

## From Melanie's Desk: Keeping Holiday Traditions Alive



**D**ecember is a nostalgic month, isn't it? As we enter the holiday season we're reminded of childhood memories filled with friends, family, shining lights, and delicious food.

We all have family traditions that help us to feel connected to each other and to the generations who came before us.

favourites. I recall discussion each year as to which ornament would top the tree – the star and the angel both in hot contention.



In 1984, my mother made this advent calendar for myself and my siblings Shari, Jesse, and Barbi. There was great debate over the ornaments as we added one each day in rotation and we all had our



I have the original calendar for my daughter and she loves it. In the months before our mother died my brother requested a replica. I was able to find the vintage pattern and she created a new calendar to keep the tradition alive in his home too. I know these calendars will be passed to future generations to mark the countdown to Christmas!

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**Rochelle Côté**

I had this wreath made the Christmas I bought my first home in 2010. Melanie knew someone who made wreaths and had just received hers and I had to have one! I hang it on the outside wall under my car port every Christmas season and usually leave it up the entire winter!



**Colleen Girard**

This is a photo of a ceramic Christmas tree made by my Grandmother who had debilitating arthritis in her hands and body. When she passed away, the tree was given to me and I proudly display it every year. It reminds me of just how strong and determined she was to do the things she loved.



**Ruth Stewart**

In the Summer of 1993, I was told I was pregnant. I was also told I had an aggressive form of breast cancer and wouldn't live to see Christmas unless I terminated my pregnancy in an effort to save my life. Baby Girl Stewart was born on Christmas Day! This popsicle stick ornament was made 20 some years ago by the hands of the little girl whose life I chose not to terminate. I can't imagine life without her.



**Laura Pearce**

This is a photo of my mom (far right), her brothers, and their mom, along with a friend. I love the innocence of the children meeting Santa. I put this on display every year. My grandmother and my uncles have passed away, and the photo is a nice memory for my mom and a treasure to me.



**Celina De Vuono**

The thing I love most about the holidays is enjoying time with family, which for me, usually starts in the kitchen. Tye Plates (aka Pizzelle) are my favourite Christmas cookie! I remember my Grandmother making them every year when I was a child. My parents and I now use her recipe to make these each Christmas and it has become a tradition I now get to enjoy with my daughters.



## Cooking Corner: Peppermint Marshmallows



Homemade marshmallows may look impressive, but they're easier to make than holiday cookies. Start a new holiday tradition with these fluffy treats!

### Ingredients

- 3 packages unflavored gelatin
- 1 cup ice cold water, divided
- 12 ounces granulated sugar, approximately 1 1/2 cups
- 1 cup light corn syrup
- 1/4 teaspoon kosher salt
- 1/8 teaspoon peppermint extract
- 1/4 cup confectioners' sugar
- 1/4 cup cornstarch
- 1/4 to 1/3 cup crushed peppermint candy
- Nonstick spray

### Instructions

1. Place the gelatin into the bowl of a stand mixer along with 1/2 cup of the water. Have the whisk attachment standing by.
2. In a small saucepan combine the remaining 1/2 cup water, granulated sugar, corn syrup and salt. Place over medium high heat, cover and allow to cook for 3 to 4 minutes. Uncover, and continue to cook

until the mixture reaches 240 degrees F, approximately 7 to 8 minutes. Once the mixture reaches this temperature, immediately remove from the heat.

3. Turn the mixer on low speed and, while running, slowly pour the sugar syrup down the side of the bowl into the gelatin mixture. Once you have added all of the syrup, increase the speed to high. Continue to whip until the mixture becomes very thick and is lukewarm, approximately 12 to 15 minutes. Add the peppermint extract during the last minute of whipping. Please remember that a little peppermint goes a long way! While the mixture is whipping prepare the pan as follows.
4. In a bowl, combine the cornstarch and confectioners' sugar.
5. Line a 13 by 9-inch metal baking pan with parchment paper, then grease the parchment paper with nonstick spray. Add the sugar and cornstarch mixture and move around to completely coat the bottom and sides of the pan. Return the remaining mixture to the bowl for later use.
6. When ready, pour the marshmallow fluff into the prepared pan, using a lightly oiled spatula for spreading evenly into the pan. Sprinkle the marshmallow with crushed peppermint candy. Allow the marshmallow to sit uncovered for at least 4 hours and up to overnight.
7. Using the parchment paper, lift the marshmallow out of the pan, then slide it onto a cutting board. Cut into 1-inch squares using a pizza wheel dusted with the confectioners' sugar mixture. Once cut, lightly dust all sides of each marshmallow with the remaining mixture, using additional if necessary. Store in an airtight container for up to 3 weeks.
8. If all else fails, use the marshmallows to make Rice Krispy treats.

*This recipe was adapted from Alton Brown.*

## Just for Fun: The Science of Santa

Everyone knows that Santa Clause is able to deliver toys across the world in one night thanks to his team of flying reindeer and magical sleigh. But, is there another scientific explanation for Santa's super-human speed?

Dan Holz, a professor of physics at the University of Chicago, says that the obvious solution is that Santa uses **wormholes** to deliver Christmas gifts.

Wormholes are like tunnels through space-time that would allow Santa to travel vast distances quickly. He could fill his bag with toys, use a wormhole to zip into a house, drop off the presents, and return to his workshop without breaking a sweat.

Arthur C Clarke famously said that "Any sufficiently advanced technology is indistinguishable from magic." Perhaps this magical elf is actually a clever scientist!



## About Us: Who Do We Work With at Velocity Injury Law?



- Sometimes our clients are the families of loved ones who have died in a tragic accident.
- Most of our clients became injured as a result of a motor vehicle collision or slip and fall accident.
- Sometimes our clients are residents of a nursing home who have been injured.
- Some clients have not been involved in an accident, but have become ill. They look to us to help them with their short-term and long-term disability claims.
- Most of our clients are from Windsor and Essex County, but occasionally people from other parts of the province request our services. We have some clients in Chatham-Kent, Sarnia, London, Toronto and a few in northern Ontario.

For more information about our services, visit our website: **[www.VelocityInjuryLaw.com](http://www.VelocityInjuryLaw.com)** or give us a call at **519-946-4300**.