NCC NEXT MEETING:

Thursday September 17

@ 7:00pm

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

LSB NEXT MEETING

Tuesday September 29

@7:00pm**Note time

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

NEST NEXT MEETING

Thursday September 10

@ 7:00pm

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

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September 2026

Nolalu's GRASSROOTS



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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	Dawn Scavarelli	dawn_scav@protonmail.com	807-473-1114
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Media Coordinator	Jackie Patterson	Via Facebook: Nolalu Community Centre	807-631-9738 text please
Grassroots Editor	Odette Houle	nolalu.grassroots@gmail.com Facebook: Nolalu ONLINE GRASSROOTS	807-630-9442

NEXT NCC MEETING:
Thursday, September 17, 2026
@7:00 pm

ALL NCC meetings are open to the community.

NEST meeting 7:00pm at NCC
Thursday, September 10

Nolalu Dump SUMMER Hours
May 1—September 30

ADRIAN LAKE
Wednesdays 6pm - 8pm
Sundays 2pm - 5pm

HARDWICK
Wednesdays 3pm - 5pm
Sundays 6pm - 8pm

Friendship Café

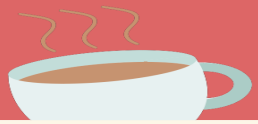
Food, Fun & Games!

September 25, 2026 | 1–3PM
5 Pineview Road, Kakabeka

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

Questions? Contact Shaun at 807-473-5528



NorWest Community Health Centres / Centres de santé communautaire NorWest · Rural 60 Plus · Lakehead University Centre for Education and Research on Aging & Health · Alzheimer Society Thunder Bay · Dementia Cafe – A Place to Belong

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

Brand new BOAT, MOTOR, TRAILER for sale $8000

BOAT: 14' Yamaha G3 boat, 3 upholstered seats

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September gardening in Zones 2–3: the month of frost advisories, fall harvests, and strategic denial

By Kathy McGowan

September in Northwestern Ontario is when the garden shifts gears whether you're ready or not. The days get shorter, the nights cool fast, and every weather app suddenly becomes your most-checked tool. Some plants surge with renewed energy, others slow down, and a few simply give you a look that says, "Thanks for the memories."

It's a month of harvesting, protecting, tidying, and squeezing every last bit of productivity out of the season before the first hard frost calls the final shot.

Protect what's still growing

Cool nights are great for greens but stressful for heat-lovers. September is all about extending the season just a little longer. Some years the season will last until mid-to-late November.

Use simple tools to keep plants going:

- *Row covers* for tomatoes, peppers, cucumbers, and squash
- *Old bedsheets* for emergency frost nights
- *Upside-down totes or buckets* for small plants
- *Mulch* to insulate roots during temperature swings

If you wake up to a frost advisory at 3 a.m., congratulations — you're officially a northern gardener!



Watering in early fall

Watering changes dramatically in September. Soil stays cool and moist longer, but plants still need consistent hydration to finish ripening.

To keep things balanced:

- Water *mid-morning* so plants dry before cool nights.
- Avoid overwatering as cold, soggy soil slows ripening.
- Tomatoes prefer steady moisture now to prevent late-season cracking.
- Newly seeded fall greens need *light, frequent watering* until established.

If your tomatoes are stubbornly green, don't worry, they're just testing your patience.

Pest patrol: the fall edition

Pests slow down in September, but a few stick around for the encore.

Aphids

Cool weather can trigger one last population boom. Blast them off or pinch affected tips.

Slugs

They love damp fall mornings. Hand-pick or use traps around greens and young seedlings.

Wasps

They're extra bold now, especially around ripe fruit. Harvest promptly and compost fallen produce.

Late blight

Not a bug, but a September menace. Remove infected leaves immediately and avoid overhead watering. Healthy plants bounce back quickly in fall so don't panic over minor damage.

Snippets from Lady Lumberjack Dorothea Mitchell at Silver Mountain

After spending a night in Port Arthur, I boarded the "local", a mixed train that took six hours to do the 40-mile run, stopping at noon to allow passengers to regale themselves at a village boarding house. By the platform at Silver Mountain Station stood a team of heavy bush horses and novel sleigh: two sets of huge runners, chained to which were several two-inch planks, the driver's seat being a bale of hay. The teamster, a most extraordinary looking individual, was presented to me by the Superintendant as Timothy Naylor. A burly speciment, bundled up in heavy mackinaw garments, a grey wool cap dragged down over both ears, a scraggly grizzled beard and whiskers, the general effect was nicely topped off by one over-sized black eye ("shiner", I subsequently learned, was the correct caption). But what intrigues me most was the little row of icicles dangling from his moustache! The horses had them, too, from their nostrils. This, also, was a "first" for me…. The freezing of breath.







Winner of NEST July 50/50

Christopher Speight of Thunder Bay
He won $5,500

August 50/50 is now live.
Tickets can be purchased online at: rafflebox.ca/raffle/nest/
A big thank you to all who purchased tickets

Tickets can be purchased starting May 1, 2026 and will run until April 2027
Draw will be held last Friday of each month.
Tickets are for sale online: https://nolalu5050.ca
Get your tickets now and support your local NEST
Stay tuned for winner announcements!!

September gardening in Zones 2–3:
the month of frost advisories, fall harvests, and strategic denial

By Kathy McGowan

Harvesting & storing

Early-to-mid September is normally a month of abundance. For most cold sensitive plants, this is the last hurrah. Pick:

Tomatoes (ripe or nearly ripe)
Zucchini & squash
Cucumbers
Beans
Carrots
Beets
Potatoes
Kale, chard, and fall greens
Late raspberries



Harvesting regularly prevents frost damage and keeps plants producing as long as possible.
Begin curing and storing:

- *Garlic* (if planted last fall)
- *Onions*
- *Winter squash*
- *Potatoes*

A cool, dark, well-ventilated space works wonders.
Even a basement corner can become a makeshift root cellar.

Planting for fall and next spring

Yes, September still has planting opportunities.
Sow:

- Spinach
- Lettuce
- Arugula
- Radishes
- Fast Asian greens

Plant:

- *Garlic* (late September into October)
- *Spring bulbs* if you want early colour next year

Fall crops grow beautifully in cool weather, just keep seeds moist until they sprout.

Beginner tips for September success

- *Watch the forecast daily.* Frost can hit early in Zones 2–3.
- *Pick tomatoes before a frost.* They'll ripen indoors just fine.
- *Clean up diseased plants.* Don't compost blight or mildew.
- *Mulch root crops.* Carrots and beets can stay in the ground longer with protection.
- *Start planning next year.* September shows what worked and what didn't.

Kathy usually spends September shuffling row covers, checking the forecast like it's a second job, and gathering the last of the season's produce with the quiet determination of someone who knows the garden's final curtain call is coming whether she's ready or not.

Recipes from Nolalu Community Cookbook 1975

Chow (Green Tomato Pickles)~~Norma Kivela

6 qt basket of green tomatoes | 2 lbs onions | 1/2 cup salt
white vinegar | pickling spice | 2 to 3 lbs brown sugar
Cut tomatoes and onions in slices and sprinkle salt over them. Let stand overnight. In morning, drain and rinse with cold water. Add vinegar to about half covered. Add some pickling spice tied in cotton, and the brown sugar. Cook till soft and sweetened to taste.

Chili Sauce~~Vieno Mikkola

3 tins tomatoes or same amount of fresh tomatoes (1tin = 3 1/2 cups)
6 onions | 1 1/3 tbsp salt | 1 1/2 cups brown sugar | 3/4 tsp cinnamon
3/4 tsp allspice | 2 cups cider vinegar | 3/4 tsp cloves | 1 bunch celery
1 sweet red pepper (opt)
Cook about 2 hours until thick, putting sugar in near last.

Pineapple—Rhubarb Jam ~~Bev Niemi

4 cups rhubarb (diced) | 1 can crushed pineapple | 4 cups white sugar
Combine above in a saucepan and boil mixture for a few minutes, remove from heat. Add 2-3 oz of strawberry jello. Mix well. Pour into sterilized jars and cover. Store in refridgerator.

AA meeting starting May 5th, at the Nolalu Community Centre, 2266 Hwy 588, Nolalu.

Meeting every Tuesday night at 6:30pm to 7:30 pm, except the last Tuesday of the month.

All are welcome that have a desire to stop drinking. If alcohol is causing problems in your life, we can help.

People who drive Nolalu roads, let's show our pride in our community. PLEASE don't toss your garbage out of your car window. It's so easy to put it in a garbage bag in your car, and dump it at a gas station. Tim Horton would be proud of you!

THANK YOU!

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

Low Sugar Simple Ingredient Energy Snacks

submitted by Kathy McGowan

No-Sugar Brownies (Banana-Cocoa Brownies) Ingredients

Ingredients

3 ripe bananas (the riper, the sweeter)
2 large eggs
½ cup natural peanut butter or almond butter
¼ cup unsweetened cocoa powder

Instructions

Preheat oven to 350°F (175°C). Line an 8×8 pan with parchment. Mash bananas until smooth. Stir in peanut butter, eggs, and cocoa powder. Mix well. Pour into pan and smooth the top. Bake 20–25 minutes until set in the center. Cool fully for best texture — they firm up as they cool.

Optional (still no sugar) add-ins

1 tsp vanilla
Pinch of salt to deepen the chocolate flavour
¼ cup chopped walnuts

Simple Date Energy Bars Ingredients

1 cup pitted dates (Medjool works best)
½ cup natural peanut butter or almond butter
1 cup rolled oats
¼ cup unsweetened shredded coconut

Instructions

Pulse dates in a food processor until they form a sticky paste. Add oats, coconut, and peanut butter. Pulse or hand-mix until it forms a thick dough. Press firmly into a small parchment-lined dish. Chill 30 minutes, then slice into bars.

Optional (still no-sugar) variations

Add 1 tbsp cocoa powder for chocolate bars
Add a pinch of cinnamon for warmth
Add 2 tbsp chia seeds for extra texture

Oatmeal Cookie Bites (with Raisins or Cranberries) Ingredients

1 cup rolled oats
2–3 tbsp honey or maple syrup
½ cup natural peanut butter or almond butter
¼ cup raisins or dried cranberries

Instructions

Stir peanut butter + honey until smooth. Add oats and raisins/cranberries. Mix until thick and sticky. Roll into 10–12 small bites. Chill 15 minutes to firm up.

Optional upgrades (still low sugar)

1 tbsp chia seeds for texture
1 tbsp shredded coconut for extra chew
½ tsp cinnamon for classic oatmeal-cookie flavour

Chocolate Bark with Fruit & Nuts Ingredients

1½ cups dark chocolate chips or chopped bars (70%+ keeps sugar low)
¼ cup mixed nuts (almonds, walnuts, pecans, pistachios)
¼ cup dried fruit (cranberries, cherries, raisins, apricots)
Optional: pinch of sea salt

Instructions

Melt chocolate in the microwave (20–30 sec bursts) or over a double boiler. Spread onto a parchment-lined baking sheet (¼-inch thick). Sprinkle nuts + dried fruit evenly over the top. Add a light pinch of sea salt if you like.

September 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

September 20th

Gillies Day Cornhole Tournament
1pm
$20 per person
All proceeds go to the
Gillies Volenteer Fire Team

September 20th

Gillies Day Community BBQ
Dinner Served at 6pm
$10 per person (13+)
$5 per child (6-12yrs)
Under 5 FREE
Proceeds go to the
Gillies Volenteer Fire Team

Volunteer

If you would like to get involved and volunteer please email us at gilliescommunitycentre@gmail.com

Thank you!

Thank you to all our volunteers for all your support and help. We are truly grateful for all of you.

Save The Date

October 24th-
Family Halloween Party
November 7th-
Live Music Coffee House
November 28th -
Christmas Market
November 29th-
Milk & Cookies with Santa
December 6th-
Christmas Tea

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!

Third Wednesday of Each Month



Next Play Date: Sept. 16, 2026

Nolalu Community Centre

12:00pm to 2:00pm



Come on out and have some fun.

Meet other children and parents in the community.



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

Hope to see you there

KB Rural Area Stitch and Craft Group

Bring your project & Join our Needle & Natter Crew

Upcoming Meeting Dates

AUGUST	11th
AUGUST	25th
SEPTEMBER	8th
SEPTEMBER	22nd
OCTOBER	13th
OCTOBER	27th

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



"Especially in a world that doesn't need homemade anything. That's when we need homemade everything."~~Kate Jacobs~~

"No one became a great cook just by reading the recipes."~~Amit Kalantri~~

Just For Fun – Horoscopes by Grandmama Bear

Aries: March 21 – April 19
Pay attention! You need to listen to your wife, she's actually smarter than you, especially when it comes to people.

Taurus: April 20 – May 20
Your spirit vegetable is a potato. So go sit in the dirt and soak up the energy.

Gemini: May 21 – June 21
Did you find the bunny? No eh? Well, tape a penny to your forehead, and it will come home.

Cancer: June 22 – July 22
Drama, drama, drama; it's the theatre, not you. Honestly, where do you get these ideas.

Leo: July 23 – August 22
Roar like a lion they said, sting like a bee. Now everyone is mad at you, go figure.

Virgo: August 23 – September 22
Jump on a plane and go visit the mountains. Live in a yurt and commune with nature. Don't come back until you can be civilized.

Libra: September 23 – October 22
Ok now were going to count jelly beans, it is good for your memory. 1, 2, 3, ...56, 89, oops sorry now you have to start again.

Scorpio: October 23 – November 21
Time to share the wealth. Donate some of those stuffies that are crowding your bed so bad that you can't sleep in it.

Sagittarius: November 22 – December 21
I told you to drink water not vodka. I know it looks the same, but now your dehydrated not hydrated.

Capricorn: December 22 – January 19
Lucky numbers are 5, 8, 33, 79450, and 2.

Aquarius: January 20 – February 18
That green dress really does look fantastic on you. Time to go dancing and show it off.

Pisces: February 19 – March 20
The floors are clean, the dishes are done, the laundry is folded. Time to pay the cleaner.

Seniors Lunch

(55+ or "close enough")

Next two (2) lunches:

Monday, Sept 28
Monday, Oct 19

$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)

Canning/Preserving Tips

If your recipe calls for lemon juice use the bottled stuff. Bottled lemon juice has a consistent pH (acid) level, unlike fresh lemons. In order to be safe for canning, some types of fruits and vegetables require the additional acid that's not guaranteed with fresh lemons. If a recipe does call for fresh lemon juice, it's just for flavour.

Check acidity: Use water bath canning for high-acid foods (pH under 4.6) like jams, fruits, and pickles. Use pressure canning for low-acid foods (pH above 4.6) like vegetables, meat, and soups to prevent botulism. You can puchase strips to check your acid levels if unsure.

LOCAL SERVICES BOARD OF NOLALU

BOARD MEMBER NOMINATION AND ELECTION

The election of one (1) member to fill a vacancy on the
Board of Directors for the Local Services Board of Nolalu will be held
Tuesday, September 29, 2026
7:00 PM
Nolalu Community Centre

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

The Local Services Board is required to have 5 members. It is a 2 year commitment, the meetings are held once a month except December and July. The board exists to direct funding to NCC and NEST

For further information:
Phone: 577-3255 ~ Email:lsbnolalu@live.com ~ Website: nolalu.ca/lsb

YOUR COMMUNITY needs YOU as a Board Member!

Photography Contest Alert!!



Open to all ages—Age categories are;

* 10 and under (Children under 5 years old may have help from an assistant to get the camera ready)
* 18 and under
* Adults

Requirements

- Deadline for submissions—October 1, 2026
- Subjects—nature, wildlife, local events, family fun
- 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.
- Must have a permanent residence in Nolalu, O'Connor, Kakabeka Falls, Gillies, Lybster twp, Marks twp, Lismore twp,and Hardwick twp (Nolalu Local Service Board area).
- Photos must be taken in the above listed areas.
- Only photos taken by the photographer may be submitted.
- Five (5) photos per photographer may be submitted, so pick your best photos.
- Photos must be submitted via email to nolalu.grassroots@gmail.com or hand delivered. NO submissions will be accepted from other venues such as Facebook, Messenger, etc.
- Once the photo is posted online, the photographer must refrain from commenting on their photo. The photo will be disqualified if this happens, as it allows people to vote for the person and not necessarily the photo.
- No photos shall have the entrants name on them.

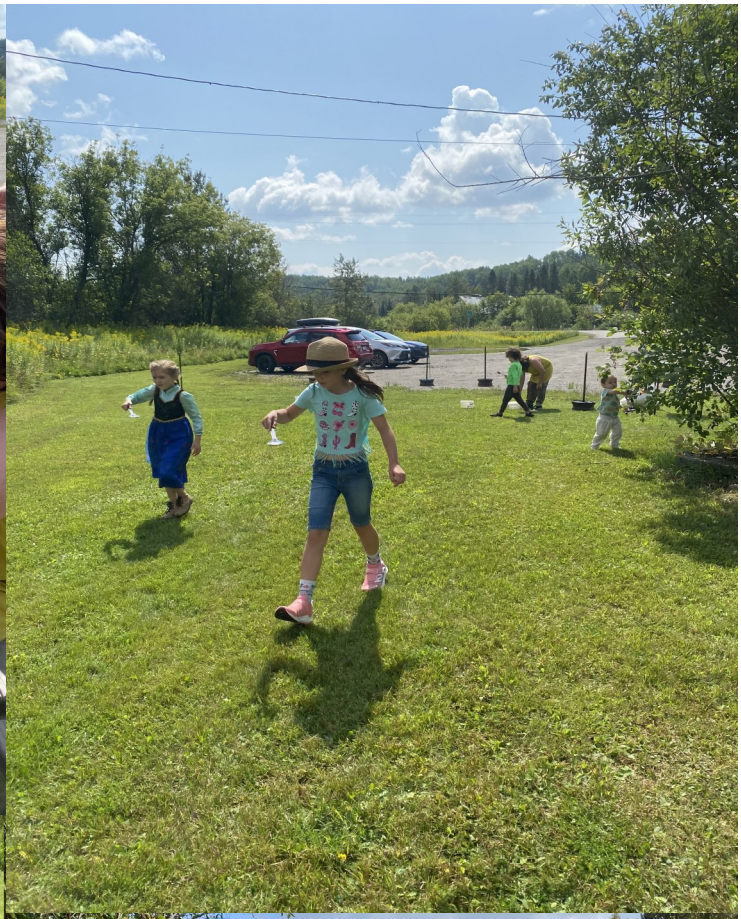


Prizes for first, second, and third in all age categories. There will also be a prize for the readers' choice award, see below for details. Winners to be announced in the November issue of the Grassroots. Photographs will be judged by one of our sponsors. I will not be involved in any judging as I would 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. Deadline for votes is October 15, 2026 at **5:00pm** and will not be accepted after that time. Votes will be tabulated the evening of October 15, 2026. Judge's (facebook tabulator of votes) decision will be final.











Family Picnic Day 2026





Rural Water Done Right

Well Pump | Pressure Tank | Water Treatment

Private water system help for Thunder Bay & rural communities

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Well Pump Repair

Submersible and jet pump diagnosis, replacement, control boxes and wiring checks.

Pressure Tanks

Pressure tanks, tank tee kits, gauges and 30/50 or 30/60 pressure switches.

Water Treatment

Softeners, iron filters, sediment filters, UV, tannin and pH balancing options.

Water Quality Testing

Private water source testing guidance for bacteria, hardness, iron and other concerns.

No Water / Low Pressure

On-site troubleshooting for rural homes, camps, cottages and seasonal systems.

Sump & Hot Water Help

Sump pump systems, battery backup options and electric hot water tank replacement.

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info@superiorwaterwells.ca

Rural Water Done Right

Health in a Hurry

Well, here it is, as promised. Let's dive into CBT for the next two articles!

Cognitive Behavioural Therapy can sound a bit daunting, I will admit. I have known about it vaguely for many years but writing this finally forced me to learn about it in earnest. In this article, I will be explaining what CBT entails, and why it is such an important piece in our health toolkit. Next month, I will go into how to use it, and when. Let's begin!

CBT is a comprehensive, evidence-based method of understanding that our thoughts impact our feelings and behaviour. It helps to identify negative thoughts (such as anxiety) and change our thinking patterns to better support our emotional wellbeing. It can be used to help with physical issues (such as chronic pain) as well mental health issues (such as PTSD, depression, OCD and insomnia). You can use CBT with a therapist, or can try it on your own at home.

I think the easiest way to understand CBT is by giving you an example.

Let's say "Bob" has social anxiety. He feels awkward around strangers and doesn't like attending parties. His hands sweat and just the thought of meeting someone new sends his heart racing. This thought (I don't want to be judged by a stranger) leads to a feeling (anxiety) which causes him to change his behaviour (he avoids parties).

A goal of CBT would be to use logic to understand why Bob is feeling that way, identify his unhelpful thinking, and replace that with something useful, such as exposure therapy. This could involve starting with quick chats with people he knows, then move on to larger gatherings with some strangers, and, as his confidence grows, he may even get to public speaking eventually. CBT can help people change their negative thought patterns to more positive ones, which can help their mood and overall quality of life.

So, to recap, what we think influences how we feel, and that impacts how we choose to react to a situation. Next month, I will go over ways you can incorporate parts of CBT into your everyday life to improve your overall well-being.

Amrita

From the Wilderness Kingdom New Cookbook 1972

Stewed Rabbit
Divide into pieces at the joints, wash, and rub with salt and pepper. Brown well. Add 1 cup tomato juice and 2 tbsp lemon juice. Simmer for one hour.

Baked Rabbit
Skin and clean. Wash thoroughly and let stand in salted water for at least two hours. To bake this, cut apart, cut the back into at least 2 pieces. Make a dressing. Spread all the pieces, one side only, and place corresponding pieces together and tie securely. Place on open roasting pan with a little water, salt and pepper, and bake for 1 to 1 1/2 hours or until done, at 350°F. This is delicious served with black currant jam.

Wild Duck in Gravy
Cut clean duck into serving size pieces, sprinkle with salt and fry in lard or vegetable oil in hot skillet. Brown on both sides, then remove from pan and place in casserole. To grease left in pan, add 1 small chopped onion, salt, pepper, and thyme. Add 2 tbsp flour and brown. Add enough water to make a soft sauce, enough to cover duck. Pour over duck and simmer for 2 hours, or until done, adding water occasionally.

Canning/Preserving Tips

Always wipe jar rims with a damp paper towel or vinegar before placing lids on to remove sticky residue or leftover particles and ensure a secure seal. Leaving residue can cause bacteria to form and can also cause the jar not to seal.

Screw bands or rings on fingertip tight only; over-tightening can warp the lids and cause the jar not to seal.

It is recommended to always use new lids each time but many of us reuse lids. If you are doing this be sure to take precautions by checking for rust, warping, rubber cracks or damage. If in doubt don't use the seal. Many of the seals purchased now days are one time use. Rings can be reused if not rusted. Remember you do this at your own risk as you should use a new seal each time.

Leave the exact amount of empty space required by your recipe (usually 1/2 inch for fruits, 1 inch for vegetables) between the food and the rim.

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 16, 2026

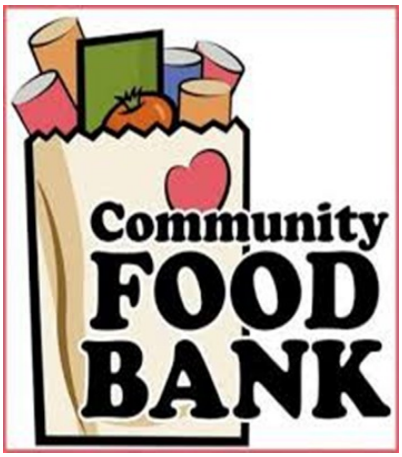
Registration 9 am to 11 am

Drive-Thru Pick-up

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.

A BIG THANK YOU to the THUNDER BAY GROWING PROJECT for the donation of beef again to the Food Bank



The Autumn Equinox

Various Internet Sources

The autumn equinox is when the sun sits directly above the Earth's equator, bringing roughly equal lengths of day and night. It marks the official start of autumn in the Northern Hemisphere. In 2026, the autumn equinox occurs on Tuesday, September 22. During the Equinox the Earth's axis points neither toward nor away from the sun. Day and night are nearly equal in duration worldwide. Days begin to grow shorter and nights grow longer in the Northern Hemisphere. Historically celebrated as a time to gather crops and give thanks before winter. Linked to traditions like the Mid-Autumn Festival in Asia, Higan in Japan, and Mabon in modern paganism. Prehistoric structures like Stonehenge in the UK and the Majorville Medicine Wheel in Alberta are aligned with the equinox sun. The autumn equinox, also known as Mabon, is a modern pagan holiday celebrating equal day and night, the second harvest, and seasonal balance. This is also know as the "Witch's Thanksgiving", it honors the physical and spiritual harvest. A time to embrace letting go and prepare for cooler, darker months of rest.

Decorate with pinecones, acorns, fallen leaves, apples, and miniature pumpkins. Bake apple pies, mull cider, or prepare a simmer pot using cinnamon, cloves, and orange slices. Use rosemary, sage, and marigolds with deep gold, burnt orange, and maroon accents. Reflect on what personal intentions or habits to release. It is a time to give thanks for the generous gifts of summer while preparing the body, mind, and spirit for colder months ahead. It's a threshold between abundance and letting go, between harvest and hibernation.

Here are some things to do for the autumn equinox. Release what no longer serves you. This includes dropping the dead weight. That includes putting too much pressure on yourself to be perfect at your job, to always keep your house tidy, and old habits you've been dying to get rid of. One way of doing this is to write the things you want to let go of on scraps of paper and burning them in a fire. There's something oddly satisfying about watching the smoke curl away like a good riddance. In our area fire might not be such a good idea unless you have a woodstove. Another option is to write them on fallen leaves or bay leaves and toss them into a creek, where they can float away to… wherever leaves go. It's a simple practice, but symbolism helps connect with complex emotions and ideas, fostering a deeper understanding. Since the equinox is about balance – equal hours of light and dark – it gives us a chance to look inward. Ask yourself what does balance look like for me right now, where do I feel overextended, where do I feel withdrawn? How can I invite more balance into my daily rhythm? It is about honouring yourself as a whole, the light and the shadows, as both are necessary. Seeking balance isn't about getting it right or perfect, but more about living in rhythm.

Get outdoors and enjoy the beautiful sights of autumn. Golden leaves, crisp air, that faint smell of woodsmoke, listening to the water rush in the river, picking the late bloomers to grace our table, and so many foods to harvest and prepare for winter. Spending more time in nature has been proven again and again to benefit both mental and physical health. To be surrounded by trees flaunting their beautiful colors is just marvelous and brings a sense of peace. Practicing Gratitude for the Harvest transforms the way we experience what we already have. It is an opportunity to take stock of what has grown, both literally and metaphorically, maybe its your garden or maybe it's a finished project, or maybe it is a lesson learned.

Want to really embrace Mabon? Try these simple bits of "magic". Sip cinnamon tea in the morning, or try to use rosemary, sage, cinnamon, apple, and marigold, they are all powerful autumn allies. Use them in teas or incense. Wear fall colours or decorate your home in deep gold, burnt orange, maroon, brown, and black. Burn candles in fall scents, yes you can use your pumpkin spice now. Focus on abundance, gratitude, protection, and balance. Journaling is good for relection and identifying your needs, desires, and what doesn't serve you anymore. Try ideas like; What am I ready to release this season? What lessons did summer bring me that I want to carry into autumn? What am I most grateful for as this season shifts? How can I bring more intentionality into my daily rhythms this autumn? What comfort practices (cozy, nourishing, spiritual) do I want to establish for the winter months? If I could plant one metaphorical seed for the coming year, what would it be? Try creating a seasonal nook or harvest corner. Nothing fancy just something to remind you the season is changing, a shift in the year.

The equinox is also a time to start preparing for winter, and that is not optional up here. Maybe you're stacking firewood, reorganizing your pantry, canning and preserving your harvest, or digging out the big coats and hats and mitts, and maybe some great winter books for when the snow comes. Maybe you're doing seasonal cooking like roasting squash, making hearty soups, apple and pumpkin pies, jams, pickles, and so much more.

Marking the coming of Autumn doesn't have to be complex. It's simply an invitation to pause, reflect, and realign. Some days that means a day full of colour with candles and journaling. Other days, it is just noticing that it is getting darker earlier now. Other days are filled with preparing for the months ahead. Either way, doing simple autumnal rituals will connect you with the season and is a potent reminder that balance is possible, endings are beginnings, and there is so much wonder in our beautiful world.

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Recommended Books

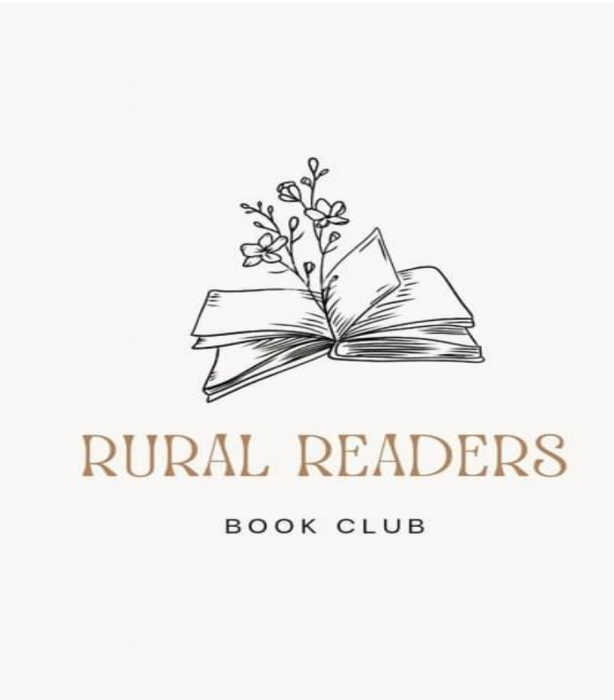
Indigo Best Sellers List

The Midwife of Venice: A Novel by Roberta Rich

Hannah ha-Levi, a midwife in the Jewish ghetto, is known throughout Venice for her skill in midwifery. When a Christian count appears at Hannah's door imploring her to attend his labouring wife who is near death, Hannah's compassion is tested. Not only is it illegal for Jews to render medical treatment to Christians, it's also punishable by torture . . . and death. But Hannah cannot turn down the money. With such a handsome sum, she can save her own husband, Isaac, who was captured at sea and taken to Malta as a slave of the Knights of St. John. Aided by her "birthing spoons"--rudimentary forceps she invented to help with difficult births--will Hannah be able to save mother and child? And if she can, will she also be able to save herself? Woven through Hannah's travails is the story of Isaac's life as a captive slave in Malta. Fearing that his wife has perished in the plague, he pins his hopes of returning home to Hannah on his talent for writing love letters that melt even the hardest of hearts.

Good People: A Novel by Patmeena Sabit

Zorah Sharaf could do no wrong. Zorah Sharaf brought shame upon her family. What's the truth? Depends on who you ask. The Sharaf family is the picture of success. Prosperous, rich, happy. They came to this country as refugees with nothing more than the clothes on their backs. And now, after years of hard work, they live in the most exclusive neighborhood, their growing family attending the most prestigious schools. Zorah, the eldest daughter, is the apple of her father's eye. When an unthinkable tragedy strikes, everyone is left reeling and the family is thrust into the court of public opinion. There is talk that behind closed doors the Sharafs' happy household was anything but. Did the Sharaf family achieve the American dream? Or was the image of the model immigrant family just a façade? Like a literary game of ping-pong, Good People compels the reader to reconsider what might have happened even on the previous page. Told through a kaleidoscope of perspectives, it is a riveting, provocative, and haunting story of family—sisters, brothers, mothers, fathers, and the communities that claim us as family in difficult times.



Rural Readers Book Club

Monthly meetings—at the Nolalu Community Centre, 7:00pm - 9:00pm, second Monday of the month.

Join some enlightening and lively discussion, company, tea, and the occasional snack.

Next meeting:
"Fight Night" by Miriam Toews
Monday September 14 at 7:00pm
"The Giver" by Lois Lowry—Oct. 19th/TBA

Join online:
www.facebook.com/groups/ruralreadersbookclub

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

Stay Safe with Lithium-Ion Batteries

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

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

1. Buy Smart
- Only purchase **certified batteries** and chargers from reputable brands.
- Avoid knock-offs or aftermarket products; they may lack safety features.
- Check for certification marks like **CSA**, **UL**, or **ETL**.

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

3. Don't Tamper
- Never try to **modify, rebuild, or puncture** lithium-ion batteries.
- DIY repairs or battery swaps can lead to overheating or explosions.
- If a battery swells, leaks, or smells odd, stop using it immediately.

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

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

Lithium-ion batteries are safe when handled correctly but dangerous when ignored. By following the Charged for Life guidelines, you protect your home, your family, and your future.
For more resources and safety tips, visit the Charged for Life official site: **www.chargedforlife.ca**

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

School Checklist

Safety: Speed limits drop to 30 or 40 km/h in designated school zones; failing to stop for a school bus with its red lights flashing carries steep fines and demerit points across Ontario. Use designated school drop-off zones exclusively; avoiding double-parking, it keeps students safe.

Preparing: Shift sleep schedules earlier by 15 minutes each day to ease the early morning wake-up shock. Log into student portals and attendance tools like SchoolMessenger SafeArrival to update emergency contacts and review high school timetables. Use permanent markers or custom labels on all lunchboxes, water bottles, and electronics to avoid the lost-and-found bin.

Have a great year. Be safe and have fun!

Keep fire safety in mind as temperatures drop!

There are some simple things people can do to stay fire safe during the colder months:

Have all fuel-burning appliances inspected annually by a registered fuel contractor. Go to **COSafety.ca** to find a contractor near you.

- Keep chimneys and intake/exhaust vents for furnaces and heating appliances free of debris, ice and snow accumulations to reduce the risk of carbon monoxide (CO) build-up from inefficient combustion.
- Burn dry, well-seasoned wood in fireplaces and woodstoves to reduce the risk of excessive creosote build-up in chimneys.
- Allow ashes from your fireplace or woodstove to cool before emptying them into a metal container with a tight-fitting lid. Keep the container outside.
- Keep space heaters at least one metre (3 feet) away from anything that can burn, including curtains, upholstery and clothing.
- Replace worn or damaged electrical wires and connections on vehicles and extension cords and use the proper gauge extension cord for vehicle block heaters.
- Consider using approved timers for vehicle block heaters rather than leaving heaters on all night.
- Ensure that vehicles are not left running inside any garage or building.
- Ensure there is a working smoke alarm on every storey and outside all sleeping areas of your home.

Install CO alarms to alert you to the presence of this deadly gas.

Nolalu Fire Rescue and First Response reminds everyone that the Ontario Fire Code requires smoke alarms to be installed on every storey of your home and outside all sleeping areas. Carbon monoxide alarms are required outside all sleeping areas if the home has a fuel-burning appliance, a fireplace or an attached garage. For more information about smoke and carbon monoxide alarms, or fire safety, contact us at (807) 475-4441 or by email info@nolaluest.com.



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

Nolalu Emergency Services Team

Hall 807-475-4441
info@NolaluEST.com
Emergency 807-473-5200

2167 Hwy 588
Nolalu ON P0T 2K0

Kakabeka Falls Legion Branch 225

Sept 4	Dance with Quest	7:00pm to 10:00pm
Sept 5	Veterans' Drop In	9:00am
Sept 12	Executive Meeting	2:00pm
Sept 12	General Meeting	3:00pm
Sept 13	Breakfast	8:30am to 11:00am
Spet 18	Dance with Quest	7:00pm to 10:00pm
Sept 27	Sunday Musical with Rusty Notes	2:00pm to 4:00pm

Kakabeka Falls and Rural District Branch 225

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

Canning/Preserving Tips

DON"T place hot jars on counters. Don't change the temperature of your Mason jar too suddenly. A cold countertop can cause the glass to go into thermal shock and break. When you pull the jars out of their hot water baths or pressure canners, you should always place them on a towel. Never put them directly into the fridge.

Rural 60 Plus 1982

YOU ARE NEVER TOO OLD TO HAVE FUN!

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**
Carving 1-3	**Weaving 10-3**	**Beginners Carving 10-3**	**Yoga 10-11**	
	Knitting 10-3	**Quilting 10-3**	**Weaving 10-3**	
	Choir 1-2:30	**Cribbage 1-3**	**Knitting 10-3**	
			Euchre 1-3	

Monday Chair Yoga will start again on Monday September 14th at 10am.
Good Company Choir will start again on Tuesday September 8th at 1pm.
Euchre/Games day will start again on Thursday 10th at 1pm.
Thursday Yoga will start again on Thursday September 24th at 10am.

5 Pineview Road, Kakabeka Falls, Ontario, Canada P7K 0G8
Phone: (807) 475-5779 Email: rural60@tbaytel.net
Website: www.rural60plus.ca

GrassRoots Business & Ad Fees, As of January 2023



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

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

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

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

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

From the Editor's Desk

Do you ever have days where you just feel so darned tired you don't know if you'll be able to get out of bed and function properly? Usually those are the days when you have a list a mile long that needs done and you have places you have to be and people are depending on you. Yup, this was one of those days. Now part of it had to do with the fact that I woke up at 4:30am and couldn't get back to sleep. I'm not a morning person and I was already dreading the alarm going off at 8:00am, so I was not pleased with not be able to return to sleep. By 6:00am I gave up and got up and started the laundry. The day continued in much the same manner with one thing after the next, pick up tomatoes for canning, visit my mother, pick up the food for the potluck picnic tomorrow at the centre, pick up supplies for my cousin, go to the pharmacy, pick up prizes for the photo contest and drop off more donation request letters, make it home by 2:30 so my daughter could go to work, put groceries away, return phone calls and emails, hang out laundry, well you get the idea it just keeps going. So now it is 5:30 and I'm debating whether I have the energy to start pressure canning the tomatoes. I'm thinking that maybe tomorrow after the picnic would be a better and probably safer idea. I have never pressure canned before so probably a good idea to do it with a clear head for the first time. Maybe an early night with some crochet is more in order on a day like today. Especially considering Rob has already said he's done for the night so I won't have a helper. There is always my grandson, but he looked horrified and his eyes bulged out of his head when I told him he'd have to help me peel the four cases of tomatoes. "Do I really have to, Grammie?" No my sweet grandson I wouldn't make you do that, besides I have an easier way than peeling for making the skins to come off.

So basically my whole month has been a whirlwind like this. Oh who am I kidding? It is always like this not just the last month. I was fortunate to get my mother into a nursing home on August 4. She has settled in nicely and is starting to join in on a lot of the programs they have running. She's had lots of visitors coming to see her at the new place which has helped with the transition. She has lots of artwork from the great grandkids up on the wall and pictures of the family, so it's looking homey. So she's happy, and I have fewer worries about her falling and care; a good situation all round. I hope the others a McKellar Place were able to find sutiable accomodations too.

I was fortunate enough to have a free evening this past week so I took a canning course. I didn't know what it would be like and I was attending on my own, but I am so glad I went. It was held in Thunder Bay by Healing Journey. Diana Lidemark is the teacher and is excellent at what she does. I am looking forward to taking the next three courses, the last two are on pressure canning so I am sure I will have lots of questions by then. This course was on salsa making. I've made chili sauce before and it is similar, just a bit spicier and made with lime juice. Diana made us all feel comfortable no matter what our knowledge of canning was. She was happy to answer any questions and gave us many tips related to canning and food preservation, not just salsa. She also does private lessons and teaches organizations and groups as well. She is teaching at the Mamaw Kimiciminan Indigenous Food Sovereignty Gathering coming up in Thunder Bay in September. To contact her about joining any of her upcoming classes email; healing_journey@hotmail.com I guarantee you will learn lots and have fun doing it.

Odette



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Upcoming Events at the NCC

***Aug 15 to Oct 1*, 2026** Photography contest. All ages. Must be a local resident and all photos must be taken locally. Check out the *"Contest Alert"* page in this issue for the guidelines.

September LSB annual general meeting. September 29, 2026 at 7:00pm at the Nolalu Community Centre. Please plan to attend.

Don't forget the annual Halloween Dance is coming up in October.

Other events in the works are a golf tournament and maybe an auction. Why not come out to the NCC meetings and see what is going on or if you can lend a hand, the smallest hand can make great things happen. Stay tuned to Grassroots for updates on all these interesting happenings.

The Seven Sacred Teachings

To cherish knowledge is to know WISDOM;

To know LOVE is to know peace;

To honor all of the Creation is to have RESPECT;

BRAVERY is to face the foe with integrity;

HONESTY also means "righteousness", be honest first with yourself – in word and action;

HUMILITY is to know yourself as a sacred part of the Creation,

TRUTH is to know all of these things.

The Seven Sacred Teachings, also known as the Teachings of the Seven Grandfathers, is a set of teachings on human conduct towards others. They are what was traditionally and still is to this day needed in order for communities to survive. While we recognize that not all First Nations, Métis and Inuit cultures and histories recognize The Seven Sacred Teachings or the Teachings of the Seven Grandfathers our intention is to be as inclusive as possible.

Indigenous Classroom Teachings in Ontario

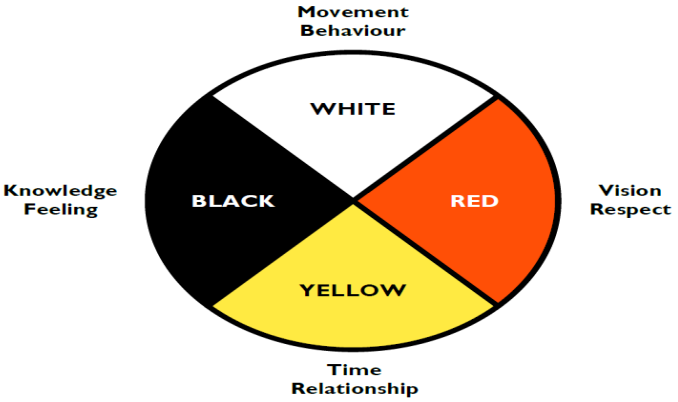
Indigenous teaching in Ontario classrooms is a mandatory, curriculum-wide effort focused on First Nations, Métis, and Inuit histories, residential schools, and connections to the land. Key areas include revised elementary and secondary studies, community-developed resources, and specific teacher training requirements.

Early Grades (1–3): Mandatory learning introduced starting in September 2023 covering family resilience, community roles, and basic land connections.

Middle Grades (4–8): Mandatory social studies, history, and geography units on Indigenous contributions, historical realities, and treaties.

High School (Grades 9–10+): Required Canadian and world studies content, alongside specific school board requirements to study works by Indigenous authors before graduation.

The First Nations, Métis and Inuit Education Association of Ontario (FNMIEAO): Provides vetted, community-consulted lesson plans and digital guides free from harmful stereotypes. Teaching the histories and perspectives of Indigenous peoples is a mandatory part of teacher training certification in the province. Every school board must have a full-time position dedicated to supporting Indigenous education in school boards. Leads work closely with senior board administration, including the superintendent responsible for Indigenous education, school board staff and Indigenous Education Councils. The leads support: improved Indigenous student achievement and well-being enhanced knowledge and awareness about First Nation, Métis and Inuit cultures, histories and perspectives for all students.

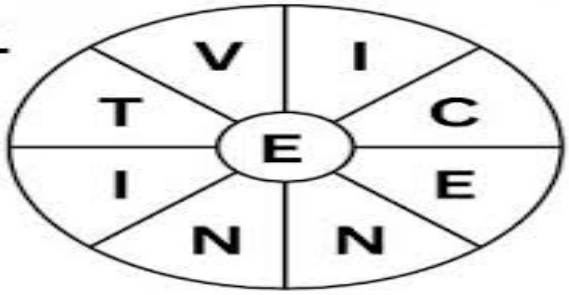


PUZZLES

WORD WHEEL PUZZLES

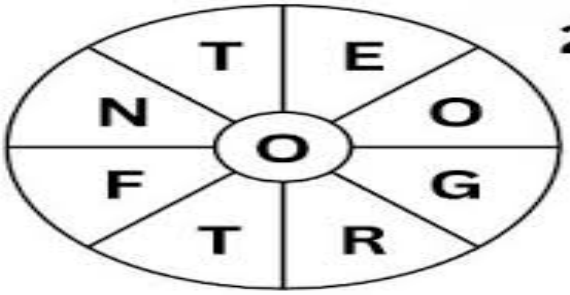
How many words can you make using these letters? All words must include the letter in the center circle.

1



The nine letter word is:

2



The nine letter word is:

JUSTFAMILYFUN.com

MAN BOARD *Man Overboard*	K C U T S *Stuck upside down*	BLOOD WATER *Blood is thicker than water*
DEAL *Big Deal*	egg egg easy *Eggs over easy*	T O W N *Downtown*
B B A A R R *parallel bars*	hahandnd *hand in hand*	IRIEIAIDI *read between the lines*



NOLALU COMMUNITY CENTRE

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

Thursday, September 17, 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

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LOCAL SERVICES BOARD OF NOLALU



Tuesday, September 29 @ 7:00pm

Note date and time change

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).

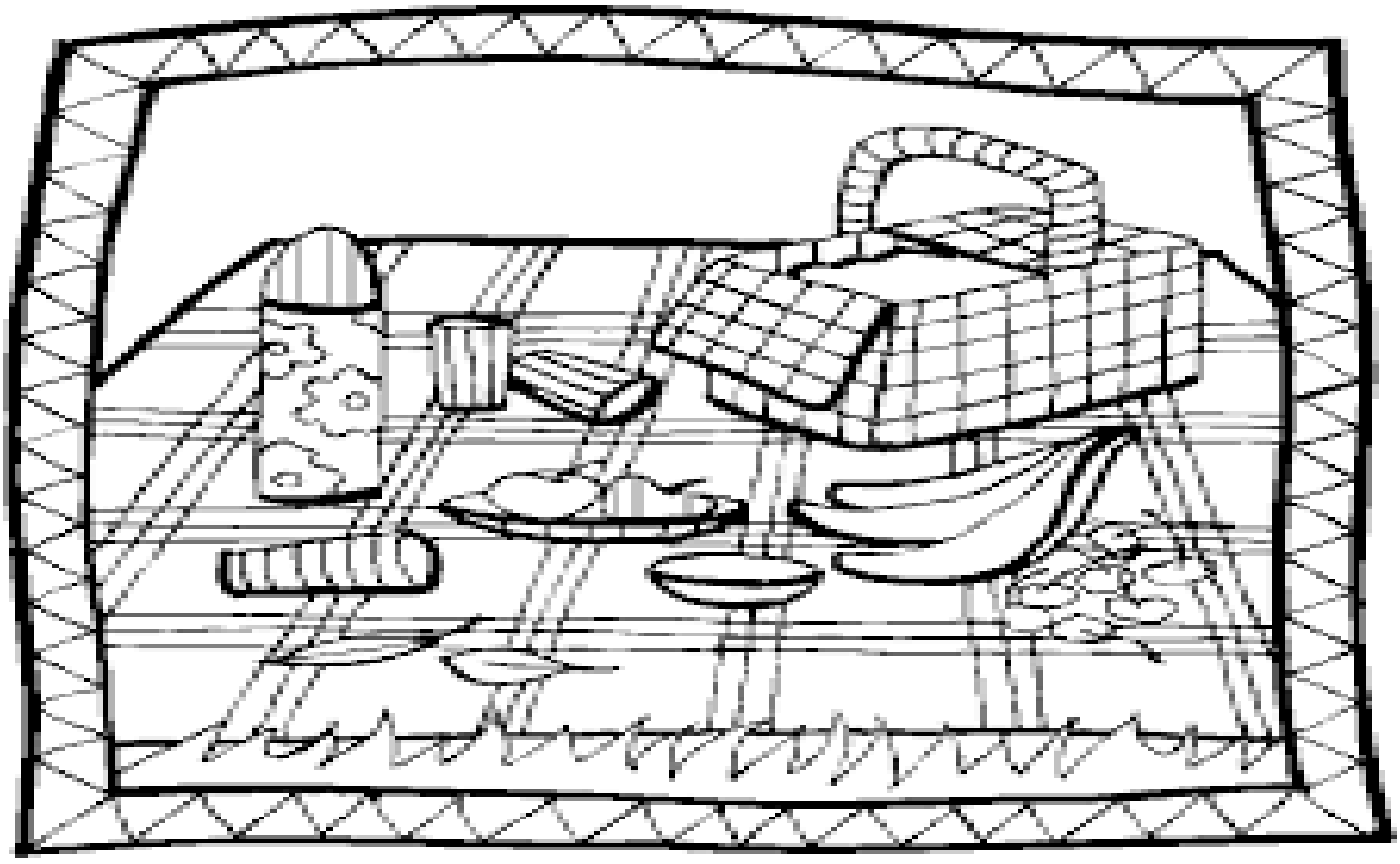
FUN group.

Open All Summer

We have extra equipment if needed.

"From the moment you were born, you became the sun to my planet." ~~Unknown~~

COLOURING PAGE







Thank you to the exercise ladies for helping put chairs up and down off the stage to enable the floor to be stripped and polished, and thanks to Debra, our cleaner, for putting many other items away off the floor.
Now please wipe your feet, everyone!
Angela Woodhouse-Wild

Thank-you to everyone that helped out at the Family Picnic Day. It was so wonderful that everyone stayed to help us clean up. We certainly can't manage to do these projects without the support of the community. It was lots of fun and I hope everyone enjoyed themselves.
Odette & Rob

Canning/Preserving Tips

Common errors in canning are adding unapproved thickeners such as flour, cornstarch, or rice to jars before processing. This blocks heat penetration, which can leave harmful bacteria alive. Add thickeners after opening the jar during preparation for the meal. Using the oven or dishwasher method. The dry heat in an oven or low heat in a dishwasher cannot kill bacterial spores and you risk the possibility of exploding glass. Use a proper boiling water bath or pressure canner. Ignoring headspace guidelines or incorrect space at the top of the jar prevents a proper vacuum seal or causes food to siphon out into the rim. Cooling a pressure canner quickly with cold water cracks jars and breaks seals. Let pressure drop naturally. Leaving screw bands or rings on after canning and when storing your preserves. Keeping metal ring bands tightened during storage can create a false seal and trap moisture to cause rust. If you leave your rings tightened during storage you will also not know if the seal has failed at anytime and your product could be full of bacteria. Remove rings once jars are completely cool.

SEPTEMBER 2026

MON	TUE	WED	THU	FRI
	1 Fly the C.O.O.P Walking Group	2 Mobile Clinic - Upsala Community Centre Footcare 10AM-3:00PM NP available for those without an MD or NP Walk-In Clinic	3 Fly the C.O.O.P Walking Group LifeLabs	4
7 CLINIC CLOSED FOR LABOUR DAY Good Food Box Order Deadline	8 Flythe C.O.O.P Walking Group	9 NP available for those without an MD or NP Walk-In Clinic	10 Flythe C.O.O.P Walking Group LifeLabs	11
14 Chair Yoga @ O'Connor CC	15 Fly the C.O.O.P Walking Group	16 Good Food Box Pickup at KB Clinic Walk-In Clinic	17 Fly the C.O.O.P Walking Group LifeLabs	18
21 Chair Yoga @ O'Connor CC	22 Flythe C.O.O.P Walking Group	23 NP available for those without an MD or NP Walk-In Clinic	24 Flythe C.O.O.P Walking Group LifeLabs	25 Friendship Cafe
28 Chair Yoga @ O'Connor CC	29 Mobile Clinic - Upsala Community Centre (Footcare and primary care 10AM-3:00PM Fly the C.O.O.P Walking Group	30 CLINIC CLOSED FOR TRUTH AND RECONCILIATION DAY		

NorWest Community Health Centres
Centres de santé communautaire NorWest

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

(807) 473-5528

PROGRAM DETAILS
Call KB Clinic Reception for more information

WEDNESDAY WALK-IN CLINIC HOURS 4:30 PM- 7:30 PM

Fly the C.O.O.P Walking Group
Meet at KB Park at 9:45am

Chair Yoga In Person & Virtual
Hosted at O'Connor & Kam Community Centres at 10:00AM

Good Food Box Program
Monthly access to a box of affordable fruit and vegetables. For more information visit www.goodfoodboxtb.org

Friendship Cafe @ Rural 60+ Centre, KB 1:00PM-3:00M
Come socialize and meet new people, make friends and lifelong connections. Snacks and refreshments provided

Follow us!
NorWest Community Health Centres - Kakabeka Falls Clinic
www.norwestchc.org



Canning/Preserving Tips

Always remove air bubbles from your jars before waterbathing or pressure canning the item. When air bubbles are not removed, the air trapped by the food will essentially add to the headspace. Too much headspace can lead to seal failures. Do NOT use metal utensils to do this as it can etch the glass which can lead to jar breakage over time. Use wooden or plastic utensils.

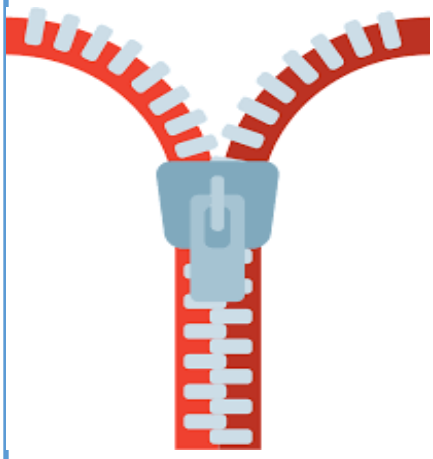


PhD in musicology available for music lessons: guitar (beginner to advanced), piano (beginner), jazz improvisation, music history and theory.



Tutoring also available for history, geography, English (literature, writing, grammar) & French. Professional writer & editor. Piano tuning. Call 807-939-2765.

BARB'S PROFESSIONAL SEWING



ZIPPERS ZIPPERS ZIPPERS

Hems on pants, dresses, curtains and more

Alterations, mending, patching

13 years doing alterations at EVA'S BRIDAL

7 years at THE WHOLE NINE YARDS

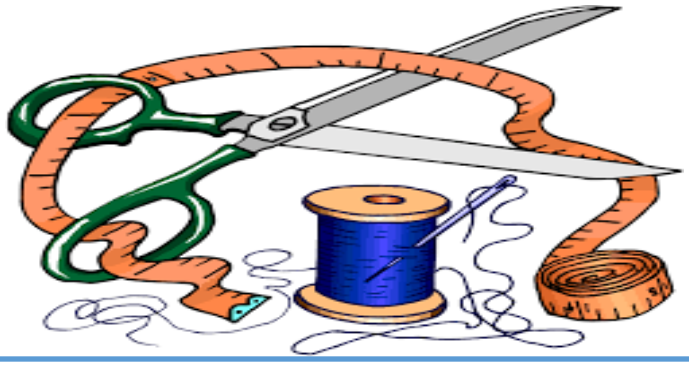
Doing repairs, alterations, wedding parties

QUICK SERVICE

REASONABLE RATES

sewZipZippersKCAT81@gmail.com

807-475-9687



NOLALU COMMUNITY CENTRE: 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 2026

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