

NCC NEXT MEETING:
Thursday February 19
@ 7:00pm
ALL meetings are at the
NCC and open to the
community.

LSB NEXT MEETING
Tuesday February 24
@7:30pm
ALL meetings are at the
NCC and open to the
community.

NEST NEXT MEETING
Thursday February 12
@7:00pm
ALL meetings are at the
NCC and open to the
community.

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February 2026

Nolalu's GRASSROOTS

2266 HWY 588
Nolalu, Ontario
P0T 2K0
f nolaluncc

**MARCH
7 & 8
2026**

34th Annual Tough Boating Family Fish Derby

Adults & Kids (15 and under) categories

Weigh In
Saturday, March 7
3 pm - 6 pm

Sunday, March 8
12 pm - 6 pm

Prizes

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

**CASH
ONLY**

**Food &
Refreshments
All Weekend!**

Entry Fees
Kids 15 & under
\$2 per fish

Adults
\$3 per fish

**Adults &
Kids Categories**

- Lake Trout
- Speckled Trout
- Pickerel
- Pike



Must abide by MNR
fishing regulations.

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

Extra category
for kids (15 & under)
1 perch only



Catherine and Terry Niemi

51 Delints Road, Nolalu

768-5357 or 633-2949

terry@therustybucket.org

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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
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Volunteer Coordinator	VACANT		
Media Coordinator	Kathy McGowan	Via Facebook: Nolalu Community Centre	
Grassroots Editor	Odette Houle	nolalu.grassroots@gmail.com Facebook: Nolalu ONLINE GRASSROOTS	807-630-9442

NEXT NCC MEETING:

Thursday, February 19, 2026

@ 7:00pm

ALL NCC meetings are open

Nolalu Dump WINTER Hours

October 1 — April 30

ADRIAN LAKE

Sundays 12pm - 3pm

NEST meeting 7:00 pm at NCC

Thursday, February 12, 2026

HARDWICK

Sundays 4pm - 6pm



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.

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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

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From the Nolalu Community Cookbook 1975

Apple Pandandy~~Nora Edwards

2 tbsp butter	1/2 cup sugar	1 egg	1 cup flour
1 tsp baking powder	1/2 tsp soda	1/2 tsp salt	1/2 cup milk
1/2 tsp vanilla	1 1/2 cups cooked apples, drained		

Cream butter, sugar, and egg together. Sift dry ingredients and add alternately with milk. Stir in vanilla and apples. Turn into a 9" x 9" baking dish.

Top with a mixture of:

2 tbsp butter	1 1/2 tsp flour	1 tsp cinnamon	6 tbsp brown sugar
Bake at 375°F for about 45 minutes.			

Brown Bread~~Janet Goertz

1/2 cup coarse oatmeal(rolled oats)	1/4 cup corn meal	3/4 cup molasses
1/4 cup whole wheat(or rye)	1 dessert spoon salt	2 tbsp lard or butter

Put all together in a large bowl and stir in 2 cups boiling water till fat is melted. When lukewarm add 1 cake fresh yeast or 2 pkg fast rising yeast. Add flour to make a medium batter. Set to rise in a warm place for 1 hour. Add more flour to make a soft dough and let rise 1 hour. Shape into 3 small loaves or 2 large. Place in greased pans. Cover and let rise again. Bake 1 hour in 350°F oven. Note: For dry yeast add 1 tsp sugar in 1/2 cup lukewarm water—add pkg yeast. Let sit 10 minutes. Stir and add to warm bread mix. Put more rye in batter (1/2 cup) because of additional 1/2 cup of water.

Doughnuts~~Archibelle Mathews

1 cup white sugar	2 eggs	2 tbsp melted lard	1 tsp baking powder
1 tsp cream of tartar	1 tsp soda	1 cup sour milk	1 tsp lemon
1 tsp vanilla	1 tsp salt	Flour to make soft dough	

Beat eggs, add sugar and beat well. Sift a little flour with salt, baking powder, soda, and cream of tartar. Add to above with sour milk. Add melted lard, lemon, and vanilla. Add sufficient flour to make a soft dough you can handle. Roll out about 1/2 in. and cut with doughnut cutter. Drop in steaming fat and cook until brown on one side and turn. Remove from fat and drain on unglazed paper. You may sprinkle with sugar or honey dip.

Cinnamon Loaf~~Pat Staples

Mix together and put aside 3 tbsp brown sugar and 2 tbsp cinnamon

1/4 cup butter	1 cup sugar	2 eggs	
1 cup sour milk(or 1 cup sweet milk with 2 tbsp vinegar)			2 cups flour
1/2 tsp soda	1/2 tsp salt	1 tsp baking powder	2 tsp vanilla

Mix in order given. Put 1/2 the batter in a loaf pan. Put 2/3 of the cinnamon mixture in a swirl with a fork. Next add the rest of the batter, then remaining cinnamon mixture and swirl. Bake approximately 1 hour in a 350°F oven.

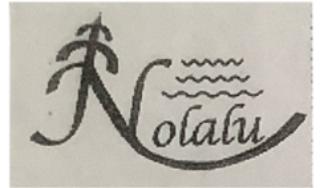
Julie's Buns~~Janet Goertz

Roll bread dough in small 1 1/2 inch round balls, dip in melted butter or margarine, then in a mixture of brown sugar, cinnamon, nuts, and cherries. Put into a greased angel cake pan, (half full). Let rise. Bake 1 hour. May also put some cherries on bottom of pan.

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

Nolalu Tough Boating Fish Derby

March 7 & 8, 2026



Dear Sir/Madam,

We hope this letter finds you in good health and spirits. The Nolalu Community Centre is excited to announce our annual Family Tough Boating Fish Derby this coming March. As we gear up to host the adult and children's events, we are seeking donations for prizes from generous sponsors like you.

This event draws hundreds of anglers from near and far, and your contribution will be proudly displayed on our sponsors bulletin board, on flyers throughout the event, on social media, and featured on our Fish Derby issue of the Grassroots Newsletter which is delivered to hundreds of mailboxes.

The Nolalu Community Centre is a not-for-profit organization that serves our local area through community activities such as seniors' luncheons, playgroups, and community events. We work hard to provide opportunities for neighbors to come together and engage in activities that foster a deeper sense of community.

We need your help to make the Family Tough Boating Fish Derby a success again this year, and we invite you to support this worthy cause.

Please contact Sue Backstrom our Fish Derby Coordinator,
Sbackstrom24@gmail.com
Cell 807 624 7037

Thank you in advance for your kind consideration and support. We look forward to hearing from you soon.

On behalf of the Nolalu Community Centre.

80th Birthday

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

FREE PRINTABLE INVITATION - PREVIO.COM

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

Third Wednesday of Each Month

Next Play Date: Feb. 18, 2026

Nolalu Community Centre

12:00pm to 2:00pm



Come on out and have some fun.

Meet other children and parents in the community.



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

Hope to see you there



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"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." ~Leo Buscaglia~"

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>

The Hilarious Quotes of Steven Wright

- 1 - I'd kill for a Nobel Peace Prize.
- 2 - Borrow money from pessimists -- they don't expect it back.
- 3 - Half the people you know are below average.
- 4 - 99% of lawyers give the rest a bad name.
- 5 - 82.7% of all statistics are made up on the spot.
- 6 - A conscience is what hurts when all your other parts feel so good.
- 7 - A clear conscience is usually the sign of a bad memory.
- 8 - If you want the rainbow, you got to put up with the rain.
- 9 - All those who believe in psycho kinesis, raise my hand.
- 10 - The early bird may get the worm, but the second mouse gets the cheese.
- 11 - I almost had a psychic girlfriend, But she left me before we met.
- 12 - OK, so what's the speed of dark?
- 13 - How do you tell when you're out of invisible ink?
- 14 - If everything seems to be going well, you have obviously overlooked something.
- 15 - Depression is merely anger without enthusiasm.
- 16 - When everything is coming your way, you're in the wrong lane.
- 17 - Ambition is a poor excuse for not having enough sense to be lazy.
- 18 - Hard work pays off in the future; laziness pays off now.
- 19 - I intend to live forever ... So far, so good.
- 20 - If Barbie is so popular, why do you have to buy her friends?
- 21 - Eagles may soar, but weasels don't get sucked into jet engines.
- 22 - What happens if you get scared half to death twice?
- 23 - My mechanic told me, "I couldn't repair your brakes, so I made your horn louder."
- 24 - Why do psychics have to ask you for your name
- 25 - If at first you don't succeed, destroy all evidence that you tried.
- 26 - A conclusion is the place where you got tired of thinking.
- 27 - Experience is something you don't get until just after you need it.
- 28 - The hardness of the butter is proportional to the softness of the bread.
- 29 - To steal ideas from one person is plagiarism; to steal from many is research.
- 30 - The problem with the gene pool is that there is no lifeguard.
- 31 - The sooner you fall behind, the more time you'll have to catch up.
- 32 - The colder the x-ray table, the more of your body is required to be on it.
- 33 - Everyone has a photographic memory; some just don't have film.
- 34 - If at first you don't succeed, skydiving is not for you.
- 35 - If your car could travel at the speed of light, would your headlights work?

KB Rural Area Stitch and Craft Group

Bring your project & Join our Needle & Natter Crew



Upcoming Meeting Dates

Feb 10

Feb 24

Mar 10

Mar 24

April 14

April 28



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



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

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

Just For Fun – Horoscopes by Grandmama Bear

Aries: March 21 – April 19

A small person will see you today and wish they were as tall as you; so stand up straight.

Taurus: April 20 – May 20

Time to spice things up; put some jalapenos in your jelly doughnuts.

Gemini: May 21 – June 21

Buy a donkey! Don't question it, just make it happen; you'll thank me later.

Cancer: June 22 – July 22

It's not cloudy out today; that's your toast burning. Get the fire extinguisher before you burn down the house.

Leo: July 23 – August 22

Time to curl up with a good book; yes, you need to read it not use it as a pillow.

Virgo: August 23 – September 22

You need a hobby, start collecting something, rocks, gnomes, marbles, anything except bills or people.

Libra: September 23 – October 22

The time has come, do us all a favour and just do it.

Scorpio: October 23 – November 21

You will be lucky today; but you won't win anything. Better luck next time.

Sagittarius: November 22 – December 21

Time to start eating healthy; no more hot dogs and corn chips. Think chocolate, beans are a vegetable so why not cocoa beans?

Capricorn: December 22 – January 19

Time to sit in the sauna for a while; just don't melt away.

Aquarius: January 20 – February 18

Don't worry about shovelling the snow; you don't have anywhere to go anyway.

Pisces: February 19 – March 20

Listen to Mom; you're amazing, beautiful, and delusional all at the same time. A perfect combination.

From the Wilderness Kingdom New Cookbook 1972

High-Bush Cranberry Jelly

The fruit should be picked when yellow or just turning red. As it jells very easily, it may be combined with fruits lacking in pectin. Stem and wash berries. Just cover with hot water and boil until soft. Put into a jelly bag of fine muslin wrung out of warm water. Allow to drain overnight. Add 3/4 cup sugar to each cup of fruit juice collected and boil until it tests for jelly. Pour into sterile jars. Place in a sunny window for 2 days. Then seal with paraffin. Water may be added to pulp in jelly bag and mixture reboiled. Put through colander and use as a basis for jam or catsup.

Moose Muffle (Moose Nose)

Moose nose makes a delicious broth and can be used for soup stock or eaten on the spot. Take one or two noses of moose and put them in boiling water; drop in 2 fair sized onions (if tame onions are not available us sage, marjoram, or squaw vine leaves.) You should carry some salt with you on the trail along with a little pepper for seasoning.

How to prepare: Cut the nose from the moose you have just shot and rub it carefully in snow if there is no water available to clean it before eating. You will find it makes a delicious broth if you forget what you are eating.

P.S. Moose Muffle is not recommended for trophy hunters as it louses up the head for mounting and taxidermists are dead set against Moose Muffle.

Moose Stew A La Bourguignonne

Cut lean Moose stew meat into 1 inch cubes and brown them in a heavy skillet, using 1 tbsp of rendered suet for each pound of meat. When the meat is seared sprinkle with 1/2 tsp sugar per pound of meat and continue to cook for 2 or 3 minutes. Place meat to brown. Add chili powder or desired spices. For each pound of meat add 1 tomato quartered, 1 green pepper cut up coarsely, 1/2 cup beef stock or water. A pinch of thyme, 3 oz of red wine, and salt and pepper to taste. Cover casserole and simmer over lowest flame until meat is nearly cooked. Add 12 small carrots, 12 pickling onions, 12 small heads of fresh mushrooms, and 1 cup of burgundy. Cover and continue cooking until vegetables are tender. Serve with slices of french bread which have been fried golden brown in garlic seasoned oil.

Bear Stew with Savoury Balls

1/2 lb lean bear meat	1 onion	1 tbsp flour	1/4 tsp pepper
1 tbsp drippings	1 tbsp vinegar	1/2 tsp salt	1 quart cold water

Heat the drippings in a very hot pan. Peel and slice the onion, then brown it in the drippings. Shake in the flour and brown it also. Add the water, vinegar, salt and pepper and the meat. Cut up small balls. Simmer for 2 hours. After it has simmered for 1 hour prepare:

2 cups flour	1/4 tsp pepper	1 tsp salt	1 tsp baking powder
1 small onion, chopped fine	3 sprigs parsley, chopped fine	4 tbsp suet, finely cut	
1/2 tsp sweet herbs, powdered			

Mix all these ingredients together, make a stiff dough with cold water. Divide into 12 balls, roll lightly in flour and drop them in the stew. They will take 3/4 hour to cook and may be served on a separate dish as you would potatoes.

Swiss Caribou Steak

Approximately 1 pound round cariboo steak cut in serving size pieces, rolled in flour and well pounded. Brown in hot fat to which a little onion has been added. Then add 1 cup water and 1 small tin of tomato soup. Simmer gently for two hours. Serve hot.

Recommended Books - Banned Books

from TBPL

The Life She Was Given~~~Ellen Marie Wiseman~~~

On a summer evening in 1931, Lilly Blackwood glimpses circus lights from the grimy window of her attic bedroom. Lilly isn't allowed to explore the meadows around Blackwood Manor. She's never even ventured beyond her narrow room. Momma insists it's for Lilly's own protection, that people would be afraid if they saw her. But on this unforgettable night, Lilly is taken outside for the first time--and sold to the circus sideshow. More than two decades later, nineteen-year-old Julia Blackwood has inherited her parents' estate and horse farm. For Julia, home was an unhappy place full of strict rules and forbidden rooms, and she hopes that returning might erase those painful memories. Instead, she becomes immersed in a mystery involving a hidden attic room and photos of circus scenes featuring a striking young girl. At first, The Barlow Brothers' Circus is just another prison for Lilly. But in this rag-tag, sometimes brutal world, Lilly discovers strength, friendship, and a rare affinity for animals. Soon, thanks to elephants Pepper and JoJo and their handler, Cole, Lilly is no longer a sideshow spectacle but the circus's biggest attraction. . .until tragedy and cruelty collide. It will fall to Julia to learn the truth about Lilly's fate and her family's shocking betrayal, and find a way to make Blackwood Manor into a place of healing at last.

Never Whistle at Night—An Indigenous Dark Fiction Anthology

Many Indigenous people believe that one should never whistle at night. This belief takes many forms: for instance, Native Hawaiians believe it summons the Hukai'po, the spirits of ancient warriors, and Native Mexicans say it calls Lechuza, a witch that can transform into an owl. But what all these legends hold in common is the certainty that whistling at night can cause evil spirits to appear—and even follow you home. These wholly original and shiver-inducing tales introduce readers to ghosts, curses, hauntings, monstrous creatures, complex family legacies, desperate deeds, and chilling acts of revenge. Introduced and contextualized by bestselling author Stephen Graham Jones, these stories are a celebration of Indigenous peoples' survival and imagination, and a glorious reveling in all the things an ill-advised whistle might summon.

Rural Readers Book Club

Meet in person, the first Monday of the month

7:00pm - 9:00pm at the Nolalu Community Centre,
2266 Hwy. 588.

Next meeting; No meeting in February & March

Join online:

www.facebook.com/groups/ruralreadersbookclub
We now have over 50 members in our online book club!

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

"There is no such thing as a child who hates to read; there are only children who have not found the right book." ~~Frank Serafini~~



RURAL READERS
BOOK CLUB

Heart Facts

Various Internet Sources

Your heart beats over 100,000 times daily, pumps roughly 2000 gallons of blood (or 1.5 gallons per minute), and is roughly the size of two fists. It's a powerful muscle that continuously circulates oxygen and nutrients to every cell except your cornea, working tirelessly 24/7. An adult heart sits in the center of your chest, slightly to the left, behind the breastbone. The heart supplies essential oxygen and nutrients to your body. The body's network of blood vessels (arteries, veins, capillaries) is incredibly vast, stretching about 60,000 miles—enough to wrap around the Earth twice. It has its own electrical system (the cardiac conduction system) that controls its rhythm, allowing it to beat even when disconnected from the body, as long as it has oxygen. The human heart weighs less than 1 pound. However, a man's heart, on average, is 2 ounces heavier than a woman's heart. A woman's heart beats slightly faster than a man's heart. Laughing is good for your heart. It reduces stress and gives a boost to your immune system.

The fairy fly, which is a kind of wasp, has the smallest heart of any living creature. Whales have the largest heart of any mammal. The giraffe has a lopsided heart, with their left ventricle being thicker than the right. This is because the left side has to get blood up the giraffe's long neck to reach their brain. The American pygmy shrew is the smallest mammal, but it has the fastest heartbeat at 1,200 beats per minute.

The iconic heart shape as a symbol of love is traditionally thought to come from the silphium plant, which was used as an ancient form of birth control. So, this year, as you connect to the hearts you love, make sure you connect to the heart most important to you – your own! Small acts of self-care, like taking walks, getting quality sleep, and making healthy meals, help your heart. And don't forget to nurture the relationships with those you love – you'll improve your chances to love longer!

Gillies Community Centre



February Events

The GCC is available to rent for activities, parties and more!
Do you have an activity or program you want to run?
Dance, scouts, karate or something else?
Contact us for details at gilliescommunitycentre@gmail.com

Mondays

Ping Pong

Starting at 2pm
To register email
gboeckermann55@gmail.com
or
807-628-9345

Tuesdays

Cornhole

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

February 11th

Playgroup

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

February 21st & 22nd

Book Swap

Book Swap: 12-4pm
Saturday and Sunday.
1000's of books.
Donations accepted at this
FREE event.

All proceeds go directly to the GCC.

February 18th

General Meeting

7pm
Come on out,
see what's going on or
become a volunteer!
All welcome.

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!



Thank You

"Kindness is a language which the deaf can hear and the blind can see." ~~Mark Twain~~

Thank you to Mary Ellen Scott who arranged the volunteers and lunch for the Celebration of Life for Georgina Crawford. M.E. did a great job: the food was elegant, and the volunteers made the event very lovely for all who attended. Georgina would have approved.

Gary Shoemaker from the Nolalu Fire Team brought two smoke alarms/CO alarms to the NCC lunch on January 19. They were a door prize, and the lucky winner of two alarms (one for each floor of the house) was Janet DeLint.

Congrats to Janet, and big thanks to Gary and the Nolalu Fire Team. If they are able to get more alarms donated by the Fire Marshal's Office, we will have more opportunities to win door prizes.

We would like to extend our heartfelt gratitude to all the incredible volunteers who helped make Georgina Crawford's Celebration of Life on Sunday, January 18th, a beautiful and memorable occasion. Your generosity in preparing delicious food, organizing the event, and providing meals for the family during this difficult time has meant so much to us.

A special thank you to the following individuals for their contributions: Mary Ellen Scott, Angela Woodhouse-Wild, Ashley Silvaggio, Harold and Colleen Maki, Zoe Lysmo, Phoebe Shaw, Doreen Rogers, Bev Syrjanen, Jack and Shirley Erickson, Louise Wetering, Sandra Desbiens, Penny Cutler, Melissa Goliboski, Barb Harju, Gail Granroos, Sue Backstrom, Shelley Robinson, Karen Wylie, Marg Cliff, Judy Tienhaara, Elaine Wos, Norman Ruttan, Shena Lafreniere, Anthea Kyle, and Odette Houle.

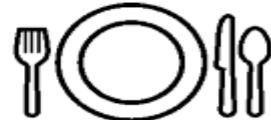
Thank you all for your kindness and support. We are truly grateful to have such a compassionate community.

With appreciation,
Stew, Rebecca, Fred, and Kate Crawford



Seniors Lunch

(55+ or "close enough")



Next two (2) lunches:

Monday, February 9

Monday, March 23



\$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)

Getting Into the Gardening Mindset in February

By Kathy McGowan

February in growing Zone 2/3 is a special kind of quiet. The garden is buried under snow, I found a couple of misplaced tools frozen in a raised bed, and the only thing growing outside are the snowbanks along the driveway. But this is exactly when my gardening brain wakes up. Maybe it's the lengthening days or maybe it's the fact that I've finally recovered from last year's weeding, but February is when I dive head first into garden planning.

After three decades of gardening in a climate where spring arrives fashionably late, I've learned that the season doesn't start when the soil thaws. It starts now with a cup of something warm and a stack of seed catalogs that could double as free therapy.

Here are five ways to get into the gardening mindset long before the ground cooperates:

1. Dive into seed catalogs

February is a great time to browse, circle, dog-ear pages, and dream. I always start with the hardy varieties that have proven they can survive our short summers. Anything described as "vigorous" or "fast maturing" gets my attention.

2. Order seeds early

By mid-March, I place my orders. The good stuff sells out fast, and I've learned the hard way that hesitation leads to disappointment. If you want that special short-season tomato, don't wait until late spring to order seeds.

3. Map out your sowing schedule

Zone 2/3 gardeners live by the calendar. I sketch out what needs to be started indoors and when. Peppers and long-season flowers get a head start by late March. Tomatoes follow in April. Everything else waits until the soil stops behaving like concrete.



4. Review last year's wins and disappointments

I flip through my notes to remind myself which varieties thrived and which ones sulked. After 30 years, I've accepted that some plants simply don't like me. That's fine. I don't like them either.

5. Prep your tools and supplies

Sharpen pruners, check grow lights, clean seed trays, and take inventory of potting mix. There's nothing worse than being ready to sow and realizing you're out of soil.

February may look quiet, but for northern gardeners it's the true beginning of the season. Planning now means that when spring finally arrives, you'll be ready to hit the ground running instead of staring at it wondering where to begin.

Kathy has spent more than 30 years battling garden pests and encouraging seedlings that seem offended by our climate to give it their best anyway.



Keep vents CLEAR



Blocked vents can cause dangerous carbon monoxide (CO) buildup inside homes and businesses.

The Dangers of Overloading Electrical Outlets

Overloading electrical outlets is a serious hazard that can lead to fires, property damage, and even injury. Let's keep our homes and loved ones safe by following these simple tips:

Limit the Load: Only plug in one high-wattage appliance at a time per outlet. Devices like space heaters, microwaves, and hair dryers use a lot of power and should have their own dedicated outlets.

Use Power Strips Wisely: While power strips can provide additional outlets, they are not designed to handle high-wattage devices. Avoid plugging multiple high-power devices into a single power strip.

Check Your Wiring: If your outlets or switches feel warm to the touch, it's a sign that your wiring may be overloaded. Have a licensed electrician inspect your home to ensure everything is up to code.

Inspect Cords and Plugs: Damaged cords and plugs can be a fire hazard. Regularly check your appliances and replace any frayed or damaged cords immediately.



Unplug When Not in Use: When you're not using an appliance, unplug it to reduce the risk of overheating and electrical fires.

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



Emergency Preparedness - Plan for Every Season

Make a Plan

Identify safe exits from your home and neighbourhood.

Choose a family meeting place in case you're separated.

Keep a list of emergency contacts, including out-of-town relatives.

Plan for pets, seniors, and anyone with special needs.

Build an Emergency Kit

<https://www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared.html>

A well-stocked kit ensures you can manage for at least 72 hours without outside help. Keep smaller kits in your vehicle and workplace, too.

Include:

Drinking water (2L per person per day)

Non-perishable food

Flashlights and extra batteries

First-aid supplies

Medications and important documents

Warm clothing, blankets, and seasonal gear

Stay Informed

Sign up for local alerts and weather warnings.

Follow trusted sources like Emergency Management Ontario and your local fire rescue team.

Have a battery-powered or crank radio in case of power loss.

Share the Responsibility

Preparedness is stronger when it's shared. Talk to your family, friends, and neighbors about your plan. Encourage others to build kits and know their risks. In rural communities especially, looking out for one another can save lives.

Final Reminder

Emergencies can happen anytime, but preparation is always in season. Take a few simple steps now — know the risks, make a plan, build a kit, and stay informed. By doing so, you'll be ready to face whatever comes your way with confidence.

Nolalu Emergency Community Preparedness Guide (Nolalu EP Guide Electronic Version-FINAL.pdf)

<https://nolalu.ca/nest>

Emergency Management Ontario

<https://www.ontario.ca/page/emergency-management>

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



**Preparedness
is a shared
responsibility.**



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 February 18, 2026

Registration 9 am to 11 am

Drive-Thru Pick-up

A BIG THANK YOU to Zoyra Ukrainian Dance Assoc. for the very generous donation of food they collected at their dance performance event.

A BIG THANK YOU to Kam River Fighting Walleye hockey for the donation of food collected.

A BIG THANK YOU Gorham and Ware Community Public School for the generous food and monetary donation they collected.

A BIG THANK YOU to The Vickers Gardens Women's Institute for the donation of mitts and candy for our Christmas Hampers.

"Make it a habit to feed at least one hungry person in your neighborhood every day, and there won't be any need for soup-kitchens in the world."~~Abhijit Naskar~~

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.*



Seasonal Affective Disorder

Various Internet Sources

Seasonal Affective Disorder (SAD) is a type of depression, primarily triggered by seasonal changes, usually starting in fall/winter and ending in spring. It is characterized by low energy, moodiness, and, at times, social withdrawal. Seasonal affective disorder (SAD) is a mood disorder subset in which people who typically have normal mental health throughout most of the year exhibit depressive symptoms at the same time each year. It is commonly, but not always, associated with the reductions or increases in total daily sunlight hours that occur during the winter or summer, thus affecting brain chemistry (serotonin/melatonin). Reduced sunlight in fall/winter lowers serotonin (brain chemical for mood) and disrupts the body's internal clock (circadian rhythm). It can also cause higher levels of melatonin, making people feel drowsy. It often starts in young adulthood.

Risk factors include being female, living far from the equator, and having a family history. Treatments often include light therapy and antidepressants. Common symptoms include sleeping too much, having little to no energy, and overeating. The condition in the summer can include heightened anxiety. Winter SAD: Feeling sad/down most of the day, low energy, oversleeping, social withdrawal, craving carbohydrates, and weight gain. Summer SAD: Less common, includes insomnia, poor appetite, weight loss, and increased anxiety. However, there are significant differences in the duration, severity, and symptoms of each individual's experience of SAD. For instance, in a fifth of patients, the disorder completely resolves in five to eleven years, whereas for 33–44% of patients, it progresses into non-seasonal major depression.

Seasonal Affective Disorder (SAD) is a treatable form of depression linked to changing seasons. If you feel hopeless, have lasting mood changes, or have suicidal thoughts, contact a doctor or mental health professional immediately.



LIVE MUSIC
\$10
per
person

Pat Silvaggio & Friends

Friday, February 13
8 p.m. to 12 a.m.

Licensed event
Refreshments & food available


Nolalu Community Centre
2266 HWY 588
Nolalu, Ontario P0T 2K0
 nolaluncc

**Please
CASH ONLY**

Friendship Café

Food, Fun & Games!

FEBRUARY 26, 2026 | 1-3PM
5 Pineview Road, Kakabeka

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

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Craft Room 10-3	Craft Room 10-3	Craft Room 10-3	Craft Room 10-3	Craft Room 10-3
Chair Yoga 10-11	Weaving 10-3	Beginners Carving 10-3	Yoga 10-11 Starts Feb 5/26	
Carving 10-3	Knitting 10-3	Quilting 10-3	Weaving 10-3	
Disking 1-3	Good Company Choir 1-2:30	Cribbage 1-3	Knitting 10-3	
			Games Day Euchre, etc 1-3	

Next Friendship Café is Friday February 26 – Contact Shawn or Elaine for more information at 807-473-5528

Thursday Yoga starts February 5 and runs 10 weeks

Games Day is Euchre, Scrabble, Chess at 1pm





NOLALU COMMUNITY CENTRE

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

Thursday, February 19, 2026

7:00pm

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

LOCAL SERVICES BOARD OF NOLALU



Tuesday, February 24, 2026

7:30pm

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

Drop-in Exercise

(Pilates/weights type)



Mondays & Fridays,
9:30am to 10:30am

Bring mats, weights, stretchy band.
FREE, all welcome. Open to men and women (and kids on PA days).

FUN group.

We have extra equipment if needed.

"To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear."~~Buddha~~

PUZZLES



Forge of Hearts

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

- ♥ Birthstone of February
- ♥ Who said: "And I, a maid, at your window, To be your Valentine"
- ♥ The rose is red, the violet's blue, The _____'s sweet, and so are you.
- ♥ In Roman mythology, Cupid is the son of this deity
- ♥ _____ of Love is a special decoration first given as a reward during the 2015 Valentine's Day Event.
- ♥ The Greek name for Cupid
- ♥ Famous rock band, also feels nice on lips
- ♥ Famous Joanne Harris book which in 2000 got it's film adaptation.
- ♥ This Special Decoration from the Cherry Garden set would be a fine place to kiss
- ♥ The city of love
- ♥ Song of Love is a musical starring Katharine _____
- ♥ Which achievement has hearts in its icon?
- ♥ A romantic way to express feelings of love in written form
- ♥ Where do you "wear your heart" if you are quick to show your feelings
- ♥ What does the word Valentine actually mean?
- ♥ Love in German
- ♥ This iron age good is often given as gift to your loved one.
- ♥ Someone Like You by _____
- ♥ This special Anniversary Event building would be the perfect place to hide with your lover.
- ♥ 1 hour production in Crystal Flower Store production building
- ♥ The avatar won but was blue, although he was in love, he never made it through

GrassRoots Business & Ad Fees, As of January 2023

- ◆ **Business card ad:** \$6.00
- ◆ **1/4 page ad:** \$15.00
- ◆ **1/2 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

January was a very tumultuous month for our family, full of ups and downs and beautiful insights. On January 7th we lost a very dear cousin. She was so full of life and so very giving to everyone she met. It was hard to accept that she was gone so quickly. She developed cancer and we were told she had a year but it was less than two months and she was gone. There are just no guarantees in life; you need to appreciate each day as it comes and live life to the fullest. It was a motto my cousin followed and she had a wonderful life.

The next day, January 8, my children lost their grandfather. He was 97 years old and caught influenza and just couldn't fight it off. The kids, even in their grief, rallied around and helped me with my Mom as she tried to come to grips with the loss of two important people in her life. She is slowly coming to terms with what life will be like with just us around her. Rob and I are in town at least three times a week visiting and my daughter goes when she is off work. She spent the first week there with her so that I could make all the arrangements and do all the necessary paperwork. My son and his family live in town so they are there every other day and sometimes more. So my Mom has lots of company but transitions are hard. We are encouraging her to get back into her quilting and her writing. I am hoping she will write some of her stories for the Grassroots again.

So winter is not over yet but it has already taught me new lessons and made me remember forgotten ones. Winter may seem harsh sometimes but it is a time of rest, a time to gather ones thoughts and release what isn't serving us anymore. I always find winter is the best time to sort through the house and donate items I don't use anymore. My Mom always did a fall and spring cleaning. Usually towards the end of every February everything in the house was gone through and either scrubbed up to use for another year or donated as we hadn't used it in two years. Two years was the bench mark date for donating things; if you hadn't used it by then it was just taking up space. If you were using it then it got scrubbed or polished, as she still had silver and oh how I hated that job. The floors were cleaned and buffed, the walls were washed including the baseboards, all the furniture was moved out and the dust bunnies rehomed. It was quite the process and it all was done in five days; every room in the house was spotless by the end of those gruelling days, upstairs and downstairs. When I got my own house I took a more relaxed practice to it. Oh I still use the two year rule for most things, but it takes me almost two months to go through the house. Winter is for resting and regrouping and it doesn't have to be done all in one day, or five. So this winter I am letting go of old friends but cherishing all the memories we shared. Preparing for the Spring, as it always comes with bright new intentions and promises.

Odette

Kakabeka Falls Legion Branch 225

Feb 8	Breakfast	8:30am to 11:00am
Feb 14	Executive Meeting	2:00pm to 3:00pm
Feb 14	General Meeting	3:00pm
Feb 14	Dinner/Dance with Quest	
Feb 15	Sunday Music	2:00pm to 4:00pm
Feb 28	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.

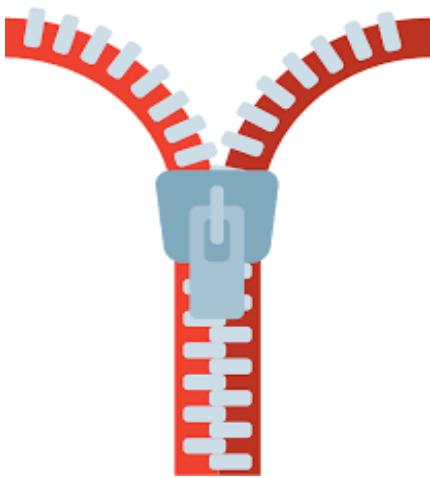


Fall and Winter Hours

Murillo Library
Monday 10 am to 8 pm
Wednesday 10 am to 8 pm
Saturday 9 am to 12 pm
Closed Thanksgiving Monday

Rosslyn Library
Tuesday 10 am to 8 pm
Thursday 10 am to 8 pm
Saturday 1 pm to 4 pm

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

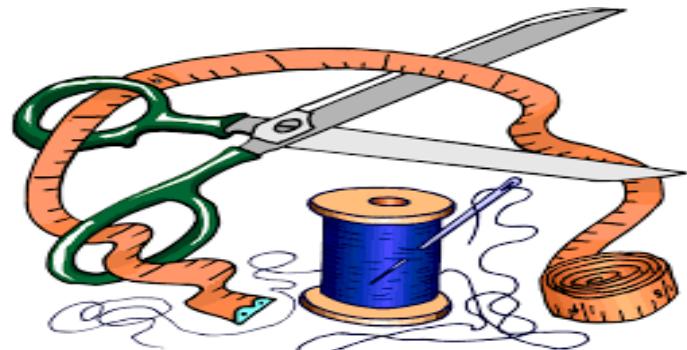
Doing repairs, alterations, wedding parties

QUICK SERVICE

REASONABLE RATES

sewZipZippersKCAT81@gmail.com

807-475-9687



COLOURING PAGE



FEB 2026

MON	TUE	WED	THU	FRI
2 Chair Yoga @ O'Connor C.C Mobile Clinic - Armstrong 1pm-6pm	3 Fly the C.O.O.P Walking Group Mobile Clinic - Armstrong 8:30am-1:30pm	4 NP available for those who do not have MD or NP Walk-In Clinic 4:30pm - 7:30pm	5 Fly the C.O.O.P Walking Group LifeLabs	6
9 Chair Yoga @ O'Connor C.C Good Food Box Order Deadline	10 Fly the C.O.O.P Walking Group	11 NP available for those who do not have MD or NP Walk-In Clinic 4:30pm - 7:30pm	12 Fly the C.O.O.P Walking Group LifeLabs	13
16 Closed for Family Day	17 Fly the C.O.O.P Walking Group Mobile Clinic - Upsala Walk-In Clinic 4:30pm - 7:30pm	18 Good Food Box Pickup at KB Clinic NP available for those who do not have MD or NP Mobile Clinic - Upsala Walk-In Clinic 4:30pm - 7:30pm	19 Fly the C.O.O.P Walking Group LifeLabs	20
23 Chair Yoga @ O'Connor C.C	24 Fly the C.O.O.P Walking Group	25 NP available for those who do not have MD or NP Walk-In Clinic 4:30pm - 7:30pm	26 Fly the C.O.O.P Walking Group LifeLabs	27



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

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



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—February 2026

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