

NCC NEXT MEETING:

Thursday August 20

@ 7:00pm

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

LSB NEXT MEETING

Tuesday August 25

@7:30pm

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

NEST NEXT MEETING

No Meeting in July &
August

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

Contents:

Information	3
Interest	5,7,9,25
Contest	13
Photos	14
Health In A Hurry	15
Food Bank	16
Recipes	17
Rural Readers	19
Fire Safety	20, 21
Rural 60+	22
Legion	22
Editor's Note	23
Meeting Dates	25
Fun Pages	26, 28
Thank you	30
Norwest	29, 30
Hall Rental Info	31
NCC Events	32

August 2026

Nolalu's GRASSROOTS

Family Picnic Day

August 22, 2026

11:00am to 2:00pm

Potluck

Nolalu Community Centre

Hotdogs and punch
provided



We can eat inside or bring a blanket and have a real picnic outside.



Kids games, Adults can join in too. We'll have games such as who can hammer a nail in the fastest, kick the shoe, egg on a spoon race, sack race, paper airplane flying, fill the water bucket relay, and more.

If you know of some fun old fashioned family games send me a message.

**HOPE TO SEE EVERYONE
THERE**





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

CALL TO BOOK YOUR APPOINTMENT

HOPPER'S AUTOMOTIVE

- AUTOMOTIVE REPAIRS
- TIRE REPAIRS



CHECK OUT OUR WEBSITE
FOR ALL THE SERVICES
WE PROVIDE AT
<https://www.hoppersvariety.ca>

HOPPER'S CONTRACTING

- SAND & GRAVEL
- CONSTRUCTION/FLOATING



****FREE QUOTES****

Senior Discount on Shop Labour for Age 55+

2165 Highway 588, Nolalu, ON, P0T 2K0

807-475-8804 OR 807-475-8814

info@hoppersvariety.ca



ST. URH^o'S GOLF COURSE & DRIVING RANGE

Open Sunrise to Sunset Daily
9-Hole
Par 36

Practice Green
Golf Carts Available



LOWEST GREEN FEES IN THUNDER BAY

Restaurant Available. Hours vary, please call ahead.
2160 Highway 588, Nolalu, ON, P0T 2K0
(25 minutes from Twin City Crossroads)
807-475-8804 or 807-475-8814



Emergency Phone Numbers

Nolalu Fire & Ambulance: 807-473-5200

Ontario Provincial Police: 1-888-310-1122

For information during an emergency for the Nolalu area, call: 807-475-4441

For Road information call: 511

NCC Volunteer Board

Chair	Angela Woodhouse-Wild	807-630-6061 Text Only	807-475-8968
Vice Chair	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442
Secretary	Dawn Scavarelli	dawn_scav@protonmail.com	807-473-1114
Treasurer	Elizabeth Pszczolko	nolalucctreasurer@gmail.com	807-623-6800
Events Coordinator	Melissa Goliboski	goliboskim@gmail.com	807-631-9255
Kitchen Coordinator	Louise Wetering	weteringlouise@gmail.com	
Volunteer Coordinator	VACANT		
Media Coordinator	VACANT	Via Facebook: Nolalu Community Centre	
Grassroots Editor	Odette Houle	nolalu.grassroots@gmail.com Facebook: Nolalu ONLINE GRASSROOTS	807-630-9442

NEXT NCC MEETING:

Thursday, August 20, 2026

@7:00 pm

ALL NCC meetings are open
to the community.

NEST meeting

No Meeting in July & August

Nolalu Dump SUMMER Hours

May 1—September 30

ADRIAN LAKE

Wednesdays 6pm - 8pm

Sundays 2pm - 5pm

HARDWICK

Wednesdays 3pm - 5pm

Sundays 6pm - 8pm



See Clearly

QHHT PAST LIFE REGRESSION

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

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

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

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

Hoppers Variety Store

Green Acres Variety Store

Suomi Variety Store

Evergreen Pharmacy, Kakabeka

Rural 60 Plus, Kakabeka

GRASSROOTS

Expert Mortgage Advice.
When you need it, where
you need it.



Stephen Beauchemin-Kilborn
Mortgage Specialist
807-355-8735
stephen.beaucheminkilborn@rbc.com



Personal lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria.
© /™ Trademark(s) of Royal Bank of Canada.

36425 (02/2022)



Avista Realty Group Ltd.
640 Beverly St., Thunder Bay, ON P7B 0B5
(807) 344-3232 Office
(807) 344-5400 Fax
1-888-837-6926 Toll Free
bmcewen@avistarealty.ca



Barb McEwen
Salesperson
(807) 626-3860 CELL

www.avistarealty.ca

August gardening in Zones 2–3: the month of ripening, rescuing, and racing the clock

By Kathy McGowan

August in Northwestern Ontario is when the garden feels like a living contradiction. Half of it is exploding with tomatoes, beans, and zucchini that grow while your back is turned, and the other half is quietly reminding you that frost is (sometimes) only a few weeks away. The days are still warm, the nights sometimes start cooling, and everything in the garden seems to be whispering, “Don’t get too comfortable.”

It’s a month of harvesting, tidying, late-season planting, and keeping plants productive as summer begins its slow slide toward fall.

Keep plants producing through late summer

By August, many crops are shifting from growth to reproduction. That means your job is to keep them from giving up too early.

Mulch still matters, maybe even more this month than in July. If it’s broken down or scattered, top it up with straw, shredded leaves, or grass clippings. This helps:

- ♦ Hold moisture during hot spells
- ♦ Reduce soil splash during late-summer storms
- ♦ Keep weeds down when you’re too busy harvesting to pull them
- ♦ Protect soil life as temperatures fluctuate

If your soil is dry a few inches down, give a deep soak. Plants stressed in August won’t produce well in September.

Watering as nights cool

August watering is a balancing act. The heat still bites during the day, but nights cool enough that soil stays damp longer.

To keep plants happy:

- Water in the early morning to reduce mildew.
- Focus on deep, infrequent watering to encourage strong roots.
- Avoid wetting foliage late in the day because cool nights + damp leaves = powdery mildew’s favourite party conditions.
- Tomatoes prefer consistent moisture now; irregular watering leads to cracked fruit and blossom-end rot.
- If your cucumbers look dramatic and wilt every afternoon, don’t panic — they’re just being cucumbers.



Pest patrol: late-summer troublemakers

August pests are fewer in number but more determined. Keep an eye out for:

Cabbageworms & Loopers

They’re still around, especially on late-season broccoli and kale. Check undersides of leaves and remove caterpillars before they chew through your fall harvest.

Aphids

Hot days can trigger sudden outbreaks. Blast them off with water or let ladybugs and lacewings do the work.

Herbal Medicine History

Various Internet Sources

Herbal medicine is one of humanity's oldest practices, with roots spanning thousands of years across various global civilizations. Its timeline is marked by early Neanderthal remedies, comprehensive foundational texts from Asia and the Middle East, and the scientific extraction of modern pharmaceuticals.

60,000 BCE: Early evidence of plant use (like yarrow and chamomile) has been found on Neanderthal tooth plaque.

3000 BCE: Ancient Sumerians compiled hundreds of medicinal plants, on clay tablets.

1600 BCE: The Shennong Ben Cao Jing was published in China, foundational to Traditional Chinese Medicine.

1550 BCE: The Egyptian Ebers Papyrus was written, documenting over 800 plant medicines and formulas.

1000 BCE: Early texts like the Atharva Veda and Rig Veda laid the groundwork for Indian Ayurveda.

3rd Century BCE: The Chinese classic Huangdi neijing codified the theories of Yin and Yang in Chinese medicine.

4th Century BCE: Aristotle's pupil Theophrastus wrote the first systematic botany text, Historia plantarum.

77 CE: Greek physician Dioscorides wrote De Materia Medica. It detailed more than 600 medicinal plants and served as the authoritative European reference for 1,500 years.

WEEKLY GARBAGE COLLECTION

**ONLY \$10
PER WEEK**

Tax Included



**Locking Lid
Drums
Available to
weekly
customers!
Ask for Details**

WHO WE ARE

**We are a multi-faceted
company offering a
variety of services in and
around Kam, Lappe,
Conmee, Shabaqua,
Murillo, Rosslyn &
Shuniah!**

**Junk Removal, Dump Runs,
Earth Works, Yard Clean Up
and Much More....**

807-707-8592

dirtyhandsdisposal.com

Dirtyhandsdisposal@gmail.com

FIND US ON FACEBOOK



WE BUY SCRAP VEHICLES

**REACH OUT
FOR A
QUOTE TODAY**



**PROUD SUPPORTER OF THE
NORTHERN REACH NETWORK ONGOING
BOTTLE DRIVE, ASK HOW YOU CAN HELP!**

50/50 RAFFLE

**HELP US BUILD A
NEW FIRE HALL!**

www.nolalu5050.ca

Licence # RAF1542406

**DRAW DATE
END OF THE MONTH**



NolaluEmergencyServicesTeam



Tickets can be purchased starting May 1, 2026 and will run until April 2027

Draw will be held last Friday of each month.

Tickets are for sale online: <https://nolalu5050.ca>

Get your tickets now and support your local NEST

Stay tuned for winner announcements!!

August gardening in Zones 2–3: the month of ripening, rescuing, and racing the clock—Cont'd

Powdery Mildew

Not a bug, but definitely a pest. It loves squash, cucumbers, and peas in August. Improve airflow, prune overcrowded vines, and water at the base.

Wasps

They show up for ripe fruit and damaged berries. Harvest promptly and compost fallen fruit to avoid attracting them. Healthy plants can handle a bit of late-summer nibbling so don't stress over every hole.



Harvesting & feeding

August is normally the peak harvest season. Pick:

- ♦ Beans
- ♦ Zucchini
- ♦ Cucumbers
- ♦ Tomatoes
- ♦ Herbs
- ♦ Raspberries
- ♦ New potatoes
- ♦ Early carrots and beets

Harvesting regularly encourages more production, especially for beans, zucchini, and herbs. Heavy feeders like tomatoes, squash, and cucumbers appreciate one last light feeding. A diluted compost tea or balanced fertilizer (10-10-10 or 5-10-10) keeps them going into September. Avoid overfeeding. Plants need encouragement, not a full buffet.

Planting for fall

Yes, you can still plant in August, especially in Zones 2–3 where fall crops thrive in cool weather.

Sow:

- ♦ Spinach
- ♦ Lettuce
- ♦ Arugula
- ♦ Radishes
- ♦ Kale
- ♦ Swiss chard
- ♦ Fast-growing Asian greens

These crops love the cooler nights and shorter days. Just keep seeds moist until they sprout. August sun can dry the top layer of soil quickly.

Beginner tips for August success

- ♦ Keep harvesting. A plant that thinks it's done producing is done producing.
- ♦ Trim and tidy. Remove yellowing leaves to improve airflow and reduce disease.
- ♦ Start fall crops now. Don't wait for September as that's too late for most greens.
- ♦ Watch the weather. Cold nights sneak up fast in the north.
- ♦ Don't panic about imperfect plants. August gardens always look a little wild.

Kathy usually spends August darting between bursting tomato vines and an endless supply of zucchini, trying to keep up with a harvest that arrives all at once and fills every counter, bowl, and spare corner long before fall preserving season catches up.

Elderberry (Purple)

Do you like elderberries? Maybe you make elderberry jam or syrup. I make an elderberry syrup for cold season. It is something I can tolerate as I don't like the taste of most cough medicines and I prefer herbal remedies. Elderberry herbal remedies are popular natural treatments and used to support the immune system, ease cold and flu symptoms, and provide antioxidants. Most people make a syrup, but some prefer teas. There are others who make lozenges or gummies, something I'd like to try doing. Elderberries are rich in vitamin C, vitamin A, and dietary fiber, alongside potent antioxidants that support immune health and reduce inflammation. Elderberry harvest in Northern Ontario typically occurs from late August to mid-September, when the dark clusters turn fully ripe and heavy. Look for them along the moist edges of woods, damp thickets. I would avoid the ditches where they are found as the fumes from passing vehicles gets on the berries. Pick the umbrella-shaped clusters only when about 80% to 90% of the individual berries in the bunch are deep purple-black. This might be hard to do as the birds love them and I am always fighting for a share of the berries.

Never eat raw elderberries, leaves, stems, or green un-ripened fruit, as they contain toxic compounds that cause severe stomach upset. Always cook them thoroughly into syrups, jams, or jellies. For an easy way to get them off the stems freeze whole harvested clusters in a paper bag for 1 to 2 days, then shake or rub the frozen clusters gently over a strainer to easily release the berries without staining your fingers. Red Elderberries are generally not used as they are highly toxic and require more care in preparation, leave them for the birds.



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

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

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

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>

Canadian Boreal Forest

Various Internet Sources

Canada's boreal forest is a massive, ecologically vital northern biome, covering over 550 million hectares (55% of Canada's land mass) from Yukon to Newfoundland and Labrador. It is characterized by extensive evergreen coniferous trees, vast freshwater networks, and critical carbon-storing peatlands. About 94% of Canada's forests are on publicly owned land, which enables the government to regulate harvesting practices and apply land-use planning through legislation and other policies. Sustainable forest management ensures that Canada's forests are healthy, safe and thriving. Parks and protected areas maintain boreal forest landscapes, safeguard their biodiversity and provide key information for scientific research. Harvesting trees does not cause deforestation: harvested areas regrow. An area with very young trees is still a forest. The term "deforestation" refers to land that has been cleared of trees and permanently converted to another use. Canada's deforestation rate is one of the lowest in the world and has been declining for 20 years. The boreal zone is crucial to the national economy because of the available timber and non-timber products, mineral and energy resources, and hydroelectric potential of regional rivers. The boreal forest provides food and renewable raw materials to Canadians. Canada's boreal forest offers unique tourism and recreational opportunities, which contribute to the local and national economies.

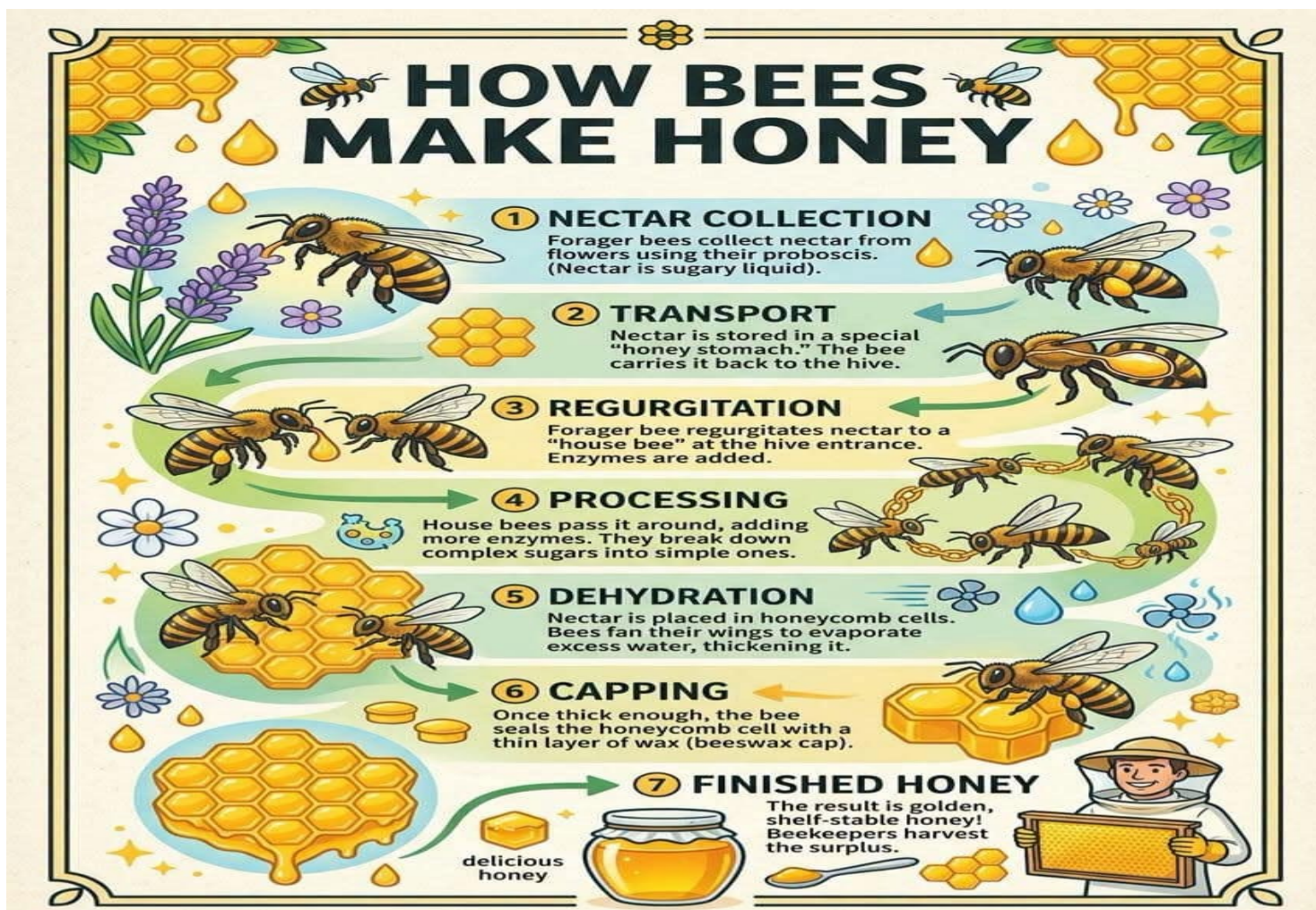
Canada's boreal forest stores carbon, twice as much carbon per acre as tropical rain forests, protecting the global climate. It purifies the air and water, and regulates the climate. Because a large portion of the world's boreal zone lies in Canada (28% or 552 million hectares), this country's boreal forest affects the health of the environment worldwide. Careful management of these forests therefore benefits both Canada and the world. Canada's boreal forest creates jobs for Canadians, and communities in the boreal zone rely heavily on the forest sector for economic stability.

Boreal forests are culturally and economically significant to Canada Indigenous peoples. 70% of Indigenous communities in the country are located in forested regions.

The boreal forest represents nearly 28% of the world's total boreal zone. Contains more surface freshwater lakes and rivers than any comparably sized landmass on Earth. Features massive peatlands and bogs that lock away billions of tons of organic carbon. It serves as the breeding and nesting ground for 1 to 3 billion migratory birds every spring and summer. The boreal forest is home to iconic species including woodland caribou, moose, wolves, lynx, and grizzly bears. It is dominated by black and white spruce, jack pine, balsam fir, tamarack, and deciduous trees like white birch and aspen.

Canada's boreal forest is often portrayed as one vast tract of ancient, pristine wilderness but this isn't the case. Although the boreal region itself is ancient, the boreal forest is made up mostly of trees that are relatively young compared with many that grow in more temperate climates. It is regularly affected by forest fire, insects and other natural disturbances and continually renews itself through these natural disturbances

Canada's boreal forest relies on periodic forest fires and insect outbreaks as natural disturbances necessary for tree regeneration (such as jack pine cones opening when exposed to intense heat, such as wildfires or hot summer sun, which melts the sealing resin). Canada's boreal forest is central to the country's natural environment, history, culture and economy. Canada respects and looks after its boreal forest in many ways, including by setting aside legally protected areas, conducting scientific research and monitoring the state of the forests. Canada's laws protect the boreal forest and ensure its sustainability.



Third Wednesday of Each Month

Next Play Date: August 19, 2026

Nolalu Community Centre

12:00pm to 2:00pm



Come on out and have some fun.

Meet other children and parents in the community.



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

Hope to see you there

KB Rural Area Stitch and Craft Group

Bring your project & Join our Needle & Natter Crew

Upcoming Meeting Dates

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

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



"Behind every young child who believes in himself is a parent who believed first." ~Matthew L. Jacobson ~

"Raise your words, not your voice. It is rain that grows flowers, not thunder." ~Rumi~

Just For Fun – Horoscopes by Grandmama Bear

Aries: March 21 – April 19

When the cat brings you a treat, it isn't a challenge for you to go hunting.

Taurus: April 20 – May 20

Time to go get your hair braided, but not too tight or you'll look like you had bad plastic surgery.

Gemini: May 21 – June 21

See a bunny, chase a bunny, get lost in the woods. Next time listen to the other voice.

Cancer: June 22 – July 22

Elastic bands are the enemy, not your boss sitting across the table.

Leo: July 23 – August 22

Skip the kittens, the ducks are arriving. Got any grapes?

Virgo: August 23 – September 22

So you're learning to crochet; just remember to make something nice like a doily or maybe a rope to tie up your boss till he gives you a raise. You might get fired though.

Libra: September 23 – October 22

How's it going with those Smarties? Do you have a good collection of red ones yet? You can tie dye with them, you know.

Scorpio: October 23 – November 21

It is almost time to harvest the garden. Sitting outside in the dark with a flashlight waiting for the first tomato isn't going to make it grow faster.

Sagittarius: November 22 – December 21

Drink lots. Water is best but whatever.

Capricorn: December 22 – January 19

The chickens have escaped the coop. Time to round them up and fix that thing or they will start a coup and then you'll be running.

Aquarius: January 20 – February 18

So your memory is going; it only matters if you can't find your teeth.

Pisces: February 19 – March 20

Have you gotten out of bed yet? Today is a good day to start.



Rural Water Done Right

Well Pump | Pressure Tank | Water Treatment

Private water system help for Thunder Bay & rural communities

Licensed Class 4 Pump Installer | CWQA Certified Water Treatment Installer | Rural Homes - Camps - Cottages

NO WATER? LOW PRESSURE? PUMP NOT WORKING?

Well pump, pressure tank, water treatment & private water source service

Serving Thunder Bay and surrounding rural communities with practical, licensed water system help.

FAST TROUBLESHOOTING

No water and low-pressure calls

REAL RURAL EXPERIENCE

Wells, camps, cottages and homes

CLEAR OPTIONS

Repair, replace or upgrade plans



Well Pump Repair

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



Pressure Tanks

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



Water Treatment

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



Water Quality Testing

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



No Water / Low Pressure

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



Sump & Hot Water Help

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

THUNDER BAY - SHUNIAH - NEEBING - KAKABEKA FALLS - PASS LAKE - NOLALU - MURILLO - O'CONNOR

CALL JESSE TODAY

249-979-3665

superiorwaterwells.ca

info@superiorwaterwells.ca
Rural Water Done Right

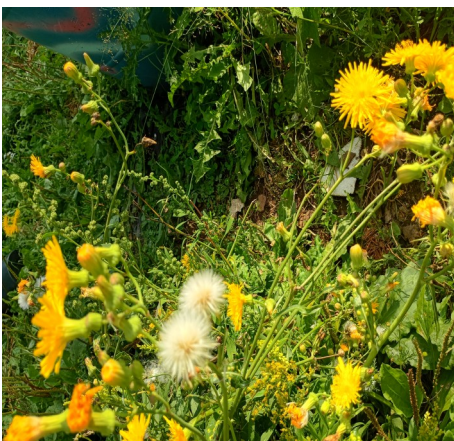
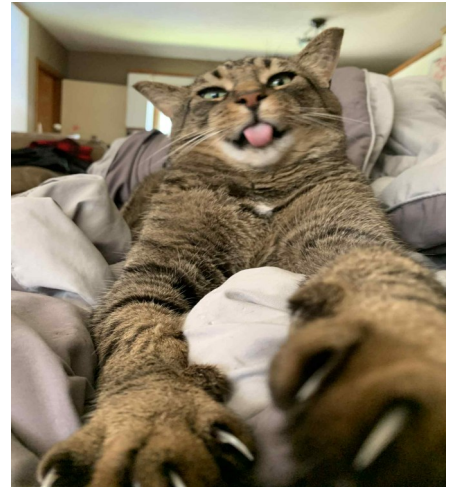
Photography Contest Alert!!

Open to all ages—Age categories are;

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

Requirements

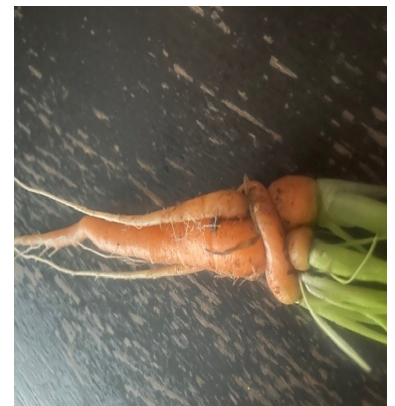
- ◆ Deadline for submissions—October 1, 2026
- ◆ Subjects—nature, wildlife, local events, family fun
- ◆ Must be original photos and unaltered, can be electronically delivered.
- ◆ Must give permission for photos to be duplicated and published in the Grassroots and online on both of our media pages.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



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

Readers choice will be judged online. All submissions will be posted on the Nolalu ONLINE GRASSROOTS Facebook page. The photo with the most 'likes' will win.

Submit as soon as you can to give everyone a chance to vote on your photo. Make sure to keep checking the page and vote for your favourite. Deadline for votes is October 15, 2026 at **5:00pm** and will not be accepted after that time. Votes will be tabulated the evening of October 15, 2026. Judge's (facebook tabulator of votes) decision will be final.





NCC Needs a New Media Coordinator!



Volunteer • Starts Immediately

The **Nolalu Community Centre (NCC)** is looking for a creative, community-minded volunteer to help keep our Facebook presence engaging, friendly, and up to date.

What You'll Do

- Create NCC posts for our public Facebook page
- Share event info. from the **Grassroots** community newsletter
- Respond to comments and community questions
- Liaise with board members and update event info. when details change
- Use Meta Business Suite (or learn as you go)
- Promote NCC events across local pages and groups

If you enjoy social media, community spirit, and keeping people in the loop, we'd love to hear from you. Interested? Please send us an email: nolalu.grassroots@gmail.com. Your creativity could be exactly what keeps our community connected — don't be shy, apply! ✨

Health in a Hurry

For this article I was going to write about CBT (Cognitive Behavioural Therapy) and how it can be used as a tool to reduce anxiety as well as increase resilience and happiness. I will still write about this...but, I decided to switch gears this month due to the wildfires we have been facing this summer.

First and foremost, I want to thank the Nolalu, Gillies and surrounding fire crews that have been working so tirelessly to keep us safe. Thank you to the team members and the volunteers who give us their time, and give up time with their own families, to ensure the safety of the community. You are so incredible and we are so grateful for you. If you are reading this and are part of the fire team, please let us know how we as a community can best support you!

While we are talking about wildfires, here are some tips to keep yourself safe this fire season.

Home safety:

- Clear all combustible material around your home, ideally to at least several metres. FIRESMART is a great resource and they have lots of helpful tips to keep your home safe.
- Have emergency bags packed in case of need for evacuation. Keep any medications packed as well, as well as important documents and mementoes.
- Keep pets close to you or in a room so you can pack them quickly if needed, and keep carriers/leashes in the room with them. Keep pet food and any medications packed away as well. Microchip your pets and ensure your address information is up to date (70% of people who have microchipped pets do not have their current home address on it!)
- If you need to evacuate, do so promptly and have a large sign showing EVACUATED and your home number, and the number of people/pets in your home so crews can see it. Also leave a sign to your closest water source. Leave all lights on in your home so crews can see better. Close all windows and doors but keep doors unlocked for easy access.

Personal safety:

Some people are more sensitive to the poor air quality caused by wildfires than others. These include people with respiratory illness (asthma, COPD) or heart disease (high blood pressure), pregnant women, children and infants, older adults and those with allergies. It is important to limit your exposure by mostly staying inside. A well-fitting N95 respirator mask can help filter out air particles if you do need to work outside, but these can be difficult to wear for long for some people, so if possible, limit outdoor exposure.

To improve indoor air quality:

- Try using an air purifier with a HEPA filter to help remove particulates in the air.
- Stay in the coolest part of your house if possible (we have been living in our basement in July...our home hit 35C in our bedroom last month!).
- Keep all windows closed

Listen to your body; if you are having trouble, let someone know.

Please check in on your friends, neighbours and those who live alone during fire/smoke/extreme heat events to ensure their safety and to offer support. Let's get through this together as a community.

With thanks to our fire and rescue crews,

Amrita

NOTICE – INWOOD PARK & CAMPGROUND CLOSURE

Due to the forest fires in the area, Inwood Park & Campground and the Inwood Office is closed until further notice. We appreciate your patience and understanding during this situation. Updates will be provided as soon as reliable information becomes available and it is safe to do so.

Thank you for your cooperation.

Jenny Veal

Upsala Recreation & Community Sports Centre

Administrator

Phone: 807-986-1667 Email: upsalarec@gmail.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 August 19, 2026

Registration 9 am to 11 am

Drive-Thru Pick-up

A BIG THANK YOU to Kimm White and everyone who donated time, food and money at the Murillo Community Indoor Yard Sale.

A BIG THANK YOU to our many volunteers who work behind the scenes at the food bank and are there on distribution day, the time they donate is greatly appreciated.

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



Coleslaw recipes

Submitted by Kathy McGowan

Classic Oil & Vinegar Coleslaw

Light, crisp, tangy — the traditional “roadside-diner” style.

Ingredients

4 cups shredded green cabbage	1 cup shredded carrot	2 tbsp white sugar
3 tbsp white vinegar	3 tbsp vegetable oil	½ tsp salt
¼ tsp black pepper	¼ tsp celery seed (<i>optional</i>)	

Instructions

1. In a large bowl, combine the cabbage and carrot.
 2. In a small jar, whisk together the sugar, vinegar, oil, salt, pepper, and celery seed.
 3. Pour dressing over the vegetables.
 4. Toss well until everything is coated.
- Chill at least 30 minutes before serving so the flavours soak in.

Rustic Apple & Cabbage Slaw (Oil & Vinegar)

Fresh, bright, slightly sweet — great with grilled meats.

Ingredients

4 cups shredded green cabbage	1 medium apple, grated or finely sliced	
½ small red onion, thinly sliced	3 tbsp apple cider vinegar	2 tbsp olive oil
1 tbsp honey or sugar	½ tsp salt	¼ tsp black pepper

Instructions

1. Add cabbage, apple, and red onion to a bowl.
 2. In a cup, whisk vinegar, oil, honey, salt, and pepper.
 3. Pour dressing over the slaw.
 4. Toss thoroughly.
- Refrigerate 20–30 minutes before serving.

Creamy Homestyle Coleslaw

The classic potluck version — creamy but not heavy.

Ingredients

4 cups shredded cabbage (green or mixed)	1 cup shredded carrot	
½ cup mayonnaise	1 tbsp white vinegar	1 tbsp lemon juice
1 tbsp sugar	½ tsp salt	¼ tsp pepper

Instructions

1. Combine cabbage and carrot in a mixing bowl.
 2. In a separate bowl, whisk mayo, vinegar, lemon juice, sugar, salt, and pepper.
 3. Add dressing to the vegetables.
 4. Mix until fully coated.
- Chill 1 hour for best texture.

Creamy Dill Pickle Coleslaw

Simple, mild, and flavourful — great with burgers or fish.

Ingredients

4 cups shredded cabbage	½ cup chopped dill pickles	2 tbsp pickle juice
½ cup mayonnaise	1 tsp sugar	½ tsp garlic powder
¼ tsp pepper	Pinch of salt (taste first — pickles add salt)	

Instructions

1. Add cabbage and chopped pickles to a bowl.
 2. In a small bowl, whisk mayo, pickle juice, sugar, garlic powder, pepper, and salt if needed.
 3. Pour dressing over the slaw.
 4. Toss until evenly coated.
- Chill 30 minutes before serving.

Just remember when using mayonnaise to always keep your salad refrigerated

Looking for
health &
wellness
products for
your family?



Nor
East

A P O T H E C A R Y

20% OFF

FOR NEW CUSTOMERS ON YOUR FIRST
ORDER USING CODE WELCOMETB20



over \$175!

Proudly offering:

Artisanal Teas



Hair & Body Care

Tallow-based Creams



*Herbal & Mushroom
Supplements*

Home Wellness Kits



**NATURE'S WISDOM
CRAFTED WITH CARE**

**& MUCH
more!!**

Simple. Clean. Fresh.

No petrochemicals. No sulfates.

No harsh preservatives. No compromises.

Ingredients you can trust and handcrafted quality you can expect.
Support your family's health and wellness with the power of plants.

www.thepowerofplants.ca



Recommended Books

Indigo Best Sellers List

The Paris Express by Emma Donoghue

The Paris Express is set over a single day, as the morning train travels from the Normandy coast to the capital. Men, women, and children from all over the world take their seats in the passenger cars, which are divided by wealth and status. Among the passengers is an anarchist intent on destruction, a young boy travelling alone, a pregnant woman fleeing her home village for the anonymity of the big city, a medical student who suspects a girl may have a fatal disease, and the railway crew, devoted to the train, to the company, and to each other.

Based on an 1895 catastrophe that was captured in a series of surreal photographs, The Paris Express is a thrilling ride and a literary masterpiece full of the politics, fears, and chaos of an era not unlike our own.

The Witch by Marie NDiaye

Lucie comes from a long line of witches, powers passed down from mother to daughter. Her own mother was formidable in her powers, but ashamed of her magic. Perhaps as a result, Lucie's own gift is weak: she can see into the future, sometimes, but more often she can only see the present of some other location. Not very useful. And the worst part? All she can ever see are insignificant details – a scrap of outfit, the colour of the sky.

Lucie's own children are initiated into their family's peculiar womanhood when they reach 12 years of age, and in a few short months, Maud and Lise are crying the curious tears of blood that denote their magical powers. Having learned, they take off quickly and fly the nest. Literally.

Witty, dreamlike, unsettling and enchanting, The Witch brings the mysteries of womanhood and motherhood into sharp relief and leaves us teetering on the edge, unbalanced by questions as seemingly unbreakable relationships break down left and right.

Who is to blame for family failures? And how can you build a nest that no one wants to fly?

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: "The Dispossessed" by Ursula K. Leguin
Monday August 10th @ 7:00pm

Monday Sept.14th: "Fight Night" by Miriam Toews

Join online:

www.facebook.com/groups/ruralreadersbookclub

Questions or queries, contact:

Marisa (807-632-3950)

wildblueyoga@gmail.com



RURAL READERS

BOOK CLUB

Emergency Preparedness - Plan for Every Season

Make a Plan

- ♦ Identify safe exits from your home and neighbourhood.
- ♦ Choose a family meeting place in case you're separated.
- ♦ Keep a list of emergency contacts, including out-of-town relatives.
- ♦ Plan for pets, seniors, and anyone with special needs.

Build an Emergency Kit

www.canada.ca/en/services/policing/emergencies/preparedness/get-prepared.html

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

Include:

- ♦ Drinking water (2L per person per day)
- ♦ Non-perishable food
- ♦ Flashlights and extra batteries
- ♦ First-aid supplies
- ♦ Medications and important documents
- ♦ Warm clothing, blankets, and seasonal gear

Stay Informed

- ♦ Sign up for local alerts and weather warnings.
- ♦ Follow trusted sources like Emergency Management Ontario and your local fire rescue team.
- ♦ Have a battery-powered or crank radio in case of power loss.

Share the Responsibility

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

Final Reminder

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

Ministry of Emergency Preparedness and Response

www.ontario.ca/page/emergency-management

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

Thank You for Standing With Us

During the recent period of wildland fire activity, the Nolalu Emergency Services Team (NEST) supported response efforts in our area, assisted at a fire in the Municipality of Neebing, delivered N95 masks, checked in on residents, and helped keep the community informed. Two wildland fires northwest of Whitefish Lake were reported on July 13 following lightning strikes during extremely dry conditions.

Your cooperation and preparedness made a meaningful difference. And our volunteers were met with exceptional kindness.

Food, drinks, homemade goodies, snacks, refreshments, cards, messages, calls, visits, handshakes, hugs, and artwork — every gesture lifted spirits and reminded our team how deeply this community cares. Support came from neighbours, nearby communities, and people far beyond Nolalu.

We extend heartfelt thanks to the families and employers of our NEST members. Your patience and encouragement make it possible for volunteers to step forward when they are needed most.

We also appreciate the Ministry of Natural Resources (MNR), our mutual aid partners, members of the media who reached out or visited the hall, and everyone who offered help — from providing masks and equipment to sharing words of encouragement.

And to the visitors and community members who took preparedness seriously, followed guidance, and stayed alert during elevated fire risk — thank you. Your actions helped keep the community safe. Please keep that preparedness and kindness moving.

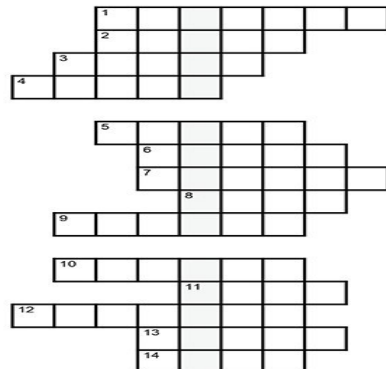
Nolalu Emergency Services Team (NEST)



Fireman Word Scramble

What's on every fire department's menu? Unscramble each of the words and write them in the grid. When the puzzle is complete the shaded letters going down will spell out the answer.

1. ORFNNEI
2. LILDR
3. BVERA
4. SKMEO
5. LMFEA
6. AARLM
7. LARDED
8. RPEO
9. ELHTME
10. REUSEC
11. REHO
12. NOTSAIT
13. ZEBAL
14. IFER



Nolalu Emergency Services Team

Hall 807-475-4441

info@NolaluEST.com

Emergency 807-473-5200

2167 Hwy 588

Nolalu ON P0T 2K0



Kakabeka Falls Legion Branch 225

Aug 1	Veterans' Drop In	9:00am
Aug 9	Breakfast	8:30am to 11:00am
Aug 15	RCL 100th Challenge Runners Only 8K	10:00am start
Aug 16	Half Marathon and 8K	7:00am start
Aug 28	Dance by Quest	7:00pm to 10:00pm

NOTE: Sunday music is cancelled for July and August

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.



**Kakabeka Falls
and
Rural District
Branch 225**

"To be in your children's memories tomorrow, you have to be in their lives today." ~Barbara Johnson~

"There are only two lasting bequests we can hope to give our children. One of these is roots, the other, wings." ~Johann Wolfgang von Goethe~



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	
	Weaving 10-3	Beginners Carving 10-3	Weaving 10-3	
	Knitting 10-3	Quilting 10-3	Knitting 10-3	
		Cribbage 1-3		

Rural 60 Plus is in summer hours of Tuesday, Wednesday and Thursday from 10am to 3pm for the months of July and August.

There will be no Monday chair yoga, Games Day or Friendship Café for July and August. They will all resume again in the fall.

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 am writing today to say I am very disappointed in our healthcare system in regards to seniors. My mother has been on the list to go into longterm care for five years now. When she signed up she was told it was a five to seven year wait. The idea is you sign up when you aren't ready to go into LTC in the hopes that by the time you are ready there will be space for you. Ideally the best case scenario would be not to need it at all. Unfortunately for my mother she does need it. She needed it last August when she started to fall at home and her dementia was worsening. Homecare came and did a reassessment and we were told she would be put on the crisis list.

In January she had a fall so bad she broke one of the bones in her back. Now we had been telling homecare she wasn't safe at home. With minimal staff coming in and our daily visits, it just wasn't enough. This just proved how right we were as she fell when no one was there. I called an ambulance from here and when they got there she had forgotten she fell and wondered why the ambulance was there. Mind you, she couldn't move out of bed by that point, so she went to hospital with coaxing from me on the phone. When she got there we found out a couple days later that she wasn't on the crisis list but they would put her on it. In March when she finally got out of the hospital and into the transition unit we found out that she still wasn't on the list yet. We only found that out because the doctor in charge of her care wanted her out of there within two weeks and told us we needed to find her care right away. As she couldn't go home, the doctor suggested either McKellar place or the women's shelter. This for a 91 year old woman with dementia and a high fall risk, who had just broken her back three months ago.

We were able to get her a spot at McKellar/Vickers place and they have been wonderful except for the issues with the building. In the 4 months she has been there there have been numerous notices saying the hydro or the water or the gas was being shut off. With this latest notice the city has advised all residents to find a new place to live, even though new owners are supposed to take over August 1, and no eviction notices were sent by either owners. Unfortunately all this stress has made my mother's dementia worse, and she is still falling about every two weeks. With this latest crisis of the hydro and gas being shut off on August 18, I have been on the phone to homecare every other day. It was because of this I found out that my mother hadn't been placed on all the nursing homes crisis lists, most of them but not all. Because of this she had missed the opportunity to be placed in one of the homes because she wasn't on their list. I quickly filled out more paperwork that they sent me and hand delivered it that day. I'm still waiting to hear if they updated her records and put her on all of the lists. I was told that the seniors in homes only get 3.5 hours of care a day which is perfectly fine because if she falls someone will be there to pick her up and assess her. Even though they only get 3.5 hours of service someone is there 24 hours a day to deal with emergencies. The 4 hours she gets at home is not 4 hours either as the 4 caregivers that come in do not spend an hour each with her as the homecare promotes it. I was told this week they do not have to spend the full hour if there is nothing for them to do, when I complained they weren't staying. Some were just going in and giving her the medications and leaving. I thought the whole point was so that someone was there to assist her in case she fell and do anything else she needs but apparently not. So here I sit now wondering if she will get into a home and wondering how do those seniors that don't have someone advocating for them get any of the services they need. Our system for seniors clearly needs an overhaul.

Odette



Drive your future. Drive with First.

Perks of driving for First Student in Thunder Bay , ON:

- Your community needs you.
- Park your bus at home.
- \$1500 sign on bonus for G and B drivers
- \$2000.00 attendance bonus
- No experience necessary, Free training to obtain your class B license!
- Ideal for retirees and stay-at-home parents
- Competitive wages

Call: 807-475-4500



FIRSTstudent

WorkAtFirst.com



Upcoming Events at the NCC

Aug 15 to Oct 1, 2026

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

September LSB annual general meeting.
September 22, 2026 at 7:00pm at the Nolalu Community Centre. Please plan to attend.

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

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

Herbal Sunburn Remedies

The most effective herbal remedy for a sunburn is pure aloe vera plant gel applied directly to the affected skin. It contains natural anti-inflammatory compounds that cool the skin, reduce stinging, and lock in moisture to prevent peeling. While aloe vera is the premier choice, several other herbs and plant-based applications offer exceptional relief for inflamed skin.

Witch Hazel: Apply this liquid extract with a clean cloth to utilize its natural tannins for reducing swelling.

Calendula: Make a topical cream/salve or oil to speed up skin repair and calm down redness.

Chamomile & Green Tea: Soak a cloth in brewed, thoroughly cooled tea and drape it over your skin to ease inflammation.

Oatmeal: Ground oats mixed into a cool bath form a milky barrier that relieves itching.

Peppermint or Lavender Essential Oils: Mix 2 to 3 drops into your aloe vera plant gel or a carrier oil for an enhanced cooling effect. Never apply essential oils directly to damaged skin without diluting them first.

Civic Holiday History

Various Internet Sources

The holiday was originally intended to give urban workers a mid-summer break. The earliest references to Civic Holiday being observed in Canada date back to the mid-1850s to early 1860s when some cities in Upper Canada — London in 1856, Toronto in 1861, Hamilton in 1862, Guelph 1862 — started to have a public holiday in August. These holidays varied every year and were declared by the mayor. Cities like Toronto and Ottawa historically renamed the day to honour historical figures, such as Lieutenant-Governor John Graves Simcoe—who was a leading proponent of the 1793 Act Against Slavery in Upper Canada.

Canada's Civic Holiday—held annually on the first Monday of August, was officially formalized by the Toronto City Council in 1869. Shops were closed and the day was spent with picnics and railway and steamer excursions. The idea spread quickly, even into neighbouring Manitoba; Winnipeg had its first public holiday in 1874. The civic holiday eventually solidified on the first Monday of August. It is not a federal statutory holiday, which allows provinces and municipalities to uniquely name and celebrate the occasion.

Regional Variations and Names

Ontario: Officially referred to as the Civic Holiday, but it is known as Simcoe Day in Toronto, Colonel By Day in Ottawa, and Joseph Brant Day in Burlington.

Alberta: Celebrated as Heritage Day to honor the province's diverse cultural roots.

British Columbia: Recognized as British Columbia Day.

Manitoba: Known as Terry Fox Day to honor the famed Canadian athlete and activist.

Nova Scotia: Celebrated in many areas as Natal Day, honoring the founding and history of the region.

Saskatchewan & New Brunswick: Officially named Saskatchewan Day and New Brunswick Day, respectively.

Quebec, PEI, Newfoundland, and Yukon: Do not observe this August holiday.

PUZZLES

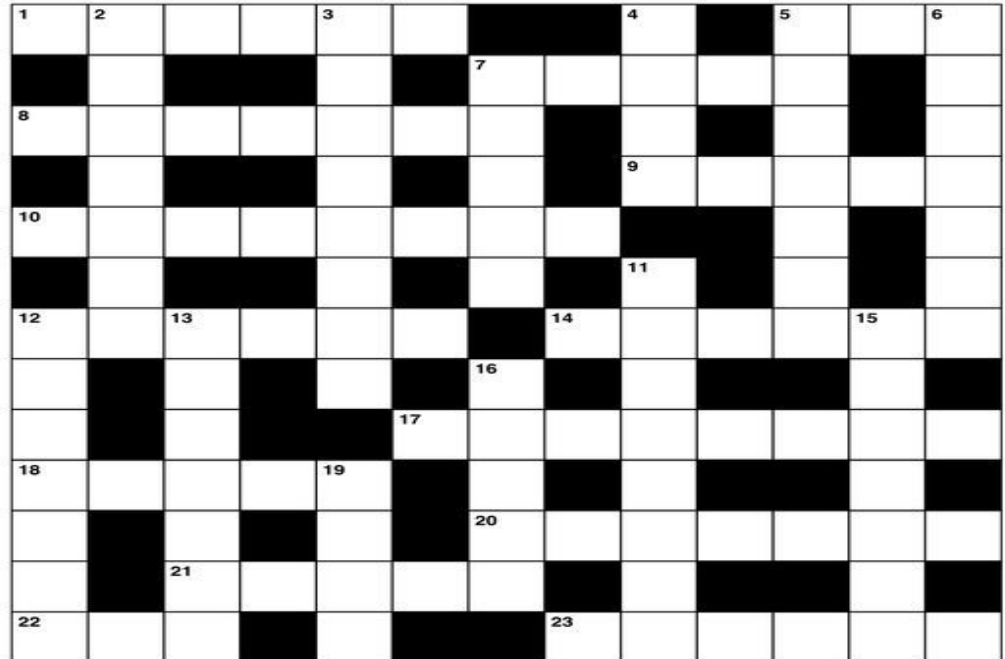
Across

- 1 - Spring back (6)
- 5 - Work of creativity (3)
- 7 - Noble gas (5)
- 8 - Forgive (7)
- 9 - Arms and legs (5)
- 10 - Forms of payment (8)
- 12 - Farmer (6)
- 14 - Tall structures (6)
- 17 - Moan (8)
- 18 - Connective tissue (5)
- 20 - Robbers at sea (7)
- 21 - Unpleasant giants (5)
- 22 - Male offspring (3)
- 23 - Chooses (6)

Down

- 2 - Space shuttle (7)
- 3 - Educational institutions (8)
- 4 - Hero (4)
- 5 - Excite (7)
- 6 - Thin papers (7)
- 7 - Dares (anag) (5)
- 11 - Bodily (8)
- 12 - Chats (7)
- 13 - Belief (7)
- 15 - Clothing (7)
- 16 - Great successes (5)
- 19 - Thin cable (4)

Crossword Puzzles



ANIMALS WORD SEARCH

- MONKEY
- CAMEL
- DOG
- ELEPHANT
- FROG
- CAT
- HORSE
- DUCK
- PIG
- MOUSE
- CHAMELEON
- PANTHER

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

- OCTOPUS
- LION
- WHALE
- COW
- LEOPARD
- PELICAN
- WOLF
- ZEBRA
- EAGLE
- DOLPHIN
- CROW
- BEAR



NOLALU COMMUNITY CENTRE

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

Thursday, August 20, 2026

7:00pm

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

LOCAL SERVICES BOARD OF NOLALU



Tuesday, August 25, 2026 @7:30pm

Note** Date change September 29 @ 7:00pm

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

Drop-in Exercise

(Pilates/weights type)



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

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

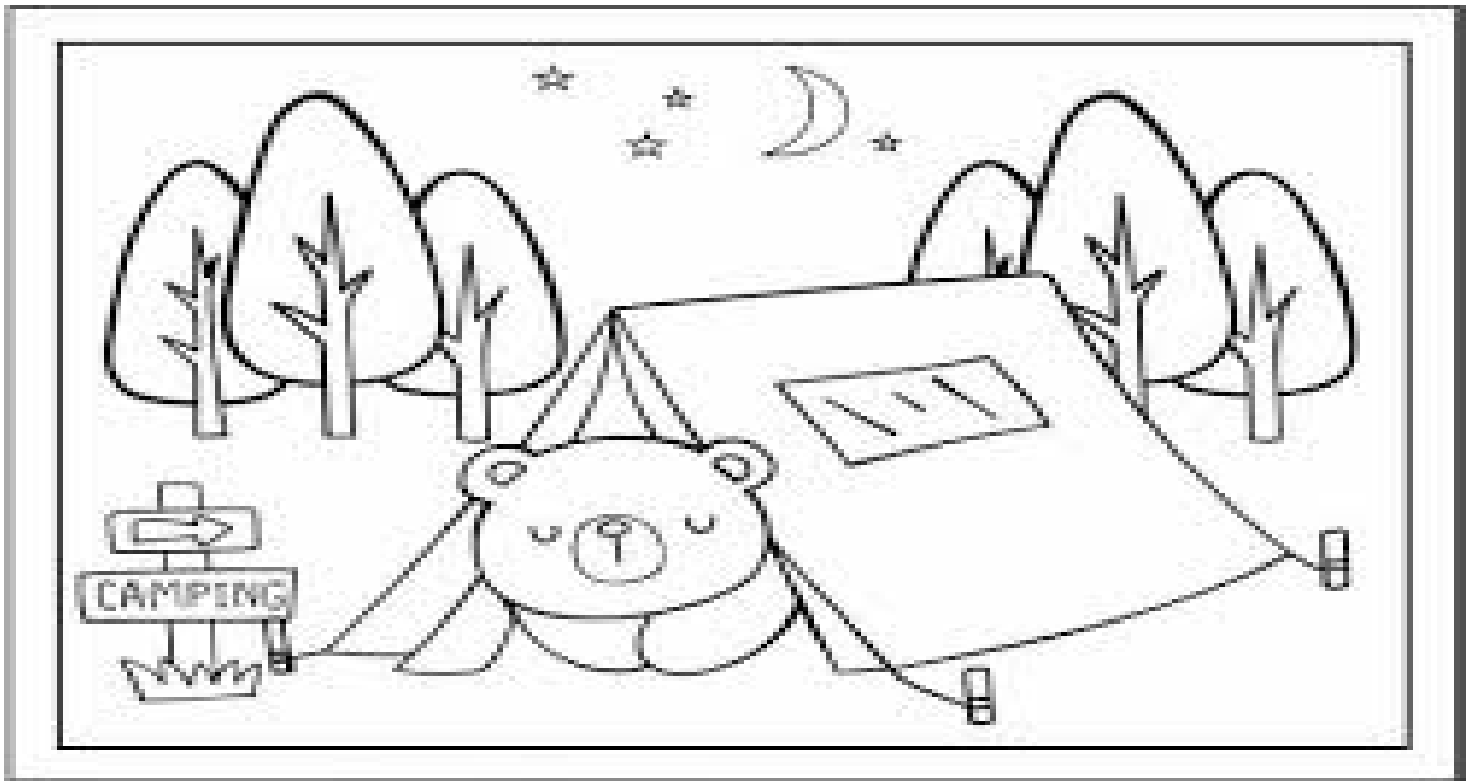
FUN group.

Open All Summer

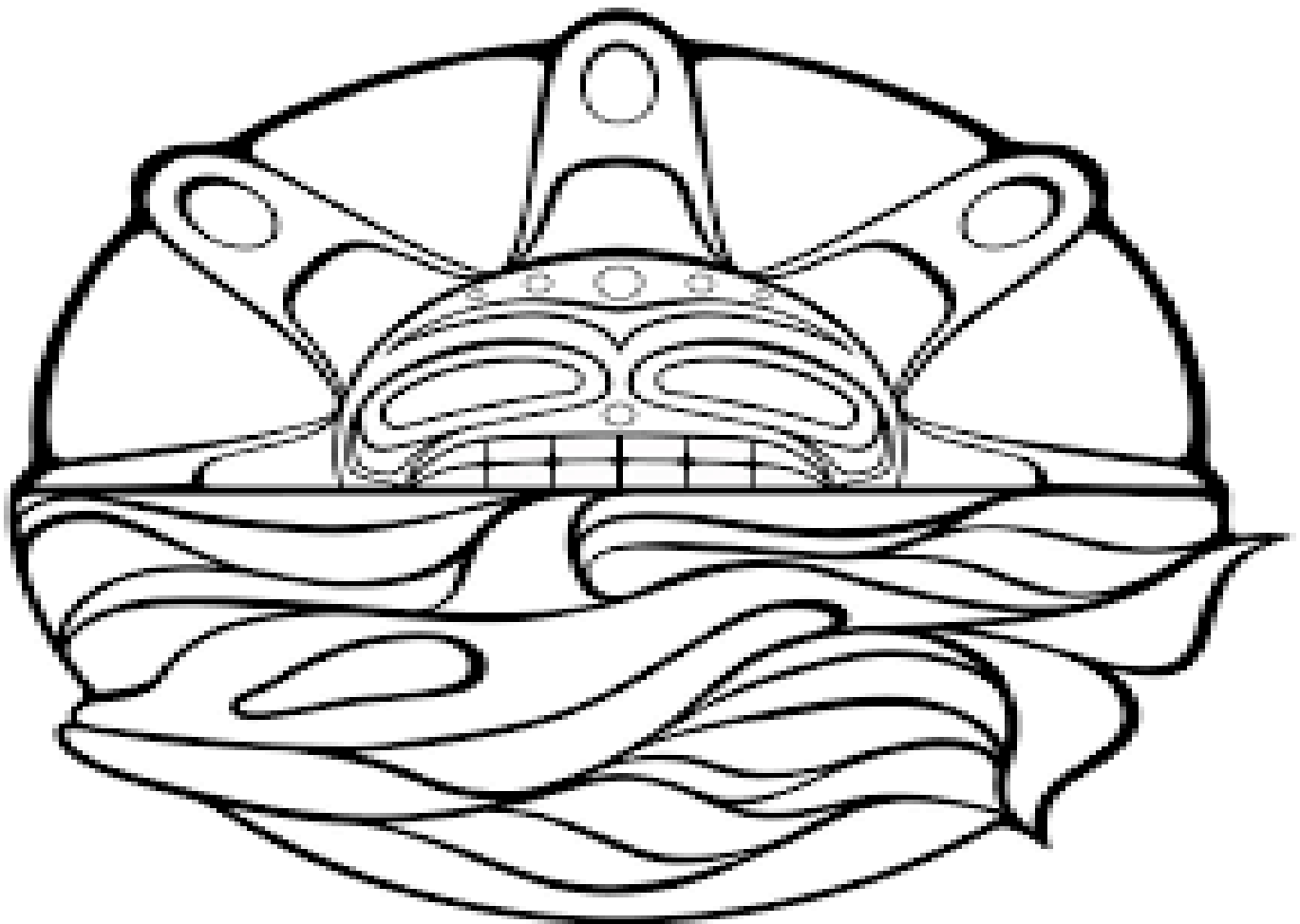
We have extra equipment if needed.

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

COLOURING PAGE



CraftingJeannie.com





FREE Virtual Health Care

OPEN 7 DAYS A WEEK

**12pm – 8pm EST
11am – 7pm CST**

Let our Nurse Practitioners help you
with minor health issues

BOOK ONLINE OR BY PHONE:

nwvirtualcare.ca 1-800-409-3484

What To Do After a Sunburn

Cool down first! Take a cool shower or apply a cold water compress immediately. Drink plenty of extra water, as sunburn draws moisture away from the rest of your body. Spread a washcloth compress gently over the skin.

Do not use heavy petroleum jellies, butter, or heavy oils immediately, as they trap heat inside the skin.



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



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

BARB'S PROFESSIONAL SEWING

ZIPPERS ZIPPERS ZIPPERS

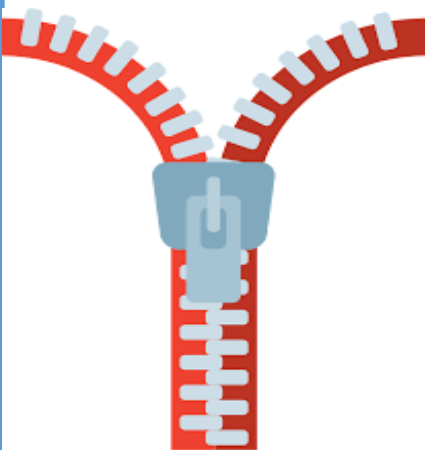
Hems on pants, dresses, curtains and more

Alterations, mending, patching

13 years doing alterations at EVA'S BRIDAL

7 years at THE WHOLE NINE YARDS

Doing repairs, alterations, wedding parties

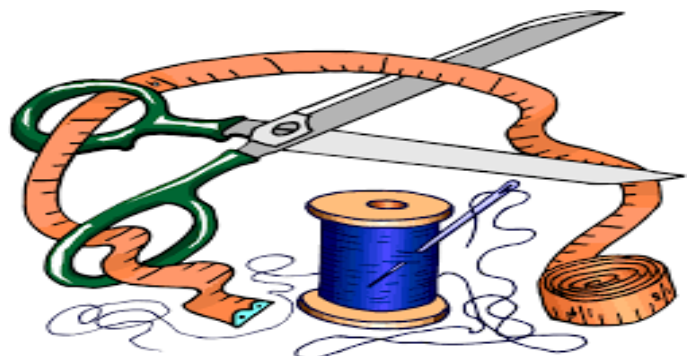


QUICK SERVICE

REASONABLE RATES

sewZipZippersKCAT81@gmail.com

807-475-9687





First, huge thanks from all of us to the Nolalu Fire Rescue and First Response team under the leadership of Chief Sarah Shoemaker. They put in incredibly hard work and long hours dealing with recent wildfires in our area, which are pretty much under control as I write this. Fingers crossed. They not only fought fires, but also communicated critical information, reassured residents door-to-door, planned for evacuations if necessary, maintained equipment, helped other fire teams - and we are so grateful and appreciative. Please support them in any way you can - financially, food and water wise, moral support and appreciation. And don't forget, buy NEST 50/50 tickets! A new fire hall would be spectacular!

The Lybster Local Roads Board has also been extremely busy planning the summer road work program, and doing their best to ensure it gets done to make life better for Lybster road users, including recently applying calcium on many roads to reduce the dust. I personally know how many hours the Trustees have spent this spring and summer, as they have often met around our kitchen table!

Big thanks to Emma Allgood, who planned a community birthday party for all Nolalu residents 80 years and better! Emma made a beautiful 4' long cake decorated with flowers, and each birthday person received a special badge. We hope this becomes an annual event for all who are 80+, and their friends and families.

Thank you to the exercise group at the NCC, who moved all the chairs up onto the stage in preparation for the floor to be stripped and rewaxed. It should look good! Thank you also to Debra Hitz, our hard working cleaner, who also moved tons of stuff up off the floor and up to a higher plane for the same reason.

Dillan Kotala has kept the NCC yard looking very tidy with mowers and weedwackers. Louise Wetering is scraping and repainting our outdoor sign. Jody Buttman has installed a very pretty and much more functional kitchen screen door, and has tidied up the furnace room.

It really takes a village to keep the Community Centre looking good and working well!

Angela Woodhouse-Wild



AUGUST 2026

MON	TUE	WED	THU	FRI
3 CLOSED FOR THE CIVIC HOLIDAY	4 Fly the C.O.O.P Walking Group	5 Mobile Clinic - Upsala Nursing Station (Footcare and Primary Care) 10AM-3:00PM Walk-In Clinic 4:30pm - 7:30pm	6 Fly the C.O.O.P Walking Group LifeLabs	7
10 Chair Yoga @ O'Connor CC Good Food Box Order Deadline	11 Fly the C.O.O.P Walking Group	12 Walk-In Clinic 4:30pm - 7:30pm	13 Fly the C.O.O.P Walking Group LifeLabs	14
17 Chair Yoga @ O'Connor CC	18 Fly the C.O.O.P Walking Group	19 Good Food Box Pickup at KB Clinic Walk-In Clinic 4:30pm - 7:30pm	20 Fly the C.O.O.P Walking Group LifeLabs	21
24 Chair Yoga @ O'Connor CC	25 Fly the C.O.O.P Walking Group	26 Walk-In Clinic 4:30pm - 7:30pm	27 Fly the C.O.O.P Walking Group LifeLabs	28
31 Chair Yoga @ O'Connor CC				



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 for further program information.

Fly the C.O.O.P Walking Group

Meet at KB Park at 9:45am

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

Good Food Box Program

Monthly access to a box of affordable fruit and vegetables. For more information visit www.goodfoodboxtb.org or call 473-5528 for more info

Friendship Cafe @ Rural 60+ Centre. Come socialize and meet new people, make friends and lifelong connections. Program will resume in September



Follow us!

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

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—August 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Drop-in Exercise 9:30am to 10:30am	4 AA MEETING 6:30pm	5	6	7 Drop-in Exercise 9:30am to 10:30am	8
9	10 Drop-in Exercise 9:30am to 10:30am RURAL READERS 7:00pm to 9:00pm	11 AA MEETING 6:30pm	12	13	14 Drop-in Exercise 9:30am to 10:30am	15
16	17 Drop-in Exercise 9:30am to 10:30am	18 AA MEETING 6:30pm	19 PLAY GROUP 12:00pm to 2:00pm	20 NCC MEETING 7:00pm	21 Drop-in Exercise 9:30am to 10:30am	22 FAMILY POTLUCK PICNIC 11:00am to 2:00pm
23	24 Drop-in Exercise 9:30am to 10:30am	25 LSB MEETING 7:30pm	26	27	28 Drop-in Exercise 9:30am to 10:30am	29
30	31 Drop-in Exercise 9:30am to 10:30am					