

NCC NEXT MEETING:

Thursday September 18
@7:00pm

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

LSB NEXT MEETING

Tuesday September 23
@7:30pm

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

NEST NEXT MEETING

Thursday September 11
@7:00pm

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

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September 2025

Nolalu's

GRASSROOTS

National Truth and Reconciliation Day

Various Internet Sources

National Day for Truth and Reconciliation, observed on September 30th, is a day for Canadians to recognize and commemorate the tragic history and ongoing impacts of residential schools on Indigenous peoples, their families, and communities. It is a federal statutory holiday established in response to the Truth and Reconciliation Commission's Call to Action #80. The day is also known as Orange Shirt Day, referencing the orange shirt worn to symbolize the stripping away of culture and self-esteem experienced by Indigenous children in residential schools.

The Truth and Reconciliation Commission was established to document the history and impacts of residential schools in Canada. Its findings and 94 Calls to Action were published in 2015. Call to Action #80: This specific call urged the Canadian government to create a federal statutory holiday to honour Survivors and the legacy of residential schools. In 2021, the Canadian Parliament passed legislation to make September 30th the National Day for Truth and Reconciliation.

The day is also closely associated with Orange Shirt Day, a grassroots movement started in 2013 by Phyllis Webstad, a residential school Survivor. It was inspired by her experience of having her new orange shirt taken away on her first day at a residential school. The date was chosen because it represents the time of the year that children were taken from their homes and forced into residential schools. Orange Shirt Day and the National Day for Truth and Reconciliation share the message "Every Child Matters," emphasizing the importance of recognizing the individual, family, and community impacts of residential schools and the need for ongoing reconciliation. Every Child Matters is not only a reminder of the atrocities of the past but also a call to action for all of us to fight for Indigenous rights today and everyday so no Indigenous child feels they don't matter ever again.

The National Centre for Truth and Reconciliation was established to preserve and share the records and stories of residential schools, ensuring that the truth of this history is accessible for future generations.

While September 30th is a significant day for commemoration and reflection, the work of reconciliation is ongoing. It requires continuous learning, dialogue, and action to build respectful relationships between Indigenous and non-Indigenous peoples.



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		
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Volunteer Coordinator	VACANT		
Media Coordinator	Kathy McGowan	Via Facebook	
Grassroots Editor	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442

NEXT NCC MEETING:

Thursday September 18, 2025

@ 7:00pm

ALL NCC meetings are open
to the community.

NEST meeting 7:00 pm at NCC

Thursday September 11, 2025

Nolalu Dump SUMMER Hours May 1—September 30

ADRIAN LAKE

Wednesdays 6pm - 8pm

Sundays 2pm - 5pm

HARDWICK

Wednesdays 3pm - 5pm

Sundays 6pm - 8pm



HOPPER'S VARIETY

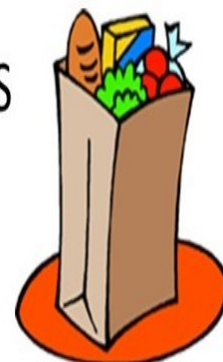
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From the Nolalu Community Cookbook 1975

Sweet & Sour Spare Ribs ~Lynda Piilo

1 tsp ginger	1 tsp garlic	1/2 cup sugar	1/2 tsp salt
1/2 tsp dry mustard	1/4 tsp pepper	2 1/2 tbsp flour	2 tbsp soy sauce
3 tbsp vinegar	1 cup water		

Mix ginger and garlic in a bowl. Add dry ingredients. Add liquids. Mix till smooth. Pour over spare ribs and simmer 20 minutes. Also a great recipe for left over meat, pork, or beef.

Coconut—Oatmeal Crisp ~Elsie Kallio

1 cup butter	1 1/4 cups flour	1 egg	1/2 tsp baking soda
1 cup coconut	1/2 tsp salt	1/2 tsp baking powder	
1 tsp vanilla	1 1/2 cups brown sugar	1 1/2 cups rolled oats	

Cream butter thoroughly and gradually add sugar until creamy and smooth. Add egg, beat well, add flavouring. Sift dry ingredients into mixture and blend well. Drop from teaspoon onto greased cookie sheet. Bake at 350°F until golden brown. Makes about 6 dozen cookies

Maksalaatikko (Liver—Rice Casserole) ~Sonja Saarinen

1 cup rice cooked in: 1 cup water, 1/4 cup milk			
1 egg	2 tbsp butter	1 onion	4 tbsp syrup
1 tbsp salt	1/2 tbsp white pepper	1/2 tbsp marjoram	1 cup raisins
1 lb ground liver			

Cook rice first in water, add milk and cook 12 minutes. Cool. Add beaten egg, sauteed chopped onion, syrup, spices, raisins, and liver. Mix well. Pour into greased baking dish and bake at 375°F for 1 hour. Serve with lingonberry (or cranberry) sauce and with melted butter.

Granola (Cereal) ~Bertha Maki

6 cups rolled oats	1 cup all-bran	1 cup sunflower seeds
1 cup wheat germ	1 tsp salt	1/2 cup honey
1 tbsp milk	1 cup oil, margarine, or butter	
1 cup fine coconut, raisins, cashews, almonds, your choice		

Heat salt, honey, oil, and milk. Pour over dry ingredients. Bake for 1 hour at 275°F. Leave oven door open until cooled.

Maple Cream

3 cups light brown sugar	1 cup rich milk	2 tbsp butter
1 tsp vanilla	1/4 tsp salt	1/2 cup chopped nuts

Mix milk and sugar—stir well. Boil gently to soft ball stage. (less stirring the better) Add butter and salt. Cool to lukewarm without stirring. Beat until creamy. Add flavouring and nuts. Pour into buttered pan. Mark into squares

Toffee (no pulling necessary)

Combine in heavy frying pan:	1 can Eagle brand milk	2 cups yellow sugar
5 tbsp corn syrup	1/2 lb butter	

Boil, stirring constantly, for 20 minutes. Pour into buttered pan

Helpful Hint—Potatoes: Never place potatoes where the sun shines on them, as the light will give them a queer, unpleasant flavour. Also the green from too much sun on the potatoes is poisonous.



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

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Recommended Books - Local Authors from TBPL

The Lightkeeper's Daughters by Jean Pendziwol

Though her mind is still sharp, Elizabeth's eyes have failed. No longer able to linger over her beloved books or gaze at the paintings that move her spirit, she fills the void with music and memories of her family—a past that suddenly becomes all too present when her late father's journals are found amid the ruins of an old shipwreck. With the help of Morgan, a delinquent teenage performing community service, Elizabeth goes through the diaries, a journey through time that brings the two women closer together. Entry by entry, these unlikely friends are drawn deep into a world far removed from their own—to Porphyry Island on Lake Superior, where Elizabeth's father manned the lighthouse seventy years before. As the words on these musty pages come alive, Elizabeth and Morgan begin to realize that their fates are connected to the isolated island in ways they never dreamed. While the discovery of Morgan's connection sheds light onto her own family mysteries, the faded pages of the journals hold more questions than answers for Elizabeth, and threaten the very core of who she is.

Maud and Me by Marianne Jones

Maud and Me is a 68,000-word novel set in the early 1980's in Marathon, a small mining town in Northwestern Ontario. Nicole LeClair, a middle-aged minister's wife has a secret: she receives visits from Lucy Maud Montgomery, also a minister's wife and famed author of Anne of Green Gables. Since Maud has been dead for four decades, Nicole is unsure if this apparition is a vision, a ghost, or a hallucination brought on by her own growing malaise. But one thing that she is sure of is that neither her husband Adam, nor the people in their church would approve. In the early 1980's, the women's movement hasn't yet reached conservative Northwestern Ontario. Nicole deals with her frustrations through her painting and subversive sense of humour, even as she tries outwardly to please everyone: her well-meaning husband Adam, her angry, distant mother, and the congregation of Marathon Community Fellowship. When she becomes desperate for someone who understands, Maud shows up in her garden. Over cups of tea and long drives along the north shore of Lake Superior, they compare notes and hilarious observations about congregational life. But then news of her father's death and the discovery of her mother's betrayal drive Nicole to question everything about her family, her life, and even Maud. "Maud and Me" would appeal to fans of Lucy Maud Montgomery, as well as people with an interest in how traditional societal pressures have shaped, and continue to shape, expectations on women. For those who love the natural geography of rural Canada, this story will appeal, with its descriptions of northwestern Ontario and the stark, amazing north shore of Lake Superior.

Rural Readers Book Club

Rural Readers returns—sunkissed and ready for some Autumnal antics!

Meet in person, the first Monday of the month

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

September Read: "The Day of the Triffids" by John Wyndham

October 6: First Meeting

Join online:

www.facebook.com/groups/ruralreadersbookclub

We now have over 45 members in our online book club!



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<<<<<<< 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.

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.

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>

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.



SCHOOL IS BACK IN SESSION!!

Please watch out for children walking to school, crossing the road for bus pick up and drop off, and near roadways or traffic. It is always important to look out for children who might be more interested in the ball that ran out into the road than the oncoming traffic. Be aware and ALWAYS abide by the school bus lights and warning signals.

Just For Fun – Horoscopes by Grandmama Bear

Aries: March 21 – April 19

You are the reason butterfly hairpins and parachute pants have made a comeback.

Taurus: April 20 – May 20

You are in a tremendous hurry to get nowhere; slow down and enjoy the scenery.

Gemini: May 21 – June 21

You drive a funny car. Pay attention or you will drive it into a tree.

Cancer: June 22 – July 22

Stop ironing your clothes by putting them between the mattress and box spring; invest in an iron.

Leo: July 23 – August 22

Marilyn Monroe said blondes have more fun, but Leos are where it's at.

Virgo: August 23 – September 22

Stop mind reading others; you'll get invited to parties more.

Libra: September 23 – October 22

You're all about balance, making you excellent Jenga players.

Scorpio: October 23 – November 21

You're intellectually intense, which might not be great when interacting with people who don't like nerds.

Sagittarius: November 22 – December 21

Embrace your wanderlust this week; maybe go on a short trip!

Capricorn: December 22 – January 19

Stop eating coffee straight out of the bag with a spoon; your hair is getting frizzled.

Aquarius: January 20 – February 18

Animals and small children love you; maybe you should become a teacher

Pisces: February 19 – March 20

You love campfires; just remember the people in the next town don't need to see yours.



Yoga Wednesdays

All levels Hatha

October 8 to December 17

Dynamic Morning Flow

9:30 am – 10:30 am

Exploring the foundations of Surya Namaskar, an active and energizing practice to build strength, vitality, and stamina.

Soft Evening Sequence

7:00 pm – 8:00 pm

A gentle series of asana to rejuvenate and condition our various systems and bring mobility to the spine.



Nolalu Community Centre

2266 Hwy. 588

Contact Marisa: wildblueyoga@gmail.com



We are looking to fill the role of ***Secretary***. If you have a couple hours a month, all we really need is for someone to come to the monthly meeting and take the minutes. You would then submit the minutes to the Chair and your job is done for the month. If you would like to take on the full role it would mean being responsible for correspondence as well.

Contact Angela if you are interested in helping out.

807-630-6061 Text Only Or 807-475-8968

Remember you don't have to do it all but any volunteering is greatly appreciated. If you are available to Volunteer for a couple of hours for an event or help on the board please contact us. If you are curious about the role or what we've been up to, don't hesitate to reach out to any board member or join us at a monthly meeting.

Getting to Know the History of the Area **Marks Township**

Various Internet Sites

Marks Township, located in the District of Thunder Bay, is a geographic township with a history rooted in mining and resource development and extraction. It was part of the Port Arthur Mining Division and is known for its mining maps from the Department of Mines, Ontario, dating back to 1968. The township's history is closely tied to the development of the surrounding area, particularly Port Arthur (now part of Thunder Bay).

Suomi Township

Suomi Township, located near Nolalu, Ontario, was a significant Finnish settlement with its roots in early 20th-century immigration. The area attracted Finnish settlers due to its resemblance to Finland's landscape and the availability of work in the forestry and logging industries, particularly along the Port Arthur-Duluth Railroad. Local residents also operated sawmills and threshing mills. Suomi developed into a thriving community with its own unique character, deeply rooted in Finnish traditions.

Finnish settlers, including Isaac Karila, began homesteading in the area around 1904-1905, establishing farms and businesses. The years between 1870 and 1930 are sometimes referred to as 'the Great Migration' of Finns into North America. One consequence of immigration was the change in surname. The lengthy, hard to pronounce and hard to spell, Finnish names did not serve well in English dealings. Kurkimäki was often shortened to Mäki, Ahonen to Aho, and Saarinen to Saari.

The name "Suomi" is the Finnish word for Finland, reflecting the strong cultural connection of the settlers to their homeland. Suomi Township played a role in the broader history of Finnish settlement in Canada, with Thunder Bay becoming a major centre for Finnish culture and heritage. The proximity of Suomi to Thunder Bay meant that residents of Suomi often participated in and contributed to the vibrant Finnish community life in the city.

"The test of our progress is not whether we add more to the abundance of those who have much it is whether we provide enough for those who have little."~~Franklin D. Roosevelt~~

Lacto-Fermented Sauerkraut: A Tangy Transformation

By Kathy McGowan

Sauerkraut — the name conjures images of hearty German feasts and bratwurst. But beyond its deliciousness, sauerkraut is a fermented cabbage dish that's not only tasty but also incredibly good for you. Let's dive into the world of lacto-fermentation and explore how to make your own sauerkraut at home.

What Is Lacto Fermentation?

Lacto-fermentation is a traditional method of preserving food using salt and beneficial bacteria.

Here's how it works:

Cabbage Transformation: Start with fresh, sliced cabbage.

Salt Magic: Adding sea salt to the cabbage serves two purposes: it draws out moisture from the cabbage (creating the liquid needed for fermentation) and prevents bad bacteria growth while allowing beneficial lactobacillus bacteria to thrive.

The Pounder's Role: Pound the cabbage (or massage it with your hands) until it releases its juice. This step is crucial as it extracts the water necessary for the fermentation process.

Into the Jar: Pack the cabbage tightly into a 1-litre (quart-sized) jar. Ensure the cabbage is covered with its own juices.

Fermentation Time: Seal the jar and let the wild fermentation begin! Over time, the good bacteria naturally present in the raw cabbage break down the sugars, forming lactic acid and carbon dioxide. You'll notice bubbles floating to the surface. That's a sign that the magic is happening.

Why Make Your Own Sauerkraut?

Health Benefits: Sauerkraut is a probiotic powerhouse. As it ferments, it becomes loaded with enzymes, probiotics, and healthy acids. Plus, it's great for your immune system.

Cost-Effective: Homemade sauerkraut is budget-friendly.

Food Safety: Lacto-fermentation is beginner-friendly. If something goes wrong, you'll see obvious cues like mold or off-smells.

Recipe: Homemade Lacto-Fermented Sauerkraut

Ingredients:

Cabbage: A medium-sized head of green or red cabbage

Sea Salt: 2 tablespoons per head of cabbage

Equipment: Large bowl, cabbage pounder (or a wooden spoon/masher), quart-sized jar. Ensure that surfaces, jars and utensils are thoroughly cleaned to avoid contamination.





Instructions:

Wash the cabbage. Remove a few whole leaves and the core. Set the leaves aside. We will use them when packing the jar. Cut the remaining cabbage into shreds or use a mandoline slicer. Mix the salt into the shredded cabbage and massage or pound vigorously until the cabbage releases its juice.

Pack the cabbage into a clean and sterilized jar (I use a mason jar), ensuring it's completely submerged in its own juices.

If the cabbage isn't fully submerged after packing, add a simple brine: **1 teaspoon salt per 1 cup water**, boiled and completely cooled before adding to the jar.

Use a reserved whole cabbage leaf to cover the top and keep shreds submerged.

Seal the jar with a lid and ring and let the fermentation magic unfold.

"Burp" the jar daily. During fermentation, cabbage releases carbon dioxide. If this gas has nowhere to escape, pressure builds up inside the jar. Every day, gently loosen the lid briefly to release built-up gas. If the lid is bulging or you hear hissing, then you'll know that it's definitely time to burp.

You can also use **fermentation lids** that have built-in airlocks to automatically release gas. Or, you can use **pickle pipes or silicone airlocks**. They are affordable and easy to use, eliminating the need for daily burping the jar.

Place the jar in a cool, dark spot 18°C to 24°C (65°F to 75°F) for **1 to 4 weeks**, depending on your taste preference.

Skim off any white scum that forms; it looks gross, but it's harmless.

The fermentation is complete when the bubbling has stopped. Congrats – you now have sauerkraut!

Put the jar with lid on into the refrigerator.

Sauerkraut will keep for several months in the refrigerator but it never lasts that long in our house. Sauerkraut with bratwurst or sausages, baked potatoes, pork chops, in Reuben sandwiches, or simply on its own...the possibilities are endless!

Sauerkraut isn't just a condiment; it's a living, tangy delight that adds a burst of flavour and health benefits to your meals. So, grab that cabbage, channel your inner fermenter, and let the transformation begin!

Kathy McGowan owns and operates Misty Meadows Permaculture Farm in the Township of Gillies.

How to Properly Use a Fire Extinguisher



While the specifics may vary depending on the model you own, most fire extinguishers operate the same basic way. Stand six to eight feet away from the fire and remember to **PASS**:

P_{ULL}



1. Pull the pin at the top to break the tamper seal.

A_{IM}



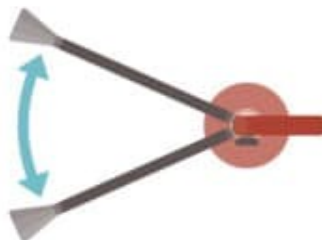
2. Aim the extinguisher low, pointing the nozzle at the base of the fire. Do not aim at the flames themselves.

S_{QUEEZE}



3. Squeeze the handle to release the extinguishing agent.

S_{WEEP}



4. Sweep the extinguisher from side to side, continuing to aim at the base of the fire until it appears to be out.

Nolalu Emergency Services Team

Hall 807-475-4441

info@NolaluEST.com

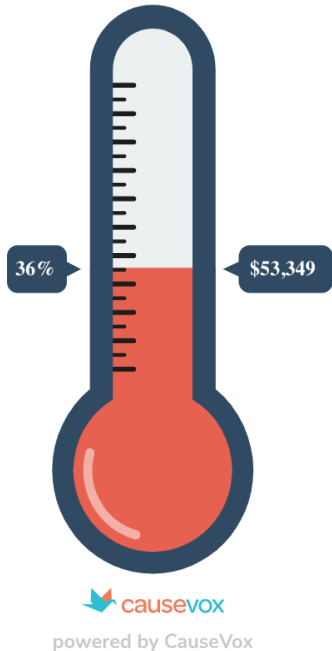
Emergency 807-473-5200

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

\$53,349.00 total so far. 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 \$31,535.71 in their lottery/building account.



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.

Annual General Meeting

The Nolalu Community Centre annual general meeting and elections will be held October 16, 2025 at 7:00pm

At this meeting we will be electing a secretary, a treasurer, and an events coordinator. These positions are a two year term with the board.

We are also looking to fill the positions of volunteer coordinator and kitchen coordinator. For information on these positions those on the board please contact Angela Woodhouse-Wild 807-630-6061 Text Only, 807-475-8968

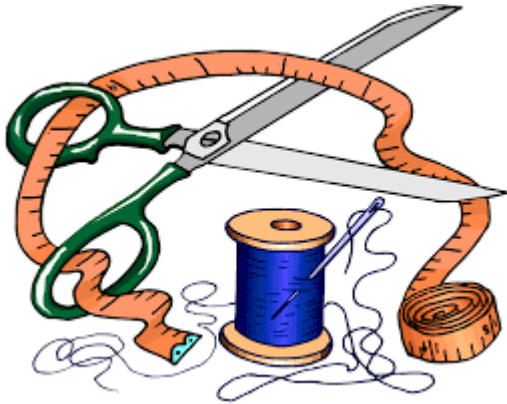
ELECTION



Save the Date

The NCC Halloween Dance will be held on November 1, 2025. Details to follow.

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

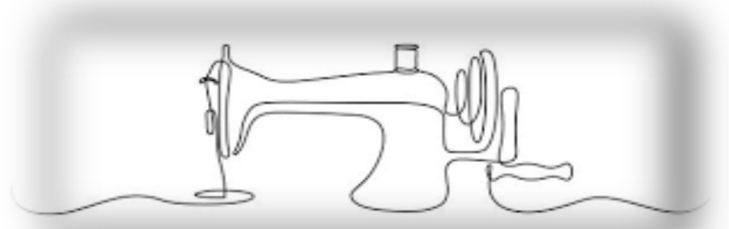
Doing repairs, alterations, wedding parties

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

LICE N EASY

Thunder Bay , Ontario

Lice Removal Service

Call or Text 807-708-6950

Irene Levesque

Professional Head Lice Technician



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

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

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

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

Submitted by Kathy McGowan

Homemade Tahini

It's easy to make tahini from scratch:

Ingredients:

- 1 cup sesame seeds
- 2–3 tablespoons neutral oil (like grapeseed or light olive oil)

Instructions:

Toast sesame seeds in a dry skillet over medium heat for 3–5 minutes, stirring frequently until golden and fragrant.

Let them cool slightly, then transfer to a food processor.

Blend until crumbly, then slowly add oil while processing until smooth and pourable.

Store in a jar in the fridge for up to a month.

Hummus with Homemade Tahini

Adapted from The Daring Gourmet's recipe

Ingredients:

- 1 cup dried chickpeas (or 1½ cups cooked)
- ½ cup homemade tahini
- ¼ cup extra-virgin olive oil
- 3 tablespoons fresh lemon juice
- 2 garlic cloves
- ¼ teaspoon ground cumin
- ½ teaspoon salt
- Reserved chickpea cooking water (or cold water)
- Optional garnish: paprika, parsley, olive oil drizzle

Instructions:

Soak chickpeas overnight, then drain and rinse.

Cook in fresh water for 1–1½ hours until very soft. Add a teaspoon of baking soda to reduce gas and help soften.

Drain, reserving some cooking water. Let chickpeas cool.

In a food processor, blend chickpeas until smooth.

Add tahini, olive oil, lemon juice, garlic, cumin, and salt. Blend until creamy.

Add reserved water a little at a time to reach desired consistency.

Taste and adjust seasoning.

Serve in a bowl with swirls on top, a drizzle of olive oil, and garnishes.

We enjoy this delicious dip with fresh garden vegetables or homemade sourdough bread.



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 September 17, 2025

Registration 9 am to 11 am

Drive-Thru Pick-up

A BIG THANK YOU to the Vickers Gardens Women's Institute for the generous donation of Stuffies to be distributed to children in the community.

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.



Crossword

Edited by Will Shortz

PUZZLE BY JEREMY NEWTON

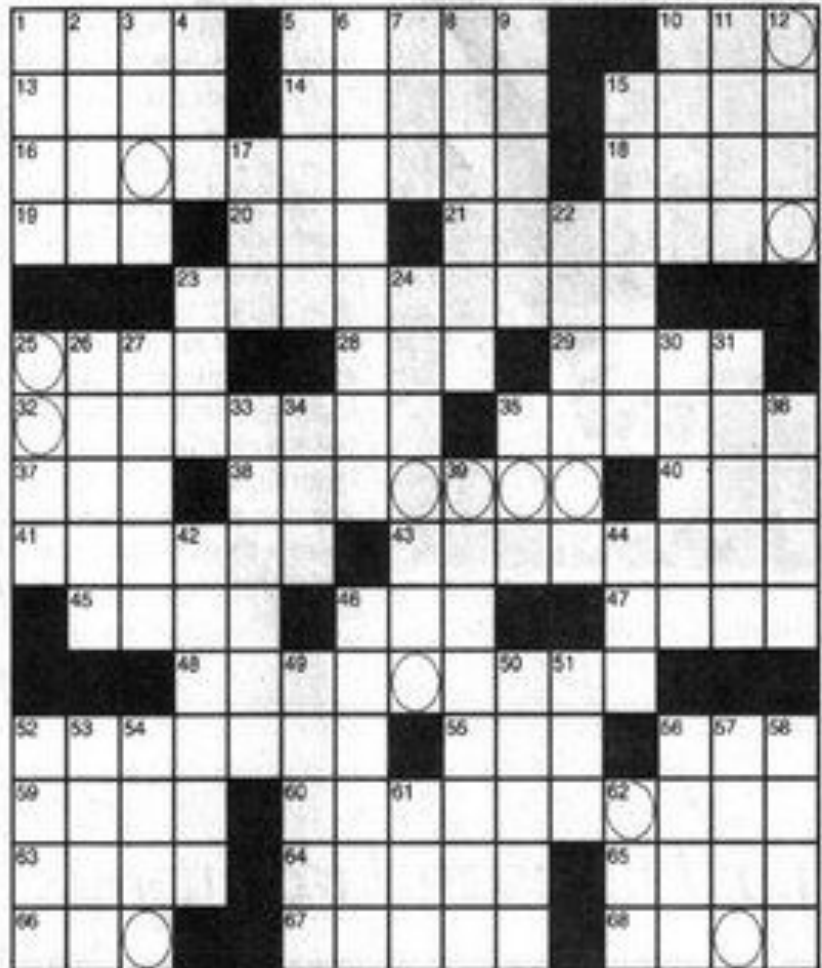
ACROSS

- 1 What the 13 circled things in this puzzle constitute
5 Light from a lantern, say
10 Pound delivery
13 Latin word on a cornerstone
14 20/20, e.g.
15 Max
16 Devices for music lovers
18 This and that
19 TV screen choice: Abbr.
20 Yo-yo
21 A.L. or N.L. Division Series format
23 Off the charts?
25 Like squads in arena football
28 Anatomical duct
29 Eye liners
32 Something that may hold up a train?
35 Guise
37 Prelude to many a kiss
38 Never idle
40 Auto monogram

- 41 Trifling
43 Bodywide
45 Dashed figs.
46 Donkey Kong, e.g.
47 Fail, as a flick
48 Full coverage?
52 Tool for a driver or painter
55 Crank (up)
56 U.R.L. ender
59 Invitation info
60 "Bad Girl" singer
63 Gofer
64 Actor Hirsch of "Into the Wild"
65 Grp. for court pros
66 Actor known as the King of Cool
67 Baby-sits
68 Barefaced

DOWN

- 1 ____ Adams, signature on the Declaration of Independence
2 Like calling a woman a "chick," say
3 Having depth
4 Blouse, e.g.



11/5/08 (No. 1106)

ANSWER TO PREVIOUS PUZZLE

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

- 5 Reach
6 Breaks up flights
7 When the French fry?
8 Winged mammoth
9 Wine region where Riesling is made
10 Neighbor of N.M.
11 "Keep dreaming!"
12 Like many office jobs
15 Advil alternative
17 Airline to Chile
22 Bargain hunter's lure
23 Game with a yelled name
24 Spot
25 "Scratch that!"
26 Old PC software
27 Whoops at sea
30 Body layer
31 Welcome
33 Says "My bad!"
34 Deck (out)
35 Some engines
36 Big ring stone, slangily
39 Juvenile, in horse racing
42 Unbelievable
44 H
46 Building with walls for a ceiling
49 Fill a flat again?
50 Rulers like Juan Carlos
51 Actress Mendes of "Hitch"
52 Skinny-dipped
53 In
54 "Through the Looking-Glass" antagonist
56 Greek summit
57 No-good
58 Airborne irritant
61 ____ plate
62 Hike

RURAL 60 PLUS

5 Pineview Road, Kakabeka Falls, ON P7K 0G8

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

Monday Carving – 10am to 3pm Beginning Sept 8th

Monday Disking – 1pm to 3pm start date TBD

Tuesday Craft Room – 10am to 3pm

Tuesday Weaving – 10am to 3pm

Tuesday Knitting – 10am to 3pm

Wednesday Craft Room – 10am to 3pm

Wednesday Beginners Carving – 10am to 3pm

Wednesday Quilting – 10am to 3pm

Wednesday Cribbage – 1pm to 3pm

Thursday Craft Room – 10am to 3pm

Thursday Weaving – 10am to 3pm

Thursday Knitting – 10am to 3pm

Rural 60 Plus will resume regular schedule beginning Tuesday September 2nd

Are you interested in learning to Carve, Rural 60 Plus will be holding an information session in the fall, watch for more information.

Yoga will begin on Thursday September 18th at 10am and will run for 10 weeks. Contact Sharon Hagstrom at 807-939-2722 or email – hagstrom202@gmail.com



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, snacks in a safe and welcoming environment where all are welcome.

September 26, 2025

1:00 PM – 3:00 PM

**Rural 60+ in Kakabeka Falls
(5 Pineview Road)**

For more information:

Contact Shaun or Elaine at (807) 473-5528

NorWest CHC in partnership with:



PROGRAM INFO

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

Fly the C.O.O.P Walking Group

Meet at Mountain Portage Trail at K Falls Park @ 10am or a ride is provided at Evergreen Parking Lot at 9:45am

Chair Yoga In Person & Virtual
Hosted at O'Connor & Kam 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.norwesthc.org

SEPT 2025

MON	TUE	WED	THU	FRI
1 Closed for Labour Day	2 Fly the C.O.O.P Walking Group	3 Walk-In Clinic 4:30pm - 7:30pm	4 Fly the C.O.O.P Walking Group 10am-3:30pm LifeLabs	5 NP available for those who do not have MD or NP
8 Good Food Box Order Deadline 1pm-6pm Mobile Clinic - Armstrong 8:30am-1:30pm	9 Fly the C.O.O.P Walking Group Mobile Clinic - Armstrong 8:30am-1:30pm	10 NP available for those who do not have MD or NP Walk-In Clinic 4:30pm - 7:30pm	11 Fly the C.O.O.P Walking Group LifeLabs	12
15 Chair Yoga @ O'Connor & Kam C.C. @10:00 am	16 Fly the C.O.O.P Walking Group	17 Good Food Box Pickup at KB Clinic	18 Fly the C.O.O.P Walking Group LifeLabs Walk-In Clinic 4:30pm - 7:30pm	19 NP available for those who do not have MD or NP
22 Chair Yoga @ O'Connor & Kam C.C. @10:00 am	23 Fly the C.O.O.P Walking Group	24 Walk-In Clinic 4:30pm - 7:30pm	25 Fly the C.O.O.P Walking Group Mobile Clinic - Upsala LifeLabs	26 NP available for those who do not have MD or NP *NEW Program* Rural Dementia Cafe 1-3pm
29 Chair Yoga @ O'Connor & Kam C.C. @10:00 am	30 Closed for Truth & Reconciliation Day	Walk-In Clinic 4:30pm - 7:30pm		

Third Wednesday of Each Month

Next Play Date: Sept. 17, 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



Kakabeka Falls Legion Branch 225

Sept 6	Dance with Quest	7:00pm to 10:00pm
Sept 12	Dance with The Fugitives	5:30pm to 10:00pm
Sept 13	Executive Meeting	2:00pm to 3:00pm
Sept 13	General Meeting all members welcome	3:00pm
Sept 14	Breakfast	8:30am to 11:30am
Sept 20	Dance with Quest	7:00pm to 10:00pm
Sept 21	Musical Afternoon	2:00pm to 4:00pm
Sept 28	I.A. Gold & Silver Buying	8:00am



Kakabeka Falls
and
Rural District
Branch 225

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.

THE FUGITIVES

DANCE BAND

LIVE IN KAKABEKA FALLS!



FRIDAY SEPTEMBER 12

KAKABEKA FALLS LEGION HALL

DINNER AND DANCE

DINNER & DANCE \$40.00 - 5:30 til 10 PM

DANCE \$10.00 - \$7 pm til 10 pm





Seniors Lunch

(55+ or "close enough")



Next two (2) lunches taking places:

Monday, September 15

Monday, October 20



\$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.**

Contest Alert!!

Photography—any pictures that you have taken personally in the surrounding area. Children under 5 years old may have help from an assistant to get the camera ready.

Subjects—nature, wildlife, local events, family fun

Open to all ages—Age categories are; 10 and under, 18 and under, and adults

Deadline for submissions—October 1, 2025

Requirements—must be original photos and unaltered, can be electronically delivered, must give permission for photos to be duplicated and published in the Grassroots and online on both of our media pages.

Prizes for first, second, and third in all age categories. There will also be a prize for the readers choice award, see below for details. Winners to be announced in the November issue of the Grassroots. Photographs will be judged by one of our sponsors. I will not be involved in any judging as I would give everyone prizes, especially after seeing all the entries from last year.

Readers choice will be judged online. All submissions will be posted on the Nolalu ONLINE GRASSROOTS Facebook page. The photo with the most 'likes' will win. Submit as soon as you can to give everyone a chance to vote on your photo. Make sure to keep checking the page and vote for your favourite. Votes will be tabulated October 15, 2025. Judge's (facebook tabulator of votes) decision will be final.

Prizes: yes, they are starting to roll in. Lots of variety for everyone. Thank you to those that have already donated; Marion Charkow, Joshua Houle, and Evergreen Pharmacy.

A special thank you to Evergreen Pharmacy, Kakabeka for being our first sponsor. What an amazing prize they have donated, some lucky winner will be very appreciative of this gift bag packed full of so many wonderful things from their gift shop section of the store.



NOLALU COMMUNITY CENTRE

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

Thursday September 18, 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 September 23, 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.

"Common sense is like deodorant. The people who need it most never use it." ~~Anonymous~~

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 nolaluccctreasurer@gmail.com with a brief description of what the payment is for.

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

From the Editor's Desk

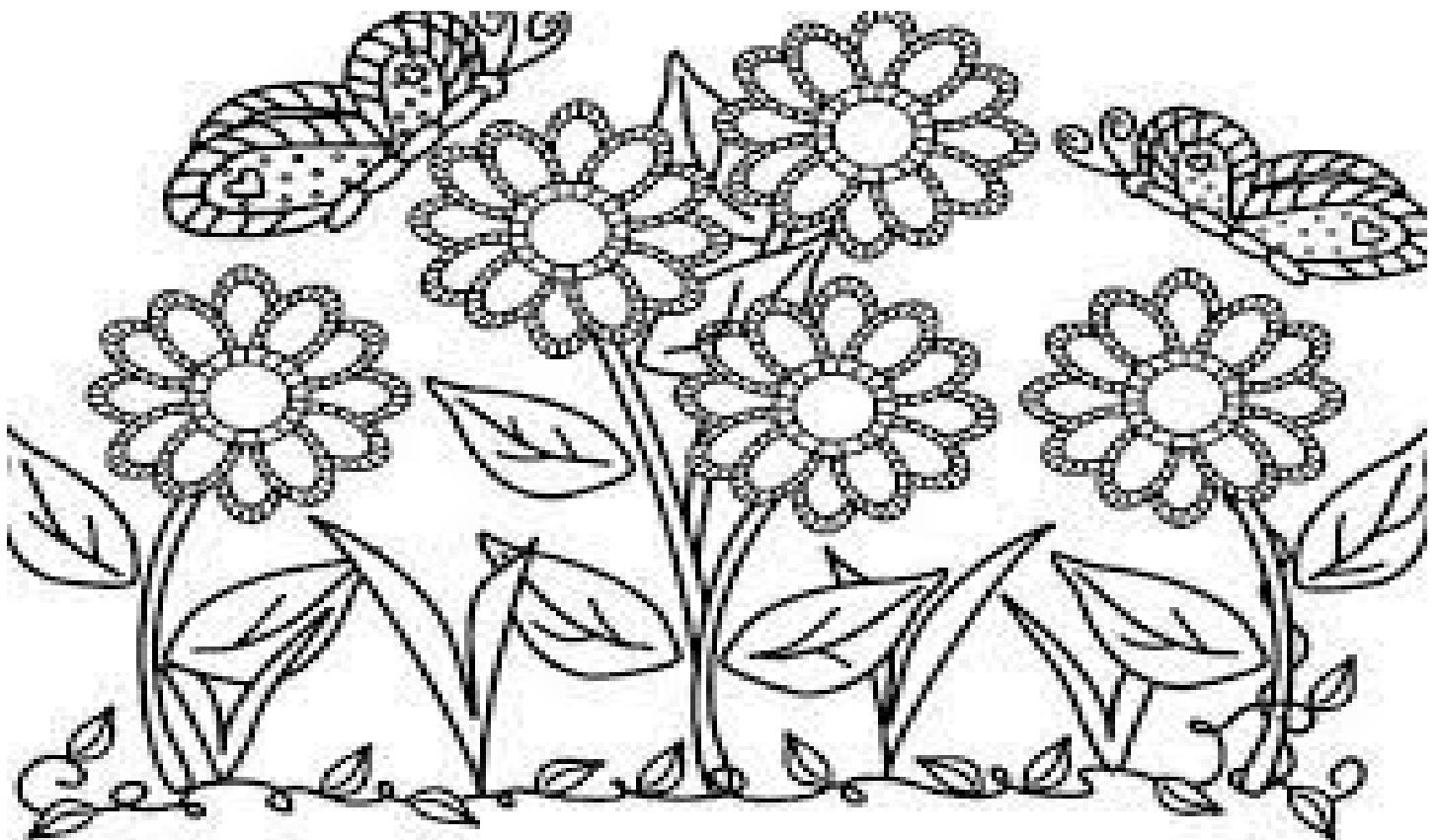
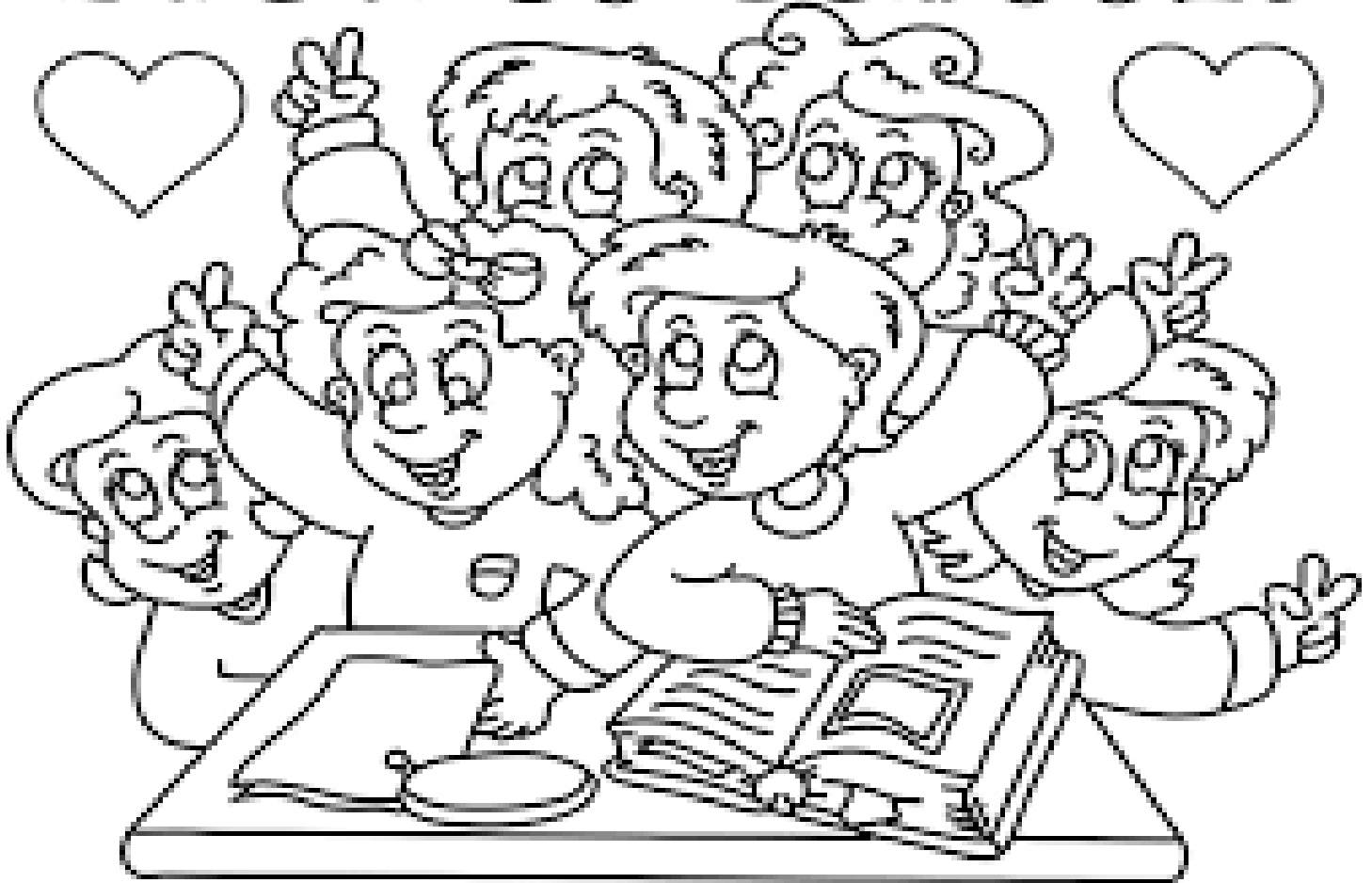
I just want to say how grateful I am for this community. As some of you may know I had surgery on my left hand last month and everyone has been so helpful and understanding. The Grassroots is a little late going out but no one has complained, quite the opposite, I have had many offers to help get it out. It is lucky I am right handed so I was still able to edit the newsletter, just at a much, much slower pace. Typing wasn't much of an issue, many people just type with one hand or do the hunt and peck method anyway. It was the adjusting of sizing and such, of all the advertisements, information flyers, pictures, and articles that was the issue. The cast comes off on Tuesday and I will be so thankful, but then the physiotherapy starts. Oh well, just another path to walk down.

When we moved up here four years ago I didn't know what to expect. We lived outside of a small village of 700 persons, it was a farming community. I was worried that we wouldn't have the same sense of belonging and community that we did at our old home. There everyone knew everyone, helped out whoever needed it, checked in on neighbours, and everyone attended all the community functions, we even had neighbours calling to invite us to whatever was going on. I was prepared when we came up to be outsiders, welcomed but not quite community. Having lived in the country all my life I knew the ways of adjusting and that we would always be living on someone else's property for at least 20 years, until the locals started to call it the Houle place, and I was ok with that. I just didn't want to miss out on the community that meant so much to my family. So we started volunteering, going to coffee group, and attending events at the community centre. While we don't know everyone in the community we have gotten to know quite a few of you, and our sense of community has returned. I am so happy and grateful for the way this community has opened its arms not just to me but to those who move into the area. This community truly takes care of one another. You have Halloween lists of houses so the kids don't miss out on trick or treating, and the adults get to have fun shelling out too. There is a regular clothing swap, book exchange and puzzles too. If you're planting a garden there is always some neighbour who has extra plants. Come harvest time you can leave your extra vegetables at Hoppers for others to use so nothing goes to waste, and NEST benefits from your donation. We have a seed and plant exchange day in the spring, ice cream social in the summer (the kids sure do love that bouncy castle), an amazing Halloween dance, yummy community lunches, and so much more. You, the community, help out with donations and fundraising for NEST, and you are right there whenever there is a need in the community. For all this and more I thank you for welcoming us to this beautiful community, and we appreciate all that you do.

Odette

COLOURING PAGE

BACK TO SCHOOL!



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—September 2025

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