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# FAMILY AND CHILDREN'S NEWSLETTER

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## THE SHORTEST DAY

*By Susan Cooper*

And so the Shortest Day came and the year died  
And everywhere down the centuries of the snow-white world  
Came people singing, dancing,  
To drive the dark away.  
They lighted candles in the winter trees;  
They hung their homes with evergreen;  
They burned beseeching fires all night long  
To keep the year alive.  
And when the new year's sunshine blazed awake  
They shouted, reveling.  
Through all the frosty ages you can hear them  
Echoing behind us—listen!  
All the long echoes, sing the same delight,  
This Shortest Day,  
As promise wakens in the sleeping land:  
They carol, feast, give thanks,  
And dearly love their friends,  
And hope for peace.  
And now so do we, here, now,  
This year and every year.



*Happy Holidays!*



# COMMUNITY RESOURCES

## Dylan Saar Memorial Fund

The Dylan Saar Memorial Fund offers both a magical experience for campers and an important opportunity for family's and caregivers. This fund is to provide families with financial assistance while their child is on an Easter Seals adventure. Funds are available for Camp Registration, Travel expenses (gas, bus etc.), accommodations and meals.

The Dylan Saar Fund will provide two families per year with financial assistance while their child is on an Easter Seals Camp experience. AiMHi will look at all requests and if approved, will pay for an agreed amount up to a maximum of \$2,000.

If you have, any questions feel free to e-mail [susan.wilson@aimhi.ca](mailto:susan.wilson@aimhi.ca) or call 250 564-6408 ext. 252

## Prince George Hampers

**Prince George Council of Seniors:** Are you 65+ and have received the Guaranteed Income Supplement and in need of a Christmas hamper?

Apply at the Seniors Resource Centre, 1330 5th Ave or phone: **(250 564 5888)**

**The Salvation Army** Christmas Hamper program partners with community-based organizations, groups and churches to ensure individuals and families throughout Prince George are supplied with the food needed to prepare a festive Christmas meal and put some gifts under the tree.

For more information email: [christmas@sapg.ca](mailto:christmas@sapg.ca) or phone: **250-564-4000, Ext. 7**

**Prince George Native Friendship Centre:** Emergency Food Hampers: (Mondays to Thursdays from 2:00 pm to 3:00 pm. Any resident of Prince George is eligible to apply. Application forms are available at the door of the food hamper room.

For more information, please contact Emma Faulkner at **(250) 564-3568, Ext. 261**

**St. Vincent de Paul Society:** Christmas Hamper applications is for families with children. There are also Fruit and Vegetable Hampers that are available to anyone once per week.

Applications are done over the phone by calling **250-564-7871**.



## CHRISTMAS word search

s	c	h	a	r	i	s	t	g	c	f	m
a	r	e	i	n	d	e	e	r	a	a	p
n	t	e	l	a	g	s	r	e	n	m	r
t	e	o	d	f	s	e	i	e	d	i	e
a	n	d	y	e	e	t	l	n	y	l	s
c	h	r	i	s	t	m	a	s	c	y	e
l	r	a	n	c	a	n	d	r	a	l	n
a	y	g	e	l	c	a	t	o	n	o	t
u	c	r	u	d	o	l	p	h	e	v	s
s	t	o	c	k	i	n	g	s	y	e	s



Christmas	reindeer	Rudolph	angel	elf	stockings	red
Santa Claus	presents	candy cane	toys	star	family	green love



# How To Make Your House Smell Like

# CHRISTMAS

→ INSTRUPIX.COM ←

3-5 cinnamon  
sticks



1 orange (sliced)



1-2 sprigs  
rosemary



1 cup fresh  
cranberries



1 tbsp  
cloves



2 tsp  
nutmeg



fill a pot with  
water and simmer!

## LIGHT UP THE OCHARD

Daily from 4:00pm to 8:00pm

Enjoy Northern Lights Winery's annual Light Up the Orchard walking lights tour! This festive outdoor walking tour includes thousands of Christmas lights, festive holiday decorations, and photo stations.

Visit <https://www.northernlightswinery.ca/> for more information.

## CELEBRATION OF LIGHTS

Starting Mid December

Delight in over 150,000 lights and light displays, rail cars and buildings as you explore the museum park. Take your family and friends on a tour through the frozen wonder of the Central BC Railway and Forestry Museum's eight-acre industrial park.

Visit [www.pgrfm.bc.ca](http://www.pgrfm.bc.ca) for more information.

## CANDY CANE LANE

December

Candy Cane Lane - the neighbourhoods near Upland Street, between Wilson Crescent, McKenzie Avenue and Aitken Crescent - transforms annually into a Christmas wonderland. Whimsical Christmas displays, lights hung from the trees, and that magical Christmas feeling makes visiting Candy Cane Lane each December one of the city's most beloved Christmas traditions.



**Make It Magical:** Break up and add in gingerbread cookie pieces.



# 25 DAY WINTER BUCKET LIST

1. Go ice skating
2. Build a Christmas tree with LEGOs
3. Decorate cookies
4. Go skiing or snowboarding
5. Build a snowman
6. Go sledding
7. Have a Christmas movie marathon
8. Make a gingerbread house
9. Go ice fishing
10. Visit Santa
11. Go to a Christmas party
12. Make Christmas cards
13. Wrap presents
14. Have hot chocolate
15. Put together puzzles
16. Read Christmas stories by the fire
17. Make paper snowflakes
18. Visit a tree farm
19. Go see the lights at the zoo
20. Donate to a local organization
21. Spend the day baking
22. Make snow angels
23. Shovel a neighbor's driveway
24. Go caroling
25. Have or attend a new year party

Natural  
BEACH X LIVING

## HAVE A *Holly Jolly* CHRISTMAS



### SUZY SNOWFLAKE

Here comes Suzy Snowflake,  
Dressed in a snow-white gown,  
Tap, tap, tappin' at your windowpane  
To tell you she's in town.  
Here comes Suzy Snowflake;  
Soon you will hear her say,  
"Come out ev'ryone and play with me;  
I haven't long to stay.  
If you want to make a snowman,  
I'll help you make one, two, three.  
If you wanna take a sleigh ride,  
The ride's on me."  
Here comes Suzy Snowflake;  
Look at her tumblin' down,  
Bringing joy to ev'ry girl and boy;  
Suzy's come to town.

### Christmas Calm List

1. TAKE A HOT CHOCOLATE BREATH
2. EAT A CANDY CANE USING ALL YOUR SENSES
3. BAKE GINGERBREAD COOKIES
4. TAKE A CHRISTMAS TREE BREATH AND THINK ABOUT WHAT MAKES YOU A STAR.
5. GO ON A CHRISTMAS COLOUR HUNT
6. POP FESTIVE POPCORN AND MAKE GARLANDS
7. MAKE PAPER CHAINS
8. DO SOME MINDFUL CHRISTMAS COLOURING
9. SHAKE A SNOW GLOBE AND WATCH THE SNOW FALL

