

NCC NEXT MEETING:

No Meeting

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

LSB NEXT MEETING

No Meeting

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

NEST NEXT MEETING

Thursday December 12
@ 7:00pm

At the NCC and open to the community

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December 2024

Nolalu's GRASSROOTS

HOLIDAY MARKET

Get ready to kick off the holiday season with our country holiday market! Whether you're searching for unique gifts, delicious treats, or just want to soak up the festive atmosphere, this event is not to be missed.

**Sunday, December 1, 2024
11:00 AM - 2:00 PM
Nolalu Community Centre
2266 Highway 588, POT 2K0**

Table rental \$10

Contact Kathy at 807-629-0343 or nolalucountrymarket@gmail.com if you'd like to be a vendor at this event.

Proceeds of the table rental fee will support the Rural Cupboard Food Bank.



Catherine and Terry Niemi

51 Delints Road, Nolalu

768-5357 or 633-2949

terry@therustybucket.org

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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

Chair		prez.ncc@gmail.com currently not monitored	
Vice Chair	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442
Secretary	VACANT		
Treasurer	Elizabeth Pszczolko	nolalucctreasurer@gmail.com	807-623-6800
Events Coordinator	Emma Allgood	tritree@outlook.com	Text to 519-410-8733
Kitchen Coordinator	VACANT		
Volunteer Coordinator	VACANT		
Media Coordinator	Kathy McGowan	Via Facebook	
Grassroots Editor	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442

NEXT NCC MEETING:

No Meeting in December

ALL NCC meetings are open
to the community.

NEST meeting 7:00 pm at NCC

Thursday December 12, 2024

Nolalu Dump WINTER Hours October 1—April 30

ADRIAN LAKE

Sundays 12pm - 3pm

HARDWICK

Sundays 4pm - 6pm

HOPPER'S VARIETY

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7:00 am to 9:00 pm

Sunday to Saturday

807-475-8804 OR 807-475-8814



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LCBO CONVENIENCE OUTLET

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LAUNDROMAT

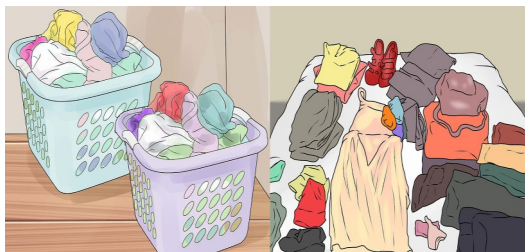
ST. URHO'S GOLF COURSE

9 HOLE 36 PAR

GOLF CART RENTALS



BOTTLE RETURN DEPOT



CALL TO BOOK YOUR APPOINTMENT

SNOW REMOVAL, SAND & GRAVEL

CONSTRUCTION/FLOATING

****FREE QUOTES****



Piparkakut - Traditional Finnish Gingerbread Biscuits

Ingredients

3/4 cup golden syrup	7 ounces caster sugar	9 ounces butter
2 tsp ground cinnamon	2 tsp ground ginger	2 eggs
2 tsp ground cloves	1 tbsp mixed citrus peel	1 tsp salt
17.5 ounces plain flour	3 tsp baking soda	

Directions

Place golden syrup, sugar, butter, spices and citrus peel into a saucepan and bring to the boil. Allow to cool slightly, then beat with electric beater until light and slightly fluffy. Beat in eggs one at a time.

Sift flour, baking soda and salt together, add to the mixture to form a dough.

Wrap dough with clingwrap and place into refrigerator overnight.

Next day: Preheat oven to 200C. Roll out dough as thin as possible. Cut desired shapes using cookie cutters. Place biscuits onto oven trays, brush with iced water and bake in oven for 6-8 minutes until brown and slightly puffy.

Rice - Traditional Finnish porridge

Ingredients

2 cups water	6 cups milk	1 1/4 cups rice
1 1/2 tsp salt	1 blanched almond	

Directions

Add the rice to the boiling milk and water mixture.

Simmer until cooked. Add the salt and one blanched almond. Serve with ground cinnamon, sugar to taste, and milk.

Preparation time: 10 minutes Cooking time: 40 minutes Suitable for freezing

Note: The almond is believed to bring good luck to the person who happens to get it.

Mixed Fruit Soup - A rare delicacy

Ingredients

1 lb. dried mixed fruit	8 cups water	3/4 cup sugar	stick of cinnamon
dash of salt	3 tbsp potato starch		

Directions

Rinse the mixed fruit in cold water and leave to soak overnight in water containing a little sugar. Boil the fruit in the soaking liquid with the cinnamon and a touch of salt if desired. Continue to boil over a low heat until the fruit is fully cooked. Transfer the fruit with a slotted spoon to the serving dish and remove the stick of cinnamon.

Thicken the juice: remove the pan from the heat, mix the potato starch in a little cold water and add in a thin stream to the liquid, stirring continuously. Bring quickly back to the boil without stirring. Pour over the fruit and sprinkle a little sugar over the top.



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 More information also available at <http://seeclearlyqhht.com> or <https://www.qhhtofficial.com>

Just a reminder that the Grassroots is available for pick up at the following locations:

Hoppers Variety Store

Green Acres Variety Store

Suomi Variety Store

Evergreen Pharmacy, Kakabeka

Rural 60 Plus, Kakabeka

GRASSROOTS

If the Postal Strike is still on at the time of printing Grassroots, extra copies will be available for pick-up at the following locations:

Hoppers Variety Store

Green Acres Variety Store

Evergreen Pharmacy, Kakabeka



AVISTA
REALTY GROUP LTD.
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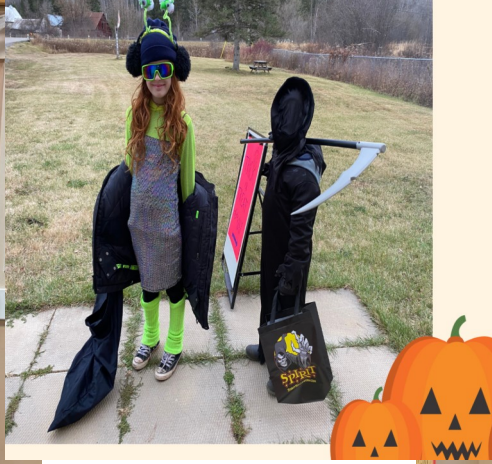


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Salesperson
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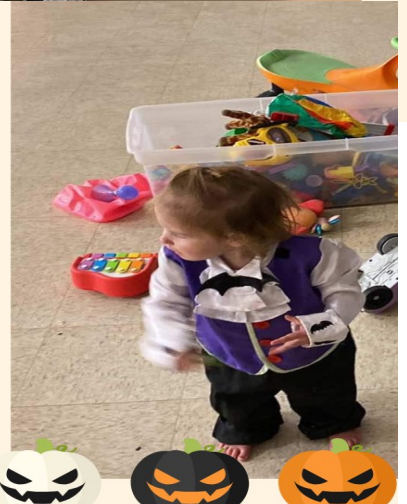
www.avistarealty.ca

Happy HALLOWEEN

NCC 2024



2024



Interesting Christmas History & Traditions

Taken from various sources

Christmas Colours

Green: Green became a color of Christmas due to its connection with evergreen plants such as Holly, Ivy, Mistletoe, and Pine trees. It is the perfect color for Christmas because evergreen plants look great in cold or warm climates. Evergreen plants have had a connection to the Winter Solstice for thousands of years as they would remind people that winter was here but would soon pass, and they would arrive at spring.

Red: For Santa Claus or Candy Canes, but originally, centuries ago, red at Christmas time was often due to the use of apples on the paradise tree. The paradise tree was used in plays and represented the fall of Man when Adam took a bite of the forbidden apple. The color red is symbolic of the blood of Jesus..

Gold: In pagan tradition, the color of gold is due to being the color of the sun. The sun shines light into the dark winter and can also represent warmth.

White: White is an obvious choice for Christmas. It represents two different things. The first is the purity of Christ. Secondly, it is the color of snow, which most people experience around this time of year. ter.

Blue: Centuries ago, blue was worn as a sign of wealth, and when art was made depicting Mary, she was often wearing a blue robe. Mary was not a wealthy woman, but the blue was given to her to show her importance.

Mince Pies

Mince Pies were traditionally filled with meat and then cooked in an oval-shaped dough. Mince Pies were a Christmas tradition for the wealthy, who would create different designs and shapes that could fit together like a puzzle. They were often used as status symbols because only the best chefs could create them, and that meant you could afford to pay them. This tradition actually goes back to the Middle Ages when they would eat a mince pie every day of Christmas until the Twelfth Night. This superstition meant that would be happy for the next 12 months.

Mistletoe

The Mistletoe has a long and distinguished history in pagan and Christian culture. The association of "kissing under the mistletoe" came when Christianity gained influence. Prior to that, it was used to ward off evil spirits and bring good luck to a household.

Eggnog

There are three primary theories on how we got the name "nog": Nog comes from nug or nudged ale. Nog came from a strong beer with eggs in it. Nog is an English word for a small wooden mug. The first written use of eggnog is from 1775 when Jonathan Boucher, a clergyman and philologist (someone who studies old texts) from Maryland, wrote a comic poem about the various drinks he had during the day! An early eggnog recipe comes from 1799 when the book 'Travels Through the States of North America and the Provinces of Upper and Lower Canada' (volume 2) described how an inn in Baltimore made eggnog: "The American travelers, before they pursued their journey, took a hearty draught each, according to custom, of egg-nog, a mixture composed of new milk, eggs, rum, and sugar, beat up together.

Non-Alcoholic eggnog began showing up throughout the country, and by 1960, it had become mainstream. Today, non-alcoholic sales of eggnog are more than alcoholic sales, as folks of all ages enjoy it.

Interesting Christmas History & Traditions

Christmas Pickle History

The Christmas pickle originated in Germany, but it did not have its own tradition. Germany imported a large number of glass ornaments to the United States department store Woolworth. The glass ornaments were of many different fruits and vegetables, and the pickle happened to be one of those selections. At around this same time, there was a story that emerged that said a Christmas pickle was an old German tradition. According to the tradition, the pickle would be the last thing hung on the tree, and whoever found the decoration first would receive an extra present. That is what was said, at least, but this was not true at all as this is not a Christmas tradition in Germany.

The other story is linked to St. Nicholas. It's a medieval tale of two Spanish boys traveling home from a boarding school for the holidays. When they stopped at an inn for the night, the evil innkeeper killed the boys and put them in a pickle barrel. That evening, St. Nicholas stopped at the same inn, and found the boys in the barrel, and miraculously brought them back to life!

While these stories are fascinating, none of them point to a clear origin of the Christmas pickle. It seems to be a sales marketing ploy that was just picked up through the years and eventually became a staple.

Christmas Tree

Egyptians: They viewed evergreens as a symbol of life's victory over death. Around the solstice, they would bring date palm leaves into their homes. Romans: Prior to Christmas, the Romans celebrated a festival called Saturnalia around the winter solstice, which would have been on December 25th on the Julian Calendar. They were believed to use hanging mistletoe during these celebrations. Celts: Druids would use evergreen plants and mistletoe during their winter solstice celebrations. The mistletoe did not represent any sort of kissing but rather as a symbol of the birth of a god. German: They would use evergreen trees as a symbol of hope for the coming spring. This is probably the practice that eventually evolved into what we know now. In 1521, the first pine tree was decorated and used in a celebration that would become known as Christmas. After this event, Christmas Trees continue to show up in the records. In 1570, A fir tree was decorated with fruits and nuts that children would eat on Christmas. By the 18th century, Christmas Trees were very common throughout northern Germany. By the mid-18th century, there were many cities in the United States to put up their first Christmas Tree.

Canadian Traditions

Many Canadians open their gifts on Christmas Eve. Some only open their stocking on Christmas Eve. Others choose one gift to open, then save the rest until Christmas Day. Canadians like to decorate their houses with Christmas Trees, lights and other decorations. There's often Christmas stockings hung by the fireplace, ready for Santa! Traditional favorite Christmas desserts include Christmas plum puddings and mincemeat tarts. Christmas crackers are popular with many people in Canada as well. A rich fruit Christmas Cake is also normally eaten around Christmas time! Going skiing, skating and tobogganing are also popular if there's snow at Christmas! 'Sinck Tuck' is a festival started by the Inuit that is celebrated in some provinces of Canada. This celebration consists of dancing and gift exchanging. The Santa Claus Parade in Toronto is one of the oldest and largest Santa parades in the world! It started in 1913 when Santa was pulled through the streets of Toronto. Children along the route followed Santa and marched along with him. It's been taking place for over 100 years and now is a huge event with over 25 animated floats and 2000 people taking part! It's broadcast on TV around the world.

"Christmas isn't just a day, it's a frame of mind". ~~Anonymous~~



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).

December 2nd: "Wuthering Heights" by Emily Bronte

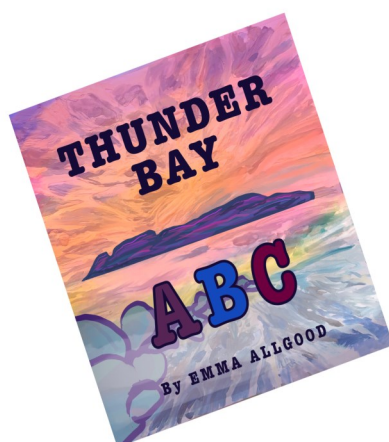
January 6th: "The Incredible Journey" by Sheila Burnford

February 3rd: "Carry On, Warrior" by Glennon Doyle Melton

March 3rd: "Catch 22" by Joseph Heller

Join online:

www.facebook.com/groups/ruralreadersbookclub



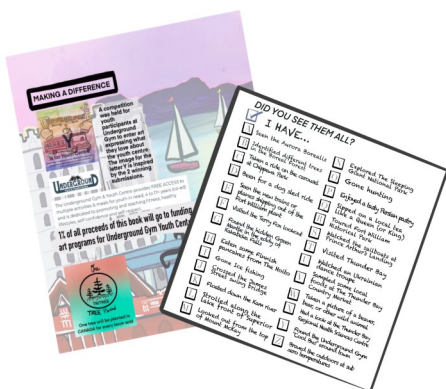
MAKES A GREAT GIFT!

THUNDER BAY ABC

THUNDER BAY ABC IS A 26-PAGE BEAUTIFULLY ILLUSTRATED BOOK ABOUT THE AREA WE LIVE IN. CHILDREN CAN LEARN ABOUT THUNDER BAY'S HISTORY AND FOLKLORE IN THESE PAGES.

EACH FULL-COLOUR HARD COVER BOOK INCLUDES A SCAVENGER HUNT ON THE FINAL PAGE, GIVING FAMILIES A GREAT OPPORTUNITY TO GO OUT AND DISCOVER EVEN MORE ABOUT THE REGION.

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Brussel Sprouts

Ingredients

- 1 1/2 pounds brussel sprouts (ends trimmed and yellow leaves removed)
- 3 tbsp olive oil
- 1 tsp salt
- 1/2 tsp freshly ground black pepper

Directions

Preheat the oven to 400°F. Place brussel sprouts, olive oil, salt, and pepper into a large Ziploc bag. Seal the bag and start shaking until the brussel sprouts are well-coated.

Transfer the brussel sprouts onto a baking sheet and place it in the center rack of the oven. To ensure the brussel sprouts caramelize, make sure the cut-side (flat-side) is facing down. Also, don't overcrowd the baking pan. Leave a little space in between so they're not touching.

Roast the brussel sprouts for 20 to 30 minutes, until the outer leaves are lightly charred. They should be crisp on the outside and tender in the center. Cooking time can vary based on your oven and the size of your sprouts. Season with more salt and pepper to taste.

Winter Traditions from Around the World

From: PennyAppeal.org

From ice sculpting to gift giving, these are some of the most charming winter traditions around the world that will make you appreciate the season even more!

The winter season is commonly seen as a period for spending time with family, giving thanks, and celebrating. But each culture has their own unique way of doing things. Winter is a special time for many cultures all over the globe, and each one has their own set of traditions that make the season special. From Germany's Christmas markets to China's New Year's celebrations, there are endless amazing winter traditions around the world!

So, sit back, relax, and get ready to be transported to a land of winter wonder!

Germany is well-known for its festive holiday markets. These markets are the perfect place to find unique gifts for your loved ones, or to simply enjoy a delicious Bavarian dumpling! The atmosphere at the winter markets is truly magical, and they are a must-see if you are ever in Germany during the winter season!

In Japan, one of the most popular winter traditions is ice sculpting. Every year, people from all over the country gather in the city of Sapporo to compete in the annual Snow Festival. The event features some of the most creative and intricate ice sculptures you will ever see! If you are lucky enough to be in Japan during winter, be sure to check out this amazing event.

Another popular winter tradition is gift giving. In Norway, the custom of giving gifts to friends and family on Christmas Eve is called Jul, and it is a very important part of Norwegian culture. Santa Claus is known locally as Julenisse, and he is said to bring gifts to good children. Families will often leave out a bowl of porridge for Julenisse in case he gets hungry during his busy night!

China is home to the world's largest New Year celebration. Every year, millions of people travel to Beijing to watch the spectacular Lantern Festival. The festival features beautiful lanterns of all shapes and sizes, as well as traditional Chinese dances and performances. It is truly a sight to behold!

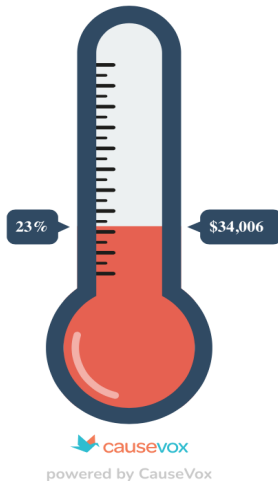
Ice Castles: Every winter, the town of Breckenridge in Colorado transforms into a magical ice kingdom. The Ice Castles are built entirely out of icicles, and they feature tunnels, slides, fountains, and even a throne room! Visitors can explore the castles during the day or at night, when they are illuminated with LED lights.

Winter Carnival: The Winter Carnival in Quebec City is one of the largest and most popular winter festivals in the world. The event takes place over two weeks in February, and it features a wide variety of activities, including ice sculpting, dog sledding, snowshoeing, and more.

Finally, one of our personal favourite winter traditions... the Great British Pantomime! This beloved annual tradition takes classic children's stories such as Cinderella and Jack and the Beanstalk and turns them into lively family entertainment! Pantomimes feature hilarious comedy, catchy songs, and over-the-top costumes. They are the perfect way to get into the holiday spirit!

"Traditions are the guideposts driven deep in our subconscious minds. The most powerful ones are those we can't even describe, aren't even aware of". ~~Ellen Goodman~~

GOAL: \$150,000



Individual and business donors will be acknowledged in Grassroots, or can choose to be anonymous. Etransfer accepted at treasurer@nolaluest.com

Donation cheques can be mailed to:

NEST

2167 Hwy 588

Nolalu ON P0T 2K0

Or dropped off at Hoppers store, at the corner of Hwy 590 and Hwy 588

Please put "**tanker donation**" on the ***memo line*** of the cheque

\$34,006.00 total so far. Thank you so much for your support in our efforts to build funds for the purchase of a new tanker

The History of Christmas Trees

1510 – The first written record of a decorated Christmas Tree comes from Riga, Latvia.

1530 – There is record from Alsace, France (then Germany territory) that trees were sold in the marketplace and brought home and set up undecorated. Laws limited the size to "8 shoe lengths".

1600s – By the 17th century, it was common in Germany to decorate Christmas Trees with apples. .

1700s – In parts of Austria and Germany, evergreen tips were brought into the home and hung top down from the ceiling.

1800s – The Christmas Tree was introduced in the United States by German settlers. It rapidly grew from tabletop size to floor-to-ceiling.

1853 – Franklin Pierce is credited with bringing the first Christmas Tree to the White House.

Late 1800s – The first glass ornaments were introduced into the United States, again from Germany. The first ones were mostly balls, but later chains of balls, toys and figures became more common.

Around 1883 – Sears, Roebuck & Company began offering the first artificial Christmas trees – 33 limbs for \$.50 and 55 limbs for \$1.00.

1900s – Due to overharvesting, the natural supply of evergreens began to be decimated.

1901 – The first Christmas Tree farm was started in 1901 when W.V. McGalliard planted 25,000 Norway spruce on his farm in New Jersey.

1966 – The National Christmas Tree Association began its time-honored tradition of having the Grand Champion grower present a Christmas Tree to the First Lady for display in the Blue Room of the White House. That year, Howard Pierce of Black River Falls, Wisconsin, presented a tree to President Lyndon Johnson and First Lady Bird Johnson.

Today – Approximately 25-30 million Real Christmas Trees are sold each year in the United States. Almost all of these come from Christmas Tree plantations.

'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

Statistics for Ontario between 2010-2014.

Nolalu Emergency Services Team

Hall 807-475-4441

info@NolauEST.com

Emergency 807-473-5200

2167 Hwy 588

Nolalu ON P0T 2K0



We Need You!

The NCC Board is in need of a Chair person and a secretary. The duties are listed below and being a volunteer board we are always willing to help one another out. Feel like you don't have the experience? The board members will assist you with whatever you need. Want to learn more? Contact one of us or come out to a board meeting, we would be happy to discuss the board positions with you.

Chair person:

The Chair shall chair all meetings of the Corporation and of the Board, when present in person, and able, have general supervision of the affairs of the Corporation; sign all by-laws, and execute any documents with the Secretary; perform any other duties which the Board, from time-to-time, may assign.

Duties:

- Maintain good working relationship with Local Services Board;
- Maintain good working relationship with other Board members;
- Greet and liaise with visiting dignitaries;
- Promote good relationships with community and centre members;
- With other Board members, review submission of contracts or transactions to Directors for approval;
- With other Board members, review by-laws annually;
- With other Board members, review strategic plan annually;
- In case of a tie in voting of the Directors, the Chair shall have a casting vote in addition to their original vote;
- Attending some (not all) programs and functions of the centre as the Board representative;
- Acting as liaison with government agencies unless delegated to another Director of the Board;
- Sign all by-laws and be secondary signing Officer of all accounts;
- Performing other duties which the Board may, from time to time, assign;
- Subject to the NCC Constitution section 6. Finance, Clause (d) any two of the four signing Officers can authorize by signing all cheques and other payables, however, when possible, the Treasurer shall countersign with the Chair, Vice-Chair or Secretary as required.

"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another." ~Erma Bombeck~



We Need You!

Secretary

The Secretary keeps and maintains the records of the Corporation.

Duties:

- Keep and maintain records of the Corporation including the registry of Officers and Directors, the minutes of the annual general meeting, general meetings and meetings of the Board, the by-laws and resolutions;
- Have custody of the corporate seal;
- Certify copies of any registry, by-law, resolution or minutes;
- Give notices of the annual general meeting, general meetings and meetings of the Board of Directors;
- Be the channel for all correspondence to and from the Board, with the approval of the Board;
- Perform other duties which the Board may, from time to time, assign; and
- Subject to the NCC Constitution section 6. Finance, Clause (d) any two of the four signing Officers can authorize by signing all cheques and other payables, however, when possible, the Treasurer shall counter sign with the Chair, Vice-Chair or Secretary as required.

"Tradition serves as a critical anchor to our identity and heritage. It preserves the customs, rituals, and narratives that connect us to our roots. These connections are essential for maintaining a sense of identity and belonging".~~Unknown~~

Indigenous Celebrations

Indigenous communities in Canada celebrate Christmas in a variety of ways, including:

Honoring cultural heritage: Indigenous communities celebrate Christmas by incorporating their own languages, drumming, dancing, and storytelling.

Feasts: Some Indigenous communities celebrate Christmas by feasting, and may put out a spirit dish or feast plate for deceased loved ones.

Winter Solstice: Some Indigenous communities celebrate the Winter Solstice instead of Christmas. The winter solstice is a time to honor the natural cycles and patterns, and to reflect and tell stories.

Prayer ceremonies: Some Indigenous communities celebrate Christmas with prayer ceremonies.

Sweat lodges: Some Indigenous communities celebrate Christmas with sweat lodges.

Some Indigenous communities have also adapted to celebrate Christmas over time. For example, some Indigenous people now celebrate Christmas with the usual Christmas meals

Thank You

Halloween Dance

I wanted to give a big thank you to all the volunteers.

We had over 30 people helping out to put this night together for our neighbours.

From set up crews, kitchen prep, bar tenders, ticket takers, cooks, kitchen help, cash, fire tenders, to everyone who helped pick up at the end.

We have a great community.

Special thanks to Mama Pilo and Dave for coming at the very end to offer a ride home service to anyone who needed it.

The event was a blast and we had over 130 people in attendance.

I'll also thank the trick or treat volunteers who handed out candy and such to community children.

Cheers Emma

Second Tuesday of Each Month

Next Play Date: December 10, 2024

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 3rd Tuesday of every month at the Nolalu Community Centre

KB RURAL AREA STITCH & CRAFT GROUP

Do you like crafts? Are you a knitter or crochet person? Are you good with a glue gun or maybe beading is your talent? Can you draw, paint, or sketch? Would you like a couple of hours to get together with like minded individuals and indulge in your craft? Looking for a place to socialize and enjoy domestic crafts and arts, or maybe learn a new craft or skill? If you answered yes to any of those questions then this is the group for you.



We meet every other week on Monday nights from 7:00pm to 9:00pm

Meetings are held at the O'Connor hall, 330 Highway 595, O'Connor.

Updates can be found on the Facebook page;

KB RURAL AREA STITCH & CRAFT GROUP

Our next get together is November 11th

Bring your yarn, your sketch pad, your rock art, your beading, or whatever project you are currently working on. Hope to see you there.



Tourtière: A French-Canadian Tradition

Ingredients - Pie Pastry

2 cups unbleached all purpose flour
6-7 tbsp ice cold water

1/2 tsp salt

2/3 cup butter or lard chilled

Meat Filling

2 large Russet or Yukon Gold potatoes about 1 pound

1 tbsp extra virgin olive oil

1 small onion finely chopped

1 clove garlic finely minced

1 lb ground pork

1 lb ground beef

1/2 tsp poultry seasoning

1/2 tsp ground cinnamon

1/4 tsp ground cloves

1/4 tsp ground nutmeg

1/4 tsp salt

1/8 tsp pepper

1 large egg scrambled for glazing

Directions

Prepare the pastry:

Combine flour and salt in a large bowl. Cut in butter or lard until mixture is a rough crumbly texture. Add ice water one tablespoon at a time and mix just until the dough comes together. Shape the dough into a ball, flatten, wrap, and chill in the refrigerator. While pastry is chilling, prepare the filling.

Make the Filling:

Peel and cut potatoes into 2-inch chunks, add them to a medium saucepan, and fill with water until it covers the potatoes by 2-inches. Bring the saucepan to a boil over high heat and then reduce the heat to medium-high and boil until the potatoes are until tender, about 12 minutes. Reserve 1/2 cup of potato water and drain the rest. Mash potatoes and set aside.

Heat a large skillet over medium heat. Add olive oil, onions, and garlic, and sauté until softened, about 3 minutes. Add the ground beef and pork and cook until the meat is no longer pink. Drain off excess fat. Add the poultry seasoning, cinnamon, cloves, nutmeg, salt, pepper, and reserved potato water. Mix well and simmer for about 10 minutes until the liquid is absorbed. Remove the skillet from the heat, stir in mashed potatoes, and set the filling aside to cool slightly.

Assemble the Pie: Preheat oven to 400°F/205°C. On a lightly floured surface, divide dough in half and flatten one ball of dough with your hands. Roll dough to about 12-inches in diameter to fit a 9-inch pie pan. Place the pastry into the pie plate and add the meat filling. Brush around the outer edge of the pastry with the beaten egg. Roll out the top pastry and place on top of the filling. Fold the top crust under the bottom crust and pinch or flute the edges. Brush with egg wash and cut vent holes. Bake the pie in a preheated oven for 30 to 35 minutes or until the pastry is golden brown. Remove the tourtière from oven and let it cool at least 10 minutes before serving.

Kakabeka Legion News

Dec 1	Christmas Concert Just 4 You Band	2:00pm to 4:00pm
Dec 8	Buffet Breakfast	8:30am to 11:00am
Dec 13	Rural 60 Christmas Dinner	1:00pm to 4:00pm
Dec 14	Executive Mtg	2:00pm
Dec 14	Members Mtg	3:00pm
Dec 15	Christmas Dinner	4:00pm to 6:00pm
Dec 21	Quest Music & Dance	



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

For reservations call Dianne Harrison 807-577-6549

"We are not put on this earth for ourselves, but are placed here for each other. If you are there always for others, then in time of need, someone will be there for you."~~Jeff Warner~~

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 11, 2024

Registration 9 am to 11 am

Drive-Thru Pick-up

Old English Fruitcake

Ingredients

1 1/4 cups chopped dried prunes	1 1/4 cups chopped dates	1 1/2 cups dark raisins
1 1/4 cups golden raisins	1 1/4 cups currants	3/4 cup butter
1 cup dark brown sugar	3/4 cup molasses	
1/2 cup coffee liqueur or 1/2 cup strong black coffee		Zest & juice 2 oranges
1 cup chopped glace cherries	1 cup candied citrus peel	
1 1/2 cups toasted pecans chopped	2 tsp allspice	2 tsp cinnamon
2 tsp powdered ginger	1 tsp ground cloves	2 tsp nutmeg
3 tbsp cocoa	3 eggs	
1 1/3 cups all purpose flour	1/2 cup ground hazelnuts or almonds	1/2
tsp baking powder	1/2 tsp baking soda	

Directions

In a large saucepan melt the butter over medium heat and add the raisins, dates, prunes, currents, brown sugar, molasses, spices, coffee liqueur (or coffee) and the orange zest and juice. Bring to a gentle boil and very slowly simmer for 10 minutes. Remove from heat and allow to cool for 30-45 minutes.

When cool stir in the beaten eggs. Sift together, flour, cocoa, baking powder, baking soda.

Add the ground nuts and fold through the boiled mixture. Fold in cherries, citrus peel and pecans.

Pour into prepared baking pan. You can decorate the top with additional pecan halves, cherries etc., if you like.

Bake at 300°F for 1 1/2 to 2 hours depending upon the size of your pan. Mine took the full two hours in a 10 inch spring form pan. The cake should feel firm to the touch at the center and a wooden toothpick inserted into the center should come out clean. The cake should be cooled completely in the pan on a wire rack before removing.

At this point you can poke small holes in the top and bottom of the cake with a fork and pour on 4 ounces of dark rum, brandy, or your favorite whiskey, half on the top, wait ten minutes, then flip it over and pour the remaining half on the bottom.

Soak several layers of cheesecloth in additional rum or your flavour of choice, if you like and wrap completely around the cake, then cover with several layers of plastic wrap and store in a COOL place.

When serving, you can add a layer of marzipan, then regular icing, then silver edible balls, or if you have decorated the top with fruit and nuts, brush with a simple glaze of equal parts water and sugar boiled together for about 10-15 minutes.

"Food, in the end, in our own tradition, is something holy. It's not about nutrients and calories. It's about sharing. It's about honesty. It's about identity".~~Louise Fresco~~

The History of Christmas Lights

Candles: The tradition of decorating Christmas trees with candles began in Germany in the 17th century. Candles were attached to the tree with wax or pins to illuminate the tree's ornaments. However, candles were a fire hazard.

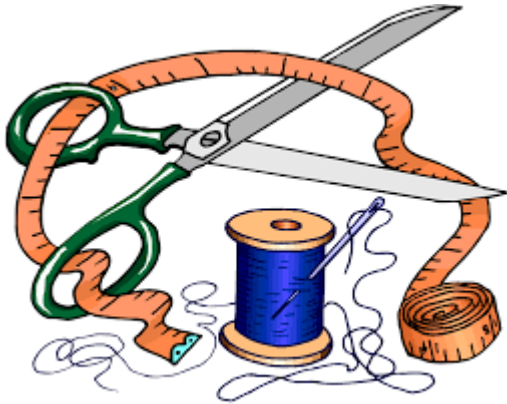
Electric lights: In 1880, Thomas Edison created the first practical light bulb and strung electric lights around his Menlo Park Laboratory. In 1882, Edward Johnson, a friend and partner of Edison's, created the first strand of electric Christmas lights. Johnson's display of 80 red, white, and blue lights in his New York City parlor window caught the attention of his neighbors, who asked him to string lights for them as well.

Pre-wired strings: In 1903, the American Eveready Company sold the first "pre-wired, socket-ready" strings of holiday lights.

Blinking lights: Blinking lights were introduced in the 1920s. **Sound effects:** Sound effects were developed in 1965.

LED lights: LED lights were introduced in the late 1990s as a durable and energy-efficient alternative.

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

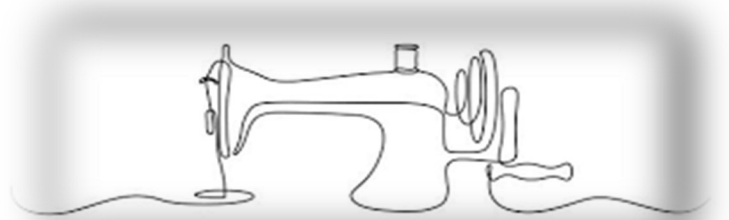
Doing repairs, alterations, wedding parties

QUICK SERVICE

REASONABLE RATES

sewZipZippersKCAT81@gmail.com

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

RURAL 60 PLUS

Monday Carving – 10am to 3pm
Tuesday Weaving – 10am to 3pm
Tuesday Knitting – 10am to 3pm
Tuesday Choir – 1pm to 2:30pm
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
Craft Room open Monday to Friday – 10am to 3pm



We will be closed from the end of the day on Friday December 20th.
reopening on Monday January 6th.

One of our weavers is in need of denims for a project, if you have any clean old denim jeans that you don't need anymore, they would be gratefully accepted, any color but white.

You can leave a message for Tina Guzzell at the Centre at 807- 475-5779 or email at rural60@tbaytel.net. Thank you!

"We live in a youth-obsessed culture that is constantly trying to tell us that if we are not young, and we're not glowing, and we're not hot, that we don't matter. I refuse to let a system or a culture or a distorted view of reality tell me that I don't matter. I know that only by owning who and what you are can you start to step into the fullness of life. Every year should be teaching us all something valuable. Whether you get the lesson is really up to you."~~Oprah Winfrey~~

GRASSROOTS DEADLINE

The deadline for submissions is the 15th of each month.

There will be no exceptions.

Submit to nolalu.grassroots@gmail.com

Don't miss out on getting your community information circulated. We don't mean to sound harsh and we regret when we cannot include an ad or information that comes in late. Some months have tighter internal deadlines as we accommodate multiple schedules and book time at the NCC for printing. If you are unable to make the deadline we will be happy to accommodate your information on our two Facebook pages.



Seniors Potluck Lunch



(55+ or "close enough")



Next two (2) lunches taking place:

Monday, December 16

Monday, January 20



11:00 AM Coffee / Tea

11:30 AM Lunch served

12:30 PM Food service complete



\$10 at the door, OR bring a small side dish, veggie or dessert.



For more information, or to get involved, contact Breanne (807-629-5385)



The NCC will provide the soup, salad, entrée, buns or potato and beverages.

DEC 2024

MON	TUE	WED	THU	FRI
2 Chair Yoga @ O'Connor C.C 10:00 am Mobile Clinic - Armstrong 1pm-6pm	3 Fly the C.O.O.P Walking Group Mobile Clinic - Armstrong 8:30am-1:30pm	4 Walk-In Clinic 4:00pm - 8:30pm	5 Fly the C.O.O.P Walking Group LifeLabs	6
9 Chair Yoga @ O'Connor C.C 10:00 am	10 Fly the C.O.O.P Walking Group Diabetes Educator	11 Walk-In Clinic 4:00pm - 8:30pm	12 Fly the C.O.O.P Walking Group LifeLabs	13
16 Chair Yoga @ O'Connor C.C 10:00 am	17 Fly the C.O.O.P Walking Group	18 Walk-In Clinic 4:00pm - 8:30pm	19 Fly the C.O.O.P Walking Group Mobile Clinic - Upsala 10am-3:30pm LifeLabs	20
23 Chair Yoga @ O'Connor C.C 10:00 am	24	25 Closed for Christmas Day	26 Closed for Boxing Day	27
30 Chair Yoga @ O'Connor C.C 10:00 am	31 Fly the C.O.O.P Walking Group			



NorWest Community Health Centres
Centres de santé communautaire NorWest

Kakabeka Site

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

(807) 473-5528

PROGRAM INFO

Call KB Clinic Reception at (807) 473-5528 or email Shaun at spierce@norwestchc.org to register for all programs

Fly the C.O.O.P Walking Group
Indoor Walking at 10am and at the Kakabeka Legion

Watch for HistorTea Event in Shebandowan in January 2025

Further Information will follow

Chair Yoga In Person or Virtual
Hosted at O'Connor Community Centre at 10:00am.



Follow us!

NorWest Community Health Centres - Kakabeka Falls Clinic

www.norwestchc.org



NOLALU COMMUNITY CENTRE

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

No meeting in December

Email prez.ncc@gmail.com if you would like to be on the email list to receive meeting reminders and a copy of the agenda

LOCAL SERVICES BOARD OF NOLALU



No meeting in December

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

Drop-in Exercise

(Pilates/weights type)



Mondays & Fridays,
9:30am to 10:30am

Bring mats, weights, stretchy band.
FREE, all welcome. Open to men
and women (and kids on PA days).

FUN group.

We have extra equipment if needed.

"Laughter is timeless. Imagination has no age. And dreams are forever." ~Walt Disney~

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 in PDF or WORD format.

Please make all cheques payable to Nolalu Community Centre. Etransfer available at nolaluccctreasurer@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.

From the Editor's Desk

It is the end of November and I am looking out my window and there are a few flakes of snow falling on bare ground. We haven't had to shovel yet, nothing for the grandkids to play in, no snowmen have appeared. The birds are all back clearing out the feeders, the squirrels have their cheeks full, and the evenings are dark a lot quicker. Our deer haven't come back yet, but I don't expect them till the snow is deep. We are almost finished our winter preparations, the chicken run is braced for the cold winter winds, and the winter clothes have been taken out of storage. Winter is my daughter and grandson's favourite time of year, when everything is white, the drifts are high, and the snow blows in from the north. They are waiting, not so patiently, for snow, but in the meantime we will get all the Christmas lights hung and the blow up snowmen running.

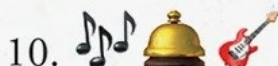
I have been busy with my dehydrator this month, getting fruits ready for my winter simmer pots. I so love the smells created when they are on the stove, it is so comforting. I create different ones depending on what I think the family needs at that time. If someone has a cold or is feeling poorly, I use more pine and eucalyptus, echinacea, with a touch of ginger. If the house is feeling humdrum I use more citrus and cinnamon. I also add cloves, mint, apples, chamomile, feverfew, nutmeg, and other herbs and spices depending on the need. This summer I also made my own pure Madagascar vanilla extract. I've never used pure vanilla before, always used the imitation as it was more cost effective, but let me tell you I will be making my own vanilla extract from now on. What a taste difference it makes in my baking, the Christmas baking will be tasty this year.

Over the month of December we will spend time baking, decorating, going to children's concerts and dance recitals, and hopefully playing in the snow. Right now I am currently making slippers for my family and friends, five pairs to go. This year, just like last year, we are trying to do more and more homemade gifts for Christmas. It's more cost effective in some cases, it is made with love, and it is definitely more appreciated. At this time of year I reflect on all the wonderful blessings I have. I am grateful to have been accepted into Nolalu's wonderful and giving community. I am grateful to have spent another year as the Grassroots editor, I so love putting the newsletter together for all of you. A special thank-you to my proofreaders over the last three years, without you many of my typos would have gone unnoticed, and some of them were pretty funny. Most of all, my family and I would like to wish each and everyone of you a very Merry Christmas and all the best cheer, kindness, love, and spirit of the holiday season.

Odette



*Try and guess the Christmas songs written with emojis.
The person with the most correct answers wins!*



NOLALU COMMUNITY CENTRE: HALL RENTAL

****Contact NCC Treasurer for hall availability and bookings. ****

Email nolalucctreasurer@gmail.com

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 with a brief description of what the payment is for.

NCC Events—December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 CHRISTMAS MARKET 11:00am to 2:00pm	2 Drop-in Exercise 9:30am to 10:30am RURAL READERS 7:00pm to 9:00pm	3	4	5	6 Drop-in Exercise 9:30am to 10:30am	7
8	9 Drop-in Exercise 9:30am to 10:30am	10	11	12 NEST MEETING AT NCC 7:00pm	13 Drop-in Exercise 9:30am to 10:30am	14
15	16 Drop-in Exercise 9:30am to 10:30am SENIORS LUNCH 11:00am to 1:00pm	17	18	19	20 Drop-in Exercise 9:30am to 10:30am	21
22	23 Drop-in Exercise 9:30am to 10:30am	24	25 Merry Christmas	26	27 Drop-in Exercise 9:30am to 10:30am	28
29	30 Drop-in Exercise 9:30am to 10:30am	31				