

NCC NEXT MEETING:

No Meeting in December

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

LSB NEXT MEETING

No meeting in December

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

NEST NEXT MEETING

Special Meeting Dec 4
@7:00pm

Thursday December 11
@7:00pm

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

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December 2025

Nolalu's

GRASSROOTS

Just A Few Of The Christmas Events in the Area

Dec 2—CP Holiday Train, Thunder Bay

Dec 4 to 20—Every Christmas Story Ever Told, Magnus Theatre, Tbay

Dec 5—Carols & Dessert, O'Connor Free Methodist Church

Dec 5 & 6—West Thunder Christmas Craft Sale with Santa at 1pm, Tbay

Dec 6—Parade of Lights, Thunder Bay

Dec 6—Ukrainian Celtic Christmas, Urban Abbey, Thunder Bay

Dec 6—Fill the Cruiser with Food, Odena, Kakabeka

Dec 6—Christmas Highland Dance, Redwood Park Church, Thunder Bay

Dec 6 & 7—First Nation Arts & Craft Show, CLE Heritage Building TBay

Dec 7—Christmas Tea, Gillies Hall

Dec 7—Christmas Concert, Kakabeka Legion

Dec 7—Westfort Wonderland, Thunder Bay

Dec 7—The Sounds of Christmas, St. Andrews, 207 S. Brodie St, TBay

Dec 11—Bake Sale, Kakabeka School

Dec 12—Craft night for children, O'Connor Free Methodist Church

Dec 13—Gallery 33 Christmas Market, Thunder Bay

Dec 13—Candlelight Christmas Concert, Thunder Bay Symphony Orchestra

Dec 13 & 14—Indigenous Market, CLE Coliseum, Thunder Bay

Dec 16—Santa's Circus, Thunder Bay Auditorium

Dec 18 onwards—Christmas Lights Tour, Thunder Bay Tourism

Dec 20—Northern Christmas Market, 712 Macdonell St., Thunder Bay

Dec 21—Traditional Christmas Dinner, Kakabeka Legion

Dec 21—Twice as Nice Christmas Markets, Coliseum & Heritage Building

There are so many events happening in our area and the surrounding areas. I encourage you to get out there and see some sights, visit some neighbours, maybe shop a little, join in some carol singing, or whatever might interest you this holiday season. Enjoy!



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	Angela Woodhouse-Wild	807-630-6061 Text Only	807-475-8968
Vice Chair	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442
Secretary	VACANT		
Treasurer	Elizabeth Pszczolko	nolalucctreasurer@gmail.com	807-623-6800
Events Coordinator	Melissa Goliboski	goliboskim@gmail.com	807-631-9255
Kitchen Coordinator	Louise Wetering	weteringlouise@gmail.com	
Volunteer Coordinator	VACANT		
Media Coordinator	Kathy McGowan	Via Facebook: Nolalu Community Centre	
Grassroots Editor	Odette Houle	nolalu.grassroots@gmail.com Facebook: Nolalu ONLINE GRASSROOTS	807-630-9442

NEXT NCC MEETING:

No meeting in December

ALL NCC meetings are open
to the community.

NEST

Special meeting Dec 4
@7:00pm
Regular meeting Dec 11
@7:00 pm. Both at the NCC

Nolalu Dump WINTER Hours

October 1 — April 30

ADRIAN LAKE

Sundays 12pm - 3pm

HARDWICK

Sundays 4pm - 6pm



Merry Christmas and a Happy New Year
from
The Hopper's Variety Team

We'll be here to serve you until 6:00 pm Christmas Eve, closed Christmas Day and 7 days a week throughout the remainder of the Christmas holidays from 7 am to 9 pm daily!

With every purchase until December 15th, enter your name into our Christmas Give-a-way Draw.
Visit Hopper's Variety Facebook page for more ways to enter!

Visit us for your holiday needs at Hopper's Variety
The Everything Store located at 2165 Highway 588
807-475-8804 ~ hoppersvariety.ca





We wanted to thank our volunteers, Kathy & Brad and helpers, who handed out the trick or treat candy and everyone who donated their sweets and chips to the centre. The kids were so appreciative of the goodies.

A great big thank-you to Pauline for putting on a fantastic Nolalu Halloween Dance. It couldn't have happened without her. Also thank you to all the volunteers, everyone did a great job working double duty as this year we were not able to find very many people to help out. And we want to send out our appreciation to the people and businesses who donated prizes and helped out with entertainment, Holly, Hoppers, Aunt Sarah's 588, Rockys Resort, and others. And a great big thanks to Rob for providing the Designated Driver service at the end of the night making sure everyone arrived home safely. It looked like everyone had a good time and it is nice to see people sticking around to help clean up. See you next year, come lend a hand and volunteer and have fun!

HUGE THANKS from the NCC Chair (Angela) to all our recent volunteers who have made events happen at the NCC.

-Marisa, who runs the Rural Readers Book Club and also leads two yoga classes a week

- Breanne, along with Sherri, Liz, Cathy, Andrew, Eileen, Phyllis and more who put on fabulous seniors' lunches

-Emma and Cassie, who look after Playgroup

-Val who trained Board members in the use of the AED (defibrillator)

-Emma, Zoe, Devin, Rob, Melissa, Louise, Odette, Kayla and all decorators and cookie makers, kids and adults who Decked the Hall

-Sue, Emma, Andrew, Eileen, Odette, M.E., Liz, Devin, and more.....and of course, Santa! Who all made the Pancakes with Santa possible.

-Kathy for doing a great job posting on our Grassroots and NCC social media pages.

-HUGE thanks to Daren for his emergency repairs in the women's bathroom while our regular maintenance guy was healing from a broken leg.

I'm sure I have inadvertently left out names, and I'm so sorry if I have. We are so fortunate to be able to call on talented and hard-working volunteers who keep things happening at the Community Centre. You are all invaluable. You make the community what it is. THANK YOU!

And FINALLY! Special thanks from the NCC Board.

Congrats to Liz, Odette and Angela who were acclaimed to continued positions on the Board, at our recent Annual General Meeting. Special Thanks to Emma, who has been the creative force behind many many events this year, despite taking a day or two off to have a cute new baby! Emma is stepping down from the Board, but is still willing to help out and mentor new volunteers. Thanks, Emma!

Welcome and Congrats to our 2 new Board members, Louise Wetering and Melissa Goliboski, who showed up to be part of the NCC Board so we can continue to offer a wide variety of opportunities and programs and the use of the NCC facilities to the community at minimal or no cost. Melissa and Louise! We are so happy and grateful you're on board. The Board was badly in need of an influx of youthful energy, and these people magically appeared to bring that energy and spark to NCC events and kitchen. Welcome, Melissa and Louise.

We do still need 2 more people to bring the Board up to full speed – a Secretary to take minutes once a month, type them up and email them out. About 3 hours a month max. We also need a Volunteer Coordinator who likes making phone calls from the comfort of their couch when we're planning to hold an event. Both these 2 jobs are pretty easy and undemanding. We'd be happy to hear from you!

Happy Holidays to all from the NCC Board



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

Just a reminder that the Grassroots will not be available until later in the first week of January 2026, due to the holidays.

Deadline is still the 15th of the month.

Thank you for your understanding. Have a wonderful holiday season with friends and family.



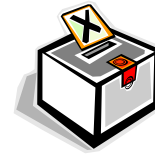
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LOCAL SERVICES BOARD OF NOLALU
BOARD MEMBER NOMINATION AND ELECTION



The election of one (1) member to fill a vacancy on the Board of Directors for the Local Services Board of Nolalu will be held

Tuesday, January 27, 2026
7:30 PM
Nolalu Community Centre

Residents and property owners 18 years and older within the jurisdiction of the Local Services Board of Nolalu area are permitted to be nominated as a Director and to vote as per the *Northern Services Board Act*.

The Local Services Board is required to have 5 members. It is a 3 year commitment, the meetings are held once a month except December and July. The board exists to direct funding to NCC and NEST

For further information:

Phone: 577-3255 ~ Email: lsbnolalu@live.com ~ Website: nolalu.ca/lbsb

"Did you know?" As stated in the NCC's constitution, if you are a resident or property owner in the townships that make up Nolalu under our Local Services Board (aka if you pay the levy with your taxes), you are automatically a member of the NCC!! Come out to any of our public events listed in Grassroots and bring a friend! Most are free to enter. If you are curious about what is going on in your community, this is the place to come. Why not attend one of the monthly board meetings and find out what is happening at the centre, how it is run, and what events are being planned.

Third Wednesday of Each Month

Next Play Date: Dec. 17, 2025

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 Wednesday of every month at the Nolalu Community Centre

Hope to see you there

Christmas Recipes

Cheese Balls~~Taste of Home

2 pkg (8 oz each) cream cheese, softened 1 cup grated Parmesan cheese 2
garlic cloves, minced Assorted Crackers

In a large bowl, beat cream cheese, Parmesan cheese and garlic until blended. Divide into three portions. Can refrigerate up to two weeks. Serve with crackers.

For Pine Nut & Pesto cheese ball:

2 tbsp prepared pesto 2 tbsp minced fresh basil 10 tbsp toasted pine nuts, divided

For Horseradish & Bacon cheese ball:

2 tbsp horseradish 1/2 cup crumbled cooked bacon 1 green onion, finely chopped

For Salsa cheese ball:

2 tbsp tomato paste 1/8 tsp salt 2 tbsp minced fresh cilantro

1 tbsp finely chopped onion 1 tbsp minced seeded jalapeno pepper

For Pine Nut-Pesto Cheese Ball: Beat one portion of cream cheese mixture and pesto until blended. Stir in basil. Chop 2 tablespoons pine nuts; stir into cheese mixture. Shape into a ball; roll in remaining pine nuts. Wrap in plastic; chill until firm.

For Horseradish-Bacon Cheese Ball: Beat one portion of cream cheese mixture and horseradish until blended. Stir in bacon and onion. Shape into a ball. Wrap in plastic; chill until firm.

For Salsa Cheese Ball: Beat one portion of cream cheese mixture, tomato paste and salt until blended. Stir in cilantro, onion and jalapeno. Shape into a ball. Wrap in plastic; chill until firm.

Pointsettia Cookies~~ideals Favourite Christmas Desserts 1994

2 cups powdered sugar 1 cup butter, softened 2 eggs 1 tsp vanilla
1/2 tsp rum extract 3 cups water 1 tsp salt Sugar
1 cup shredded coconut 1 cup butterscotch chips, divided
1/2 cup candied red cherries, cut in wedges

In a large mixing bowl, combine sugar and butter, cream until light. Add eggs, vanilla, and rum extract. Set aside. In a small bowl, sift together flour and salt; stir into butter mixture. Stir in coconut and 3/4 cup butterscotch chips. Chill dough until firm. Preheat oven to 375°F. Roll into 1 inch balls. Place on ungreased baking sheet. Flatten cookie with bottom of a glass dipped in sugar. Place a butterscotch chip in the centre of each cookie. Arrange cherry wedges in a circle. Bake 12 minutes or until edges just golden.

Finnish Christmas Biscuits~~Lord Byron's Kitchen

2 cups unsalted butter, softened 1 cup sugar 4 cups all purpose flour
1 large egg, beaten 2/3 cup chopped blanched almonds 1/4 cup sanding sugar

Add the butter and sugar to a mixing bowl and beat until light and fluffy. Add the flour, one cup at a time, and beat until just incorporated. Do not over mix. Cover bowl with plastic wrap and refrigerate dough for 1 hour. Preheat your oven to 350°F. Prepare a baking sheet by lining it with parchment paper. Set aside. Once chilled, halve the dough and roll between two sheets of parchment paper until 1/4 inch thick. Remove the top sheet of parchment paper and use a square cookie cutter to cut out the cookies. Remove the surrounding dough and save to re-roll for more cookies. Next, beat the egg and brush the tops of the cookies lightly. Sprinkle over the chopped almonds and the sanding sugar. Transfer the squares to the prepared baking sheet, leaving at least one inch of space between each cookie. Bake for 10 minutes, or until cookies start to brown just lightly on the edges. Remove from the oven and rest on the baking sheet for 3 minutes before transferring to a wire cooling rack to completely cool.

Christmas Recipes

Sugarplum Bread~~Robin Hood Flour 1984

1 tsp sugar	1 cup warm water	2 pkg active dry yeast	1/2 cup sugar
1/2 cup melted butter or margarine		2 tsp salt	4 eggs
5 1/2—6 cups all purpose flour		1 cup raisins	1 tsp grated lemon rind
3/4 cup chopped mixed candied fruit		1/3 cup pine nuts or slivered almonds	Vanilla glaze or icing sugar

Dissolve 1 tsp sugar in warm water in a large mixer bowl. Sprinkle in yeast. Let stand 10 minutes, then stir well. Add 1/2 cup sugar, melted butter, salt, lemon rind, and 2 cups flour. Beat for two minutes at medium speed. Add 2 cups more flour and eggs, beat 3 minutes. Stir in almost all remaining flour, using enough flour to make a soft dough. Knead dough on floured board until smooth and elastic, about 8 minutes. Place in lightly greased bowl. Cover with greased wax paper and a tea towel. Let rise in a warm place until doubled in volume, about 2 hours. Punch down. Turn out on lightly floured board and knead in raisins, candied fruit, and nuts. Shape into two round loaves. Place each into a well greased 9 inch round cake pan. Cover with a tea towel and let rise in a warm place until doubled, 1—1 1/2 hours. Bake at 350°F for 45—55 minutes. Remove from pans immediately. Cool on wire racks. To serve: Spread with vanilla glaze or dust with icing sugar, if desired. Decorate with cherries or toasted slivered almonds.

Gingerbread~~Magic Baking Powder 1940's

2/3 cup butter	2 eggs	1 cup molasses	1 cup brown sugar
2 tsp ginger	1 tsp cinnamon	1 tsp cloves	1/4 tsp grated nutmeg
1 cup sour milk	1 tsp baking soda	3 cups flour	1/4 tsp salt
1/2 tsp baking powder			

Pour hot melted butter into the molasses, add sugar and well beaten eggs. Sift together dry ingredients and add to first mixture alternately with sour milk. Beat well. Bake in greased and floured pan 40 minutes in 350°F oven.

Finnish Glögi~~Kitchen Parade

1 bottle dry red wine or black currant or cranberry juice	3—4 thin slices fresh ginger
1 cinnamon stick	6 cardamom seeds
1 lemon, zest and juice (about 2 tablespoons)	1 orange, zest and juice (about 1/4 cup)
1-1/2 cups tawny port if doing alcohol version	1/4 cup (50g) sugar
	Currants or raisins
	Whole almonds

In a saucepan, bring all the ingredients except the sugar just to a boil but do not allow to boil. Stir in the sugar and stir until dissolved. If there's time, turn off the heat and let the flavors meld for a couple of hours before serving. Glögi may be made 24 or 48 hours before serving, just cover and refrigerate. Before serving, return just to a boil but do not allow to boil. Remove the ginger and cinnamon, and strain out the spices and citrus zests. To serve, drop a few currants and an almond into each glass and serve hot. Can also be made in a crock pot allowing the flavours to simmer.

Mincemeat

3/4 cup currants	3/4 cup raisins	1 dash cinnamon	1 dash nutmeg
1/2 cup sugar	2 oz butter melted	1 tsp grated lemon rind	1/2 tsp mixed spice
1/4 cup dried apricots chopped		3 1/2 tbsps brandy	1 tbsps Grand Marnier
1/3 cup dried cranberries chopped		1/2 Granny Smith apple grated	

Place the dried fruit, grated apple, sugar, lemon rind and butter into a bowl and mix well. Add the spices, brandy and Grand Marnier. Mix well, cover and place in a cool place for 24 hrs. Mix the mincemeat the next day; leave for another 24 hrs. Stir well and put into a clean pint jar, or airtight container, packing it down to avoid air gaps. Warm the partially packed jar in a bowl of warm water to melt the butter a bit. Seal and place in the refrigerator for a minimum of 6 months.

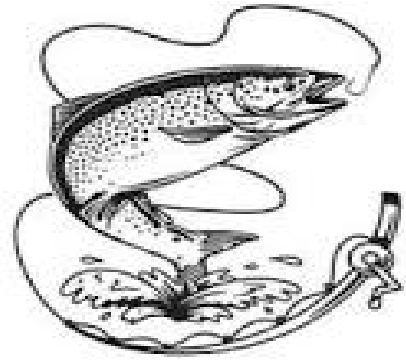
Fish Derby Update

The Nolalu Tough Boating 34th Annual Fish Derby
will be held

March 7 & 8 2026

So be sure to mark that in your calendars and book
in some time for fishing.

For more information or to volunteer or donate
prizes please contact Sue B. at 807-624-7037



Thank You
— **FOR YOUR** —
SUPPORT

Thank you to all that came to Larry's Celebration of Life. The hugs and kind words are the smiles that carry us through. The food and flowers were delightful.

To Nova, Sara, Craig, Jackie, Leslie & friend, Caitlin, and Sheena, thank you for your organization skills.

To you that brought food or donations to the house, thank you.

To Dana, Nicole, Jada and Owen, for your unwavering support, thank you.

To the Friday Gang, you are my support for keeping me up on the tasks of everyday survival.

Sincerely,

Joy Roy

If you are not receiving your
copy of Grassroots in your
mailbox, and you should be,
please contact the Kakabeka
Post Office to report it.

GRASSROOTS DEADLINE

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

Submit to nolalu.grassroots@gmail.com

If you are unable to make the deadline we will be happy to accommodate your information on our two Facebook pages; Nolalu Community Centre, Nolalu ONLINE GRASSROOTS

Online Mutual Respect Policy

The Nolalu Community Centre (NCC) welcomes comments and/or questions that reflect the respectful, constructive tone we strive for in our online public interactions. Comments and/or questions that are intimidating, harassing, abusive, accusatory, hateful, threatening, discriminatory, defamatory, profane or otherwise offensive will be deleted with or without warning, and users who make such comments and/or questions may be blocked or banned from NCC-managed online platforms at the discretion of the NCC Board of Directors, Administrators and/or Moderators.

The full policy can be viewed here: <https://nolalu.ca/ncc>

Recommended Books - Banned Books from TBPL

Crow Lake by Mary Lawson

A gorgeous, slow-burning story of family love and misunderstandings, of resentments harboured and driven underground. Set in the rough-hewn heart of the Canadian Shield, Crow Lake brings us into the fold of the Morrison family--four suddenly orphaned children bound close by loss.

Lawson weaves the natural world as a refuge, also a mirror witnessing inner lives. Psychological pragmatism runs deep- like fast flowing water over deep stones. Two tragedies involving two families//The Morrisons: Matt is brilliant but screws up. Luke, the oldest, is the backbone of the family, allowing Kate and Luke to continue their education. Bo is a resilient little girl. They all love each other but there's silence about 'The tragedy'. The Pyes: are secretive and suspicious hiding generations of abuse. The town could be more sympathetic to 'The tragedy' of the Pyes' , but their selective compassion is a stone cold wall. Silence replaces the help that could've made a difference. Who needs mercy the most?

Mercy Among the Children by David Adams Richards

As a boy, Sydney Henderson thinks he has killed Connie Devlin when he pushes him from a roof for stealing his sandwich. He vows to God he will never again harm another if Connie survives. Connie walks away, laughing, and Sydney embarks upon a life of self-immolating goodness. In spite of having educated himself with such classics as Tolstoy and Marcus Aurelius, he is not taken seriously enough to enter university because of his background of dire poverty and abuse, which leads everyone to expect the worst of him. His saintly generosity of spirit is treated with suspicion, and contempt, especially when he manages to win the love of beautiful Elly. Unwilling to harm another in thought or deed, or to defend himself against false accusations, he is exploited and tormented by others in this rural community, and finally implicated in the death of a 19-year-old boy.

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.

Next meeting;
Monday Dec. 1st: "The Tropic of Cancer" by Henry Miller

Monday Jan. 5th: "The Prophet" by Kahlil Gibran

Join online:

www.facebook.com/groups/ruralreadersbookclub

We now have over 50 members in our online book club!

Questions or queries, contact:
Marisa (807-632-3950)
wildblueyoga@gmail.com



RURAL READERS

BOOK CLUB

"'Twas the night before Christmas, when all through the house, Not a creature was stirring, not even a mouse."~~Clement Clarke Moore~~

WANTED: NEW SIGN FOR THE NCC



The Nolalu Community Centre is looking for a person or persons who would like to take on the task of building or acquiring a new sign for the front of the property at the centre. As many of you have seen when attending events or driving by the centre, the old sign is in need of major updating.

The sign should be large enough that we can advertise coming events at the centre. It would need to be visible to traffic driving by the centre.

We do have letters for the current sign and a back up set, so measurements should be taken to ensure the letters will fit the new sign.

We are open to suggestions on how to proceed with a new sign. Sponsorships are welcome or if you feel you can build the centre a new one that would be appreciated too.



Gillies Community Centre



December Events

The GCC is available to rent for activities, parties and more!
Do you have an activity or program you want to run?

Dance, scouts, karate or something else?

Contact us for details at gilliescommunitycentre@gmail.com

Mondays

Ping Pong

Starting at 2pm

To register email

gboeckermann55@gmail.com

or

807-628-9345

Tuesdays

Cornhole

Starting at 7pm.

\$5 per person.

Prize to be won.

Volunteer

If you are interested in being
volunteer you can

contact us on Facebook

or email at

gilliescommunitycentre@gmail.com

December 7th

Christmas Tea

\$10 per person, under 5yrs free.

Admission includes beverage,
tea sandwiches and delicious desserts.

Auction|Prizes|Tasty Treats

Cash only event.

Come enjoy the festive season with
family, friends and neighbours.

Warm Wishes

On behalf of the volunteers of
the Gillies Community Centre
Executive Board, we want to wish
you Happy Holidays and
Happy New Year!

LIKE US & FOLLOW ALONG ON OUR FACEBOOK PAGE

THE GILLIES COMMUNITY CENTRE IS DONATION BASED & VOLUNTEER RUN.
THANK YOU TO ALL OF THE VOLUNTEERS AND THOSE WHO DONATE - WE
ARE INCREDIBLY GRATEFUL!



Traditional Christmas Foods From Around The World

Various Internet Sources

'Tis the season to indulge in the rich array of holiday flavours that grace tables worldwide during the festive season. Around the world, Christmas is an important Christian (and secular) celebration. It is a time for families and friends to gather and share cheer. Food traditions can be comforting, and Christmas dishes — from starter breads and soups all the way to desserts — are particularly special in many households. The Christmas meal itself might be different by destination, but the idea of indulging in a feast, be it on the day itself or the night before, is something many cultures have in common. As Christmas lights twinkle and snow blankets the ground in many parts of the world, families gather to savour unique and traditional dishes that have been passed down through generations. Traditional Christmas foods vary widely by region, with examples including roast turkey in the US and UK, the Italian "Feast of the Seven Fishes," KFC for a modern tradition in Japan, and spicy stews like Ethiopia's Doro Wat. Other unique dishes include Swedish ham, French Bûche de Noël (Yule log), and Polish pierogi. In Denmark and Finland, pickled herring and smoked pork ribs steal the show on Christmas Eve, while in India and Ethiopia, it's spicy stews served with boozy rice cakes or fermented flatbreads to break the Advent fast, the festive season looks and smells very different from Britain's Christmas dinner. Here are some of the highlights of the world's festive feasts:

- ♦ United States/UK: Roast turkey with trimmings is a classic centerpiece.
- ♦ Mexico: Tamales and bacalao (salt cod) are traditional dishes, along with the hot fruit punch, Ponche.
- ♦ France: Bûche de Noël (Yule Log) is a popular dessert.
- ♦ Sweden: A "julbord," or Christmas table, features a cold spread including glazed ham, followed by hot dishes.
- ♦ Italy: The Feast of the Seven Fishes (on Christmas Eve) and panettone (sweet bread) are common.
- ♦ Japan: A commercial tradition of eating fried chicken, particularly from KFC, became popular after a 1974 advertising campaign.
- ♦ Australia/New Zealand: Pavlova, a meringue-based dessert, is a popular Christmas treat.
- ♦ Philippines: Bibingka, a coconut milk cake, is a common Christmas food.
- ♦ China: In some traditions, food like crispy pork wontons or even turkey are part of celebrations.
- ♦ Germany: Christmas dinner often features roast duck, goose, or rabbit, served with sides like potato dumplings.
- ♦ Norway: Popular Christmas meals include pinnekjøtt (cured lamb ribs) or ribbe (pork ribs).
- ♦ Poland: Christmas Eve (Wigilia) often features twelve dishes, including pierogi (dumplings) and fish.
- ♦ Finland: Fish dishes like pickled herring are common on Christmas Eve.
- ♦ Greece: Traditional desserts include honey cookies.
- ♦ Ethiopia: Doro Wat, a spicy chicken stew, is a highlight of the Christmas meal.

Food is an incredibly important part of the Christmas festivities. What traditional food do you serve?

KB Rural Area Stitch and Craft Group

Bring your project & Join our Needle & Natter Crew

Upcoming Meeting Dates

Nov 11
Nov 25
Dec 9th
Christmas Break
Jan 6
Jan 20

We meet the 2nd and 4th Tuesday
of ever month
in basement at
O'Connor Community Centre
330 Highway 595
7-9pm



"There's a certain magic that comes with the very first snow. For when the first snow is also a Christmas snow, well, something wonderful is bound to happen." ~Frosty The Snowman~

Just For Fun – Horoscopes by Grandmama Bear

Aries: March 21 – April 19

The bears are sleeping; maybe you should get some rest. Get a bag of Doritos and go to bed.

Taurus: April 20 – May 20

Don't grab the bull by the horns or you'll go flying through the air.

Gemini: May 21 – June 21

I have no words, you're just too strange. Lucky numbers 1, 2, 3, 4, — ok all of them.

Cancer: June 22 – July 22

Just because your sign is the crab doesn't mean you have to be grouchy; laugh hysterically; you'll be surprised at how much attention you get.

Leo: July 23 – August 22

You are always saving junk and dragging things around the yard. You're basically a pack rat. Time to declutter, have a bonfire.

Virgo: August 23 – September 22

Quit stealing other peoples garbage. Find a new hobby like collecting chickens.

Libra: September 23 – October 22

You are very intelligent on your feet but lose all credibility when sitting down; stand more.

Scorpio: October 23 – November 21

You are sympathetic and understanding to other people's problems; do a moon dance to recharge.

Sagittarius: November 22 – December 21

The cat is not stalking you; your slippers just look edible.

Capricorn: December 22 – January 19

You are extremely optimistic but beware of those with hot irons.

Aquarius: January 20 – February 18

You have ram-like eyebrows; get them waxed or they will take over your forehead.

Pisces: February 19 – March 20

Beware of Aquaman; he's just a guy in tights that wants to borrow money and learn how to crochet.



O'Connor Free Methodist Church
293 Sitch Road
Pastor Chris Fiorito
807-624-6579

Follow us on Facebook- O'Connor Free Methodist Church

Please join us! Everyone is welcome!

Christmas Carols & Dessert

Friday, December 5, 2025, at 7:00 p.m.

Craft night for children

Friday, December 12, 2025, at 6:30 p.m. Please bring a non-perishable food item for the Rural Cupboard food bank.

Christmas Program

Sunday, December 21, 2025, at 10:45 a.m.

Christmas Eve Service

Wednesday, December 24, 2025, at 10:45 a.m.



Seniors Lunch

(55+ or "close enough")



Next two (2) lunches taking places:

Monday, December 15

Monday, January 19



\$10 at the door



11:00 AM Coffee / Tea
11:30 AM Lunch served
12:30 PM Food service
complete



The NCC will provide:
soup, entrée, veggie dish
OR salad, buns OR potato
dish, and dessert.



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

**** Please note: we are no longer allowed to have potluck items.
Our apologies for any inconvenience.**

Day 1 - December 12 - Holiday Lights

Use outdoor-rated LED lights and hang with nail-free clips to prevent wire damage. Check every strand for frayed wires, broken bulbs, or loose connections before use. Discard damaged sets immediately. Consider switching to all LED lights to avoid overheating and reduce energy use. Only use certified lights and timers (look for CSA, ULC, or ETL marks). Never leave lights on overnight or when you're away from home, to avoid overheating.



Day 2 - December 13 - Tree Watering

Buy a fresh tree and always keep the base of the trunk in water. Use a sturdy tree stand that holds enough water for daily hydration. Lit candles should never be placed on or near the Christmas tree. Water your tree daily to prevent it from becoming a fire hazard. Keep heat sources away from the tree including furnace vents, radiators, space heaters, and non-LED lights.



Day 3 - December 14 - Candles and Decorations

Use flameless candles. Keep candles away from pets and children. Put candles in sturdy containers. Always blow out when you leave the room.



Day 4 - December 15 - Smoke Alarms

Most fatal fires occur during the winter months from November to January. When seconds matter, a working smoke alarm is the gift of time in the event of a fire. An alarm on every storey and outside all sleeping areas, tested monthly, and batteries replaced annually, (if the alarm chirps, you've waited too long) is the best gift you'll give your family this season.



Day 5 - December 16 - Carbon Monoxide Alarms

Carbon monoxide (CO) is an invisible, odourless, and deadly gas. Exposure to CO can cause flu-like symptoms without the fever. Get an annual inspection of all fuel-burning appliances in your home and ensure chimneys and vents are not blocked. Only a CO alarm can alert you to a potential CO emergency with four beeps and is the best way to protect your family from The Silent Killer. Install outside of all bedrooms, and starting January 1, 2026, the Ontario Fire Code will be updated with new rules for carbon monoxide alarms. Learn more at Ontario.ca/CarbonMonoxide.



Day 6 - December 17 - Extension Cords

Extension cords should be used only as a temporary connection. Use an extension cord that is long enough to do the job. Don't overload a circuit and never run cords under rugs or across doorways where they can be damaged or cause tripping. Inspect cords for damage before use and discard frayed or cracked cords.



Nolalu Emergency Services Team

Hall 807-475-4441

info@NolaluEST.com

Emergency 807-473-5200

2167 Hwy 588

Nolalu ON P0T 2K0



Day 7 - December 18 - Kids in the Kitchen

Cooking is the #1 cause of home fires.

It's easy to get distracted or called away from the kitchen with children around so always turn the stove off when you leave the room.

Have a properly fitted lid ready to slide over your pot or pan in case of fire.

Never leave cooking unattended - stand by the pan and watch what you heat.

Keep children and pets away from the stove.

Make sure electrical cords are not dangling from countertops, where they could be pulled by small children.

Cool a burn by running cool water over the wound for three to five minutes. If the burn is severe, seek medical attention.



Day 8 - December 19 - Home Fire Escape Plans

Develop a home fire escape plan and practice it with the entire family.

In case a fire starts, everyone must know two ways out of every room, if possible.

Choose a meeting place outside, such as a tree or a lamp post, where everyone can be accounted for.

If caught in smoke, get low and go under the smoke to the nearest safe exit.

Call 9-1-1 only once you've exited the home.

Once out, stay out. Never re-enter a burning building.

Review and update your plan annually.



Day 9 - December 20 - Cooking

Go slow in the kitchen and avoid being a statistic.

Stand by your pan when cooking – never leave your cooking unattended.

Keep a properly fitted lid nearby to slide over top in event of fire.

Be mindful when cooking and never leave the kitchen while using a stove.

Use a timer to remind yourself when food is cooking.



Day 10 - December 21 - Heating Sources

Keep at least one metre (three feet) distance between your heat source and combustibles, such as paper, furniture and fabrics.

Have all chimneys cleaned and inspected every year.

Have your heating system inspected annually by a qualified service technician.

Install a CO alarm to alert you to the presence of deadly carbon monoxide gas.

Watch for smoke coming into a room with a fireplace as this could indicate a blockage in the chimney or a faulty damper control mechanism.



Day 11 - December 22 - Smoking

Have all smoking done outside using deep, sturdy ashtrays.

Never flick your butt – a lit butt might be the difference between a holiday to remember and a holiday you'll never forget.



Day 12 – December 23 - Lithium-Ion Batteries

Choose Certified Products: Only purchase batteries, devices, and chargers that are certified by a nationally recognized testing laboratory (e.g., CSA, ULC, or ETL). Look for the certification mark.

Avoid Counterfeit/Off-Brand Items: Counterfeit, generic, or off-brand chargers and batteries may not meet safety standards and pose a higher risk of fire.

Use the original equipment or manufacturer-approved replacements.



Charge Safely

Use Correct Chargers: Always use the charger that came with the device, or one that is a certified, compatible replacement from the original manufacturer or a trusted source. Don't mix and match.

Monitor and Unplug: Do not overcharge—unplug the device or remove the battery once it is fully charged. Avoid leaving devices plugged in overnight or unattended for long periods.

Charge on a Safe Surface: Charge on a hard, flat, stable surface away from anything that can easily catch fire (like clothing, bedding, or paper). Never charge a device under your pillow, on your bed, or on a couch, as soft surfaces can trap heat.

Maintain Room Temperature: Charge devices and batteries at room temperature. Avoid extreme heat or cold.

Handle and Store Safely

Inspect for Damage: Stop using a battery immediately if you notice signs of damage or malfunction.

Store Properly: Store spare batteries at room temperature and away from flammable materials, direct sunlight, and out of the reach of children. For long-term storage, a charge level around 50% is generally recommended.

Recycle Safely

They can start fires during collection or at waste facilities. Take them to a designated battery recycling centre or household hazardous waste facility for proper disposal.



New Carbon Monoxide Alarm Rules

As of January 1, 2026, a series of amendments introduced under O. Reg. 87/25 will come into effect, bringing both harmonization with national codes and Ontario-specific updates.



What's New?

The new Fire Code requirements coming into effect on **January 1, 2026**, will expand CO alarm installation in:

- **Existing Homes:** Alarms will now be required on every storey, not just near sleeping areas.
- **Any Home That Has:** A fuel-burning appliance (such as a gas stove, water heater, or fireplace); a wood-burning fireplace/attached garage; and/or an outdoor furnace.
- **Multi-Unit Residential Buildings:** CO alarms must be installed in all suites meeting certain conditions, service rooms, and, in some cases, public corridors.

These changes are designed to better protect vulnerable populations and ensure CO alarms are placed where risks are highest. <https://www.ontario.ca/page/carbon-monoxide-safety>



NEST SPECIAL MEETING

A SPECIAL NEST MEETING WILL BE HELD AT NCC TO RATIFY MODERNIZATION OF NEST CONSTITUTION.

DATE OF MEETING: DECEMBER 4, 2025

TIME: 7 PM.

LOCATION: NOLALU COMMUNITY CENTRE(NCC)

REASON FOR MEETING: In order to continue to apply for raffles, draws 50/50 ticket sales ETC. the Ontario government required modernization of the NEST Constitution.

WHO SHOULD ATTEND: Any resident who resides within the boundaries of the Local Services Board of Nolalu or anyone who owns property within the boundaries of the Local Services Board of Nolalu is entitled to attend the meeting and has a vote.

Thank you!



Honouring Our NEST Fire Fighters & First Responders

A heartfelt thank you to all the dedicated volunteers of the Nolalu Emergency Services Team (NEST). These men and women give countless hours to protect our community responding to fires, accidents, and medical emergencies whenever the call comes.

But their service doesn't stop there. Behind the scenes, they commit to extensive training to ensure they're ready for every situation:

- **Fire Fighter Level One:** requires approximately 200 hours of training
- **Fire Fighter Level Two:** adds another 100 hours of advanced training
- **HAZMAT Certification:** demands an additional 60 hours focused on handling hazardous materials

On top of this, NEST personnel participate in weekly training exercises to keep their skills sharp.

NEST isn't just about training hours and emergency calls; it's about people standing shoulder to shoulder, supporting one another like family. That sense of belonging is what makes NEST special.

Please contact us if you'd like to check out what we do. We'd be glad to welcome you to a training night and meet the team.

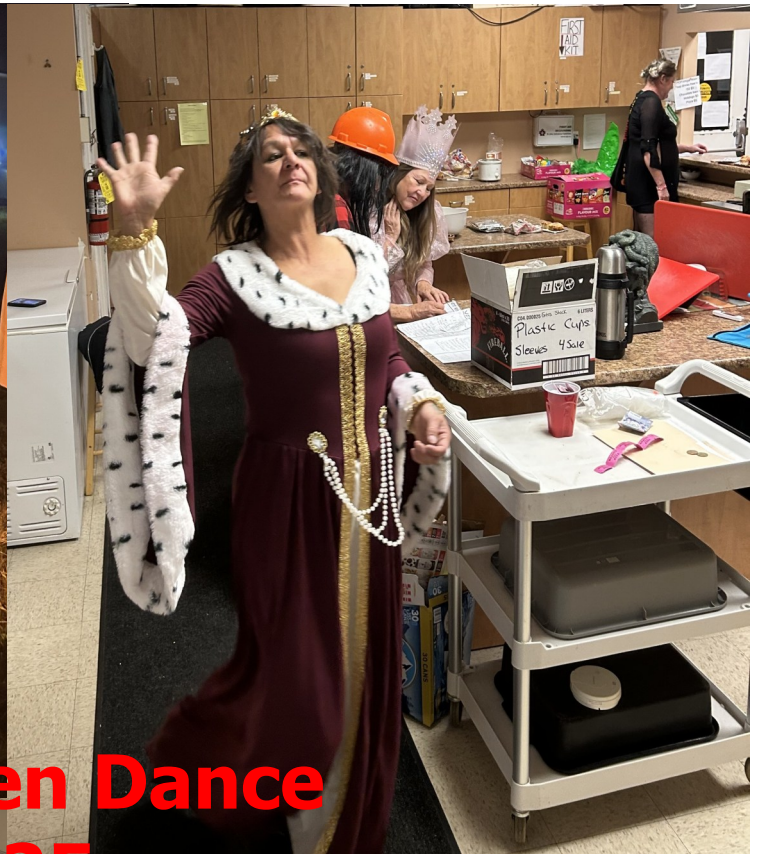
(807) 475-4441 (non-emergency line)

info@nolaluest.com

www.facebook.com/NolaluEmergencyServicesTeam

Breakfast With Santa 2025





Halloween Dance 2025



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 10, 2025

Registration 9 am to 11 am

Drive-Thru Pick-up

Rural Seniors, Couples and Singles can call 211 to register for Christmas Cheer Hamper and pickup will be at RCFB on distribution day

Please note: the Food Bank runs second Wednesday of month in December

A BIG THANK YOU to Neebing Recreational Committee for the donation from their Harvest Dinner and ongoing support.

FILL THE CRUISER

ODENA, KAKABEKA VILLAGE

DECEMBER 6th, 10am-7pm

All goods and financial donations go to
Rural Cupboard Food Bank

CHRISTMAS CONCERT

Sunday December 7th, 2-4pm

Kakabeka Legion, JUST FOR YOU performing

Donations at the door will be accepted in support of the Rural Cupboard Food Bank

TRADITIONAL CHRISTMAS DINNER

Kakabeka Legion in support of Rural Cupboard Food Bank will be *December 21st, 5pm*. Tickets available at the Legion ahead of time or at the door at day of dinner.

RURAL CUPBOARD FOODBANK DROP OFF LOCATIONS

Oliver Paipoonge: Murillo & Rosslyn Libraries (during open hours)

Nolalu: Hoppers Variety

Gillies: Whitefish School
(Sept to June)

O'Connor: O'Connor Municipal Office

Neebing: Neebing Municipal Building

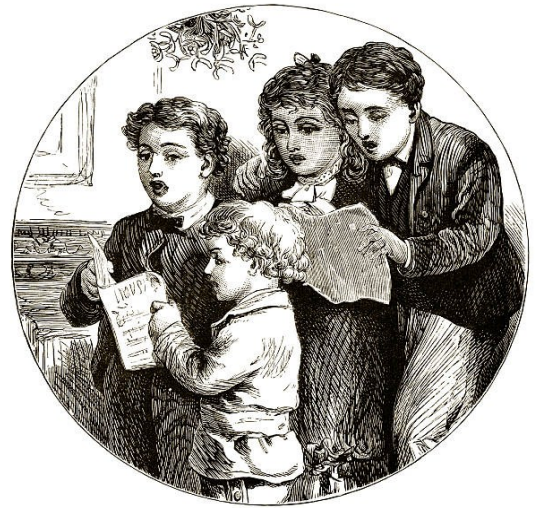
*Note*** Rural Cupboard Foodbank
needs recyclable bags.



History of Christmas Carols

Various Internet Sources

Carols were first sung in Europe thousands of years ago, but these were not Christmas Carols. They were pagan songs, sung at the Winter Solstice celebrations. The word "carol" comes from the Old French carole, meaning a popular circle dance accompanied by singing. These were not originally for Christmas, but for seasonal festivals like the winter solstice, a tradition that the pagan festival of Saturnalia also influenced, giving rise to some Christmas traditions like feasting and gift-giving. The Winter Solstice is the shortest day of the year, usually taking place around the 21st of December. The word Carol actually means dance or a song of praise and joy! Carols used to be written and sung during all four seasons, but only the tradition of singing them at Christmas has really survived.



Early Christians took over the pagan solstice celebrations for Christmas and gave people Christian songs to sing instead of pagan ones. In AD 129, a Roman Bishop said that a song called "Angel's Hymn" should be sung at a Christmas service in Rome. Another famous early Christmas Hymn was written in 760AD, by Comas of Jerusalem, for the Greek Orthodox Church. Soon after this many composers all over Europe started to write 'Christmas carols'. However, not many people liked them as they were all written and sung in Latin, a language that most laypeople couldn't understand. By the time of the Middle Ages (the 1200s), most people had lost interest in celebrating Christmas altogether. This was changed by St. Francis of Assisi when, in 1223, he started his Nativity Plays in Italy. The people in the plays sang songs or 'canticles' that told the story during the plays. Sometimes, the choruses of these new carols were in Latin; but normally they were all in a language that the people watching the play could understand and join in! The new carols spread to France, Spain, Germany and other European countries. The earliest carol, like this, was written in 1410. Sadly only a very small fragment of it still exists. The carol was about Mary and Jesus meeting different people in Bethlehem. Most Carols from this time and the Elizabethan period are stories, very loosely based on the Christmas story, about the holy family and were seen as entertainment rather than religious songs. They were usually sung in homes rather than in churches! Traveling singers or Minstrels started singing these carols and the words were changed for the local people wherever they were traveling. One carol that changed like this is 'I Saw Three Ships'.

When Oliver Cromwell and the Puritans came to power in England in 1647, the celebration of Christmas and singing carols was stopped. However, the carols survived as people still sang them in secret. Carols remained mainly unsung until Victorian times, when two men called William Sandys and Davis Gilbert collected lots of old Christmas music from villages in England. New carol services were created and became popular, as did the custom of singing carols in the streets. It became known as wassailing and continues today; singers used to gather to perform for passers-by, who traditionally thanked them with tasty offerings of drinks or mince pies. Groups continue to sing – in squares or door-to-door – and it's with unrestrained joy that we continue to sing carols in Christmas church services, in the chilly air or in restrained-yet-merry tones inside our houses as we put up the tree. These customs are still popular today! One of the most popular types of Carol services is a Carols by Candlelight services. Typically, the church is only lit by candlelight and it feels very Christmassy. Carols by Candlelight services are held in countries all over the world.

Kakabeka Falls Legion Branch 225

Dec 6	Dance with Quest	7:00pm to 10:00pm
Dec 7	Country Christmas Just 4 U Band	2:00pm to 4:00pm
Dec 13	Executive Meeting	2:00pm to 3:00pm
Nov 8	General Meeting	3:00pm
Dec 14	Breakfast	8:30am to 11:00am
Dec 20	Dance with Quest	7:00pm to 10:00pm
Dec 21	Christmas Dinner	5:00pm to 7:00pm



**Kakabeka Falls
and
Rural District
Branch 225**

To book an event please call Alice at 807-577-0418

The Legion is still looking for more volunteers - if you can give even 1 hour, that would be so appreciated. Many hands will make the projects much easier to complete.





NOLALU COMMUNITY CENTRE

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

No meeting in December

Email nolalu.grassroots@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.

"Christmas isn't a season. It's a feeling."~~Edna Ferber~~

RURAL 60 PLUS

5 Pineview Road, Kakabeka Falls, ON P7K 0G8

Email: rural60@tbaytel.net Website: rural60plus.ca

Monday Carving – 10am to 3pm

Monday Disking – 1pm to 3pm

Tuesday Craft Room – 10am to 3pm

Tuesday Weaving – 10am to 3pm

Tuesday Knitting – 10am to 3pm

Tuesday Good Company Choir – 1pm to 2:30pm

Wednesday Craft Room – 10am to 3pm

Wednesday Beginners Carving – 10am to 3pm

Wednesday Quilting – 10am to 3pm

Wednesday Cribbage – 1pm to 3pm

Thursday Craft Room – 10am to 3pm

Thursday Yoga – 10am to 11am

Thursday Weaving – 10am to 3pm

Thursday Knitting – 10am to 3pm

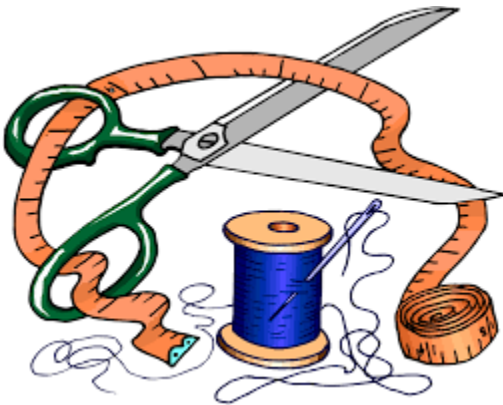
Friday Craft Room open – 10am to 3pm

Rural 60 Plus will be closed from end of day Friday December 19th, opening again on Monday January 5th.

Merry Christmas and Happy New Year everyone.



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

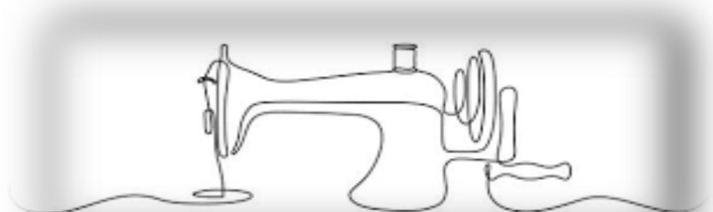
Doing repairs, alterations, wedding parties

QUICK SERVICE

REASONABLE RATES

sewZipZippersKCAT81@gmail.com

807-475-9687



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 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.

From the Editor's Desk

It can't be December already, I'm not ready! Christmas is just around the corner and there are gifts to finish making, presents to wrap, baking to be done, and so many craft shows and festivities to attend. But I'm ok with not being ready. The season isn't about what gets done and who gets the best gift, at least not for me. It is about music we only hear once a year, and friends who call or stop in for a chat. It is about baking with my grandson, with flour everywhere and over-decorated cookies that are just beautiful. It is about going to my granddaughters' dance recital and having them wave at us in the audience. It is about the cute matching outfits their Mom puts on all four of them. It's about matching pajamas, a new tradition for us, on Christmas morning. Lights; it is about beautiful lights displayed outside that bring a smile to those that pass by. It is about people smiling and greeting one another, and going that little bit extra to make someone happy. It is also a time to give back to the community and those in need. Maybe you put something in the Christmas kettle or hamper, maybe you help at a soup kitchen, maybe you take groceries to your neighbour, or maybe you drive seniors to visit family. Whatever you do know that it is appreciated, even if it is not seen or said.

So what are your plans for Christmas? Will you get out to one of the many community events? I myself plan on going to the Gillies Christmas tea for the first time. We made sure to visit Santa at the pancakes with Santa event. Now of course we will be going to see the CP Holiday Train, my grandson would be devastated if we missed it. This year the four granddaughters are planning on coming too. My grandson has spread his love for trains among his cousins. I missed the Vanderwees huge Christmas market but I don't plan on missing any of the local ones. I think it is more important to support the local vendors anyway, and everyone is so talented and the displays are beautiful. I always end up buying something interesting for the kids and I usually end up with one purchase just for me of something that I will try to learn to make myself over the next year.

I hope you enjoy all our Christmas lights and decorative blow ups. We love doing it and it brings such joy to our family when they are all lit up. We got a new train blow up this year so my grandson is thrilled. We were also able to add a few more lights to the property, so now even the garden has lights. It is so pretty to sit out in the hot tub and look at all the beautiful lights and then look up and admire the gorgeous stars. Beauty really is all around us. Remember to take time for yourself and your family and friends this year, and pause to enjoy the beauty around you. From our house to yours we would like to wish you a very Merry Christmas and a Joyous New Year.

Odette

2024-2025 NCC Annual Financial Statement (Chequing)

	Oct. 24	Nov. 24	Dec. 24	Jan. 25	Feb. 25	Mar. 25	Apr. 25	May. 25	Jun. 25	Jul. 25	Aug. 25	Sep. 25	Totals
Opening Balance (chequing)	\$ 21,029.66	\$ 23,066.78	\$ 19,720.66	\$ 21,303.33	\$ 5,397.03	\$ 5,422.19	\$ 5,730.00	\$ 13,873.67	\$ 15,140.87	\$ 13,552.98	\$ 14,404.03	\$ 11,598.04	
Revenue													
Local Service Board	\$ 3,443.99	\$ 3,639.26	\$ 3,639.26	\$ 3,639.26			\$ 10,917.78	\$ 3,639.26	\$ 3,639.26	\$ 3,639.26		\$ 7,278.52	\$ 43,475.85
Seniors	\$ 250.00	\$ 270.00	\$ 275.00	\$ 240.00	\$ 245.40		\$ 120.00	\$ 315.00	\$ 330.05			\$ 320.00	\$ 2,365.45
Children			\$ 220.00							\$ 414.95			\$ 634.95
Donations		\$ 68.00		\$ 60.00	\$ 700.00	\$ 850.00		\$ 10.00	\$ 175.00				\$ 1,863.00
Interest							\$ 0.62	\$ 1.08	\$ 1.01	\$ 1.12	\$ 1.13	\$ 1.16	\$ 6.12
Events	\$ 3,270.00	\$ 200.00	\$ 440.00	\$ 170.00		\$ 10,479.85	\$ 311.08	\$ 50.00	\$ 350.00	\$ 80.00	\$ 150.00	\$ 225.00	\$ 15,725.93
Grassroots				\$ 450.00	\$ 30.00	\$ 85.50	\$ 200.00	\$ 60.00	\$ 12.00			\$ 430.00	\$ 1,267.50
Other, Shirts and Petty Cash			\$ 61.00	\$ 57.85	\$ -	\$ 10.00				\$ 194.00	\$ 19.00	\$ 165.00	\$ 506.85
Total	\$ 6,963.99	\$ 4,177.26	\$ 4,635.26	\$ 4,617.11	\$ 975.40	\$ 11,425.35	\$ 11,549.48	\$ 4,075.34	\$ 4,507.32	\$ 4,329.33	\$ 170.13	\$ 8,419.68	\$ 65,845.65
Transfer to Savings	\$ -	\$ -	\$ -	\$ -	\$ 2,000.00	\$ -	\$ -	\$ -	\$ 2,000.00	\$ -	\$ -	\$ -	\$ -
Total Revenue	\$ 6,963.99	\$ 4,177.26	\$ 4,635.26	\$ 4,617.11	\$ 2,975.40	\$ 11,425.35	\$ 11,549.48	\$ 4,075.34	\$ 2,507.32	\$ 4,329.33	\$ 170.13	\$ 8,419.68	\$ 65,845.65
Expenses													
Shirts, merch.								\$ 62.60	\$ 200.00		\$ 61.44		\$ 324.04
Events	\$ 450.00	\$ 1,819.23				\$ 3,901.99		\$ 300.00					\$ 6,471.22
Seniors	\$ 480.91	\$ 315.22	\$ 402.59		\$ 169.48	\$ 275.95	\$ 300.21		\$ 526.26			\$ 297.98	\$ 2,768.60
Children			\$ 258.81							\$ 709.96			\$ 968.77
Office									\$ 16.49		\$ 6.50		\$ 22.99
Utilities	\$ 270.25	\$ 338.31	\$ 335.30	\$ 337.11	\$ 631.34	\$ 582.34	\$ 381.80	\$ 377.51	\$ 319.51	\$ 285.51	\$ 372.61	\$ 295.87	\$ 4,527.46
Equipment	\$ 858.16	\$ 678.00	\$ 664.71	\$ 1,214.75	\$ 242.31	\$ 2,991.26			\$ 661.05			\$ 722.07	\$ 8,032.31
Building Maintenance/Prop	\$ 1,455.52		\$ 198.83	\$ 15,828.40		\$ 1,109.63	\$ 649.72	\$ 395.50		\$ 1,416.27	\$ 1,872.40	\$ 218.59	\$ 23,144.86
Contract	\$ 660.00	\$ 345.00	\$ 973.50	\$ 982.00	\$ 1,293.50	\$ 793.50	\$ 739.50	\$ 330.00	\$ 1,006.67	\$ 550.00	\$ 410.00	\$ 350.00	\$ 8,433.67
Kitchen	\$ 214.68		\$ 83.38		\$ 97.46				\$ 44.64		\$ 32.18		\$ 472.34
Propane		\$ 1,301.47		\$ 1,644.56	\$ 350.27	\$ 1,147.04		\$ 816.07				\$ 111.87	\$ 5,371.28
Grassroots	\$ 529.65	\$ 2,718.45	\$ 121.12	\$ 503.19	\$ 156.43	\$ 301.73	\$ 1,331.58	\$ 526.46	\$ 1,130.65	\$ 516.54	\$ 220.99	\$ 1,520.00	\$ 9,576.79
Other (Bank Fee)	\$ 7.70	\$ 7.70	\$ 14.35	\$ 13.40	\$ 9.45	\$ 14.10	\$ 3.00		\$ 189.94				\$ 259.64
Total Expenses	\$ 4,926.87	\$ 7,523.38	\$ 3,052.59	\$ 20,523.41	\$ 2,950.24	\$ 11,117.54	\$ 3,405.81	\$ 2,808.14	\$ 4,095.21	\$ 3,478.28	\$ 2,976.12	\$ 3,516.38	\$ 70,373.97
Funds Available in Chequing	\$ 23,066.78	\$ 19,720.66	\$ 21,303.33	\$ 5,397.03	\$ 5,422.19	\$ 5,730.00	\$ 13,873.67	\$ 15,140.87	\$ 13,552.98	\$ 14,404.03	\$ 11,598.04	\$ 16,501.34	

net in ch. Acc \$ (4,528.32)

Interest from
savings + GICS \$ 735.90
NET \$ (3,792.42)

2024-2025 Savings Accounts Summary

	Oct. 24	Nov. 24	Dec. 24	Jan. 25	Feb. 25	Mar. 25	Apr. 25	May. 25	Jun. 25*	Jul. 25	Aug. 25	Sep. 25	Totals
Emergency Fund	\$ 3,141.72	\$ 3,144.38	\$ 3,146.96	\$ 3,149.63	\$ 3,152.31	\$ 1,154.56	\$ 1,155.54	\$ 1,156.46	\$ 1,157.44	\$ 3,409.22	\$ 3,412.12	\$ 3,415.02	
Interest	\$ 2.66	\$ 2.58	\$ 2.67	\$ 2.68	\$ 2.25	\$ 0.98	\$ 0.92	\$ 0.98	\$ 251.78	\$ 2.90	\$ 2.90	\$ 2.81	\$ 276.11
Transfer					-\$ 2,000.00				\$ 2,000.00				
Total Emergency Fund	\$ 3,144.38	\$ 3,146.96	\$ 3,149.63	\$ 3,152.31	\$ 1,154.56	\$ 1,155.54	\$ 1,156.46	\$ 1,157.44	\$ 3,409.22	\$ 3,412.12	\$ 3,415.02	\$ 3,417.83	
Property Fund	\$ 923.07	\$ 923.85	\$ 924.61	\$ 925.39	\$ 926.18	\$ 926.89	\$ 927.68	\$ 928.42	\$ 929.21	\$ 1,379.38	\$ 1,380.55	\$ 1,381.72	
Interest and Transfer	\$ 0.78	\$ 0.76	\$ 0.78	\$ 0.79	\$ 0.71	\$ 0.79	\$ 0.74	\$ 0.79	\$ 450.17	\$ 1.17	\$ 1.17	\$ 1.14	\$ 459.79
Total Property Fund	\$ 923.85	\$ 924.61	\$ 925.39	\$ 926.18	\$ 926.89	\$ 927.68	\$ 928.42	\$ 929.21	\$ 1,379.38	\$ 1,380.55	\$ 1,381.72	\$ 1,382.86	
Total in GICs	\$20,000.00	\$20,000.00	\$20,000.00	\$20,000.00	\$20,000.00	\$20,000.00	\$20,000.00	\$20,000.00	\$20,000.00	\$20,000.00	\$20,000.00	\$ 20,000.00	
Total interest earned													\$ 735.90

*GIC interest deposited, GICs reinvested for another year

2025 NCC Halloween Dance

Expenses			Revenue				
Bar	\$ 886.79		Bar	\$ 2,130.00			
Liq. Licence	\$ 150.00		Door	\$ 505.00			
D.J.	\$ 536.75		50/50 draw	\$ 109.50			
Food	\$ 135.46		food	\$ 70.00			
						Net	
Total exp	\$ 1,709.00		Total Rev.	\$ 2,814.50		\$ 1,105.50	

DEC 2025



NorWest Community Health Centres
Centres de santé communautaire NorWest



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



(807) 473-5528

PROGRAM INFO

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

Fly the C.O.O.P Walking Group

Meet at the Kakabeka Legion @ 10am or a ride is provided at Evergreen Parking Lot at 9:45am

Chair Yoga In Person & Virtual
Hosted at O'Connor & Kam C. Centre at 10am.

Good Food Box Program
Monthly access to a box of affordable fruit and vegetables. For more information visit www.goodfoodboxtb.org or call 473-5528 for more info

Rural Dementia Cafe @ Rural 60+ Centre.
Come socialize and meet new people, make friends and lifelong connections



Follow us!

NorWest Community Health Centres - Kakabeka Falls Clinic

www.norwestchc.org

MON	TUE	WED	THU	FRI
1 Chair Yoga @ O'Connor C.C 10:00 am	2 Fly the C.O.O.P Walking Group	3 NP available for those who do not have MD or NP Walk-In Clinic 4:30pm - 7:30pm	4 Fly the C.O.O.P Walking Group LifeLabs	5
8 Chair Yoga @ Virtual Only 10:00 am Good Food Box Order Deadline Mobile Clinic - Armstrong 1pm-6pm	9 Fly the C.O.O.P Walking Group Mobile Clinic - Armstrong 8:30am-1:30pm	10 NP available for those who do not have MD or NP Walk-In Clinic 4:30pm - 7:30pm	11 Fly the C.O.O.P Walking Group LifeLabs	12 *NEW Program* Rural Dementia Cafe 1-3pm
15 Chair Yoga @ O'Connor C.C 10:00 am	16 Fly the C.O.O.P Walking Group	17 Good Food Box Pickup at KB Clinic Walk-In Clinic 4:30pm - 7:30pm	18 Fly the C.O.O.P Walking Group Mobile Clinic - Upsala 10am-3:30pm LifeLabs	19
22 Chair Yoga @ O'Connor C.C 10:00 am	23 Fly the C.O.O.P Walking Group Walk-In Clinic 4:30pm - 7:30pm	24	25 Closed for Christmas Day	26 Closed for Boxing Day
29 Chair Yoga @ O'Connor C.C 10:00 am	30 Fly the C.O.O.P Walking Group Walk-In Clinic 4:30pm - 7:30pm	31		

Rural Dementia Cafe



Join us for a monthly gathering in a supportive space for individuals affected by memory concerns or dementia, along with their families, caregivers and friends. We will have music, games and snacks in a safe and welcoming environment where all are welcome.

- September 26, 2025
- October 24, 2025
- November 28, 2025
- December 12, 2025

1:00 PM- 3:00 PM

- January 23, 2026
- February 27, 2026
- March 27, 2026

For more information:

Contact Shaun or Elaine at (807)-473-5528
Location: 60+ in Kakabeka Falls (5 Pineview Road)

NorWest CHC in partnership with:



NorWest Community Health Centres
Centres de santé communautaire NorWest



Lakehead UNIVERSITY

Centre for Education and Research on Aging & Health

Alzheimer Society THUNDER BAY

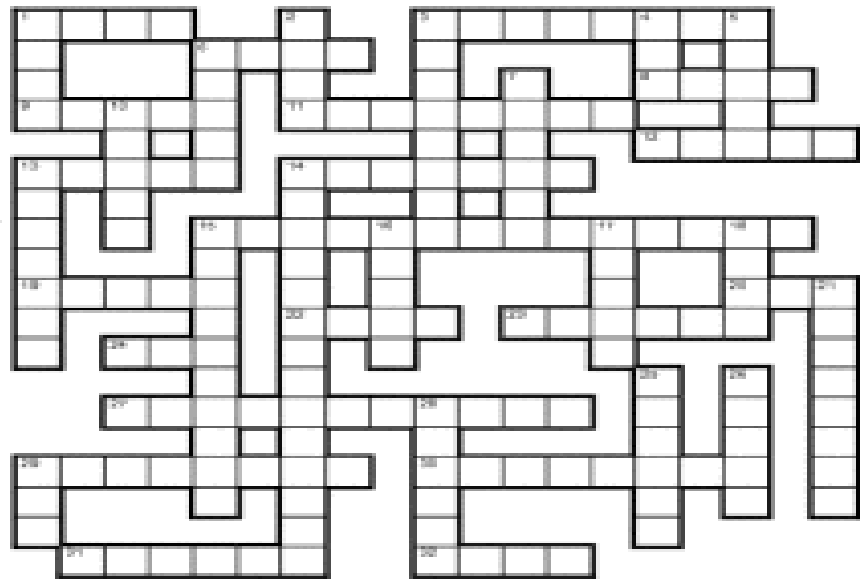


PUZZLES

CHRISTMAS CROSSWORD

Across

- 1 Transportation for going over snow (4)
- 3 Mixture of seasoned ingredients (8)
- 6 Baby's bed (4)
- 8 Period from December 24th to January 6th (4)
- 9 Red-breasted bird (5)
- 11 Twelve days after Christmas (8)
- 12 Alcoholic drink normally served in a bowl (5)
- 13 Jolly (5)
- 14 News (7)
- 15 Goes with the turkey (9,5)
- 19 A type of tree used at Christmas (5)
- 20 The colour of Santa's hat (3)
- 22 ____ log; traditionally burned at Christmas (4)
- 23 Sanctified (6)
- 24 Cured leg of pork (3)
- 27 Christmas song (6,5)
- 29 Found under the Christmas tree? (8)
- 30 Grace (8)
- 31 Snow falls in this season (6)
- 32 Given at Christmas (4)



BiblePuzzles.org.uk

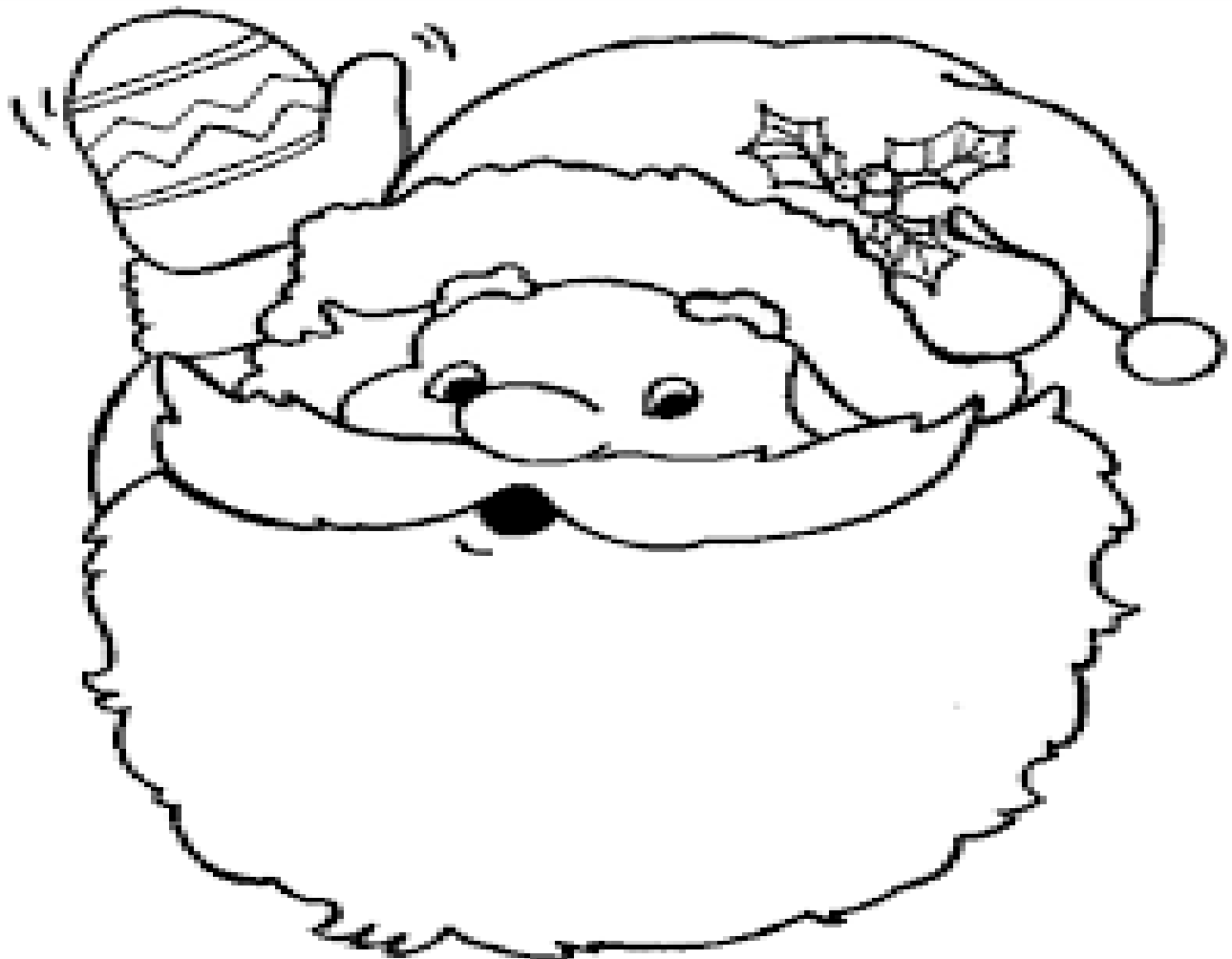
Down

- 1 Bright celestial body (4)
- 2 Christmas tree type (4)
- 3 Take aback (8)
- 4 No room here! (3)
- 5 Elvish colour (5)
- 6 Sweets; flavoured sugar (5)
- 7 Container usually found in a stable (6)
- 10 Beginning of life (5)
- 13 Amazing event (7)
- 14 Written after Christmas? (5,3,6)
- 15 Formal events (10)
- 16 Ring out from churches (5)
- 17 Accompaniment for food (5)
- 18 Printed or written greeting (4)
- 21 Month in which Christmas falls (8)
- 25 Nature of God (6)
- 26 One was born in Bethlehem (5)
- 28 Sweetened milk drink, with eggs and alcohol (6)
- 29 Pastry dish (3)

How many words can you make out of the words "MERRY CHRISTMAS"



COLOURING PAGE



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. Weekend rentals: pick up Friday, return Monday. Any rental longer than 3 days will be subject to a 20% surcharge per extra day
- ♦ Renter provides transportation and returns in clean condition.
- ♦ Some 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 2025

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