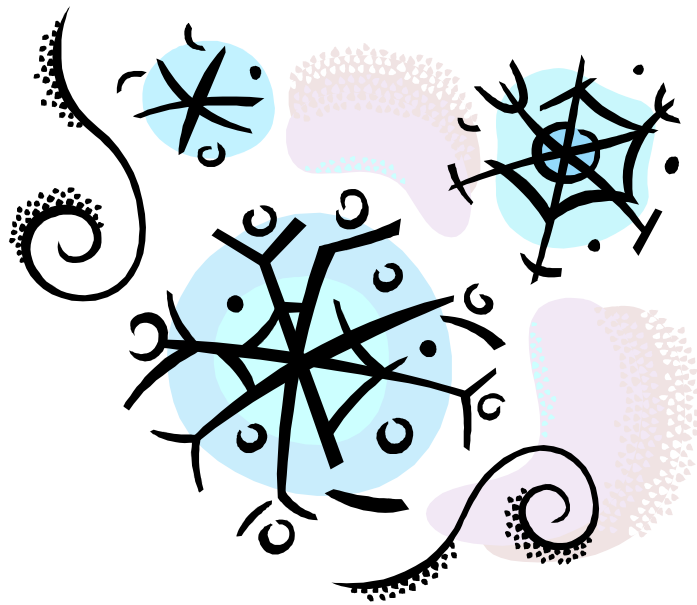


# HOLIDAY FOLKLORE & MORE

*A Gift  
for Family, Friends and Colleagues*



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## folkheart press

*the art of folktales*

Folkheart Press and special friends have put together a simple, joy-filled e-booklet of thanks for family, friends and colleague.

We value you and wanted you to be among the first of the season we say ‘thanks’ and ‘happy holidays!’ to.

The contributors are Dr. Brandy McCans, D.C., Eddie Morrow, Teresa Morrow, Karen Pierce Gonzalez and Cathryn Wellner. You will find their bios and websites at the end of their offerings.

Folkheart Press produces books about folklore-related topics. Folklore includes folktales, food lore and the folk arts (music, art and dance). These are all gaining in popularity as people search for connection to their communities and cultures. The surprising beauty of folklore is that while it is still preserved in traditional forms (writing, songs and tapestry, for example) as a way to capture what is of value to a particular society, it can also be adapted to modern times and technology, such as blogs, digital imagery and pod casts.

Established in 2007, the press’ publishing credits also include:

- *Spanish Cuisine One Region at a Time: Catalonia, Family Folktales*
- *Write Your Own Family Stories*
- *Family Folktales: What Are Yours?*
- *Kitchens & Baths. Plan It, Clean It: Folklore, Facts and Fun.* (soon to be released)

If you want to join in on the folktale conversation, check out our blog <http://folkheartpressblog.blogspot.com>. You can also visit <http://www.folkheartpress.com>.

*Karen Pierce Gonzalez*  
*Publisher*

*Come, woo me, woo me; for now I am in a holiday humor, and like enough to consent.*  
William Shakespeare

## Stock Talk Christmas Eve by Cathryn Wellner

One wintry night the relatives  
Were gathered in our barn.  
They'd all come from their city homes  
For Christmas at the farm.

'Twas Christmas Eve, and just before  
The wassail was passed 'round,  
We donned our coats and headed down  
To hear the magic sound

Of animals at midnight,  
For then the power of speech  
Is given to all sheep and cows,  
Or so I'd heard it preached.

My husband, he was skeptical,  
The relatives amused.  
They figured I'd gone round the bend  
Since donning country shoes.

But to the barn they gamely trooped.  
They'd humor me this time.  
We flipped the switch and walked into  
A scene that was sublime.

The sheep were calmly bedded down.  
They looked, then turned away,  
For we'd disturbed their peaceful rest  
And hadn't brought them hay.

I thought of tales of talking beasts.  
"Let's sing to them!" I cried.  
Embarrassed silence met my plea.  
"Let's not," my husband sighed.

No word came from those woolly heads.  
I blushed and murmured low,  
"They prob'ly talk when we're not here.  
I guess we'd better go."

Then coming from a darkened stall,  
We heard a little cry,  
Soon followed by a throaty one  
That pulled us to draw nigh

And watch a newborn struggle up  
To reach her mother's teat.  
She crumpled, rose, and tried again  
On tiny cloven feet.

While ewe and lamb crooned soft and low,  
We cleared our throats and sang  
Of friendly beasts and silent nights  
And bells that angels rang.

Then all the livestock in the barn  
Began to bleat and crow  
And oink and quack and gobble  
In the languages they know.

The relatives fell silent  
Till one softly observed,  
"That's the closest thing to talking  
This city dude has heard."

So maybe friendly beasts don't speak  
In English or Chinese,  
But if you listen close  
You'll hear them talk on Christmas Eve.

Author's Note:

*Moving from the heart of urban Seattle to the bucolic setting of Vancouver Island was already a major shift. But adjusting to Canada was easy by comparison with becoming a rural islander.*

*The transition became even more challenging when my husband wore down my resistance to farming. By the time my second British Columbia Christmas rolled around, I was looking after chickens, turkeys, ducks, geese, sheep and pigs.*

*My curiosity and sense of wonder kicked in that first Christmas Eve on the farm.*

*Vancouver relatives were with us for the holiday. The animals had all been checked and fed. We were settling in for a good visit before bed when I got to thinking about old stories of how animals talk at midnight on Christmas Eve.*

*Somehow I persuaded a very skeptical family to not only stay up past midnight but to also troop down to the barn with me. I thought if we were quiet enough, we just might hear a miracle.*

*We did, though not the one we expected.*

Cathryn Wellner, storyteller and author, is once again an urbanite, though now on the north side of the 49th parallel. At home in Kelowna, British Columbia, with a new partner who yearns to move back to Australia, she figures being a turtle is the best plan. While carrying home with her wherever she goes, she juggles three blogs and part-time work as a Web content editor. Links to her blogs and writing can be found at <http://cathrynwellner.com>.

Did you know that on the last full day of Kwanzaa (Dec. 26-Jan. 1)  
celebrants enjoy a large feast? This feast, called *karamu*, is the high point of the holiday.

## Holiday Cleaning Myth by Eddie Morrow

*“Housework is something you do that nobody notices until you don't do it.”*

~ Author Unknown



***Myth:***

The dreaded “red sauce” stain in plastic containers will never diminish in appearance.

***Truth:***

Place 1 tsp of baking soda and fill the “red sauce” stained container with water. Place in microwave for 15 seconds. Wash out and see stain decrease in appearance.

Author's Note:

*I began in the cleaning industry rather young in my life. My dad worked part time at a gas station in Florida and I remember going to the station and helping make sure the place remained clean and neat by straightening the products, stocking the shelves, sweeping the floor and cleaning the windows.*

*I felt an unexpected sense of pride to accomplish these tasks and watch as customers would come into the store and remark about the cleanliness of the station.*

*This is when my journey with cleaning began.*

*Over the last three decades, I have been assisting Florida businesses and home owners so that they can enjoy their environments day after day.*

Eddie Morrow is author of *Kitchens & Baths Plan It, Clean It: Folklore, Facts and Fun* (Folkheart Press, spring 2011). He owns Morr Services Inc. (Florida) and specializes in helping businesses and families take care of their general and floor cleaning issues.

<http://www.morrservices.com>

The first American to print and sell Christmas cards was Louis Prang of Roxbury, Massachusetts, who began publishing cards in 1875.

**Brandy's Holiday Zucchini Bread** by Dr. Brandy McCans, D.C.  
Gluten Free



**Ingredients:**

Coconut oil to oil pan  
2 bananas (Smash until shiny then add to wet ingredients)  
½ cup applesauce  
25 drops liquid stevia  
1 tsp. vanilla extract  
½ cup rice flour  
¾ cup oat flour  
¼ tsp sea salt  
1 tsp baking soda  
1 ½ tsp cinnamon  
½ tsp ground ginger  
¼ tsp ground cloves  
2 cups grated zucchini (\* Also great with carrots!)  
(about 2 small zucchini)  
¾ cup raisins  
1 cup pine nuts or chopped and roasted pecans or chopped and roasted walnuts

**Preparation:**

Preheat oven to 360 degrees.  
Oil muffin pan or loaf pan with coconut oil and set aside.  
In large bowl stir together eggs, vanilla, applesauce, and stevia.  
In separate bowl smash bananas until they are shiny.  
In separate bowl, stir together salt, baking soda, flour cinnamon, ginger and cloves.  
Stir flour mixture into egg mixture until just barely blended (there may be a few small lumps).  
Gently stir in zucchinis, raisins and nuts.  
Divide batter evenly into muffin cups or pour into loaf pan.  
  
If using muffin cups, bake about 30 minutes; if using a loaf pan bake about 55 minutes.  
\*\*Watch it carefully, as ovens differ. A toothpick should come out almost clean when done.  
Remove from oven and let stand 5-10 minutes.  
Remove muffins from muffin pan to cool.

## **Topping:**

### **Option #1:**

1 tub of cream cheese or 8oz yogurt

\*If using yogurt, let yogurt drain a few hours in cheesecloth.

2-3 tbsp. honey

\*You can substitute stevia as the sweetener, but it does affect taste.

### **Dairy-Free Option #2:**

2 cans coconut milk (\*Native Forest works really well - creamier!)

1 cup evaporated coconut palm nectar

Refrigerate coconut milk at least 3 hours.

Place metal mixing bowl and beaters in freezer for 3 hours.

Once coconut milk is chilled, punch a hole in the bottom to drain liquid into cup for later use in smoothies.

Open the top and scoop out the coconut cream into chilled metal mixing bowl.

Blend in evaporated coconut palm nectar on high for 2-3 minutes.

Note: To reduce the sugar content, reduce the coconut palm nectar to ½ cup and add 10 drops of liquid stevia. This modification makes for a much lighter taste without the “stevia” flavor.

Blend ingredients together and spread on Zucchini Bread.

Enjoy!!

### Author's Note:

*I love helping people and am passionate about sharing with others that there are ways to resolve any issues they may think they have. I have learned through my own experiences that depression, weight, panic attacks, sleeplessness and pain can all be resolved if we only know how.*

Dr. Brandy McCans D.C. is founder of Quantum Success Training, Inc. She is also a nutritional consultant and a Master Practitioner of the Bio-Energetic Synchronization Technique (B.E.S.T). She currently offers individual treatments and group classes. To read her articles and to learn more about her, visit <http://drbrandymccans.blogspot.com>.

Buche de Noel is one of many traditional cakes baked at Christmas. As the name suggests, it is of French origin. It literally translates as "Christmas log," referring to the traditional Yule log burned centuries past.

## Making Your Own Holiday Gift Wrap



### Materials & Tools:

Poster paint, multiple colors  
Butcher Paper  
Sponges  
Scissors  
Silver glitter

### Instructions:

1. Using your scissors, cut the sponges into holiday shapes.
2. Pour out your paint onto a disposable plate and mix in a half a teaspoon or less of glitter into each color. Spread out the butcher paper and tape down the corners to a flat surface.
3. Dip a sponge into the paint, wiping off any excess along the edge of the plate.
4. Stamp the sponge over the surface of the paper.
5. Repeat Steps 3 and 4 with different sponges and different colored paint.
6. Allow the paper to dry thoroughly. Wrap up your gifts and be prepared to wow the recipients with your sparkingly original wrapping paper.

The first American Christmas tree is credited to a Hessian soldier by the name of Henrick Roddmore, who was captured at the Battle of Bennington in 1776. He then went to work on the farm of Samuel Denslow in Windsor Locks, Connecticut, where for the next 14 years he put up and decorated Christmas trees in the Denslow family home.

## Folktales as Holiday Gifts by Karen Pierce Gonzalez

**What Are Folktales?** Originally folktales were stories created by ordinary people to be passed on orally from generation to generation. Over time, with the development of printing and later the Internet, oral tradition has rapidly been replaced by our ability to collect and store the information either electronically (e.g., blogs, Web sites, digital media like CDs) or in books, including scrapbooks, workbooks/journals, and e-books such as this one.

The difference between researching and recording accurate family histories and writing folktales is that the folk teller (the writer) recounting folktales can focus upon his or her own memories. Legends rather than genealogy are the stuff of folktales. That means you don't have to have all of the facts, especially if they aren't available, in order to capture the essence of an important story.

When you are writing your folktales you can embellish the facts, fold in sensory details, add in rumors, characterize family members in traditional folktales, such as the hero or the misunderstood villain, and be more creative in your writing style.

Folktales can capture for all time the outstanding characteristics – rather than a roster of chronological details – of your family and community heroes and heroines, favorite pets, treasured heirlooms, or family vacations. These characteristics of your folktale can reflect universal human attributes, such as bravery, generosity, fear, or wisdom.

**What Do You Do with Folktales?** Once you have written one or more folktales, you can share them with whomever you like. Amazingly, these opportunities for sharing in and of themselves can also become the basis of future folktales. Imagine someone recounting how you wrote family folktales that were preserved for future generations!

Creating them as holiday gifts makes a personal statement unlike any other. For example:

- A prized fishing pole and related lures (or other items handed down) may have brought you many special memories. Pass this heirloom on to your children, godchildren, or grandchildren as a holiday gift. Be sure to include a short written folktale about the pole, a particular fishing trip, or where and/or how the lures (or other item) came into your possession. This adds a unique twist to the gift that is unforgettable.
- The gift of a folktale that is written or recorded on video or audio pod cast describing a special time or memory you have of someone is priceless. In this way you let them know how they have touched your life and your heart.

### Author's Note:

*I have been interested in culture, language and folklore for a long time and have enjoyed weaving these interests together in my work as an author, journalist, writing workshop facilitator, and public relations specialist. I believe folklore allows us to recognize the every day heroes in our midst and to celebrate the ways we overcome adversity.*

Karen is an award-winning fiction and nonfiction writer with seasoned editorial experience. She is also Publisher for Folkheart Press (<http://www.folkheartpress.com>) and CEO of Karen Pierce Gonzalez Public Relations (<http://www.karenpiercegonzalez.com>).

One kind word can warm three winter months.

Japanese Proverb

## Giving, Sharing and Holiday Blessing by Teresa Morrow

Family  
Friends  
And  
Folktales

We gather around to create  
New memories

This is what the holidays  
Have begun.

You give thanks  
For each blessing

And give hugs  
Without all the messing

You are blessed every day  
So now it is time to say

Cherish your loved ones and friends  
As Happy Holidays is what I send.

### Author's Note:

*I love words and have always enjoyed poetry. The holidays for me are about creating memories with others. This year in particular, it's about sharing the gratitude and joy I feel towards family, friends, clients and others in my life.*

Teresa Morrow is an Editor at Large at WE Magazine for Women™ (<http://www.wemagazineforwomen.com>) and a monthly blogger for BookBuzzr (<http://www.bookbuzzr.com>). She founded Key Business Partners, LLC combining three of her passions: writing, reading and networking. Teresa has worked with several self published, first time and seasoned authors to provide national book publicity campaigns and services. She is available for 20 minute free consultation. <http://www.keybusinesspartners.com>.

During Hanukkah (Dec. 1-9 this year), it is customary among the Sephardic (Spanish Jewish) communities in Jerusalem for communal meals to be arranged during the days of Hanukkah. Friends who quarreled during the year become reconciled at these meals.