NCC NEXT MEETING:

Thursday November 19

@ 7:00pm

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

LSB NEXT MEETING

Tuesday November 24

@7:30pm

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

NEST NEXT MEETING

Thursday November 12

@ 7:00pm

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

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November 2026

Nolalu's GRASSROOTS

Photography Contest 2026

Check out the gorgeous colour photos in the online version of the newsletter on our Facebook page—Nolalu ONLINE GRASSROOTS



First Place Winner

Adult Category:

Jane Baumgartz



First Place Winner

11 to 18 Years Old Category:

Charleigh



First Place Winner

10 Years Old & Under Category:

Ivy

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Email Teresa tepatch@tbaytel.net

Include resumé, and experience.

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- This position is funded through the Direct Funding Program, and you will work directly for the employer.
- INTERESTED?
- Please apply with your resume and a brief description of your experience and availability.
- Contact: Teresa at tepatch@tbaytel.net

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 Board of Directors

Chair	Angela Woodhouse-Wild	807-630-6061 Text Only	807-475-8968
Vice Chair	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442
Secretary	Dawn Scavarelli	dawn_scav@protonmail.com	807-473-1114
Treasurer	Elizabeth Pszczolko	nolalucctreasurer@gmail.com	807-623-6800
Events Coordinator	Melissa Goliboski	goliboskim@gmail.com	807-631-9255

NCC Volunteer Positions

Kitchen Coordinator	Louise Wetering	weteringlouise@gmail.com	
Volunteer Coordinator	VACANT		
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, November 19, 2026
@7:00 pm

ALL NCC meetings are open to the community.

NEST meeting 7:00pm at NCC
Thursday, November 12, 2026

Nolalu Dump WINTER Hours
October 1 — April 30

ADRIAN LAKE

Sundays 12pm - 3pm

HARDWICK

Sundays 4pm - 6pm

Deck the Hall & Cookie Making



November 27, 2026
Nolalu Community Centre
2266 Hwy 588



3:00pm to whenever the cookies are baked

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

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

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Mortgage Specialist
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November 28, 2026



11:00am to 1:00pm

Nolalu Community Centre

2266 Hwy 588, Nolalu

Cost: $5.00



Santa at 12:00pm

Snippets from Lady Lumberjack Dorothea Mitchell at Silver Mountain

"My! That's a long walk for a lady! Maybe someone will be after driving you back?" "No," I replied. "I don't mind distance when the roads are so well packed and I'm wearing moccasins. Mrs. Denny will put me up and I'll trek back tomorrow." Although he looked me straight in the face throughout this brief conversation, I felt a third eye on my gun! People will tell you it is never quite dark when the ground is snow-covered. But on a moonless, starless night, with tall timber on either side of the road, there is mighty little illumination around one's feet. This was demonstrated as, nearing the end of my hike, I came to forked roads. Not being certain which one to take, I had to strike matches to determine the more travelled. Luckily I hit on the right one!...I started home by a different route, bagging 5 or 6 birds on the way. Neighbours who told me, next day, that the "spotter" had set out to meet me (and my gun) Sunday afternoon, exulted in his having missed me. I hope he enjoyed the walk!

WEEKLY GARBAGE COLLECTION
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November gardening: the month of freezing ground, final chores, and settling in for winter

November in Northwestern Ontario is when the garden finally goes quiet. The soil freezes, the last leaves blow across the yard, and the beds shift fully into winter mode. It's a month of finishing touches, winter protection, and turning your attention from outdoor work to indoor planning. It's also the point in the year when the garden stops asking for your time and starts giving you space to rest.

Finish the last outdoor tasks before deep freeze

November doesn't offer many gardening days, so the ones you get matter.
Focus on the essentials:

- **Mulch garlic** and any remaining perennials.
- **Cover raised beds** with leaves or straw to protect soil life.
- **Clean and store tools** so they don't rust over winter.
- **Empty hoses and rain barrels** before they freeze.

Bring in pots that can crack in cold weather.
A little work now saves a lot of frustration in spring.



Protect perennials and shrubs

Cold winds and freeze–thaw cycles can be hard on plants.
Give them a good start to winter:

- Add **extra mulch** around the base of shrubs.
- Use **burlap wraps** on young evergreens to prevent winter burn.
- Water evergreens once more before the ground freezes.

Avoid pruning now; wait until late winter or early spring.
Plants rest better when they're insulated and undisturbed.

Check stored produce

November is when you start to see which vegetables store well and which need attention.
Look over:

- Potatoes
- Carrots
- Beets
- Squash
- Onions
- Apples

Remove anything soft or damaged so it doesn't spoil the rest. A quick check every week keeps your winter food supply in good shape.

Indoor gardening and planning

With the outdoor season done, November is a good time to shift indoors.
Try:

- Growing **herbs** on a sunny windowsill.
- Starting **microgreens** for fresh winter salads.
- Reviewing your garden notes from the year.

Sketching next year's layout while everything is still fresh in your mind.
Planning now makes spring feel closer.

Beginner tips for November success

- **Don't rush pruning.** Most plants prefer to be trimmed in late winter.
- **Use what you have.** Leaves make excellent mulch and soil cover.
- **Store tools dry.** Moisture is the enemy of metal.
- **Check produce often.** One bad squash can ruin a whole box.

Rest. November is the gardener's reset button.

Kathy usually spends November scurrying between the last outdoor chores and a house that's bursting with boxes of squash, buckets of carrots, and jars waiting to be filled. It's the month when the non-stop marathon of winter food preservation begins. The kitchen turns into a steady rhythm of chopping, simmering, freezing, and storing while the garden finally settles under its blanket of snow. If you're trying to get a hold of Kathy in November, she might not get back to you until December.

Recipes from Nolalu Community Cookbook 1975

Christmas Rye Loaf~~Enni Pakka

3 1/2 cups boiling water
2 tsp salt
4 to 5 cups white flour
1/2 cup molasses
1 pkg yeast
4 cups rye flour
1/4 cup warm water

Mix 1 1/2 cups of boiling water with molasses and 1 cup of the rye flour. Beat well. Let stand 30 minutes. Beat in 1 cup of the rye flour and then add another 1 1/2 cups of boiling water and beat well. Cool until the mixture is lukewarm. Stir in the salt. Dissolve the yeast in 1/4 cup warm water and add to the flour mixture. Slowly add the remaining 2 cups of rye flour and the white flour, beating well after each addition. When the dough is stiff let it rest in the bowl for 15 minutes. Turn out again onto a lightly floured board. Divide the dough in half and shape each portion into a ball, rolling it to a peak on one side. Place each loaf, flat side down, on a greased baking sheet. With your thumb, punch the peak down in the loaf, as far as the baking sheet. Let rise again until not quite double in bulk. Bake in a moderate over (375°F) for 45 to 50 minutes, until the loaves sound hollow when tapped with the fingers, glaze the hot loaves with a mixture of molasses and water. Makes 2 loaves.

"There can be no dedication to Canada's future without a knowledge of its past."~~John Diefenbaker~~

AA meeting at the Nolalu Community Centre, 2266 Hwy 588, Nolalu.

On hiatus until the Spring. 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.

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

GRASSROOTS DEADLINE

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

Submit to nolalu.grassroots@gmail.com

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

Online Mutual Respect Policy

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

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



Second Place Winner

10 Years & Under Category:

Georwyn



Second Place Winner

11 to 18 Years Old Category:

Ava



Second Place Winner

Adult Category:

Rachel Audette





Readers Choice Winner—Jason Audette

Second Place Winners—Rachel & Georwyn

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Third Wednesday of Each Month

Next Play Date: Nov. 18, 2026

Nolalu Community Centre

12:00pm to 2:00pm





Come on out and have some fun.

Meet other children and parents in the community.

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

Hope to see you there

Seniors Lunch

(55+ or "close enough")

Next two (2) lunches:

Monday, Nov 16
Monday, Dec 14

$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)



First Place Winner—Jane Baumgartz

O'CONNOR COMMUNITY CLUB

presents

MOVIE NIGHTS



HOPPERS

SATURDAY, NOVEMBER 14TH

6:30 PM

REFRESHMENTS AND SNACKS AVAILABLE

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

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

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

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Sump & Hot Water Help

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Rural Water Done Right



"Patriotism is not dying for one's country, it is living for one's country. Perhaps that is not as romantic but it's better."~~Agnes Macphail~~

Just For Fun – Horoscopes by Grandmama Bear

Aries: March 21 – April 19
The item you are looking for is exactly where you left it. Check there and you will find it.

Taurus: April 20 – May 20
Prospects look good for something new in your life. Just be wary of free gifts.

Gemini: May 21 – June 21
I'm sensing some intense fear of the dark. It is ok—just buy a night light.

Cancer: June 22 – July 22
Your split personality will get the better of you this month. Listen to the little voices not the big ones for the next while.

Leo: July 23 – August 22
Boiling water requires you to turn the kettle on. It is important to remember this when you want tea.

Virgo: August 23 – September 22
Lucky numbers are 5, 36, & 99. Avoid Libra and Aries this month: they are just looking for a fight.

Libra: September 23 – October 22
If you are reading this you are still alive. That's a good sign.

Scorpio: October 23 – November 21
When the clock strikes 12 on November 7th you will either turn into a human or get beamed back to your home planet.

Sagittarius: November 22 – December 21
Grab your teddy bear and go for a hike. The trees miss you and the moon will favour you.

Capricorn: December 22 – January 19
If your big toe aches on the 23rd do not eat anything with peas in it. I would do it for the whole month but I don't like peas.

Aquarius: January 20 – February 18
The spirits have been talking. Not about you, so everything is good.

Pisces: February 19 – March 20
I see a painting in your future, as well as silver. Maybe the kitchen walls are in need of a new coat of paint.



HOMESCHOOL GROUP MEETUP

THURSDAYS, 12-3PM
WE MEET:
WEEKLY- OCTOBER & NOVEMBER,
BI-WEEKLY- DECEMBER, JANUARY, FEBRUARY
WEEKLY- MARCH, APRIL MAY

WE BREAK FOR SUMMER, BUT WE ENCOURAGE FAMILIES TO STAY CONNECTED.

We are a dedicated community of homeschooling families committed to providing a supportive and enriching environment for our children and parents on this homeschooling journey. Our mission is to inspire a lifelong love of learning through an interest-led approach, nurturing critical thinkers who develop resilience, good habits and the confidence to pursue their passions and explore curiosities. Through freedom of expression, meaningful connections and joyful experiences, we aim to create a safe space where children grow, thrive, and build lasting friendships with their peers.

The children bring a packed lunch and enjoy stimulating activities with other homeschoolers!

This is not a playgroup. Serious HOMESCHOOLING Families ONLY please.
Please contact Melissa or Annie if you're interested in more details.

TOGETHER WE GROW



FOR MORE INFORMATION

MELISSA - (807) 631-9255
ANNIE - (807) 630-6479

NOLALU COMMUNITY CENTRE



A very special thank you to all those that donated to the photography contest. It was a huge success and we couldn't have done it without you. Special thanks to the staff at Hopper's Variety for judging the contest this year.

Goliboski Contracting Inc.

Dirty Hands Disposal

Superior Water & Wells

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Dr. Robert Beckford & Gleeson Chiropractic

Stanley Sourdough

Green Acres Variety & Lickety Splitz Snack Shack

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Aunt Sarah's 588 Cafe

Hopper's Variety & St. Urho's Golf Course

The Eddy

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

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Health in a Hurry

This month, I will be focusing on an aspect of mental health that most of us don't think about until we hit our 60s and 70s: brain health. However, I have very recently learned that brain health as older adults is hugely impacted by what we do 20 - 40 years prior to hitting elderhood, so let's get into it.

By 2030, researchers project that nearly 1 million people in Canada will be living with dementia.

It is a sobering statistic, and I want to lead with it as we are learning new things about dementia all the time, but we still have a long way to go.

The first thing I want to mention is that dementia is NOT a normal part of aging. Yes, age-related memory loss does happen to many of us as we age, but dementia is different. Dementia is a progressive loss of memory (both long and short-term), along with mood or behaviour changes, which causes difficulties in thinking that reduces quality of life.

Most of us know that after we eat, our blood sugar goes up in our bloodstream. This is normal and natural. The pancreas then produces insulin to shove that sugar back to where it belongs for use in the body. However, if the amount of sugar overwhelms our body's capabilities, over time, more and more insulin is required to get this blood sugar back, and we can then become "insulin resistant". This pushes our pancreas to its limits,and in many people after decades of overuse, can lead to diabetes type II.

Ok, so how does this impact the brain?

The primary energy source of the brain IS blood sugar (specifically, glucose)! The same thing can happen in the brain, and that is why many doctors are actually calling dementia diabetes type III. So, the better we can control our blood sugar over our lifetimes, the more we can reduce our risk for diabetes and possibly dementia as well.

Let me report another statistic; a very hopeful one:

40% of dementia cases worldwide could be preventable.

A 2020 report of the Lancet Commission found that the 12 following changeable risk factors could account for that 40% risk reduction:

1. **Be physically active each day:** Remember a few articles ago, when I talked about squats to help with insulin sensitivity? Doing 10 squats after each meal can actually help reduce sugar spikes, in both those with or without diabetes, and are a simple way to help our bodies to keep our blood sugars a bit more level.
2. **Protect your heart.** The heart and brain are connected; so keep a close eye on your blood pressure, cholesterol and blood sugar levels!
3. **Stay socially active.** Make and maintain friendships, both new and old.
4. **Manage your medical conditions**. Do not ignore worrying signs, and talk to your health care providers to help you keep your body as healthy as possible.
5. **Challenge your thinking.** Always be open to trying and learning new things. Always wanted to play piano? Wished you could speak Spanish? It is never too late...start learning now!
6. **Get a good night's sleep every night.** As I've mentioned before, the numbers don't matter as much as the fact that you need to be waking up fairly refreshed. Make sleep a priority in your life.
7. **Have depression treated.** Depression is more than just 'feeling down'.
8. **Avoid excessive alcohol intake**. Self-explanatory!
9. **Maintain your hearing.** Get your hearing tested. Wear aids if you need them. Those with untreated hearing loss often lose vital social connections.
10. **Find meaning in life.** Find a purpose to get out of bed each day.
11. **Avoid all types of head injury**. Riding something with wheels? Wear a lid!
12. **Adopt healthy behaviours.** Make healthy food choices, move your body daily and reduce avoidable stress.

Let's make brain health a priority, at all ages.
Dr. A Banerjee

A BIG THANK YOU to Odena Foods for once again hosting our Fall Harvest Food Drive.
A BIG THANK YOU to all that donated their time to volunteer at the Fall Harvest Food Drive as well as the OPP officers that donated their time on Saturday.
A BIG THANK YOU to all who that made a cash or food donation, the generosity of the ODENA customers made the food drive a big success.
A BIG THANK YOU to Sue Gammond for her donation and to all that donated in lieu of gifts for her 80th birthday

Save the Date!
December 5th, 2026
Fill the Cruiser at Odena foods in support of
Rural Cupboard Foodbank

RURAL CUPBOARD FOOD BANK

Neighbours Helping Neighbours

Conmee Municipal Complex
19 Holland Rd, Kakabeka Falls P0T1W0
807-285-0836

We sincerely thank all those that continue to support us.
Your donations enable the food bank to remain open.

Next Food Bank

Wednesday November 18, 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



Recommended Books

Indigo Best Sellers List

The Pirate Queen:A Novel by Ariel Lawhon

Grace O'Malley was born to be at sea. Raised alongside her brother by their father, chief of the name of clan O'Malley, Grace learns early that her dreams of the open water are not compatible with the life she's expected to lead as the daughter of a noble family. And when her father marries her to the wrong man, a neighboring chief named Donhal, Grace's world shifts for the worse. Undaunted, Grace raises a family without abandoning her passion, aiding her hot-tempered husband in his campaigns against rival tribes. Eventually ousted from her husband's land in the wake of his death, Grace returns to her childhood home and begins her career as a pirate in earnest, claiming new territories and finding deeper love, only to see her livelihood threatened by English incursions into Ireland, and her family endangered in an attempt to check her power.

And Every Morning the Way Home Gets Longer and Longer: A Novella by Fredrik Backman

Grandpa and Noah are sitting on a bench in a round square that keeps getting smaller every day. Noah isn't sure how they got there or how to get home. The square is strange but also familiar, full of the stuff that has made up their lives—Grandpa's work desk, the stuffed dragon that Grandpa once gave to Noah, the sweet-smelling hyacinths that Grandma loved to grow in her garden. As they wait together on the bench, they tell jokes and discuss their shared love of mathematics. Grandpa recalls what it was like to fall in love with his wife, what it was like to lose her. She's as real to him now as the first day he met her, but he dreads the day when he won't remember her at all, much less the extraordinarily ordinary life they lived. (Or was it ordinarily extraordinary?) Sometimes Grandpa finds himself sitting on the bench next to Ted, Noah's father. Ted, who never liked math, prefers writing and playing guitar, and has waited his entire life for his father to have time for him, to accept him. But in their love of Noah, they have found a common bond. Grandpa, Grandma, Ted, and Noah all meet here, in this peculiar space that is growing dim and getting more confusing all the time. And here is where they will learn to say goodbye, the scent of hyacinths in the air, nothing to fear. *"When a star fades, it takes a long time for us to realize, as long as it takes for the last of its light to reach earth."*



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:

Monday November 9: "The Looking Glass Wars" by Frank Beddor

Monday December 14: "The Long Walk: The True Story of a Trek to Freedom" by Sławomir Rawicz

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

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



November is CPR Month

- Be Ready
- Get a fully stocked first aid kit for your home, car, and workplace.
- Take accredited First Aid & CPR training. It builds real skills, confidence, and is a lasting asset to our community.
- When we're prepared, we can help each other in times of need. Whether it's a burn, a fall, or cardiac arrest, your quick response can make all the difference.

Carbon Monoxide Awareness Week 2026 November 1- 7

Do you know what the symptoms are for carbon monoxide (CO)?

Headaches, nausea, dizziness, burning eyes, confusion, drowsiness, vomiting and even chest pain. This all sounds similar to the flu, right?

Which is exactly the problem.

Many people will go to bed with these symptoms and just assume that they have the flu. The big difference here is that with carbon monoxide poisoning there is no fever.

If you have fuel burning appliances in your home, make sure to have them inspected annually or after any damage has occurred.

Let us BEAT the silent killer.



Nolalu Emergency Services Team

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

2167 Hwy 588
Nolalu ON P0T 2K0



Home Fire Safety for Seniors

- Seniors who are deaf or hard of hearing should consider purchasing flashing or vibrating smoke alarms.
- Update your home fire escape plans with a senior's current capabilities in mind, and practice with them.
- Cooking fires are the number one cause of fire injuries among older adults. Emphasize that they must never leave cooking food unattended.



ontario.ca/firemarshal



Kakabeka Falls Legion Branch 225

Nov 5	Annual Guy Fawkes Bonfire	5:00pm
Nov 7	Veterans' Drop In	9:00am
Nov 7	Executive Meeting	2:00pm
Nov 7	General Meeting	3:00pm
Nov 8	Breakfast	8:30am to 11:00am
Nov 8	Remembrance Day Service	10:30am
Nov 14	Dance with Quest	7:00pm to 10:00pm
Nov 21	Legion Membership Dinner	5:00pm Symposium
Nov 28	Dance with Quest	7:00pm to 10:00pm
Nov 29	Sunday Music is cancelled	
Nov 30	International Gold Buying	9:00am
Dec 6	Christmas Concert	2:00pm to 4:00pm

Kakabeka Falls and Rural District Branch 225

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

"The Drum beat steady and deeply resonant reaches into the past, present and future: Pulsing with medicines the drum is our heartbeat, a golden glow that always moves beneath the surface of all that takes place. Everywhere there is war, But streaming from the four directions, the sky is filled with legions of thunderbirds young and old sacrificing life to restore peace and love."~~ Anonymous Indigenous Author~~

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	Friendship Café November 27
Disking 1-3	Knitting 10-3	Quilting 10-3	Weaving 10-3	
	Choir 1-2:30	Cribbage 1-3	Knitting 10-3	
			Euchre 1-3	

Due to lack of interest Monday Chair Yoga has been cancelled.

Annual Craft sale and Lottery draw Saturday November 14th from 10am to 1pm.

Tables available for rent at a cost of $15.

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

I would like to thank Rachel Globensky and Melvin Backstrom for their help with the proofreading. It is so nice to have that extra set of eyes to find the typos. I appreciate you taking time out of your very busy lives to help out while you could. Due to the fact that Rachel and Melvin are so busy I am again looking for a proofreader for the Grassroots newletter. If you are good with spelling and grammar and would like to lend a hand at proofreading, I would love to hear from you. You will need access to a computer as I send the Grassroots file via email, in it's pdf version.

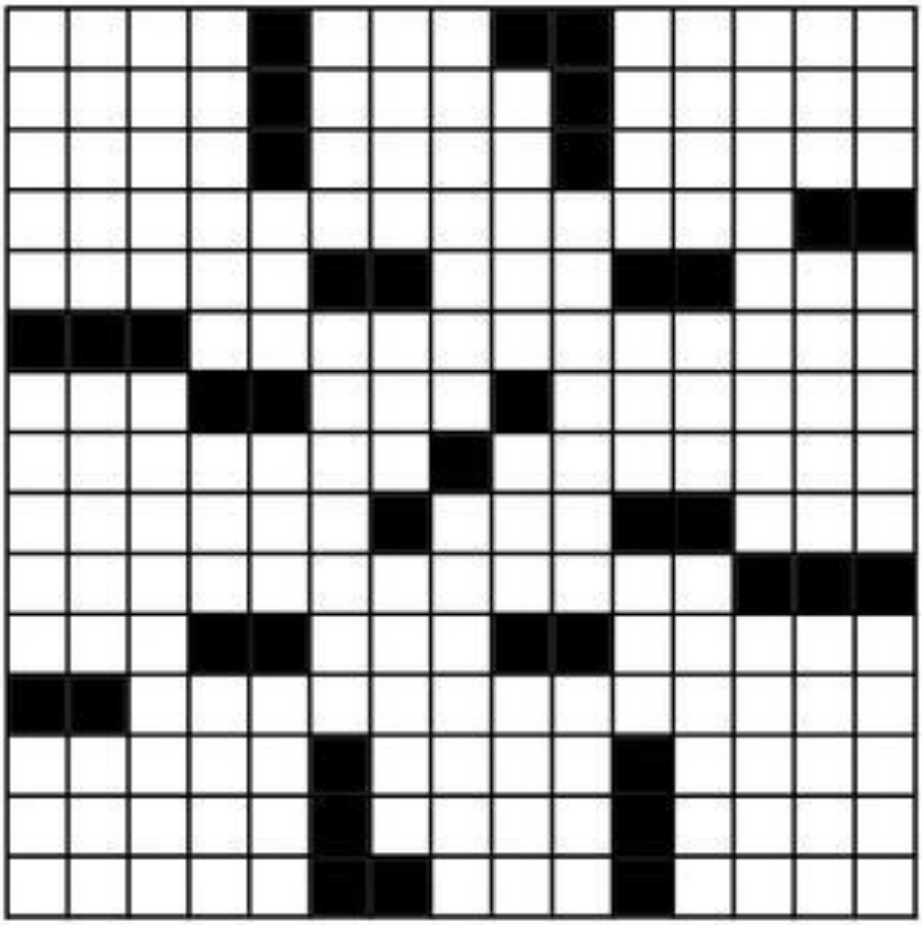
Did you go online and see all the wonderful photos we had submitted for the photography contest? We have such talented people in our area, the photos were all so beautiful and so varied. I would like especially like to thank Hopper's Variety for judging the contest. A time consuming and difficult job to pick between all of the wonderful entries. I am grateful for all the local businesses who donated amazing prizes for everyone. Please be sure to check out the list in the newsletter so that you can stop by their businesses and thank them for supporting local initiatives. Without the support of local businesses we wouldn't be able to run programs like the photo contest or do fundraisers like the fish derby. It is community helping community, so make sure to show your support and appreciation.

This month I have still been busy canning. I got brave and decided to try my hand at meat, and I must say it turned out well. I did a lot of reading and talked to those that have done it before, and I was able to charge forward and do a variety of canning. First I tried raw packed chicken, and I was pleasantly surprised at how well it turned out. So that led me to try stewing beef and a couple of roasts, with good results as well. My next challenge was cooked meats. So we cooked up a turkey, packed it in broth, and it was a success too. The one thing that was nice was we were able to can all the little bits you get when you clean off a turkey, so no waste at all. Then we tried just the broth, which did well except we had a jar crack in the canner. Now that was a clean up, but all the other jars were fine. I also did ground beef (hamburger), which you had to cook first until 75 to 100% done, then pack in broth. I was a little worried about this one as we eat a lot of ground beef and I didn't want to waste it. Well, to be honest, I was worried about all the meats as they are so expensive these days I didn't want to waste anything, but it all turned out great. Now I am just wiping off the jars and labeling them all. So my adventures in canning are growing and I'm getting braver with the pressure canner. The bonus is the weather has been cooperating as we do the pressure canning outside. I have a glass top stove so it won't hold the weight of the pressure canner nor will it keep a steady heat, so we do the canning outside on a burner. I'm hoping to get one last batch in of carrots before it gets too cold to can outside.

I went to the renaissance faire at Hymers, and saw all the wonderful booths, and people dressed in their period outfits, and jousting and hawking. It was a fun afternoon. I took a social media break for a couple weeks and that was wonderful. I found it was just getting too negative and people were airing their dirty laundry and so many were willing to jump in and stir the pot. There is enough negativity in the world that I don't need to subject myself to it on a regular basis. Sometimes its just good to turn off and feed your soul in other ways. Remember to take care of yourself.

Odette

Crossword Fill In #01



3 LETTER WORDS
AIR
ALA
CAM
DAL
DOS
EAT
EST
ETA
ETC
FRO
GET
HOE
MAO
ODD
OUR
RES
REV
SLY
SPA
TIS
TNT
YAK

4 LETTER WORDS
A LOT
AGOG
COAX
CREE
EPOS
EVER
FIRM
GALA
IONS
NAGA
NAPE
OLLA
OPAH
REST
ROUÉ
RUSH
SAYS
VINO

5 LETTER WORDS
ADYTA
ANTSY
ARÊTE
CREEK
DAVIT
ENACT
ENEMA
EPOXY
ITALY
OVERS
PIXEL
PULSE
SET ON
SHALE
SOBER
TAIGA
TESTA
TEXAS
VAPID
VIOLA

6 LETTER WORDS
ATRIAL
LIAISE
NARCOS
RESETS

7 LETTER WORDS
EHRLICH
GAROTTE
NEUTERS
ONSTAGE
PAHLAVI
RUMMAGE

9 LETTER WORDS
EXTREMITY
TURNTABLE

12 LETTER WORDS
CONSTITUTION
SLEDGEHAMMER

13 LETTER WORDS
ARCHIMANDRITE
MIXED METAPHOR

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Upcoming Events at the NCC

Deck the Hall and cookie baking November 27, 2026

Breakfast with Santa on November 28, 2026.

We hope to have another Valentines Dance in February. So keep looking for details to follow.

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. Next meeting is November 19 at 7pm.

Stay tuned!

NorWest Community Health Centres
Centres de santé communautaire NorWest

4785 ON-11 UNIT B, KAKABEKA FALLS, ON P0T 1W0
(807) 473-5528

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

Fly the C.O.O.P Indoor Walking Group
Kakabeka Legion @ 10 am

Chair Yoga In Person & Virtual
Hosted at O'Connor, Kam @ 10am.

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

Friendship Cafe
Rural 60+ 1-3pm
Theme: Oliver Paipoonge History
Quiz with Peter Kelos

Follow us!
NorWest Community Health Centres - Kakabeka Falls Clinic

www.norwestchc.org

NOVEMBER 2026

MON	TUE	WED	THU	FRI
2	3	4 Walk-In Clinic 4:30pm - 7:30pm	5 LifeLabs	6
9 Chair Yoga @ Kam & O'Connor CC Good Food Box Order Deadline	10 Fly the C.O.O.P Indoor Walking Group	11 CLOSED FOR REMEMBRANCE DAY	12 LifeLabs	13
16 Chair Yoga @ Kam & O'Connor CC	17 Fly the C.O.O.P Indoor Walking Group	18 Good Food Box Pickup at KB Clinic Walk-In Clinic 4:30pm - 7:30pm	19 Fly the C.O.O.P Indoor Walking Group LifeLabs	20
23 Chair Yoga @ Kam & O'Connor CC	24 Fly the C.O.O.P Indoor Walking Group	25 Mobile Clinic - Upsala Walk-In Clinic 4:30pm - 7:30pm	26 Fly the C.O.O.P Indoor Walking Group LifeLabs	27 Friendship Cafe Theme - Oliver Paipoonge History
30 Chair Yoga @ Kam & O'Connor CC				

Grounding

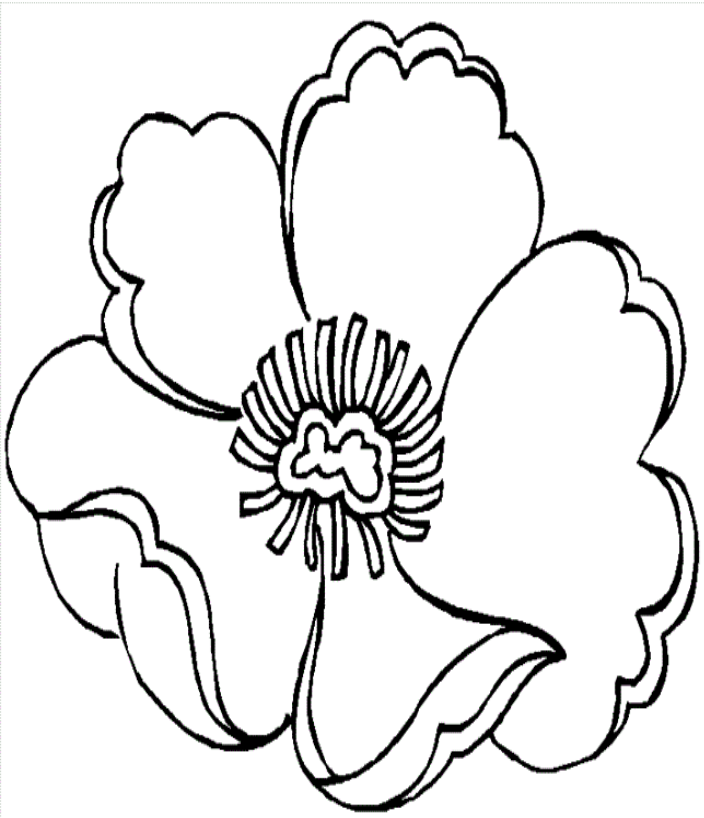
Grounding is a practice or technique that connects you either to the Earth's natural electrical charge or back to the present moment. It is also sometimes called earthing. Depending on the context, grounding refers to two main concepts:

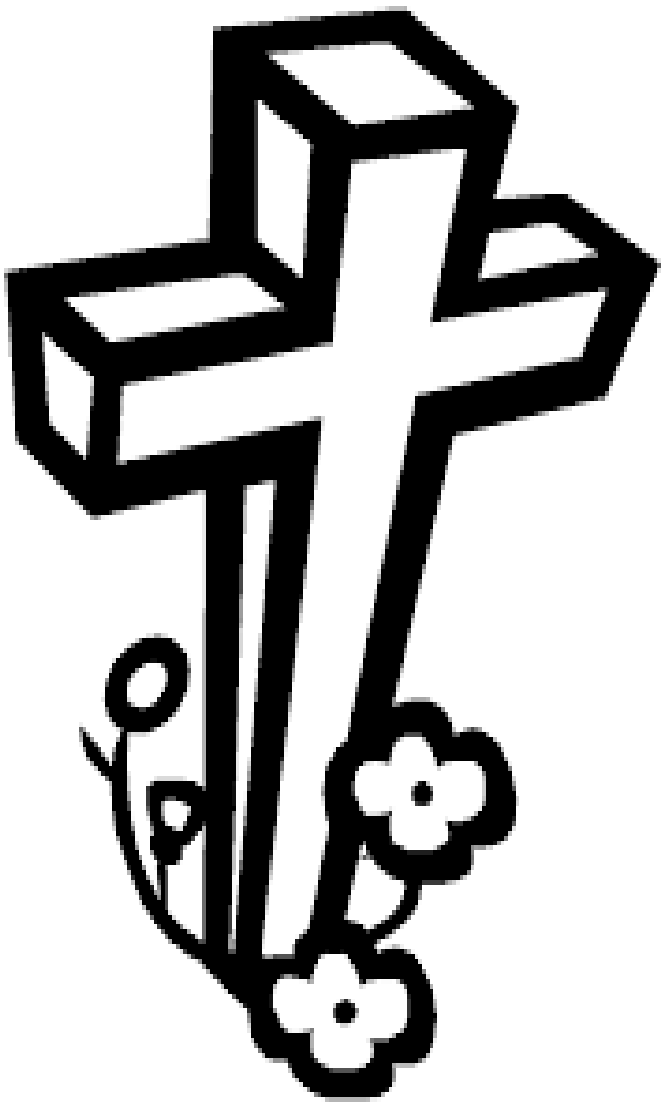
Many believe that the Earth holds a negative electrical charge and that touching it transfers free electrons into the body to help neutralize positive charges. This is done by walking barefoot outside on grass, sand, or soil. This can also be done with natural products on your feet, such as deerskin moccasins. Instead of walking barefoot, you may also lie on the ground, allowing your skin to come in direct contact with it. You can do this in the grass by the park or on the sand at the beach. Swimming in natural bodies of water, or using indoor alternatives like grounding mats and earthing sheets are other ways to receive these electrons. I have tried a grounding sheet and have not found any benefit to it. I guess it all depends on the manufacturer. I do walk outside barefoot though and find that most beneficial. At the campfire we all take our shoes off and rest our feet upon the earth for a relaxing, calming vibration.

Advocates of this kind of grounding claim it reduces inflammation, eases stress, and improves sleep, though large-scale medical proof remains is limited as yet. Researchers have observed changes in average heart rate, average respiratory rate, and other biomarkers. These changes pointed toward a potential relaxing effect of grounding on the body.

The other concept of grounding is a mental health strategy used to calm anxiety, panic, or overwhelming stress by refocusing your attention on the present moment. It works by pulling your mind away from intrusive thoughts and back into your physical body. The 5-4-3-2-1 technique engages your senses: naming 5 things you see, 4 things you can touch, 3 things you hear, 2 things you smell, and 1 thing you taste. Other methods include holding an ice cube or planting both feet flat on the floor. These techniques signal your brain that you are safe right now, shifting you away from the fight-or-flight response. They pull your focus away from racing or distressing thoughts and back into your physical body and immediate surroundings.

COLOURING PAGE





Lest We

Forget

www.coloringpages101.com



Third Place Winner

10 & Under Category:

Nahanni





Third Place Winner

11 to 18 Year Old Category:

Jacob

Third Place Winner

Adult Category:

Jason McRury





NOLALU COMMUNITY CENTRE

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

Thursday, November 19, 2026

7:00pm

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

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LOCAL SERVICES BOARD OF NOLALU



Tuesday, November 24, @ 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.

Open All Summer

We have extra equipment if needed.

"Too much of a good thing can be wonderful!"~~Mae West~~

Thank You

Thank you to Andrew Piilo for hauling gravel to the NCC parking lot, filling in all the potholes, and donating his services to support the rink fund. Thanks to Bob Katajamaki for donating the gravel.

The kitchen cooler has been causing us grief, so big thanks to Joe Pascuzzo for working on it to provide cold beer for the Halloween dance! Thanks to Magic Ken for sending Joe our way.

Another big thank you to Rob Ranttalo, who is repairing the NCC roof, hopefully avoiding all future leakage problems.

It was good to see a fine turnout at the NCC Annual General Meeting to show interest in the community centre. I also appreciated help from Shirley Legros, Debra Hitz and Mary Ellen Scott to help the Board meeting and AGM run smoothly.

Finally, congratulations to Odette Houle, Dawn Scavarelli and Melissa Goliboski on their acclamation to the NCC Board for a two year term. Louise Wetering and Jackie Patterson have also volunteered to take on important positions managing the kitchen and looking after social media. With the capable support of Liz Pszczolko as Treasurer, we have a responsible and energetic Board to run the Nolalu Community Centre for the foreseeable future!

We are in good hands.

Angela Woodhouse-Wild

"I wonder if the snow loves the trees and fields, that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says, "Go to sleep, darlings, till the summer comes again."~~Lewis Carroll~~

"Nature didn't need an operation to be beautiful. It just was."~~Scott Westerfeld ~~



November Events

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

Cornhole
Every Tuesday
7pm
$5 per person
All skill levels welcome.
No partner needed.

Ping Pong
Every Monday
2-4pm
To register email
gboeckermann55@gmail.com
or 807-628-9345

November 14th & 15th
Book Swap
1000s of books
Free! Donations welcome

Save The Date
December 6th-
Christmas Tea

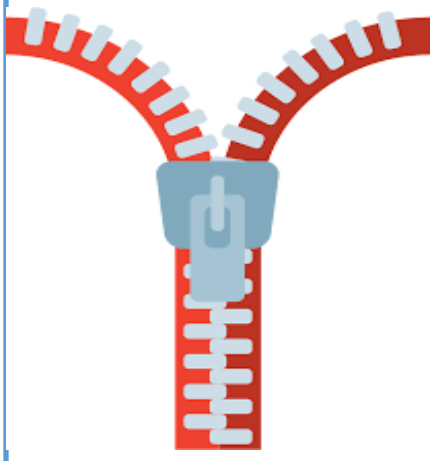
November 7th
Live Music Coffee House
$12
7-9pm
Live music, coffee and treats
with talented local artists.

November 28th
Christmas Market
11am-2pm
Local crafts & homemade goods
Bake Sale Fundraiser

November 29th
Milk & Cookies with Santa
2-4pm
$5per child
Milk, cookies, crafts and special gifts

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!

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

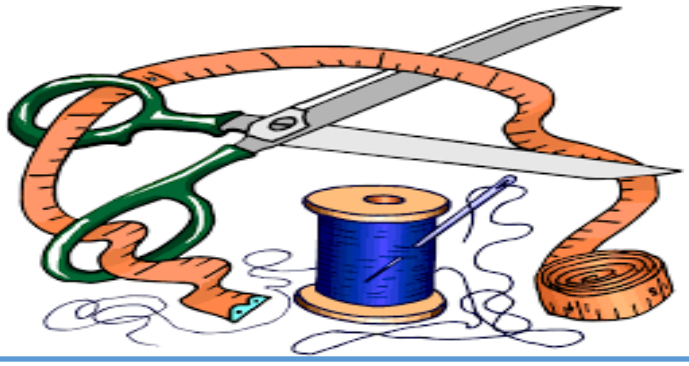
Doing repairs, alterations, wedding parties

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 November 2026

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