

NCC NEXT MEETING:

Thursday, January 15

@ 7:00pm

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

LSB NEXT MEETING

Tuesday, January 27

@7:30pm

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

NEST NEXT MEETING

Thursday, January 8

@7:00pm

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

Contents:

| | |
|------------------|--------|
| Information | 3 |
| Interest | 5,6,21 |
| Recipes | 7, 15 |
| Rural Readers | 9 |
| Photos | 10 |
| Thank you | 11 |
| Seniors Lunch | 11 |
| Fire Safety | 12, 13 |
| Food Bank | 14 |
| Legion | 15 |
| Rural 60+ | 16 |
| Meeting Dates | 17 |
| Norwest | 18 |
| Editor's Note | 19 |
| Fun Pages | 20, 22 |
| Hall Rental Info | 23 |
| NCC Events | 24 |

January 2026

Nolalu's

GRASSROOTS

Lake Superior

Various Internet Sources

Lake Superior is the largest freshwater lake by surface area, holding 10% of the world's fresh surface water, and is about 560km long and 257km wide. It is the deepest of the Great Lakes, with a maximum depth of 405 meters and the average of 147 metres. The lake has a shoreline of 4,387 km and a volume of 12,100 cubic kilometers. It was formed during the last glacial retreat, making it about 10,000 years old. Of all the surface water on the planet Earth, Lake Superior contains a whopping 10% of it! That's over three quadrillion gallons. In fact, the water in Lake Superior is enough to flood the entirety of North and South America to a depth of around 12 inches.

Water stays in the lake for an average of 191 years. The surface temperature varies seasonally, but below 200 metres it stays at about 4°C. It rarely freezes completely, with the last complete freeze occurring in 1979. While many spots ice over and become solid enough for winter sports like ice fishing and snowmobiling, the lake has only completely frozen over twice in the last 100 years.

It is home to 78 different species of fish. Average underwater visibility is 8 metres, with some areas reaching up to 30 metres. This makes it one of the cleanest and clearest large freshwater lakes in the world! In some areas of Lake Superior, underwater visibility even reaches 90 feet. In contrast, if you were diving off the coast of New Jersey, the Atlantic Ocean's visibility would usually be under 15.

Waves on Lake Superior can be quite large, with typical storm waves regularly exceeding 20 feet. For example, an average wave height of 28.8 feet was recorded in one area, and waves over 30 feet have been documented. Despite being smaller than an ocean, Lake Superior's waves can be particularly dangerous due to their steepness and unpredictable, multi-directional nature. Lake Superior has recorded 352 shipwrecks. The waves that sank the Edmund Fitzgerald were estimated to be between 25 and 35 feet high, with some reports suggesting even larger "rogue" waves. The storm also produced hurricane-force winds, with gusts up to 75 mph, which created these massive waves on Lake Superior. The Edmund Fitzgerald was battered so intensely by Lake Superior that the 222 metre ship split in half; her two pieces lie approximately 52 metres apart at a depth of 88 fathoms (160 m). The saying "Lake Superior never gives up her dead" is a reference to the lake's extremely cold water, which significantly slows down decomposition. In most bodies of water, bacteria create gas that causes drowned bodies to float to the surface, but Lake Superior's frigid temperatures, averaging around 4°C, prevent these bacteria from being active. This keeps bodies at the bottom of the lake, where they can remain preserved for a long time.



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***

Tire Repairs – 6-17” rims

Quality work on utility, horse, and stock trailers.

Mobile Welding Services

Rough Lumber Sales - Onsite inventory and Custom Orders

Live Edge Pieces 1-3 inches thick and a variety of widths

Dry 8’ Firewood Slabs sold by the truckload

Dry Stove Length Slabs sold by the truckload

Rustic Fence Slabs sold by the truckload

Cedar Fence Posts – peeled and ready 8’ length with 3-6” tops

Tractor Services – brush hogging, fence post holes, wood

Emergency Phone Numbers

Nolalu Fire & Ambulance: 807-473-5200

Ontario Provincial Police: 1-888-310-1122

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

For Road information call: 511

NCC Volunteer Board

| | | | |
|------------------------------|-----------------------|--|--------------|
| Chair | Angela Woodhouse-Wild | 807-630-6061 Text Only | 807-475-8968 |
| Vice Chair | Odette Houle | nolalu.grassroots@gmail.com | 807-630-9442 |
| Secretary | Dawn Scavarelli | dawn_scav@protonmail.com | 807-473-1114 |
| Treasurer | Elizabeth Pszczolko | nolalucctreasurer@gmail.com | 807-623-6800 |
| Events Coordinator | Melissa Goliboski | goliboskim@gmail.com | 807-631-9255 |
| Kitchen Coordinator | Louise Wetering | weteringlouise@gmail.com | |
| Volunteer Coordinator | VACANT | | |
| Media Coordinator | Kathy McGowan | Via Facebook: Nolalu Community Centre | |
| Grassroots Editor | Odette Houle | nolalu.grassroots@gmail.com Facebook: Nolalu ONLINE GRASSROOTS | 807-630-9442 |

NEXT NCC MEETING:

Thursday, January 15, 2026

@ 7:00pm

ALL NCC meetings are open

NEST meeting 7:00 pm at NCC

Thursday, January 8, 2026

Nolalu Dump WINTER Hours

October 1 — April 30

ADRIAN LAKE

Sundays 12pm - 3pm

HARDWICK

Sundays 4pm - 6pm

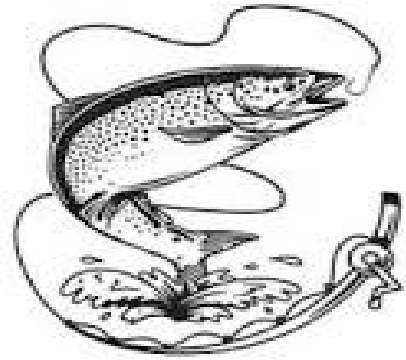
Fish Derby Update

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

March 7 & 8 2026

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

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



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

If you would like to promote your business we will gladly accept your advertisement. Rates are listed at the back of the Grassroots.

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

GRASSROOTS DEADLINE

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

Submit to nolalu.grassroots@gmail.com

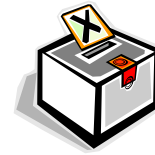
If you are unable to make the deadline we will be happy
to accommodate your information on our two Facebook
pages; Nolalu Community Centre, Nolalu ONLINE
GRASSROOTS

Online Mutual Respect Policy

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

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

LOCAL SERVICES BOARD OF NOLALU
BOARD MEMBER NOMINATION AND ELECTION



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

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

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

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

For further information:

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

The first modern crossword puzzle was published on December 21, 1913, by journalist Arthur Wynne. He was a journalist from Liverpool and created the puzzle as a new game for the New York World's Christmas edition. He adapted it from a childhood game called "word squares". Readers loved the puzzle, and when the paper tried to discontinue it, reader complaints convinced them to make it a permanent feature. The puzzle's name was originally "Word-Cross," but a typesetter error changed it to "cross-word" and the name stuck. Doing crosswords can provide cognitive benefits, potentially delaying memory loss and helping to keep the brain fit.

Third Wednesday of Each Month

Next Play Date: Jan. 21, 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

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

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



"Creativity is a wild mind and a disciplined eye." ~Dorothy Parke~

"There is no wrong way to make pretty things." ~Anonymous

Just For Fun – Horoscopes by Grandmama Bear

Aries: March 21 – April 19

Did you make a New Years resolution? I thought not; carry on.

Taurus: April 20 – May 20

Don't go outside without your long underwear or you may regret it.

Gemini: May 21 – June 21

Just because you have two personalities doesn't mean you have to listen to both of them.

Cancer: June 22 – July 22

Has your dog been telling you what to wear lately, or is it the cat? Fire whichever one it was.

Leo: July 23 – August 22

Get more chickens, she said. Now you have a whole petting zoo in your back yard. Chicken math works on all animals, remember that next time.

Virgo: August 23 – September 22

Time to clean out your closet; you are never going to wear that green suit with the tiara again.

Libra: September 23 – October 22

There is someone knocking on your door; don't answer! It's just the cat from next door.

Scorpio: October 23 – November 21

Time to smudge the house; the ghosts are getting too noisy.

Sagittarius: November 22 – December 21

Follow the yellow brick road, find a unicorn, dance with the fairies; you're not all there to begin with so you might as well have fun.

Capricorn: December 22 – January 19

Beware of mismatched socks; they will trip you up. Lucky numbers 42, 77, & 1.

Aquarius: January 20 – February 18

You have too much time on your hands; take up a hobby like painting faces on the sides of buildings.

Pisces: February 19 – March 20

Time to go swimming with the fishes, but down south; polar plunges are chilling.

From the Wilderness Kingdom New Cookbook 1972

Curing Meat: Moose or Bear

For each 100lbs of meat use:

9 lbs of salt 2 ounces soda 4 ounces salt petre 2 quarts molasses

Add enough water to make a brine to cover meat. Scald brine and let cool before pouring on meat. Let stand in this until salty enough to suit taste. Then hang up and smoke.

Smoking Meats: Moose, Bear, or Fish

To prepare the smoke house, construct a small building about 4 to 6 feet square, leaving an opening in the centre at the top. This opening should be small, about 6 inches diameter. The building should be 6 to 8 feet high. Smoke is best piped in at the base from near by. Use alder or birch wood for smoking. Racks should be placed above the smoke entrance approximately 3 feet and good ventilation must be maintained about each piece of meat or fish. Smoking time depends on taste, but we found continual smoking for about 36 hours best for our preference. Smoke must be warm but not hot.

Venison Steak Rolls

2 lbs thinly cut round venisonsteak 1/4 lb bacon 3 cups boiling water
1 medium sized onion salt and pepper to taste

Cut steak into squares. Spread each with finely chopped bacon and onion, roll and fasten with cord. Sear each roll in hot fat, then drop in boiling water and let simmer for 1 hour. When ready to serve, pull cord off rolls, thicken the meat stock for gravy and place all in a large serving dish to set on table.

Whitefish Salad

1 cup flaked, baked whitefish 1/4 cup mild vinegar 1 3/4 cup hot tomato juice
1 1/2 cup chopped vegetables 1 pkg. lemon jelly powder 1/4 tsp tabasco sauce

Dissolve jelly powder in hot tomato juice and add vinegar. Chill. When slightly thickened add flaked whitefish and chopped up vegetables. Add salad dressing for additional flavour. Garnish with devilled eggs, cheese balls, pickles, or olives. Serves 8.

Basic Basting Sauce

1/4 cup vegetable oil 3/4 cup chopped onions 1 garlic clove, chopped
1 tsp oregano 1 tsp pepper 1/2 cup worcestershire sauce
1 tbsp dry mustard 1 1/2 tsp salt 1/2 tsp thyme
1 cup each of ketchup, wine vinegar, and corn syrup

Heat oil in sauce pan, add chopped onion and garlic. Cook until tender. Add all remaining ingredients and cook to a boil, stirring constantly. Lower heat and cook another 5 minutes. Yield: 1 quart. This may be sealed and stored in sterilized jars until ready for use. Also good for basting wild burgers and steaks.

Relish

12 large tomatoes 12 large apples 9 medium onions 3 cups sugar
1 pint vinegar 1 tsp pepper 1/2 tsp celery salt 1/2 tsp cloves
1 tsp cinnamon Mixed spice 1/4 cup salt

Blend all ingredients. Cook until thick. Seal in sterile jars.



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

Yoga will begin again at the Nolalu Community Centre on February 4, 2026, for morning and evening classes.

Sorry for the delay in starting up again but Marisa is under the weather. We hope she is feeling better soon.



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

www.avistarealty.ca

Recommended Books - Banned Books from TBPL

Romancing Mr. Bridgerton by Julia Quinn

This is the first novel in the series where the love interests knew each other prior to their novel beginning. The Featheringtons aren't major characters in the novels, so we don't actually know too much about Penelope at this point. However, since we did see her over the novels, it was nice to learn more about this great character, and see her relationship with Colin blossom. In both the show and novels, Penelope has been secretly in love with Colin for some time, but she is much more than a sad woman out of the spotlight. While readers know Colin better at this point, taking center stage in the marriage mart gives him a different perspective. As with most of Quinn's historical fiction novels, this book is steamy and spicy. I also loved the interactions between the Bridgerton siblings - especially when they are all together, the siblings are witty, snarky and altogether entertaining to read. While the books are a series, they can be read as stand-alone novels as well, so be sure to pick up *Romancing Mister Bridgerton* by Julia Quinn today!

Between the World and Me by Ta-Nehisi Coates

Coates tells his son of how he grew up and went on to attend Howard University. He met some impactful people there, including his future wife, Kenyatta Matthews, as well as his friend, Prince Carmen Jones Jr.. Prince, a father to an infant daughter and fiancé to Candace Carson, was tracked, shot and killed by a police officer in a case of mistaken identity. This scenario is one that has been in the news countless times, where people of colour are unfairly targeted and gunned down without thought or sense from police. As with many other cases, Prince looked nothing like the man that was actually wanted, and was a victim of racial profiling. Coates continues past his time at Howard and talks about the birth of his son, to whom the book is addressed. He tries to tell his son about how America is not a safe place for, as Coates refers to throughout the book, "the black body". He discusses the ways that history has tried to destroy the black body over time, and how the people have persevered and continued to fight for their rights and freedoms. One of the most notable statements that Coates makes in the books is when he clarifies: "But race is the child of racism, not the father.", which is, to me, one of the most thought provoking statements Coates makes.



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.

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

No Meeting in February—a brief hiatus.

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

"A book is like a garden carried in the pocket."~~Chinese Proverb~~

Congratulations to Mitch Michaud for being the winner of our "Hopper's Holiday Give-a-way Draw!!"

We at Hopper's Variety wish everyone a safe and fun Happy New Year's Eve,
and all the best in 2026!



HOPPER'S VARIETY

The Everything Store
Open 7 days a week
7:00 am to 9:00 pm



- LCBO CONVENIENCE OUTLET
- BOTTLE RETURN DEPOT
- LAUNDROMAT
- GASOLINE & DIESEL
- LUNCH & DESSERT ITEMS
- GROCERIES
- AUTOMOTIVE ITEMS
- HARDWARE ITEMS
- LOTTERY TICKETS
- CANADA POST

CALL TO BOOK YOUR APPOINTMENT

HOPPER'S AUTOMOTIVE

- AUTOMOTIVE REPAIRS
- TIRE REPAIRS

*Book in your
Winter Tire
Changeover!!*

HOPPER'S CONTRACTING

- SAND & GRAVEL
- CONSTRUCTION/FLOATING

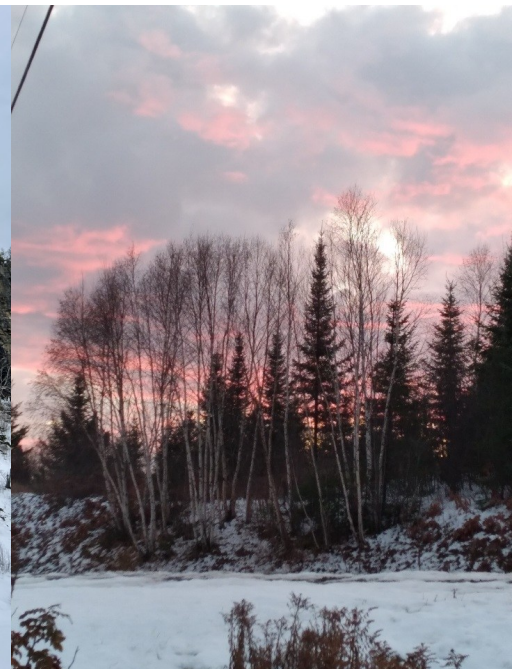


****FREE QUOTES****

Senior Discount on Shop Labour for Age 55+



807-475-8804 OR 807-475-8814





*"Gratitude unlocks the fullness of life. It turns what we have into enough, and more."
~~Melody Beattie~~*

Thanks to all the people who helped us put on the NCC's Christmas events. Thanks to the help of many adults and kids, the hall was decorated, food was prepped and arrangements were made for Santa to arrive at the Brunch with Santa. Breanne and helpers made a fabulous turkey dinner. Thanks too to Marisa, who organized a delightful "snack-luck" to wind up yoga for the fall. All went well, and it set all of us up for a good Christmas.

I would personally like to extend my appreciation to all the people who show up regularly when they can to the twice-a-week exercise group. It's so much fun, we wiggle and jiggle and laugh, and share social time and keep healthy!

It's also great to continue having Debra Hitz and Dustin Piché keep our Centre clean, shiny and in good repair; Dillan Kotala keeps our parking lot clear. Thanks too to the LSB who keep our Centre funded.

Finally, I'm very happy to welcome three new volunteers who will fill positions on the NCC Board: Melissa Goliboski, Louise Wetering and Dawn Scavarelli. The Community Centre is a resource for all of us, and they will help us to keep it going. Yay!

Happy New Year to everyone in the Nolalu community. It's going to be a good one!

Angela Woodhouse-Wild

Nolalu Community Centre Chair



Seniors Lunch

(55+ or "close enough")



Next two (2) lunches:

Monday, January 19

Monday, February 9



\$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)

Keep Access Clear for Emergency Vehicles –Winter

When an emergency strikes, every second matters. Fire trucks, ambulances, and rescue vehicles need to reach your property quickly and safely. In winter, snow, ice, and blocked driveways can delay that response, and those delays can cost lives.

Why It's Important

Emergency vehicles are large and require wide, clear driveways.

Snowbanks, ice, or parked cars can prevent them from getting close.

Delays in access can mean delays in help when it matters most.

Winter Safety Tips

Clear your driveway after each snowfall. Aim for at least 4 metres (13 feet) wide so large vehicles can fit.

Keep the end of your driveway open. Remove snowbanks left by plows.

Sand or salt icy areas. This helps responders move safely with equipment.

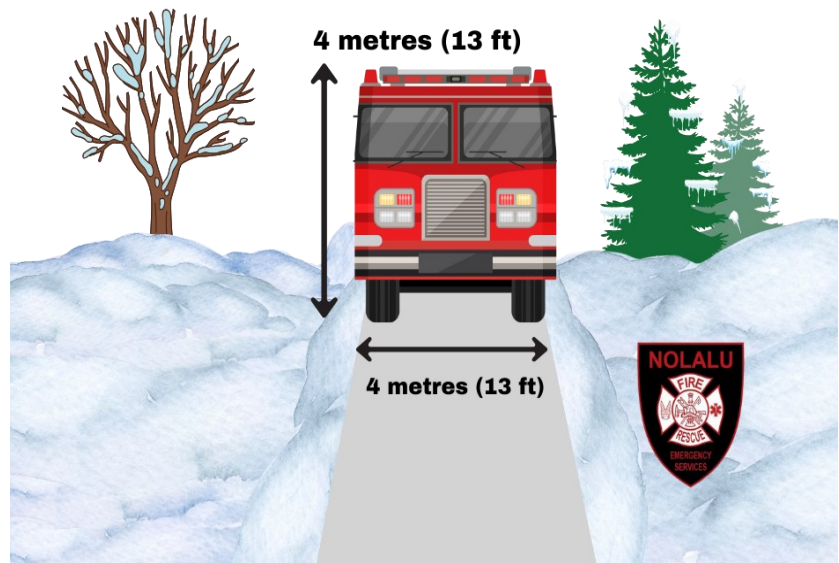
Mark your driveway. Reflective stakes or markers make it easier to find in heavy snow or at night.

Move parked vehicles. Keep driveways and narrow roads clear so emergency vehicles can manoeuvre and turn around.



Will a fire rescue vehicle fit down your driveway?

Please help us so we can help you!



Working Together

Your volunteer firefighters and first responders are ready to help. By keeping your property accessible, you make their job safer and faster, and you help protect your family, your neighbours, and your community.

This winter, take a few extra minutes to clear snow and ice. It's a simple step that ensures help can reach you when you need it most.

Clear access saves time. Saving time saves lives.

Follow the Nolalu Emergency Services Team on Facebook for updates, safety tips, and community news: www.facebook.com/NolaluEmergencyServicesTeam

Nolalu Emergency Services Team

Hall 807-475-4441

2167 Hwy 588

info@NolaluEST.com

Nolalu ON P0T 2K0

Emergency 807-473-5200



January is Fire Fighter Cancer Awareness Month

Cancer is the leading cause of line-of-duty deaths among firefighters. Every call exposes them to toxic risks that don't end when the fire is out.



The month is organized by groups like the International Association of Fire Fighters (IAFF) and the Fire Fighter Cancer Support Network (FCSN), with support from national and provincial associations.

It's both an awareness campaign and a call to action for communities, governments, and fire services to improve prevention, early detection, and legislative protections. Together, we can fight for stronger protections, better prevention, and lifesaving support. Let's stand with our community heroes who stand for us.

#FirefighterCancerAwareness #ProtectTheProtectors
#SupportFirefighters



Stay Safe with Lithium-Ion Batteries

Lithium-ion batteries power our modern lives, from smartphones and laptops to e-bikes, toys, and electric vehicles. But when misused or damaged, they can pose serious fire risks. That's why the Ontario Fire Marshal launched the **Charged for Life** campaign: to help Ontarians use lithium-ion batteries safely and prevent dangerous incidents.

Here's what you need to know to stay safe:

1. Buy Smart

- Only purchase **certified batteries** and chargers from reputable brands.
- Avoid knock-offs or aftermarket products; they may lack safety features.

Check for certification marks like **CSA**, **UL**, or **ETL**.

2. Charge Safely

Use the **original charger** that came with your device.
Never overcharge. Unplug once fully charged.
Charge on **hard, flat surfaces** away from flammable materials.
Don't charge overnight or while you're away.

3. Don't Tamper

Never try to **modify, rebuild, or puncture** lithium-ion batteries.
DIY repairs or battery swaps can lead to overheating or explosions.
If a battery swells, leaks, or smells odd, stop using it immediately.

4. Dispose Properly

Lithium-ion batteries are **hazardous waste**. Never toss them in the garbage.
Take them to a **municipal hazardous waste depot** or a certified recycling location.
Store used batteries in a cool, dry place until disposal.

In Case of Fire

Make sure you have working smoke alarms on every storey and outside all sleeping areas of your home. In the event of a fire, follow your home fire escape plan and call 9-1-1 once safely outside your home.

Lithium-ion batteries are safe when handled correctly but dangerous when ignored. By following the Charged for Life guidelines, you protect your home, your family, and your future.

For more resources and safety tips, visit the Charged for Life official site: www.chargedforlife.ca

Follow the Nolalu Emergency Services Team on Facebook for updates, safety tips, and community news:
www.facebook.com/NolaluEmergencyServicesTeam

CHARGE YOUR DEVICES SAFELY



PLACE THEM ON A STABLE SURFACE AND
NEVER ON YOUR BED, SOFA OR PILLOW

<https://www.chargedforlife.ca>

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 January 21, 2026

Registration 9 am to 11 am

Drive-Thru Pick-up

Note: Rural Cupboard Foodbank needs recyclable bags

A BIG THANK YOU to ODENA Foods for hosting our Fill the Cruiser food drive, the OPP officers that attended and assisted us by lifting and filling the cruiser, to the Metropolitan Moose for donating coffee to keep us warm, to Lorna Krieg and Penny Kramer for donating cookies to hand out, to all the volunteers that sat to greet people as they entered, and to all that chose to make a food or monetary donation. We are so grateful for our generous community.

A BIG THANK YOU for the generous donation from ITEC 2000 Equipment.

A BIG THANK YOU to Eleanor Valliant for the beautiful handmade mitts donated for the Christmas hampers.

A BIG THANK YOU to Lorna & Harry Krieg, Allan & Sharon Scott, Penny & Mike Kramer, Murray Scott & Sue Jacobson for donating oranges to put in the Christmas hampers.

A BIG THANK YOU to all our wonderful volunteers that work behind the scenes at the food bank and those quiet donors that make things run smoothly, we wouldn't be able to continue without you.

A BIG THANK YOU to St. Marks Church in Rosslyn for the donation of beautiful knitted items for the Christmas hampers

RURAL CUPBOARD FOODBANK DROP OFF LOCATIONS

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

Nolalu: Hoppers Variety

Gillies: Whitefish School
(Sept to June)

O'Connor: O'Connor Municipal Office

Neebing: Neebing Municipal Building

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



Kakabeka Falls Legion Branch 225

| | | |
|--------|-------------------|-------------------|
| Jan 10 | Executive Meeting | 2:00pm to 3:00pm |
| Jan 10 | General Meeting | 3:00pm |
| Jan 11 | Breakfast | 8:30am to 11:00am |
| Jan 16 | Dance with Quest | 7:00pm to 10:00pm |
| Jan 25 | Sunday Music | 2:00pm to 4:00pm |
| Jan 30 | Dance with Quest | 7:00pm to 10:00pm |

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

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



**Kakabeka Falls
and
Rural District
Branch 225**

From the Nolalu Community Cookbook 1975

Coconut Fudge Cookies~~Linnea Niemi

| | | | |
|--------------------|---------------|---------------|-----------------------------|
| 2 cups white sugar | 1/2 cup milk | 1/2 cup cocoa | 1/4 cup butter or margarine |
| 3 cups rolled oats | 1 cup coconut | 1 tsp vanilla | |

Mix sugar, cocoa, milk, and butter. Stir over heat until sugar dissolves. Stir and boil for 5 minutes. Keep heat low and stir for this mixture 'sticks'. Remove from heat. Add rest of ingredients. Drop by spoonfuls onto greased paper. Place in refrigerator to harden.

Cheese Cake~~Mae Hunnakko

20 single graham wafers, crushed

Add 1/4 cup melted butter

Put three quarters of above mixture into bottom of 8" x 8" square pan.

Put on top of graham wafer base, after mixing together:

| | | |
|--|-----------------|------------------------------------|
| 2 pkgs (1/2lb altogether) cream cheese | 2 eggs | 1/4 cup sugar |
| 1/4 tsp salt | 1/4 tsp vanilla | 1 small bottle maraschino cherries |

Sprinkle remaining crumbs on top of filling.

Cook at 325°F for about 15 minutes, until when poked with knife, the knife comes out clean.

Bean Salad~~Elsie Kallio

1 tin each — kidney beans, lima beans, wax beans, green beans, onion rings

| | | | |
|-------------------------|-----------------|-------------|--------------|
| Dressing: 1/2 cup sugar | 1/2 cup vinegar | 1/2 cup oil | 1/2 tsp salt |
| 1/2 tsp pepper | | | |

Mix together and add to beans. Toss and let marinate. It doesn't say to wash the beans from the can but I usually rinse them off before making bean salad.

HINT: Steel Knives. If they should become discoloured, dampened fine wood ashes will clean them very effectively.

Baking Powder. Poultry stuffings, croquettes, or any stuffing that is inclined to be on the heavy side, will be lightened if a teaspoon of baking powder is added before cooking.

Frying Eggs. Sprinkle some flour or cornstarch into hot grease, and break eggs into that, they will not splatter. Adds flavour also.

RURAL 60 PLUS

5 Pineview Road, Kakabeka Falls, ON P7K 0G8

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

Monday Carving – 10am to 3pm

Monday Disking – 1pm to 3pm

Tuesday Craft Room – 10am to 3pm

Tuesday Weaving – 10am to 3pm

Tuesday Knitting – 10am to 3pm

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

Wednesday Craft Room – 10am to 3pm

Wednesday Beginners Carving – 10am to 3pm

Wednesday Quilting – 10am to 3pm

Wednesday Cribbage – 1pm to 3pm

Thursday Craft Room – 10am to 3pm

Thursday Weaving – 10am to 3pm

Thursday Knitting – 10am to 3pm

Friday Craft Room open – 10am to 3pm

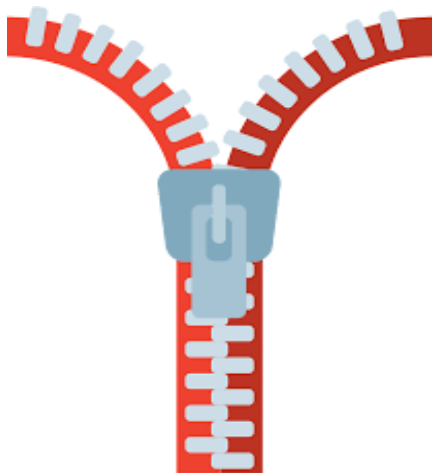


Good Company Choir starts again Tuesday January 13th

Thursday Yoga starts again Thursday February 5th for 10 weeks

Friendship Café Friday January 23rd 1pm to 3pm

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

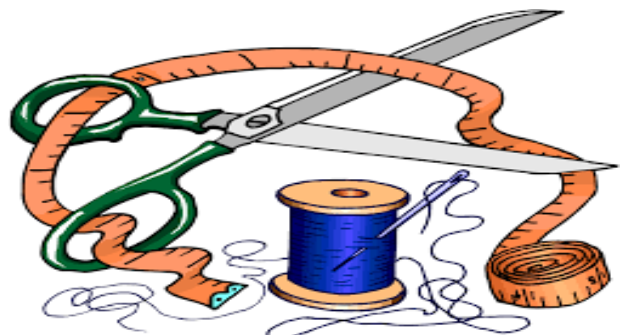
Doing repairs, alterations, wedding parties

QUICK SERVICE

REASONABLE RATES

sewZipZippersKCAT81@gmail.com

807-475-9687





NOLALU COMMUNITY CENTRE

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

Thursday, January 15, 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, January 27, 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.

"The world is but a canvas to our imagination."~~Henry David Thoreau~~

JAN 2026



NorWest Community Health Centres
Centres de santé communautaire NorWest



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



(807) 473-5528

PROGRAM INFO

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

Fly the C.O.O.P Walking Group

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

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

| MON | TUE | WED | THU | FRI |
|--|---|---|---|---|
| | | | 1 Closed for New Year's Day | 2 |
| 5 Chair Yoga @ O'Connor C.C 10:00 am Mobile Clinic - Armstrong 1pm-6pm | 6 Fly the C.O.O.P Walking Group Mobile Clinic - Armstrong 8:30am-1:30pm | 7 Walk-In Clinic 4:30pm - 7:30pm | 8 Fly the C.O.O.P Walking Group LifeLabs | 9 |
| 12 Chair Yoga @ O'Connor C.C 10:00 am Good Food Box Order Deadline | 13 Fly the C.O.O.P Walking Group | 14 Walk-In Clinic 4:30pm - 7:30pm | 15 Fly the C.O.O.P Walking Group LifeLabs | 16 |
| 19 Chair Yoga @ O'Connor C.C 10:00 am | 20 Fly the C.O.O.P Walking Group | 21 Good Food Box Pickup at KB Clinic Mobile Clinic - Upsala Walk-In Clinic 4:30pm - 7:30pm | 22 Fly the C.O.O.P Walking Group LifeLabs | 23 *NEW Program* Friendship Cafe 1-3pm |
| 26 Chair Yoga @ O'Connor C.C 10:00 am | 27 Fly the C.O.O.P Walking Group | 28 Walk-In Clinic 4:30pm - 7:30pm | 29 Fly the C.O.O.P Walking Group LifeLabs | 30 |

Rural Dementia Cafe



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

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

1:00 PM- 3:00 PM

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

For more information:

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

NorWest CHC in partnership with:



NorWest Community Health Centres
Centres de santé communautaire NorWest



Lakehead UNIVERSITY

Centre for Education and Research on Aging & Health

Alzheimer Society THUNDER BAY



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

A new year has begun and we are learning from the past year and embracing the future with our eyes and hearts open. As those of you that read this editorial each month will know, we had our trials last year but also so many triumphs. It is those trials we have learned from and those triumphs that will keep us going into the next year. We don't set resolutions in our house, even though it was a tradition when I was growing up. Instead we take each day as a gift and try to be the best person we can be. Oh we have goals but they often change or get revamped as we have learned new ways to do things. The end result is always the same, a happy and productive life.

January is a month to declutter in our house, out with the old and in with the new. I try and take a space each day and go through it to see what is working and what isn't. Is this something I need in my life or just something more to dust? Is it something I can teach my family or does it not work for our lifestyle? Decluttering gives me peace of mind. What is that saying "a place for everything and everything in its place", it rings true for me. I find when my space is cluttered I become frazzled, and I often don't know where to start to get things back to normal. That is not to say that my house is spotless and always ordered. Quite the opposite, as we have a very active 7 year old running around who likes to leave his things everywhere. But if I have a spot for everything it can be put back in order. Some days this happens and some days it doesn't. I know that the cupboards and closets are organized, each with their proper shelves for everything, and my bedroom is my sanctuary. So if I just can't find the energy to put everything to right, I take a break in my room, where all is as it should be. It is especially important for me to declutter in January as December is such a busy month that some things just don't get done. Plus the fact of having gifts hidden all over the house makes for even my closets to be cluttered. Now I can take a breath knowing that all gifts have been delivered, decorations can be taken down, and everything put away where it needs to go or given away if it no longer serves us. That is except for the outside Christmas lights, they will be up till March. I love my Christmas lights, they make me feel cheery. I am pleased to say I received eight more sets this season so we'll be able to replace a few and make the light show even bigger next year.

As we dive into January I am grateful for the Nolalu community. It has been nice to participate in potlucks, share gifts with new friends, and display all the lovely Christmas cards from our neighbours. Nolalu is truly a wonderful and giving community and we are so happy that you have welcomed us. I look forward to what this year will bring. The surprises have already started, we have three new board members at the NCC which is absolutely wonderful, and my grandson got his haircut after 2.5 years of growing it long.

Odette

PUZZLES

Name: _____

Date: _____

Winter Driving

```

U N F W K R E D A R G S K R O Q R D E F R O S T
K J I E Z Z Q V C I L C N H E Q C B R A I N L M
C N O T S A B E W U A Q J Q Y G O B R W B Z W O
D M E B H P W F S P H B H C Q R F L X R U E E I
D Q X E B Q I H W T N O C K K T F U G M A T M E
P B C Z D H I O X S E H C T A W E S O I K D Q S
E L E L N E N T S D H A N F I I E T F T W E A M
J I L V O S E S H V R I S B I A J E Y T O K O R
P Z A R S S Y P N Y Z L K C C J O R Z E L D M G
I Z G B T S E S W I P E R S H A A Y E N P T S P
P A I B O C C D W H I T E O U T A T Q S G L K I
H R G R O H J V R M S S T N E V E R E H T A E W
P D D K B T E E L S T T V U R O I U A H B N F S
L A K E E F F E C T U G C D K E J T P V W W E G
T X E H S D I A N O I T C A R T H T R N S O K N
E I A S U N G L A S S E S Q E A T T Q B W D R I
B T S A N D E R B P F C V C G G Z X A F Y R H N
D G Q E K J L W K Q B T J T H R O A D E I A P R
V B I T T E R G N I Z E E R F T O K H U W E V A
N S J L L I H C D N I W A K I E L T Q D U G U W
P V F E T I B T S O R F Y C S C I A N R Z B S S
E Z Y J Z N U M P T R K N E Y I T A S E Y N U D
L O N G J O H N S Q S Z S T W E S G C Z W B C X
Y S L M G I C E S C R A P P E R F O R E C A S T
  
```

| | | | | | |
|---------------|----------------|--------------|-------------|----------|-----------|
| Radar | Weather Events | Watches | Warnings | Forecast | Coffee |
| Sunglasses | Knee Deep | Sand | Lake Effect | Fog | Weather |
| Webasto | Mittens | Freezing | Gear Down | Ice | Wind |
| Longjohns | Slushie | Ice Scrapper | Salt | Whiteout | Frostbite |
| Wipers | Hazard | Boots | Windchill | Rain | Blizzard |
| Traction Aids | Road | Snowpack | Closed | Sleet | Gale |
| Hail | Defrost | Blustery | Bitter | Hat | Grader |
| Plow | Sander | | | | |

Ice scraper is spelled wrong on both the puzzle and the list of words, but it's a fun puzzle anyway.

New Year's Traditions Around the World

Various Internet Sources

New Year's traditions worldwide focus on luck, prosperity, and new beginnings, often involving specific foods like grapes in Spain, black-eyed peas in the U.S. South, or lentils in Italy for good fortune, while rituals include jumping off chairs in Denmark, carrying empty suitcases in Colombia for travel, wearing colourful underwear in Brazil for success, smashing pomegranates in Greece for abundance, and eating long noodles in Japan for longevity. Other customs involve bonfires in Scotland, "first footing" with gifts, and even wishing livestock well in Belgium. What's interesting, though, is the way some traditions have stood the test of time—dating back to ancient Babylon, some historians say—and how rituals vary from place to place. For example, many countries have a history of eating round foods on New Year's, since their coin-like shape symbolizes prosperity.

In Spain the tradition is to eat one grape at each stroke of midnight. Those who do it are promised good luck for the next year—if the rules are followed: "Eating one grape at each of midnight's 12 clock chimes guarantees you a lucky year—if and only if you simultaneously ruminate on their significance," Atlas Obscura reports. "If you fail to conscientiously finish your grapes by the time the clock stops chiming, you'll face misfortune in the new year."

In Brazil it's believed that your luck increases if you get in the surf and jump over seven waves—one for each of the divine spirits of the Umbanda religion. Revelers also get one wish for each wave, which is an added incentive to get in the water.

Greeks do it by hanging bundles of onions over the door, since onions have been known to sprout even when no one pays attention to them, which makes them good symbols of fertility and abundance.

In Denmark, you stand on a chair and "leap" into the new year as the clock strikes midnight. It's good luck if you do it, and bad luck if you forget.

In Germany and Austria, there are a few different lucky symbols that you can gift to friends and family to bring them good fortune. These include pigs (a sign of wealth), lucky pennies, horseshoes, toadstools, ladybugs, clovers, and chimney sweeps. Visitors can buy little tokens of these lucky charms at a holiday market—or get edible ones made out of marzipan or pastry.

In Ireland, it's customary to chase away bad spirits by banging bread on the walls and doors of the house. It's also a tradition to do a New Year's tidying up, presumably from all of the crumbs.

In Latin America, they believe that the colour of the underwear you wear on December 31 can bring good things to you in the next 12 months. Yellow is for luck, red is for love, and white undies bring peace.

No one wants the old year, and all its baggage, hanging around. A common superstition says that keeping the windows and doors open will let the old year out so the new one can arrive in its place.

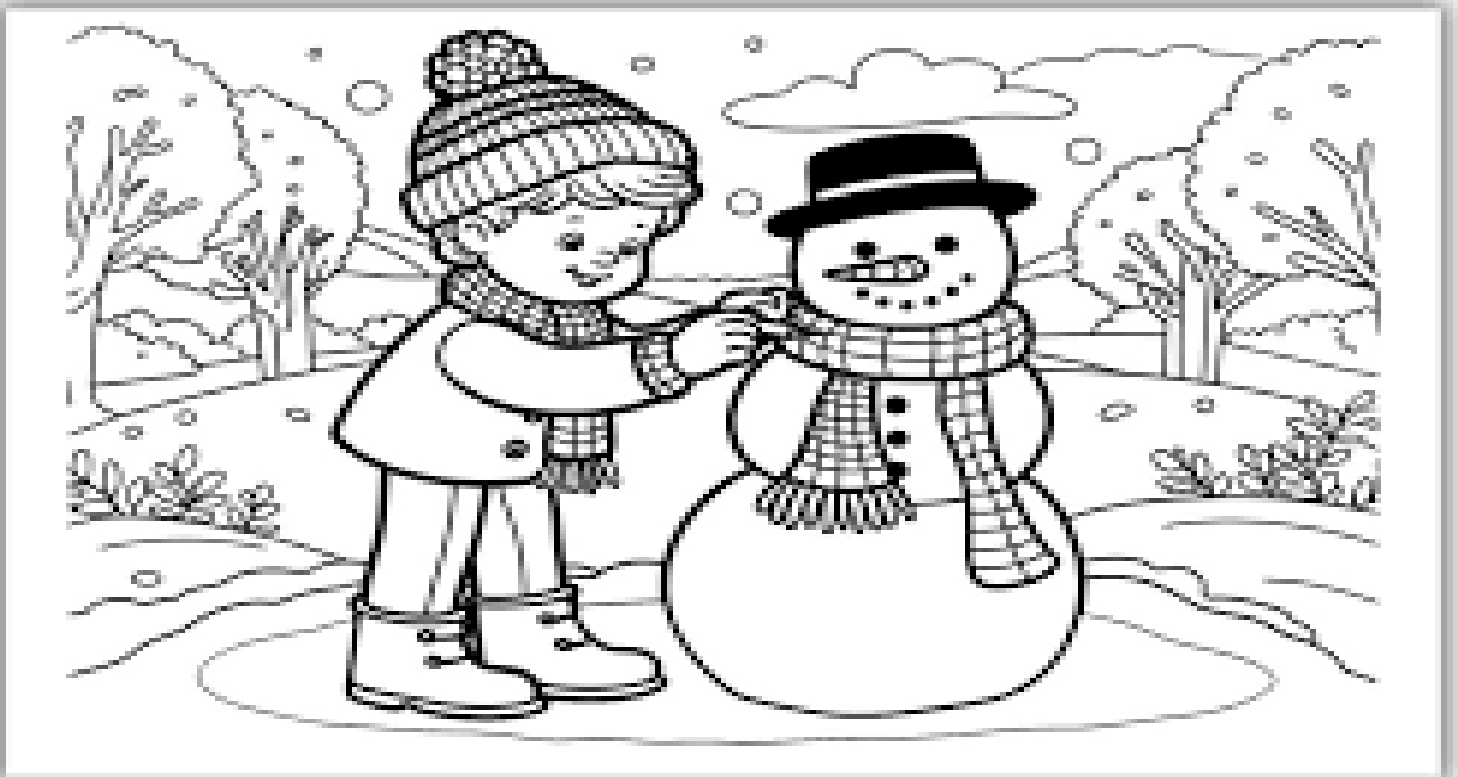
In Germany, you can buy a Bleigießen (Bleigiessen) kit which will supposedly give you hints for what's to come in the year ahead. The tradition is to melt tin or wax on a spoon over a candle and then pour the metal into cold water. The resulting shape will reveal your fortune. Round balls represent good luck rolling your way, for example, while swords predict risk-taking.

People avoid doing laundry or cleaning their homes on Jan. 1st, as it can wash away any good fortune for the upcoming year, according to Chinese custom.

It's not good to eat lobsters because they walk backward, and that backwards movement could bring you bad luck and set you back on your goals and resolutions. Better to eat fish as they swim forward.

Whatever your traditions, we wish you a very Happy New Year.

COLOURING PAGE



NOLALU COMMUNITY CENTRE: HALL RENTAL

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

Email nolalucctreasurer@gmail.com

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

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

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

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

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

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

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

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

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

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

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

- ♦ At the discretion of the NCC Board
- ♦ **\$5/table, \$2/chair** for the event. Weekend rentals: pick up Friday, return Monday. Any rental longer than 3 days will be subject to a 20% surcharge per extra day
- ♦ Renter provides transportation and returns in clean condition.
- ♦ Some chairs are upholstered, therefore cannot get wet

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

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

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

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

NCC Events—January 2026

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|---|---------------------------------|---|---|---|-----------|
| | | | | 1 | 2 Drop-in Exercise 9:30am to 10:30am | 3 |
| 4 | 5 Drop-in Exercise 9:30am to 10:30am RURAL READERS 7:00pm to 9:00pm | 6 | 7 No YOGA until Feb 4 | 8 NEST MEETING at NCC 7:00pm | 9 Drop-in Exercise 9:30am to 10:30am | 10 |
| 11 | 12 Drop-in Exercise 9:30am to 10:30am | 13 | 14 | 15 NCC MEETING 7:00pm | 16 Drop-in Exercise 9:30am to 10:30am | 17 |
| 18 | 19 Drop-in Exercise 9:30am to 10:30am SENIORS LUNCH 11:00am to 1:00pm | 20 | 21 PLAY GROUP 12:00pm to 2:00pm | 22 | 23 Drop-in Exercise 9:30am to 10:30am | 24 |
| 25 | 26 Drop-in Exercise 9:30am to 10:30am | 27 LSB MEETING 7:30pm | 28 | 29 | 30 Drop-in Exercise 9:30am to 10:30am | 31 |