

**NCC NEXT MEETING:**

No Meeting in December  
@7:30pm

ALL meetings are at the  
NCC and open to the  
community.

**LSB NEXT MEETING**

No meeting in December  
@7:30pm

ALL meetings are at the  
NCC and open to the  
community.

**NEST NEXT MEETING**

Thursday Dec 14  
@7:30pm

All meetings are at the  
west firehall and open to  
the community

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# Nolalu's

# GRASSROOTS

Dear Editor,

I am 8 years old. Some of my little friends say that there is no Santa Claus. Papa says "If you see it in the Sun paper, it is so." Please tell me the truth, is there a Santa Claus?

Virginia,

Your little friends are wrong. They have been affected by the skepticism of a skeptical age. They do not believe except what they see. They think that nothing can be which is not comprehensible by their little minds.

All minds, Virginia, whether they be men's or children's, are little. In this great universe of ours, man is a mere insect, an ant, in his intellect, as compared with the boundless world about him, as measured by the intelligence capable of grasping the whole of truth and knowledge.

Yes, Virginia, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to our life its highest beauty and joy.

Alas! How dreary would be the world if there were no Santa Claus! It would be as dreary as if there were no Virginias. There would be no childlike faith then, no poetry, no romance to make tolerable this existence. We should have no enjoyment, except in sense and sight. The eternal light with which childhood fills the world would be extinguished.

Not believe in Santa Claus? You might as well not believe in fairies! You might get your Papa to hire men to watch all the chimneys on Christmas Eve to catch Santa Claus, but even if they did not see Santa Claus coming down, what would that prove?

Nobody sees Santa Claus, but that is no sign that there is no Santa Claus The most real things in the world are those that neither children nor men can see.

Did you ever see fairies dancing on the lawn? Of course not, but that's no proof that they are not there. Nobody can conceive or imagine all the wonders that are unseen and unseeable in the world.

You tear apart the baby's rattle and see what makes the noise inside, but there is a veil covering the unseen world which not the strongest man, or even the united strength of all the strongest men that ever lived, could tear apart. Only faith, fancy, poetry, love, romance, can push aside that curtain and view and picture the supernatural beauty and glory beyond.

Is it all real? Ah, Virginia, in all this world there is nothing else as real and abiding.

No Santa Claus? Thank God he lives and he lives forever. A thousand years from now, maybe 10 times 10,000 years from now, he will continue to make glad the hearts of children.

Written by Francis P. Church in 1897



*Catherine and Terry Niemi*

*51 Delints Road, Nolalu*

*768-5357 or 633-2949*

*terry@therustybucket.org*

***Proudly Servicing our Rural Area with Quality Workmanship and Service at a Fair Price!***

*Parts, Service and Repairs of small engines – including Champion Power Equipment and Yard Works*

*Tire Repairs – 6-17” rims*

*Quality work on utility, horse, and stock trailers.*

*Mobile Welding Services*

*Rough Lumber Sales - Onsite inventory and Custom Orders*

*Live Edge Pieces 1-3 inches thick and a variety of widths*

*Dry 8’ Firewood Slabs sold by the truckload*

*Dry Stove Length Slabs sold by the truckload*

*Rustic Fence Slabs sold by the truckload*

*Cedar Fence Posts – peeled and ready 8’ length with 3-6” tops*

*Tractor Services – brush hogging, fence post holes, wood chipping...*

## Emergency Phone Numbers

**Nolalu Fire & Ambulance:** 807-473-5200

**Ontario Provincial Police:** 1-888-310-1122

**For information during an emergency for the Nolalu area, call:** 807-475-4441

**For Road information call:** 511

## NCC Volunteer Board

|                              |                       |                             |  |
|------------------------------|-----------------------|-----------------------------|--|
| <b>President</b>             | Breanne Neufeld       | prez.ncc@gmail.com          | 807-629-5385                               |
| <b>Vice President</b>        | Angela Woodhouse-Wild |                             | 807-475-8968<br>or text to<br>807-630-6061 |
| <b>Secretary</b>             | Marisa Nascimben      | Marisa.perina22@gmail.com   | 807-632-3950                               |
| <b>Treasurer</b>             | Elizabeth Pszczolko   | nolalucctreasurer@gmail.com |  |
| <b>Events Coordinator</b>    | Emma Allgood          | nccevents@outlook.com       | Text to<br>519-410-8733                    |
| <b>Kitchen Coordinator</b>   | VACANT                |                             |  |
| <b>Volunteer Coordinator</b> | VACANT                |                             |  |
| <b>Media Coordinator</b>     | Kathy McGowan         | Use Facebook                |  |
| <b>GrassRoots Editor</b>     | Odette Houle          | nolalu.grassroots@gmail.com | 807-630-9442                               |

***NEXT NCC MEETING:***  
***No Meeting in December***  
***@ 7:30pm***

ALL NCC meetings are open  
to the community.

*"Don't judge each day by the harvest you reap, but by the seeds you plant." ~Robert Louis Stevenson~*

**Nolalu Dump WINTER Hours**  
**October 1—April 30**

**ADRIAN LAKE**

Sundays 12 pm - 3 pm

**HARDWICK**

Sundays 4 pm - 6 pm

# HOPPER'S VARIETY

## The Everything Store



7:00 am to 9:00 pm

Sunday to Saturday

475-8804 OR 475-8814



AUTOMOTIVE  
REPAIRS  
TIRE REPAIRS  
ALUMINUM &  
STEEL WELDING



LCBO CONVENIENCE OUTLET

7:00 AM TO 9:00 PM

LAUNDROMAT

ST. URHO'S GOLF COURSE

Call For Appointment & Quote

Senior Discount on Shop Labour for Age 55+



BOTTLE RETURN DEPOT



PARCEL PICKUP DEPOT

VARIOUS MATERIAL AVAILABLE

FOR PICK UP OR DELIVERY

TOPSOIL BY THE YARD, SAND & GRAVEL

CONSTRUCTION/FLOATING

**\*\*FREE QUOTES\*\***





DECEMBER 9<sup>th</sup>

# CHRISTMAS Brunch

**NOLALU COMMUNITY  
CENTER**

**Saturday December 9  
11 to 1**

**Pancakes**

**Toppings, juice & coffee**

**\$ 5**



**Santa @ 12**



*~Announcing that we are now your go to for Dirt Track*

***Race Car Parts !***



4 X 10 Coloured Aluminum Sheets

Steering/Suspension Parts

Transmission/Differentials

Can Repair or Rebuild Bert or Chevy Power Glide Trans

Hoosier Tires

***If we don't stock it we Can get it – call Wayne 629-4888***

**\*\*We are a Local Amsoil Distributer with huge Inventory \*\***



***"The First in Synthetics"®***

***Also note: We now have a Gold Certified Polaris Technician on Site for your toy Repairs! Call our Service Dept to book your appointment or for more info 622-2829.***

# ***PLAY GROUP***

**December 13, 2023**

**Nolalu Community Centre**

**12:00pm to 2:00pm**

Come on out and have some fun.

Meet other children and parents in the community.

Play group is open to all on the 2nd Wednesday of every month at the Nolalu Community Centre

Hope to see you there



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## **Kakabeka**

### **NorWest Community Health Centre**

4785 ON-11 Unit B, Kakabeka Falls, ON P0T 1W0

Tel: (807) 473-5528

Fax: (807) 473-4584

#### **WALK-IN CLINIC HOURS**

Dec 13: 8:30am to 4:30pm

Dec 20: 8:30am to 4:30pm

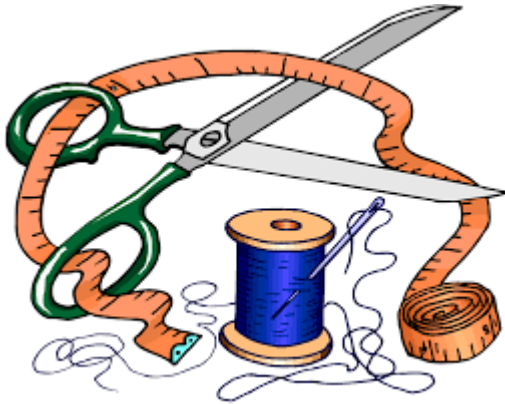
Lifelabs is at the clinic on Thursdays



Nurse practitioner will see clients on a first-come, first-served basis. No appointment is necessary and you do not need to be a client of NorWest Community Health Centres.

These clinics are not for medical emergencies. Anyone with a life-threatening illness or injury should go directly to the closest emergency department or call 911.

# **BARB'S PROFESSIONAL SEWING**



**ZIPPERS ZIPPERS ZIPPERS**

Hems on pants, dresses, curtains and more

Alterations, mending, patching

13 years doing alterations at EVA'S BRIDAL

7 years at THE WHOLE NINE YARDS

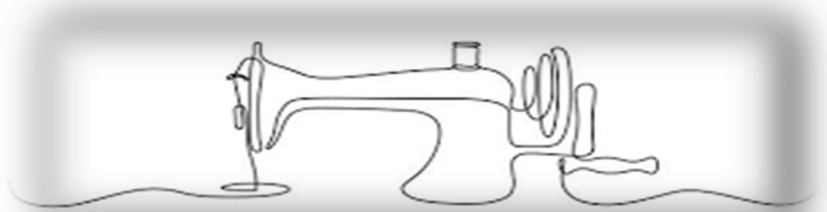
Doing repairs, alterations, wedding parties

**QUICK SERVICE**

**REASONABLE RATES**

[bbbarbbelanger@hotmail.ca](mailto:bbbarbbelanger@hotmail.ca)

807-475-9687



Are you experiencing a louse-y situation? Let me make this Lice'N'Easy for you! Hi, I'm Irene and I am here to help you alleviate the stress of a nit-picky circumstance. As a fully licensed Head Lice Technician, through the Lice Treatment Center, I have been trained to search for and eliminate the unwelcomed guests residing in your hair and on your scalp. Using my trained techniques, I will ensure your satisfaction guaranteed. I will achieve this by coming to the comfort of your home and meticulously combing through every inch of your hair and scalp while using 100% natural products.

**LICE N EASY**

Thunder Bay , Ontario

Lice Removal Service

Call or Text 807-708-6950

**Irene Levesque**

Professional Head Lice Technician



Fees: - \$75\*/first hour (one hour minimum) - \$50/every additional hour - Additional charges may apply for out of boundary destinations

Call or text me today to make your life Lice'N'Easy!!To give you an idea of how much time it may take, here are some common examples of what my services have seen:

- 1 hour for short hair - 1.5 - 2 hours for medium length hair - 2 hours for long hair - 2.5 + hours for exceptionally long hair

All of these times may vary, depending on thickness of hair and how severe the infestation may be



## ***Helpful Hints from the Senior Citizen Centre 2001***

- ◆ To get fleas out of your carpet, liberally sprinkle Borax all over it. Vacuum as usual. Repeat every couple days for at least three weeks. This will kill fleas in the larvae stage and won't harm people or pets.
- ◆ Stop your pets from chewing on dangerous electrical cords by rubbing the cords with a bar of soap. Pets hate the taste, so they'll stay safely away.
- ◆ Make fleas flee. Your dog has fleas? Chase them away easily and naturally by placing a layer of fresh pine needles on the floor of their doghouse or underneath their bed pad. It works!
- ◆ Oil of cloves will stop a pet from chewing
- ◆ To remove odours from a microwave, squeeze the juice of a lemon into a 1 cup measure and fill with water to 1 cup. Microwave on full power for 4 to 5 minutes.
- ◆ Stamp collectors can remove stamps by putting a drop of water on the stamp to be removed from the paper and microwave on full power for 20 seconds.
- ◆ Crisp soggy potato chips or pretzels by microwaving for 15-30 seconds. Let stand for two minutes.
- ◆ To quick dry fresh flowers to preserve colours. Place a few silica gel packs in a shoe box, microwave for a few minutes.
- ◆ Dry herbs the fast way in the microwave. Place 1/2 cup leaves between paper towels and heat for about 2 minutes, until dry and crumbly. Exact timing depends on the type of herbs.
- ◆ Store cottage cheese carton upside down. It will keep twice as long.
- ◆ Put a rib of celery in your bread bag to keep the bread fresh for a longer time.
- ◆ When to add salt: Soups and stews, add early. Meats, sprinkle before taking off the stove. Vegetables, cook in salted water.
- ◆ Carving meat or poultry is unduly complicated by a dull knife.
- ◆ Remember the first rule of carving, cut across the grain. If you cut with the grain, long meat fibres give a stringy texture to the slice. Steaks are the exception.
- ◆ To remove paint on glass, apply heated vinegar to paint on the window, to soften.
- ◆ To sharpen blunt scissors, simply cut through a piece of coarse sandpaper several times



**RURAL READERS**  
BOOK CLUB

### **Rural Readers Book Club**

Meet in person, the first Monday of the month  
7:00pm - 9:00pm at the Nolalu Community Centre  
(2266 Hwy. 588).

Dec. 4th: "In The Skin Of A Lion" by Michael Ondaatje.

Jan. 9th: "The Remains Of The Day" by Kazuo Ishiguro.

Join online:

[www.facebook.com/groups/ruralreadersbookclub](http://www.facebook.com/groups/ruralreadersbookclub)

Questions? Call or text Marisa (807) 632 - 3950

## Kakabeka Legion News

|             |   |                |
|-------------|---|----------------|
| December 2  | Exec/Gen mtg  | 2:30pm/3pm     |
| December 2  | Dance with Quest  | 7pm to 10pm    |
| December 9  | Christmas Concert<br><i>All donations to the Rural Cupboard Food Bank</i>   | 2pm to 4pm     |
| December 10 | Breakfast with Santa  | 8:30am to 12pm |
| December 15 | Rural 60+ Christmas lunch   | 1pm to 2pm     |
| December 16 | Christmas Dinner/Dance with Quest<br>Dinner 5:30pm to 7pm Dance 7pm to 10pm, Dance open to all<br>Dinner reservations by December 9th. Call Gary 708-0411 |                |
| December 17 | RCFB Christmas Supper<br>For Tickets Call Gary 708-0411   | 4pm to 6pm     |



Kakabeka Falls  
and  
Rural District  
Branch 225

***As always, check the hotline 473-9122 for any changes.***

*On behalf of the Kakabeka Legion thank you for your support.*

*Have a Merry Christmas and a Happy New Year*

*We look forward to seeing you in 2024*

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# Driveway & Rooftop Snow Removal

**Average Driveway Cleared For \$100 Or  
Less**



Snow Cleared Within 24 Hours Of Call

**Call Austin For Details: 807-630-2490**

# **Seniors Potluck Lunch**

*(For those 'wanna be' Seniors too, All ages welcome)*

**December 18, 2023**

**Lunches will now be on the  
3rd Monday of each month**

**11:00am-1:00pm**

**11:00am coffee/tea**

**11:30am lunch served**

**Bring a small side dish, veggie, or  
dessert**

**OR**

**pay \$10 at the door**

**The NCC will provide the entrée,  
buns and beverages.**



**If you are available to Volunteer for the event, remember Volunteers eat  
free! Contact Breanne if you are interested in helping out.**

**Contact [prez.ncc@gmail.com](mailto:prez.ncc@gmail.com)**



**We need a few people to help at the door,  
set up/take down, and in the kitchen.**

**If you would like take-out please bring  
your own containers**

## **Christmas Events**

***CP Holiday Train, CP Train Depot track, 440 Syndicate Avenue, Thunder Bay.  
Friday, December 1 @ 8:30pm***

***Parade of Light, Thunder Bay. Saturday, December 2nd @ 7:00pm***

***Conmee Christmas Day, Conmee Community Centre. Sunday, December 17th,  
1pm to 4pm***

# 'Tis the Season to be Careful



## ENJOY A FIRE SAFE HOLIDAY

### WHAT'S THE RISK?

Smoking and cooking are the **top 2 causes of fatal fires** during the holidays (Nov, Dec, Jan).

Injuries caused by smoking account for **1 in 10 home** fire injuries during the holidays.

Smoking accounts for **30%** of all home fire deaths during the holidays.

Cooking fires account for **19%** of all home fires during the holidays.

**27%** of all home fire injuries occur in cooking fires during the holidays.

**Alcohol is a factor in many fatal fires involving smoking and cooking.  
DRINK RESPONSIBLY!**

### How do I protect my family during the holidays?

- ❖ Always stay in the kitchen while cooking. If you must leave, turn off the stove.
- ❖ Keep an eye on any drinkers in your household and make sure all cigarettes are properly extinguished and the stove is off before going to bed.
- ❖ Cigarettes can smoulder among upholstered items for hours before igniting. Check sofas and chairs for cigarettes that may have fallen between the cushions.
- ❖ Provide large, deep ashtrays for smokers.
- ❖ Wet cigarette butts with water before discarding.

### ARE YOU PROTECTED BY SMOKE AND CO ALARMS?

- ❖ In 34% of fatal home fires there is no smoke alarm warning.
- ❖ Install smoke alarms on every storey of your home and outside all sleeping areas.
- ❖ CO alarms are required outside all sleeping areas if your home has a fuel-burning appliance, fireplace or attached garage.



Office of the Fire Marshal & Emergency Management  
[www.ontario.ca/firemarshal](http://www.ontario.ca/firemarshal)

Statistics for Ontario between 2010-2014.

### Nolalu Emergency Services Team

Hall 807-475-4441

RR1 Nolalu ON

Nolalufpo@gmail.com

POT 2K0

Emergency 807-473-5200



# Nolalu Emergency Services Team Needs You

Do you have 10 hours a month to spare? Do you want to make a difference in your community? Do you want to be part of the fire department family?

## **We are looking for new members!**

Our current average response time is 15 minutes. We would like to meet or beat that in the new year, and the only way that we can do that is with your help! Our team is entirely staffed by volunteers from the chief down to the newest recruit. Our volunteers are our most valuable asset, we don't have a team without them!

## **We especially need current or willing to become DZ drivers - training provided.**

What is required of you as fire fighter with NEST?

- Time to dedicate to training about 8 - 12 hrs. a month, held once a week on Tuesday evenings at 7pm, with the **occasional** additional (usually Saturday) for special training
- Ability to respond to calls day or night – on average about one call per week
- Maintain a good standing in the community

What Nolalu gives you in return?

- A sense of belonging and purpose – given back to your community is very rewarding
- Valuable training as a fire fighter and first responder – traffic control, working at heights, CPR/AED, safe chainsaw use, D licensing, and many, many more.
- A close knit team who wants to see you succeed
- NFPA accredited training

What are the requirements to be a part of our team?

- You must have a valid driver's license
- You must be able to pass a criminal background check
- Self motivated and willing to learn

It's easy to apply, chose one of the following!

- Drop by the hall if you see the doors open.
- Speak to any member of the team who will put you in touch with the right person.
- Contact Sarah Shoemaker, Nolalu Fire Chief at 807-475-4441 or 807-708-3757

Don't have 10 hours a month, or can't physically do the job? We are also looking for food support (on big calls), or being a member of the NEST board (once a month)?

**New member training will be starting January 2, 2024.**

# **RURAL CUPBOARD FOOD BANK**

***Neighbours Helping Neighbours***

Conmee Municipal Complex

19 Holland Rd, Kakabeka Falls P0T1W0

807-285-0836

We sincerely thank all those that continue  
to support us.

Your donations enable the food bank to remain open

Next Food Bank

***Wednesday, December 13, 2023***

Registration 9 am to 11 am

Drive-Thru Pick-up

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***RURAL CUPBOARD FOOD BANK***

**Shouts**

*Thank  
You!*

To the Kakabeka Falls Public School, Crestview Public School, Evergreen Pharmacy.  
For all of your fund raising and donations

For the financial donation raised at the Neebing Fall Harvest Dinner

To Kimm White for donating her winnings from the Taco Tim contest.

To everyone that has taken the time to volunteer, donate and raise funds for the food bank.  
Your support enables us to continue providing food to those in need.

**SAVE THE DATE**

# Fish Derby



March 16th and 17th, 2024

Come on out and have a great day fishing. Win some prizes and visit with your neighbours. It's a community event. Hope to see you there.

If you are interested in volunteering for this event contact Emma at [nccevents@outlook.com](mailto:nccevents@outlook.com)

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## **From "The Scoble Cookbook Almanac 1983"**

### Short Bread Cookies

1 cup butter                                      6 tbsp icing sugar                                      2 cups flour

Mix butter and icing sugar. Add flour. Roll, chill & slice. Bake at 350F on a greased cookie sheet until brown.

### Puff Shortbread

1 cup butter                                      1 cup flour                                      1/2 cup cornstarch  
1/2 cup icing sugar                                      1 tsp vanilla                                      1/2 tsp salt

Beat butter until foamy. Sift dry ingredients into butter. Add vanilla & beat again. Drop tsp full onto cookie sheet. Bake at 325F for approximately 17 minutes, until brown.

### Sandy's Shortbread

1 1/2 cups butter (no substitutes)                                      2 cups flour (sifted with a pinch of salt)  
1/2 cup fruit sugar (no substitutes)                                      1/2 tsp vanilla

Cream butter, sugar and vanilla, well. Add flour & salt in three parts. Chill and roll between wax paper until 1/4 inch thick. Cut with floured cookie cutters and place on ungreased baking sheet. Bake in preheated oven at 300F to 325F. Until edges are pale golden, approximately 10 minutes.

Note: Keep ingredients well chilled at all times. If shortbread mix is not kept chilled, the cookies will spread in the oven

*"Opening the door upon arriving home from school to the heavenly aroma of freshly baked cookies leaves an indelible print in one's mind." ~~Jean Pare~~*

## CHRISTMAS TREES !!!

We are offering “cut your own” spruce trees for \$5.00 each. Your choice of size.

Bring your saw/chainsaw and perhaps a rope to pull the tree with, or a toboggan.

Available after December 1, 2023.

Location: 111 Thomas Road, east off Hwy 590, Marks Township (go to the end)

Contact:

Terry or Jane, at [hillphd2@gmail.com](mailto:hillphd2@gmail.com)/[807-629-5215](tel:807-629-5215)

to arrange a time and date to arrive.

---



**See Clearly**

QHHT PAST LIFE REGRESSION

**Why am I here, what's my purpose? Why does this always happen to me? Why am I so anxious or depressed? Why am I always sick? Why am I going through this? Why me? What if you could receive loving answers to those questions you've always had? The answers you truly deserve are within you. Allow me help you find them.**

**Cathy See - Level 2 QHHT Practitioner (Quantum Hypnosis Healing Technique) as taught by Dolores Cannon.**

**For more information or to book a session, please Call 807-628-9535 or e-mail [seeclearlyqhht@yahoo.com](mailto:seeclearlyqhht@yahoo.com) More information also available at <http://seeclearlyqhht.com> or <https://www.qhhtofficial.com>**



# Thank You

A big thank you to all the volunteers who made the Halloween dance a big success for another year. We could not have done it without the many helping hands. From the fire tenders to the servers and everyone making goodies in the kitchen. The community centre is lucky to have great volunteers helping out. An extra thank you to people who stayed and helped clean up at the end of the night. We can always use more people for set up and clean up especially if anyone is looking for a way to give back to the centre next year.

Additionally we would like to thank the Maki's for donating the wood for the bonfire once again this year.

*The November 50/50 winner was **Maryann Mado** and she won **\$905.00***



*Wouldn't you like to win? Our next raffle is LIVE! Tickets can be purchased at [www.nolalu5050.ca](http://www.nolalu5050.ca)*

## Nolalu Emergency Services Team



### 50/50 Fundraising Raffle

Nolalu Emergency Services Team (NEST) is excited to announce that with your support we will be building a new fire hall!

SCAN ME



Scan the QR code for a direct link  
Tickets available online only at:

[www.rafflebox.ca/raffle/nest](http://www.rafflebox.ca/raffle/nest)

Follow us on Facebook for more info

<https://www.facebook.com/NolaluEmergencyServicesTeam>

## Gillies Community Centre



# December Events

**Monday Gentle Flow Yoga 7-8pm**

**Thursday Weekly Cornhole Tournaments 7pm**

**December 3rd Christmas Tea**

**December 8th Free Playgroup**

**December 17th Milk & Cookies with Santa**

**December 29th Waldorf Parent & Child Gathering**

Be sure to follow along on the Gillies Community Centre Facebook page for ALL the events happening this month!

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## RURAL 60 PLUS

Monday Carving – 10am to 3pm  
Monday Disking – 1pm to 3pm  
Tuesday Weaving – 10am to 3pm  
Tuesday Knitting – 10am to 3pm  
Tuesday Good Company Choir 10am to 3pm  
Wednesday Quilting – 10am to 3pm  
Wednesday Beginners Carving – 10am to 3pm  
Wednesday Cribbage – 1pm to 3pm  
Thursday Weaving – 10am to 3pm  
Thursday Knitting – 10am to 3pm  
Thursday Yoga – 10am to 11am, ends Dec. 7 until next year  
Craft Room is open Monday to Friday – 10am to 3pm



*At our Craft sale in November, we drew for the prizes and the winner of the Quilt was Bishop Racicot Ticket #104 and the winner of the Yeti Cooler was Diane MacRae Ticket #326*



As we gather with loved ones, may the love and warmth of this season be a reminder that the greatest gifts are not wrapped but found in the kindness we share. May your holiday season be filled with the melody of laughter, the harmony of good company, and the symphony of your dreams coming true. Your passion and dedication are our most treasured ornaments this season. Keep shining, keep believing, and keep achieving. Sincere thanks for your efforts and hard work throughout the year. Thank you to each and every one of you for your support and dedication this year. What an incredible year! We've all worked so well together, and we've achieved remarkable results. Be sure to enjoy your holiday, and we'll see you in the new year for more exciting events.

The Nolalu Community Centre

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# **OPERATION CHRISTMAS**

**December 9th  
Noon till 6 pm  
At the Odena, Kakabeka  
Village**



## ***Fill the OPP Cruiser***

All goods and financial  
donations go to the  
Rural Cupboard Food Bank

---

### ***Did Ya Know?***

Want to find out what local people in the area or what your neighbours have to offer?  
Rebecca's Water Service 807-628-6583, text or call

If you would like to have your home business mentioned just drop me a line.  
nolalu.grassroots@gmail.com

Please check out our regular supporters in the Grassroots such as; The Rusty Bucket, Catherine & Terry Niemi

# LOCAL SERVICES BOARD OF NOLALU



No meeting in December

ALL meetings are at the NCC and open to the community.

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## NOLALU COMMUNITY CENTRE



ALL meetings are at the NCC and open to the community.

No meeting in December

*"The joy of brightening other lives becomes for us the magic of the holidays." ~~W. C. Jones~~*

## Drop-in Exercise

(Pilates/weights type)



Starting October  
Mondays and Fridays,  
9:30am—10:30am

Bring mat, weights, stretchy band.

FREE, all welcome.

FUN group.

We have extra equipment if needed



# HALLOWEEN 2023

## **Blast from the Past**

Does anyone have access to issues of the Grassroots from 1995 to 1999? They seem to be missing from the collection I have. I have one copy of March 1998, December 1999, and then it goes to all of 2000. Nothing for 1995, 1996, 1997, and only one each from 1998 & 1999. If you can help me out it would be greatly appreciated. I will search again at the centre in the hopes I have missed something.

*Thank goodness for the first snow,  
it was a reminder — no matter  
how old you became and how  
much you'd seen, things could still  
be new if you were willing to  
believe they still mattered."  
~~Candace Bushnell~~*



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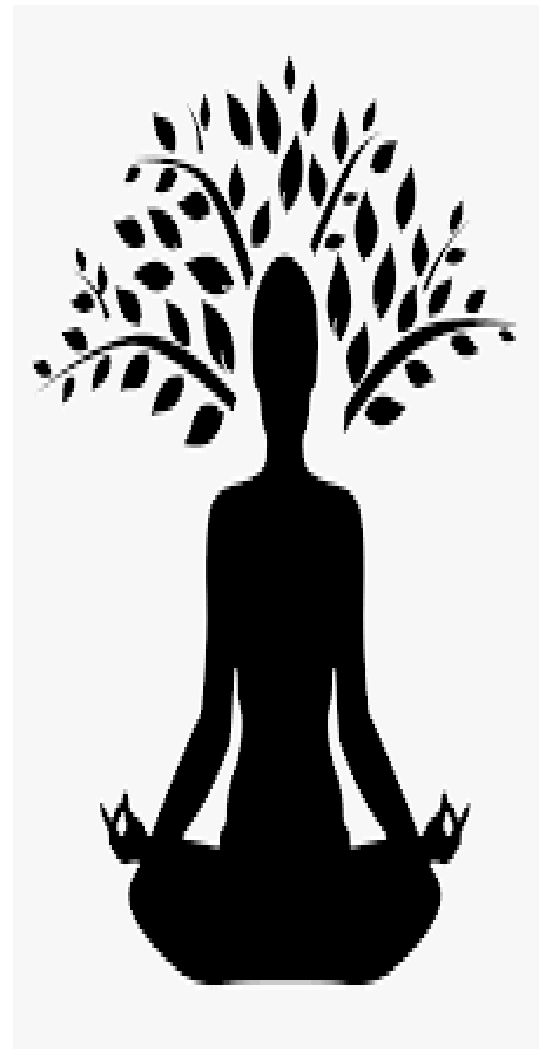
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*Contact Marisa CYT 200HR*

*(807) 632 - 3950*

*wildblueyoga@gmail.com*



# **A Finnish Christmas**

From Christmas Around the World

In Finland, Santa is called Joulupukki. This literally means 'Christmas Goat' (Joulu means Christmas and Pukki means goat (or buck) as it was traditional in Finland that there was a Yule Goat who was scary and asked people for presents - and certainly didn't give any out! Joulupukki might also be called just 'Pukki'! Over time the goat became a gift giver and a human figure rather than a goat, but the name of the 'Christmas Goat' was kept. Joulupukki rides with reindeer and leaves gifts under the Christmas tree but if you have been naughty you could end up with a bag of coal! Finnish people believe that Joulupukki lives in the north part of Finland called Korvatunturi (or Lapland), north of the Arctic Circle. People from all over the world send letters to Santa Claus in Finland. There is a big tourist theme park called 'Christmas Land' in the north of Finland, near to where they say that Father Christmas lives. In Finnish Happy/Merry Christmas is 'Hyvää joulua'. In North-Sami, spoken in northern parts of Norway, Sweden, Finland and Russia, it's 'Buorit Juovllat'.

Everyone tries to be at home for Christmas, including fishermen who try to get their boats into the harbour by December 21st, St. Thomas' Day. Animals are given their own Christmas in Finland, with farmers sometimes hanging a sheaf of wheat on a tree to be eaten and pecked at by the birds. Nuts and pieces of suet are also hung on trees in bags from the branches. Everyone cleans their houses ready for the three holy days of Christmas - Christmas Eve, Christmas Day, and Boxing Day.

On Christmas Eve, or the day before, Christmas trees are bought from the local market or square. The seller expects you to bargain with them on the price. Christmas Eve is very special and the most important day over Christmas. It's traditional to eat rice porridge and plum fruit juice for breakfast. Then the tree is bought (if it hasn't been already) and is decorated. At midday, the 'peace of Christmas' is broadcast on radio and TV by the City Mayor of Turku (which is south Finland). Because it gets dark very in most parts of Finland around Christmas (about 3.00pm) it's now traditional to go cemeteries and visit the graves of family members. Some cemeteries are enormous and police are on duty to manage the traffic, but everyone must walk the last few yards to the grave. Candles in hanging lanterns are left around the grave, often lots of family members go. The whole cemetery is alight with glowing lanterns shining in the snow - a winter wonderland. Other people like a sauna on Christmas Eve.

The main Christmas meal is eaten in the early evening. Lutefish (salt fish) is the traditional starter, but is not so common nowadays. The main meal is a leg of pork served with mashed potato traditionally baked slowly in birch-bark boxes in the oven with similarly cooked mashed swede. Casseroles containing different vegetables including, rutabaga, carrot and potato are also common. Cured salmon is very popular and some people also have turkey. Dessert is baked rice pudding/porridge eaten with spiced plum jam. One almond is hidden in the pudding. Whoever find the almond will be lucky for the next year. After the meal, Joulupukki (Santa) might visit the house! When he comes in with his sack he asks if any children are living there. They reply very loudly! Next then asks if they have been good all through the year. When they are given their presents the whole family gathers to watch the fun of opening. After opening some presents, it's time to go to bed - but some people like to stay up all night to see Christmas Day arrive!

Christmas Day is much quieter with families usually spending it quietly at home. On Boxing Day people like to go out. Skiing is popular along the flat terrain or skating if the lake or river has frozen.

*Merry Christmas*

**COLOURING PAGE**

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# GrassRoots Business & Ad Fees, As of January 2023

- ◆ **Business card ad:** \$6.00
- ◆ **¼ page ad:** \$15.00
- ◆ **½ page ad:** \$20.00
- ◆ **Full page ad:** \$30.00
- ◆ **Community notices:** Free
- ◆ **Non-business classified ads:** Free



The GrassRoots submission deadline is the 15th of the month prior to your ad appearing in an issue of Grassroots. All ads need to have white backgrounds. If you would like a colour background or pictures for the online version please send it separately from the greyscale version for print

Please email submissions to: [nolalu.grassroots@gmail.com](mailto:nolalu.grassroots@gmail.com) in PDF or WORD format

Please make all cheques payable to Nolalu Community Centre. Etransfer available at [nolalucctreasurer@gmail.com](mailto:nolalucctreasurer@gmail.com) with a brief description of what the payment is for.

Invoices will be issued for payments not received up front, and sent out quarterly.

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## From the Editor's Desk

Well we have had our first snowfalls and after a few tweaks all is winter ready. We even managed to get the outdoor Christmas lights up before it got cold. Actually it was kind of strange to be putting up lights with just a sweat-shirt on, but we were better prepared this year. I always put Christmas lights on my wish list so that each year we can add to what we have. Of course, we did lose a few strands last year in the winds but we had double the amount we lost to put up. I hope everyone enjoys the lights as much as I do, and if you ever have Christmas lights for sale just drop me a note and I'll be there.

This past month has been spent learning how to crochet slippers and hats, and learning a new language. I must say the crochet is going better than my language learning. The language is in syllabics and will take lots of practice for me to learn, but I'm hoping I'll be able to use a bit of it by summer. As for the crochet, I've made all my friends and family slippers for Christmas, and a few hats as well. I haven't found a hat pattern that I'm happy with yet. This coming month I am learning how to make bootie slippers for my four grandkids. I promised I would learn how to make them for babies, as my daughter's friend is having her first baby in February and we want to ship some out for her. I'd also like to learn how to make mittens, and the fingerless ones as well, as requested by my grandson. One step at a time and soon everyone will be able to put their orders in.

If you know of anyone who is looking for a dog please send them my way. My son has a male husky who is seven years old. The dog is not good with children but gets along with adults and other dogs and cats. There are two other dogs and two cats in his home now. Unfortunately there are three young children in my sons home so the dog must be rehomed. A nice area in the country would be great for him, but he is fine in the city too as that is where he lives now.

School will soon be out for the Christmas break and I hope there will be snow for my grandson to play in. There are lots of things to do in the area with craft and bake sales, pancake breakfasts, parades, and more. We went to the Conmee and the Gillies craft and bake sales, they were very well attended with so much to offer from local crafters/artists and vendors. We have also been to a few in Thunder Bay but I think the local ones are better. This weekend we will be heading into town to see the Christmas train on Friday and the parade of lights on Saturday.













Whatever your holiday plans may be, we wish you a safe and relaxing time spent with those nearest and dearest to you. With each snowflake that falls, remember that you are unique and capable of achieving greatness. Let your individuality be your strength this Christmas and beyond. May you all have the relaxing holiday season that you deserve. Wishing you and your family a very Merry Christmas.

Odette

# PUZZLES

## CHRISTMAS PICTURE PUZZLE GAME

Rebus puzzles or picture puzzle games depict a group of images and symbols that represent words or phrases. For instance, the letter H in front of a picture of an ear would become H + EAR which could mean HEAR or HERE. Can you decipher the 12 rebus puzzles below to find words or phrases associated with the Christmas season?

|   |   |
|---|---|
|  <span style="float: right; background-color: green; color: white; padding: 2px 5px;">1</span>   |  <span style="float: right; background-color: green; color: white; padding: 2px 5px;">2</span>  |
|  <span style="float: right; background-color: green; color: white; padding: 2px 5px;">3</span>   |  <span style="float: right; background-color: green; color: white; padding: 2px 5px;">4</span>  |
|  <span style="float: right; background-color: green; color: white; padding: 2px 5px;">5</span>   |  <span style="float: right; background-color: green; color: white; padding: 2px 5px;">6</span>  |
|  <span style="float: right; background-color: green; color: white; padding: 2px 5px;">7</span>   |  <span style="float: right; background-color: green; color: white; padding: 2px 5px;">8</span>  |
|  <span style="float: right; background-color: green; color: white; padding: 2px 5px;">9</span>   |  <span style="float: right; background-color: green; color: white; padding: 2px 5px;">10</span> |
|  <span style="float: right; background-color: green; color: white; padding: 2px 5px;">11</span> |   |
|  <span style="float: right; background-color: green; color: white; padding: 2px 5px;">12</span> |   |

## Christmas Carols Cryptogram

Here is a list of 18 Christmas carols whose titles have all been written in the same secret code. Can you figure out what the titles are? (Hint: replace the letter P with a C.)

1. Q PQOR WYY VR JWFNSJBY
2. AFYRUN UFTSN, SQYV UFTSN
3. IRPZ NSR SWYYA DFNS MQBTSA QJ SQYYV
4. SWXZ! NSR WUTRYA AFUT
5. NSR JFXAN UQRY
6. DR DFAS VQB W ORXXV PSXFANOWA
7. FN PWOR BLQU NSR OFIUFTSN PYRWX
8. F'Ø IXRWOFUT QJ W DSFNR PSXFANOWA
9. WDWV FU NSR OWUTRX
10. AWUNW PYWBA FA PQOFUT NQ NQDU
11. AFYERX MRYYA
12. YFNMYR IXBOORX MQV
13. TQI XNAN VR ORXXV TRUNYRORU
14. XBIQYLS NSR XRI UQARI XRFUIRRX
15. F AWD ØØØØV ZFAAFUT AWUNW PYWBA
16. KFUTYR MRYYA
17. SWER VQBXARYJ W ORXXV YFNMYR PSXFANOWA
18. Q PSXFANOWA NXRR



## **NOLALU COMMUNITY CENTRE: HALL RENTAL**

Contact NCC Vice-President for hall availability and bookings. Text 807-630-6061

Package A: **Occasional daytime functions** e.g., birthday parties, showers

- ◆ Minimal use of kitchen e.g. fridge, **\$30**
- ◆ Full use of kitchen, e.g. burgers on stove, **\$50**

Package B: **Meetings of Community/Service groups**

- ◆ Minimal use of kitchen, e.g. fridge
- ◆ **\$25** part day / **\$50** full day

Package C: **Major day or evening functions** e.g., weddings, family reunions

- ◆ With liquor if required, plus full use of kitchen
- ◆ Renter is responsible for obtaining and posting liquor license if required
- ◆ **\$100** (and up, at the discretion of the NCC, depending on function, risk, familiarity with kitchen equipment)

Package D: **Memorial Service for community member**

- ◆ Refreshments (sandwiches, pickles, desserts, tea, coffee) can be provided
- ◆ Specialty foods, e.g. suolakala, not included
- ◆ **\$40** plus the cost of food supplies

Package E: **Businesses Day Use** For meetings, training, workshops, retreats, etc.

- ◆ Minimal use of kitchen, e.g. fridge **\$100**

**Table/Chair rental available:** (max 16 8' tables, max 100 chairs)

- ◆ At the discretion of the NCC Board
- ◆ **\$5/table, \$2/chair** for the event.
- ◆ Renter provides transportation and returns in clean condition.
- ◆ Chairs are upholstered, therefore cannot get wet

Set-up charge for tables and chairs, if requested, additional **\$25**.

Clean-up charge, **if necessary**, additional **\$25+** at the discretion of the NCC.

**The facility is to be left in a clean, tidy condition**

**Please make all cheques payable to Nolalu Community Centre. Etransfer available at [nolalucctreasurer@gmail.com](mailto:nolalucctreasurer@gmail.com) with a brief description of what the payment is for.**

# NCC Events—December 2023

| Sun | Mon   | Tue | Wed  | Thu  | Fri   | Sat  |
|-----|---|-----|--|--|---|--|
|     |   |     |  |  | 1 Drop-in Exercise<br>9:30am to 10:30am FREE  | 2 Private Rentals<br>12:00pm onwards           |
| 3   | 4 Drop-in Exercise<br>9:30am to 10:30am FREE<br>Rural Readers<br>7:00pm to 9:00pm   | 5   | 6 YOGA<br>7:00pm to 8:15pm                                     | 7  | 8 Drop-in Exercise<br>9:30am to 10:30am FREE  | 9 BREAKFAST<br>WITH SANTA<br>11:00am to 2:00pm |
| 10  | 11 Drop-in Exercise<br>9:30am to 10:30am FREE                                       | 12  | 13 PLAY GROUP<br>12:00pm to 2:00pm<br>YOGA<br>7:00pm to 8:15pm | 14 NEST Meeting<br>7:30pm at West Firehall | 15 Drop-in Exercise<br>9:30am to 10:30am FREE | 16 Private Rental<br>12:00pm onwards           |
| 17  | 18 Drop-in Exercise<br>9:30am to 10:30am FREE<br>SENIORS LUNCH<br>11:00AM to 1:00pm | 19  | 20   | 21   | 22  | 23   |
| 24  | 25 MERRY CHRISTMAS  | 26  | 27   | 28   | 29 Drop-in Exercise<br>9:30am to 10:30am FREE | 30   |
| 31  | HAPPY NEW YEAR  |     |  |  |   |  |