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December 2019

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Town

Mayor's Challenge

Lower Kootenay

Chief to receive medal

Arts

The magic of the Season



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WINTER SAFETY

The winter season is the worst season for fires in Canada. That is why we must be mindful of the importance of fire prevention and safety. During the winter, we must heat our homes, most of our meals are prepared and eaten indoors, our clothing is dried indoors and people who smoke tend to do so indoors. Be prepared for the winter and remember that:

- Heating appliances such as space heaters should not have anything combustible close by and need at least one metre (three feet) of space around them. Inspect the electrical cord attached. If it overheats, you have a fire hazard. Keep young children away from them.
- Electrical and heating systems can fail and become fire hazards. Ensure they are regularly checked by a professional, especially prior to the winter season when fireplaces, heaters, appliances and other electrical equipment are in maximum use.
- Smoking while in bed, tired or under the influence of alcohol or medication is the most common cause of fires that kill.
- Most chimney fires occur with wood-burning fireplaces. Ensure chimneys are cleaned and professionally inspected regularly. Burn only small quantities of wood at a time.
- Teach children that fire is not a toy; it is a tool we use to cook food and heat our homes.
- Educate your children about the dangers of fire and make sure they know that all fires, even small ones, can spread very quickly.
- Never use a flammable liquid near a flame or source of spark. Beware of hidden sources of sparks like water heater pilot lights, electric motors or heaters. Never smoke while pouring or using flammable liquids.
- If even a small doubt exists about any appliance/equipment that you use, do not hesitate to contact a qualified technician. It may save your life, and the lives of your loved ones.

FIREPLACE SAFETY:

- A Fireplace becomes dangerous when accumulated tar or creosote catches fire or from uncontrolled burning or over-fuelling. Other causes of fireplace-related fires are substandard design or installation and lack of safety precautions.
- Open the damper before lighting the fire, and keep it open until the ashes are cool enough to touch.
- Ensure the fire is completely out before going to bed or leaving the house.
- Do not store combustible materials such as paper or wood too close to the fireplace.
- Use a screen in front of the fireplace opening to protect children and to prevent embers from escaping and igniting carpets, etc.
- Never leave children alone near a fireplace.
- Use dry, well-seasoned wood in small amounts.
- Have chimneys cleaned and serviced at regular intervals by a professional.
- Never overload your fireplace.
- Never use charcoal starter fluids, gasoline or any flammable substance to start fires.
- When using artificial logs, burn only one at a time and follow instructions on the wrapping.
- Always place the ashes in a metal container and take them outside the house.

THE DANGERS OF EXTENSION CORDS:

- Extension cords are a common cause of electrical fires. That is why you must be careful to use only extension cords that are rated for the power used by the device they are powering.
- Extension cords must never be run inside walls or under rugs or furniture. They can be damaged by traffic or heavy furniture and start arcing, which can lead to a fire.
- Extension cords can get warm during use and must be able to dissipate this heat or they can start a fire.



CRESTON VALLEY

TOWN of CRESTON

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Inside

We just love the Holidays here at I Love Creston! Our little town looks extra beautiful with coloured lights on houses in every neighbourhood, and lining the shops along Canyon Street and beyond. Holiday parties happening in every restaurant, the WinterFest Parade, brown paper packages tied up in strings... it is hard to deny it is a wonderful time of year.

Our December issue contains several holiday themed articles, including some interesting facts from the Creston Valley Museum that goes beyond Christmas baking and Christmas turkeys to provide some information about Christmas cattle of the past!

Mayor Toyota challenges residents to raise \$6000 for the Creston Valley Gleaner's Food Bank during the CP Holiday Train visit to Creston on December 12th. So gather up the family and your donation, and head down to Millennium Park to enjoy this holiday tradition.

If you're looking for a way to warm up during the holiday season, Master Herbalist Maya Skalinska provides a recipe and some background information on

Fire Cider, a winter elixir sure to warm your bones, and perhaps provide some health benefits as well.

Chief Louie was recently honoured with the Medal of Good Citizenship. He speaks about accepting the honour, and about traditions around bragging and boasting within the culture of the Lower Kootenay Band.

Jesse Moreton expands on the discussion from the November issue, providing some food for thought on less common forms of injection therapy.

Members of the Thunder Cats are looking toward the future with their acceptance to the University of Jameston. Find out who has committed to the school, and get their thoughts on the next chapter in their journey.

Our feature article this month focuses on Cori Karountzos' new venture, the Frisky Whisky Tapas Lounge. She's ready to let her creativity shine in her creative cocktail lounge, and invites you to step outside of your comfort zone with unique and delicious tapas and specialty cocktail menus to suit all tastes.

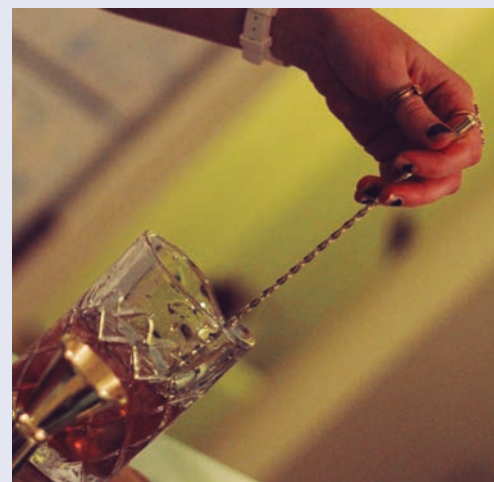
From our homes to yours, we wish you a joyous and safe holiday season, and a happy new year.



Feature

05 Bringing a bit of the city to town

The Frisky Whiskys Tapas Lounge



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Creative Cocktails & Tasty Tapas

BY AMANDA MURRAY
PHOTOS BY FIONA MCGREGOR

It takes a lot of courage to start a new business, but sometimes, a girl has got to follow her passion, and that is exactly what Cori Karountzos is doing with her new tapas lounge. The Frisky Whisky Tapas Lounge is the culmination of 27 years in the restaurant industry, the last 13 of which were spent





here in Creston at Jimmy's Pub and Grill. The rumour mill has been churning for several months about her new venture, and Cori has taken it all in stride, laughing as she recalls being asked on more than one occasion if her departure from Jimmy's also means a split from her husband, Chris. To set the record straight, Cori's

marriage is still going strong, and she has nothing but love and respect for her family, partners, coworkers and staff at Jimmy's, but the time has come for her to do something she's always dreamed of doing. Cori found her way to Creston from Victoria, and she hopes to

"Sometimes, a girl has got to follow her passion"

bring a bit of the city to this little town with the Frisky Whisky Tapas Lounge. Some might say Creston isn't ready, however, having spent the past 13 years living and working in Creston has given her an understanding of what the community wants, and Cori is being careful to find the balance. She feels the timing is right for an upscale tapas lounge, and if the buzz around the new business is any indication, she is on track. Her departure feels bittersweet, and in the days and weeks after her formal last day, Cori could often be found in



the Pub, chatting with friends, and with customers who became friends.

Cori's face lights up with excitement as she talks about everything from the renovations taking place in the space becoming the Frisky Whisky, the flooring and

"She hopes to bring a bit of the city to this little town"

the wallpaper, to the cocktail and tapas menus. She is clearly enjoying the creative process of building a restaurant from the ground up, and is involved in every detail, no matter how small. She's traveled to Vancouver, Victoria, Banff and Calgary recently, touring restaurants, bars and antique stores, sampling menus, making notes, and finding little treasures to put in her own lounge. The décor in the space is inspired by speakeasy lounges popular in the 1920s, and Cori



has drawn inspiration for her creative cocktail menu from the same era. The lounge space will be small, with a capacity of about 50 customers, and a team of only four or five to start, including Cori herself. The lounge area will feature unique and intimate seating with space for live music to accompany the treats coming off the

bar and out of the kitchen. Cori is hoping locals will be excited to enjoy a new addition to Creston's nightlife scene, and that visitors to Creston will include the Frisky Whisky Tapas Lounge on their travel itinerary.

Creativity is key when it comes to the bar at the Frisky Whisky, and the creative cocktail menu might be the thing that sets the Frisky Whisky apart. Drinks with names like the "Cat's Pyjamas", the "Bee's Knees", and the "Frisky Whisky" will be part of the offering, along with local wines and Labatt's beer for those less adventurous. Cori has been creating unique cocktails for some time, occasionally adding them to the menu at Jimmy's Pub and Grill, or presenting them to customers holding special events in the Banquet Room. Her skills and creativity will be pushed to the limit with a regular and rotating creative cocktail menu. She is thrilled at the challenge of making creative and tasty cocktails which also look beautiful, and has hosted several tastings with select audiences to perfect the menu prior to opening.

Along with the specialty cocktail menu, Cori has been working closely with Chef Brendan Mulder to build a tapas menu that reflects "city" tastes, but will still appeal to everyone. For anyone uncertain about the word tapas, rest easy, the Spanish word means 'small bite', essentially an appetizer, and while the menu will include Spanish inspired dishes, Cori promises a mixture of foods for everybody's taste. She is seeking to bring a little bit of the city to Creston, while remembering and honouring the town's culture at the same time. She realizes that the Frisky Whisky Tapas Lounge could easily become a place some people may feel uncomfortable, and is asking that people step out of their comfort zones, knowing they will be greeted by a familiar face as soon as they walk through the door.

Cori has been taking time to relax and enjoy the luxury of free time as the pieces of the Frisky Whisky Tapas Lounge come together. She's been spending quality time with her husband and daughter, holding meetings with contractors, staff and vendors, and catching up with friends. She's been correcting the odd rumour here and there, but mostly she's been enjoying the thrill of becoming a business owner on her own two feet. In Cori's own words, "you know her as Cori from Jimmy's, but get ready for 'frisky Cori'", and get ready for a great new addition to Creston! ♥





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From the Mayor's Desk

BY RON TOYOTA
Mayor - Town of Creston

Mayor's Holiday Challenge!

The Canadian Pacific (CP) Holiday Train will be stopping in Creston— raising money, food and awareness!

On Thursday, December 12, 2019 at 9:45 am, our community will once again be treated to being a stop on the Canadian CP Holiday Train route. The train will pull in behind Millennium Park, so come down and enjoy the incredible musical talent and entertainment on the outdoor portable stage. This

year's featured performer is Terri Clark, a Grammy-nominated and Juno award-winning Canadian Country artist!

This year marks the 21st season of the CP Holiday Train. Our community has been fortunate to have seen the CP Holiday Train here in 2009, 2011, 2015, 2017 and now 2019! There are two trains that start their journey in Montreal on November 25th, and visit approximately 150

communities on their cross-continent journey.

Since 1999, the Holiday Train has raised more than CAD \$15.8 million dollars and 4.5 million pounds of food for North American food banks. Everything raised in a community stays in that community. This year, CP will be

"Everything raised in a community stays in that community"

presenting a cheque to our local Creston Valley Gleaners Food Bank.

What a way to get into the spirit of giving!



Levetated Lens

My Mayor's Holiday Challenge is to raise a minimum of \$6,000 to support the local Food Bank and the Ministerial Christmas Hamper programs. In past years, over \$25,000 has been raised for these two indispensable programs. I will personally be donating \$500 to these worthwhile causes and it is my challenge to everyone to contribute what they can. You can mail or drop of your "Mayor's Holiday Challenge" donation to my attention at Town Hall. Tax deductible receipts are available for donations \$20 or greater ... just let us know if you need one. I look forward to sharing the results of this challenge with you all.

I would also like to take this opportunity to gratefully acknowledge the many local



business owners and residents who organize and participate in other local fundraising initiatives, during this time of the year and otherwise. Together, we really can make a difference! I am especially appreciative of the many volunteers who donate their time and kindness to our community. You are the heart and soul of what makes Creston so

wonderful. Thank you for all that you do!

On behalf of myself and my family, Merry Christmas to you and yours! Wishing you all the best for the holiday season and for the upcoming year ahead! ♥

Don't hesitate to contact me by: Visiting me at my office in Town Hall, email at ron.toyota@creston.ca or call 250 428 2214 (extension 227)



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Message from the Chief

BY JASON LOUIE

Chief - Lower Kootenay Band

The Medal of Good Citizenship

Ki'suk kyukyit (greetings). There are many unwritten rules and protocols within the culture of the Lower Kootenay Band people. I have had the privilege of having been held accountable for some of these traditions in my upbringing. One rule, which is not always followed, is that of never bragging about oneself or your children. Never give a hint that one is boasting. In ceremonies where one is giving gifts or speaking about a personal accomplishment, a speaker is delegated to speak on behalf of the individual so he/she does not appear to be boasting. Before the ceremony, the individual tells the delegated speaker what he/she would like to relay to the audience. The speaker then speaks on the individual's behalf. The individual gifts the delegated speaker with an honoraria that could be monetary, material, or tobacco, for their speaking services.

At the present time, I will do my best to relay my message in a manner that does not appear to be boastful or bragging. I was informed recently that I was selected as a recipient of the Medal of Good Citizenship. The Medal of Good Citizenship was launched in 2015 to recognize individuals who, through exceptional long-term volunteer efforts, have made outstanding contributions to the well-being of their communities. The medal is awarded to recognize people who acted in a particularly generous,

kind or selfless manner for the common good without expectation of reward. It is modelled after the Ontario Medal for Good Citizenship.

I thank the individual(s) for having faith that this would be a worthy and good nomination. Through my upbringing and through my life, I have always felt that it was my duty to serve. I served this country in our Armed Forces and will continue to serve my community of the Lower Kootenay Band. My elders and mentors groomed me and many others toward servant leadership. I know no other way of life but to serve for the betterment of others.

I very humbly extend my sincere gratitude to the ones who nominated me. I thank the past and present elders of the Lower Kootenay Band. I thank the Lower Kootenay Band Members and Administration Staff. I cannot forget my number one fans, my loving wife who has seen the best and worst of me. Thank you to my children and grandson. Now

that I have a grandson, I see what this work is all about. It is for his generation and beyond.

Although I state that I am Yaqan Nukiy (Lower Kootenay Band), I am a Creston boy. When asked where I'm from, I always say with much pride that I am from Creston, BC! We are a small town with a diverse people and have different political views, but we are Crestonites. We are a small town, but one should never assume that we are small town hicks. Creston people are some of the hardest working people that I know! I grew up in this town. This is my home. In accepting this honour, I will remember the Lower Kootenay Band people. I will remember the citizens of the Creston Valley. This one is for you all! You raised me right.

In closing, I will remain humble about this honour. This will most likely be the most that I speak of this event. I do this in honouring our tradition of never boasting. Never appearing to brag. Thank you for all of the love and to those who have always been down for me when I was down and out. TAXAS.



Reach Jason Louie at 250-428-4428 ext. 235, mjasonlouie@gmail.com or online at www.lowerkootenay.com.

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BY TAMMY BRADFORD

Manager - Creston &
District Museum &
Archives

Christmas Baking, Christmas Turkeys, and Christmas...Cattle?

There's no two ways about it – holidays revolve around food. Christmas holidays, especially, revolve around food. The old (and not-so-old) newspapers are filled with advertisements for all sorts of special foodstuffs in the weeks leading up to the holiday: everything from nuts and candied fruit for Christmas baking, to special cookies and cakes for those who preferred to have someone else do the baking; festive candies

"After all, one would not want that special bird to spoil before the big day!"

and drinks; all the ingredients for the big Christmas dinner.

Every year, at least until the 1940s when newspapers stopped talking about that sort of thing, we see announcements for the annual goose and turkey shoot at some ranch or another. "Almost 50 seekers after a Christmas dinner" took part in one such event at the Cartwright ranch in Erickson in 1925. Local butcher shops urged their customers to order their turkeys and geese early to avoid disappointment, though in the days before most houses had their own freezers and refrigerators, "early" still meant only a week or so before Christmas. The aforementioned turkey hunt, for example, took place on December 22, and in 1935, the

Grand Theatre enticed patrons to see "Curly Top" with Shirley Temple on December 21 by offering every ticket-holder an entry into a draw for a free dressed turkey. After all, one would not want that special bird to spoil before the big day!

Speaking of dressed turkeys: that's something those of us who grew up in an era when Christmas turkeys come wrapped in plastic from the grocery store might not appreciate as we should. I remember my Gram once telling me about a neighbour in Riondel who had raised turkeys for sale to his neighbours for Christmas. Only when the freshly-

killed turkey eventually came home did Gram realise that it wasn't going to come dressed. So Gram set about cleaning and plucking it – a task she was not super thrilled about but might have been able to handle a little better were it not for her morbidly fascinated children, who avidly watched the entire proceedings. Their regular comments of "Ewww, gross!" and "Yuck, what's that, Mom?" meant Gram couldn't try the trick of thinking of something else. "I was just about sick!" she told me.

But poultry has not always been the only delicacy of choice for local Christmas dinners. In 1916, the Creston Review ran this little snippet of news: "Another

seasonable delicacy the [P. Burns butcher shop] firm had for their patrons was a couple of carcasses of spring lamb which were secured from the Canyon City Lumber Company ranch at Canyon City. This is the first Christmas in Creston's history that local grown spring lamb has been available."

In those early days, the grocery stores and butcher shops got their supply of Christmas turkeys and geese (and lambs) directly from local farmers. It was a fantastic example of what we would now call "local food sustainability," and it gave those farmers a little extra money to spend on the holidays – no doubt spending some of it on the nuts and candied fruits for all the Christmas baking.

But it wasn't just the sale of turkeys that brought money into local pockets at the holidays. There was also the sale of Christmas trees (I wrote about that last winter), and my good friend Cyril Colonel recently told me about another holiday-timed venture: Christmas cattle.

"Lewis Island and Duck Lake was made up of acres and acres of wetlands with lakes during the spring freshet time and marshes and ponds when the freshet subsided," Cyril writes. "That changed with the reclamation of Duck Lake and the development of the Wildlife Area. About half of the Duck Lake area was drained for agriculture, the

History

ferry was removed, and the area was divided into blocks of land, much of it for sale (the parcel of land called Lewis Island was renamed by someone to be called Six Mile Slough, which I think is a stinky name for such a grand place).

"One parcel of land on the far west side was purchased by Don Burns. Don was in partnership with Alf Farstad and together they operated a logging camp in Wynndel and sawmill in Creston, but I believe this farm venture was Don Burns' alone.

"The farm extended west from what is now called Farm Road, bordering the Kootenay River on the south and west sides and the south pond of Duck Lake as far as the centre cross-dyke of Duck Lake; there was also a strip of land on the south side of the cross-dyke extending to the east as far as Channel Road. Attached to this purchase was the lease of Six Mile Slough.

"Burns purchased this land sometime in the 1950s, after reclamation was complete. He built a house, corrals, and a large barn – of excellent construction, with a concrete floor – on the east side of the dyke bordering the east channel of the Kootenay River. He also built a couple of granaries out there, up on stilts in case of flooding. He ran about 200 head of cattle on that farm, pasturing them on Lewis Island and on the mainland, and cutting hay on the mainland.

"One of Burns' schemes to make a profit off his farm was to purchase culled cows from the prairie, mainly from an auction sale at Fort MacLeod. After that sale, he'd

purchase any cows that hadn't sold, truck them out to the farm, and turn them loose on the Island to feed and put on weight. Then he'd haul them back out to MacLeod to the same sale near Christmas.

"He called them Christmas cattle.

"When I returned to the Valley in 1960 I started a trucking outfit, and by 1962 I was rigged out to haul cattle. I hauled loads of those Christmas cattle for a few years before Don Burns sold the place." ♥

To learn more, contact the Creston Museum at 250-428-9262 or crestonmuseum@telus.net, or visit www.crestonmuseum.ca.

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The Magic of the Holiday Season

BY FLY IN THE FIBRE



The best parts about the holiday season are the feelings of warmth and gratitude that permeate from everyone's inner core. The smiles are bigger and appear more often, the chatter becomes louder on the street as people take the time to stop and inquire about the details of lives previously unknown and everyone seems to slow down as we savour our time with family and friends.

In a retail store we get the best seat in the house to watch the season roll out. We have the opportunity to talk to many people as they come in to purchase the items that bring them such joy. With smiles on their faces they come to the counter with stories of connections, childhood memories, and excitement when they know what the perfect gift will be that they will make.

A yarn store has double the magic. When people purchase yarn they are usually making something for someone else. I have never met more giving people than those that love to make items by hand. So when they purchase the materials to make their project you get to hear about how they have made the same things each year for everyone in their family. There are stories about who taught them how to do the craft they love to do or they have memories of their grandma, or mother, or aunt making them things and they want to reciprocate the feelings they hold in their heart about these special people.

As people make things with their loved ones in mind, there is an excitement to the project and a cherishing of each stitch or step that is taken as it is made. It really is a special magic and if you are a lucky one to receive such a gift you will know the feelings I speak about.

May everyone have a safe and happy holiday season, enjoy every moment with friends and family, and spread that joy to everyone you see. Thank you for all of your support throughout the year, we appreciate you all. ♥

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Fire Cider – Sweet and Spicy Winter Elixir

BY MAYA SKALINSKA
Master Herbalist, Registered Herbal Therapist

If you've never heard of Fire Cider and you're into keeping yourself and your family warm and healthy throughout the winter with the help of a medicine made from basic kitchen ingredients, then read on.

About four decades ago, a famous herbalist, Rosemary Gladstar was teaching a class on "Herbs for Winter Health". She wanted to use common, readily available kitchen ingredients to create a daily tonic to warm and energize the body, and support the immune and circulatory system. She chopped up onions, garlic, hot pepper, grated horseradish and ginger, covered it up with apple cider vinegar, let it sit, added honey, and the Fire Cider was born. Even though Rosemary may have used the name "Fire Cider" first, the formula wasn't fully original. She was inspired by many similar tonics. Medicines like this have been passed down all over the world for centuries. I remember drinking a similar syrup made by my grandmother in Poland, every time I got a cold. To this day I remember the strong taste of infused garlic and onions with the sweetness of honey. I didn't like it very much, but I knew, even as a child, that it worked.

The very base of the formula is Apple Cider Vinegar. Vinegar has a long history of being used as a medicine. In biblical times it

was used as an energizing drink, a nourishing food and as a wound disinfectant. Traditional medical textbooks from around the world indicated apple cider vinegar for dozens of ailments, from stiff joints to fungal infections. Today, clinical studies prove apple cider vinegar effective in fighting infections, balancing blood sugar and even losing weight!

Fire cider (in addition to all the health benefits from apple cider vinegar), is wonderful for battling colds & flus, sinus congestion, clearing the lungs, chasing away the chills, rheumatism, increasing circulation, strengthening the immune system and as a overall daily health tonic for cold, damp winter days.

Here's Rosemary Gladstar's recipe:

½ cup grated fresh horseradish root

½ cup or more chopped onion

¼ cup or more chopped garlic

¼ cup or more grated ginger

Cayenne pepper (chopped up) or dried (flaked or ground), to taste

Raw (unpasteurized), organic Apple Cider Vinegar

Unpasteurized honey, to taste

Place the herbs in a half gallon jar and add enough vinegar to cover them by 3-4 inches. Close lid and place jar in a warm place. Let it sit



for 3-4 weeks. Shake the jar daily. After 3-4 weeks, strain out the herbs, and add honey to the liquid. Store in fridge. Take one ounce daily, or 1 TBS, 3-4 times per day if you feel a cold coming on.

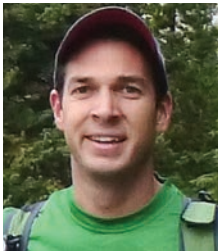
Fire Cider has been used and shared by herbalists for generations to ward off sickness and promote health. There are hundreds of variations. I like to add fresh turmeric root for anti-inflammatory effect, dandelion and burdock root for liver support and rosemary and thyme for extra health benefits and taste. A tablespoon added to olive oil makes a healthy winter dressing.

Fire cider is not recommended for those suffering from stomach ulcers.

Have fun, and stay warm and healthy with this perfect homemade winter medicine.

Happy Holidays! ♥

Maya Skalinska is a master herbalist, and a registered herbal therapist, offering iridology, herbal medicine, nutrition consultations and flower essences in Crawford Bay and at Vital Health in Creston.



BY JESSE MORETON,
BSc DC

Digging Deeper into Injection Therapy

Picking up from last month when we discussed taking a shot with cortisone injections, we'll address some less common types of injections. These include prolotherapy and ozone injections. My caveat this time: Many of these are controversial therapies. There are studies and reviews but they are often equivocal. My purpose is to give a brief overview. If you are considering any of these therapies please consult with a trusted health professional.

Prolotherapy can be further categorized into dextrose, saline, platelet rich plasma and stem cell injections. Dextrose is simply sugar water. Saline is salt water. Both these solutions work under the same theory. They act as irritants which trigger a localized low-grade inflammatory response. Inflammation activates natural pathways that result in repairing and laying down new tissue. It's not a bad theory, but the question remains, how well does it work? I have some patients who swear by it and others who say it doesn't do a thing. The advantage, however, is that the therapies are virtually free from side effects. The only realistic concerns are those associated with any type of injection; mild bleeding and discomfort from getting a poked with a needle.

Platelet rich plasma (PRP) injections work along the same line but require a little more explanation. Plasma is the liquid that holds and circulates blood



cells. Blood cells consist of red blood cells, white blood cells and platelets. Red blood cells bring oxygen to the tissues, white blood cells fight against infection and platelets help with clotting and healing. Normal plasma contains 6% plasma cells whereas with PRP the concentration is 94% plasma cells. The idea is to flood the area with more cells that encourage healing.

This process requires taking blood from the patient. This sample is then put into a centrifuge. The centrifuge rapidly rotates the blood and separates the components based on their density. The platelets can then be isolated and re-injected into the localized area of concern.

Moving now to the more complicated and controversial: Stem cell injections. The basic idea of stem cell therapy is to provide the targeted area with undifferentiated cells to replace lost or damaged cells. This requires either harvesting them from bone marrow and adipose tissue or growing them in a lab. Neither of these are easy and regardless of the procedure there is no guarantee the newly injected cells will actually

differentiate into the desired cell. Did I mention it's also really, really expensive?

Lastly, ozone injections. Personally, I put this in a similar category as stem cell therapy but just for the record, here's the scoop: Ozone is said to act both as a disinfectant and a way to increase the amount of oxygen in the blood. The implication is that it could help immunocompromised and asthmatic or COPD patients. But wait, isn't ozone toxic? It certainly is if inhaled directly. I'd stay away until the medical world at large starts backing this one.

It should be no surprised there are ample options in injection therapy. As with anything, do your homework. Educate yourself. If you're considering an injection, stick with the tried and true. Cortisone is the most practical and effective. If you want something more natural, try dextrose or saline. Maybe PRP if you are really ambitious. But I would strongly caution against going anywhere further. ♥

For more information about Moreton Chiropractic visit <http://moretonchiropractic.blogspot.com>

Snow day? 3 ideas to keep kids busy

(NC)

Parents know that the holidays can mean endless energy for little ones. It can be a challenge to manage a high-energy house during a snow day. So how do you keep the kids happy and busy?

Playing outside. Put all that snow to good use. Packing snow is a key ingredient for hours of outdoor fun during a snow day. Encourage your kids to make a snowman or build forts. Playing in the snow can lead to hours of distraction.

Helping in the kitchen. Every Santa needs little helpers, and holiday baking is a great opportunity to introduce kids to the joys of cooking. Walk them through favourite recipes and get

them to help with fun and simple tasks, like making balls of dough for cookies.

Watch holiday classics. There is a library full of holiday films for everyone — old or new, funny or wise, and everything in between. To enhance the viewing experience for the whole family, try watching on an LG OLED TV. It has powerful sound, perfect blacks and rich colour, meaning the television delivers a cinematic picture and gorgeous sound quality every time. And the addition of the Disney+ app enables families to watch endless classics anytime in the comfort of home. ♥

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Church Hosting Annual Nativity Display

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Are you looking for that special feeling that Christmas brings? Are you having trouble finding it?

Almost every year for 14 years, members of the Church of Jesus Christ of Latter-day Saints have worked together to give a special gift to the community of Creston: a nativity exhibit.

The church hosts this beautiful display of crèche or nativity scenes, free of charge, to help us remember what the true meaning of Christmas is. There are around 350 sets, ranging from 1.5 inches to a large 27-piece Avon collection. Some elegant ones have been bought at various shopping venues; others are simply handmade with love. They vary in description from traditional to First Nations to Inuit. From almost every country on Earth, some are made from handmade dough art, wood, paper, carved stone, wheat, straw, banana

skins, resin or ceramic — and one is even made of flannel cloth, sewn by hand with love from an aging mother.

They may be old treasured keepsakes, fragile with age, or newer, more elegant faceless pieces whose body tells the nativity story. Included are the artistry of Jim Shore, Willow, Glen Olsen and Del Parsons to name just a few. Each depicts the story of Mary, Joseph and the newborn baby Jesus. Some show shepherds and wise men as they came to worship the baby Jesus. Others depict a rock cavern with a donkey and cow behind a lowly manger holding the Christ child, while Mary and Joseph stand near. From meticulous carvings to childlike simplicity, from seriously breathtaking to whimsical and enchanting, this display has it all.

These exquisite pieces are set up with colorful fabric, mini-lights and spiritual music. The true



JEFF BANMAN PHOTOGRAPHY

Christmas spirit is felt; it is hard to leave, but when you do, it lingers with you. It brings to each of us the feeling of peace and wonder of that blessed night, so long ago, when the Saviour of the world was born. ♥

The nativity exhibit runs 2-8 p.m. Nov. 29- Dec. 1 and Dec. 6-8 at the Church of Jesus Christ of Latter-day Saints, located at 1010 36th Ave. N.

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Cats Commit to College

CRESTON VALLEY THUNDER CATS

In mid-November, #8 Andrew Clark and #19 Trail Thompson announced their commitment to the University of Jamestown, North Dakota. It's a continuation of their hockey careers, and a dream they've had since they could barely see over the bench. "I've always wanted to play college hockey, even when I was younger, but now that I'm older and getting closer to that age that was really the goal for me" said Clark.

The process started in October when Jamestown coach Dean Stork came to Creston to watch a few games. He talked to a couple players, but keyed in on Clark and Thompson and the trio kept in contact and eventually scheduled a visit in early November. Thompson knew almost immediately that was where he wanted to be. "[Stork] wanted us to come down for a visit, so [we] went out, checked the school out, practiced with the team a little bit and I fell in love with it." Despite playing against older and very experienced collegiate players, who (as of writing this) are on a nine-game winning streak, neither of them felt out of place on the ice, a tip of the cap to the level of play the KIJHL produces. As Thompson put it, "Playing in the KI as a 16 or 17-year-old guy you're playing against guys who are three or four years older than you and that's just what it's going to be like next year in college ... and I think the KI really helped me develop to make that jump to the next level."

The relationship between the two

players goes much further than the Thunder Cats. Both from Spokane, Washington, both played with the Spokane Braves before Creston, and they were even in minor hockey together. "I don't know if we sign up for this when we were kids" Thompson laughed, "but we've played on the same team since we were four or five and are going to be spending the next four years together." "It will be nice to just have someone there that I know so I don't go in knowing no one, it makes it all comfortable." added Clark.

North Dakota hugs the Canadian border with about a 40/60 split underneath Saskatchewan and Manitoba. It's 1055 miles (1697kms) away from Spokane, but following their dream meant the distance wasn't a concern. However, for Clark, having the support of mom and dad made the decision that much easier. "I knew whatever decision I made they'd support me through it so they kind of left it up to me but I think, a little bit, they were pushing me to go there." Thompson was sure to let his family live vicariously through his phone. "[They were] so happy for me, I sent them lots of pictures while I was down there and they seemed to like the place too, and they just wanted me to do whatever I felt was best for me." The Jamestown Jimmies not only gained a couple new players with these commitments, but I'm sure a fair amount of new Spokane and Creston area fans as well. ♥

For more information visit
www.crestonvalleythundercats.com

Come out & cheer on your local Junior B Team!

DECEMBER

Home Games 7:30 pm

Saturday, December 7th

vs Castlegar Rebels

Tuesday, December 10th

vs Golden Rockets

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Sunday, December 29th

vs Columbia Valley Rockies

Tuesday, December 31st

vs Fernie Ghostriders

JANUARY

Home Games 7:30 pm

Friday, January 3rd

vs Kimberly Dynamiters

Saturday, January 11th

vs Beaver Valley Nitehawks

Saturday, January 18th

vs Grand Forks Border Bruins

Friday, January 24th

vs Columbia Valley Rockies

Saturday, January 25th

vs Kimberley Dynamiters



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Senior (65+) \$8 Youth (6-18) \$6

Family (2 adults + 2 youth) \$30
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3 Tips to go big and save big on holiday décor

(NC)

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.

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.



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A merry mocktail for the holidays

(NC)

Sangria is often relegated to summertime patios, but this make-ahead pitcher drink is equally perfect for winter entertaining. Sweet-tart pomegranate juice and warm winter spices add festive flavour, and de-alcoholized red wine makes this a great non-alcoholic option.

“Spruce up this mocktail with sprigs of basil or fresh mint for an extra pop of colour and freshness,” suggests Michelle Pennock, executive chef for the President’s Choice Test Kitchen.

Non-Alcoholic Spiced Sangria

Prep time: 15 minutes

Cool time: 2 hours

Serves: 8

Ingredients:

- 1 cup (250 mL) granulated sugar
- 1/2 tsp (2 mL) cinnamon
- 1/4 tsp (1 mL) each ground allspice and ground cloves
- Pinch (0.5 mL) ground nutmeg
- 1 navel orange (peel on), thinly sliced into rounds
- Half lemon (peel on), thinly sliced into rounds
- 1 bottle (750 mL) PC Red De-Alcoholized Wine with Natural

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Christmas

and happiness throughout the New Year.




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Flavour, chilled

- 2 cups (500 mL) 100%

pomegranate juice

- 1 cup (250 mL) pulp-free orange juice

- 1/4 cup (50 mL) frozen pomegranate arils

Directions:

1. Bring sugar, cinnamon, allspice, cloves, nutmeg and 1 cup water to a boil in small saucepan over medium-high heat.

Cook, stirring often, until sugar is dissolved; about 2 minutes. Remove from heat; let cool

30 minutes. Refrigerate syrup until chilled; about 30 minutes.

2. Stir together orange, lemon, 1 cup wine, pomegranate juice, orange juice and 1/4 cup syrup in 3-L (12 cup) pitcher. Cover and refrigerate one hour or up to 12 hours.

3. Stir in frozen pomegranate arils and remaining wine. Divide among

wine glasses filled with ice.

Chef's tip: You'll make more of the spiced syrup than you need for one batch of this sangria. Refrigerate the remaining syrup in an airtight container or jar for up to one month.

Nutritional information per serving: Calories 100, fat 0 g, sodium 10 mg, carbohydrate 24 g, fibre 1 g, sugars 20 g, protein 1 g. ♥

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Happy Holidays

and all the best of the season
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Holiday Treats

Christmas Crepes

WWW.WORLDOFCHRISTMAS.NET

Ingredients

- 1 1/2 cups flour
- 1 tbsp sugar
- 1/2 tsp baking powder
- 1/2 tsp salt
- 2 cups milk



The poinsettia, traditionally an American Christmas flower, originally grew in Mexico; where it was known as the "Flower of the Holy Night". It was first brought to America by Joel Poinsett in 1829.

During the Christmas and Hanukkah season, more than 1.76 billion candy canes will be made.

- 2 eggs
- 2 tbsp butter
- 1/2 tsp vanilla
- Strawberries (cut in half)
- 1 package vanilla instant pudding
- Icing sugar

Method

- Prepare vanilla pudding.
- Refrigerate pudding.
- Mix the dry ingredients in a mixing bowl with a fork.
- Stir in milk, eggs, butter and vanilla.
- Beat batter until smooth.
- In a 6-inch skillet pour about 1/4 cup of the batter.
- Pick up pan and rotate until the batter covers bottom.
- Cook until crepe is light brown.
- Remove and stack.
- While serving, lay crepe out on plate.
- Place 2 tablespoons of pudding on crepe and roll in up.
- Sprinkle with icing sugar
- Place a cherry or strawberry on top.



Christmas Package Cheese Snack

WWW.FAMILYFUN.GO.COM

Ingredients

- 8 ounces of cream cheese
- 1/2 teaspoon dried dill
- 1/4 teaspoon garlic powder
- 1/8 teaspoon salt
- Scallion
- Red bell pepper

Instructions

- Mix the dried dill, garlic powder, and salt into the softened cream cheese.
- Pack the mixture into a lined rectangular container.
- Refrigerate it for at least 3 hours. Before serving time decorate it with a scallion bow and red pepper polka dots and gift tag. ♥





Cranberry Fudge

WWW.WORLDOFCHRISTMAS.NET

Ingredients

- 2 cups - semi-sweet chocolate chips
- 1/4 cup - light corn syrup
- 1/2 cup - powdered sugar
- 1/4 cup - evaporated milk
- 1 tsp - vanilla
- 1 - 6-ounce package of sweetened dried cranberries
- 1/3 cup - chopped pecans or walnuts

Method

- Line the bottom and sides of 8x8 inch pan with plastic wrap.
- Combine chocolate chips and corn syrup in a medium saucepan.
- Cook over low heat until melted and smooth.
- Remove from heat.
- Add powdered sugar, evaporated milk and vanilla; stir vigorously until the mixture is thick and glossy.

- Add sweetened dried cranberries and nuts and mix well.
- Pour into prepared pan.
- Cover and chill until firm for about 8 hours.
- Cut into 1 1/2 inch squares.
- Store covered in refrigerator.
- Serve at room temperature.
- Makes about 25 pieces.





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Bake gingerbread cookies for a smart seasonal treat

(NC)

Impress your guests with this delicious, budget-friendly recipe for gingerbread people. Get the kids involved in the prep and decorating process for a fun time together as a family.

Oatmeal Gingerbread Cookies

Ingredients:

- 1 cup butter softened, or margarine
- 0.75 cup brown sugar, firmly packed

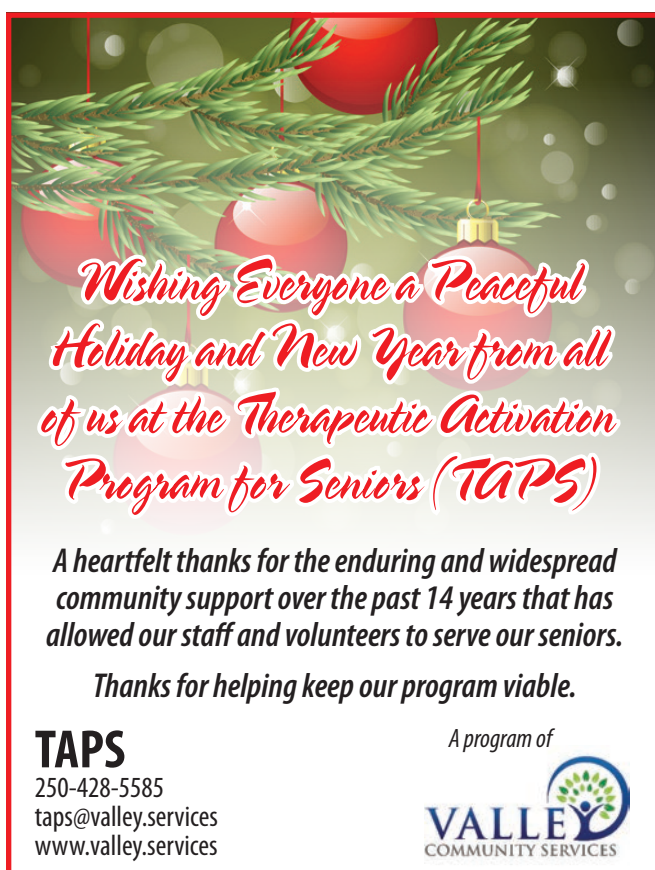
- 0.5 cup molasses
- 1 egg
- 3.33 cups all-purpose flour
- 1.5 cups large flake oats (uncooked)
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 0.5 tsp ground nutmeg
- 0.5 tsp baking soda
- 0.25 tsp salt (optional)
- Ready-to-spread frosting
- Candies, assorted

Directions:

1. Beat margarine and sugar until creamy. Add molasses and egg; beat well. Add combined flour, oats, spices, baking soda and salt; mix well. Cover; chill about 2 hours.
2. Heat oven to 350°F.
3. On floured surface, roll dough out about ¼-inch-thick for a chewy cookie or 1/8 inch thick for a crisp cookie. Cut with 5-inch gingerbread man or woman cookie cutter. Transfer to ungreased cookie sheets.
4. Bake 8 to 10 minutes or until set.
5. Cool 1 minute on cookie sheets; remove to wire rack. Cool completely.
6. Frost and decorate cookies with candies. Store loosely covered at room temperature.



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***Wishing Everyone a Peaceful
Holiday and New Year from all
of us at the Therapeutic Activation
Program for Seniors (TAPS)***

***A heartfelt thanks for the enduring and widespread
community support over the past 14 years that has
allowed our staff and volunteers to serve our seniors.***

Thanks for helping keep our program viable.

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Unique ways to give this holiday season

(NC)

What is the best gift you have ever received? Was it a surprise, a toy, or an experience?

The holidays are meant for bringing people together and giving back to your community and loved ones. As times evolve there are more unique ways to give than ever before. Here are a few to consider:

Give from the heart: Prepare homemade baked goods for a fraction of the cost of store bought. Friends and family appreciate when you have put thought into a personalized gift. Try a DIY hot chocolate kit and help keep them warm over those snowy winter nights.

Be kind: Going out of your way to be kind to someone can make

someone's holiday season. Whether it is a co-worker or someone in your community- think of the little things that can make someone feel special.

Create memories: Bring friends and family together by hosting a party. The best reward of the holiday season is being together. ♥

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Holiday Trivia

Christmas trees are edible. Many parts of pines, spruces, and firs can be eaten.

The needles are a good source of vitamin C.

Pine nuts, or pine cones, are also a good source of nutrition.

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Holiday must-haves for minimalists

(NC)

Finding a gift for a friend or loved one who subscribes to the “less is more” life mantra can be, well, hard. Whether it’s your elderly grandmother who swears she doesn’t need a thing or your friend who purposely keeps their home sparse and clutter-free, sourcing an item they will use

and enjoy can feel next to impossible.

Fortunately, there’s no shortage of gift options minimalists will love this holiday season. From the practical to the experiential, this curated list of goods is sure to satisfy.

1. Proud Poutine Cheesemaking Kit at makecheese.ca When all

else fails, a cheese curd-making kit will suit almost any Canadian’s gift-receiving needs. Complete with a gravy kit, it’s the perfect present for anyone who’s dreamed of creating their own from-scratch version of the national staple. Just add fries.

2. Sleep Ventilated Gusseted Gel Plush Memory Foam Pillow at wayfair.ca Know a minimalist who could benefit from a bit of self-care but is unlikely to initiate it on their own? Gift them this luxurious pillow made from cool gel, a unique material that responds to temperature and pressure, producing a cooler sleeping surface while perfectly moulding to the sleeper’s shape. The result: maximum comfort and support for every sleeping position.

3. Ancestry DNA at ancestry.ca Experiential gifts are almost always a good idea, and this kit that unearths your recipient’s ethnic mix is a standout. After completing and returning a simple saliva test, results include a pie chart breakdown with percentages of your recipient’s ethnicity estimate, geographic origins and DNA matching that can

HAPPY HOLIDAYS



May your holidays be filled with the joy of the season.

Please don't drink or smoke pot & drive.

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EST. 1898

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help identify relationships with unknown relatives who have also taken the test.


4. Motiv Ring Fitness Tracker at chapters.indigo.ca When a fitness tracking watch won't do, this chic and lightweight titanium ring will track your steps, heart rate, calories burned, restful and restless sleep, and resting heart rate. It's also waterproof (up to 50 metres), lasts three days on

a single 90-minute charge and can store your sleep and activity information for up to three days.

5. World Vision Gift Catalogue Gift Card at worldvision.ca We can't think of a better way to honour a minimalist's desire for less than with a gift card that's both meaningful and non-consumerist. Once received, recipients can choose to use

their gift card toward the World Vision initiative they prefer to support, with life-changing programs that include Where Most Needed, in which donations are used to help provide things like health-care, safety, food, water and more to vulnerable children and families around the world. ♥

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Historians have traced some of the current traditions surrounding Father Christmas, or Santa Claus, back to ancient Celtic roots. Father Christmas's elves are the modernization of the "Nature folk" of the Pagan religions; his reindeer are associated with the "Horned God," which was one of the Pagan deities.

*Have a Happy,
Healthy
Holiday!*



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Wrapping Presents With A Cat

WWW.CORSINET.COM

Go to closet and collect bag in which present is contained, and shut door.

Open door and remove cat from closet.

Go to cupboard and retrieve rolls of wrapping paper.

Go back and remove cat from

cupboard.

Go to drawer, and collect transparent sticky tape, ribbons, scissors, labels, etc.

Lay out presents and wrapping materials on table, to enable wrapping strategy to be formed.

Go back to drawer to get string, remove cat.

Remove present from bag.

Remove cat from bag.

Open box to check present, remove cat from box, replace present.

Lay out paper to enable cutting to size.

Try and smooth out paper, realize cat is underneath and remove cat.

Cut the paper to size, keeping the cutting line straight.

Throw away first sheet as cat chased the scissors, and tore the paper.

Cut second sheet of paper to size

Warm Holiday Wishes




Holiday Public Skating Times

Dec 21, 23, 27, 28, 30
& Jan 4 5:00-6:30pm

Dec 22, 29, Jan 3 & 5 3:30-5:00pm

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Dec 26th 2:30-4:00pm



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wonderful Holiday and a
Happy New Year!**

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**Winter 2020 Leisure Guide
is available for viewing online.
Registration starts Dec 2nd.
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— by putting cat in the bag the present came in.

Place present on paper.

Lift up edges of paper to seal in present. Wonder why edges don't reach. Realize cat is between present and paper. Remove cat.

Place object on paper, to hold in place while tearing transparent sticky tape.

Spend 20 minutes carefully trying to remove transparent sticky tape from cat.

Look for roll of ribbon. Chase cat down hall in order to retrieve ribbon.

Repeat above steps until you reach last sheet of paper.

Retrieve old cardboard box that is the right size for sheet of paper.

Put present in box, and tie down with string.

Remove string, open box and remove cat.

Put all packing materials in bag with present and head for locked room.

Once inside lockable room, lock door and start to relay out paper and materials.

Remove cat from box, unlock door, put cat outside door, close and relock.

Repeat previous step as often as is necessary (until you can hear cat from outside door).

Lay out last sheet of paper. (This will be difficult in the small area of the toilet, but do your best) .

Discover cat has already torn paper. Unlock door go out and hunt through various cupboards, looking for sheet of last year's paper. Remember that you haven't got any left because cat helped with this last year as well.

Return to lockable room, lock door, and sit on toilet and try to make torn sheet of paper look presentable.

Seal box, wrap with paper and repair by very carefully sealing with sticky

tape. Tie up with ribbon and decorate with bows to hide worst areas.

Label. Sit back and admire your handiwork.

Unlock door, and go to kitchen to make drink and feed cat.

Spend 15 minutes looking for cat until coming to obvious conclusion.

Unwrap present, untie box and remove cat. Go to store and buy a gift bag. ♥



Have Yourself
a Merry Little
Christmas

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The legend of the Poinsettia

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Bright, flaming red, star-shaped Poinsettias are known as 'Flower of the Holy Night' or 'Flame Leaf' in the United States. One of the most popular flowers in Central America, it was brought here by Dr. Joel Poinsett, the first US ambassador to Mexico,

over a hundred years ago. Still most of the supply of this famous beloved Christmas flower in American cities is said to come from California and the folklore attached to it comes from Mexico. Like Christmas Rose, this flower also represents the deep love for Christ and great devotion of a pure innocent human being to baby Jesus. However, in this instance, the devotees were two beautiful, naïve children who were not so fortunate as their friends to have enough money to do what their heart yearns for.

These poor children from Mexico were known as Maria, the sister and Pablo, her dear little brother. Just like all the other children in the village, they were looking forward to the Christmas festival and the annual Nativity play in which a

large manger scene was set up in the village church. The season was full of parades and parties that were mainly centered around this church and all the people, especially children, used to gift presents to the baby child on Christmas Eve. Now, these two children loved Christ and the season of His birth very much but do not had any money to buy something for the baby Christ. They ardently wished to buy something special for the Christ but couldn't even buy the simplest of things for Him.

They were sad at heart and were quite disheartened by their poverty and misery when they set out for church to attend the service. They took the longer route in a vague hope to find some blossoms to gift the child but couldn't find any. Finally, they picked up some wild weeds growing along the roadside as a gift for the Baby, squared their shoulders and approached the Church door. But how cruel little children can be, when they start teasing their fellow mates. Yet, Maria and Pablo braved their way to the manger and placed the greenery carefully around the manger. What happened next was the biggest surprise for all that were present! Bright red star-shaped flowers burst forth from the weeds and looked most sparkling of all gifts that the Christ child had received that day. ♥



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Season's Greetings

Tips for nutritious and delicious festivities

(NC)

Prepping your holiday menu can be just as stressful as picking out the perfect gift for that special someone. You know that you're going to serve a classic turkey, festive ham or tender roast, but what is going to accompany it? And let's not forget the appetizers – hungry guests waiting for dinner always want something to nibble on before the main feast.

Registered dietitian, Ingrid Fan, shares her tips to lighten up our menus by adding more fresh ingredients to our meals.

1. Don't mess with tradition. Mashed potatoes will always have a place at the table, but there are many ways to make them a bit lighter than the dairy-heavy version we're used to. Try leaving the skin on your potatoes to add some fibre or boiling some cauliflower with your potatoes to cut down on the carbs. Add a few dollops of plain Greek yogurt instead of heavy cream and butter to give it that creamy texture you crave.

2. Return of the buffet. While family-style might be more your thing, think about serving your meal buffet-style.

By placing the vegetables at the front end of the buffet, your guests may be more inclined to fill their plate up with some holiday favourites like roasted brussels sprouts, maple-glazed carrots or garlicky broccoli before hitting the main course and heavy sides.

3. Up your appetizer game. What you serve before the meal is almost as important as the main course. When serving wine or spirits before a meal, make sure to have snacks on hand as alcohol can increase appetite and diminish control over what we will eat. Appetizers don't have to be stressful, either – a simple veggie platter and some whole grain crackers and cheese will satisfy most. If you're feeling adventurous, try your hand at making some crustless quiche bites full of veggies such as mushrooms, peppers and spinach.

4. Spread the love of leftovers. There is no doubt that there's nothing quite like enjoying holiday leftovers. So why not share yours by sending your guests home with a care package to enjoy the next day? This will help cut down on food waste and ensure you're not eating the same meal for the next week or over-indulging night after night.

5. Have your cake and eat it too. The holidays are meant to be enjoyed. If you use balance and moderation as your guide most of the time, a little

indulgence here and there is okay, and shouldn't be guilt-ridden. So, go ahead and savour that piece of yule log.

If you're looking for more tips on how to nutritionally elevate your menu options this season, Loblaw's in-store registered dietitians can help. Book a session to learn more about simple ways to change up a recipe to ensure it is nutritious and just as delicious at bookadietitian.ca. ♥

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Holiday Symbols

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There are many things that became a regular part of Christmas festivities and celebrations with time. There are Christmas toys that became popular gifts for kids and Christmas ornaments that graced Christmas trees and other holiday decorations.

Christmas stockings became a part of the celebrations due to the story of kindly Saint Nicholas or Santa Claus, who is believed to bring toys for children who wash and hang their stockings near the fireplace.

Stars of all sizes symbolize the divine Christmas Star that made its appearance when the Christ was born. Christmas angel ornaments are symbolic of

divine angels while Santa Claus is symbolic of not only the kind patrons that delighted in giving gifts to the poor and the children to bring happiness to them during the Christmas season but also of the kindness and charity that are integral part of Christmas spirit.

Christmas cakes and puddings were part of the Christmas festive meals and Christmas crackers and candy canes became popular sweets that had a touch of fun and looked quite interesting to children.

Christmas trees such as firs and pines and other evergreens such as holly and ivy were symbolic of long life and hope. They also add cheer to the look of the household. Holly with its red berries and ivy were fashioned into wreaths and garlands and were used to decorate the house.

Tinsel, Christmas ornaments and toys were added to Christmas trees to make it look sparkling and livelier. Hanging mistletoe and kissing under it is considered to bring good luck to the household and spread the message of love all over the world. ♥

Merry Christmas

and all the best in the New Year!

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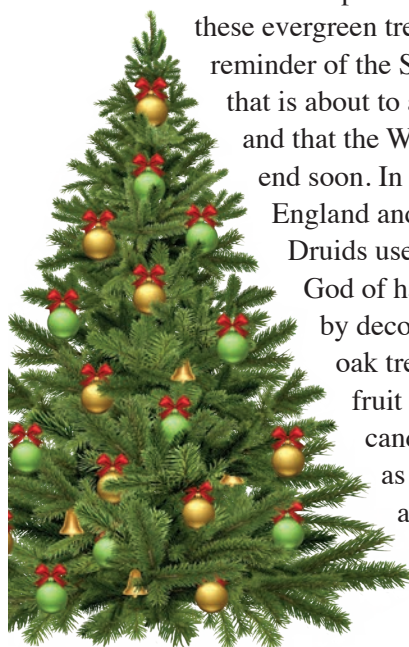
Season's Greetings

Christmas tree lore

WWW.WORLDOFCHRISTMAS.NET

One of the most awaited Christmas décor items, especially by kids, is undoubtedly the magical looking Christmas tree. It is said that Christmas tree was included in the celebrations ever since humans observed these evergreen trees glistening in the moonlit sky on a clear night sparkling against the backdrop of white snow. One of the most important Christmas symbols for centuries, Christmas trees were used in many pagan festivals to honor their gods and spirits. Vikings

in North Europe considered these evergreen trees a reminder of the Spring that is about to approach and that the Winter will end soon. In ancient England and France, Druids used to honor God of harvests by decorating oak trees with fruit and candles, just as Romans adorned trees with trinkets



and candles on Saturnalia.

It is said that the German Christians were the first to bring the trees into their homes to decorate or use a Christmas pyramid made of wood in areas where there was a scarcity of trees. Soon, whole Europe caught up with the trend and the English Royalty popularized it among the elite. Prince Albert, husband of Queen Victoria, decorated the first Christmas tree. They had then used candles, candies, fruits, and gingerbread. Christmas tree came to America with the German immigrants and was accepted by the general public only in the late 1800s. At the time of the first public display of a Christmas tree by German settlers in Pennsylvania, it was considered a symbol of pagans. Till then, apples, nuts, cookies, candies, colored popcorn and candles were the popular Christmas tree ornaments.

In the early 20th century, electricity brought a revolution in Christmas tree decoration. Electrical Christmas lights grew more and more popular every year and now most communities throughout the US feature public displays of Christmas trees. The President of the United States now lights the National Christmas Tree every year in Washington as an indication

of the beginning of Christmas celebrations. The huge lighted tree at Rockefeller Center in New York is quite a spectacle and skaters spinning beneath it look like angels. Christmas Tree has now gained popularity all over the world and choosing the right Christmas tree and its ornaments, placing gifts beneath it and opening them at midnight is all now part and parcel of Christmas fun and revelry. ♥



Spreading Holiday Cheer!

Watch for our Festive Fire Trucks, lit up in lights, spreading holiday cheer with Christmas Carols.

Sunday, December 22nd



Holiday Characters

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Santa Claus

Santa Claus is one of the most famous characters that is loved by children all over the world. He is known for giving gifts to good kids on Christmas Eve. He is also known as Saint Nicholas, Saint

Nick, Father Christmas, Kriss Kringle, Santy or simply Santa. In many countries, kids, especially 'in spirit', believe Father Christmas as being real. Other names by which Father Christmas is known in other countries are:

- Afghanistan - Baba Chaghaloo
- Armenia - Gaghand Baba
- Brazil - Papai Noel
- Czech Republic - Ježíšek
- Denmark - Julemanden
- France and French Canada - Le Père Noël
- Germany - Weihnachtsmann
- Iraq and South Africa - Goosaleh

- Ireland & Scottish Highlands - Daidí na Nollag
- Italy - Babbo Natale
- Portugal - Pai Natal
- Romania - Mos Craciun
- Spain and Mexico - Papá Noel
- Netherlands and Belgium - Sinterklaas

Saint Nicholas or Kriss Kringle was a historical figure, believed to be the kind bishop of Turkey. He used to give presents to the needy, poor and good kids, just to make them smile. Thus, he became the subject of many folktales and mythical fantasies. With time,

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his image changes to the modern version of Santa Claus with a long white beard, red robes and red bonnet with white trimmings, a big round belly and a kindly cheerful smile on his face and sparkling eyes.

Frosty the Snowman

The song is about a snowman who came to life by some magical hat some children found; he then had playful adventures before he “hurried on his way.” However, Frosty reassures them by exclaiming, “I’ll be back again some day.”

Ebenezer Scrooge

Ebenezer Scrooge is the name of a fictional character, the protagonist in Charles Dickens’ novel *The Christmas Carol*. In the novel Scrooge is portrayed as a rich but stingy businessman who especially dislikes festivities of all kinds.

Tiny Tim

Tiny Tim is a fictional character in the classic story *A Christmas Carol*. When Scrooge is visited the first ghost all he sees of Tim is his crutch, as Tim has died. This, and several other visions, lead Scrooge to reform his ways.

Jack Frost

In English folklore, Jack Frost

appears as an elfish creature who personifies crisp, cold, winter weather; a variant of Father Winter (also known as “Old Man Winter”).

Christmas Elf

A Christmas elf is a fictional diminutive creature (elf) that supposedly lives with Santa Claus in the North Pole and acts as his helper. Christmas elves are often depicted as green-clad with pointy ears, long noses, and pointy hats.

Nestor the Christmas Donkey

Back in the days of the Roman Empire, a small donkey is born with *very* long ears, that keep getting him into trouble. When his owner throws him out of the stable in disgust, his mother sacrifices her life to save him from a blizzard. And, guided only by his guardian cherub, he has to find his rightful place and destiny, somewhere on the road to Bethlehem.

The Grinch

The Grinch, a cat-like figure, is a cartoon character created by Dr. Seuss. He first appeared in the 1957 children’s book, *How the Grinch Stole Christmas!*

The Little Drummer Boy

The story of a boy who lets out all

his frustrations on a drum, little knowing how significant this drum will be in the birth of the newborn Jesus.

Rudolph the Red-Nosed Reindeer

Rudolph the Red-Nosed Reindeer is a character created in a story and song by the same name. He has become a figure of Christmas folklore. ♥

Merry Christmas

With all good wishes for the New Year.

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At the holiday season, our thoughts turn gratefully to those who have made our success possible.

It is in this spirit we say thank you and best wishes for the holidays and a happy new year.



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We wish everyone a

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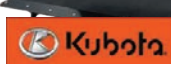
The all new for 2017 BX80 series 18 to 26hp diesel powered units will make short work of those snow blowing, mowing, landscaping and backyard needs. These powerful little tractors have 3 point hitch, rear and mid pto for a variety of attachments from quick connect front end loader, rototiller, front or rear blade, mid or rear mower, rear blade or box blade.

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