake for 1 hour or until centre is firm.

7. For the topping, put fruit, lemon juice, cinna-

mon, vanilla extract and water in a saucepan and simmer for 5 minutes. Set aside or refrigerate.

www.newscanada.com

Merry Christmas!

From our families to yours, we wish you a safe and happy holiday season.

PARKLAND AMBULANCE
PRINCE ALBERT
We Care For You

You're On Our A-List!

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.

Medallion Mfg. Homes Inc.
Highway 2 South
Prince Albert
306-764-2121

Thank you for your trust in us and we wish you all the best in 2022!

First General
Property Restoration Specialists

306-764-7000
Prince Albert, Sask

To all my clients and friends,

I thank you very much for your patronage and hope you have a Very Merry Christmas.

FLAMAN
Group of Companies
Barney Bartley
Flaman Sales and Rentals
306-961-6026
barney.bartley@flaman.com
Prince Albert, Sask.

To all our clients & friends,
Merry Christmas
and thank you for your patronage.

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LIMITED PARTNERSHIP

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Prince Albert, SK

Season's Greetings...

...to the best people we know,
Our Customers!

306-764-2622
Prince Albert, Sask

Wherever you spend the holiday...

... I hope it's merry, bright and filled with adventure.
Thank you for your business.

Susan Currie Travel Masters
SK 306-763-8604
TF 877-763-8604
E: susan.currie@travelmasters.ca

We Know You've Been Good... Especially To Us!

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!

TBS COLLISION
492 South Industrial Drive
Prince Albert
306-922-2040

Merry Christmas to all
P.A. Autobody thanks you for your patronage and looks forward to serving you in the New Year.

P.A. AUTOBODY
"Where We Meet By Accident"
250 - 15th Street East, Prince Albert, Sask.
Phone 306-764-4967 ~ www.paaubody.ca

To our readers and community, we want to express our deep gratitude for your essential support through the events of 2021.

We're committed to keeping you connected and informed, and we appreciate your continued trust in us.

We hope you have a healthy and happy holiday season, and we wish you all the best in the new year!



**Shellbrook Chronicle
Spiritwood Herald**