

**NCC NEXT MEETING:**

Thursday October 16  
@7:00pm

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

**LSB NEXT MEETING**

Tuesday October 28  
@7:30pm

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

**NEST NEXT MEETING**

Thursday October 9  
@7:00pm

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

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**October 2025**

**Nolalu's**

# **GRASSROOTS**

## **Halloween Dance**

**November 1, 2025**

**7:30pm to 1:00am**

**Nolalu Community Centre**

**2266 Hwy. 588, Nolalu**

**\$5.00 at the door. Bracelets in  
use.**

**Must be 19+ years. Bring ID if  
under 35.**

**Plan ahead for a DD.  
DD get free non-alcoholic  
refreshments.**

**Snacks for purchase.**

**Costume Contest**



***Catherine and Terry Niemi***

***51 Delints Road, Nolalu***

***768-5357 or 633-2949***

***terry@therustybucket.org***

***Proudly Servicing our Rural Area with Quality Workmanship and Service at a Fair Price!***

***Parts, Service and Repairs of small engines – including Champion  
Power Equipment and Yard Works***

***Tire Repairs – 6-17” rims***

***Quality work on utility, horse, and stock trailers.***

***Mobile Welding Services***

***Rough Lumber Sales - Onsite inventory and Custom Orders***

***Live Edge Pieces 1-3 inches thick and a variety of widths***

***Dry 8’ Firewood Slabs sold by the truckload***

***Dry Stove Length Slabs sold by the truckload***

***Rustic Fence Slabs sold by the truckload***

***Cedar Fence Posts – peeled and ready 8’ length with 3-6” tops***

***Tractor Services – brush hogging, fence post holes, wood***

## 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

|                              |                       |                             |                         |
|------------------------------|-----------------------|-----------------------------|-------------------------|
| <b>Chair</b>                 | Angela Woodhouse-Wild | 807-630-6061 Text Only      | 807-475-8968            |
| <b>Vice Chair</b>            | Odette Houle          | nolalu.grassroots@gmail.com | 807-630-9442            |
| <b>Secretary</b>             | VACANT                |                             |                         |
| <b>Treasurer</b>             | Elizabeth Pszczolko   | nolalucctreasurer@gmail.com | 807-623-6800            |
| <b>Events Coordinator</b>    | Emma Allgood          | tritree@outlook.com         | Text to<br>519-410-8733 |
| <b>Kitchen Coordinator</b>   | VACANT                |                             |                         |
| <b>Volunteer Coordinator</b> | VACANT                |                             |                         |
| <b>Media Coordinator</b>     | Kathy McGowan         | Via Facebook                |                         |
| <b>Grassroots Editor</b>     | Odette Houle          | nolalu.grassroots@gmail.com | 807-630-9442            |

### ***NEXT NCC MEETING:***

***Thursday October 16, 2025***

***@ 7:00pm***

***Annual General Meeting & Elections***

ALL NCC meetings are open  
to the community.

***NEST*** meeting 7:00 pm at NCC

Thursday October 9, 2025

### **Nolalu Dump WINTER Hours**

**October 1 — April 30**

#### **ADRIAN LAKE**

Sundays 12pm - 3pm

#### **HARDWICK**

Sundays 4pm - 6pm



# HOPPER'S VARIETY

The Everything Store  
Open 7 days a week  
7:00 am to 9:00 pm



- LCBO CONVENIENCE OUTLET
- BOTTLE RETURN DEPOT
- LAUNDROMAT
- GASOLINE & DIESEL
- LUNCH & DESSERT ITEMS
- GROCERIES
- AUTOMOTIVE ITEMS
- HARDWARE ITEMS
- LOTTERY TICKETS
- CANADA POST

Come by  
October 31st  
for Hallowe'en  
treats!!

## CALL TO BOOK YOUR APPOINTMENT

### HOPPER'S AUTOMOTIVE

- AUTOMOTIVE REPAIRS
- TIRE REPAIRS

*Book in your  
Winter Tire  
Changeover!!*

### HOPPER'S CONTRACTING

- SAND & GRAVEL
- CONSTRUCTION/FLOATING

**\*\*FREE QUOTES\*\***

Senior Discount on Shop Labour for Age 55+



**807-475-8804 OR 807-475-8814**

# ST. URH'S GOLF COURSE & DRIVING RANGE

2160 Highway 588, Nolalu

**Open Sunrise to Sunset Daily**

**9-Hole**

**Par 36**

**Practice Green**

**Golf Carts Available**

Restaurant  
Available.  
Hours vary,  
please call ahead.



**WEATHER PERMITTING**

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

(Seasonal Position for 2026)

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

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

# ELECTION



## **Annual General Meeting**

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

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

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

Be sure to attend this annual general meeting and have your voice heard. Find out what has happened this past year. Bring your ideas for fundraising, events you would like to see happen at the centre, or any concerns you may have. It is an opportunity to let us know what you like or don't like with happenings at the centre. We would love to see everyone attend this meeting. We'll even put the coffee pot on for you. Light refreshments provided.

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

## **Third Wednesday of Each Month**

**Next Play Date: Oct. 15, 2025**

**Nolalu Community Centre**

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



Come on out and have some fun.

Meet other children and parents in the community.



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

Hope to see you there



# See Clearly

QHHT PAST LIFE REGRESSION

**Why am I here, what's my purpose? Why does this always happen to me? Why am I so anxious or depressed? Why am I always sick? Why am I going through this? Why me? What if you could receive loving answers to those questions you've always had? The answers you truly deserve are within you. Allow me help you find them.**

**Cathy See - Level 2 QHHT Practitioner (Quantum Hypnosis Healing Technique) as taught by Dolores Cannon.**

**For more information or to book a session, please Call 807-628-9535 or e-mail [seeclearlyqhht@yahoo.com](mailto:seeclearlyqhht@yahoo.com) More information also available at <http://seeclearlyqhht.com> or <https://www.qhhtofficial.com>**

Just a reminder that the Grassroots is available for pick up at the following locations:

Hoppers Variety Store

Green Acres Variety Store

Suomi Variety Store

Evergreen Pharmacy, Kakabeka

Rural 60 Plus, Kakabeka

**GRASSROOTS**

**FOR SALE—\$50.00**

Vintage Sewing Machine with  
cabinet and chair

Good working condition

Contact Brenda at

807-475-3567



Avista Realty Group Ltd.  
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Salesperson  
(807) 626-3860 CELL

[www.avistarealty.ca](http://www.avistarealty.ca)

## **From the Nolalu Community Cookbook 1975**

### *Overnight Rolls~~Grace Connolly*

Start at 5 or 6pm

|                       |                     |                         |             |
|-----------------------|---------------------|-------------------------|-------------|
| 3/4 cup melted butter | 3/4 cup white sugar | 2 eggs                  | 1 pkg yeast |
| 4 cups lukewarm water | 1 tbsp salt         | 12 to 12 1/2 cups flour |             |

Put yeast to rise in 1 cup lukewarm water (extra) with 2 tsp sugar. Let stand 10 minutes. Beat well with mixer—eggs, sugar, shortening, and salt. Add water. Fold in yeast mixture. Add flour to a smooth paste. Add rest. Grease bowl and let rise 2 hours. Punch down. Let rise 1 1/2 hours more. Shape into rolls and place in greased pans. Cover till morning. Bake 20 to 30 minutes at 350°F. Makes 5 dozen rolls.

### *Chelsea Buns~~Loreen Ranger*

|                   |                                |                        |            |
|-------------------|--------------------------------|------------------------|------------|
| 6 cups flour      | 2 pkg yeast                    | 2 1/4 cups warm water  | 2 tsp salt |
| 2 eggs beaten     | 4 tbsp soft shortening         | 4 cups brown sugar     |            |
| 2 tsp cinnamon    | 1 cup melted butter            | 1 1/3 cup chopped nuts |            |
| 1 1/2 cup raisins | 20 marashino cherries, chopped |                        |            |

Soften yeast in 1 cup warm water with 2 tsp sugar for 10 minutes. To remaining 1 1/4 cup water, add sugar, salt, shortening, and beaten eggs. Add yeast. Stir in flour to make a soft dough. Knead on greased board till smooth. Place in greased bowl. Cover. Let rise till double in bulk. Punch down. Cut in four. Cover and let rest for 15 minutes. Grease pans. Combine 2/3 cup sugar and nuts and spread on pans. Dot with cherry slices. Roll dough in four rectangles 3/8 inch thick. Brush with butter (1/3 cup). Sprinkle with remaining sugar (2 cups), cinnamon, and raisins. Roll like a jelly roll. Slice 1 inch thick and put in pans. Let rise double. Bake at 375°F, 30 to 40 minutes. Turn upside down on plate. Remove pan after 10 minutes.

### *99 Year Salad~~June Hansen*

Mix together,

|                                   |                           |                        |
|-----------------------------------|---------------------------|------------------------|
| 2 qts cabbage, shredded           | 2 green peppers, shredded | 4 med. onions shredded |
| 1 red pepper or pimento, shredded |                           |                        |

Put into crock or gallon bottles and put on the following dressing;

|                |                 |                   |                 |
|----------------|-----------------|-------------------|-----------------|
| 1 pint vinegar | 2 1/2 cup sugar | 1 tsp celery seed | 1/2 tsp tumeric |
|----------------|-----------------|-------------------|-----------------|

Bring dressing to a boil and pour over cabbage mixture. Let stand at least 12 hours before serving. May be kept indefinitely in fridge.

### *Baked Cauliflower & Sauce~~Shirley Nummikoski*

Boil cauliflower in salted water for 10 minutes. Put in a baking dish. Put on sauce which has been mixed together; 1/2 cup salad dressing, 2 tsp prepared mustard, salt & pepper. Sprinkle on top a 1/2 cup grated cheese. Bake at 350°F until slightly browned.

### *Hints*

Onions: Dip an onion for a moment in boiling water, and then begin peeling at the root, and peel upward. Fewer tears

To freshen old or wilted vegetables soak in very cold water for two to three hours before cooking.

Leftover Bread: Brown leftover pieces of stale bread in the oven and dry thoroughly. Then roll or grind fine and add seasonings such as paprika, salt, pepper, and seasoned salt. Store in a tightly covered jar. Use for baked chicken, meat, or fish.



4785 Highway 11/17 Unit C, Kakabeka Falls ON P0T 1W0

## *Nolalu, We're Hiring!*

At Rapport Credit Union, we believe in the power of local.  
That's why we're looking for passionate people to help us grow — together.

Working with us means more than just a job. It's a chance to be part of a workplace that values collaboration, respect, and purpose. We're proud to be a credit union that puts people first — not just our members, but our team too.

We invest in our employees with competitive pay, meaningful benefits, and opportunities to grow. And because we're rooted in the community, your work directly contributes to helping families, small businesses, and neighbours thrive.

If you're ready to make a difference close to home, we'd love to meet you.

## *Apply Today! →*



**1-866-500-9328**

**[myWFCU.ca/Careers](https://myWFCU.ca/Careers)**

### ***Recommended Books - Banned Books from TBPL***

Countless books are banned across the world every year for various reasons. Here are a couple.

#### ***The Kite Runner by Khaled Hosseini***

An epic tale of fathers and sons, of their friendship and betrayal, that takes us from Afghanistan in the final days of the monarchy to the atrocities of the present. The unforgettable, heartbreaking story of the unlikely friendship between a wealthy boy and the son of his father's servant, *The Kite Runner* is a beautifully crafted novel set in a country that is in the process of being destroyed. It is about the power of reading, the price of betrayal, and the possibility of redemption, and it is also about the power of fathers over sons—their love, their sacrifices, their lies.

#### ***Extremely Loud & Incredibly Close by Jonathan Safran Foer***

Meet Oskar Schell, an inventor, Francophile, tambourine player, Shakespearean actor, jeweler, pacifist, correspondent with Stephen Hawking and Ringo Starr. He is nine years old. And he is on an urgent, secret search through the five boroughs of New York. His mission is to find the lock that fits a mysterious key belonging to his father, who died in the World Trade Center on 9/11. An inspired innocent, Oskar is alternately endearing, exasperating, and hilarious as he careens from Central Park to Coney Island to Harlem on his search. Along the way he is always dreaming up inventions to keep those he loves safe from harm. What about a birdseed shirt to let you fly away? What if you could actually hear everyone's heartbeat? His goal is hopeful, but the past speaks a loud warning in stories of those who've lost loved ones before. As Oskar roams New York, he encounters a motley assortment of humanity who are all survivors in their own way. He befriends a 103-year-old war reporter, a tour guide who never leaves the Empire State Building, and lovers enraptured or scorned. Ultimately, Oskar ends his journey where it began, at his father's grave. But now he is accompanied by the silent stranger who has been renting the spare room of his grandmother's apartment. They are there to dig up his father's empty coffin.



RURAL READERS

BOOK CLUB

### **Rural Readers Book Club**

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

Meet in person, the first Monday of the month

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

Next meeting is Monday Oct. 6th.

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

October Read: "In Search of April Raintree" by Beatrice Culleton

**\*\*contains potentially triggering content; a version excluding this content is available\*\***

Join online:

[www.facebook.com/groups/ruralreadersbookclub](https://www.facebook.com/groups/ruralreadersbookclub)

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

# A Spooktacular Halloween Walk-through!

230 CRONK ROAD O'CONNOR TOWNSHIP

**THE SCARE ON CRONK**

**OCTOBER**  
9-12 16-19 22-31  
**6:30 PM - 9:30 PM**

**DONATIONS GREATLY APPRECIATED**  
**NO FRIGHT NIGHT 22ND**  
**(FAMILY NIGHT NO ACTORS)**  
230 CRONK ROAD O'CONNOR TOWNSHIP

Find us on Facebook @TheScareOnCronk

If you would like to volunteer at this great event just message us on Facebook. High schoolers are also welcome and this will count towards your community hours. So you can have fun and volunteer at the same time.

## WANTED: NEW SIGN FOR THE NCC



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

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

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

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



### NCC General Maintenance 2025/2026

The annual call for tenders for the NCC is due. The NCC is looking for a general labourer. Tasks would include coordination with contractors and doing some indoor and outdoor work based on your skill set. Bid price should be an hourly rate. Other fees may be negotiated. Submit bids to [nolalu.grassroots@gmail.com](mailto:nolalu.grassroots@gmail.com) by October 31, 2025

### NCC Custodian 2025

The annual call for tenders for the NCC is due. The NCC is looking for bids for custodial work. The individual would be responsible for ensuring that the Centre is cleaned after events. Bid price should be an hourly rate. Other fees may be negotiated. Submit bids to [nolalu.grassroots@gmail.com](mailto:nolalu.grassroots@gmail.com) by October 31, 2025.



The annual call for tenders for the NCC is due. The NCC is looking for bids for winter yard maintenance.

This would include keeping the parking lot cleared and shoveling walkways to main doors.

Bid price should be per visit. Sand and salt not needed.

Submit bids to [nolalu.grassroots@gmail.com](mailto:nolalu.grassroots@gmail.com) by October 31/25.



## Yoga Wednesdays

All levels Hatha

October 8 to December 17

### Dynamic Morning Flow 9:30 am – 10:30 am

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

### Soft Evening Sequence 7:00 pm – 8:00 pm

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



Nolalu Community Centre  
2266 Hwy. 588

Contact Marisa: wildblueyoga@gmail.com

## Calling All Volunteers!



Do you love the Nolalu Halloween dance and want to be more involved?

Join our Halloween dance committee

Contact [tritree@outlook.com](mailto:tritree@outlook.com) with heading "NCC Halloween Dance"



## **NEW DAY FOR NCC MEETINGS**

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



**Canadian Union of Postal Workers** has declined delivery of all local newsletters until further notice as part of their strike negotiations.

## **GRASSROOTS DEADLINE**

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

Submit to [nolalu.grassroots@gmail.com](mailto:nolalu.grassroots@gmail.com)

If you are unable to make the deadline we will be happy to accommodate your information on our two Facebook pages.

## **Online Mutual Respect Policy**

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

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

# **Autism Awareness Month**

Various Internet Sources and Autism Canada

Autism, also known as autism spectrum disorder (ASD), is a condition characterized by differences or difficulties in social communication and interaction, a need or strong preference for predictability and routine, sensory processing differences, focused interests, and repetitive behaviors. Over the years, many researchers have worked on identifying factors that may cause autism, and finding ways to prevent or cure it. The consensus at this point is that autism is a neurodevelopmental disorder that impacts brain development. The result is that most individuals experience communication problems, difficulty with social interactions and a tendency to repeat specific patterns of behaviour. They may also have a markedly restricted range of activities and interests. It is not a disease that can be cured. The potential causes are still poorly understood. The objective, when helping people on the autism spectrum, should be to treat issues and to increase their quality of life and happiness.

Autism Spectrum Disorder is typically accompanied by co-occurring medical conditions such as epilepsy, sleep disorders, gastrointestinal (gut) abnormalities and immune dysregulation. Mental health issues such as anxiety and depression are common. Any of these conditions may severely impact an individual's quality of life. The term "spectrum" refers to a range of severity or of developmental impairment. Autism spectrum disorder (ASD) also encompasses conditions which previously had their own entries: Asperger's Syndrome (AS, Asperger's, Asperger's Disorder, AD), Autistic disorder (AD, autism, classic autism), Childhood disintegrative disorder (CDD, Heller's syndrome, disintegrative psychosis), Pervasive developmental disorder – not otherwise specified (PDD-NOS). Children and adults with ASDs may have particular characteristics in common but the condition covers a wide spectrum, with individual differences in the following: number and particular kinds of symptoms, mild to severe symptoms, age of onset, levels of functioning, and challenges with social interactions.

Individuals on the autism spectrum tend to have varying degrees and combinations of symptoms and therefore, treatment must be specific to the individual. It is also important to keep in mind that children, teens and adults with autism vary widely in their needs, skills and abilities. There is no standard "type" or "typical" person with an Autism Spectrum Disorder. According to the National ASDSS 2018 report, Autism Prevalence among Children and Youth in Canada is an estimated 1 in 54 children and youth between 5 and 17 years of age.

Attention has recently shifted away from a focus that was almost exclusively on early diagnosis and interventions in young children on the spectrum. Autism is a lifelong condition. Society needs to recognize that adults on the spectrum deserve appropriate medical care, social support, educational accommodations, employment opportunities and housing.

Looking at different cultures and time periods with today's nomenclature, we can identify the same neurological differences and traits that form what we now call autism throughout human history. Autism itself is definitely not a new phenomenon, but the way it is defined is in constant evolution. Researchers have realized, for example, that many people slip between the cracks of traditional tests because of their culture, their gender, their ability level, or their social environment.

For more information and resources, or to donate or volunteer, contact Autism Canada at [www.autismcanada.org](http://www.autismcanada.org)

On this site you will find screening tools, literacy programs, regular newsletter, contact information for family support, funding, and so much more.

## KB RURAL AREA STITCH & CRAFT GROUP

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

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

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

Updates can be found on the Facebook page;

KB RURAL AREA STITCH & CRAFT GROUP

Check out the Facebook page for upcoming dates

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



*"Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse."~~Henry Van Dyke~~*

*"Thanksgiving is one of my favorite days of the year because it reminds us to give thanks and to count our blessings. Suddenly, so many things become so little when we realize how blessed and lucky we are."~~Joyce Giraud~~*

### ***Just For Fun – Horoscopes by Grandmama Bear***

Aries: March 21 – April 19

You are always telling jokes and making funny faces. You make everyone around you smile.

Taurus: April 20 – May 20

A mysterious box will arrive at your door tomorrow; keep everything that's inside.

Gemini: May 21 – June 21

Stop giving Troll dolls haircuts that look like you used child safety scissors.

Cancer: June 22 – July 22

The question you asked the universe last week was "how many cats are too many?" Seven. Seven cats are WAY too many.

Leo: July 23 – August 22

Next week your diet will consist entirely of those cheese crackers with the peanut butter in them

Virgo: August 23 – September 22

Wear red! Lucky numbers 9, 67, & 1379

Libra: September 23 – October 22

A vacation is coming up but be careful it involves vodka and butterflies.

Scorpio: October 23 – November 21

Don't go shopping this week; your wallet is lost under the rug in your bedroom.

Sagittarius: November 22 – December 21

If your moon is over Aquarius watch out for giant bug bites.

Capricorn: December 22 – January 19

Don't go hunting this week; you will shoot yourself in the big toe.

Aquarius: January 20 – February 18

Be careful discussing physics with the neighbour's cat; you might just discover a new DNA strand.

Pisces: February 19 – March 20

You are unstoppable this month but don't go challenging everyone to arm wrestling contests.



## Shelling out the treats this Halloween?

Don't forget to add your haunted house to the list. Send your address to Emma at [tritree@outlook.com](mailto:tritree@outlook.com) with the title Halloween Candy Map will not be posted online or in the Grassroots but will be handed out at NCC the night of Halloween.

We are also looking for volunteers to hand out candy



## October Events

### Gillies Community Centre

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](mailto:gilliescommunitycentre@gmail.com)

#### Volunteers!

**THANK YOU!**  
We want to say thank you to all our hard working and dedicated volunteers.  
Without you we could not keep going.

#### Get Involved!

We are looking for more volunteers to add to our list.  
Email us at [gilliescommunitycentre@gmail.com](mailto:gilliescommunitycentre@gmail.com)

#### Save the Date

**November 29th:**  
Holiday Market  
**November 30th:**  
Cookies With Santa  
**December 7th:**  
Christmas Tea

#### October 18<sup>th</sup> & 19<sup>th</sup>

##### Book Swap

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

##### Tuesdays

##### Cornhole

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

#### November 1st

##### Family Halloween Dance

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

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!



### Hello Nolalu Community Centre Volunteers

We are looking to fill some volunteer spots for the upcoming **Halloween Dance** on November 1, 2025

We need:

- ♦ 1-2 bartenders for the early shift 7:30pm till 10:30pm (with smart serve or willing to get)
- ♦ 2 bartenders for late shift 10:30pm till 1:00am (with smart serve or willing to get)
- ♦ 2-4 people for clean up at the end of the dance
- ♦ 1 or 2 people at door taking cash; late shift 10:30 till 1
- ♦ 2 people serving food

If you or anyone you know are available to volunteer please let me know

Thank you

Emma at [tritree@outlook.com](mailto:tritree@outlook.com)

## **O'CONNOR COMMUNITY CLUB**

### **2 BIT AUCTION**

Saturday, October 4, 2025

1:00 - 4:00 p.m.

O'Connor Community Centre

330 Highway 595

**Admission Ticket - \$5.00 each**

**Tickets must be Reserved in advance**

Dainties will be served at intermission



**Bring lots of  
quarters**



**Proceeds for this event will go towards  
the O'Connor Playground Fund.**

Are you a student looking for volunteer hours or  
someone who just likes to have fun?

We are looking for volunteers to help  
during the event.

Give us a call to volunteer, to order your tickets,  
or if you would like to make a donation towards a  
prize basket or dainties (nut free).

To learn more about the event,  
call Lorna at 807-476-1451 or Cheri 807-621-5768

### ***Thanksgiving Traditions***

By Odette Houle

Do you have a special Thanksgiving day tradition in your house? Do you always have turkey or maybe your family has ham? Are harvest vegetables prominent, like squash, beets, carrots, or maybe some late beans or corn? What are your favourites, the mashed potatoes and gravy, the turkey stuffing, or maybe the brussel sprouts? Do you have family games you play or maybe you watch football? Does the whole family gather including aunts, uncles, and grandparents, or maybe something more quiet with just the immediate family or close friends? Do you make a special snack for your pets or leave a treat outside for the wild birds? How do you give thanks and where? Do you go around the table each person saying what they are thankful for, or do you have a special prayer you say at meal time? Do you go outside and thank nature for its bounty, or appreciate all your good fortune in a quiet space? Do you take time to go for a walk, or play outside, and are grateful that you can do these things? Do you decorate your house or table with coloured leaves, pine cones, apples, or late blooming flowers? What are your favourite desserts for Thanksgiving? Do you make apple or pumpkin pie, maybe a cobbler or something more fancy? Do you cook all day for everyone attending or do you have potluck and enjoy the variety of everyone's cooking? Maybe your family celebrates by helping out at a soup kitchen or homeless shelter.

Whatever your Thanksgiving traditions are remember the importance of the day. Be grateful for all that you have and all that you are able to do. Be thankful for friends and family near and far, for our pets for they are our family too. Be thankful for the harvest, whether from our own gardens or bought at the store, Mother Nature has shared her bounty with us. I am thankful.

# Getting Your Garden Ready for Winter

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

As the vibrant hues of autumn begin to fade and the chill of winter creeps in, gardeners in cold climates face the essential task of preparing their gardens for the dormant season. Winterizing your garden not only protects plants from harsh conditions but also sets the stage for a thriving spring. Autumn gardening is (normally) blissfully bug-free. Finally, you can harvest, plant, dig, rake, and mulch without donating blood to swarms of hungry biting insects! Here are some tips to prepare for winter.

## *Rethink the Fall Cleanup*

Gone are the days of stripping the garden bare. Modern gardening wisdom encourages a gentler approach. Instead of bagging every leaf and cutting back all perennials, consider leaving some organic matter in place. Fallen leaves, for example, provide insulation and shelter for beneficial insects. Rake them into garden beds or compost them and avoid leaving thick piles on lawns, which can smother grass.

## *Protect Perennials and Shrubs*

Mulching is key. Apply a layer of mulch such as shredded leaves, straw, or bark around perennials and shrubs to insulate roots and retain moisture. For young trees and delicate shrubs, wrap stems with white cloth or tree wraps to prevent sunscald and damage from rodents. Stake and tie up any vulnerable plants to protect them from heavy snow or ice.

## *Plant for Spring*

For our growing season, fall is the best time to plant garlic, spring bulbs, and even some trees. Garlic should be planted in October or November and will overwinter for a summer harvest. Bulbs like tulips and daffodils need the cold to bloom beautifully come spring.

## *Harvest and Store Vegetables*

Tender vegetables like tomatoes and squash should be harvested before frost. Hardy crops such as kale, Brussels sprouts, and carrots can tolerate cold and even improve in flavour after a frost. Root vegetables can remain in the ground until just before it freezes, but be sure to dig, dry and store them properly to avoid rot.

## *Clean and Compost*

Remove diseased plants and crop debris to prevent overwintering pests and diseases. Healthy plant material can be composted. If you don't already have a compost bin, fall is a great time to start one. Use garden waste like leaves, twigs, and grass clippings to create nutrient-rich compost for spring.

## *Support Wildlife*

Don't forget our feathered friends. Leaving seed heads on some plants also provides natural food sources and adds winter interest to your garden.

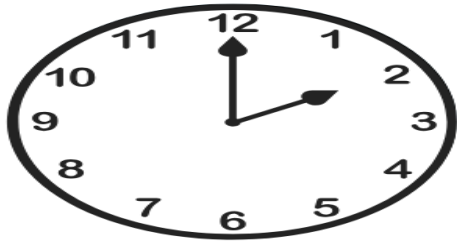
## *Plan Ahead*

Take notes on what worked and what didn't this season. Sketch out ideas for next year, and consider joining a local gardening club for inspiration and community during the colder months.

Preparing your garden for winter isn't just about protection; it's about nurturing the ecosystem and laying the groundwork for a vibrant spring. With a little effort now, your garden will thank you later.

# CHANGE YOUR CLOCKS

## CHANGE YOUR BATTERIES



Sunday, November 2

**WORKING  
ALARMS  
SAVE  
LIVES.**



## Fall Back, Stay Safe: A Seasonal Safety Reminder

As we prepare to turn our clocks back on Sunday, November 2, 2025, it's also the perfect time to check in on your home safety.

Here's your quick checklist:

- ☐ Change your clocks: Set them back one hour at 2 a.m. on November 2.
- ☐ Test your smoke alarms: Press the test button to ensure they're working properly.
- ☐ Check your carbon monoxide (CO) detectors: These devices save lives — make sure they're active and alert.
- ☐ Replace batteries: If your alarms use replaceable batteries, swap them out now to avoid surprises later.
- ☐ Review your fire escape plan: Make sure everyone in your household knows what to do in case of emergency.

A few minutes of effort now can make all the difference later. Let's use the extra hour to protect what matters most.

Fall back. Test up. Stay safe.

Nolalu Emergency Services Team

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

### **Nolalu Emergency Services Team**

Hall 807-475-4441

info@NolaluEST.com

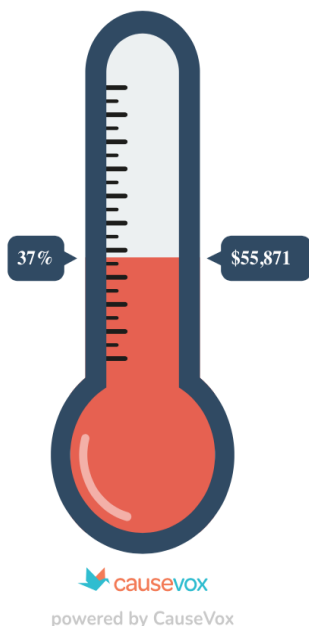
Emergency 807-473-5200

2167 Hwy 588

Nolalu ON P0T 2K0



**GOAL: \$150,000**



Individual and business donors will be acknowledged in Grassroots, or can choose to be anonymous. Etransfer accepted at [treasurer@nolaluest.com](mailto:treasurer@nolaluest.com)

Donation cheques can be mailed to:

NEST

2167 Hwy 588

Nolalu ON P0T 2K0

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

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

\$55,871.00 total so far. Thank you so much for your support in our efforts to build funds for the purchase of a new tanker

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

### **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](http://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](mailto:info@nolaluest.com).

# **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 October 15, 2025***

Registration 9 am to 11 am

Drive-Thru Pick-up

**A BIG THANK YOU** goes to the gentleman that asked for a donation of food items, dropped off at the Rosslyn Library, for the Rural Cupboard Food Bank instead of gifts for his 80th birthday.

**FOOD DRIVE** is taking place at the *ODENA, October 9,10,11*

## **RURAL CUPBOARD FOODBANK DROP OFF LOCATIONS**

**Oliver Paipoonge:** Murillo & Rosslyn Libraries  
(during open hours)

**Nolalu:** Hoppers Variety

**Gillies:** Whitefish School  
(Sept to June)

**O'Connor:** O'Connor Municipal Office

**Neebing:** Neebing Municipal Building

*Note\*\** Rural Cupboard Foodbank  
needs recyclable bags.



## **Kakabeka Falls Legion Branch 225**

|        |                                             |                                   |
|--------|---------------------------------------------|-----------------------------------|
| Oct 4  | Dance with Quest                            | 7:00pm to 10:00pm                 |
| Oct 11 | Executive Meeting                           | 2:00pm to 3:00pm                  |
| Oct 11 | General Meeting<br>all members welcome      | 3:00pm                            |
| Oct 12 | Breakfast                                   | 8:30am to 11:30am                 |
| Oct 17 | Dance with Quest                            | 7:00pm to 10:00pm                 |
| Oct 18 | Annual Legion<br>Membership & Awards Dinner | 4:30pm Symposium<br>5:30pm Dinner |
| Oct 26 | Sunday Musical<br>Just 4 You                | 2:00pm to 4:00pm                  |



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

The Legion is still looking for more volunteers - if you can give even 1 hour, that would be so appreciated. Many hands will make the projects much easier to complete.

### **Legion Marathon Report by Jim Gilbert**

On Sunday August 17 the Kakabeka Falls Legion held our 8th annual Half Marathon & 8K Road Races. The weather was almost perfect for runners. In our largest field ever - the Men's Half Marathon course record fell by almost 2 minutes. Special thanks to the participants, sponsors and volunteers who made this all possible. The participants were sent out by a starting "gun" of a cannon from Old Fort William and the sounds of the Thunder Bay Police Pipe Band.

In the Half Marathon the overall first place finisher was Nicolas Lightwood with a time of 1:13:41 which is also a new course record. Last years winner, Halen Kovacs from Vancouver, placed second with a time of 1:16:27. Rounding out the top three in the Men's division was Nelson Pasciullo with a Half Marathon time of 1:20:03.

For the women, last year's full marathon winner Rebecca Bennitt came first for the women with a time of 1:28:26. She finished just 10 seconds ahead of second place Christine Erickson-Drouin. Third place went to Emily Ainsworth who had a time of 1:39:53

In the 8K race Owen Setala improved from a second-place finish last year to a first place overall finish this year with a time of 30:29. Second place in the Men's 8K went to Shayne Strassburger from Schreiber in 32:10 and finishing third was Jonathan Jantz in a time of 32:11.

Lindsay Wowchuk captured first place for the women in the 8K with a time of 36:29. Second place went to Bonnie Mckinnon, her time was 37:51. Third place went to Maria Jose Guarin Lara in 42:31.

The Two Day Legion Challenge proved interesting this year on the men's side – Cedrick Jean Pierre won the 8k day – and Joe Ward won the Half marathon day. The time difference was just enough on the Half Marathon to have Joe Ward finish first overall with a combined time of 1:55:40, followed 100 seconds later by Cedrick and then David Prince in third place for the men 2:07:33.

On the women side – Heidi McGee placed first with a combined 8K and Half Marathon time of 2:28:21 Betty Annala finished second with a combined time of 2:32:04, and placing third overall for the women was Ashley Richards in a total time of 2:36:39.

The race has grown to 336 registered participants up sharply from last year. Sunday August 16, 2026 will see the 9<sup>th</sup> annual Half Marathon and 8K – and 2026 is an extra special year for us, as it will be the 100<sup>th</sup> anniversary of the Royal Canadian Legion. Registrations will open on Feb 2, 2026. We hope you all have a wonderful fall and winter and hope to see you in 2026



## NOLALU COMMUNITY CENTRE

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

Thursday October 16, 2025

7:00pm

Email [nolalu.grassroots@gmail.com](mailto: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 October 28, 2025

7:30pm

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

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## Drop-in Exercise

(Pilates/weights type)



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

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

FUN group.

We have extra equipment if needed.

*"Age is something that doesn't matter, unless you are a cheese."~~Luis Bunuel~~*



# Seniors Lunch

(55+ or "close enough")



Next two (2) lunches taking places:

Monday, October 20

Monday, November 10



\$10 at the door



11:00 AM Coffee / Tea  
11:30 AM Lunch served  
12:30 PM Food service  
complete



The NCC will provide:  
soup, entrée, veggie dish  
OR salad, buns OR potato  
dish, and dessert.



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

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

## Contest Alert!!

***Last day to enter:  
OCTOBER 1, 2025***

All entries will be placed online on our Facebook page.

**Readers Choice Award:** Last day for voting on the photograph of your choice is October 15, 2025. Be sure to check out our Facebook page; Nolalu ONLINE GRASSROOTS. Place your vote by liking your favourites. You can vote for as many photos as you would like but can only place one vote per photo.

THANK YOU to our sponsor of the 11 to 18 year old category, WFCU (Rapport) Credit Union. I can't wait to see the face of the winners when they get their awesome prize.

Thank-you to our other prize contributors: Kakabeka Evergreen Pharmacy, Aunt Sarah's 588 Café, Green Acres Variety, Kakabeka Depot, Marion Charkow, Joshua Houle, Hoppers Variety, Rockys Resort,

## **RURAL 60 PLUS**

5 Pineview Road, Kakabeka Falls, ON P7K 0G8

Email: [rural60@tbaytel.net](mailto:rural60@tbaytel.net) Website: [rural60plus.ca](http://rural60plus.ca)

Monday Carving – 10am to 3pm

Monday Disking – 1pm to 3pm beginning of October

Tuesday Craft Room – 10am to 3pm

Tuesday Weaving – 10am to 3pm

Tuesday Knitting – 10am to 3pm

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

Wednesday Craft Room – 10am to 3pm

Wednesday Beginners Carving – 10am to 3pm

Wednesday Quilting – 10am to 3pm

Wednesday Cribbage – 1pm to 3pm

Thursday Craft Room – 10am to 3pm

Thursday Yoga – 10am to 11am

Thursday Weaving – 10am to 3pm

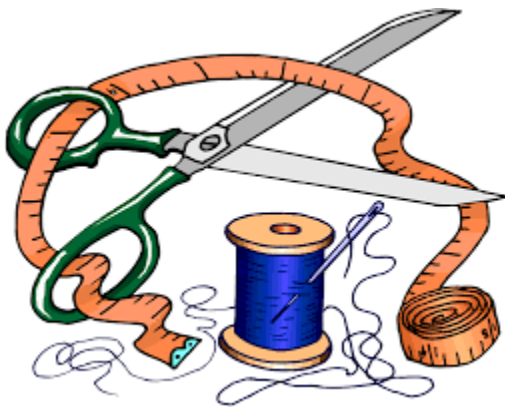
Thursday Knitting – 10am to 3pm

Friday Craft Room open – 10am to 3pm

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



## ***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

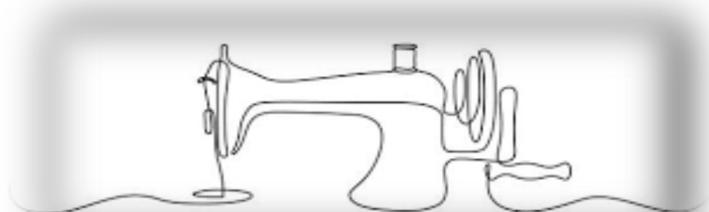
Doing repairs, alterations, wedding parties

QUICK SERVICE

REASONABLE RATES

[sewZipZippersKCAT81@gmail.com](mailto:sewZipZippersKCAT81@gmail.com)

807-475-9687



# GrassRoots Business & Ad Fees, As of January 2023

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



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

Please email submissions to: [nolalu.grassroots@gmail.com](mailto:nolalu.grassroots@gmail.com) in PDF or WORD format.

Please make all cheques payable to Nolalu Community Centre. Etransfer available at [nolalucctreasurer@gmail.com](mailto: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

October, one of our favourite times of year at our house. We love the whole Halloween experience as you can tell if you've ever been to visit during the month. Decorating starts about mid September and continues for a few weeks until it is all done. Just depends on how much free time we have. We are a little late in starting this year but by the first week in October we should be all 'spooked out'. I can't wait to get out and look for just the right pumpkins to carve. We have a white one growing in our garden and I am hoping that the frost holds off for a little longer so it can grow a bit more.

Now October also brings Thanksgiving and at our house the family all gets together if we can for a big turkey supper with all the trimmings. Usually it is at my son's place as he has the biggest house but we all help out with the cooking. Everyone has their favourite food that we have to have, mine is yams and also turnips. The best part is leftovers the next day, though. We make what my Mom calls bubble and squeak, which is basically all the leftover vegetables fried up together, it's the only way I'll eat brussel sprouts. We always make sure to talk about all the wonderful things that have happened to us and how lucky we are to live where we do, giving thanks for all the little things and the big ones too.

In September and October is when we do a lot of foraging walks. We are just starting to learn about the local mushrooms, so taking time with just identification this year. Mainly we collect herbs and wild flowers and plants for my tinctures and salves. I was very happy to find some mullein this year, and I have saved the seeds to scatter so that I might have it on the property next year. I also used the roots to make a tincture; sadly I was too late to harvest the leaves. Hopefully next year I will have an abundance in my back field. I wasn't able to make any elderberry syrup either as the birds had beaten me to the berries. At least they will be healthy this winter. Actually I am quite happy when I see that the birds or animals have a good harvest too. We haven't been able to do as much foraging as we would like due to the poor health of my parents. Most of our spare time has been spent in going to town to help them or taking my Mom to visit my step father in the hospital. He went in the hospital two days after my surgery in August, and I am so grateful to my children for handling those first few days while I was incapable. Rob has been such a solid support for me during this past month, as always. He is either helping me manage everything at home as I can still only do most things one handed, or he is driving me to assist my parents. Thankfully I can drive now again, so I am travelling to town each day. My step father is scheduled to go into a nursing home on October 1st so hopefully that eases the strain on everything. I'm sure October will bring many surprises and much happiness.

Odette



NorWest Community  
Health Centres  
Centres de santé  
communautaire NorWest

# Rural Dementia Cafe

The Dementia Cafe is a monthly gathering for individuals affected by memory problems or dementia, along with their families, caregivers and friends. Join us for music, games, and snacks in a safe and welcoming environment.

August 22, 2025  
September 26, 2025  
October 24, 2025  
November 28, 2025

**1:00PM - 3:00PM**

Rural 60 + in Kakabeka Falls (5 Pineview Road)  
No fee or eligibility criteria to attend rural cafe



*Société Alzheimer Society*  
THUNDER BAY

**For more information:**  
**Contact Shaun or Elaine at (807) 473-5528**



NorWest Community  
Health Centres  
Centres de santé  
communautaire NorWest



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



(807) 473-5528

# OCT 2025

| MON                                                                                 | TUE                                                                                                             | WED                                                                                              | THU                                                                                                                                      | FRI                                                        |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|
|                                                                                     |                                                                                                                 | 1<br>Walk-In Clinic<br>4:30pm - 7:30pm                                                           | 2<br>Fly the C.O.O.P<br>Walking Group<br>LifeLabs                                                                                        | 3<br>NP available for<br>those who do not<br>have MD or NP |
| 6<br>Good Food Box<br>Order Deadline<br><br>Mobile Clinic -<br>Armstrong<br>1pm-6pm | 7<br>NP available for<br>those who do not<br>have MD or NP<br><br>Mobile Clinic -<br>Armstrong<br>8:30am-1:30pm | 8<br><br>Walk-In Clinic<br>4:30pm - 7:30pm                                                       | 9<br>Fly the C.O.O.P<br>Walking Group<br>LifeLabs                                                                                        | 10                                                         |
| 13<br><br>Closed for<br>Thanksgiving<br>Day                                         | 14<br>Fly the C.O.O.P<br>Walking Group                                                                          | 15<br>Good Food Box<br>Pickup at KB<br>Clinic<br><br>Walk-In Clinic<br>4:30pm - 7:30pm           | 16<br>Fly the C.O.O.P<br>Walking Group<br>LifeLabs                                                                                       | 17                                                         |
| 20<br>Chair Yoga @<br>O'Connor & Kam<br>C.C. @10:00 am                              | 21<br>Fly the C.O.O.P<br>Walking Group                                                                          | 22<br><br>Walk-In Clinic<br>4:30pm - 7:30pm                                                      | 23<br>Fly the C.O.O.P<br>Walking Group<br>NP available for<br>those who do not<br>have MD or NP<br>Mobile Clinic -<br>Upsala<br>LifeLabs | 24<br><br>*NEW Program*<br>Rural Dementia<br>Cafe 1-3pm    |
| 27<br>Chair Yoga @<br>O'Connor & Kam<br>C.C. @10:00 am                              | 28<br>Fly the C.O.O.P<br>Walking Group                                                                          | 29<br>NP available for<br>those who do not<br>have MD or NP<br>Walk-In Clinic<br>4:30pm - 7:30pm | 30<br>Fly the C.O.O.P<br>Walking Group<br>LifeLabs                                                                                       | 31                                                         |

## PROGRAM INFO

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

### Fly the C.O.O.P Walking Group

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

### Chair Yoga In Person & Virtual

Hosted at O'Connor & Kam C. Centre at 10am.

### Good Food Box Program

Monthly access to a box of affordable fruit and vegetables. For more information visit [www.goodfoodboxtb.org](http://www.goodfoodboxtb.org) or call 473-5528 for more info

### Rural Dementia Cafe @ Rural

60+ Centre.

Come socialize and meet new people, make friends and lifelong connections



## Follow us!

NorWest Community  
Health Centres -  
Kakabeka Falls Clinic

[www.norwestchc.org](http://www.norwestchc.org)

# PUZZLES

## Crossword Puzzle

### ACROSS

1. Part of a church
5. European river
9. Fairy
12. Early English court
13. Formerly
14. Fish eggs
15. Abstain from
17. Move back
19. Steep
20. Broadened
21. Declare
23. Directed
24. Perform
25. Buddhist pillar
26. Constrictor
27. Gapes
30. Exist
31. Flowering plant

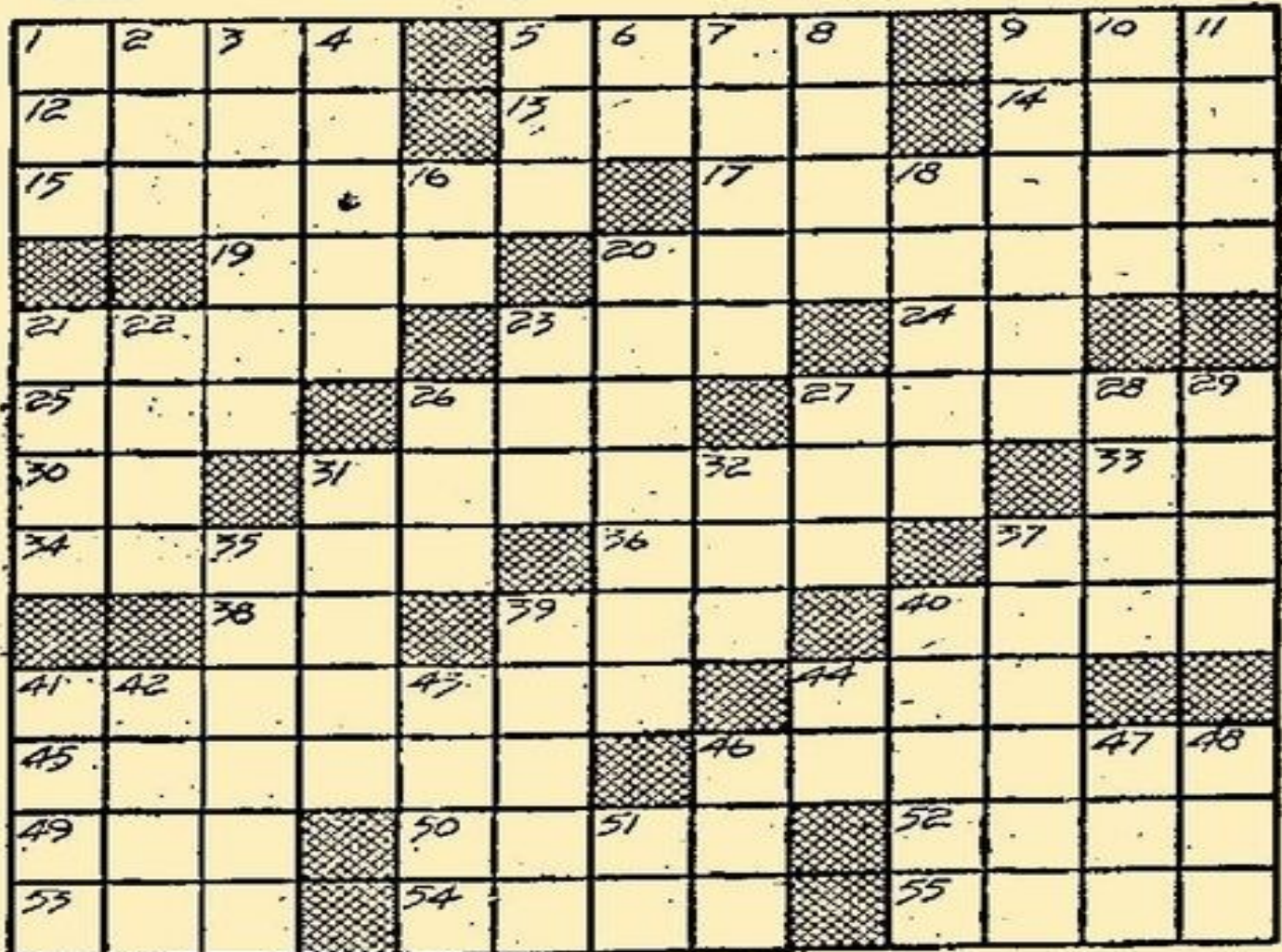
33. Near
34. Divide
36. In what way
37. Recline
38. Conjunction
39. Rainy
40. Soft shapeless mass
41. Roman magistrate
44. Chance
45. Haphazard
46. Change
49. Number
50. Facts
52. Biblical region
53. Tablet
54. Crystallized rain
55. Dispatch

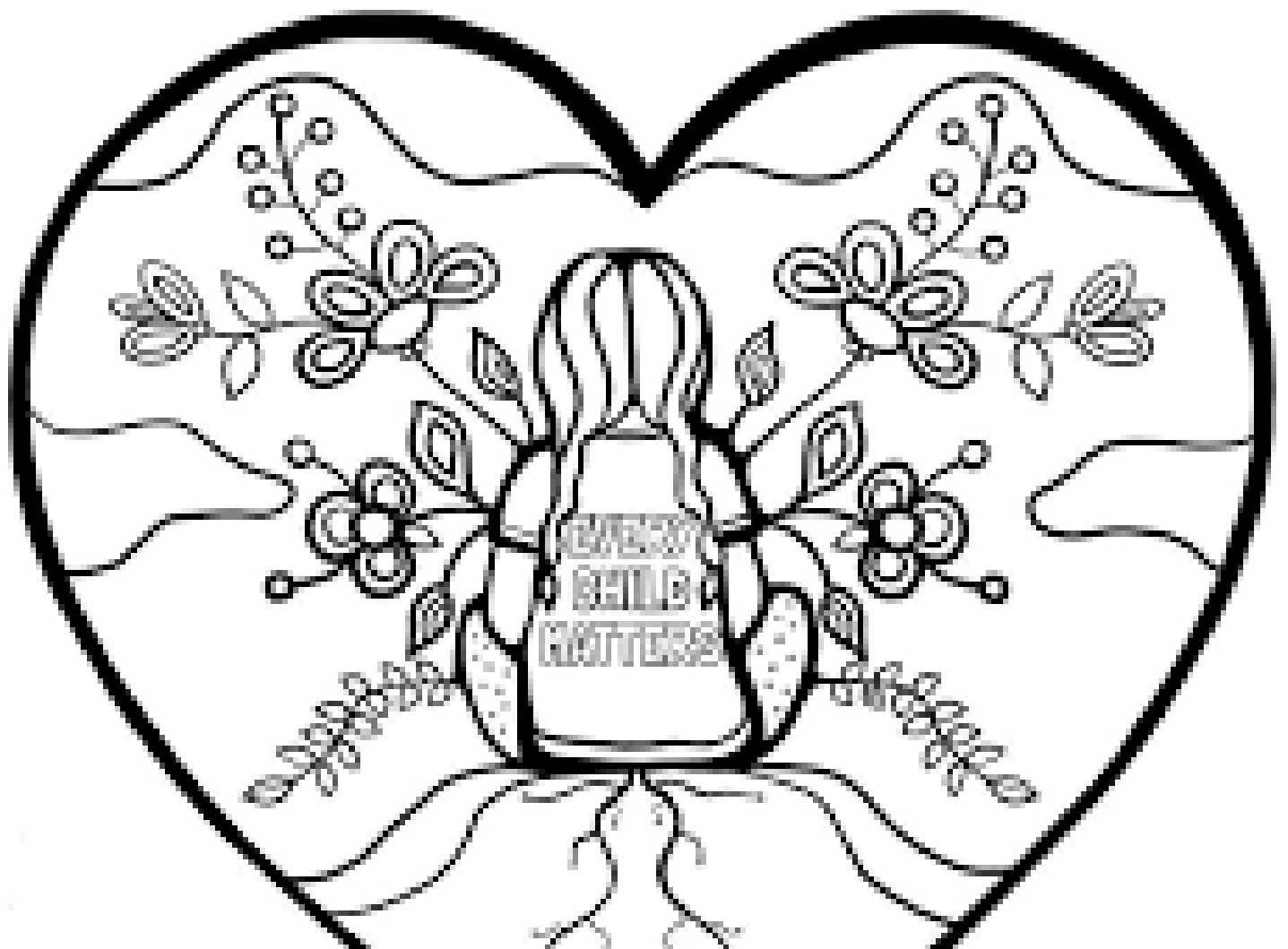
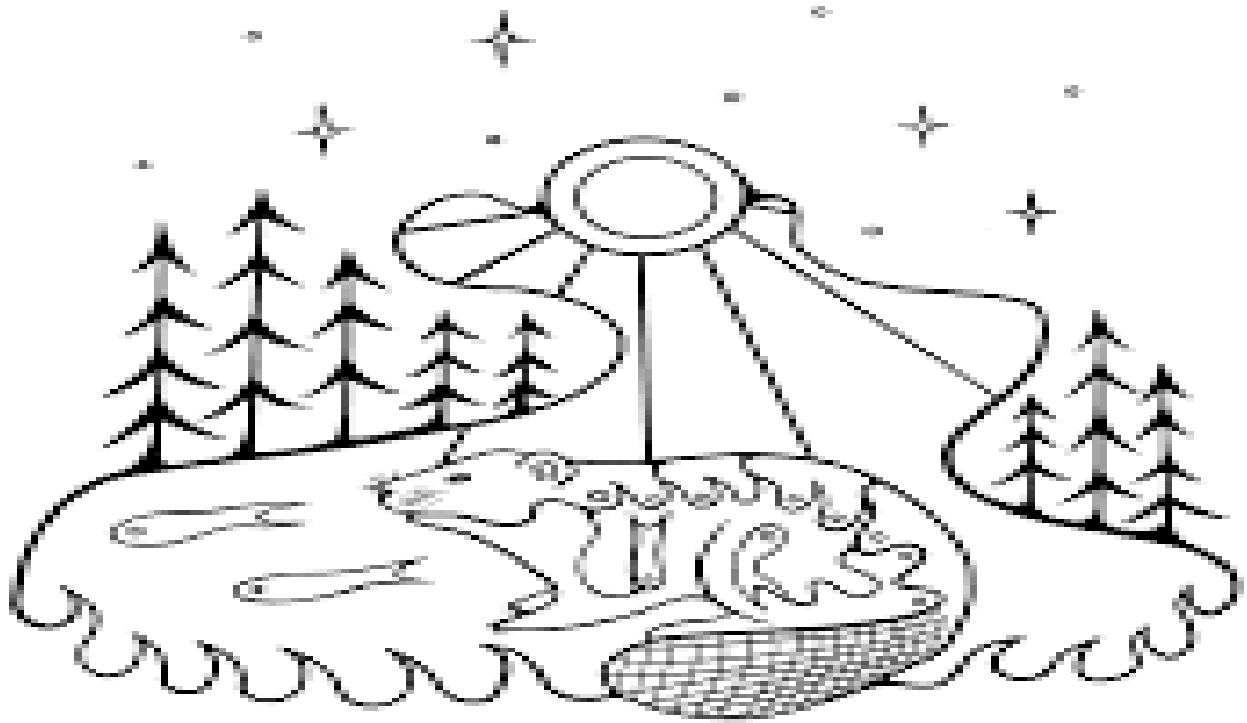
### DOWN

1. Beverage

2. Footlike part
3. Hidden
4. Volatile liquid
5. Scatter
6. Article
7. Pungent
8. Tall coarse grass
9. Before this
10. Mineral deposit
11. Nourish
15. And (Lat.)
18. Tree
20. Atmospheric conditions
21. Word of sparrow
22. Part of a shoe
23. African worm

26. Stake
27. Tree
28. Metal fastener
29. Pace
31. Engaged
32. Heated
35. Gave temporarily
37. Food plant
39. Grown girl
40. Covers with a hard surface
41. Support
42. Genus of the frog
43. Bushes
44. That man
46. Crude
47. Male child
48. Purpose
51. Toward







## SCHOOL BUS DRIVER

## WANTED

**O'CONNOR, CONMEE, NOLALU**

5 hours

All training provided

No evenings/weekends

Park at home

### **APPLY NOW:**

[www.workatfirst.com](http://www.workatfirst.com)

807-475-4500

610 Hewitson St.

## WE WANT TO HEAR FROM YOU.

Your opinion helps shape the future of our services. Please take a moment to fill out this survey.

SCAN HERE



Or visit [surveymonkey.com/r/kakabeka](https://surveymonkey.com/r/kakabeka)



NorWest Community  
Health Centres  
Centres de santé  
communautaire NorWest

## **NOLALU COMMUNITY CENTRE: HALL RENTAL**

\*\*\*\*Contact NCC Treasurer for hall availability and bookings. \*\*\*\*

Email [nolalucctreasurer@gmail.com](mailto: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](mailto:nolalucctreasurer@gmail.com) with a brief description of what the payment is for.**

# NCC Events—October 2025

| Sun       | Mon                                                                                   | Tue                             | Wed                                                                                          | Thu                                                | Fri                                             | Sat                                                       |
|-----------|---------------------------------------------------------------------------------------|---------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------|-------------------------------------------------|-----------------------------------------------------------|
|           |                                                                                       |                                 | <b>1</b>                                                                                     | <b>2</b>                                           | <b>3</b> Drop-in Exercise<br>9:30am to 10:30am  | <b>4</b>                                                  |
| <b>5</b>  | <b>6</b> Drop-in Exercise<br>9:30am to 10:30am<br>RURAL READERS<br>7:00pm tto 9:00pm  | <b>7</b>                        | <b>8</b> YOGA<br>9:30am to 10:30am<br>& 7:00pm to 8:00pm                                     | <b>9</b> NEST MEETING<br>AT NCC<br>7:00pm          | <b>10</b> Drop-in Exercise<br>9:30am to 10:30am | <b>11</b>                                                 |
| <b>12</b> | <b>13</b> Drop-in Exercise<br>9:30am to 10:30am                                       | <b>14</b>                       | <b>15</b> PLAY GROUP<br>12:00pm to 2:00pm<br>YOGA<br>9:30am to 10:30am<br>& 7:00pm to 8:00pm | <b>16</b> NCC MEETING<br>AGM & Elections<br>7:00pm | <b>17</b> Drop-in Exercise<br>9:30am to 10:30am | <b>18</b>                                                 |
| <b>19</b> | <b>20</b> Drop-in Exercise<br>9:30am to 10:30am<br>SENIORS LUNCH<br>11:00am to 1:00pm | <b>21</b>                       | <b>22</b> YOGA<br>9:30am to 10:30am<br>& 7:00pm to 8:00pm                                    | <b>23</b>                                          | <b>24</b> Drop-in Exercise<br>9:30am to 10:30am | <b>25</b>                                                 |
| <b>26</b> | <b>27</b> Drop-in Exercise<br>9:30am to 10:30am                                       | <b>28</b> LSB MEETING<br>7:30pm | <b>29</b> YOGA<br>9:30am to 10:30am<br>& 7:00pm to 8:00pm                                    | <b>30</b>                                          | <b>31</b> Drop-in Exercise<br>9:30am to 10:30am | <b>Nov 1</b><br>HALLOWEEN<br>DANCE<br>7:30pm to<br>1:00am |