

NCC NEXT MEETING:

Monday November 11
@ 7:00pm

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

LSB NEXT MEETING

Tuesday November 26
@ 7:30pm

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

NEST NEXT MEETING

Thursday November 14
@ 7:00pm

At the NCC and open to
the community

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November 2024

Nolalu's

GRASSROOTS

In Flanders Fields

In Flanders fields, the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

"In Flanders Fields" is a war poem, written during the First World War by Canadian physician Lieutenant-Colonel John McCrae. He was inspired to write it on May 3, 1915, after presiding over the funeral of friend and fellow soldier Lieutenant Alexis Helmer. According to legend, fellow soldiers retrieved the poem after McCrae, initially dissatisfied with his work, discarded it. "In Flanders Fields" was first published on December 8 of that year in the London magazine Punch. Flanders Fields is a common English name of the World War I battlefields in Belgium and France.

It is one of the most quoted poems from the war. As a result of its immediate popularity, parts of the poem were used in efforts and appeals to recruit soldiers and raise money selling war bonds. Its references to the red poppies that grew over the graves of fallen soldiers resulted in the remembrance poppy becoming one of the world's most recognized memorial symbols for soldiers who have died in conflict.



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
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Rustic Fence Slabs sold by the truckload

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Emergency Phone Numbers

Nolalu Fire & Ambulance: 807-473-5200

Ontario Provincial Police: 1-888-310-1122

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

For Road information call: 511

NCC Volunteer Board

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

NEXT NCC MEETING:
Monday November 11, 2024
@ 7:00pm

ALL NCC meetings are open
to the community.

NEST meeting 7:00 pm at NCC
 Thursday November 14, 2024

Nolalu Dump WINTER Hours
October 1—April 30

ADRIAN LAKE

Sundays 12pm - 3pm

HARDWICK

Sundays 4pm - 6pm

HOPPER'S VARIETY

The Everything Store



7:00 am to 9:00 pm

Sunday to Saturday

807-475-8804 OR 807-475-8814



AUTOMOTIVE

REPAIRS

TIRE REPAIRS

**ALUMINUM &
STEEL WELDING**

Call For Appointment & Quote

Senior Discount on Shop Labour for Age 55+



LCBO CONVENIENCE OUTLET

7:00 AM TO 9:00 PM

LAUNDROMAT

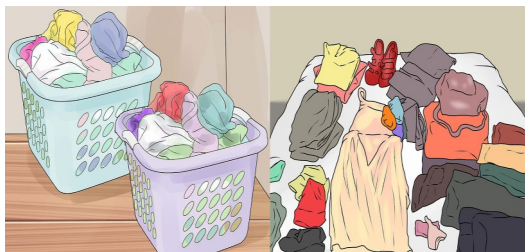
ST. URHO'S GOLF COURSE

9 HOLE 36 PAR

GOLF CART RENTALS



BOTTLE RETURN DEPOT



CALL TO BOOK YOUR APPOINTMENT

SNOW REMOVAL, SAND & GRAVEL

CONSTRUCTION/FLOATING

****FREE QUOTES****





Nov 30, 2024

11:00am to 1:00pm

**Nolalu Community
Centre**

2266 Hwy 588, Nolalu

Cost: \$5.00

Santa at noon



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

FREE!!!

Bingo Board

Electric & Manual

Approximate dimensions; 4ft x 10ft

Contact prez.ncc@gmail.com



Avista Realty Group Ltd.
640 Beverly St., Thunder Bay, ON P7B 0B5
(807) 344-3232 Office
(807) 344-5400 Fax
1-888-837-6926 Toll Free
bmcewen@avistarealty.ca



Barb McEwen
Salesperson
(807) 626-3860 CELL

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From the Nolalu Community Cookbook 1975

Finnish Turnip Loaf ~ ~ Norma Kivela

3 small turnips or 1 big one 3 tbsp flour 1/4 cup butter or margarine
salt and pepper to taste

Peel and dice turnips. Boil in slightly salted water until done. Drain well and mash. Add butter, flour, and a sprinkle of pepper. Whip with a fork. Turn into a buttered casserole dish and bake in a 350°F oven for about 45 minutes. Loaf tastes better if baked in a low oven at about 275°F to 300°F for two to three hours.

Butterscotch

Boil until it forms a very hard ball in water (265°F)

2 cups white sugar 1 tbsp vinegar 1/2 cup brown sugar
4 tbsp boiling water 1 cup butter 1/2 tsp salt

Pour into a greased pan and break when set.

Nicki's Salad Dressing ~ ~ Angela Globensky

1 cup mayonnaise 1/2 tsp onion salt 1/4 tsp pepper
1 clove minced garlic 1 cup buttermilk (or 1/2 cup milk, 1/2 cup yogourt)
Small amounts, fresh if possible, of herbs such as chives, summer savory, marjoram, tarragon to taste. Mix in a blender or shake.

Elephant Tusk ~ ~ Lillian Winslow

1 cup dates (chopped) 1 cup walnuts (chopped) 1 pkg marshmallows
1 1/2 to 2 cups graham wafer crumbs

Put marshmallows in a dish over steam, when 'gooey' put in chopped walnuts and chopped dates, also crushed wafers. Form into a roll, then roll in more graham wafer crumbs. Wrap in waxed paper and chill

Paddy Bundles ~ ~ Laina Maki

6 tbsp flour (heaping) 3 heaping dessert spoons of butter 1 tsp baking flour
sweet milk or cold water to make a soft dough

Cut into four pieces. Do not roll, but on each piece put a peeled and cored apple. With floured hands work the dough up and around the apple. Fill the hole with sugar, butter, and a couple of cloves or a bit of cinnamon. Work the dough over the hole. Brush with milk. Place a pan, adding a little sweetened water. Bake 30-40 minutes at 325°F. Serve with cream and sugar or the sauce they were cooked in.

"You don't have to love cooking to cook, but you have to do more than love baking to bake. You have to bake out of love". ~ ~ Tom Junod ~ ~



NOLALU SCHOOL BUS ROUTE AVAILABLE

- \$120/day (5.5 hours)
- Paid training
- No evenings/weekends
- Park at home

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www.workatfirst.com

807-475-4500

610 Hewitson St.

CELEBRATING



Please join us to celebrate the 50th wedding anniversary of

**NEIL & VICKI
DELINT**

Saturday | 30th Nov | 1-3 pm

The Murillo Hall
4569 Oliver Rd | Murillo, ON PoT 2Go



ANNUAL

CRAFT SALE & DRAWS

SATURDAY NOVEMBER 16, 2024

10:00 AM TO 1:00 PM



AWARD WINNING HONOUR QUILT

"PAT'S QUILT"

Table Rentals \$15.00@ Call 807-475-5779

Or Email: rural60plus@tbaytel.net

LIGHT REFRESHMENTS WILL BE AVAILABLE

LOCATION: 5 PINEVIEW ROAD, KAKABEKA FALLS

ALL DRAWS AT 1:00 PM

LICENSE # M861943



Meet in person, the first Monday of the month

November 4th: "The Diving Bell and the Butterfly" by Jean-Dominique Bauby

Join online:

A photograph of a kitchen area, likely in a community center or school. The foreground features a granite countertop with various items: a black pot on a red patterned placemat, a silver thermal carafe, a box of 'BIGLOW' coffee, a bottle of orange juice, and some plates. In the background, there are wooden cabinets, a sink with a faucet, and a large window overlooking a lake. The ceiling has fluorescent lights.

Thanks everyone for
coming out.

KB RURAL AREA STITCH & CRAFT GROUP

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



We meet every other week on Monday nights from 7:00pm to 9:00pm
Meetings are held at the O'Connor hall, 330 Highway 595, O'Connor.



Updates can be found on the Facebook page;

KB RURAL AREA STITCH & CRAFT GROUP

Our next get together is November 11th

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

Hope to see you there.



NorWest Community
Health Centres
Centres de santé
communautaire NorWest

HISTOR-*tea*

The NorWest Community Health Centres is happy to host a Multigenerational History tea. This is an excellent opportunity for community members to get together to talk and reminisce about the history of O'Connor. All ages are welcome to attend and there will be coffee, tea and light snacks provided as well as crafts for the kids to make and take.

Dates: November 15, 2024

Time: 1:30pm-3:30pm

Location: O'Connor Community Centre

For more information:

Contact Shaun at (807) 473-5528 ext.1





Finished Heritage Pigs

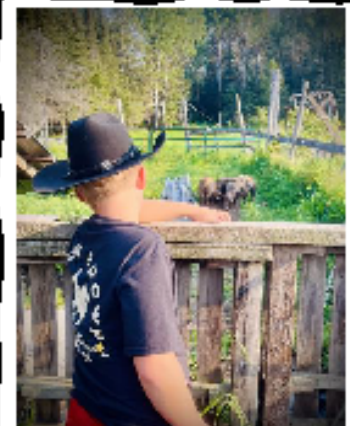
**AVAILABLE IN
FULL & HALF ORDERS**

Ready November 2024

My name is Barrett!

I am 10 years old and raising my own laying hens and a herd of Berkshire X from piglets to finishing.

I have saved up my own money to buy my first group of livestock to create my own business called 'Green Eggs & Ham'. In the Spring of 2024, I purchased 8 piglets and 25 laying birds, which will start laying in the fall. I am a hard worker and take care of the animals all on my own. I really like watching the livestock play and grow at my farm and I am proud to learn how to grow my own food.



Send us a message at our Facebook page 'Spots & Spurs'

Email Barrett at: barrett.atkinson1125@icloud.com OR Call/Text Alexandra at 807-629-5283



HOLIDAY MARKET

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

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

**Table
rental
\$10**

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

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

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

info@NolauEST.com

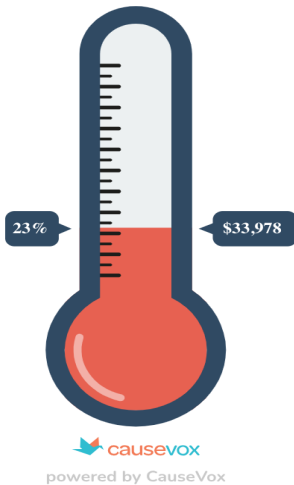
Emergency 807-473-5200

2167 Hwy 588

Nolalu ON P0T 2K0



GOAL: \$150,000



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

Donation cheques can be mailed to:

NEST

2167 Hwy 588

Nolalu ON P0T 2K0

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

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

\$31,935.00 total so far. Thank you so much for your support in our efforts to build funds for the purchase of a new tanker

Nolalu Emergency Services Team



When **donating aluminum cans** to the drop off area beside the Nolalu firehall, please do not drop off garbage or recycling.

Please take other cans and metal and plastics to the dump or Recycling centre.

We do ACCEPT any LCBO returns

WE Thank You for your continued support in this great fundraiser for us



Emergency Supplies Every Vehicle Should Have

Northwestern Ontario's unpredictable winter weather can leave drivers stranded, so it's crucial to pack an emergency kit. Here's what you should always have in your vehicle:

Snow Brush and Ice Scraper: Essential for clearing your windows of snow and ice before hitting the road.

Jumper Cables: Cold weather can drain your battery, and having jumper cables on hand can save you from being stranded.

Blankets and Warm Clothing: In case of an emergency, having warm gear can make a significant difference if you're stuck in the cold.

Flashlight with Extra Batteries: Visibility issues or roadside emergencies may require a flashlight.

Non-Perishable Snacks and Water: If you're stuck for an extended period, having food and water will keep you comfortable.

First-Aid Kit: An essential for minor injuries in case of an emergency.

Tire Chains or Traction Mats: If your vehicle gets stuck in snow or ice, tire chains or mats can help you regain traction.

We Need You!

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

Chair person:

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

Duties:

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

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



We Need You!

Secretary

The Secretary keeps and maintains the records of the Corporation.

Duties:

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





After stepping in as President over two years ago Breanne Neufeld has decided to focus her attention on the Senior's Luncheons. Breanne was an integral part of the board helping to keep everything running smoothly. She also played a key role in overseeing the rewriting of the bylaws and making the necessary amendments. Breanne went above and beyond in filling her role as President, stepping in to manage whatever needed to be done. Whether it was helping at an event, taking care of health and safety, or making sure supplies were stocked, Breanne was there. We have been fortunate to have her on our team. We are grateful for her continued support and dedication and were happy to hear that she plans to continue to volunteer on occasion, as well as the Senior's Luncheons. We wish Breanne all the best!

NCC Board

Second Tuesday of Each Month
Next Play Date: November 12, 2024
****Note date change****

Nolalu Community Centre
12:00pm to 2:00pm



Come on out and have some fun.

Meet other children and parents in the community.

Play group is open to all on the 3rd Tuesday of every month at the Nolalu Community Centre

Hope to see you there



Join the Country Connections Social Club

Where Friendships Flourish!

Are you looking to connect with like-minded adults, share interests, make new friends, and enjoy a variety of activities?

Look no further than the ***Country Connections Social Club!***

Why Join Us?

- ♦ **Diverse Activities:** From arts, crafts, cooking, potluck gatherings, learning workshops and games to walking/hiking, snowshoeing and outdoor adventures, there's something for everyone!
- ♦ **Friendly Community:** Meet people from all walks of life, share your own interests and learn new ones, build lasting friendships and grow your social network.

If you are interested, then please contact Kathy at
(807) 629-0343 (text is best) or
email: countrylivingrocks@hotmail.com Let's connect!

Interested in Emergency Preparedness planning for the NCC?

A new funding opportunity will be available soon. <https://www.ontario.ca/page/community-emergency-preparedness-grant>.

We are looking to put together a team who will come up with a plan to better prepare the NCC. A few things we might consider - Should we apply for a back-up generator so we can ensure that the NCC maintains power and can truly serve as a warm space if needed? What about a sandbag machine so we can protect from flooding too? Other ideas?

If you want to be part of this conversation, please email Breanne at prez.ncc@gmail.com and we'll go from there. We each have our strengths that we can bring to this project - including planning, writing and putting it into action (IF we get the funding). Would love to hear from you :)

Kakabeka Legion News

Nov 2	Membership Dinner	5:00pm to 7:00pm
Nov 9	Executive Mtg	2:00pm
Nov 9	Members Mtg	3:00pm
Nov 10	Buffet Breakfast	8:30am to 11:00am
Nov 10	Remembrance Day Service	10:45am
Nov 15	Rural 60 Luncheon	12:00pm to 1:00pm
Nov 24	NO Sunday Music	
Dec 1	Christmas Concert "Just 4 You"	2:00pm to 4:00pm



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

"There can be no dedication to Canada's future without a knowledge of its past."~~John Diefenbaker, 13th Prime Minister of Canada~~

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 20, 2024

Registration 9 am to 11 am

Drive-Thru Pick-up

Helpful Hints from the Senior Citizen Centre 2001

- ♦ To remove greasy stains from knits, try club soda
- ♦ To remove blood from clothes, soak them in cold salt water. Never put blood stains in hot water. If stain persists, soak in diluted luke warm ammonia solution. Rinse. Work in meat tenderizer. Rinse and launder. If blood is hard and dry, steep for a few hours in cold water mixed with a pinch of baking soda. Washing and bleaching will finish the process.
- ♦ To remove glue from fabrics, soak in hot water and vinegar, or vinegar alone. Soak in warm water and boil if necessary.
- ♦ Undiluted hair shampoo when rubbed into grass stains will remove them easily
- ♦ To get gum out of fabric, first rub with an ice cube and scrape off excess with a dull knife. Then sponge with carbon tetrachloride or solvent until gum yields.
- ♦ To start your lawn mower after the long winter in a damp garage or shed, try putting it out in the sun for a while to warm it up. Better still set it on concrete or black top to speed the warming.
- ♦ To prevent further rusting of car paint, rub petroleum jelly in scratches and chips in late autumn.
- ♦ When baking rhubarb pies, bake the bottom crust for eight minutes before putting in the filling. This prevents the pie from becoming soggy
- ♦ Easy lemon and lime storage, store them in an empty egg carton. They won't roll around, or get lost, inside the fridge.
- ♦ To collect cat and dog hair on couches and rugs put on a pair of rubber kitchen gloves and rub your hands along the surface. The hair will accumulate in a little ball, ready to throw away
- ♦ The best way to ensure that your dinner guests will enjoy what you serve is to keep them waiting until they are good and hungry

"Canada is the homeland of equality, justice and tolerance."~~—Kim Campbell, 19th Prime Minister of Canada~~

GRASSROOTS DEADLINE

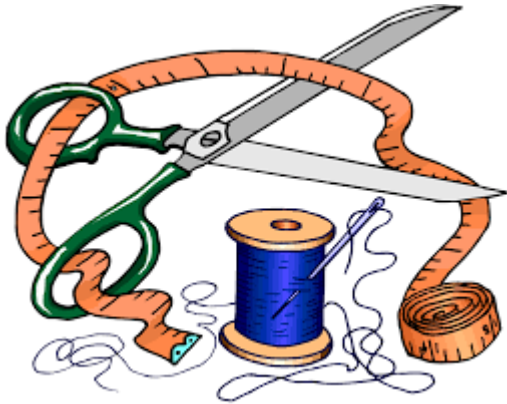
The deadline for submissions is the 15th of each month.

There will be no exceptions.

Submit to nolalu.grassroots@gmail.com

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

BARB'S PROFESSIONAL SEWING



ZIPPERS ZIPPERS ZIPPERS

Hems on pants, dresses, curtains and more

Alterations, mending, patching

13 years doing alterations at EVA'S BRIDAL

7 years at THE WHOLE NINE YARDS

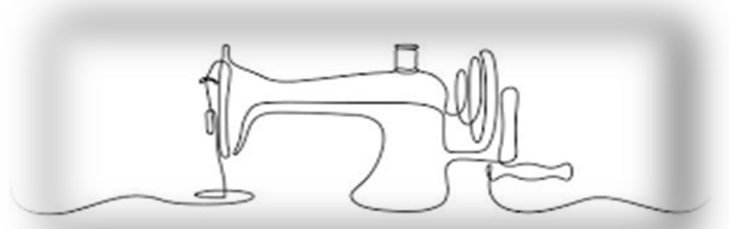
Doing repairs, alterations, wedding parties

QUICK SERVICE

REASONABLE RATES

sewZipZippersKCAT81@gmail.com

807-475-9687



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

LICE N EASY

Thunder Bay , Ontario

Lice Removal Service

Call or Text 807-708-6950

Irene Levesque

Professional Head Lice Technician



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

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

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

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

RURAL 60 PLUS

Monday Carving – 10am to 3pm
Tuesday Weaving – 10am to 3pm
Tuesday Knitting – 10am to 3pm
Tuesday Choir – 1pm to 2:30pm
Wednesday Quilting – 10am to 3pm
Wednesday Beginners Carving — 10am to 3pm
Wednesday Cribbage – 1pm to 3pm
Thursday Weaving – 10am to 3pm
Thursday Knitting – 10am to 3pm
Thursday Yoga – 10am to 11am
Craft Room open Monday to Friday – 10am to 3pm



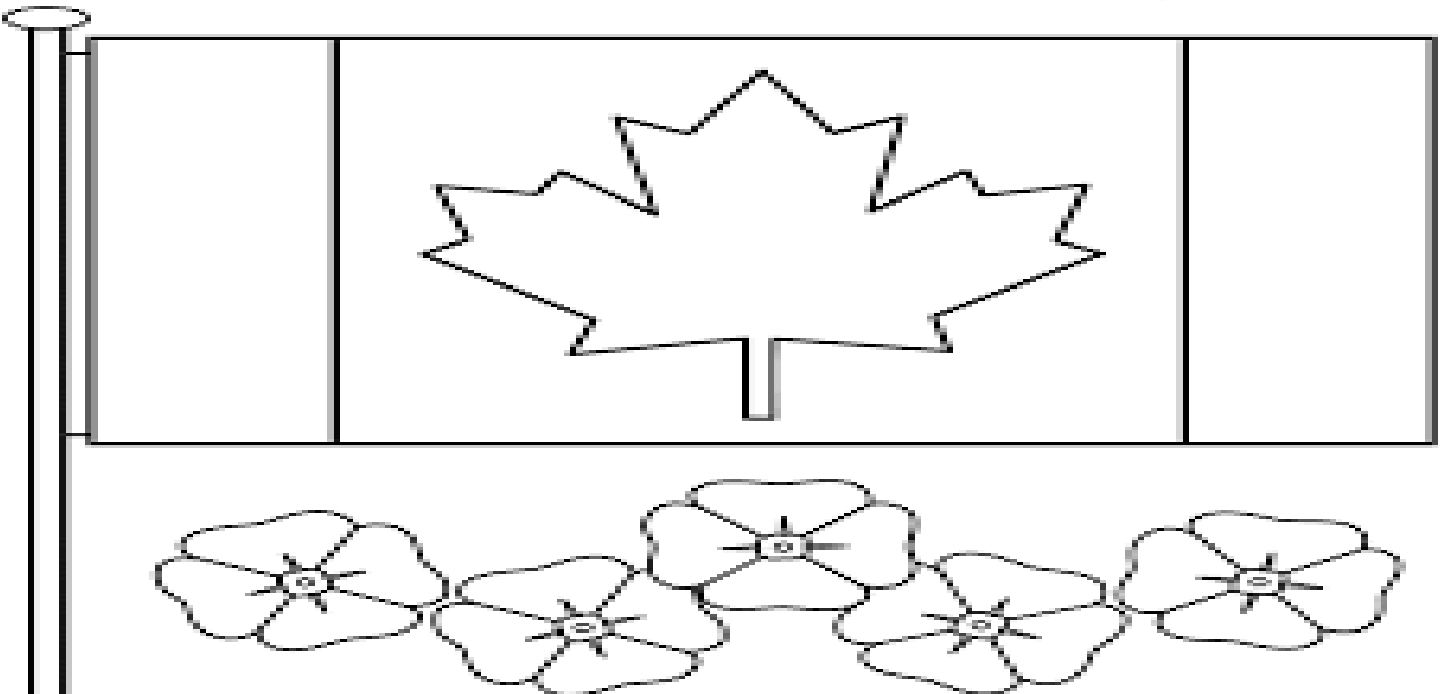
On Friday November 8th at 1:00pm Rural 60 Plus will be holding an information session on FRAUD with Donald Poirier Branch Manager at Scotiabank. Everyone is welcome to attend. Refreshments will be available.

We will be having our Rural 60 Plus Craft sale on Saturday November 16th from 10am to 1pm.

The tables are available at a cost of \$15. Contact Rural 60 Plus at 807-475-5779 or email: rural60@tbaytel.net

The poster for 'CLASSIC COUNTRY MUSIC JAM' has a warm, orange-yellow background. On the left side, there is a large, detailed image of an acoustic guitar. The title 'CLASSIC COUNTRY MUSIC JAM' is written in large, bold, blue capital letters. Below the title, in a smaller blue box, it says 'EVERY TUESDAY NIGHT' and '7PM - 9:30PM'. In the center, there is a collage of three small photographs showing people sitting around tables in a room, presumably at a music jam session. Below the photos, the text 'CASTLE GREEN COMMUNITY CENTER' is written in bold, black capital letters. Underneath that, the address '213 Castlegreen drive' is listed. The cost '\$5.00 per person' is shown next. Below that, 'COFFEE, TEA & SNACKS' is written in bold, black capital letters. At the bottom, the text 'COME ON OUT AND LISTEN TO LOCAL MUSICIANS AND DANCE' is written in bold, black capital letters. A small Facebook logo is in the bottom right corner. The text 'Made with PosterMyWall.com' is visible in the bottom left corner.

COLOURING PAGE





Seniors Potluck Lunch



(55+ or "close enough")



Next two (2) lunches taking place:

Monday, October 21

Monday, November 18



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



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



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



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

NOV 2024

MON	TUE	WED	THU	FRI
				1
4 Chair Yoga @ O'Connor C.C @ 10:00 am Mobile Clinic - Armstrong 1pm-6pm	5 Fly the C.O.O.P Walking Group Mobile Clinic - Armstrong 8:30am-1:30pm	6	7 Fly the C.O.O.P Walking Group Walk-In Clinic 8:30am-11:30am LifeLabs	8
11 Closed for Remembrance Day	12 Fly the C.O.O.P Walking Group	13	14 Fly the C.O.O.P Walking Group LifeLabs	15 Histor Tea 1:30pm@ O'Connor Community Centre
18 Chair Yoga @ O'Connor C.C @ 10:00 am	19 Fly the C.O.O.P Walking Group	20	21 Fly the C.O.O.P Walking Group Mobile Clinic - Upsala 10am-3:30pm LifeLabs	22
25 Chair Yoga @ O'Connor C.C at 10:00 am	26 Fly the C.O.O.P Walking Group	27	28 Fly the C.O.O.P Walking Group Walk-In Clinic 8:30am-11:30am LifeLabs	29



NorWest Community Health Centres
Centres de santé communautaire NorWest

Kakabeka Site

4785 ON-11 Unit B,
Kakabeka Falls,
ON POT 1W0
(807) 473-5528

PROGRAM INFO

Call Shaun at (807) 473-5528 ext.1 to register for all programs

Fly the C.O.O.P Walking Group
Indoor Walking and site to be determined

Histor-Tea - Nov 15th
Join us at 1:30 - 3:30pm for a multigenerational get together. Beverages & Snacks will be served. Come out and meet our Shannon our new Lactation Consultant

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



Follow us!

NorWest Community Health Centres - Kakabeka Falls Clinic

www.norwestchc.org



NOLALU COMMUNITY CENTRE

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

November 11, 2024

7:00pm

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

LOCAL SERVICES BOARD OF NOLALU



November 26, 2024

7:30pm

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.

"Exercise not only changes your body, it changes your mind, your attitude and your mood."~~Woman's Day~~

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 the gorgeous weather we had in October? We didn't take the patio furniture off the deck till two days before Halloween. It was nice to have such a long time to enjoy nature's beauty. Thunder Bay even had to add another leaf pick up day as the leaves weren't falling as fast as they usually do. We got a lot done this fall thanks to Lee's handyman service. Between the three adults here, there wasn't one of us that could do any heavy lifting, so Lee to the rescue. I can't say enough about what good service we got and what an excellent job he does. If you need something done in a timely manner and at a reasonable rate, give him a call.

October just whizzed by for my family, we had some health issues and some vehicle issues. Between the two it was a busy time with lots of juggling of schedules. I'm hoping for a quieter November. We managed to get all the Halloween decorations up just in time. We usually decorate in September but this year it was just two weeks before Halloween. It is my daughter's favourite time of year, and our grandson is so excited to be a ghostbuster this year. I hope the weather is good for all the kids, and parents too.

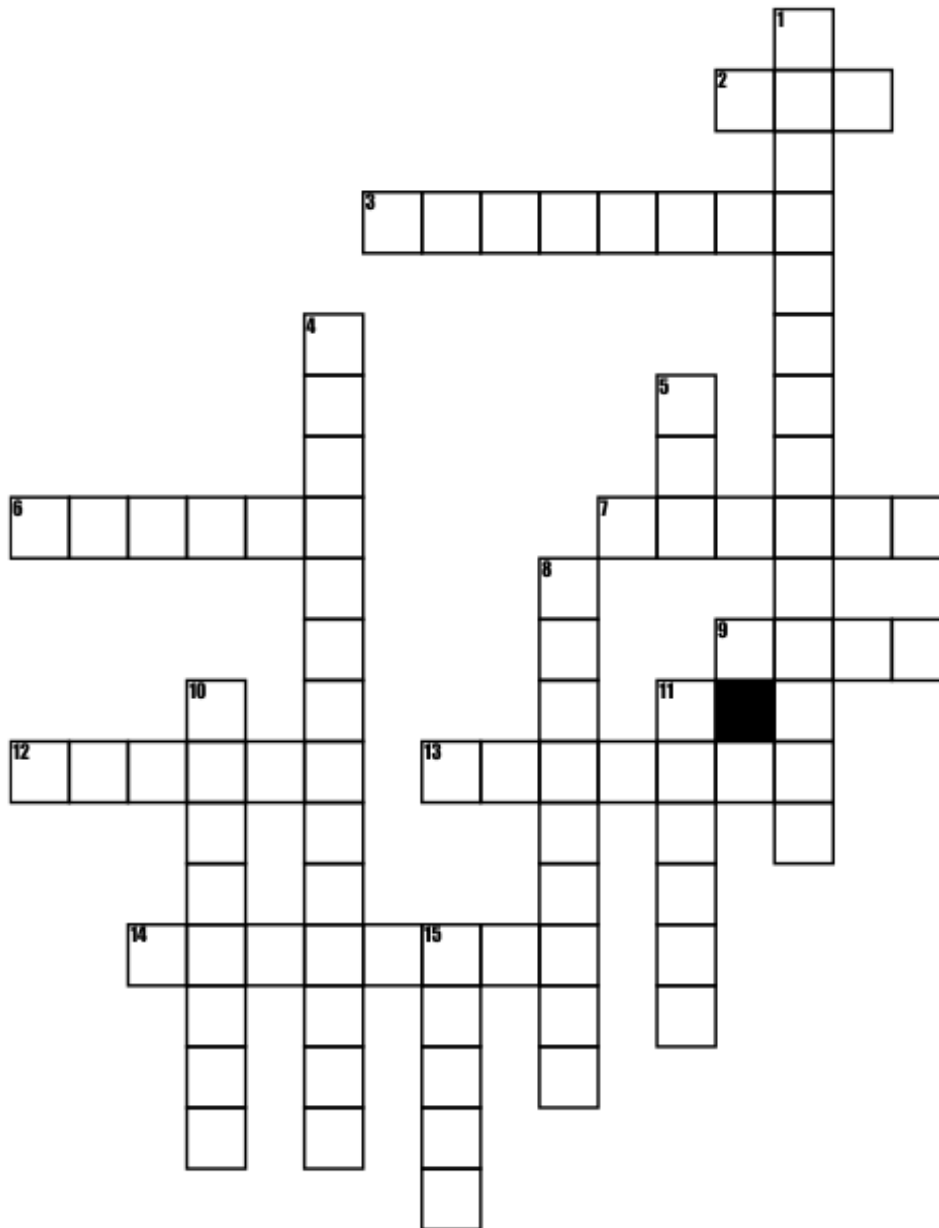
We got a new laptop for the Grassroots and I am pleased to say it is so much faster. Unfortunately it doesn't come with the programs needed to create the newsletter so that was an added expense. In looking for these programs to download I discovered that Microsoft is phasing out the program I use to create the newsletter, January 2025. So there wasn't any point in purchasing it for a year, as they will not be assisting with any upgrades or troubleshooting. So the Grassroots might change a bit in the coming months as I switch it over to a different program. I'm hoping it is a smooth transition but please be patient with me if there are some glitches. I had been meaning to try it in the other program eventually and this just makes me get to working on it sooner. I have a month of a free trial with the old program before I need to be switched over. Wish me luck.

I find November to be both busy and quiet. It is a quiet time of reflection as we honour those veterans who gave their lives fighting for our freedom. It seems like such a long time ago but wars are still being fought in this world and veterans deserve our respect. This is one of the reasons you won't see our Christmas lights on until after Remembrance Day, they might stay on till March but they don't go on before that. Then comes the busy time, with everyone trying to get ready for Christmas. The stores are already decorated in October and everyone starts shopping, its exhausting. We are getting more into homemade gifts in our family and I find everyone is so appreciative of this, so November will be spent making things.

Odette

PUZZLES

Remembrance Day



Across

- 2.** What was the very first major war?
- 3.** What hour do we take a moment of silence?
- 6.** What color of poppy represents animals of war?
- 7.** What day of the month is remembrance day this year?
- 9.** The armistice was actually signed at what time?

12. Where is the Tomb Of The Unknown Soldier?

13. We submit our remembrance day posters into a?

14. What month is remembrance day in?

Down

1. How many major wars have there been?

4. The first _____ was in 1919?

5. How many world wars were there?

8. Who wrote the poem called In Flanders Fields?

10. remembrance day is a _____ holiday?

11. Who does the poster contest?

15. What instrument is played during the moment of silence?

NOLALU COMMUNITY CENTRE: HALL RENTAL

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

Email nolalucctreasurer@gmail.com

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

NCC Events—November 2024

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