

04

THE BRRR EDITION
EDITION



THE CHATTER BOX
NEWS FROM HERE & THERE



NEW YEARS REVERSE RESOLUTIONS!

Timbytes



From Our VP, Tim Wall

Every year I take a few seconds to ponder my New Years resolutions. Who am I kidding - I mean, I'm so adorable, what could I want or need to change? I think to myself, do I put my book down and go get things done? Then I laugh and laugh and turn the page, and exercise? Well that takes effort too and if I lost weight, I'd have wrinkles and loose my youthful appearance, so that's definitely out.

Do I want to be humbler? Well, I suppose I could try but who would believe it? My radiance and unassuming brilliance just naturally shine through no matter how hard I try to cover it up with humility. So this new year, I have decided to take a different approach -and feel free to use my "Reverse Resolutions Reboot".

To make my life healthier and happier I am giving all my friends and family new years resolutions! Things they can change to make *my life* better. I will present everyone with personalized challenges for 2026, things they can change that will enrich my life and by extension, their own. My new motto is "[My happiness is your happiness](#)".

My thoughtfulness and generosity will remove the strain and pain in trying to come up with your own resolutions and the inevitable disappointment when they fall through. I will take the pressure off you and put it on myself. (I just keep giving.)



And let's be honest my needs and wants are pretty superficial so they will be easy for you to attain and give you instant satisfaction. So lets all come together and put our collective energies into making me a better person. Well maybe better is a bridge, but do what you can.

I'm not that hard to please and if you need help, go to my website to learn what makes me happy. [Happy New Years to me!](#)



To be serious for a moment though, I do start each day and not just the new year reminding myself of my daily resolutions.

Each day I meditate on my desire to be kinder, more compassionate, and more thoughtful, to be sensitive to the needs of others, generous and patient.

Everyday I resolve to be more grateful and appreciative of what I have and most especially for my family and friends, a home where I feel safe and food on the table.

I resolve to try each day to be a better person and make the world a better and kinder place. I do have needs, hopes and dreams but try to balance my need, wants and desires with the needs of others.

I pledge to do at least one thing everyday to make someone else's life just a little bit easier or happier, even if its to make someone smile or chuckle for just a minute, to feel appreciated. I hope you will join me in this pledge. It really doesn't take that much effort and its a lot easier than trying to diet, exercise or write that novel you have been saying you were going to write some day, not that those things aren't important resolutions as well.

Tim Wall, VP

So a happy, healthy, safe and peace filled 2026 to you all!
Tim 'Out with the old and in with the new' Wall



The Upper Clements Community Association Board of Directors would like to wish you all a very Happy New Year!

CHRISTMAS GLOW-OFF!



A friendly community decorating competition to make our little community shine bright this season.

WINNERS!!

🏆 **Grand Prize – Outdoor Lighting: the Chomyn house**



🎄 **Best Indoor Tree: the Salsman family tree**



🌟 **Outdoor Lighting Honourable Mention:** a beautifully lit home nominated by one of our board members — it wasn't officially entered, but it lifted our spirits so much we just had to celebrate it. ❤️

Thank you to everyone who participated, nominated, and cheered each other on. 🌟 🎄

Our hope is that this Glow-Off grows every year, so Upper Clements shines brighter and brighter — not only because festive lights are joyful and heart-lifting, but because a well-lit community is also a safer one.





THINGS GOT REALLY SPICY AT THE HALL!



Well, it was a hot time in the cold town when the Upper Clements Hall hosted its Chili Eat and Greet on January 17th. The Upper Clements Community Association board cooked up an incredible selection of delicious Chili and other dishes. It was a wonderful afternoon and provided an opportunity for people in our community and the surrounding area to come together, reconnect with friends, meet new people and enjoy the warmth of good food and fellowship.

Its warms our hearts to hear the hall filled with the sound of laughter and people enjoying one another's company. **The Upper Clements Community Association** is looking forward to hosting many other events this coming year that bring people together and promotes the health and wellness of our community. Please follow us on Facebook or visit our website, UpperClementsHall.ca, to register to receive our newsletter so that you don't miss out on future events.

A big thank you to our board of directors for making the Chili Eat and Greet such a success!





We Need To Talk...

In rural communities like ours, resilience isn't an abstract idea — it's practical. When supply chains break down, weather turns, or unexpected challenges arise, we feel it first and most acutely. What carries us through those moments is not just preparation, but connection.

One of our goals for 2026 is to create more opportunities for neighbours to truly know one another. At recent events, we've been hearing something that would have been almost unthinkable years ago: many people don't know who lives next door.

For rural communities, that's a new and concerning reality — and one we believe we need to address together. That's why you'll see us hosting more community gatherings.

When we invite you to come out, it's not just for the chili (though that helps). It's about building relationships now, so we're stronger, more connected, and more resilient when it matters most.

Sing It Out Community Karaoke Nights



We're also leaning into joy. Expect more pop-up karaoke nights — casual, fun, and open to everyone. These evenings are about laughter, letting loose, and building community in the simplest way possible.

Follow us on Facebook and keep an eye on our online community calendar so you don't miss these spontaneous gatherings whenever we're able to make them happen



Quite simply, we can't do this work without you. Volunteers and donations are **urgently needed** to keep our programs, events, and community-building efforts going — if you're able to give time, resources, or support in any way, it truly makes a difference.



BON APPETIT!



Valentines is just around the corner and that's spelled CHOCOLATE! So, enjoy these chocolate treats for lovers and friends curtesy of *Verilea Ellis*. Chocolate is the theme for Valentine's Day. The first two recipes make enough for two lovers. The third recipe makes more than enough for two lovers. Here goes:

Chocolate-Caramel Royale Coffee (non-alcoholic)

3 3/4 cups hot, strongly brewed coffee
2 Tablespoons chocolate syrup
2 Tablespoons caramel syrup
1/2 teaspoon vanilla



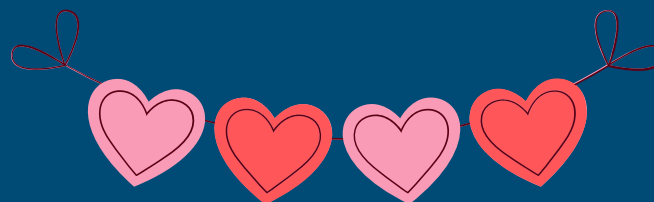
Combine all ingredients, stirring until syrups dissolve. Serve hot.

Praline Coffee (alcoholic)

3 cups hot brewed coffee
2/3 to 3/4 cup firmly packed light brown sugar
3/4 cup coffee cream (18%)
3/4 cup praline liqueur (or whiskey)
sweetened whipped cream



Heat, do not boil, first three ingredients in a large saucepan over medium heat, stirring constantly until thoroughly heated. Remove from heat. Stir in liqueur and serve coffee with dollops of sweetened whipped cream.





BON APPETIT!



Denver Chocolate Pudding

pudding:

3/4 cup white sugar
1 cup flour
2 teaspoons baking powder
1/8 teaspoon salt
1-2 squares chocolate
2 tablespoons butter
1/2 cup milk
1/2 teaspoon vanilla

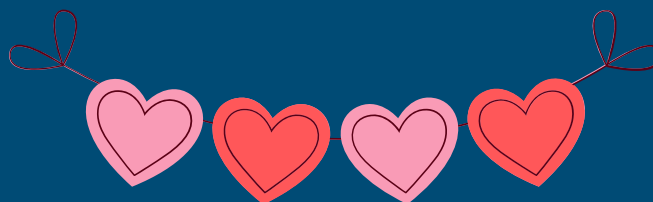
Topping:

1/2 cup brown sugar
1/2 cup white sugar
4 tablespoons cocoa
1 cup cold water



Sift flour, sugar, baking powder and salt. Melt chocolate and butter together over hot water and add to mixture. Add milk and vanilla. Pour into buttered 9 x 9 pan.

Over this, sprinkle/scatter without mixing, the two sugars and cocoa. Gently pour cold water on top. Do not mix. Bake 40 minutes, 325 degrees. Let stand at least one hour. Serve cool but not chilled. Top with whipping cream or ice-cream.





DANIELA & CHERYL'S Facebook Blocking Mystery



Dear Upper Clements,

A curious mystery has emerged in our quiet corner of the world — the kind that reminds us all why small towns are the best towns.

Recently, two neighbours who genuinely adore each other discovered something deeply unsettling: one of them had completely vanished from the other's Facebook.

Not muted.
Not unfollowed.
Vanished.

Naturally, panic ensued. (The polite, rural kind.)

There was absolutely no fight, no scandal, no passive-aggressive post about sourdough starters or snowplowing etiquette. Just a baffling digital disappearance that left everyone scratching their heads and quietly wondering what they'd done wrong.

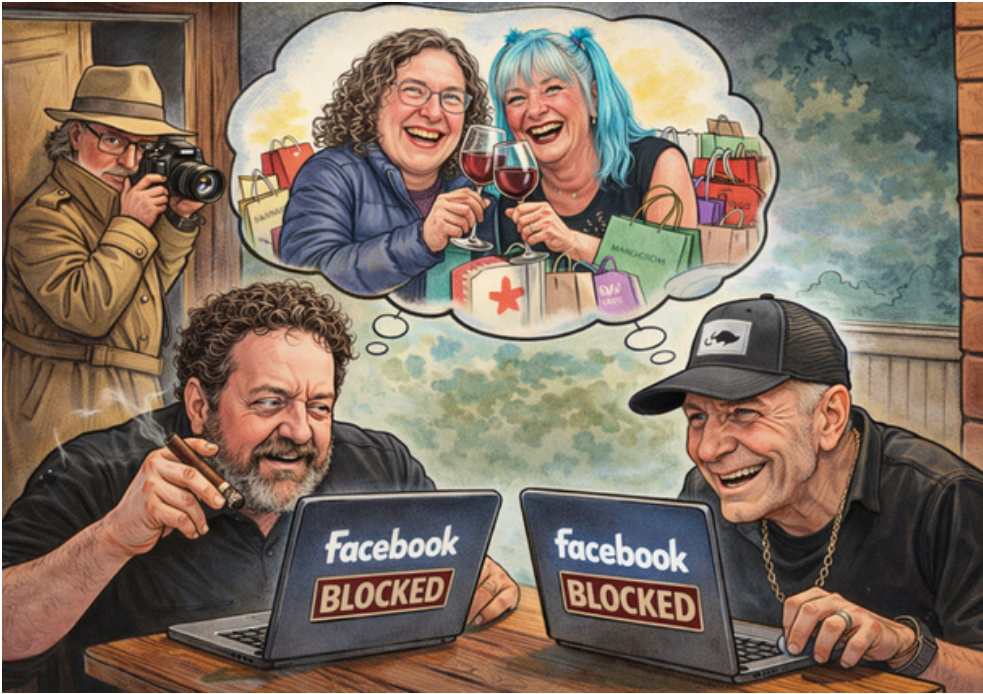
As a good community member, Tim almost accidentally found out — the way things happen here. Assume nothing, notice everything. At first, no one said a word. After all, in a small town you don't rush these things. You wait. You observe. You let the universe reveal itself.

Tim, however, couldn't help mentally compiling possible explanations:

- A rogue Facebook algorithm decided these two were getting too powerful together
- An accidental "block" caused by a phone slipping between couch cushions
- A mysterious update pushed out at 3:17 a.m. by someone who has never met anyone from Upper Clements

Or — and this theory has legs —
a coordinated spousal operation!





Yes. It is entirely possible the husbands orchestrated this temporary Facebook rift to prevent an innocent “quick catch-up” from escalating into:

- Wine at **Mad Hatter Wine Bar**
- Followed by just a “little” shopping at **Crown & Anchor in Annapolis Royal**
- Followed by “Should we go back to Mad Hatter for a refill?”
- Followed by “Well, we don’t get out much...”

We may never know the truth.

What we do know is that in a small town, awkwardness cannot hide forever.

Sure enough, Cheryl and Ray bumped into Paul at the **Annapolis Brewing**. And as anyone who has ever lived here knows — once you’re at the pub, there is no escaping the conversation. Facebook was discussed. The boys denied everything. Confusion was confessed. Laughter prevailed. The mystery unravelled exactly as it should have: over a drink, with good humour, **Fort Anne Cafe Fries**, and absolutely no drama.

If this story teaches us anything, it’s this: In Upper Clements, love always wins.

Because when there are so few of us, we really feel each other’s absences — even digital ones. And if someone disappears from your Facebook, it’s definitely not personal... it’s probably Facebook being Facebook.

And if it was a conspiracy — **Crown & Anchor: Elevated Living** is closed until spring- safe to let the ladies play again. Well played, gentlemen. Well played!

— ***The Upper Clements Rumour Mill***

(Reporting on mysteries big and small, with love.) ♥



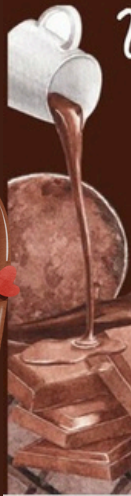
Upper Clements Community Hall
Saturday February 14th
10-2pm

Celebrate with Chocolate

Valentines Market

*Life is better with
chocolate!*

*To reserve a vendor table
Call Paula
902 312 2439*



Heritage Day



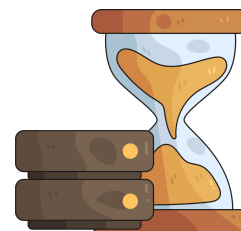
February 15 • 1-4 pm

Did you know Upper Clements has a full, county-compiled repository of every heritage property in the area – all bound together in a hefty, fascinating binder? It's an incredible snapshot of our past, and it will be on full display for Heritage Day.

If you'd like to find your house in the archive and snap a photo of its entry, you'll be able to do exactly that.

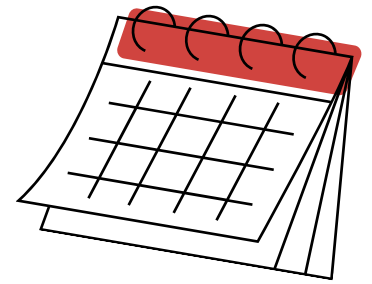
The hall will be filled with heritage displays, local artifacts, and interesting pieces from the community's past – thoughtfully curated to bring our history to life. We'll also have a presentation that digs deeper into the stories of our past, the families who shaped it, and how the area has evolved over time.

Whether you're a history buff, a genealogy enthusiast, or just curious about the place you call home, this is a wonderful opportunity to explore our community's roots.





Upper Clements Hall Save the Date!



We've got a full and festive stretch of community events coming up, and we hope you'll mark your calendars and join us. Everyone is welcome – new neighbours, long-timers, and all the folks in between!

Achieving Good Mental Health



Wednesday February 18 • 6pm-7:30pm

We'll explore what good mental health actually is and what contributes to maintaining good mental health.



Bread of Life Family Retreat

Saturday March 7 9-4pm

The woman's portion of programming for this retreat is being hosted at our hall!

Still Fired Up Bar Bingo



Saturday March 28 at 1:00 P.M.

This event is being sponsored by our wonderful friends at Still Fired Distilleries. Bingo winners will receive a bottle or samplers of one of Still Fired Distilleries wonderful product and will offer a taste testing during the break.



ChatGPT (AI) For Seniors & Beginners

Wednesday April 15 1pm-2:30pm

Mother's Day Tea



Saturday May 2 • 11-2

A spring tradition – light refreshments, friendly faces, and a lovely afternoon out.

Upper Clements Festival



July 10, 11 & 12

A brand-new three-day celebration of local makers, creativity, and community spirit. More details to come!

Follow Us On Facebook

For Updates!



Help!

We Need a Few Helping Hands!



Our little hall is busier than ever, and we're looking for two separate volunteers to help keep things running smoothly.

1. Interior Painting (One-Time Project)

We're planning to give the hall a fresh coat of paint early in the new year and would love help from anyone with a steady hand. While volunteers are ideal, we're open to budget-friendly proposals, and we'll cover all supplies.

2. Regular Cleaning Support (Ongoing Commitment)

We're also looking for someone who can commit to cleaning the hall weekly or every two weeks. The main tasks include washing floors and baseboards, and cleaning the bathroom and kitchen. It's roughly a 2-3 hour job each visit, and we always cover all supply costs. This is primarily a volunteer role, but we're open to discussing a modest honorarium if needed.

If either role feels like a match – or you'd like to chat about what you can offer – we'd be glad to hear from you. Every bit of help keeps our community hall strong, welcoming, and well cared for.

LOOK WHO'S TALKING



Achieving Good Mental Health

February 18 2026 6pm-7:30pm

The winter months can be long and sometimes put a strain on our feelings of happiness, contentment and leave people feeling rather blue.

So, what better time for us to come together and talk about mental health. This free talk will be facilitated by Tim Wall and explore what good mental health is and ways we can all strive to achieve and sustain good mental health and well-being.

Tim was thirty-five years in the field of mental health promotion, trauma, suicide prevention, and family violence.

Donations to the Hall will be greatly appreciated.
UpperClementsAssoc@gmail.com





STILL FIRED UP!

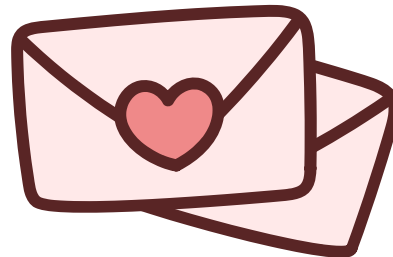
Bar Bingo

Join us on March 28 at 1:00 P.M.



Our first Bar Bingo!

This event is being sponsored by our wonderful friends at Still Fired Distilleries. Bingo winners will receive a bottle or samplers of one of *Still Fired Distilleries* wonderful product and will offer a taste testing during the break. *Still Fired Distilleries* is an award-winning local company that is garnering an international reputation. So come out and have some fun, a lot of laughs, a little sip of some terrific beverages and hang out with friends.



TALK TO US!

We love opening our doors to people who bring wisdom, wellness, and a bit of uplift to our community. Last year we hosted everything from mental health conversations and spiritual retreats, to bee clubs, karaoke nights, craft and yard sales, and recovery groups.

If there's something you'd love to see happen here—or a subject you think we should bring in an expert to explore- or if you'd like to share your genius, we'd be thrilled to hear from you. This hall grows stronger with every idea shared.



UpperClementsAssoc@gmail.com

FREE AI CLASS

FOR BEGINNERS & SENIORS!



LEARN TO USE **CHATGPT** AS A HELPFUL COMPANION!



Reduce
Loneliness



Stay
Independent



Get Answers
& Advice



Have
Some Fun!



APRIL 15 | 1:00-2:30 PM

**UPPER CLEMENTS
COMMUNITY HALL**

No experience needed. Free to attend!

ALL ARE WELCOME!

Donations Appreciated



A New Festival for Upper Clements!

Shaping Something Uniquely Ours

Back in November 2024, the hall hosted a community conversation about how we might strengthen our sense of togetherness here in Upper Clements – and how we might also draw visitors through the area to support local businesses and creatives. One idea from that discussion shone brighter than the rest: *our own three-day community festival*.

Many small rural communities hold annual celebrations tied to a signature crop or long-standing tradition. While Upper Clements doesn't have a single defining harvest or mascot, we do have something just as meaningful: a community full of artists, makers, musicians, builders, hobbyists, storytellers, and creative spirits of every kind. Rural life is woven with creativity here, whether it's expressed in a workshop, a kitchen, a garden, or a studio.

That's why the early vision for this festival centres around the arts – not only fine arts, but the everyday creative work that reflects our identity as a community. From local artisans and food producers to performers, growers, craftspeople, and heritage keepers, there is so much talent and character within our boundaries.

We're still in the very early planning stages. We don't yet know what the festival will be called, what shape it will eventually take, or how many activities will fill its three days – and that's the exciting part. We want the community to be part of imagining it.

Early in the new year, we'll be hosting a public planning meeting, open to anyone who wants to help shape this new tradition. Whether you're interested in participating, volunteering, selling, performing, or simply sharing ideas, you're warmly invited to join the fun. This festival belongs to the whole community, and we can't wait to build it together.

Stay tuned for the date of the meeting – and start thinking about what a uniquely "Upper Clements" celebration might look like. Follow us on Facebook for updates!



THE CHATTER BOX

NEWS FROM HERE & THERE



UpperClementsHall.ca



VOLUNTEER WITH US!

Running and maintaining a community hall takes a whole community. While the Board of Directors spends countless hours overseeing the hall's operations and keeping it running, it also needs the help and support of others in our community.

This is not our hall – it's everyone's hall; it's your hall.

If you believe in what we are doing and trying to do, please help us. If you can donate even an hour or two of your time from time to time, please contact us. Let's work and grow together!

WHO, WHAT AND WHERE

In future newsletters we plan to feature stories on people, ventures and new initiatives in our community. Feel free to submit your ideas about people, long time residents and new arrivals, and whats going on in our vibrant community that you might like to see featured in upcoming newsletters.

VAL'S WORD SEARCH

'I think that I shall never see a poem lovely as a tree'
.....Joyce Kilmer

Find 26 words
Diagonally
Horizontally
Vertically

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | C | E | G | I | K | R | Z | W | X | O | L | M |
| B | R | E | U | C | A | L | Y | P | T | U | S | O |
| C | A | B | X | L | B | S | U | M | A | C | J | K |
| D | B | H | P | P | C | D | E | P | I | N | E | L |
| E | A | O | G | I | N | K | G | O | P | J | T | K |
| F | P | E | E | R | A | S | H | Y | E | C | U | J |
| G | P | W | E | L | M | X | Z | R | A | C | L | A |
| H | L | U | V | U | A | O | Y | R | B | I | B | |
| Y | E | W | L | Y | Z | M | F | B | O | K | P | C |
| M | A | P | L | E | A | M | I | Y | C | N | S | I |
| I | C | M | N | C | P | D | G | O | A | K | P | N |
| J | R | O | Y | G | P | X | L | Y | K | Z | R | G |
| H | A | S | P | Y | L | M | Y | C | Y | O | U | A |
| G | B | H | Q | D | E | B | A | Z | H | M | C | C |
| F | S | E | Z | H | N | T | G | T | O | F | E | E |
| T | A | M | A | R | A | C | K | M | N | I | B | G |
| E | F | L | L | M | N | C | O | P | Q | R | O | I |
| D | X | O | K | N | U | J | G | H | K | H | L | K |
| C | K | C | L | B | E | E | C | H | C | K | G | M |
| B | A | K | E | F | M | R | N | R | P | O | L | O |
| H | W | X | Y | Z | A | S | I | G | R | O | U | P |
| A | V | U | T | L | S | B | J | S | B | O | N | Q |

- apple
- ash
- beech
- birch
- buckthorn
- crabapple
- elm
- eucalyptus
- fig
- fir
- ginkgo
- hackmatack
- hemlock
- larch
- maple
- oak
- pear
- pine
- plum
- poplar
- spruce
- sumac
- sycamore
- tamarack
- tulip
- yew



UpperClementsAssoc@gmail.com



We hope you've enjoyed this issue and maybe found a little inspiration in the stories shared—whether they're feel-good moments, unique friendships, special talents, or the kinds of passions that make our community shine. We'd love to keep highlighting the wonderful people who call this place home. If you have ideas or stories worth celebrating, please send them our way.



LOOKING TO RENT THE HALL FOR A SPECIAL EVENT OR REGULAR GROUP?

UpperClementsHall.ca/rent-our-hall

We've got a virtual tour, pictures & a fully automated online booking system!

04

FILL YOUR CUP EDITION



THE CHATTER BOX

NEWS FROM HERE & THERE



UpperClementsHall.ca



**Thank You for reading our newsletter. Please follow us on
facebook & visit our website for updates!**

Don't miss the next issue! Subscribe to our newsletter on our website or here:

SUBSCRIBE



Donations

The Upper Clements runs on a small annual budget, yet, as everyone has experienced, costs keep growing — stretching and straining our resources. The hall has a long list of annual operating expenses, from insurance, septic services, utilities, and supplies to repairs and replacing equipment.

All of these ongoing expenses are covered through fundraising and your generous donations. No donation is too small, and every donation is greatly appreciated. Invest in our community and future by investing in the Upper Clements Community Hall. Thank you.

etransfers can be sent to
upperclementsassoc@gmail.com
-please write DONATION in the message

HELP US FUNDRAISE!

ADVERTISE WITH US!

| | | |
|--|--|---|
| \$50 1/2 page Vertical 4.583" x 11.25" | \$25 1/4 Page Vertical 4.312" x 5.625" | \$25 1/4 page horizontal 8.625" x 2.813" |
| | | |

Full Page: **\$100**

Can be used as advertorial

Every free event, workshop, and gathering we host at Upper Clements Hall comes with real costs — heat, power, maintenance, insurance, and upkeep that keep the doors open for everyone. By advertising with us, you're not only promoting your business, you're directly helping fund the space that makes community connection possible.