

NCC NEXT MEETING:

Thursday November 20
@7:00pm

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

LSB NEXT MEETING

Tuesday November 25
@7:30pm

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

NEST NEXT MEETING

Thursday November 13
@7:00pm

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

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Nolalu's GRASSROOTS

PHOTOGRAPHERS CONTEST

To see full colour versions go to Facebook page—Nolalu ONLINE GRASSROOTS

**First Place—11 to 18 years
old: Mikayla**



**First place—10 and under:
Beckett**



First Place—Adult Category: Sherry Malinoski





Catherine and Terry Niemi

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Emergency Phone Numbers

Nolalu Fire & Ambulance: 807-473-5200

Ontario Provincial Police: 1-888-310-1122

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

For Road information call: 511

NCC Volunteer Board

Chair	Angela Woodhouse-Wild	807-630-6061 Text Only	807-475-8968
Vice Chair	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442
Secretary	VACANT		
Treasurer	Elizabeth Pszczolko	nolalucctreasurer@gmail.com	807-623-6800
Events Coordinator	VACANT		
Kitchen Coordinator	VACANT		
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 November 20, 2025

@ 7:00pm

ALL NCC meetings are open
to the community.

NEST meeting 7:00 pm at NCC

Thursday November 13, 2025

Nolalu Dump WINTER Hours

October 1 — April 30

ADRIAN LAKE

Sundays 12pm - 3pm

HARDWICK

Sundays 4pm - 6pm



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2160 Highway 588, Nolalu

Open Sunrise to Sunset Daily

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Practice Green

Golf Carts Available

Restaurant
Available.
Hours vary,
please call ahead.



WEATHER PERMITTING

<<<< JOB OPPORTUNITY FOR GOLF COURSE GREENSKEEPER >>>>

(Seasonal Position for 2026)

Previous golf course or landscaping experience is an asset, but not necessary. Responsible for the maintenance, care and overall appearance of the golf course, including operating motorized and walk-behind mowers to cut greens, as well as weed whackers.

As work depends on the weather, flexibility is a must. For more information or to submit resume, please email to hoppers@tbaytel.net or drop off in person at Hoppers Variety, 2160 Highway 588 in Nolalu.

Remembrance Day

From Wikipedia

Remembrance Day (also known as Poppy Day owing to the tradition of wearing a remembrance poppy) is a memorial day observed in Commonwealth member states since the end of the First World War to honour armed forces members who have died in the line of duty. The day is also marked by war remembrances in several other non-Commonwealth countries. In most countries, Remembrance Day is observed on the 11th of November to recall the end of First World War hostilities. Hostilities ended "at the 11th hour of the 11th day of the 11th month" of 1918, in accordance with the armistice signed by representatives of Germany and the Entente between 5:12 and 5:20 that morning. ("At the 11th hour" refers to the passing of the 11th hour, or 11:00 am.) The First World War formally ended with the signing of the Treaty of Versailles on 28 June 1919.



The tradition of Remembrance Day evolved out of Armistice Day. The initial Armistice Day was observed at Buckingham Palace, commencing with King George V hosting a "Banquet in Honour of the President of the French Republic", during the evening hours of 10 November 1919. The first official Armistice Day was subsequently held on the grounds of Buckingham Palace the following morning. During the Second World War, many countries changed the name of the holiday. Member states of the Commonwealth of Nations adopted Remembrance Day, while the US chose Veterans Day.

Remember to pause this Remembrance day and thank those who have served or are serving in our armed forces. It is because of these men and women we live in a country free from the ravages of war. Remember those who have given their lives for our freedom and be thankful for our great country.

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

Third Wednesday of Each Month

Next Play Date: Nov. 19, 2025

Nolalu Community Centre

12:00pm to 2:00pm



Come on out and have some fun.

Meet other children and parents in the community.



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

Hope to see you there



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

Port Arthur, in Thunder Bay, became the first municipality in the world to introduce daylight saving time in 1908. Since then, communities across Canada and around the world have adopted the practice.

Anyone else have issues adapting to the time changes?



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From the Wilderness Kingdom New Cookbook 1972

Oven Fried Grouse

2 1/2 lbs grouse, cut into serving size pieces 3/4 cup pancake mix 2 tsp salt
3/4 tsp crumbled rosemary 1/2 tsp ground black pepper 1/2 cup shortening

Wash grouse. Combine next four ingredients in a large paper or plastic bag. Shake well. Add all the grouse and shake to coat each piece well. Melt shortening in a 9 x 13 x 2 inch pan. In a preheated oven (400°F) arrange grouse in pan, skin side down. Bake 30 minutes. Turn and bake 30-40 minutes longer or until done.

Moose Upside Down Pie

1 1/2 cups flour 3 tsp baking powder 1 tsp salt 1 tsp paprika
1/4 cup sliced onions 1/2 lb raw moose 1 tsp celery salt
1/4 tsp pepper 5 tbsp shortening 3/4 cup milk
1 can tomato soup

Sift together flour, baking powder, paprika, celery salt, pepper, and 1/2 tsp salt. Add 3 tbsp shortening and mix thoroughly with a fork. Add milk and stir until blended. Melt remaining shortening in a pan and cook onions in it until soft. Add tomato soup, remaining salt and ground moose. Bring to a boil. Spread baking powder mixture on top of moose mixture and bake in a hot oven, about 475°F for about 20 minutes. Turn upside down on large plate. Serves 8.

Pemmican

Use moose, elk, or deer meat. Meat is cut very thinly into layers and hung upon a homemade rack, similar to a clothes rack. A fire, or rather a smudge, is made to keep insects off. Meat is put out every day in the sun until thoroughly dried and brittle so it cracks (takes a few days). Now put into a cloth and pound till powdery. Work in drippings or grease to form into balls. Dried berries are sometimes worked into it for flavour. This is used in winter but keeps for an indefinite time. The dried meat, sun cooked, never spoils if done properly.

Rose Hip Jam

Do not gather berries until after the first frost, and preserve the same day they are picked. Boil 4 cups berries with 2 1/2 cups water until berries are tender. Force through a sieve to remove seeds. Add 1 cup sugar to 2 cups pulp. Mix thoroughly and bring to a simmer slowly. Cook 10 minutes. Bottle. A layer of sugar sprinkled on the top helps to improve the flavour.

Hints on Drying Saskatoon Berries

Saskatoon berries may be dried and used in place of currants. An easy way is to scrub two window screens and spread a thin layer of berries on a cloth between the screens, and dry in the sun. When quite dry place in a cloth bag to store.

Bear

If the bear is skinny, as it is particularly in the spring, forget about it. You may as well cook your rubber boots. In case of starvation the only way to swallow it would be to make bear-hamburger (grind it). If the bear is fat, remove skin as soon as possible after killing and clean. Let the meat soak in very salted water (cold) overnight. Then boil it for quite a while (until tender to taste).

Muskrat

Let the muskrat soak in salty water overnight. Then boil until tender to taste. It is easier to cook than bear and is particularly good in May.

**ATTENTION
NOLALU & AREA
RESIDENTS
SPECIALIZE IN
(BUT NOT LIMITED TO)**

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WHO WE ARE

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Drums
Available
to weekly
customers!
Ask for Details**



**PROUD SUPPORTER OF THE
NORTHERN REACH NETWORK ONGOING
BOTTLE DRIVE, ASK HOW YOU CAN HELP!**

NEW DAY FOR NCC MEETINGS

All Nolalu Community Centre monthly meetings will now take place on the third Thursday of the month. Meetings will continue to begin at 7:00pm.



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

GRASSROOTS DEADLINE

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

Submit to nolalu.grassroots@gmail.com

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

Online Mutual Respect Policy

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

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

Recommended Books - Banned Books from TBPL

How to Survive a Bear Attack by Claire Cameron

In this debut memoir from the bestselling author of *The Bear and The Last Neanderthal*, Claire Cameron confronts the rare genetic mutation that gave her cancer by investigating an equally rare and terrifying event—a predatory bear attack. When Claire Cameron was nine years old, her father, a professor of Old English, told her he was dying. In the years after he was gone, she found a way to overcome her grief among the rivers and lakes of Algonquin Park, a vast Canadian wilderness area. Around that same time, in 1991, a couple was killed by a black bear in a rare predatory attack in the park. Claire was shocked, and never fully sure of what happened, the attack haunted her. Now older, with children of her own, Cameron was diagnosed with the same kind of deadly skin cancer as her father. Caught in a second wave of grief, she was told by her doctor, 'the ideal exposure to UV light is none.' No longer able to venture into the wilderness as she once had, with long scars on her back, she became obsessed with the bear attack in Algonquin Park again. How could terror rip through such a beautiful place? Could she separate truth from fiction? She headed north to investigate. Gripping and heart-rending, Claire seamlessly weaves together nature writing and true crime investigation with an unflinching account of grief, trauma, and recovery.

Mind Over Matter by Jordin Tootoo

For some hockey players, retirement marks the moment when it's all over. But Jordin Tootoo is not most hockey players. Having inspired millions when he first broke into the league, Tootoo continued to influence people throughout his career—not only through his very public triumph over alcoholism, but also his natural charisma. And now, years after hanging up his skates, he is more committed to doing things the right way and speaking about it to others, whether it's corporate executives or Indigenous youth. He has learned from being a father and a husband. And he has learned from his own Inuk traditions, of perseverance and discipline in the face of hardship. Weaving together life's biggest themes with observations and episodes, Jordin shares the kind of wisdom he has had to specialize in—the hard-won kind.

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.

Note date change

Next meeting, Tuesday Nov. 4th:
"In Search of April Raintree" by Beatrice Culleton

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

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

Join online:

www.facebook.com/groups/ruralreadersbookclub

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

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



RURAL READERS

BOOK CLUB



A very special thank you to all our sponsors and those that donated to the photography contest. It was a huge success and we couldn't have done it without you.

WFCU Credit Union -
(Rapport, Kakabeka)

Green Acres Variety Store

Evergreen Pharmacy, Kakabeka

Aunt Sarah's 588 Cafe Nolalu

Marion Charkow

Hoppers Variety Store

Rockys Resort

The Depot, Kakabeka

Joshua Houle

Rebecca's Water Service

Please make sure to stop by the local businesses that donated and thank them for their participation.

**November 22,
2025**

**12:00pm to
2:00pm**

**Nolalu Community
Centre**

**2266 Hwy 588,
Nolalu**

Cost: \$5.00



**Santa at
1:00pm**

WANTED: NEW SIGN FOR THE NCC



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

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

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

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



Gillies Community Centre



November 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

November 1st

Family Halloween Dance

5-8pm, \$2 per child
Featuring DJ Deadwalker
Dancing, contests, treats and food.
Bring a carved Jack O'lantern
to compete for a prize!

November 8th

Live Music Coffee House

7-9pm, \$10
Tea, coffee, baking and
good music.

Tuesdays

Cornhole

Starting at 7pm.
\$5 per person.
Prize to be won.

Save the Date

December 7th:
Christmas Tea

November 15th & 16th

Book Swap

12-4pm daily
1000's of books. Also Games & Puzzles.
Donations accepted at this FREE event.
All proceeds go directly to the GCC.
Books accepted during book swap hours.

November 29th

Holiday Craft Market

Support local as you shop for your holiday!
Also check out the bake sale fundraiser.
If you would like to be a vendor or donate a baked good
contact Krista at 1 (306) 581-2444.

November 30th

Milk and Cookies with Santa

Santa will be visiting!
2-4pm. He will arrive at 2:30pm.
Enjoy milk, cookies, crafts
and photos with Santa.
Use your own camera.

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!



KB RURAL AREA STITCH & CRAFT GROUP

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

We meet on Tuesdays, every other week from 7:00pm to 9:00pm

Meetings are held at the O'Connor hall, 330 Highway 595, O'Connor.

Updates can be found on the Facebook page;

KB RURAL AREA STITCH & CRAFT GROUP

Check out the Facebook page for upcoming dates

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



"The new dawn blooms as we free it. For there is always light if only we're brave enough to see it, if only we're brave enough to be it." ~Amanda Gorman~

"Don't take yourself too seriously. Know when to laugh at yourself, and find a way to laugh at obstacles that inevitably present themselves." ~Halle Bailey~

Just For Fun – Horoscopes by Grandmama Bear

Aries: March 21 – April 19

You are unstoppable; just don't forget to tie your shoelaces before you sprint towards greatness.

Taurus: April 20 – May 20

Be careful when replying to emails; "reply all" doesn't work for pets.

Gemini: May 21 – June 21

Yes, you are mysterious; you can stop wearing your witches costume from Halloween.

Cancer: June 22 – July 22

The number 12 keeps repeating; mainly because you keep writing it on everything.

Leo: July 23 – August 22

No you aren't going bald; your brain is just growing and you don't have enough hair to cover it.

Virgo: August 23 – September 22

Beware of octopus!!

Libra: September 23 – October 22

Hard work is the answer to all your questions; so have a nap.

Scorpio: October 23 – November 21

The moose are on the loose; go hunting.

Sagittarius: November 22 – December 21

Beware of Leo; he is after your hair.

Capricorn: December 22 – January 19

Lucky number 298463. Eat frozen carrots so you will be able to see through the snow storm others are directing your way.

Aquarius: January 20 – February 18

Wear your lucky socks when picking out lottery tickets this month; just be sure they are clean.

Pisces: February 19 – March 20

This month is all about walking a mile in somebody else's shoes; that way you'll know if those shoes are comfortable and offer good back support before you spend the money on a pair.

☀️❄️ Prepare Your Winter Auto Emergency Kit

Winter weather can be unpredictable, and road conditions can change in an instant. Whether you're commuting or heading out on a winter getaway, having a well-stocked emergency kit in your vehicle is essential for safety and survival.

Why You Need a Winter Emergency Kit

- Sudden snowstorms, icy roads, or breakdowns can leave you stranded.
- Emergency services may be delayed during severe weather.
- Staying warm, visible, and nourished can make all the difference.

Essential Items for Your Vehicle Emergency Kit

Your kit should include:

Visibility & Signaling

- Flashlight (preferably crank-powered)
- Reflective safety triangles or road flares
- Whistle

Warmth & Clothing

- Thermal blanket or sleeping bag
- Extra socks, gloves, hats, and boots
- Hand and foot warmers
- Winter coat or insulated outerwear

Tools & Vehicle Support

- Small shovel
- Ice scraper and snow brush
- Booster cables
- Traction aids (sand, kitty litter)
- Lock de-icer (keep it on you, not in the car!)
- Small tool kit and extra fuses

Health & Safety

- First aid kit
- Bottled water (replace regularly to prevent freezing)
- Non-perishable snacks (granola bars, trail mix)
- Paper towels and tissues

Communication & Power

- Fully charged power bank
- Car charger for your phone
- Battery-powered or crank radio

Before You Drive

- Check weather and road conditions via the 511 Ontario app.
- Keep your gas tank at least half full.
- Tell someone your route and expected arrival time.



Remember

If you're stranded:

- Stay with your vehicle; it provides shelter and is easier to locate.
- Run the engine periodically for warmth, but ensure the exhaust pipe is clear of snow.
- Display your reflective triangle or hang a bright cloth from the window.

Winter driving demands preparation. Your emergency kit isn't just gear; it's peace of mind. Stay safe, stay warm, and drive smart.

Road conditions and traveller information (Ontario Ministry of Transportation): <https://511on.ca>
Follow the Nalalu Emergency Services Team on Facebook for updates, safety tips, and community news: www.facebook.com/NalaluEmergencyServicesTeam



Yield to Green Flashing Lights – Save Lives

When seconds count, your awareness can make all the difference. Across Ontario and many parts of Canada, volunteer firefighters use **green flashing lights** on their personal vehicles when responding to emergencies.

What Does a Green Flashing Light Mean? It signals that the driver is a **volunteer firefighter en route to an emergency**. They may be rushing to a fire, a medical crisis, or a rescue situation. Unlike full-time crews, volunteers often respond from home or work, using their own vehicles to reach the station or scene.

What Should You Do? While you're not legally required to pull over, **yielding is strongly encouraged**. If you see a vehicle with a green flashing light approaching:

- Safely pull to the right and let them pass.

- Avoid blocking intersections or driveways.

- Be alert and courteous — your cooperation could save a life.

Why It Matters Volunteer departments serve rural communities where professional emergency services may be miles away. Every minute lost in traffic can mean the difference between life and death. Yielding helps volunteers get to their destination faster, whether it's a burning home or someone in cardiac arrest.

In areas such as Nolalu where terrain and distance pose challenges, volunteers are the backbone of emergency response. They're your neighbours, friends, and family members. Respecting the green light is a simple way to support them. Every second counts!

Follow the Nolalu Emergency Services Team on Facebook for updates, safety tips, and community news:



**YIELD TO FLASHING
GREEN LIGHT
FIREFIGHTER
RESPONDING TO
EMERGENCY**

Nolalu Emergency Services Team

Hall 807-475-4441

info@NolaluEST.com

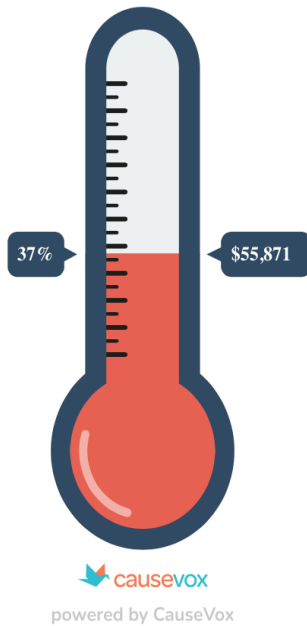
Emergency 807-473-5200

2167 Hwy 588

Nolalu ON P0T 2K0



GOAL: \$150,000



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

Donation cheques can be mailed to:

NEST

2167 Hwy 588

Nolalu ON P0T 2K0

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

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

No update this month. Thank you so much for your support in our efforts to build funds for the purchase of a new tanker

Keep those donations rolling in, every dime helps. They have now built up \$31,641.32 in their lottery/building account.

Face Arms Speech Time - FAST

The **FAST** signs are the most common signs of stroke, and they are signs that are more likely to be caused by stroke than any other condition.

There are some additional signs of stroke that are less common.

They include:

- Vision changes - blurred or double vision
- Sudden severe headache - usually accompanied by some of the other signs
- Numbness - usually on one side of the body
- Problems with balance

What if I do not experience all of the FAST signs?

Not everyone will experience all of the signs of stroke. If you experience any of the FAST signs, call 9-1-1 immediately.

Heart and Stroke Foundation of Canada

<https://www.heartandstroke.ca/stroke/signs-of-stroke/fast-signs-of-stroke-are-there-other-signs?>



If you experience any of these signs, call 9-1-1:

Face: is it drooping?

Arms: can you raise both?

Speech: is it slurred or jumbled?

Time: to call 9-1-1 right away



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

PHOTOGRAPHERS CONTEST



Second Place—Adult Category:
Mike Vialoux

Congratulations!

Second Place—11 to 18 year olds:
Bryjette

Amazing



Gorgeous

Second Place—10 and under:
Jaxon

RURAL CUPBOARD FOOD BANK

Neighbours Helping Neighbours

Conmee Municipal Complex

19 Holland Rd, Kakabeka Falls P0T1W0

807-285-0836

We sincerely thank all those that continue to support us.

Your donations enable the food bank to remain open.

Next Food Bank

Wednesday November 19, 2025

Registration 9 am to 11 am

Drive-Thru Pick-up

A BIG THANK YOU to OPG for the generous donation in support of our holiday endeavours.

A BIG THANK YOU to the ODENA for hosting our fall food drive and for all those who generously donated.

CHRISTMAS CONCERT

Sunday December 7th, 2-4pm

Kakabeka Legion, JUST FOR YOU performing

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

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

Nov 1	Halloween Dinner & Dance	5:30pm to 10:00pm
	Halloween Dance Only	7:00pm to 10:00pm
Nov 5	Guy Fawkes Bonfire	6:00pm
	All welcome, bring your own lawn chair	
Nov 8	Executive Meeting	2:00pm to 3:00pm
Nov 8	General Meeting	3:00pm
	Executive elections, all members welcome	
Nov 9	Breakfast	8:30am to 11:00am
	Remembrance Day Service	10:50am
Nov 15	Dance with Quest	7:00pm to 10:00pm
Nov 23	Sunday Musical—Rusty Notes	2:00pm to 4:00pm
Nov 29	Dance with Quest	7:00pm to 10:00pm

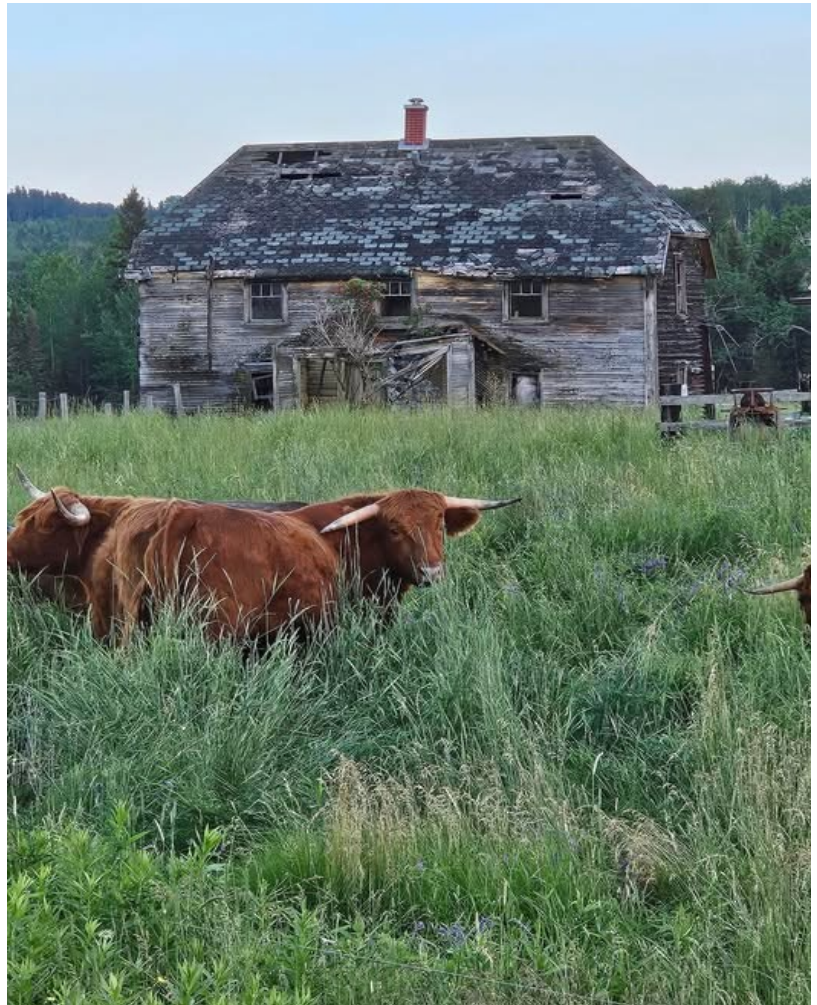


To book an event please call Alice at 807-577-0418

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.

READERS CHOICE AWARD

Congratulations
Chase Kivi





NOLALU COMMUNITY CENTRE

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

Thursday November 20, 2025

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 November 25, 2025

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.

"Success usually comes to those who are too busy to be looking for it". ~~Henry David Thoreau~~

November 21, 2025

Deck the Halls
& Cookie Making
3:00pm to ???

Seniors Lunch

(55+ or "close enough")



Next two (2) lunches taking places:

Monday, October 20

Monday, November 10



\$10 at the door



11:00 AM Coffee / Tea

11:30 AM Lunch served

12:30 PM Food service

complete



The NCC will provide:

soup, entrée, veggie dish
OR salad, buns OR potato
dish, and dessert.



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

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

Deck the Hall & Cookie Making



November 21, 2025

Nolalu Community
Centre

2266 Hwy 588

3:00pm to whenever the
cookies are baked

*Come on out and join in the fun in decorating the
centre and enjoy some yummy cookies too.*



RURAL 60 PLUS

5 Pineview Road, Kakabeka Falls, ON P7K 0G8

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

Monday Carving – 10am to 3pm

Monday Disking – 1pm to 3pm

Tuesday Craft Room – 10am to 3pm

Tuesday Weaving – 10am to 3pm

Tuesday Knitting – 10am to 3pm

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

Wednesday Craft Room – 10am to 3pm

Wednesday Beginners Carving – 10am to 3pm

Wednesday Quilting – 10am to 3pm

Wednesday Cribbage – 1pm to 3pm

Thursday Craft Room – 10am to 3pm

Thursday Yoga – 10am to 11am

Thursday Weaving – 10am to 3pm

Thursday Knitting – 10am to 3pm

Friday Craft Room open – 10am to 3pm



*Craft Sale Saturday November 15th from 10am to 1pm. Tables available at a cost of \$15.
Call 807-475-5779 or email rural60@tbaytel.net*

BARB'S PROFESSIONAL SEWING

ZIPPERS ZIPPERS ZIPPERS

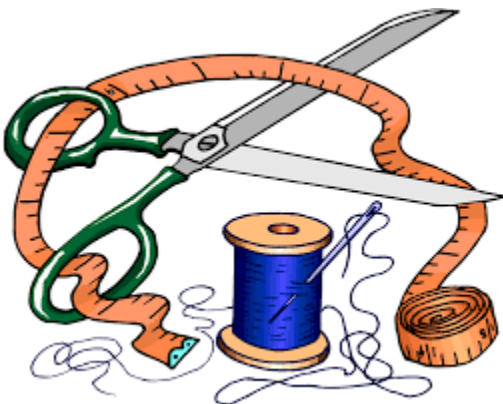
Hems on pants, dresses, curtains and more

Alterations, mending, patching

13 years doing alterations at EVA'S BRIDAL

7 years at THE WHOLE NINE YARDS

Doing repairs, alterations, wedding parties

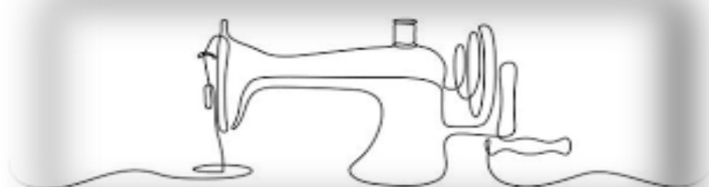


QUICK SERVICE

REASONABLE RATES

sewZipZippersKCAT81@gmail.com

807-475-9687



GrassRoots Business & Ad Fees, As of January 2023

- ♦ **Business card ad:** \$6.00
- ♦ **¼ page ad:** \$15.00
- ♦ **½ page ad:** \$20.00
- ♦ **Full page ad:** \$30.00
- ♦ **Community notices:** Free
- ♦ **Non-business classified ads:** Free



The GrassRoots submission deadline is the 15th of the month prior to your ad appearing in an issue of Grassroots. All ads need to have white backgrounds. If you would like a colour background or pictures for the online version please send it separately from the greyscale version for print.

Please email submissions to: nolalu.grassroots@gmail.com in PDF or WORD format.

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

Invoices will be issued for payments not received up front, and sent out quarterly.

From the Editor's Desk

Well, it has been a busy month around here. We took a trip down south, or down east as some of you call it. We went to Orangeville, Shelburne, Wiarton, and Flesherton which is where we moved up here from, to visit old friends and family. We drove down, my daughter doing 90% of the 18 hours of driving, for which I am so grateful. We have done this trip yearly, but we have both decided that it doesn't need to be a yearly occurrence anymore, perhaps every three to five years or maybe just for special occasions. We had a good time seeing so many old friends but our life is up here now and we so missed home. The train museum was open in Schreiber this time so we made sure to stop. My grandson loves everything trains, or boats and planes for that matter, and he had a great time looking at all the train memorabilia and the motion sensor model train was a big hit. We were able to take the Chi-Cheemaun from Manitoulin Island to Tobermory (and return trip) and my grandson was thrilled to watch the big transport trucks loading up, and watching the gates close on the ship really interested him. The weather was great for both ferry trips and we enjoyed being on the deck and seeing the sights. We spent the night in Sault Ste Marie at a lovely little hotel with a pool: it was so nice to relax for the night. My cousin came back with us on the return trip to spend a couple weeks here. We got the last couple of rooms at a motel in Wawa on the way back, and the clerk made sure to tell us about the bears. Her advice was "they don't usually bother people, just stay away from them, and don't scare them, no jumping at them and saying BOO!" Pretty good advice. My cousin really enjoyed her stay and hopes to move to the area in a couple years. When we grew up down there it was small towns and lots of countryside, now it is so built up, it was just mind boggling to me. She said the city is moving further and further north, with the small towns becoming cities themselves. She is looking forward to being out in the country again, and being able to go on our foraging treks.

With all this visiting going on we are way behind in our foraging, winter preparations, and even in completing the harvest. I still have beets and carrots in my garden that I will be digging up and freezing this weekend. I was fortunate, thanks to M.E., to get my pickled beets done. Mine weren't ready but I was able to get some from M.E. so that I had pickled beets for my cousin's visit. She loves them. The first frost has come so I have started to gather and dry my rose hips for tea and tinctures later in the season. We finally got our Halloween decorations up October 18, which is so late for us Halloween enthusiasts. Usually we are all decorated by mid September, but we are still putting up the odd thing this weekend. As for winter preparations, we haven't even started. Oh well it will give me something to write about in the next newsletter.

Odette

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:



PHOTOGRAPHERS CONTEST

Third Place—Adult Category:
Kerry Crooks

Beautiful



Awesome

Third Place—Age 11 to 18 Category:
Oliver

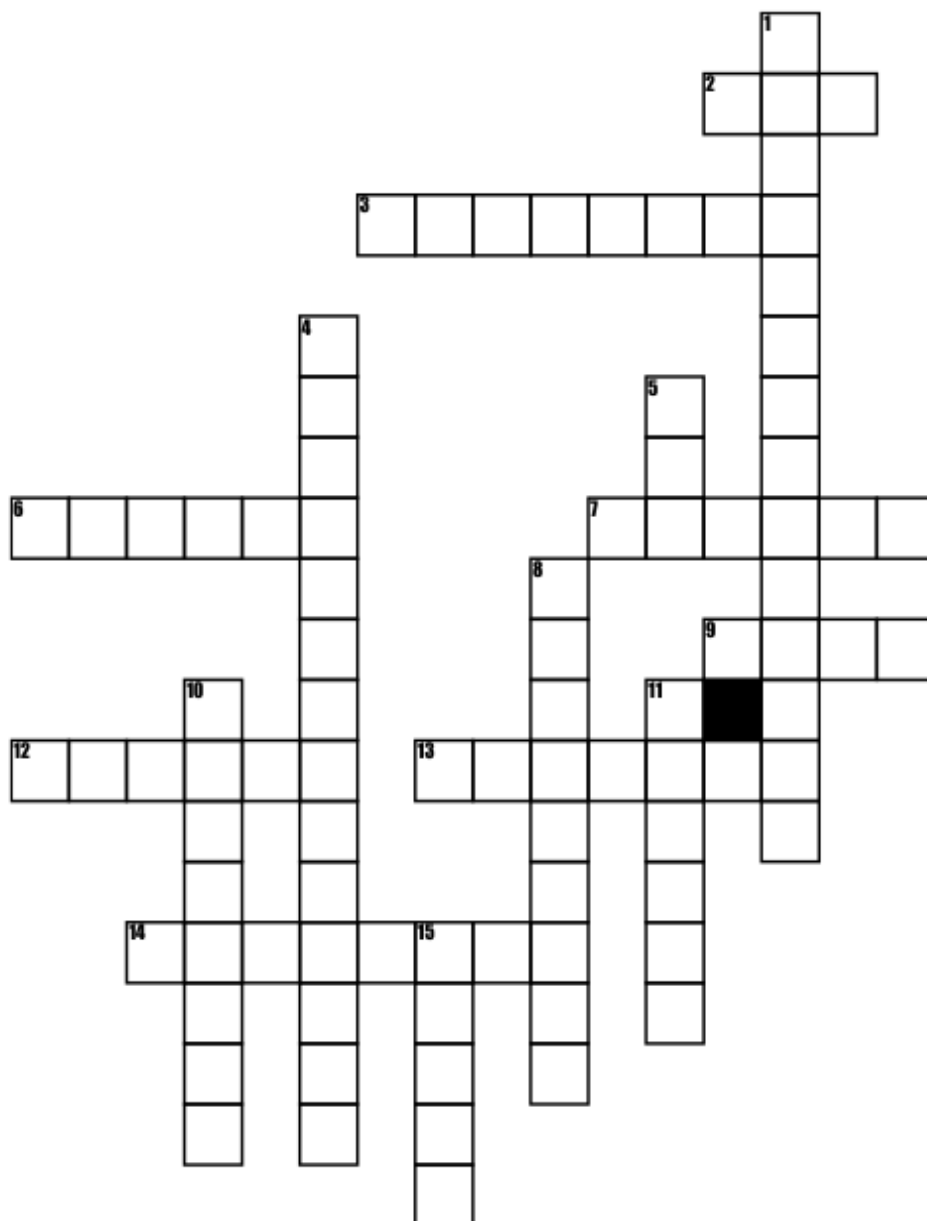


So Cute

Third Place—Age 10 and Under Category:
Uma

PUZZLES

Remembrance Day



Across

2. What was the very first major war?

3. What hour do we take a moment of silence?

6. What color of poppy represents animals of war?

7. What day of the month is remembrance day this year?

9. The armistice was actually signed at what time?

12. Where is the Tomb Of The Unknown Soldier?

13. We submit our remembrance day posters into a?

14. What month is remembrance day in?

Down

1. How many major wars have there been?

4. The first _____ was in 1919?

5. How many world wars were there?

8. Who wrote the poem called In Flanders Fields?

10. remembrance day is a _____ holiday?

11. Who does the poster contest?

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

Code Talkers, WW II

Various Internet Sources

Canadian Code Talkers were First Nations soldiers, men and women, primarily Cree-speaking, who used their language to create an unbreakable code for the Allied forces during World War II. These soldiers translated sensitive military messages into Cree, which was then translated back into English by another code talker, effectively protecting vital information from the enemy. Their crucial contributions were kept secret for decades and are still not widely known, partly because their stories remained hidden and many code talkers were not properly recognized upon returning home.

During the Second World War, encryption and coded messages were deemed essential to winning the war and used on both sides of the conflict. It was imperative to use a code system that was unbreakable to the enemy to keep military positions, ammunitions, and operational plans hidden should the message be intercepted. The Canadian government came up with a clever way to encrypt messages from the Axis powers. Utilizing Cree, the government relied on Indigenous men and women to use their language to aid the war effort; they were known as Cree Code Talkers. At the time, Cree was not a well-known language outside of North America. In the European theatre of war, transmitting messages in a rare language over the radio ensured encryption.

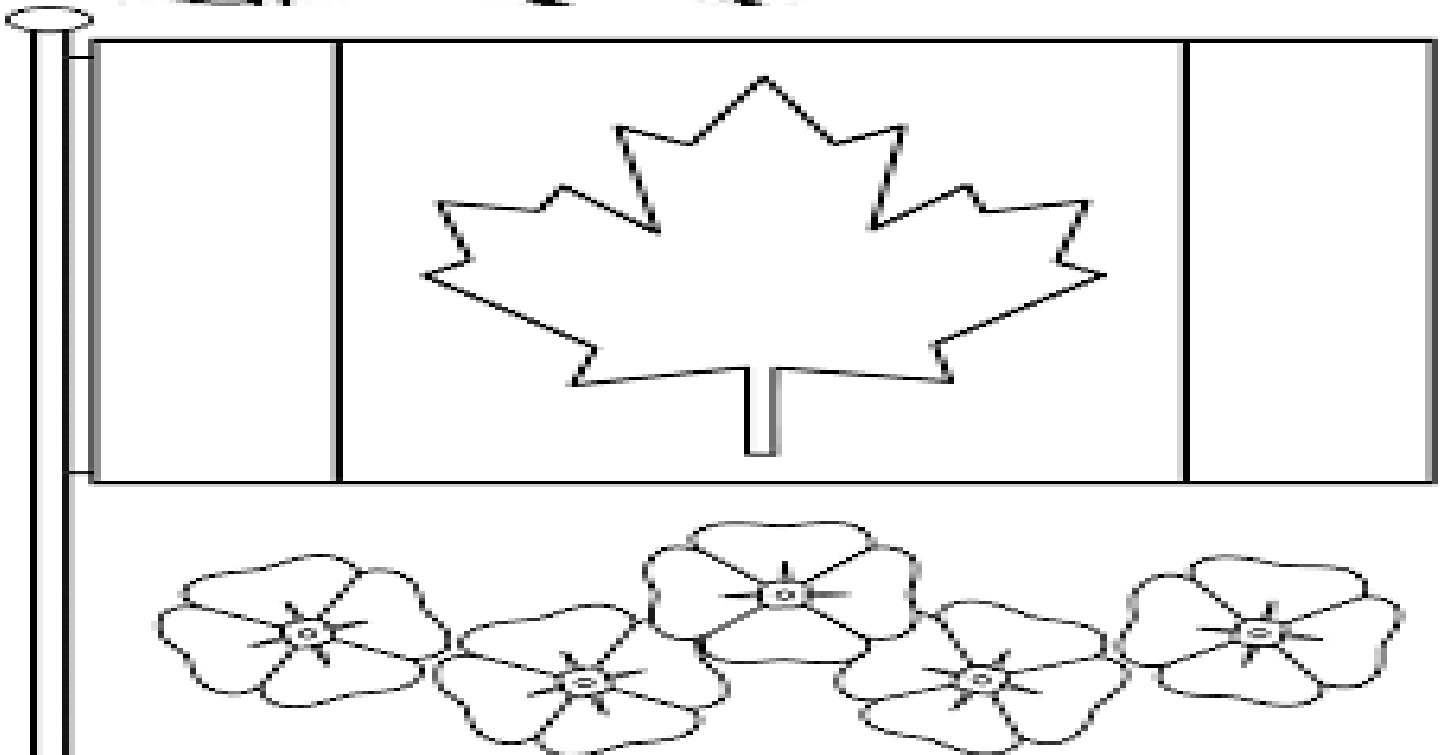
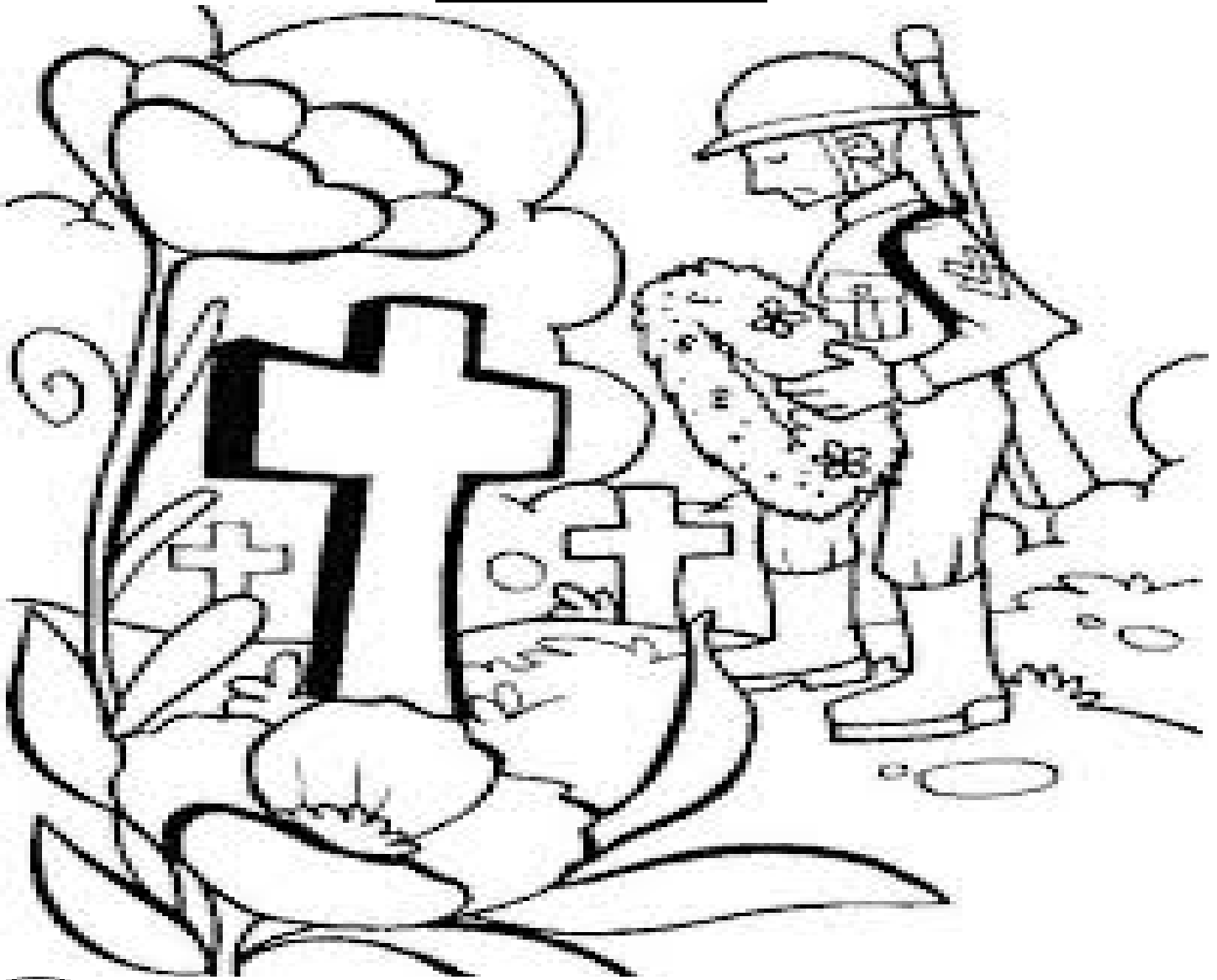
To the Cree people their language is often referred as Nehiyawewin and consists of five main dialects used throughout Turtle Island. These dialects are used in modern day Alberta, Saskatchewan, Manitoba, Ontario, and Quebec. Distinguishing the subtle to large differences within the language is significant. Many Code Talkers acknowledged throughout the war effort that when they were banded together to use their language as a tool of coding messages, they worked with other people of different dialects. This challenge was not exclusive to the Cree Code Talkers.

Cree Code Talkers, as well as those who spoke other Indigenous languages such as Ojibwe, Comanche, and Navajo, were successful in coding messages without being discovered. Many of the Cree Code Talkers were tasked with coding messages for bombing runs and air missions.

Residential schools across Turtle Island were well established for many years preceding and during the Second World War. Indigenous children were sent to schools, often far away from their home territory and community, and forced to conform to Euro-centric ways of society. This included the forced assimilation of language and Indigenous culture, replaced with English and French and non-Indigenous ways of living. Through the forced suppression of Indigenous languages, Cree became rare in the mid-20th century. The very reason Cree Code Talkers were successful — because their language was so rare — was a direct result of assimilation policies within Canada and within residential schools.

When the Second World War started, many Indigenous peoples did not join, as many of the treaties stated that they would not have to fight on behalf of the British Crown. This, however, was not realistic to every Indigenous person, and the growing need to provide for their families due to work shortages ultimately encouraged Indigenous peoples to join the war. It has been noted by many Indigenous veterans — not specifically Code Talkers — that they also joined the war to earn favour with non-Indigenous Canadians to have better opportunities after the war. This, however, was not the case. Throughout the years following the war, many Indigenous peoples felt the neglect and hardship from the society they had fought for, and that hardship was felt for many decades. The Canadian government only acknowledged the Cree Code Talkers in 1963 as the records became available. The Cree Code Talkers are still not widely known for their tremendous participation in the Second World War.

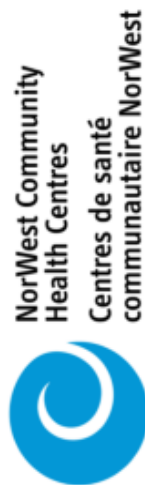
COLOURING PAGE





NOV 2025

MON	TUE	WED	THU	FRI
3 Chair Yoga @ O'Connor & Kam C.C. @10:00 am	4 Fly the C.O.O.P Walking Group	5 NP available for those who do not have MD or NP Walk-In Clinic 4:30pm - 7:30pm	6 Fly the C.O.O.P Walking Group LifeLabs	7
10 Good Food Box Order Deadline Chair Yoga @ O'Connor & Kam C.C. @10:00 am	11 Fly the C.O.O.P Walking Group	12 Mobile Clinic - Armstrong 1pm-6pm Walk-In Clinic 4:30pm - 7:30pm	13 Fly the C.O.O.P Walking Group Mobile Clinic - Armstrong 8:30am-1:30pm LifeLabs	14 NP available for those who do not have MD or NP
17 Chair Yoga @ O'Connor & Kam C.C. @10:00 am	18 Fly the C.O.O.P Walking Group	19 Good Food Box Pickup at KB Clinic Walk-In Clinic 4:30pm - 7:30pm	20 Fly the C.O.O.P Walking Group Mobile Clinic - Upsala LifeLabs	21 NP available for those who do not have MD or NP *NEW Program* Rural Dementia Cafe 1-3pm
24 Chair Yoga @ O'Connor & Kam C.C. @10:00 am	25 Fly the C.O.O.P Walking Group	26 Walk-In Clinic 4:30pm - 7:30pm	27 Fly the C.O.O.P Walking Group LifeLabs	28 NP available for those who do not have MD or NP



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 Kakabeka Legion @

10am or a ride is provided

at Evergreen Parking Lot at 9:45am

Chair Yoga In Person & Virtual

Hosted at O'Connor & Kam C.

Centre at 10am.

Good Food Box Program

Monthly access to a box of

affordable fruit and vegetables.

For more information visit

www.goodfoodboxth.org or call

473-5528 for more info

Rural Dementia Cafe @ Rural

60+ Centre.

Come socialize and meet new

people, make friends and lifelong

connections



Follow us!

NorWest Community
Health Centres -
Kakabeka Falls Clinic

www.norwestchc.org

Random Photo Entries—All Categories



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—November 2025

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