



# Holiday Greetings

## Seasons Greetings to All!

Another festive season is upon us. During the past year, we have had the pleasure of working with or speaking with many of you. We want to take this opportunity to wish everyone a happy holiday season and much good health in 2005. Best Wishes, Don & Dorothy Sawler



## Community Events

Metro Food Bank Society  
"Buy a Bird" to fight hunger  
457-1900 metrofoodbank.org

Dartmouth Christmas Tree  
Lighting at Sullivan's Pond  
Sat. Dec 4th 5:30-6:30pm

Christmas Daddies  
Sun. Dec 5th 11:00-6:00pm  
christmasdaddies.org

"The Nutcracker"  
Symphony Nova Scotia  
Dec 10-18th 2004  
symphonynovascotia.ca

## Thinking Outside the Pot

In the "Plant World", poinsettia is just another way to spell Christmas. With the many wonderful varieties that are available, we can all find one to fit our definition of tradition. My favorite has always been the red, but this year, a new addition has been grown called the "Silverstar Red". This is what a "traditional" poinsettia is, and it defines "Old Fashioned Christmas". It is absolutely gorgeous! Search one out, you will love it. No matter what variety, choose a plant that is compact, bushy and has sturdy stems. Keep the soil consistently moist. To create an impressive display, add fresh boughs, dogwood stems, and perhaps something sparkly to your poinsettia pot. Alone or dressed up, red, pink, white or burgundy, poinsettias are a Xmas Star.

*The Plant Guy--Kevin Richardson 8804769*



## Classy Christmas

Here are some classy but simple and inexpensive ways to make your home more inviting over the holidays. Shop your local store for good buys on plants: such as christmas cactus at \$5.00 a pot. Buy three or five (always buy in uneven numbers) and place in simple containers- matching or similar. Show some of the family heirlooms- christmas books, cherished photos, records or tapes. For added color, display groups of ornaments in large glass cylinders. For a festive wall arrangement, choose your favorite greeting cards and have them framed. *-Devoted to Design*

Celebrate this time of year with an attractive table centerpiece. A square wicker basket filled with pine cones and cinnamon sticks; or a large white bowl rimmed with candy canes; filled with bright shiny red apples. *-Refined Designs Interior Decorating*



## Winter Health & Fitness

Winter's chill can certainly dehydrate the skin and the heated air of our homes, schools and cars make our water intake even more important. Don't like plain water? Try this tip to freshen up your next glass of H2O: Pour 1.5 cups of cranberry juice into an ice cube tray, drop in 2-3 frozen berries into each cube, then freeze. You'll add a fruity taste and a dose of Vitamin C to your next glass of water; only 13 calories and have fun holiday ice cubes ready for entertaining!

In the season of "Eat, Drink and Be Merry", use these 2 quick tips to stay healthy:

\* For a quick energy boost, forget the caffeine...a few minutes of stretching can do wonders. Stretching stimulates muscles and increases blood supply to them. Without bouncing, stretch as far as you can comfortably, hold for 30 seconds.

\* Get outside: A brisk daily 20minute walk becomes a habit in no time!

## Food Favorites...

### Red Pepper Bisque

This is a colorful healthy soup!  
6 red peppers- seeded, chopped  
2 med. carrots, chopped  
2 med. onions, chopped  
4 garlic cloves, minced  
1-2 tbs olive oil  
8 cups chicken broth  
1/2 cup uncooked brown rice  
2 tsp thyme  
1 tsp salt and 1/4 tsp pepper  
1/8 tsp cayenne

In large pot, sauté vegetables in olive oil, until slightly softened. Stir in broth, rice, thyme, salt, pepper and cayenne. Bring to boil, then simmer for few hours. Cool slightly; puree in blender.

### Simple Shortbreads

1/2 pound butter  
1/2 cup brown sugar  
2 cups flour  
Cream butter well, take your time for smooth consistency. Add brown sugar. Add flour slowly. Blend well into a ball. Roll out to approximately 1/4 inch thick. Cut out cookies; smaller is better! Bake at 300 degrees until edges barely start to brown approx -15min. Top with frosting and add sprinkles. Enjoy!



**RE/MAX nova**

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*"Perhaps the best Yuletide decoration is being wreathed in smiles"*

*-Author Unknown*

*"I will honor Christmas in my heart, and try to keep it all the year."*

*-Charles Dickens*