

Nolalu's GRASSROOTS

NCC NEXT MEETING:

Monday Nov 13
@7:30pm

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

LSB NEXT MEETING

Tuesday Nov 28
@7:30pm

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

NEST NEXT MEETING

Thursday Nov 9
@7:30pm

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

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Remembrance Day



Armistice Day or "Remembrance Day" as it has come to be known, originated following the end of the First World War. The Armistice agreement was signed between Germany and the Allied Forces in Paris on Monday, 11 November 1918 at 0500 hours. The ceasefire went into effect at 1100 hours the same morning. The eleventh hour of the eleventh day of the eleventh month.

The first Armistice Day was observed in 1919. On November 6th, in the House of Commons, the then acting Prime Minister of Canada, Sir George Foster read a message from King George V addressed "to all peoples of the Empire".

The following is his letter:

"To all my people:

Tuesday next, November 11th, is the first anniversary of the armistice which stayed the world-wide carnage of the four preceding years, and marked the victory of right and freedom. I believe that my people in every part of the Empire fervently wish to perpetuate the memory of that great deliverance and of those who laid down their lives to achieve it.

To afford an opportunity for the universal expression of this feeling it is my desire and hope that at the hour when the Armistice came into force, the eleventh hour of the eleventh day of the eleventh month, there may be for the brief space of two minutes, a complete suspension of all our normal activities. During that time, except in rare cases where this may be impractical, all work, all sound and all locomotion should cease, so that in perfect stillness the thoughts of every one may be concentrated on reverent remembrance of the glorious dead."

In Canada, from sea to sea, at precisely 1100 hours local time, all businesses, factories, schools, offices and even traffic came to a halt for the two minutes of silence.





Catherine and Terry Niemi

51 Delints Road, Nolalu

768-5357 or 633-2949

terry@therustybucket.org

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

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

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Dry 8’ Firewood Slabs sold by the truckload

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

Emergency Phone Numbers

Nolalu Fire & Ambulance: 807-473-5200

Ontario Provincial Police: 1-888-310-1122

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

For Road information call: 511

NCC Volunteer Board

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

NEXT NCC MEETING:
Monday November 13, 2023
@ 7:30pm

ALL NCC meetings are open
to the community.

*"There is nothing more beautiful than someone who goes out of their way to make life beautiful for others."
~~Mandy Hale~~*

Nolalu Dump WINTER Hours
October 1—April 30

ADRIAN LAKE

Sundays 12 pm - 3 pm

HARDWICK

Sundays 4 pm - 6 pm

HOPPER'S VARIETY

The Everything Store



7:00 am to 9:00 pm

Sunday to Saturday

475-8804 OR 475-8814



AUTOMOTIVE
REPAIRS
TIRE REPAIRS
ALUMINUM &
STEEL WELDING



LCBO CONVENIENCE OUTLET

7:00 AM TO 9:00 PM

LAUNDROMAT

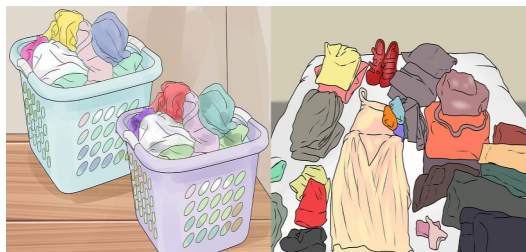
ST. URHO'S GOLF COURSE

Call For Appointment & Quote

Senior Discount on Shop Labour for Age 55+



BOTTLE RETURN DEPOT



PARCEL PICKUP DEPOT

VARIOUS MATERIAL AVAILABLE

FOR PICK UP OR DELIVERY

TOPSOIL BY THE YARD, SAND & GRAVEL

CONSTRUCTION/FLOATING

****FREE QUOTES****



PLAY GROUP

November 8, 2023

Nolalu Community Centre

12:00pm to 2:00pm

Come on out and have some fun.

Meet other children and parents in the community.

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

Hope to see you there



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, November 15th
Registration 9 am to 11 am
Drive-Thru Pick-up**



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



Race Car Parts !

4 X 10 Coloured Aluminum Sheets

Steering/Suspension Parts

Transmission/Differentials

Can Repair or Rebuild Bert or Chevy Power Glide Trans

Hoosier Tires

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

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



"The First in Synthetics"®

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

Helpful Hints from the Senior Citizen Centre 2001

- ◆ Pour a full bottle of lemon juice into the dishwasher and run the machine through a normal cycle. Everything will come out pristine clean, and no rust stains
- ◆ For gleaming mirrors, wash with cold tea and rub dry with a lint-free towel
- ◆ To make your room smell wonderful simply rub a scented oil, such as vanilla, rose, or lavender, into the wood on the underside of the furniture. The scent will be released slowly and last for months
- ◆ Deodorize drains and clean floors, kitchen counters, and painted walls with a solution of 1/2 cup ammonia, 1/4 cup washing soda, and 1 gallon of warm water
- ◆ Paint and climb stairs, when painting a staircase, put a fresh coat on every other step and let dry before painting the one in between. This allows your family to continue using the step (carefully) even while you are painting them
- ◆ Run a comb through the paint brush before painting and any loose bristles won't come off in the paint
- ◆ No spill painting. Before painting, glue a paper plate to the bottom of the can. It will catch any drips and spills and make clean up easier
- ◆ To stop carpets from slipping sew rubbers from fruit canning jars to each corner of the small rug
- ◆ For drawers that are hard to open and close; use candle wax, paste floor wax, or bar soap on the runners, top and bottom
- ◆ A new way to find a wall stud, gently run an electric shaver along the wall. When the razor runs across the stud, the tone of the buzzing will change
- ◆ To keep your house warmer until spring, fill extra long white socks or coloured tube socks with dried beans or unpopped popcorn, tie off the ends and wedge them tightly at the bottom of doors and windows, blocking out chilly drafts
- ◆ Easier snow removal - before you tackle that snow covered driveway rub your shovel with furniture polish or vegetable oil. Snow will roll right off, keeping then shovel light and easy to handle
- ◆ Pantry Protection; save the plastic lids from coffee cans to use as coasters for drippy syrup and cooking oils in the pantry
- ◆ To stop an oven spill from smoking , sprinkle salt on it. When the oven cools, wipe up with a damp sponge. (We always used baking soda on oven spills to prevent them from catching fire)



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).

Nov. 6th: "The Turn Of The Screw" by Henry James.

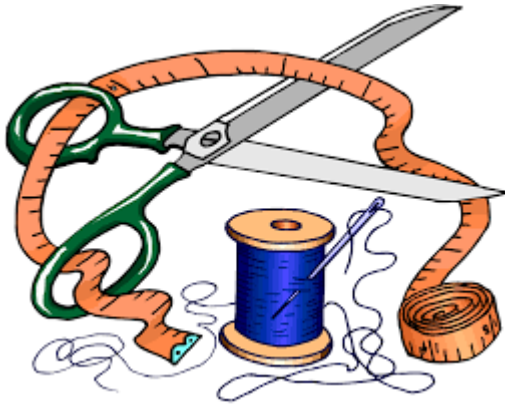
Dec. 4th: "In The Skin Of A Lion" by Michael Ondaatje.

Join online:

www.facebook.com/groups/ruralreadersbookclub

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

BARB'S PROFESSIONAL SEWING



ZIPPERS ZIPPERS ZIPPERS

Hems on pants, dresses, curtains and more

Alterations, mending, patching

13 years doing alterations at EVA'S BRIDAL

7 years at THE WHOLE NINE YARDS

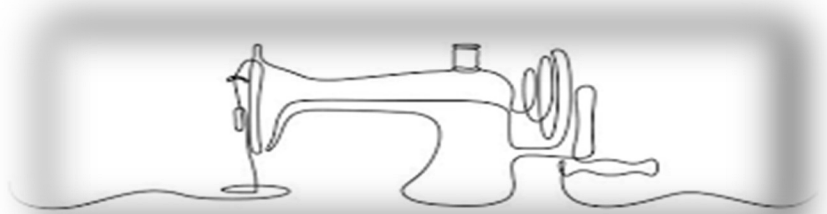
Doing repairs, alterations, wedding parties

QUICK SERVICE

REASONABLE RATES

bbbarbbelanger@hotmail.ca

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

Seniors Potluck Lunch

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

****Note the date change for this month**

****November 13, 2023**

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

11:00am-1:00pm

11:00am coffee/tea

11:30am lunch served

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

OR

pay \$10 at the door

The NCC will provide the entrée, buns and beverages.



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

Contact prez.ncc@gmail.com



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

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

*"Autumn leaves don't
fall, they fly. They
take their time and
wander on this their
only chance to soar."*

*~~Delia Owens,
Where the Crawdads
Sing~~*



Avista Realty Group Ltd.
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1-888-837-6926 Toll Free
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Kakabeka Legion News

November 4	Membership Supper	2pm-4pm
November 4	Dance with Quest	7pm-10pm
November 11	Exec/Gen meeting	2:30pm/3pm
November 12	Buffet Breakfast	8:30am-noon
November 12	Remembrance Service	11:00am
November 17	Rural 60 Plus lunch	12pm-1pm
November 18	Dance with Quest	7pm-10pm
November 19	Jam Session	7pm-9:30pm
November 26	Afternoon of Music	2pm-4pm



Kakabeka Falls
and
Rural District
Branch 225

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

"Autumn teaches us the beauty of letting go. Growth requires release—it's what the trees do". ~~Ka'ala, @alohakaala~~

Driveway & Rooftop Snow Removal

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



Snow Cleared Within 24 Hours Of Call

Call Austin For Details: 807-630-2490



November 18, 2023

6pm till 9pm

Nolalu Community Centre

An evening event for people who like music, either playing it or listening to it.

Cafe treats and bagels for purchase as well as artisan teas and coffees.

Bring your own instruments and come out and play, or just hang out and listen.

Kids welcome



From "The Scoble Cookbook Almanac 1983"

Simmered Wild Rabbit (Joyce Olsen)

- | | | |
|--|------------------------|------------------------------|
| 2 small rabbits cut in serving size pieces | | 1 cup vinegar |
| 12 oz beer | 2 large onions, sliced | 1 tbsp mixed pickling spices |
| 1 tsp salt | 1/8 tsp pepper | 1/4 cup flour |
| 1/4 cup fat | 1 tbsp sugar | |

Marinate rabbit in vinegar, beer, onion, spices, salt, pepper, in a covered earthenware crock. Refrigerate 1 to 2 days turning meat several times.

To cook:

- | | | |
|-----------------|------------------------------|------------------------|
| In a dutch oven | Dry meat with paper toweling | Dip in flour |
| Brown in fat | Drain | Strain marinade |
| Add sugar | Pour over meat | Bring to boiling point |

Cover and simmer at low temperature for 40 minutes, until tender

Thicken gravy and serve

Chocolate Cubes

- | | | |
|--------------|------------------|----------------|
| 1 cup sugar | 1 tbsp chocolate | 1/2 tsp butter |
| 3 tbsp water | salt | |

Boil to a soft fudge. Quickly roll in nuts. Cool & store in a tin box

"Cupcakes are muffins that believed in miracles." ~~Unknown~~

Stay Warm & **SAFE**



PREVENT HEATING EQUIPMENT FIRES

WHAT'S THE RISK?

Heating equipment fires account for **1 in 10** home fires.

Heating equipment is the **second leading** cause of home fires.

In 29% of home heating fires, the cause is **lack of routine maintenance** of heating equipment.

The majority of chimney fires occur in the shoulder seasons of November and April.

The leading causes of heating equipment fires are:

1. woodstoves
2. fireplace/fireplace inserts
3. chimneys.

Statistics for Ontario between 2010-2014.
Provided by the Office of the Fire Marshal
and Emergency Management

How do I prevent a heating fire?

- ❖ Have your heating system and chimneys inspected and cleaned annually by a qualified service technician.
- ❖ Ensure all outside heating vents are not blocked.
- ❖ Ensure woodstoves, fireplaces and fireplace inserts are installed by a qualified technician according to manufacturer's instructions.
- ❖ Always use a fire screen around the fireplace.
- ❖ Allow ashes from your woodstove or fireplace to cool before emptying them into a metal container with a tight-fitting lid. Keep the container outside.



All homes with a fuel-burning appliance, fireplace or attached garage must have a working carbon monoxide alarm installed outside all sleeping areas.

Office of the Fire Marshal & Emergency Management
www.ontario.ca/firemarshal

Nolalu Emergency Services Team

Hall 807-475-4441

RR1 Nolalu ON

Nolalufpo@gmail.com

POT 2K0

Emergency 807-473-5200



Thank You

Thank you to Jason McRury for helping us out with more digging, landscaping and dropping off sand as we finalize maintenance on the exterior of the building in preparation for winter.

THANK YOU to our fantastic Seniors Lunch volunteer team - Marisa, Lee-Ann, Angela, Phyllis, Arto, Emma, Pat. This dedicated group of individuals continues to show up every month to make this event a success! We are excited to welcome new or occasional faces to the team as well - Carla, Bill, Dorothy, Jeff, Eileen, Andrew, Sherri, Mary Ellen, Kathy. This awesome group of individuals has allowed these events to be better organized and more enjoyable overall.

Big thanks to Cathy LeBrun and Mirko Skerget for donating a tv to the NCC that works really well! Mirko even helped set it up. The exercise group (13 of us last Friday!) is very happy. Thanks to Judy Tienhaara for letting us use her tv for so long, plus her mom's old laptop we use to stream workout videos. Pretty slick setup now! Drop by - it's free!



The October 50/50 winner was Cathleen McAlister and she won \$1015.00

Would you like to be next? Our next raffle is LIVE!

Tickets can be purchased at www.nolalu5050.ca

Nolalu Emergency Services Team



50/50 Fundraising Raffle

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

SCAN ME



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

www.rafflebox.ca/raffle/nest

Follow us on Facebook for more info

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

TOWNSHIP OF O'CONNOR
4TH ANNUAL
DRIVE-THRU CHRISTMAS PARADE

Come join the O'Connor Volunteer Fire Department & Auxiliary
for the
4th Annual Drive-Thru Christmas Parade!
Saturday, November 25th from 6:00 - 8:00 pm
at 330 Highway 595.

To participate in this year's parade as a volunteer or to register a float,
please call or text Erin at 807-629-8792 or email twpoconn@tbaytel.net

Please register your float by Monday, November 6th.



Santa and Mrs. Claus will be in attendance.
Registration for kids 12 and under, to receive a gift from Santa, will open up
November 1st.
Please call or text Erin at 807-629-8792 or Cheri at 807-621-5768.

To sponsor this year's parade, cash or cheques made out to the
O'Connor Volunteer Fire Department Auxiliary
and can be dropped off at or mailed to the Township Office
at 330 Highway 595, Kakabeka Falls, ON., P0T1W0.



Handyman / Maintenance Coordinator

The NCC is looking for bids for a general labourer. This would include coordinating with contractors, and doing some indoor and outdoor handyman work based on your skill set. Bid price should be an hourly rate. Other fees may be discussed or negotiated. Submit bids by November 30, 2023 to prez.ncc@gmail.com



We are excited to welcome Marisa as incoming Secretary and announce that Liz, Angela and Emma have decided to stand for another 2-year term on the NCC board. We have a full board as we move into the 2023-2024 fiscal year. It really does make lighter work to have a full team.



Many thanks to Mary Ellen for serving as Secretary these past 2 years. Your attention to detail has been an asset that helped keep us organized. We are so happy to hear that you will be sticking around to volunteer sometimes at events.



Did Ya Know?

Want to find out what local people in the area or what your neighbours have to offer?

Rose Valley Lodge & Restaurant. 56 Rose Valley Road, Gillies, ON, P0T 2V0, 807-473-5448

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

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

Volunteering

Looking for a way to spice up your Mondays? Do you have a few hours to help out? We are looking for volunteers!

Seniors' lunches will typically take place on the 3rd Monday of the month. Any changes to the date will be noted in Grassroots and on our Facebook page. If you would be interested in helping at one or more of these events, we are looking for support in these roles:

Kitchen Coordinator – plan and prepare the entrée and soup. Patrons will bring potluck dishes.

Kitchen Coordinator job shadow – assist in planning and preparing the meal.

Morning crew (10:00am - 12:00pm) – assist in setting up tables, putting out food and beverages.

Afternoon crew (12:00 - 2:00pm) – assist in cleaning up, taking down tables.

Note: Volunteers eat free!

Reach out to Breanne (prez.ncc@gmail.com) if you are interested or if you have any questions.

LOCAL SERVICES BOARD OF NOLALU



Tuesday November 28 @ 7:30pm

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

NOLALU COMMUNITY CENTRE



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

Monday November 13 @ 7:30pm

"The majority of meetings should be discussions that lead to decisions".
~~Patrick Lencioni~~

Drop-in Exercise

(Pilates/weights type)



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

Bring mat, weights, stretchy band.

FREE, all welcome.

FUN group.

We have extra equipment if needed

Blast from the Past

Below are some excerpts from past Grassroots editions; March 1998, Dec 1999,

- ◆ New executive elected in February, thank-you to all
- ◆ Baseball registration for Kakabeka has begun
- ◆ Cedar Sites Resort changed their name to Whitefish Lake Resort
- ◆ Seeking female race fans for the Thunder Bay Racing Auxiliary to sell 50/50 tickets and take care of the Junior Fan Club
- ◆ Congratulations to Don & Colleen Tough on their 25th Anniversary
- ◆ Discussion at the Lybster Local Roads Board meeting on the proposal for the Whitefish Local Services Board to include Devon, Hardwick, Lybster, Northern Light Lake, Marks, and Strange
- ◆ New Years Eve Gala tickets available for \$20.00 per person. Includes dinner of roast beef, garlic roasted potatoes, seafood tortellini, sunshine carrots, green beans almandine, mixed salads, cheesecake, Italian peaches, cannoli. Shuttle service is available for \$5.00. Party favours and champagne at midnight
- ◆ Suomi Ice Fish Fest, first prize is \$10,000.00
- ◆ What to do for Y2K. Do make sure your oil or propane tanks for heating are filled. Make sure your vehicles are full of gas and you have extra full gas cans. Have your water jugs filled ahead of time. Have extra food in the house. Help out your neighbours should the need arise. Don't forget to have some extra cash around. Don't forget to have candles, oil lamps, etc. on hand in your home. Don't forget to get all your prescriptions filled before December 31. Don't wait until the last minute to have the above things ready. Don't forget to phone the Community Centre Executive if you have any health concerns or home concerns regarding a Y2K problem. Don't forget to volunteer at the Community Centre should problems arise
- ◆ The Community Centre will be open and available if there are any problems related to Y2K in the area. We have a generator to run the Centre, a large propane range to cook on, and guaranteed phone access. Remember to bring food from home with you, to cook at the centre. Please feel free to make use of the Centre if any problems arise.

Does everyone remember when Y2K was such a scare? Everyone was dreading the year 2000. We were told computers would crash, whole systems like Hydro, banks, and Bell would be knocked out. Stores were sold out of basics like water, bread, milk, toilet paper. Sounds a little like the Covid pandemic. But here we are 23 years later and we've survived both.

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

Gillies Community Centre



November Events

Monday Gentle Flow Yoga 7-8pm

Thursday Weekly Cornhole Tournaments 7pm

November 24th Waldorf Parent & Child Gathering

November 26th Holiday Craft Market & Bake Sale

SAVE THE DATE December 3rd Christmas Tea

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

RURAL 60 PLUS

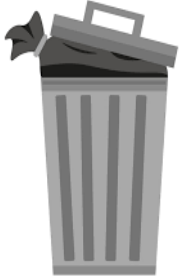
- Monday Carving – 10am to 3pm
- Monday Disking – 1pm to 3 pm
- Tuesday Weaving – 10am to 3pm
- Tuesday Knitting – 10am to 3pm
- Wednesday Cribbage – 1pm to 3pm
- Wednesday Quilting – 10am to 3pm
- Wednesday Beginners Carving — 10am to 3pm
- Thursday Weaving – 10am to 3pm
- Thursday Knitting – 10am to 3pm
- Thursday Yoga – 10am to 11am
- Craft Room is open Monday to Friday – 10am to 3pm





Custodian

The NCC is looking for bids for a Custodian. This individual would be responsible for ensuring that the centre is cleaned after events, including emptying garbage.



Bid price should be an hourly rate. Other fees may be discussed or negotiated. Submit bids by November 30, 2023 to

prez.ncc@gmail.com

Kakabeka

NorWest Community Health Centre

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

Tel: (807) 473-5528

Fax: (807) 473-4584



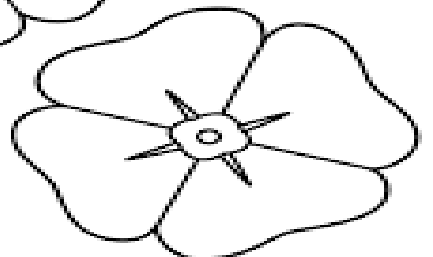
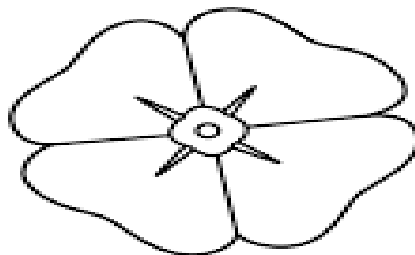
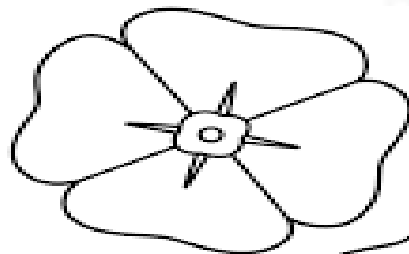
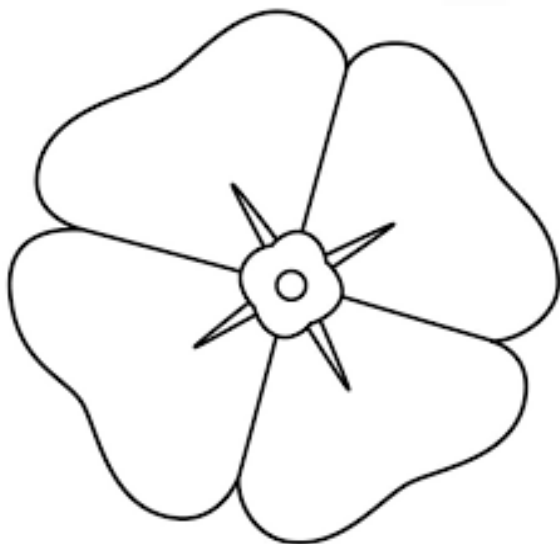
WALK-IN CLINIC HOURS

- November 1: 10:00am to 6:00pm
- November 9: 10:00am to 6:00pm
- November 16: 8:30am to 4:30pm
- November 30: 8:30am to 4:30pm

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

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

COLOURING PAGE



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

Can you believe November is upon us already? Soon it will be snow, Christmas break, skiing, snowmobiling, and winter magic. But for now it's Chaga hunting season. Yes I must confess I have joined in this pasttime of the north. I love searching for Chaga on the birch trees, it is a wonderful time to take nature walks and do some last minute foraging before the snows cover everything. I will be harvesting the rose hips at this time too. I make tinctures out of the rose hips as well as cold infused oils, and add it to some salves. I love that everything is so readily available for my herbals, whether it is on our property or down the road in the bush or at the lake. I use my herbals for everything from bug spray to stomach upset to sleepless nights to cuts and scrapes. I love that nature provides everything we need to get by day by day. I still believe in medicine as it has saved my family on more than one occasion, but I prefer not to do so much over the counter remedies if I can do it herbally. There is a place for everything.

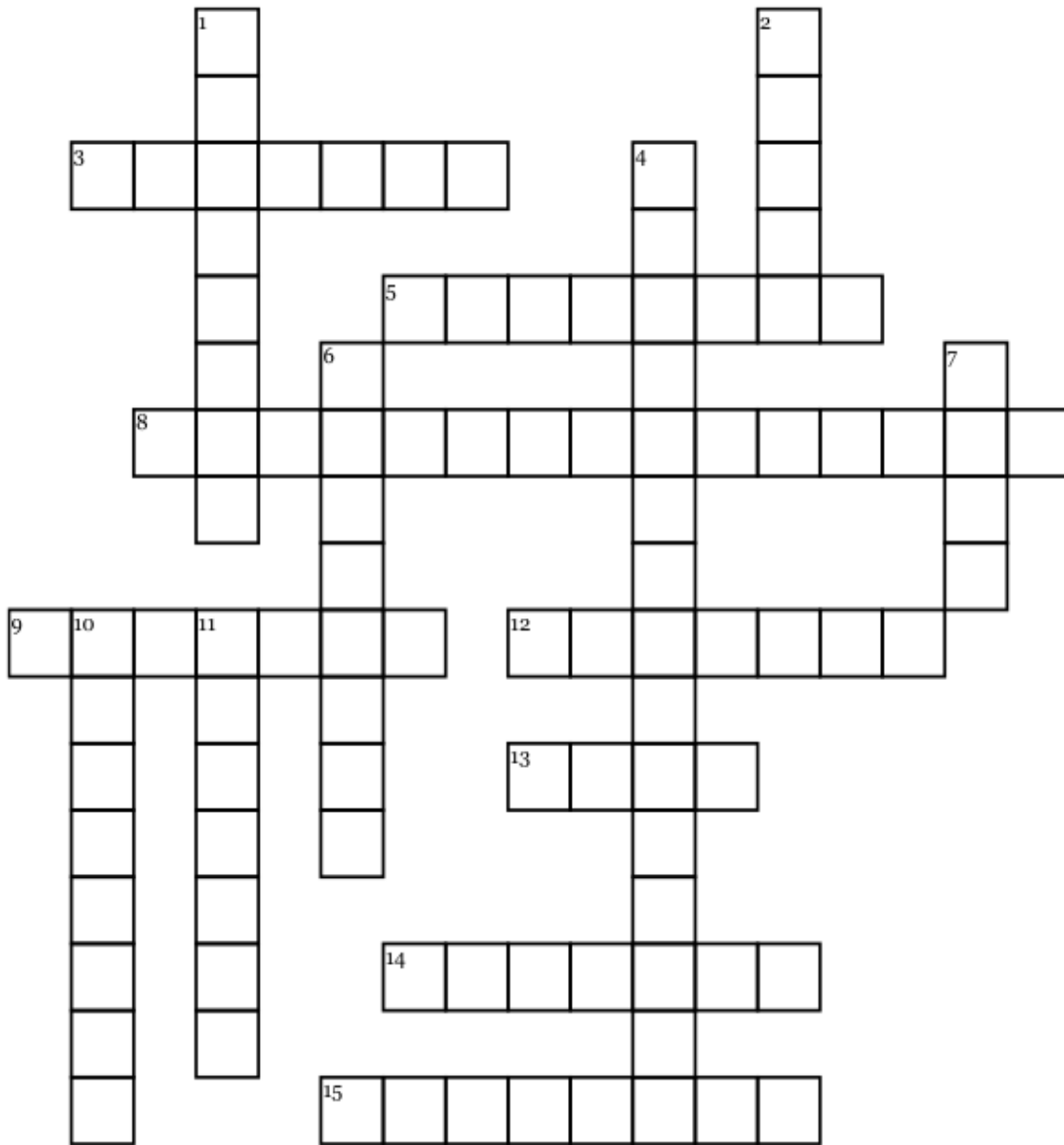
Some of you have been asking how the renovations are coming. Well... they are not. We are at a standstill now. It is 90-95% done, a year later than was quoted and \$26,000.00 over budget. So we said we've had enough and we will complete the rest on our own time and when we have money to do it. It is certainly livable and my daughter and grandson have now totally moved downstairs. They both have lovely large bedrooms and so much closet space, way more than we have upstairs. My daughter has a lovely mirrored closet that goes wall to wall. We've turned the third bedroom into a pantry/storage room. So I now have room for all my preserves and we can stock up a little for winter in dry goods. There is room for our three freezers. We buy a side of beef and that fills one, vegetables and fruit goes in the second one, and the third one is reserved for everything else. We also have a tool/furnace room, so no more digging through totes to try and find the right tools. They also have a wonderful new bathroom downstairs, with a big tub for baths. I was also able to move the laundry room upstairs when we took out the second bathroom. It's so nice not to trek up and down stairs with wet clothes to hang them out on the line. Now that it is getting colder the dryer will be put to more use. The shelves that were taking up the living room, dining room, and my grandson's bedroom have all been taken down, moved, and repurposed. My grandson now has a playroom in his living room downstairs, but that is not to say that toys still don't find their way upstairs, we just aren't as crowded as we used to be.

I've started using my sour dough starter, although I'm still not brave enough to try bread yet. I know; then what's the point of the starter? Well, you can make so much with it besides bread. I've made crackers, chocolate chip cookies and more. The banana chocolate chip muffins I made were so tasty and moist, my grandson loved them. There is time for bread yet, maybe after the Christmas baking.

Odette

PUZZLES

Remembrance Day



Across

- 3.** Soldiers fight in
5. In which month do we remember
8. A famous poem by John MacCrea
9. What usually marks the resting place of Soldiers
12. absolutely no sound
13. thanks to them we are

- 14.** They grow in Flanders Fields
15. They fought for our freedom
Down
1. they came home
2. the instrument played before the 2 minutes of silence
4. Legions have these

- 6.** The ____ hour of the ____ day of the ____ month
7. symbol of our country
10. we will ____
11. thank you for your

NOLALU COMMUNITY CENTRE: HALL RENTAL

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

NCC Events—November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 YOGA 7:00pm to 8:15pm	2	3 Drop-in Exercise 9:30am to 10:30am FREE	4
5	6 Drop-in Exercise 9:30am to 10:30am FREE Rural Readers 7:00pm to 9:00pm	7	8 PLAY GROUP 12:00pm to 2:00pm YOGA 7:00pm to 8:15pm	9 NEST Meeting 7:30pm at West Firehall	10 Drop-in Exercise 9:30am to 10:30am FREE Private Rental 12:00pm to 6:00pm	11
12	13 Drop-in Exercise 9:30am to 10:30am FREE SENIORS LUNCH 11:00AM to 1:00pm NCC Meeting 7:30pm	14	15 YOGA 7:00pm to 8:15pm	16	17 Drop-in Exercise 9:30am to 10:30am FREE	18 JAM NIGHT 6:00pm to 9:00pm Bring an instrument or just enjoy
19	20 Drop-in Exercise 9:30am to 10:30am FREE	21	22 YOGA 7:00pm to 8:15pm	23	24 Drop-in Exercise 9:30am to 10:30am FREE	25
26	27 Drop-in Exercise 9:30am to 10:30am FREE	28 LSB Meet- ing 7:30pm	29 YOGA 7:00pm to 8:15pm	30		