



[www.aroundandabout.ca](http://www.aroundandabout.ca)

# Happy Holidays

*With warm wishes and gratitude to our friends and neighbours at this joyous time of year. It's been a privilege serving you, and we look forward to seeing you again, soon!*

*Wishing everyone a safe and fun holiday!!  
Cheers to a prosperous New Year!*

*Nicky, Andrew, Rayann, Bill, Aimee,  
Donna, Vickie, Connie, Chloe and Bob*



# Service Times



## CATHOLIC:

Paroisse SAINT JUDE Parish - Children's Mass December 24 at 5:00 p.m.  
French Family Service 7:00 p.m. & English Family Service 9:00 p.m.  
Bilingual Family Service December 25 at 10:00 a.m.

Immaculate Conception, Massey - December 24 at 11:00 a.m. The Mass  
During the Day

St. Francis of Assisi, Walford - December 24 at 5:00 p.m. Vigil Mass  
St. Lawrence the Martyr, Webbwood - December 25 at 9:00 a.m. The Mass at Dawn  
St. Raphaels Church, Sagamok - December 24 at 7:00 p.m. December 25 at 9:00  
a.m. January 1 at 9:00 a.m.

## PENTECOSTAL:

Espanola Queensway Pentecostal - December 24 at 6:30 p.m.

## UNITED CHURCH:

United Church of Espanola - December 24 at 7:00 p.m.  
St. Andrews, Massey - December 24 Family Service at 7:00 p.m.  
Webbwood United Church - December 24 at 9:00 p.m.

## ANGLICAN:

St. James Anglican Church, Massey - December 24 at 6:00 p.m.  
Gowan Gilmor Sagamok - December 24 at 4:00 p.m.  
St. George's Church - December 24 at 6:30 p.m.

## BAPTIST CHURCH:

Calvary Baptist Church - December 24 at 6:00 p.m. Candle Light Service

*Brought to you by*

**Riverside Enterprises  
& Massey Septic**

## Christmas Dinners

Join us for **Free Christmas Dinner** - at the  
Lighthouse across from the Royal Bank in  
Espanola on December 25 at 4:30 p.m. If you  
can join us or need a ride please call Joan  
705-869-1648 or Camilla 705-869-4415

**Massey Free Christmas Dinner** - Are you going to  
be alone for Christmas this year? Then come and  
join us for dinner. Dinner is served on December  
25th at 4:00 p.m. at the Legion in Massey.  
Please call Carol 705-869-5304 or Penny  
705-865-2467 to let us know by December 24th  
if you will be joining us. Everyone Welcome.



**Very Merry Greetings**

From



I wasn't feeling the Christmas spirit this year. It had become a chore for me. All 3 of my children are away at school this year and maybe I was suffering the "empty nest syndrome" you hear so much about. I told the kids that instead of the usual four Christmas trees, only one was going up and just minimal decorations. I had pretty much decided to cancel our annual Christmas party. I just wasn't in the mood or wanting to put the effort into the preparations. But then the magic of the season crept its way into my life. My sister decided that some changes needed to be made and suggested we put all the adult's names in a hat and draw names. Everyone would only have one person to buy for. This was a big change for our family. We have always bought for everyone in the family and although we were hesitant we decided a change was necessary to decrease the stress and expense. Suddenly only having to buy something special for one person became

a fun idea. The kids being away from home were sending messages about how much they couldn't wait to come home and how much they love how I decorate for Christmas. So, up went the four trees and everything standing still became adorned with Christmas garland and bows. People starting asking about our annual Christmas party because "it's so much fun" and something they look forward to all year. Their enthusiasm was contagious and suddenly I was planning games and sending out Facebook invitations. It had happened, I had Christmas spirit. As I write this I am anxiously awaiting my kids to arrive home next week for Christmas, I am looking forward to celebrating with co-workers and friends at the upcoming party and I can't wait for Christmas Day spent with my family. My wish for you is to do whatever brings you happiness and puts the magic back into your Christmas. Merry Christmas everyone!!

**Always Glad To Be Of Service!**

**HOPE EVERYTHING  
RUNS SMOOTHLY  
FOR YOU THIS  
HOLIDAY SEASON.**



**HAPPY HOLIDAYS  
FROM THE STAFF  
AND FAMILY AT:**

**Garnet's**  
PLUMBING • HEATING • RENTAL



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# Staying Safe Through The Holidays



## Fireplaces

- Before lighting any fire, remove all greens, boughs, papers, and other decorations from fireplace area. Check to see that the flue is open.
- Use care with "fire salts," which produce colored flames when thrown on wood fires. They contain heavy metals that can cause intense gastrointestinal irritation and vomiting if eaten. Keep them away from children.
- Do not burn gift wrap paper in the fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.

## Food Safety

- Bacteria are often present in raw foods. Fully cook meats and poultry, and thoroughly wash raw vegetables and fruits.
- Be sure to keep hot liquids and food away from the edges of counters and tables, where they can be easily knocked

over by a young child's exploring hands. Be sure that young children cannot access microwave ovens.

- Wash your hands frequently, and make sure your children do the same.
- Never put a spoon used to taste food back into food without washing it.
- Always keep raw foods and cooked foods separately, and use separate utensils when preparing them.
- Always thaw meat in the refrigerator, never on the countertop.
- Foods that require refrigeration should never be left at room temperature for more than two hours.

## Happy Visiting

- Clean up immediately after a holiday party. A toddler could rise early and choke on leftover food or come in contact with alcohol or tobacco.
- Remember that the homes you visit may not be childproofed. Keep an eye out for danger spots like unlocked cabinets, unattended purses, accessible cleaning or laundry products, stairways, or hot radiators.
- Keep a list with all of the important phone numbers you or a baby-sitter are likely to need in case of an emergency. Laminating the list will prevent it from being torn or

damaged by accidental spills.

- Traveling, visiting family members, getting presents, shopping, etc., can all increase your child's stress levels. Trying to stick to your child's usual routines, including sleep schedules and timing of naps, can help you and your child enjoy the holidays and reduce stress.

## Trees

- When purchasing an artificial tree, look for the label "Fire Resistant."
- When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and needles do not break when bent between your fingers. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.
- When setting up a tree at home, place it away from fireplaces, radiators or portable heaters. Place the tree out of the way of traffic and do not block doorways.
- Cut a few inches off the trunk of your tree to expose the fresh wood. This allows for better water absorption and will help keep your tree from drying out and becoming a fire hazard.
- Be sure to keep the stand filled with water, because heated rooms can dry live

trees out rapidly.

## Lights

- Check all tree lights--even if you've just purchased them--before hanging them on your tree. Make sure all the bulbs work and that there are no frayed wires, broken sockets or loose connections.
- Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.
- Some light stands may contain lead in the bulb sockets and wire coating, sometimes in high amounts. Make sure your lights are out of reach of young children who might try to mouth them, and wash your hands after handling them.
- Before using lights outdoors, check labels to be sure they have been certified for outdoor use. To hold lights in place, string them through hooks or insulated staples, not nails or tacks. Never pull or tug lights to remove them.
- Plug all outdoor electric decorations into circuits with ground fault circuit interrupters to avoid potential shocks.
- Turn off all lights when you go to bed or leave the house. The lights could short out and start a fire.



**espanola**  
regional hospital and health centre  
hôpital régional et centre de santé  
**d'espánola**

**The Espanola Regional Hospital & Health Centre, Management, Staff and Boards, wish you and your family a healthy, happy and safe holiday season. All the best in the New Year!**


L'Hôpital Régional et le Centre de Santé d'Espanola, la direction, le personnel et les divers conseils souhaitent à vous et les vôtres, un Joyeux Noël et un temps des fêtes sain et sauf. Bonne et Heureuse Année à tous!

# HAPPY HOLIDAYS

## From Our Family To Yours

We'd like to say in all sincerity, That we wish you much joy and prosperity. And when the holiday is through, May our best wishes remain with you!

We're proud to serve this fine community and we thank you for your trust in us.



## Bourcier Funeral Home Ltd.

222 Spruce Street • Espanola • ON • P5E 1C9      (705) 869-0550



## Snow Forts To Save Your City



(NC) Building a snow fort is one idea. This great Canadian pastime isn't just a fun activity for kids. Densely packed snow can help slow the flow of melted water to city sewer infrastructure during periods of heavy loads. Building your fort

on top of your lawn can also encourage snowmelt to filter through the ground, rather than flow down streets, where it may pick up contaminants before entering sewer systems for eventual treatment.

Patrick Evans, author of

the children's book *Where the Snow Goes*, says changing the way cities manage snow can also contribute to significant energy savings. Right now, most Canadian cities spend millions each winter on snow removal, paying for trucks to haul heavy snow across cities to dumping grounds.

"Montreal does the most snow removal in the world," says Evans, who is also an environmental design professor at the Université du Québec à Montréal. "In 2006, the city's snowfall was equal to more than \$140-million worth of cooling energy. That volume of snow is just waiting to be put in the right place. In Sundsvall,

Sweden, for instance, a snow-cooling facility is used to naturally control the county hospital's indoor temperature." Evans says using snow to build forts or other sculptures on a broader scale can also play a part in building a stronger economy. "Making snow management creative and visible can define neighbourhoods. Tourists travel to see large-scale sculptures, for instance. Snow has tremendous potential to positively participate in city life." More winter water tips can be found through the RBC Blue Water Project at [rbc.com/bluewater](http://rbc.com/bluewater).

[www.newscanada.com](http://www.newscanada.com)

*Merry Christmas*

Wishes warm and bright to you and you and your loved ones at this joyous time of year. We appreciate your support and hope you'll drop by again soon!

**Hours:**  
 Mon, Dec 23 8:00 am - 9:00 pm  
 Tues, Dec 24 8:00 am - 5 pm  
 CLOSED CHRISTMAS DAY  
 Fri, Dec 26 10:00 am - 4:00 pm

**Dry's FRESH CO.**  
 Fresher. Cheaper.

800 Centre St. Espanola P5E 1J3  
 (705) 869-6777

**The Hair Centre**

Your Loyalty Is Truly Appreciated

Thank you so much for the gift of your friendship. Have a beautiful holiday!

373 Centre, Espanola, ON P0P 1C0 (705) 869-3800

TAKE A BREAK... IT'S CHRISTMAS!

**Rope Rollin's**  
 FAMILY RESTAURANT  
 92 Park St. Espanola, ON P5E 1E9  
 705-869-3418

What's the special of the day?  
 It's our warm wishes for a great holiday.  
 We enjoyed every minute of serving you.  
 Please drop by again, soon!



**STELLA, IVAN, AND THEIR STAFF WISH YOU**  
**Season's Greetings**



**DYNAMYC FAMILY RESTAURANT**

224 Station Rd, Espanola. (beside Farquhar's Dairy) 705-583-3663



Seasons Greetings  
 Meilleurs voeux  
 Gdin Makoon

**Michael Mantha**

Algoma-Manitoulin MPP | Député  
 mmantha-co@ndp.on.ca | 1-800-831-1899

**Make  
 It Merry!**



In this joyful season, we wanted to let  
 you know how much we've enjoyed  
 getting to know you this year.

Thanks, friends!



**Massey** S. Geiger Site 865-3281  
 St. Mary's Site 865-3280  
**Espanola** A.B. Ellis Site 869-3282  
 (Ages 2 months - 12 years)  
 Email: onetotstop@bellnet.ca

**Wishing You Every Happiness  
 This Holiday Season**



May your home be  
 blessed with happiness,  
 and your family with  
 good health this  
 holiday season.

We consider it a  
 privilege and honor to  
 serve you, and thank  
 you sincerely for  
 choosing us.



**McCulloch**  
 INSURANCE LIMITED

77 Centre Street, Espanola  
 705-869-4333

*Have a Fire Safe Christmas  
 from the Espanola Fire Department.*



**And please remember  
 to check your  
 smoke alarms!**







## THANK YOU FOR SEEING US!

All signs point to a wonderful season,  
And your kind patronage is the reason;  
So let us make one thing perfectly clear--  
We're grateful for your seeing us this past year!

**BELL • BOOTH • SIRKKA • FABRIS**  
**OPTOMETRISTS**

**Espanola Mall**  
**Little Current Hospital** **705-869-2030**

## Making It A Green Christmas



### Reuse Your Christmas Cards:

- Frame the front and use as Christmas decorations. Some cards have beautiful, scenic images suitable for display.
- Cut and fold them to use as gift tags for presents.
- Turn old cards into new ones. Use the front of the card to paste to a new blank card. Personalize inside in your own

handwriting.

- Cut them into bookmarks for the children.
- Use them in your scrapbooks.
- Make place cards for your next dinner party or gathering.

### Being Environmentally Aware With Decorations:

- Start with nature - use evergreens, pine cones, bowls of fruit as home décor.
- Try second-hand – attend ornament exchanges, thrift shops, and be sure to donate your old decorations, just because you are tired of them doesn't mean they won't appeal to someone else.
- Decorate a potted tree, then plant it after Christmas.
- Replace your burned out energy-sucking Christmas lights with LED. They use less energy and last longer.



Huron-Superior Catholic District School Board



There was no place of hospitality when Christ was born.  
May He be born in our hearts this Christmas.

*Serving in the Love of Christ*

**Merry Christmas!**

**Beginish Mino Niibaa-Namaayik!**

**Joyeux Noël!**

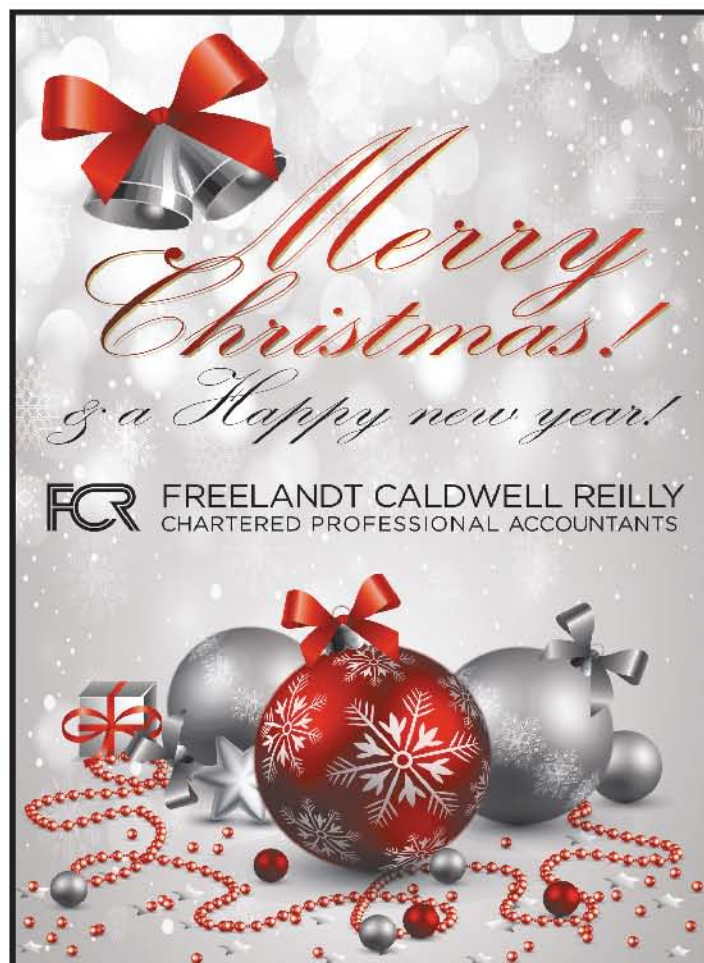


[www.hscdsb.on.ca](http://www.hscdsb.on.ca)

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Director

*Come Learn, Explore and Grow in Catholic Education*

Lindsay Liske  
Chairperson



**FREELANDT CALDWELL REILLY**  
CHARTERED PROFESSIONAL ACCOUNTANTS





**May Your Home  
Be Blessed!**

To all our good friends far and  
near, we wish a Merry Christmas  
and a Happy New Year!

**U-VIEW**  
Realty Inc.

**Chloe Kneer, Broker**  
chloe@uviewrealty.com  
**Office: 705-583-0422**

**Delivering our best  
AT CHRISTMAS**

Here's hoping your  
holiday delivers an  
abundance of peace  
and joy, topped off  
with a generous  
helping of good cheer.

Thank you for your  
loyal patronage.  
We look forward to  
serving you again  
next year!



**CORTINA**

381 Centre St • Espanola • 869-2104

**Pond Hockey**

Would like to thanks to the  
following sponsors for a great year!

Espanola Firefighters  
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Knights of Columbus  
Royal Purple  
Farquhars  
Domtar  
T.Bell  
Elks

Espanola Pharmacy Clinic  
Lumbago Hockey Club  
Carlyle Construction  
Local 74 Union  
Tim Hortons  
Lions  
Grants



**Happy Holidays**

MAY YOUR  
DREAMS BE  
**MERRY &  
BRIGHT**

To our friends, neighbors, associates,  
and folks we've yet to meet, we'd like to  
extend our sincere best wishes for a holiday  
that's as beautiful as you are, and hope that all  
your dreams come true during this magical time of year.

We thank you for your valued patronage,  
and hope you'll visit us again, soon.

Chantalle, Bernie, & Tristan



**MELOCHE'S BARBER &  
HAIRSTYLING SHOP**

132 TUDHOPE ST. ESPANOLA, ON  
705-869-3612

Happy Holidays  
from everyone at **Dan's**  
TOWING & RECOVERY



57 Queensway, Espanola, P5E 1H9

705-869-1826



**SEASON'S  
GREETINGS**

WITH BEST WISHES TO  
OUR NEIGHBORS, FRIENDS  
AND ASSOCIATES AT THIS  
JOYOUS TIME OF YEAR.  
FOR YOUR TRUST IN US,  
WE ARE DEEPLY GRATEFUL.

**Arseneau Poulson**

Barristers, Solicitors

140, rue Barber St. Espanola, Ontario

(705) 869-2171



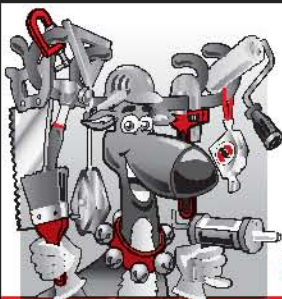
**Christmas Greetings  
& Heartfelt Thanks**

From the Management & Staff at

**Papertown Petro**

731 Centre St. Espanola, ON P5E 1T3  
Phone: 705-869-0643 Fax: 705-869-5018





## Happy Holidays!

It's already been one year now, and we would like to say thank you to all our customers, new & established.  
*Have a safe & happy holiday*

**SONNENBURG**  
**RONA**  
Building Centre  
The Canadian How-To People

**705-582-2612**

155 Sauble Street  
Massey, Ontario, P0P 1P0  
Monday - Saturday 8:00 - 5:30

## Trimmed With A Wish



Here's hoping your holiday is a cut above the rest! We loved every minute of serving you this year, thanks!

**Dittrich's**  
**Hair Design**  
*"A Look With A Difference"*

**705-869-2915**

## With BRIGHT Wishes At The Holidays

What could possibly brighten our lives more than the holiday season? It's the chance to serve deLIGHTful people like you!

**Merry Christmas and many thanks for your support.**

ESPAÑOLA REGIONAL **HYDRO**



## WISHING YOU A "WHITE" CHRISTMAS

With wishes Sparkly & Bright to all of our Patients & Friends this holiday season. We appreciate your trust in us and look forward to seeing you in 2012.

*Dr. James Alexiuk, Connie,  
Joy, Rachelle & Danièle*

## Savor The Season!



People like you are the cream in our coffee, and we wish you all a season that's brimming with joy until the bitter end!

Thank you for visiting us this year.  
We look forward to serving you again soon.

**Tim Hortons**  
HWY 6&17 & Espanola

## Merry Christmas Thanks For Dropping In!



**Espanola Mall**

**705-869-4443**

800 Centre Street,  
Espanola ON



From the  
Principal & Staff at  
A.B. Ellis Public School

**VERY MERRY CHRISTMAS**

**HERE'S HOPING EVERYTHING RUNS SMOOTHLY FOR YOU THIS HOLIDAY SEASON.**

**WE APPRECIATE YOUR CHOOSING US AND THANK YOU FOR YOUR CONTINUED BUSINESS.**

**B & D Auto**  
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51 MAIN ST, BOX 10 WEBBWOOD ON POP 2G0 **(705) 869-0674**

**STOCK UP ON Cheer!**

May your cart overflow with glad tidings and joy, and may your heart be full with love and contentment this holiday season and beyond.

**THANK YOU FOR SHOPPING WITH US!**  
STORE HOURS: Dec 22, 10-5, Dec 23, 9-9 and Dec 24, 9-5

**WINKEL'S independent**  
YOUR INDEPENDENT GROCER

*Merry Christmas*

*In this season of giving, we'd like to offer our best wishes for a Happy Holiday and a joyous New Year*

**Wilkins & Wilkins**  
Barristers & Solicitors  
109 Sheppard St. Espanola 705-869-4444

**Thank You to Our Sponsors\***

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Pet Valu  
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**Thank You to Our Sponsors**

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Tim Hortons  
Farquhars  
Royal Purple  
Canadian Tire  
Jump Start

**HAPPY HOLIDAYS**



*Merry Christmas  
and  
Happy New Year*

*Our hearts are filled with gratitude as we wish  
you and yours a very Merry Christmas and a  
Happy New Year.  
We value your patronage and look  
forward to the opportunity  
to serve you again, soon.*

**H&R BLOCK**

8-123 North St., Espanola 869-0011

**Happy Holidays!**

From all of us at

**SUBWAY**

Think fresh. Eat fresh.

**(705) 869-0011**  
116 Center St. Espanola

*Merry Christmas!*

**From Your Foundation & Garage Specialist**

**Paul's Concrete  
and Renovations**  
Paul Courtemanche, Owner/Operator

**705-862-0976**

**Greetings of  
the Season**

There may be a chill in the  
air, but our hearts are  
warmed by thoughts of our  
many good friends and  
neighbors at this special  
time of year. Thanks, folks!

**705-869-8405**  
Corner of Second & Avery  
(Behind Car Wash)

**ESPANOLA  
SELF-STORAGE**

*À toutes et à tous,*

*Joyeux Noël*

*Bonne, heureuse et Sainte année!*

**École Saint-Joseph**  
333, boulevard Mead, ESPANOLA  
**705 869-3530**

**É.s.c. Franco-Ouest**  
147, rue Spruce, ESPANOLA  
**705 862-7437**

Conseil scolaire  
catholique du  
NOUVEL-ONTARIO  
nouvelon.ca



## Journey to Bethlehem



Photos - Every early December, Beth and Mack Emiry host The Journey to Bethlehem in Massey. It is a half hour outdoor tour taking you through the birth of Jesus. They shared these photos with us.



## Make It Merry!

The spirit is building and we want to say,  
Have a happy holiday!  
One thing that we know is true,  
Is we couldn't have made it without all of you!



**705-869-2130**  
**830 Centre Street**  
**Espanola**

LIVE WELL WITH  
**PHARMASAVE**



## Cheers!

Friends like  
you make it  
all worthwhile  
~ thanks!

- ROBINSON'S -  
**PHARMASAVE**  
119 Tudhope St, Espanola, Ontario  
(705) 869-1561

## Merry Christmas Joyeux Noel

In the holiday style, we'd like to extend our warm wishes to all our customers and their families at this special time of year. Your friendship and support make doing business a pleasure for us.

**Thanks! Merci! Chi-miigwetch!**



**DELIVERING A ROUND OF THANKS**  
We really appreciate your business



**TRAIL SIDE**  
**SPORTS**

**50 McCulloch Drive Espanola**

**705-869-0170**  
**kevin@trailsidesports.com**



**May your Holiday  
be filled with Joy  
and Happiness**



*Before Old St. Nick arrives, we'd like to offer you our warm wishes for a holiday season that's as satisfying as homemade cookies and milk. Serving you has been a real treat for us and we look forward to seeing you again, soon.*

**Farguhar's**



*Nos meilleurs vœux de bonheur à l'occasion de Noël et de la nouvelle année!*

*Wishing you a Merry Christmas, peace and prosperity for the New Year!*

*Corrina, Anita, Carmen, Julie & Angele*



**Desjardins**  
Caisse populaire Vermillon

Espanola, Ontario 705) 869-2317  
corrina.bourguignon@desjardins.com

INSPIRED CREATIONS  
**Café** and  
Baked Goods

Antiques  
and  
Hand  
Crafted  
Gifts

Inspired Creations would like to extend thanks to all our customers that supported our business during our changes this year, and also to all of our new customers.

**Happy Holidays**  
Laura & Pete

365 Imperial St  
Massey, ON

\*CLOSED Dec 25 • Jan 2\*

**Merry Christmas**  
From Our Home To Yours



To all of our patrons and their families, go our best wishes for a very merry holiday season. We appreciate your dropping in this year. THANKS!

**ESKANOLA  
& DISTRICT**  
CREDIT UNION LIMITED

Espanola 869-3001 • Little Current 368-3222 • Gore Bay 282-2511

**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 patronage and trust. Thank you!

**Espanola  
Clinic Pharmacy**

801 McKinnon drive.

PHONE 705-862-7000 FAX: 1-866-242-4566  
service@ecclinicpharmacy.ca

**Nairn Centre  
MEDICAL  
PHARMACY**

36 McIntyre St. Nairn Centre  
Telephone: 705-583-1061 • Email: natpharm@gmail.com



# Stocking Stuffer Ideas for Everyone on your List

- \$5 gift cards
- Decorative cupcake liners
- A favourite magazine
- Packets of flower or herb seeds for planting
- Nail polishes
- Sharpie Pens
- Chapstick
- Small crosswords puzzle book
- Crayons
- Body wash
- Piggy Bank with coins
- Measuring spoons or cups
- Cute wine stopper
- Scarf
- Lottery tickets
- Cuticle set
- Cooking extracts - vanilla, mint, orange etc.
- Mittens
- Scented candles
- Bookmarks
- Fishing lures
- Tools
- Wash/Dish rags
- Gardening gloves
- Specialty olive oils
- Cookie cutters

- A good book
- Makeup bag
- Nice wooden spoons
- Speciality teas
- Garden markers (for herbs etc)
- Scented antibacterial kitchen hand soap
- Gourmet spice mixes
- Fridge magnets
- Wine glass charms
- Cute umbrella
- Earbuds

## Grow Your Own Candy Canes

For a fun Christmas activity your child can magically grow their own jumbo candy cane from a Christmas mint by "watering" it each day with magic glitter.



### You will need the following:

- Jar
- Fake snow
- Glitter
- A red and white striped mint or tic tac and several different sizes of candy canes

Partially fill a jar with fake snow. Plant the mint or tic tac into the snow. Have your child sprinkle glitter on top. Each day your child must continue to sprinkle glitter on top. After a few days secretly replace the mint/tic tac with a mini candy cane. Have your child continue to sprinkle the mini candy cane with glitter. After a few more days replace mini candy cane with a regular sized candy cane. Continue with the glitter a couple more days and finally replace the regular sized candy cane with a jumbo candy cane.

*Peace, Joy and Hope*  
*Paix, Joie et Espoir*  
*Bekaada miinwaa*  
*Minwaangwod*

**Carol Hughes**  
MP/Députée  
Algoma-Manitoulin-Kapuskasing

1-800-297-4200 • [hughes.c@parl.gc.ca](mailto:hughes.c@parl.gc.ca)

**NDP** **NPD**

**Warmest wishes**  
for a wonderful holiday.

I would like to thank you for your business over the past year and wish you and your family a safe and happy holiday.

**the co-operators**  
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**With Glad Tidings**  
**At The Holidays**

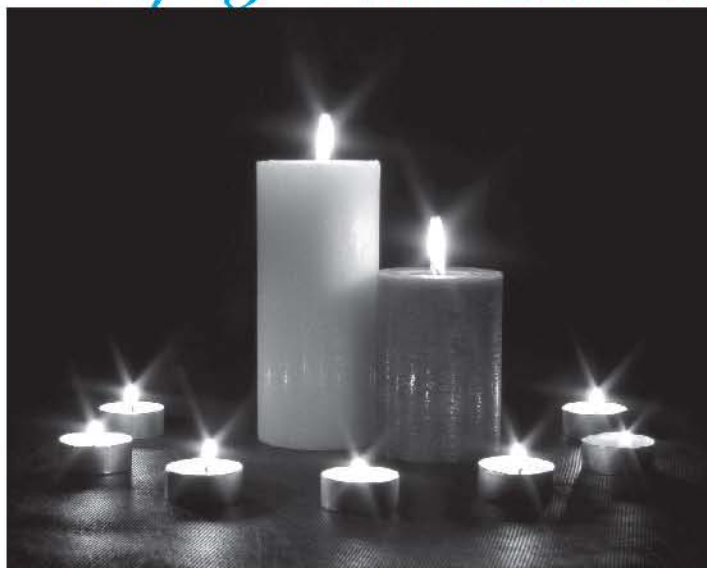
**With warm wishes to our neighbors, friends and associates this holiday season. For your trust and goodwill we are sincerely grateful.**

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## Coping With a Blue Christmas: Holiday Grief



While Christmas is considered a time of joy, sharing and family, many are dealing with loss and grief this time of year. Helping yourself, or someone else, get through the holidays after a tragic loss can be a difficult, but not impossible, task.

First, it is important to know that waves of grief normally come in durations of about 20-30 minutes, as the body cannot sustain long periods of grieving. Don't resist the waves. Allow yourself, or someone you know to go through them. Patience is key.

Putting on a brave face and pretending to be happy for those around you is exhausting. Because of this, it is imperative to get lots of rest and quiet time away

from the hustle of the season. Don't feel obligated to attend every function. Choose wisely.

Because Christmas is a time for memories, we're always thinking of the past. Reminiscing on lost loved ones will be normal at this time. Certainly favourite foods, smells, and music will stir the memories of Christmases past. Embrace what you can, and try to incorporate new traditions for the future.

If it all just seems like too much, maybe taking a "pass" on Christmas will be the answer for you. If that's what you wish to do, it is wise to make the time productive by spending time alone, writing or talking to the loved one that's passed. When you feel

that you need help, or just a shoulder to cry on, do not be afraid to reach out to a friend or family member.

Here are a few suggestions to help get you through the holidays:

- The anticipation of the day will probably be much worse than the day itself.
- Take a flask of hot chocolate and go for a walk on Christmas Day.
- Be prepared to weep as you get out the decorations. Set aside a time to do this as a family or on your own.
- Make a Christmas wreath or decorations – you could place it on their grave.
- Accept any offers of help and don't feel like a failure for doing so.
- For the first empty Christmas, don't try to recreate the old rituals. Do something completely different. If possible, get

away somewhere and begin to create some new special memories. Even if it's a disaster, it will be a different sort of disaster!

- Try to find very good friends to spend time with, where you can really be safe and you can all cry, laugh or whatever.
- Try to spend at least a short time, just as a family, to allow each person to remember or share something about how they feel. Be careful not to spend too much time on this as it may be too heavy.
- Light a special candle on Christmas Day.
- Avoid the shops as much as possible – it can make Christmas feel more empty and shallow than it already feels.
- Don't be pressured into feeling you HAVE to do anything – remember you only have to do as much as you want to do.

## HAIR DYNAMICS



Joy  
Peace  
Hope  
Love  
Health  
Happiness  
Harmony  
Prosperity

The only thing left to  
add is our gratitude!

Wishing you every  
happiness this Christmas  
season and beyond. We hope  
to see you again, soon!



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**SEASON'S EATINGS**  
and many thanks!



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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!

The Red Dog would like to thank their dedicated staff:  
Michelle, Deidra, Paula, Carley, Laurie, Meaghan & Morgan.

**Have A Beautiful Season!**

To our valued clients, our warmest wishes at Christmas. Thanks for making us look good with your loyal support

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**Happy Holidays**  
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**ROYAL LEPAGE**

All of us at the office would like to wish you and your loved ones a safe and happy holiday season.

Paul, Lee, Rob, Rolly, Bonnie, Jordan, Alan, Mary Ellen, John, Paul, Angelene, & Debbie

**ROYAL LEPAGE**  
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Thanks friends!  
Shelley, Marcella, Shelia, Vicki.

**Thanks For Your Continued Support**  
As we send our best wishes, we know one thing is true, We wouldn't be here without good customers like you!  
Happy Holidays from all of us to all of you.

**Seasons-Greetings**



With tidings of comfort and joy to our customers, friends, and neighbours this holiday season. We always appreciate the opportunity to be of service. Thanks.

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**Happy Holidays**  
Hope your holiday is a perfect 10!  
With thanks from our entire staff.

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SEASON'S GREETINGS



Alone we go faster, together we go further.  
Wishing you a prosperous 2014,  
and may the ties that bind us grow stronger still.

