

# *Joy to the World!*

*Here's hoping your season is filled with all the  
delights, both big and small, that make  
Christmastime so special.*

*We really appreciate everything this  
community has done to help us through the  
challenges of this past year, so we can be here  
to celebrate the season with all of you.*

## *Merry Christmas!*

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Special Holiday Greetings • December 2021 • Volume 25, Issue 50 B • 85 Centre St., Espanola • 705-869-6883

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*From Nicky, Don, Andrew, Rayann, Murielle,  
Crystal, Bill, Mike, Vickie, Roz and Kelly*





# Season's Greetings and a Prosperous New Year

*One of the real joys of the Holiday  
Season is the opportunity to say  
Thank You*

*and to wish you the very  
best for the New Year*



  
Domtar

# MERRY CHRISTMAS



## Holiday Greetings from Mother May I



Reading through the content for the Christmas Issue this year, I found myself thinking how wonderful it is that the world is so diverse and how there are so many more and different ways to celebrate the holiday that we call Christmas. I do think there is one common denominator and that is; celebrations are centered around beliefs and spent with the people you love, whether it be family, friends or both. Traditions are important to people. They bring a sense of unity, comfort and peace. Coming from a very "Canadian" family, I have found it interesting to learn about certain foods and traditions that others from different countries have as part of their celebration. I once had a Yule log in my Christmas décor but never really knew the history behind it. It is long gone, but now knowing the meaning of it, I think I will make one and add it to my decorations. I love the idea of burning it while you sit quietly to reflect and make a wish for the new year. It's never too late to add a new tradition or food that your friends and family will look forward to year after year; maybe add one that comes from your heritage. I want to wish all our readers a very Merry Christmas, enjoying the holiday the way you like to celebrate it, and much happiness in the New Year!



I can't believe it has been 25 years since our Little Paper That Makes a Big Difference launched – December 4, 1996. The little ones that were born that year have all grown up with our paper coming in their mailbox every Tuesday. Some of them are now starting families of their own and yes that statement makes me feel nostalgic. The realization that they don't know the community without the Around&About warms my heart.

As I think back to all the challenges we faced, Y2K pandemonium, the 9/11 attacks, the many businesses that came and went, the 2012 fire that took everything but our will to keep going, Facebook, buying the office supply store and learning a brand new business, and now two years of a world pandemic. PHEW!!!!

We survived and I wouldn't change any of it – My mom always said, "what doesn't kill you makes you stronger" and I can now truly say, Mom you sure were right about that.

In 1996 I was a naïve, fearless, single young woman with determination and drive, featuring permed, brown auburn hair who had absolutely no idea what she was getting herself into. Now a quarter of a century later I am happily married to the love of my life, my hair is ashy-grey, sporting bifocals, with a lot of experience in all the things you should never do when starting a business. As I think back I am grateful that I didn't get it – because if I did I could never have done it and that would have been a shame.

If I could tell young me anything it would be – It takes a lot of guts to put yourself out there and take a chance on something that could fail – the statistics are not in your favour. You were extremely brave taking on such a huge endeavour and it's a good thing you were fearless.

I clearly remember people would say – "Ya that's not going to do well, it's not a very good idea, or this will never last..."

Well 25 years later my hair is white, I no longer have 20/20 vision and this little paper is still coming to your mailbox every week and that makes me smile :) I am very fortunate and grateful to have had many coworkers who helped make Around&About successful along the way, and currently, because without their dedication, the last 25 years would not have been possible. With the newspaper industry fading I can only feel grateful that your support has been a huge factor in our success and for this I thank you.

With all of that being said, on behalf of my family and work family, we want to wish you the very merriest Christmas and hope you get to celebrate with the people that mean the most to you near and far. Miigwech, Merci, Thank you!!!

*Nicky Lamothe-Maurice - Publisher*



## The Seven Grandfather Teachings

**Wisdom Nibwaakaawin** – Wisdom is to know the difference between bad and good and the results of your actions. Wisdom is to gain through life experiences. It's about learning from our mistakes. It comes from listening to our elders and children with an open mind and knowing we can all learn from them. Real wisdom is helping people to learn from their mistakes and misfortunes.

**Love Zaagidiwin** – Love is knowing that when people are weak they need your love the most. Love is given freely and you cannot put conditions on it or it is not true love. Love means being true and at peace with yourself. It is loving your spouse, family and friends without conditions. Love means to love all creation for it is a gift.

**Respect Minaadendamowin** – Respect others and their beliefs, if you cannot show respect then you cannot expect respect to be given. It's about accepting everyone as they are and not being judgemental. It's about listening, opening to others' opinions and being sensitive to their feelings about listening. This may be about education, sports, leadership, race and religion.

**Bravery Aakedhewin** – Bravery is to do something right even though it might hurt you. One of life's challenges is having the courage to do something if it is difficult such as taking responsibility for our mistakes. Bravery is fighting your greatest enemy which is yourself, which may come in the form of denial, shame, addiction, hatred, guilt, prejudice, jealousy, mistrust and lack of self confidence.

**Honesty Gwekwaadiziwin** – Honesty to recognize who and what you are, if you can do this you can be honest with all others. Being honest is being upfront in everything you say and do without a hidden agenda or ulterior motive, being honest with yourself is to live in the spirit of how you were created. Never lie or gossip. The more honest you are, the more confident and bigger person you become.

**Humility Dibaadenddiziwin** – Humble yourself to know that no matter how much you know, you know very little about the whole universe. Real honesty is not bragging of one's importance. Teaching and showing people this lesson is the greatest gift we can pass on to others.

**Truth Debewin** – Truth is to know all seven grandfather teachings and live by them. Truth is to believe and have faith in the Teachings of the Seven Grandfathers, to walk, speak, live in truth.

Shared with us by Constance Cada.

## Morning Smudge Ceremony

Every morning 2 Shkaabewis which means helper(s) (a male and female) conduct the ceremony. The male starts by putting sage in the smudge bowl. He lights the smudge and cleanses (smudges) himself. Next, he cleanses the bundle and the eagle staff, then continues around the circle allowing everyone to cleanse themselves. He puts down the smudge bowl and offers tobacco from a leather pouch to everyone. They take out a bit and hold it in their right hand. Each person offers a prayer of thanks or request to Gichi Manidoo. He then brings around a bowl and each person places their offer of tobacco into the bowl to have their prayer sent by putting the tobacco in the sacred fire or scattered on the ground later by the Skaabwewis. The female Shkaabewis will pick up a copper vessel of water and pray to the 4 direction giving thanks for this beautiful gift. She goes around the circle and distributes the water into their individual vessels (usually copper). Everyone gives thanks and drinks. The Prayer to The Great Spirit is recited to conclude the ceremony.

Shared with us by Constance Cada.



**MERRY CHRISTMAS**  
HAPPY New Year

Wishing you and your family  
a safe & happy holiday season.

**FCR** FREELANDT CALDWELL REILLY LLP  
CHARTERED PROFESSIONAL ACCOUNTANTS

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705.675.2200	705.869.3351

FCRcpa.com



## Make It Merry!

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




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

## Prayer To The Great Spirit

*Oh, Great Spirit whose voice I hear in the winds and whose breath gives life to all the world, hear me. I am small and weak. I need your strength and wisdom. I need strength not to be greater than my brother, but to fight my greatest enemy – myself. Let me walk in the beauty and make my eyes ever behold your beautiful sunsets. Make my hands respect the things you have created and my ears sharp to hear your voice in all nature, and learn the lessons in every leaf and under every rock. Make me wise so I may understand the things you have taught to the people. Make me always ready to come to you with clean hands and straight eyes. So, when life fades, as the fading sunset, my spirit may come to you without shame*

Shared with us by Constance Cada.



# Service Times

**CATHOLIC**

**Paroisse St. Jude Parish, Espanola -**  
 December 24th / le vendredi 24 décembre  
 6 pm / 18 h – Bilingual / bilingue  
 8 pm / 20 h – English / La messe sera célébrée en anglais  
 December 25th – le samedi 25 décembre  
 10 am / 10 h – Bilingual / bilingue

**ATTENDANCE BY RESERVATION ONLY!** Please call the office (705-869-0025) to register. PRÉSENCE AVEC RÉSERVATION SEULEMENT ! Veuillez appeler le bureau (705-869-0025) pour vous inscrire.

**St Lawrence the Martyr Catholic Church Webbwood -**  
 December 25, 9:00 am

**Immaculate Conception Catholic Church Massey -**  
 December 24, 7:00 pm

**St Francis of Assisi Catholic Church Walford -**  
 December 24, 9:00 pm

**St Sebastien Parish, Spanish -** December 26, 12:30 pm

**UNITED CHURCH**

**Espanola United Church -** December 24, 7:00 PM


**BAPTIST**

**Calvary Baptist Church -**  
 December 24, Candle Light Service 6:00 PM

**PENTECOSTAL**

**Northern Life (Queensway Pentecostal)**  
 December 24 Candle light Service 6:00 pm

Brought to you by



## SELAMAT HARI KRISMAS- Wishing you a happy Christmas in Malay.



Christmas time is more a secular holiday in Malaysia and is seen as a fun time filled with decorations, parties, presents and a gathering time for friends and family. Decorations are everywhere in shopping malls with beautiful displays with lots of lights, giant Christmas trees sometimes multiple stories high, and fake snow and bubbles falling indoors. It is hot in

Malaysia, so you won't find any real snow! Many large malls even have indoor ice rinks and Christmas carolers.

In Malaysia instead of giving out gifts, many will give "Ang Paus" money in red packets as gifts. There are usually sales in most stores after the holiday season. This way the receiver of the gift can buy themselves whatever they would like. That sure beats a pair of socks!

Every year around Christmas time in the city centers, people gather and spray foam at each other and cars.

Christmas Eve is the bigger holiday here, and after their dinner and gift giving, people will gather for a huge midnight fireworks display.

## MEE GORENG MAMAK- Malaysian Fried Noodles

This sweet, sticky and spicy yellow noodle recipe is a popular Indian Mamak style street food. It sounds like a delicious addition to spice up your holiday table, or to enjoy all year long.

### Ingredients

#### Sauce:

- 3 Tbsp sweet soy sauce
- 2 Tbsp soy sauce
- 1 Tbsp sugar
- 1 Tbsp water (or more if needed)

#### Fried Noodles:

- 1 Red potato- thinly sliced
- 1 cup fresh bean sprouts
- 1 cup fried tofu
- 1tbsp vegetable oil
- 3-4 cloves fresh garlic
- 3 Red Chilies- substitute red pepper flakes.
- 12oz. Fresh yellow noodles- substitute lo mein, ramen, spaghetti etc. (you will have to pre-cook the noodles).
- 2 large eggs

#### Garnish:

- ¼ cup chopped lettuce
- 1 lime cut into wedges



### Directions

- Step 1.** Combine sauce ingredients into a small bowl and whisk. (Use 1 tbsp water)
- Step 2.** Loosen yellow noodles if they are clumped together or precook noodles.
- Step 3.** Microwave sliced potatoes in a bowl of water for 60-90 seconds until softened.
- Step 4.** Add oil to wok and turn heat up high. Add garlic chilies, tofu and potatoes. Stir fry.
- Step 5.** Before garlic browns add sauce to wok and mix, add yellow noodles, stir to coat. Add bean sprouts.
- Step 6.** Move noodles to the side of the wok, break 2 eggs into pan using spatula to break yolks. Cook 30 secs.
- Step 7.** Cover eggs with noodles, let sit for 10-15 seconds. If noodles are dry add 1 tbsp water.
- Step 8.** Stir fry 20 seconds or until eggs are fully cooked. Remove from heat, garnish with lettuce and lime wedge.

## An Old Mexican Story about Christmas and the poinsettia:



There was once a poor little Mexican girl named Pepita who had no present to give to baby Jesus at the Christmas Eve Services. Pepita sadly walked to the chapel while her cousin Pedro tried to cheer her up.

'Pepita', he said 'I'm sure that even the smallest gift, given by someone who loves him will make

Jesus Happy.' Pepita thought about what she could give, so she picked a small handful of weeds from the roadside and made them into a small bouquet. She felt ashamed because she could only present this small gift to Jesus. Remembering what Pedro said as she walked to the altar, she began to feel better. Pepita knelt and carefully placed the bouquet at the foot of the nativity scene. Suddenly, the bouquet of weeds burst into beautiful, bright red flowers. Everyone who witnessed this was sure that they had seen a miracle. From that day forward, the bright red flowers were known as the 'Flores de Noche Buena', or 'Flowers of the Holy Night'.

## Pastorelas

Across Mexico members of the Church put on Pastorelas (Shepherd's Plays) to retell the Christmas story. They are often funny stories with the devil trying to stop the shepherds by tempting them on their way. The Shepherds always find Jesus in the end, with the Archangel Michael often making an appearance and defeating the devil. This defeat represents the victory of good over evil.



## MEXICO Paper Bag Pinata

### Paper Bag Pinata

- Paper bags any size will do
- colored tissue paper
- glue sticks
- candy to fill pinata
- stapler
- hole punch
- string
- Soft bat or tightly rolled up paper to hit pinata



### Instructions:

1. Cut tissue paper into 3-inch-wide strips and cut a fringe along one edge.
2. Cut the long strips into smaller pieces, some the width of the paper bags and others half the size so that you can alternate colors.
3. Draw straight lines across the bags, so that you know where to put the glue.
4. Run your glue stick along the pre-drawn lines and apply the tissue paper fringe, making sure the fringed edge is pointing down towards the bottom.
5. After filling the front, back, and sides with fringed tissue paper, fill the bag with candy.
6. Fold the top over a couple of times and staple, then punch 2 holes and loop string through holes.
7. Tie securely, hang and swing away!

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!

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

With Our  
*Gratitude*  
at Christmas

Christmas is a time for gratitude, and we'd like to express our deep appreciation to this community for trusting us through difficult times. We thank you and we look forward to making great memories with all of you in 2022.

**801 McKinnon drive**  
**PHONE 705-862-7000** [service@eclinicpharmacy.ca](mailto:service@eclinicpharmacy.ca)



As we continue to adapt this holiday season,  
We hope you have the opportunity to celebrate, within reason!  
Throughout this year many changes have occurred,  
But we want to assure you, our residents,  
your concerns have been heard.  
Please remember this holiday season to check on your family  
member or friend, Your resilience during  
this pandemic we truly commend.  
So, let's celebrate this holiday season as safe as we can,

*Happy Holidays*  
to all from the TSSR clan.

*Seasons Greetings*

from the Township of Sables-Spanish  
Rivers Council & Staff



## IRELAND Gaelic Christmas Greeting:

*Nollaig Shona Duit - pronounced no-leg hun-na ditch  
Means Happy Christmas to you.*

*December 8th or Good Aul is the day when you put up your Christmas  
tree and start decorating.*

*In Ireland, they don't celebrate a Thanksgiving like we do therefore  
Christmas is very family focused. Most  
traditions are centred around family, feasts,  
and craic (fun) pronounced krak.*

*Decorations typically consist of oranges  
decorated with cloves, candles, and evergreens  
such as holly and mistletoe.*

*In catholic homes it is tradition to light a  
candle and place it in a window. The candle is  
a symbol of welcome to Mary and Joseph on  
their journey to Bethlehem*



### Little Christmas

*Is an old Irish tradition dating back to ancient times when women  
were the sole keepers of the house. Also called Women's Christmas or  
Nollaig na mBan in Gaelic, it is celebrated on January 6th which is the  
Feast of the Epiphany and signals the end of the Christmas Season.  
On this day, the men take down all the decorations and take over the  
house by cooking and cleaning. The women, who have worked so  
hard during the Christmas season go out with their girlfriends for an  
afternoon to have lunch or drinks.*

## Traditional Irish Christmas Blessing

### Christmas Star

*The light of the Christmas star to you  
The warmth of a home and hearth to you  
The cheer and goodwill of friends to you  
The hope of a childlike heart to you  
The joy of a thousand angels to you  
The love of the Son and God's peace to you*



## 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!

Studio Twelve  
Hair Design

705-869-2915

## To Our Neighbors at Christmas

May the beauty of the season  
bring warmth and light to  
your heart and home.

**Happy Holidays**

**Manitoulin Denture Clinic**

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(705) 869-4544

58 Worthington St., Little Current  
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## Customers Like You Lift Our Spirits All Year Long!

**Thanks for making 2021 so  
much fun for us. We look  
forward to taking care of  
you in the New Year.**

**Happy Holidays &  
Best Wishes!**



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## Christmas in Iceland

- Christmas in Iceland starts four weeks before proper Christmas, which begins on December 24 and ends thirteen days later on January 6th. Traditionally one candle is lit each Sunday until four candles are lit on the 24th. At 6:00 pm church bells ring to start the Christmas celebration. The religiously observant Icelanders attend mass while the secular Icelanders begin their holiday meal immediately. After the meal is over, they open gifts and spend the evening together. In Iceland people eat smoked lamb, ptarmigan, pork and turkey.
- Thirteen days before December 24, children will leave their shoes by the window so that the 13 Yule Lads can leave small gifts in their shoes. Yule Lads are the sons of two trolls, Gryla and Leppalúði, living in the Icelandic mountains. Each of the Yule Lads is known for a different kind of mischief (for example slamming doors, stealing meat, stealing milk or eating the candles). Yule Lads traditionally wear early Icelandic wool clothing.
- During the holiday season, it is traditional for families to work together to bake small cookies to serve or give to guests. Most common are thin gingerbread cookies which are decorated in many different colors of glaze. Many families also follow the tradition of making laufabrauð, a flat thin bread that is cut out using a special tool and folding technique.
- Thirteen days after the 24th, Icelanders say goodbye to the Yule Lads and other mystical creatures such as elves and trolls. There are bonfires held throughout the country while the elves, Yule Lads, and Icelanders dance together before saying goodbye until the next Christmas.

## Wishing You a Safe & Happy Season

We appreciate this community, and thank you for being such great neighbors!

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ESPANOLA

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# WENI NIIBAANIMAAK

## HAVE A VERY MERRY CHRISTMAS

**NOOJMOWIN TEG HEALTH CENTRE**  
is open during the holiday season and services are available in traditional health, primary & clinical care, mental health & addictions and health & wellness.

For more information, visit [www.noojmowin-teg.ca](http://www.noojmowin-teg.ca)  
or call (705) 368-2182

**HOLIDAY HOURS:**  
**Open** December 20th – 24th  
Monday – Friday 8:30am – 4:00pm

**Closed** December 27th & 28th

**Open** December 29th, 30th & 31st

**Closed** January 3rd, 2022

**Back to Regular Hours** January 4th, 2022  
Monday – Friday 8:30am – 4:00pm

  
**Noojmowin Teg Health Centre**  
A place of healing

## Always Glad To Be Of Service!

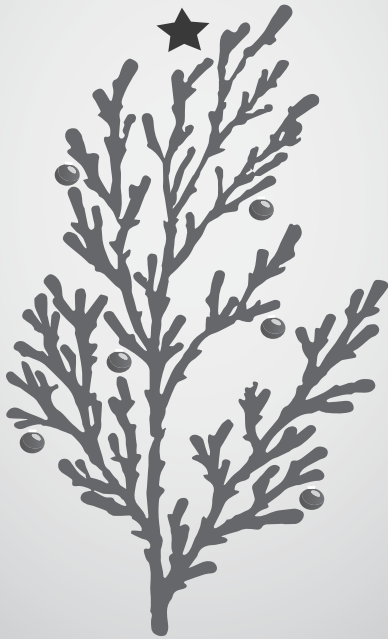
To our neighbors, customers, associates and friends, we offer our warm wishes for the very best Christmas season, ever!

**Thank you for choosing us.**

  
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**Steve Donnelly** Over 15 years experience locally

Season's Greetings,  
Joyeux Noël  
& Mino Niibaanamaan  
from Ramage Law Office



**STOCKUPON**  
*Cheer!*



**THANK YOU FOR SHOPPING WITH US!**  
**STORE HOURS:**

<b>Wednesday, December 22nd</b>	<b>8am - 8pm</b>
<b>Thursday, December 23rd</b>	<b>8am - 9pm</b>
<b>Friday, December 24th</b>	<b>7am - 5pm</b>
<b>SATURDAY, DECEMBER 25</b>	<b>CLOSED</b>
<b>Sunday, December 26th</b>	<b>10am - 4pm</b>

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## EGYPT

"Eid Milad Majid" an Egyptian Arabic Christmas greeting, means Glorious Birth Feast.

Egypt is considered to be a holy place since the holy family spent 4 years in Egypt with an infant Jesus.

Most Egyptian Christians belong to the Coptic Orthodox Church and so have some unique traditions:

1. Christmas day is celebrated on January 7th.
2. The Coptic month leading up to Christmas is called kiahk. Egyptians sing songs of praise on Saturday nights before the Sunday service.
3. For 43 days before Christmas from November 25th to January 6th they have a special fast called "The Holy Nativity Fast". During this time, they don't eat anything containing products that come from animals (including chicken, beef, dairy, and eggs)- basically a vegan diet.
4. On Christmas Eve - January 6th, Coptic Christians go to church for a special service starting at 10:30pm and finish shortly after midnight however some services have gone until 4am!
5. After the service ends people go home to eat a Christmas meal filled with meat, eggs, and dairy- all the things that they didn't eat during the advent fast. "Fata" a soup made with bread, rice, garlic, and boiled lamb is a popular dish.
6. Santa is called Baba Noel which means Father Christmas. He is expected to climb through windows to leave presents. Children will often leave out "kahk" a special sweet biscuit for Baba Noel.
7. On Christmas day people come together for parties and take kahk to give as gifts. They also distribute "Zalabya" (donuts) and "Bouri" (Mullet Fish) to the poor.

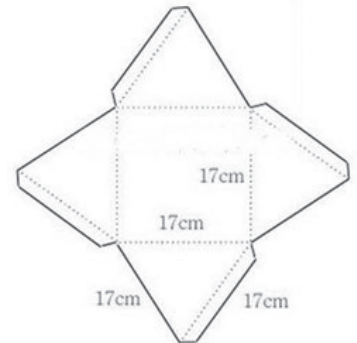
## Egyptian Pyramid Gift Box



Here is a beautiful, simple idea to make a pyramid gift box. It's great for gifting money, candies, and small items. You can choose different colors and textures for the paper and ribbon to create your own design. Happy gifting!

**You will need:**

- Cardstock paper
- Ribbon
- Glue
- Pencil
- Ruler
- Beads/ embellishments
- Template



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

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

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## Yule Log History

Norway is the birthplace of the Yule log. The ancient Norse used the Yule log in their celebration of the return of the sun at winter solstice. "Yule" came from the Norse word hweol, meaning wheel. The Norse believed that the sun was a great wheel of fire that rolled towards and then away from the earth. Ever wonder why the family fireplace is such a central part of the typical Christmas scene? This tradition dates back to the Norse Yule log. It is probably also responsible for the popularity of log-shaped cheese, cakes and desserts during the holidays.

### Norway Craft

It's a fun idea to decorate and burn a yule log as part of your Winter Solstice or Christmas celebration. Tradition is that you're not supposed to work while the Yule log burns and that Yule logs must be oak or cut from last year's Christmas tree and kept protected by the hearth for a year, it's also said that Yule logs must be received as a gift. From start (collecting the decorations from nature) to finish (feasting, burning and making a wish) this is a fun tradition for kids. You can always make an extra to give as a gift. It's great to go out in late fall or early winter with baskets and let the kids collect the decorations themselves. Also think with your nose. What will smell good burning in your house? Orange rinds or dried apple rings would also be a nice addition.

### Yule Log

- Round Logs, 12"-24" long (depending on the size of your fireplace or woodstove)
- Twine, raffia or ribbon (make sure it's paper or 100% cotton)
- Scissors
- Some natural goodies: Pinecones, small pine boughs, berries, mistletoe, holly, cinnamon sticks, etc.
- Dried fruit



Group your decorations and tie them on. This might be easier with a helper. After you've tied on some decorations you may want to go back and tuck a few more items in. You can use smaller ones as a centerpiece on the table or give it as a gift. During Winter Solstice or Christmas Eve, burn your Yule log. Another Yule tradition is to make a wish for the new year as you light the log.



## Our Valued Friends & Customers

*Sending our best wishes for a merry and bright Christmas. Hope it delivers everything on your wish list!*



### Sudbury

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## Best Wishes From The Espanola Taxi team!

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**705-869-1036**

**Hope this holiday season delivers a rush of happiness!**  
 May it find you surrounded by love, family, friendship, goodwill and good times.

Thank you for making our year run so smoothly.



**We wouldn't be here without good friends and customers like all of you.**



## ESPANOLA ROYAL CANADIAN LEGION BR-39



# Happy Holidays

*The Espanola Legion would like to wish the community a Merry Christmas and Happy New Year.*

*Thank you to all front line workers for their hard work and dedication.*

*We would also like to thank the community for their continued support.*

*During this difficult time we would like to remind everyone to stay safe.*



## Merry Christmas and a Happy New Year



### From the Big Man Himself

Santa called, and he asked us to share his very best wishes for a happy holiday with all of you!

### Mark Boque Electrical

Espanola, ON • 705-919-2024



# GREETINGS OF Holiday Cheer

## Norwegian Recipe

Very easy and versatile. Serve rolled like a crepe with syrup or jam. Can also be a dessert stuffed with a sweetened cream cheese and berry mixture.

### Norwegian Pancakes - Pannekaken

- 3 eggs
- 1½ cups milk
- 1 cup all-purpose flour
- ¼ teaspoon salt
- 1 teaspoon sugar

Combine the eggs and milk in the container of a blender. Add the flour, salt and sugar, and blend until smooth. Heat a skillet over medium-high heat, and coat with cooking spray or butter. Scoop about 1/4 cup of batter into the skillet and tilt the pan to coat the bottom. Cook until the top looks dry, about 30 seconds. Carefully slide a spatula under the pancake and flip. Cook for a few seconds on the other side, just until browned. Remove to a plate and repeat with remaining batter.



## RUSSIA

### The story of Babouska (Grandmother)



Many years ago on a stormy winter's night, old Babouska was tending the fire in her hearth when three traveling men arrived at her door and asked for refuge from the blizzard.

Babouska invited them in, made them warm and comfortable, and fed them what food she had. She asked the men why they were traveling on such a cold and stormy night. They replied that they were searching for a baby prince, but the star that was guiding them was hidden by the snowstorm. They told her that the bright and radiant new star was the sign of a holy child's birth, and they were

going to bring him great gifts and bow down before him; they invited her to join them in their search.

Babouska replied that she would much like to see the child, but she was too old to travel far and besides, she had no gifts to give a newborn prince. Soon after the storm cleared and they could see the star once more, the three men set out once again.

All at once, Babouska was filled with a terrible sense of loneliness, and knew that she must go after the men and travel with them to find the babe. She hurried to gather what she needed into a sack and started off into the hills. She asked after the travelers, and the holy babe, and tried to recognize the special star in the night sky, but to no avail. She never caught the wise men, nor did she find the holy child, but to this day she wanders the Earth giving what little gifts she can to the children she meets along the way.

# Joyeuses fêtes! Happy Holidays!



Nous vous souhaitons un merveilleux Noël ainsi qu'une année remplie de paix, de santé et de prospérité. Nos meilleurs vœux en ce temps de réjouissances!

We wish you a wonderful Christmas and a year that is replete with peace, health and prosperity. Our best wishes at this festive time!



**Que le miracle de Noël vous remplisse le cœur de chaleur et d'amour. Joyeux Noël, Heureuse et Sainte Année !**

**May the Miracle of Christmas fill your heart with warmth and love. Merry Christmas and a Blessed, Happy New Year!**

**R.P. Gilles Grandmont  
Paroisse St-Jude Parish  
Paroisse St-Sébastien Parish**

## Russian Santa Claus



**S Novym Godom, pronounced "ESS NOVEN GODUM" - a New Year greeting**

The Russian Santa Claus is named Ded Moroz, or Grandfather Frost. On New Year's Eve, he places presents for children under the New Year tree (as opposed to a Christmas tree which was banned in 1929). He brings with him his granddaughter Snegurochka, The Snow Maiden. He carries a magical staff that he uses to create snow, frost, and ice. He wears a red, blue, silver, or gold coat lined with white fur; and wears valenki, traditional felt boots made of wool. Unlike our Santa, Ded Moroz is tall, thin and he travels in a troika, a sleigh led by three horses.

Unlike our Santa, Ded Moroz is tall, thin and he travels in a troika, a sleigh led by three horses.

## Russian Christmas Tea Cakes

Also called Snowball Cookies

**Ingredients:**

- 2 ½ cups icing sugar
- 2 tsp vanilla extract
- 2 ¼ cups flour
- ¼ tsp salt
- 1 cup butter (room temperature)
- ¾ cup finely chopped pecans- any type of nut will work.

**Directions:**

1. Preheat oven to 400 degrees. Line a baking sheet with parchment paper, set aside.
2. Set aside 2 cups icing sugar, then add remaining ingredients to a large mixing bowl.
3. Mix until cookie dough forms using a handheld mixer.
4. Scoop 1 heaping teaspoon of dough, roll into balls and place onto prepared baking sheet.
5. Bake for 12 minutes. While cookies bake, put 2 cups icing sugar into a shallow bowl.
6. Once cookies have finished baking, transfer them quickly to the bowl a few at a time while hot and roll them in the sugar. Once coated transfer them to a rack to cool.
7. Don't throw away remaining sugar. Allow cookies to cool for 1 hour, then re-coat a second time with sugar. Enjoy!



## Sweet Tidings to you!



It's been a real treat for us to serve people like you!

**Merry Christmas and many thanks!**

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**Season's Greetings!**

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# Happy Holidays Mno-niibaanam'aag Joyeuses Fêtes



**Public Health  
Santé publique**  
SUDBURY & DISTRICTS



## Swedes wait until after dark to open their presents on Christmas Eve.



Swedes wait until after dark to open their presents on Christmas Eve. Luckily, they don't have to wait too long since it gets dark around 2pm. Presents are wrapped simply and often have a rhyme or limerick attached

with a clue to what is inside. This Christmas Eve try your hand at a silly limerick and have fun guessing what is in your package before opening.

## 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.



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## HAPPY HOLIDAYS

Wishing you a prosperous holiday  
and New Year full of health & happiness.  
Thank you for banking local with us.

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**NORTHERN CREDIT UNION** [NorthernCU.com](http://NorthernCU.com)

## Poulson Law

As we enter our 43rd year, we  
realize this milestone was made  
possible by the support of clients,  
friends, and associates like you.

We offer our thanks, and wish you  
much peace and great joy during  
this holiday season and  
throughout the New Year.

**Barry Poulson  
Chris Wardrop**

**P: 705-869-2171  
F: 705-869-5063**

**140 Barber Street,  
Espanola ON P5E 1S4  
[www.poulsonlaw.ca](http://www.poulsonlaw.ca)**



## Swedish Advent Star

It's no surprise that the Swedes prefer decorations that are rustic, simple and beautiful. These Swedish advent stars can be made using leftover wrapping paper, old books or any fabric that you have lying around.

- Supplies:
- 12 strips of paper 1/4" to 1/2" wide x 6" long, but any size works
  - Glue
  - Twine or ribbon for hanging
  - Note: you'll be constructing 2 stars that you'll attach to each other



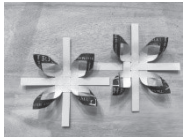
**Step 1** - Glue 2 strips together to form a cross. It's helpful to crease the first 2 strips in half so you know exactly where the center is.



**Step 2** - Glue 2 more strips onto the first pieces, making sure you start the 'under over' pattern.

**Steps 3 and 4** - Continue to weave and glue the remaining strips in place until you've used 6 pieces.

**Repeat steps 1 - 4** with the remaining 6 strips of paper.



**Step 5** - Glue 2 corner strips together so that the under sides are facing front and come together at a 90-degree angle. Repeat for all 4 corners.



**Step 6** - Lay one star down with the wrong side facing up. Lay the second star on top with the right side facing up (wrong sides will be facing each other) so that you can thread the long strips through a loop.



**Step 7** - Glue the long strips to the loops. Once the glue is dry, trim the edges.

To finish off your star, add either twine or ribbon and hang.

## Glogg- Swedish Mulled Wine

### Ingredients:

- |                             |                                     |                             |
|-----------------------------|-------------------------------------|-----------------------------|
| • 2 bottles dry red wine    | • 10 cardamom pods                  | • 1 cup blanched almonds    |
| • 1 bottle sweet white wine | • 3 cinnamon sticks                 | • 1 cup sugar (or to taste) |
| • 1 lemon                   | • 1-inch fresh ginger finely sliced | • 1 TBSP bitters            |
| • 1 orange                  |                                     | • 1 cup vodka (optional)    |
| • 10 cloves                 | • 1 cup raisins                     |                             |

**Step 1** - In a large saucepan combine wines. Remove the zests of the lemon and the orange using a peeler. Juice the fruits into the wines. Tie up the peels and spices into a cheesecloth and add to the wine. Add raisins almonds and sugar.

**Step 2** - Bring mixture to a boil. Reduce heat then gently simmer for 15 mins. Skim wine to remove any foam. Taste glogg and add additional sugar if necessary.

**Step 3** - Right before serving, add bitters and vodka. Serve in mugs with spoons for eating the raisins and almonds. Skål! (Cheers)

To all our clients, friends & family

*Season's Greetings*

and may the New Year be filled  
with Happiness & Prosperity.  
We look forward to seeing you in 2022

*Staff & Management*

**H&R BLOCK**

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## Delivering Our Very Best



A whole new year is around the bend, so we'd like to take a moment and send, our best wishes for joy and good fortune too, with a note of deep gratitude to all of you!



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Spragge, Ont  
705-849-2227

350 Hwy 17 West  
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705-869-3000

**We're Filled With Gratitude!**

As we gear up for Christmas, we'd like to share our thanks and best wishes with you, our valued customers and friends here in the community. Your support and goodwill have really made our year special, and we sincerely appreciate your patronage. **Happy Holidays!**

**UPI ENERGY**

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ESPANOLA. P5E 1S5

## INUIT

Christmas celebrations are a relatively new tradition for the Inuit, who instead would celebrate the winter Solstice with feasting, games, throat singing, dancing and gifts. These celebrations were held for the whole community.



### Winter Solstice Celebrations

Quviasukvik is a winter feast to appease the roaming spirits for good luck in the year to come and celebrate the coming year. It is celebrated in late fall or winter depending on the community to mark the new sun emerging after the winter solstice.

In December, the Messenger Feast is held inside a community building. This potlatch feast demonstrated the social status and wealth of the community. A messenger was typically sent to a neighboring community to invite them to be guests at the feast. Invitations were usually sent out to peoples that they hoped to have continued or improved trading relations with. Gifts were often exchanged.

Sinck Tuck is a winter solstice festival celebrated by the Inuit of Northern Canada. Whole communities gather for a big party where they exchange gifts, feast, dance, and sing. They feast on caribou, seal meat, and raw arctic char- a cold-water fish somewhere between trout and salmon and muktuk- frozen whale skin and blubber.

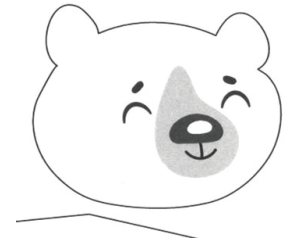
Games such as Ajagaaq, an Inuit version of a cup and ball type game. Are often played at these feasts.

### To Play:

The player holds a small spear shaped bone attached to a larger bone with holes in it. Then the player flips the larger bone over the spear and tries to catch it in one of the holes.

## Handprint Polar Bear

- Card stock- white, blue and light blue
- Black and pink markers
- Glue stick
- Scissors
- Snowflake Stickers- or you can use white glue and salt or glitter
- Polar bear template



Polar Bear Template

### Directions:

1. Cut out the Polar Bear Template. Cut out the iceberg shapes from cardstock.
2. Trace and cut out a hand shape on white cardstock.
3. Glue the polar bear's head onto the thumb.
4. Colour the polar bear's inner ear and cheeks using pink marker.
5. Glue biggest iceberg towards the bottom of the blue card stock and the smaller icebergs higher on the paper.
6. Draw claws onto the bottom of the polar bear's feet and make water lines on blue cardstock using black marker.
7. Glue the polar bear handprint onto the large iceberg.
8. Place the foam snowflake stickers all around the paper for decoration or make snowflake shapes using white glue and sprinkle with salt or glitter to create snowflakes.

**WISHING YOU A WHITE CHRISTMAS**

With wishes warm and bright to all of our friends this holiday season. We appreciate your trust in us and look forward to seeing you again, soon.

**espanola**  
DENTAL CENTRE

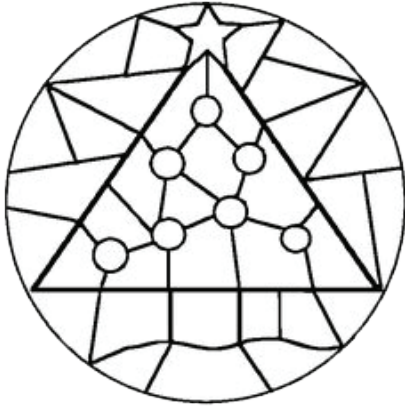
800 Centre Street Espanola - Espanola Mall **705-869-2687**

**Happy Holidays**

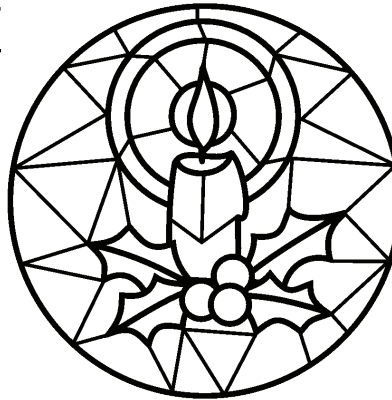
On behalf of our staff and management:  
Thank you for your continued support & cheers to a wonderful new year!

**TRAIL SIDE SPORTS** 705-869-0170  
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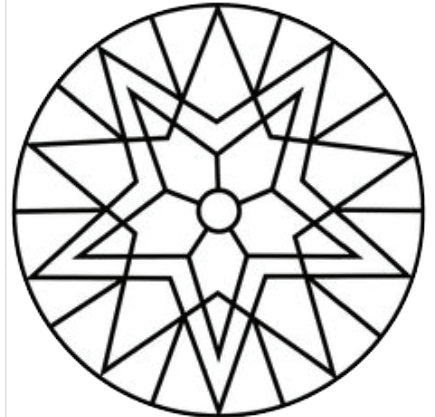
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