

March 2026

Nolalu's GRASSROOTS

NCC NEXT MEETING:

Thursday March 19

@ 7:00pm

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

LSB NEXT MEETING

Tuesday March 24

@7:30pm

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

NEST NEXT MEETING

Thursday March 12

@7:00pm

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

Contents:

Information	3
Recipes	5, 12
Interest	7,8,9,14
Rural 60+	8, 26
Rural Readers	13
Thank you	15
Seniors Lunch	15
Legion	16
Fire Safety	17-19
Food Bank	20
Meeting Dates	21
Fun Pages	11,22,24
Norwest	23
Editor's Note	25
Hall Rental Info	27
NCC Events	28



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f nolaluncc

**MARCH
7 & 8
2026**



34th Annual Tough Boating Family Fish Derby

Adults & Kids (15 and under) categories

Weigh In
Saturday, March 7
3 pm - 6 pm

Sunday, March 8
12 pm - 6 pm

Prizes

- ✓ 1st
- ✓ 2nd
- ✓ 3rd
- ✓ Mystery for all categories

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CONTACT
Sue Backstrom
(807) 475-8467
sbackstrom24@gmail.com

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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	Dawn Scavarelli	dawn_scav@protonmail.com	807-473-1114
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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:
Thursday, March 19, 2026
@ 7:00pm

ALL NCC meetings are open

Nolalu Dump WINTER Hours

October 1 — April 30

ADRIAN LAKE

Sundays 12pm - 3pm

HARDWICK

Sundays 4pm - 6pm

NEST meeting 7:00 pm at NCC
 Thursday, March 12, 2026



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
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From the Nolalu Community Cookbook 1975

Cloud Biscuits~~June Hansen

2 cups sifted flour 1 tsp sugar 4 tsp baking powder 1/2 tsp salt
1 beaten egg 2/3 cup milk 1/2 cup shortening

Sift together dry ingredients. Cut in shortening until mixture resembles coarse crumbs. Combine egg and milk. Add to dry ingredients all at once. Stir dough until it follows fork around the bowl. Turn out on lightly floured board and knead 20 times with heel of hand. Roll to 3/4 inch thickness and cut with 2 inch cutter. Bake at 450°F for 10 to 14 minutes.

Coffee Dunkers~~Julia Woula

1/2 cup milk, scalded 1/2 tsp salt 2 tbsp shortening 1/3 cup flour

Stir salt, shortening and sugar into scalded milk, and allow it to cool to lukewarm. Then add 1 pkg of yeast that has been dissolved in 1/4 cup warm water. Add 2 eggs well beaten, 2 1/2 cups sifted flour. Stir well, cover and let rise 45 minutes or until doubled in bulk. Stir batter down and drop teaspoonful at a time into deep hot fat. Fry about 3 minutes or until brown. Roll in sugar.

Jardiniere Salad~~E. Kallio

1 pkg kraft macaroni and cheese dinner 1/3 cup catalina dressing
1 10oz pkg frozen mixed vegetables, cooked and drained 1/3 cup mayonnaise
1 cup sliced celery 1/4 cup chopped pimento 1/4 cup chopped green pepper
salt and pepper

Prepare Kraft dinner as directed on pkg. Stir in catalina dressing; cool. Add remaining ingredients; toss lightly and season to taste. Chill. Yield 6 to 8 servings.

Ratatouille~~Angela Globensky

1 onion 1/2 lb tomatoes 1 small eggplant 2 zucchini squash
1 clove garlic or 1/4 tsp garlic powder cooking oil chopped parsley

Chop onion and cook gently in oil until soft. Chop zucchini and eggplant without skinning them, chop tomatoes, add to the pan with the cooked onion, add garlic and seasoning. Simmer all gently with the lid on until well cooked. Serve as a vegetable — especially good with fried or broiled ham steaks, sprinkle with parsley.

Salad Dressing~~Janet Goertz

2 eggs 1/3 cup vinegar 1/3 cup sugar 1 tbsp flour
1 cup milk or water 1 tbsp mustard 1 tbsp butter

Mix dry ingredients, add vinegar, beat in the eggs, add milk and butter. Cook in double broiler until creamy. Beat occasionally with egg beater to keep smooth.

Reducing FR. Dressing/0 calories~~Janet Goertz

1/2 cup mineral oil 1/2 cup lemon juice 1/2 tsp salt 1 tsp catsup
1/2 tsp dry mustard dash of paprika 1/2 tsp worcestershire 1 clove garlic

Shake well in jar and chill. Makes 1 1/4 cup.

Hint: Egg stains on silverware can be easily removed by sprinkling salt on the utensil and rubbing with a wet cloth.

To cut a slab of bacon into thin, even slices, first chill it in the freezer until firm.

Fish Odour: If you wet your hands before touching the fish, you will find the odour will come off readily, when you are through preparing it.



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"Politicians and diapers must be changed often and for the same reason"~~Mark Twain~~

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

For the April Issue of Grassroots I will not be able to accept any late submissions.

*Any submissions sent after the 15th of March should be forwarded to the NCC facebook page for publication. I will be away the end of March, so the the newsletter will be compiled on time, thus not allowing for late submissions.
Thank-you to my daughter for doing the printing and distribution.*

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>

March in the Garden (Sort Of): Thoughts from a Northern Gardener

By Kathy McGowan

March in Northwestern Ontario is a month that likes to flirt with spring while refusing to commit. I've gardened here long enough to know better than to trust a warm spell. Or two. Or three. Or anything that looks remotely like soil. March is a trickster. It gives you hope, then drops fresh snow and frigid temperatures just to keep you humble.

However, this is when the gardening itch becomes impossible to ignore. The sun climbs higher, the days stretch out, and the snowpack settles enough that you can imagine ground beneath it. Almost. For beginners and seasoned gardeners alike, March is the month of preparation. Not outdoor action. Preparation. If you try to rush the season, the season laughs and sends you back inside.

I start by checking my seed stash. This is an adventure every year. I find things I forgot I bought, things I swear I never bought, and things I meant to plant last year but didn't. Then I set up my seed-starting area: a table, some trays, a few lights, and the eternal hope that this year my squash won't end up flowering in the living room instead of outside. I test the lights, clean the trays, and check my potting mix supply. I'm always short, no matter how much I buy.

By mid-March, I start the long-season plants. Peppers, onions, leeks, and certain flowers that like to take their sweet time. Tomatoes wait until April. Start them too early and they stretch themselves into awkward shapes, outgrowing their pots and testing your patience until planting day finally arrives.

Here are some things I normally tackle in March:

1. Start long-season seeds.

Peppers, onions, and slow-growing flowers appreciate the early start.

2. Set up your seed-starting area.

Clean trays, test lights, and make sure your setup won't collapse under enthusiasm.

3. Take inventory of supplies.

Potting mix, labels, trays, fertilizer — all the things you think you have until you need them.

4. Finalize your garden plan.

A simple sketch prevents overcrowding and "Why did I plant pumpkins here?" moments.

5. Watch the weather, but don't trust it.

March loves to tease. Enjoy the warm days, but don't uncover anything yet.



March isn't glamorous, but it's essential. It's the quiet beginning of the season, indoors, with planning, dreaming, and patience. And honestly, that's part of the joy.

Kathy has been gardening in growing Zone 2/3 for more than 30 years and has learned that resilience is a skill, optimism is a requirement, and a sense of humour is absolutely essential.

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NOLALU FIRE TEAM c. 1977.

At this time we received the first equipment and funding from the Ontario Government.

Back row L to R:
 Ted Szarkowicz, Dave Parsons, Dick Staples, Harold Alanen, Ted Stone, Leonard Starr, Arvo Kivi, John Goertz, Mickey Hennessy MPP, Bev Young Min. of Northern Affairs, Mr. Wark Fire Marshals Office.

Front row L to R:
 Gerald Mosa, Urho Piilo, Lynn Piilo, Angela Woodhouse-Wild



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Craft Room 10-3	Craft Room 10-3	Craft Room 10-3	Craft Room 10-3	Craft Room 10-3
Chair Yoga 10-11	Weaving 10-3	Beginners Carving 10-3	Yoga 10-11	Friendship Café 1-3, March 27
Carving 10-3	Knitting 10-3	Quilting 10-3	Weaving 10-3	
Disking 1-3	Good Company Choir 1-2:30	Cribbage 1-3	Knitting 10-3	
			Games Day 1-3, March 26	

Next **Friendship Café** is Friday, March 27 – Contact Shawn or Elaine for more information at **807-473-5528**

Games Day is Euchre, Scrabble, Chess at 1pm on the 4th Thursday of the month



The Ides of March and Other Pagan Holidays

Various Internet Sources

The Ides of March, occurring on March 15th, was a day in the Roman calendar historically used for settling debts and celebrating the deity Jupiter. It is now primarily famous as the date of Julius Caesar's assassination in 44 BCE, a turning point for the Roman Republic. Julius Caesar was stabbed to death by a group of senators, including Brutus and Cassius, inside the Theatre of Pompey. In the Roman calendar, "Ides" (from Latin *idare* - to divide) signified the middle of the month, corresponding to the full moon, which for March fell on the 15th.

"Beware the Ides of March": This line comes from William Shakespeare's play *Julius Caesar*, where a soothsayer warns the dictator of his impending death, turning the date into a lasting symbol of impending misfortune. Before the assassination, it was a festive day for the Goddess Anna Perenna and the Roman New Year. The Anna Perenna festival was celebrated in sacred groves, focusing on the cycle of the year and the goddess of the new year.

Ostara is celebrated on the spring equinox (around March 20-23), when day and night are of equal length. This day is all about balance, fertility, and new growth. It's the official start of spring, bursting with fresh energy. Modern rituals for Ostara often involve planting seeds, which can be literal seeds in a garden or symbolic seeds of intention for your personal goals. Decorating eggs and creating an altar with fresh flowers are also popular ways to welcome the season's vibrant energy. This festival celebrates fertility, balance, and the awakening of nature. Other practices include lighting bonfires, and walking in nature, collecting moon water depending on the cycle of the moon.

Nowruz is historically a Persian New Year, it is celebrated as an ancient festival of spring, rebirth, and the new year, aligning with the equinox. These celebrations focus on the return of warmth, honoring nature's awakening, and setting intentions for the coming planting season.

Other holidays include:

MAR. 4: Celtic Feast of Rhiannon: Moon Goddess, Underworld Goddess

MAR. 5: Navigium Isidis – Egyptian festival honoring Goddess Isis as Lady of the Moon and Ruler of the Sea; celebrated with the launching of a boat of offerings.

MAR. 9: Mother Goddess Day – honoring all Mother Goddesses – the loving, nurturing Goddess.

MAR. 11: Great Night of Shiva: vigil and feast for Transcendence

MAR. 14: Egyptian Festival of Au Set: Snake Goddess who wards off poverty

MAR. 17: Roman Liberalia: Maenad Festival of Bacchus (Dionysus)– honoring the God of the Vine and Rebirth. Canaanite Festival of Astarte: Goddess of Love

MAR. 20: Ala Festival (Nigerian), Iduna's Day (Norse), Alban Eilir (Celtic, Druid holiday), Spring Harvest Festival (Egyptian)

MAR. 20-21: Sumerian Festival – celebrating the return of Dumuzi (God of Life and Death) from the Underworld to be with Inanna (Goddess of Life) for the verdant part of the year.

MAR. 24: Feast Day of Archangel Gabriel whose name means, "The High One's Hero," or "Hero of God," or "Power of God," or "Might of God." Note this day comes one day before Annunciation Day when Gabriel performed his most famous task. Since 1970, the Catholic Church no longer recognizes this day for Gabriel, ending a thousand year plus tradition by opting to lump him in with Raphael and Michael for a Feast of the Holy Archangels Day on Sept 29. Originally the Church had an angel for each of the four "corners" of the year, the solstices and equinoxes. It was the Church's only recognition of these "pagan" holy days.

MAR. 25: Lady Day – honoring the Crone as Grandmother; Mother of the Mother

MAR. 30: Babylonian Day of Bau: Mother of Ea (The Earth)

80th Birthday

Hello NOLALU! Are you 80 years or older this year? Do you live in the Nolalu Local Service Board area? If this is you, we want to hear from you. This summer we are hosting a birthday party for our senior residents. Please contact Emma at tritree@outlook.com to register and for more details. We plan to make this an annual event for those that are turning 80 in that year. So don't miss out this year when we are honouring everyone 80 years old or more.

FREE PRINTABLE INVITATION - PREVIEW.COM

The Grassroots needs you! This is your community newsletter. We are looking for articles. They can be short stories, poetry, history of the area, recipes, helpful hints for homesteaders or just helpful hints, gardening tips, hunting information, how to do something, home remedies or herbal helpers, basically anything you would like to see in the Grassroots. Maybe you'd like to do book reviews, or restaurant reviews, or write about attractions in the area that were interesting. Maybe you're a crafter, or a baker, or a builder, or a knitter, or you sew and can share tips of your trade or patterns for homecrafts. Get your kids writing, your grandparents, your neighbours, or just send me ideas to research. As with all publications we are only as good as the information contained in the Grassroots. If you want more information I need assistance on content. Remember it is just me that is editing the Grassroots and I try to make it as interesting as I can, but without your help I will run out of ideas. All credit will be given to the writers but if you would like to remain anonymous we can do that too. Submit once, submit often, any and all submissions and ideas will be gratefully received. With many thanks for your participation. Odette

Third Wednesday of Each Month

Next Play Date: March 18, 2026

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

KB Rural Area Stitch and Craft Group

Bring your project & Join our Needle & Natter Crew



Upcoming Meeting Dates

Feb 10
Feb 24
Mar 10
Mar 24
April 14
April 28

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



"To live a creative life, we must lose our fear of being wrong." ~~Joseph Chilton Pierce~~

"The creative adult is the child who survived." ~~Ursula K. Le Guin~~

Just For Fun – Horoscopes by Grandmama Bear

Aries: March 21 – April 19
Time to try cooking something besides hotdogs; why not branch out and add a bun.

Taurus: April 20 – May 20
Love is in the air; get a dog and hide under the covers before Cupid's arrow hits you in the butt.

Gemini: May 21 – June 21
Find a man who will put a worm on a hook for you and go fishing; you'll always have supper.

Cancer: June 22 – July 22
A cold front is coming in; bundle up warm, stoke the fires, and crochet a new blanket.

Leo: July 23 – August 22
Do not go anywhere today for fear of munchkins; Venus is in hiding and Mars is out to get you.

Virgo: August 23 – September 22
Abundance is coming your way; it may not be what you want as it is an abundance of paperwork and odd jobs that must be done right away.

Libra: September 23 – October 22
Time to go see the doctor; that bump on your big toe is not the place for mushrooms to grow.

Scorpio: October 23 – November 21
The teddy bears are coming, the teddy bears are coming; invite them for tea.

Sagittarius: November 22 – December 21
Start collecting acorns; one day you too will be a mighty oak.

Capricorn: December 22 – January 19
My cat says you are in need of some extra energy; eat some protein but stay away from anything high voltage.

Aquarius: January 20 – February 18
Time to fly; go hot air ballooning but don't make your own—you are not a cartoon character.

Pisces: February 19 – March 20
Hunting season is almost here; open game available mice, goldfish, and great white sharks. Make sure you have the right equipment.

From the Wilderness Kingdom New Cookbook 1972

Bannock

2 1/2 cups all purpose flour 1 egg, optional 5 tsp baking powder 1/2 tsp salt
1 cup water 2 tbsp sugar 3 tbsp lard (oil makes it heavy)
add raisins or fresh berries

Combine flour, baking powder, salt, and sugar in a clean pail. Add lard. Rub in to form fine crumbs. If using egg, combine with water. Add to flour mixture. Stir to form soft dough. Knead until smooth, about 10 seconds. Lightly grease a heavy cast iron skillet with lard. Dust with flour. Place half of dough in pan. Heat pan over live coals five minutes. Raise pan to 1 1/2 feet above coals. Bake five to ten minutes longer or until underside is lightly brown and crusty. Turn and bak the other side, about 10 to 12 minutes. Bake remaining dough as above. Options: bake 30 minutes or deep fry until brown. Yield two bannocks or about 6 to 8 servings.

Sourdough Pancakes

2 cups flour 1/2 tsp salt 1 tsp soda 1 tsp sugar
1 3/4 cups sour milk 1 tsp melted butter

Sift flour, salt, and soda together. Add milk slowly and beat until smooth. Add melted butter. Fry on a slightly greased hot griddle.

Wild Mushroom Soup

1/2 lb wild mushrooms 1 cup cream 2 tbsp flour 4 tbsp butter
1 quart of venison or prairie chicken broth salt and pepper

Ensure you are using edible wild mushrooms. Melt one half the butter in skillet, add mushrooms, peeled and chopped. Cover and let simmer for 5 minutes. Add to broth. Cook another five minutes. Put half of the butter in saucepan, add flour. When it begins to bubble stir in 2/3 cup mushroom soup, then add to the rest of soup. Add cream. Season.

Jugged Hare (Jack Rabbit)

1 Jack Rabbit 1 qt good stock or hot water 1 med can tomato juice
1 tbsp lemon juice 3 ounces butter or other frying fat 1 ounce flour
1 med. sized onion few cloves and peppercorns sat and pepper to taste
Veal Forcemeat Bouquet Garni (parsley, thyme, bay leaf) dried or fresh
Red currant jelly

Skin and clean hare, cut into pieces, leave overnight in a cool place, and sprinkle well with salt. Wash off before cooking. Fry each piece in fat until brown. Put into baking dish with salt, the onion stock with cloves, 1/2 tin of tomato juice, the lemon juice, peppercorns, herbs, and stock water "previously" made hot. Cover the dish closely and cook in moderate oven for about 2 hours. When more convenient this dish may be cooked in a earthenware jar in a saucepan of boiling water on top of the stove. About half an hour before serving time thicken the gravy to taste and add the other half tin of tomato juice and seasoning if necessary. Serve with veal forcemeat balls and red currant jelly if desired.

Beaver

Because beavers are very fat, boil in water with the water well covering the meat. The water gives a chance for the grease to float to the top. Do not eat beaver meat when it is too fresh, as it is very laxative. Beaver can also be boiled in the oven, giving the grease a chance to drop. The amount of time required to cook a beaver is entirely to everyone's particular taste.

Recommended Books - Banned Books

from TBPL

Hunger: A Memoir of (My) Body~~Roxane Gay~~

In her phenomenally popular essays and long-running Tumblr blog, Roxane Gay has written with intimacy and sensitivity about food and body, using her own emotional and psychological struggles as a means of exploring our shared anxieties over pleasure, consumption, appearance, and health. As a woman who describes her own body as “wildly undisciplined,” Roxane understands the tension between desire and denial, between self-comfort and self-care. In *Hunger*, she explores her past—including the devastating act of violence that acted as a turning point in her young life—and brings readers along on her journey to understand and ultimately save herself.

With the bracing candor, vulnerability, and power that have made her one of the most admired writers of her generation, Roxane explores what it means to learn to take care of yourself: how to feed your hungers for delicious and satisfying food, a smaller and safer body, and a body that can love and be loved—in a time when the bigger you are, the smaller your world becomes.

Black Oxen~~Gertrude Atherton~~

Black Oxen is a novel written by Gertrude Atherton, first published in 1923. The story revolves around a wealthy and beautiful woman named Mary Ogden, who, at the age of 50, undergoes a mysterious rejuvenation treatment that transforms her into a young and vibrant woman. This transformation not only attracts the attention of young men but also raises questions about the nature of aging and the pursuit of youth. As Mary navigates her new life as a young woman, she becomes involved with a young artist named Lee Clavinger, who is initially drawn to her beauty but soon falls in love with her. However, their relationship is complicated by the fact that Mary is still technically a middle-aged woman and has a past that she is hesitant to reveal. The novel explores themes of youth, beauty, and the human desire for eternal youth and immortality. It also delves into the complexities of relationships and the challenges of navigating societal expectations and norms. Overall, *Black Oxen* is a thought-provoking and engaging novel that offers a unique perspective on the human experience. Atherton was an American feminist and writer of social and historical fiction, much of it set in California.

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; No meeting in March

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

"Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun." ~~~Mary Lou Cook~~~

Exploding Tree—Fact or Fiction

Various Internet Sources

A tree may explode when stresses in its trunk increase due to extreme cold, heat, or lightning, causing it to split suddenly. This is generally a winter phenomenon but may also be caused during storms. What some people call “tree explosions,” scientists call “frost cracks”. They happen when temperatures drop suddenly or trees don’t have time to adjust to the cold, and the sap or water inside starts to freeze. That water expands as it freezes, and it can happen usually under very, very drastic drops in temperature.

They’re not actually exploding, at least not in the way the phrase suggests. The expansion puts intense pressure on the bark and wood, which sometimes causes it to crack or split apart, producing a loud bang that may sound like an explosion or the sound of a gunshot. These types of events aren’t necessarily dangerous for passersby or the tree itself.

It is going to be loud, but it’s not dangerous. Wood doesn’t go flying through the area. As for the tree, when it splits open like that, that’s not going to kill it. But because the bark split open, it could be killed by insects getting inside, or infections from a fungus or bacteria. Additionally, if the bottom of a stem freezes, then the entire tree might die, but that also depends on the species since many trees can grow new stems from buds underground. If freezing occurs in a branch, then perhaps everything on that branch might die, but the tree will survive. You will often see scars on trees from the “tree explosion” or “frost crack”, these heal over and tree growth continues. It is just one of nature’s marks of resilience.



Gillies Community Centre March 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.

March 11th

Playgroup

From 10am-12pm.
A fun place to play and socialize.
Bring your own snacks.
Free to attend! Donations
accepted.
Every second Wednesday each
month.

March 28th & 29th

Book Swap

Book Swap: 12-4pm
Saturday and Sunday.
1000's of books.
Donations accepted at this
FREE event.
All proceeds go directly to the GCC.

March 15th

Chili Cook-off 4-6pm

Prizes for best veggie, meat and spicy chili.
Register your chili by email to Vera at
veramcdonald1513@gmail.com
\$10 entry under 5yr Free

Save The Date

April 4th- Easter Bunny
May 2nd & 3rd- Book Swap
May 9th- Moms' Night Out

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!





"By doing what you love, you inspire and awaken the hearts of others." ~~Anonymous~~

Breanne Neufeld and helpers put on another amazing lunch in February, with delicious moose pot pie on the menu. We were also treated to genuine shrimp creole, prepared by Gary Shoemaker. It's absolutely the best \$10 lunch anywhere! Tell your friends. Next one, 11 am, March 23.

At short notice, we put on a Valentine's Dance at the Community Centre, with a LIVE BAND. Pat Silvaggio and the Rock Hounds played great music everyone loved dancing to. Many thanks Pat and friends, including Jacob Silvaggio who helped set up the band equipment. The hall looked unusually spectacular, thanks to the creativity of Melissa Goliboski, Louise Wetering and Dawn Scavarelli.

The beautiful bar staff were wonderful: Ashley Silvaggio, Rebecca Crawford, Rachel Globensky, Odette Houle, Pauline Kelly and Barb Harju. Shirley Legros and Dawn Scavarelli sold door tickets, while Louise Wetering, Brad and Melissa Goliboski, Dawn and Darren took care of the kitchen and helped clean up. Many thanks to everyone, including those who advised me on how to run a dance! I hope I didn't miss any volunteers

It was a lot of fun! And it's been such a long time since we've had a dance with live music. Happy Valentine's Day everyone!

And set aside the weekend of March 7+8 for the famous Nolulu Tough Boating Family Fish Derby. Sue Backstrom and helpers are getting it all together and collecting wonderful prizes. It promises to be a fun filled weekend for all, big and small!

Thank you all.
Angela

"Elderly people are like plants. Whereas some go to seed, or to rot, others blossom in the most wonderful ways. I believe beauty competitions should be held only for people over seventy years of age. When we are young, we have the face and figure God gave us. We did nothing to earn our good looks. But as we get older, character becomes etched on our face. Beautiful old people are works of art. Like a white candle in a holy place, so is the beauty of an aged face." ~~James Simpson~~



Seniors Lunch

(55+ or "close enough")



Next two (2) lunches:

Monday, March 23

Monday, April 13



\$10 at the door



Lunch will include: soup, entrée, veggie dish OR salad, buns OR potato or rice dish, and dessert.



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



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

Kakabeka Falls Legion Branch 225

Mar 8	Breakfast	8:30am to 11:00am
Mar 11	Gold & Silver Auction	8:00am to 5:00pm
Mar 14	Executive Meeting	2:00pm to 3:00pm
Mar 14	General Meeting	3:00pm
Mar 22	Sunday Music	2:00pm to 4:00pm
Mar 27	Dance with Quest	7:00pm to 10:00pm
Mar 28	Royal Canadian Legion Annual District Meeting	10:00am



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

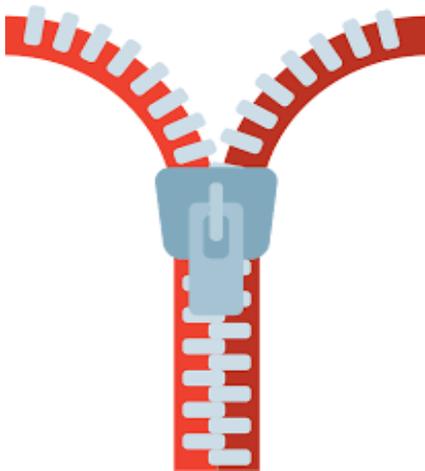
Sell Local, Shine Local: Become a Vendor COUNTRY MARKET

**Nolalu Community Centre
2266 Hwy. 588
Saturday, May 9, 2026
12:00pm to 2:00 pm
\$10 per table**



Contact: Kathy (807) 629-0343

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

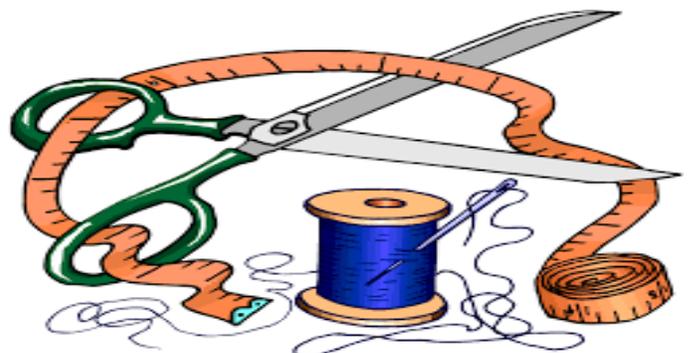
Doing repairs, alterations, wedding parties

QUICK SERVICE

REASONABLE RATES

sewZipZippersKCAT81@gmail.com

807-475-9687



Nolalu Fire Department Receives Generous Support from Township of St. Clair

NOLALU, ON — A heartening example of rural solidarity is rolling down our roads and highways — literally. When an article circulated highlighting the Nolalu Fire Department's urgent need for a new pumper tanker last year, it caught the attention of some folks at the Township of St. Clair in southwestern Ontario. What followed was an act of generosity that will strengthen fire protection not only in Nolalu, but across the network of rural communities that rely on one another through mutual aid agreements.

In 2025, the Nolalu Fire Department was forced to retire its former water tanker truck — an aging workhorse of more than 40 years — after it failed a safety inspection. With limited financial resources and ongoing fundraising efforts, the department faced a significant challenge in replacing such a critical piece of equipment.

Richard Boyes, Fire Chief, Director of Emergency Services and Community Emergency Management Coordinator (CEMC) for the Township of St. Clair, reached out to Nolalu Fire Chief Sarah Shoemaker after learning of the situation. Chief Boyes shared that St. Clair had a pumper tanker coming out of service and asked whether Nolalu might be interested.

Chief Shoemaker explained that while the department had been actively fundraising, they had not yet reached the amount needed to purchase a used pumper tanker, especially one from 2005, which would typically be well outside Nolalu's budget.

What happened next speaks volumes about inter-community support.

Despite having the option to sell the vehicles at a significantly higher price, the Township of St. Clair offered two pumper tankers — each with a capacity of 1500 gallons of water — at a cost low enough that Nolalu was able to purchase both vehicles. One will replace the out of service tanker, and the second will step in for Nolalu's 1986 pumper, which was also nearing the end of its service life. Plus, the department retained enough fundraising dollars to outfit the trucks with essential fittings and hoses.

In true rural-team fashion, two Nolalu Emergency Services Team (NEST) members volunteered three days of their time to fly down, pick up the trucks, and drive them roughly 1,700 kilometres back to Nolalu.

"This kind of support is transformative for a small rural fire department like ours," said Chief Shoemaker. "We serve a large area and regularly support our neighbouring communities through our mutual aid partnerships, all while operating with limited financial resources. We are deeply grateful to Chief Boyes and the Township of St. Clair for working with us to make this possible."

The Nolalu Fire Department extends heartfelt thanks to the Township of St. Clair for their generosity and commitment to strengthening fire safety across rural Ontario. Their contribution ensures that Nolalu's firefighters can continue responding effectively to emergencies and supporting partner communities when called upon.

"Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can" ~~John Wesley~~

Ice Safety Tips

Uneven

- Remember — ice doesn't freeze at a uniform thickness.
- Near-shore ice is often much thicker and safer than ice farther out, especially at the start of the winter season.
- Check thickness regularly with a spud bar or auger as you move farther out. Ice that formed over flowing water, springs, pressure cracks, old ice holes or around the mouths of rivers and streams can be weaker than surrounding ice.

Colour

- Clear blue ice is the strongest.
- White or opaque ice is much weaker. Stay away from ice that looks honeycombed, common during thaws or in the spring.

Driving on ice

- Be careful when driving snowmobiles or vehicles over frozen lakes or rivers.
 - Snowmobiles need at least 20 centimetres (8 inches) of clear blue ice.
 - Light vehicles need 30 centimetres (12 inches) or more.
 - Double the thickness if the ice is white or opaque.
- Heavy snow on a frozen lake or river slows down the freezing process.

Be Ice Smart This Winter!

Safety Equipment for your Next Trip

No ice is 100% safe at any time during Canadian winters. Changing ice conditions can make any area hazardous for travel without warning. If you go out **on** the ice you need to be prepared to go **through** the ice and **into** cold water!

Use the following checklists to see if you are ready for your trip!

Personal Safety Kit (Worn on your person, carried in hand, or stored in a water-proof case inside of your jacket at all times)

- Buoyant Snowmobile Suit ("Floater Coat") or Lifejacket/PFD
- Ice Picks
- Ice Staff/Walking Stick
- Waterproof matches
- Lighter/Flint match
- Compass
- Whistle (plastic & pealess)
- Pocket knife
- Cell phone or 2-way radio



General Safety Supplies (Carried in your backpack or vehicle with quick & easy access)

- Sounding device (whistle, fog horn etc.)
- Signaling device (flashlight, strobe, flares etc.)
- Map and/or route card
- Compass and/or GPS unit
- First aid kit
- Throw bag/throwing assist
- 3 – 8 meters (10 – 25 feet) of rope



Lifesaving Society Manitoba
100 – 383 Provencher Boulevard, Wpg, MB R2H 0G9
Ph: 204-956-2124; E-mail: info@lifesaving.mb.ca; www.lifesaving.mb.ca



ICE COLOUR IS AN INDICATION OF ITS STRENGTH



CLEAR BLUE ICE

strongest ice



WHITE OPAQUE OR SNOW ICE

half as strong as blue ice



GREY ICE

unsafe ice

Before you venture out

- Check ice conditions with local ice hut operators or other anglers.
- Let others know where you're planning to fish and when you plan to return. Wear appropriate clothing and equipment for safety and comfort.

For more information, visit the Ontario Ministry of Natural Resources web site: www.ontario.ca/page/ice-fishing

Nolalu Emergency Services Team

Hall 807-475-4441

info@NolaluEST.com

Emergency 807-473-5200

2167 Hwy 588

Nolalu ON P0T 2K0



Beat the Silent Killer: Carbon Monoxide Prevention

Make sure YOUR household is safe from carbon monoxide poisoning. If your home has a fuel-burning appliance or an attached garage, install a carbon monoxide alarm adjacent to each sleeping area. For added protection, install a carbon monoxide alarm on every storey of the home according to manufacturer's instructions. Homeowners and landlords are responsible for ensuring their properties have working carbon monoxide (CO) alarms. This includes:

Testing:

It is recommended that carbon monoxide alarms be tested monthly or in accordance with the manufacturer's instructions.

Batteries:

Replace batteries in carbon monoxide alarms once a year or whenever the low-battery warning sounds.

Know the difference between a low-battery warning and an emergency alarm – consult the CO alarm manufacturer's instructions.

Replace CO alarms:

In accordance with the manufacturer's instructions. Know what the "end-of-life" warning sounds like – consult the CO alarm manufacturer's instructions.

Landlords:

Landlords are responsible to ensure working carbon monoxide alarms are installed and maintained in their rental properties.

The law requires landlords to test CO alarms in rental units annually and when the battery is replaced, changes are made to the electric circuit or a change in tenancy occurs. CO alarms must be tested by pressing the test button.

The law requires landlords to provide CO alarm manufacturer's maintenance instructions to tenants.

Tenants:

The law requires tenants to notify the landlord if the CO alarm is inoperable.

It is against the law for tenants to remove the batteries or tamper with the alarm in any way. Exposure to CO can cause flu-like symptoms.

If your CO alarm sounds, and you or other occupants suffer from symptoms of CO poisoning, get everyone out of the home immediately. Then call 9-1-1 or your local emergency services number from outside the building.

If your CO alarm sounds, and no one is suffering from symptoms of CO poisoning, check to see if the battery needs replacing, or the alarm has reached its "end-of-life" before calling 9-1-1.

For more health and safety tips, please follow **Nolalu Fire Rescue and First Response** on social media: <https://www.facebook.com/NolaluEmergencyServicesTeam>.



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 March 18, 2026

Registration 9 am to 11 am

Drive-Thru Pick-up

A BIG THANK YOU to Kakabeka Legion for hosting the RCFB Christmas dinner and the music events that collect donations.

A BIG THANK YOU to the musicians that perform for donations for the RCFB at the Kakabeka Legion.

A BIG THANK YOU to Evergreen Pharmacy, Kakabeka and Rosslyn, locations for their donations.

A BIG THANK YOU to Pinegrove United Church for their donation.

A BIG THANK YOU to the friends and family in memory of Charlie Mintenko for their donation.

A BIG THANK YOU to Kenny Whent for his donation.

A BIG THANK YOU to First Christian Reform Church for their donation.

For anyone that donated to the RCFB in 2025 and requested a charitable donation receipt, and hasn't received one by mid March, please call 807-285-0836.

"You can't use up creativity. The more you use, the more you have."~~Maya Angelou~~

"Art enables us to find ourselves and lose ourselves at the same time."~~Thomas Merton~~

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

Needing: Needing Municipal Building

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





NOLALU COMMUNITY CENTRE

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

Thursday, March 19, 2026

7:00pm

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



Tuesday, March 24, 2026

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.



"Yoga relieves stress. Crafting in my yoga pants also relieves stress. Guess which one I'll be doing"~~Anonymous~~

Word Picture Puzzles

1 . ____ RANGE

2 PAWALKRRK

3 ICEBERG

4 HORNS

5 IFLAND IFIFC

6 NOW^{HE}RE

7 FIF
ERRE

8 YOU DESERVE TODAY

9 BA NK

10 BARBERSHOP
BARBERSHOP
BARBERSHOP
BARBERSHOP

11 CONTRACT

12 PEN_{sword}

13 G^EAR G^EAR

14 LAUG HTER

15 TEMPORARY

16 SITTING
WORLD

17 CHART

18 SHCRYAME

Hopper's Variety



Come join a fun, dynamic team at Hopper's Variety delivering quality customer service to a well loved community!!

1. EQUIPMENT OPERATOR/AZ OR DZ DRIVER

Knowledge of and ability to operate a variety of heavy equipment. Knowledge of road construction and maintenance techniques. Must have AZ or DZ licence with a clean abstract, perform pre-trip inspections and maintenance as required, adapt to unforeseen circumstances such as weather or traffic. Must have 3 years experience. Wage dependent on experience.

2. STORE CLERK

Part time. Must be 19 years of age to sell alcohol. Must be able to handle a fast paced environment and work well with others. Needed skills for the position include customer service, organization, communication and ability to work independently. Must have exceptional work ethic and ability to work flexible hours.

EXPERIENCE IS A DEFINITE MUST

To submit resume, please email Lynette at info@hoppersvariety.ca or drop off in person at Hopper's Variety, 2165 Highway 588 in Nolalu. For more information, please call 807-475-8804.

MARCH 2026

MON	TUE	WED	THU	FRI
2 Chair Yoga @ O'Connor CC	3 Fly the C.O.O.P Walking Group	4 Walk-In Clinic 4:30pm - 7:30pm	5 Fly the C.O.O.P Walking Group 10am-3:30pm LifeLabs	6
9 Chair Yoga @ O'Connor CC Good Food Box Order Deadline	10 Fly the C.O.O.P Walking Group	11 NP available for those who do not have MD or NP Walk-In Clinic 4:30pm - 7:30pm	12 Fly the C.O.O.P Walking Group LifeLabs	13
16 Chair Yoga @ O'Connor CC	17 Fly the C.O.O.P Walking Group	18 Good Food Box Pickup at KB Clinic Walk-In Clinic 4:30pm - 7:30pm	19 Fly the C.O.O.P Walking Group LifeLabs	20
23 Chair Yoga @ O'Connor CC	24 Fly the C.O.O.P Walking Group	25 NP available for those who do not have MD or NP Mobile Clinic - Upsala Walk-In Clinic 4:30pm - 7:30pm	26 Fly the C.O.O.P Walking Group LifeLabs	27 *NEW Program* Friendship Cafe 1-3pm
30 Chair Yoga @ O'Connor CC	31 Fly the C.O.O.P Walking Group			



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 Kakabeka Legion at K Falls Park @ 10am or a ride is provided at Evergreen Parking Lot at 9:45am

Chair Yoga In Person & Virtual Hosted at O'Connor, Kam, and Rural 60+ 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

Friendship 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

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

I have been listening to everyone talking about the Chinese New Year, and it being the year of the fire horse. Apparently last year was the year of the snake and was all about shedding old skins, or things that no longer serve us, and that is supposed to be a difficult year for most. This year promises to bring in high energy and be fast moving, and I for one am looking forward to some high energy. I am certainly going to need lots of energy over the next few months as I juggle moving my mother to a long term care facility, selling her house in town and all the packing of her memories, and getting ready for spring planting.

It has been a busy month for our household as we are trying to maintain two households, ours and my mother's, and then make sure we visit the hospital at least every other day, and everyone has also been sick with this cold that just won't leave. I'm still trying to maintain the spring cleanout of items we don't use anymore, but it is definitely moving at a snails pace with only a cupboard or dresser getting done in a weekend. With everything else going on I'm thinking the cleanout may have to wait till summer, which is fine as the stuff will still be there to be sorted, unfortunately it won't grow legs and sort itself.

On a positive note I've learned to make coffee/tea mug warmers. What started as a joke from my cousin became a welcome distraction for me. I got this picture asking if I could make one, no pattern, just "I'm sure you could do this". For those of you that don't know what it is I will describe it. We've all made a cup of tea, then got busy doing something and forgot we had made the tea. We come back to drink said tea and it is ice cold. The theory behind the mug warmer is that it will at least keep the tea/coffee warm till you get to it. So you knit or crochet, for me it is crochet, a "scarf" for the tea cup. It needs to have loops on each end so you can hook those around the cup handle. The pattern or design is up to you unless you find a pattern for this cup warmer. So far I've made five, with different designs and different yarns. I also made them different sizes as we all know there are different sizes of cups, one you might use for tea but definitely not for coffee, hence another cup size. My other cousin who moved to Singapore from Canada, says they just drink hot water over there, so the cup warmers would be a welcome addition, but for smaller cups. So I have put my dish cloth and tea towel inventory on hold for now. I think I might even make some to sell at Hoppers for NEST. I still do throw in a hat to crochet or a pair of slippers, just to add variety. I find crocheting is calming and gives me a way to wind down each night. I have also been following a couple of good sites on growing herbs, plant medicine, cooking and baking things from scratch along with depression era recipes, gardening tips, and foraging for food and making medicines from nature. So I certainly have enough to keep me entertained and busy for a while, and that's not including the seed catalogues.

Odette

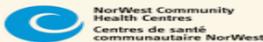
Friendship Café

Food, Fun & Games!

March 27, 2026 | 1-3PM
5 Pineview Road, Kakabeka

Join us for an afternoon of food, fun and connection - no registration required!

Questions? Contact Elaine
or Shaun at 807-473-5528



Rural Dementia Café



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

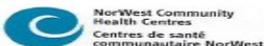
1:00 PM- 3:00 PM

- 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:



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—March 2026

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