NCC NEXT MEETING:

Thursday October 15

@ 7:00pm

*Annual General Meeting

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

LSB NEXT MEETING

Tuesday October 27

@7:00pm**Note time

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

NEST NEXT MEETING

Thursday October 8

@ 7:00pm

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

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October 2026

Nolalu's

GRASSROOTS



Halloween Dance

October 24, 2026

8:00pm to 1:00am

NOLALU COMMUNITY CENTRE

2266 HWY. 588, NOLALU

$5.00 at the door. Wristbands in use.

DJ by 2-Tone Music

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



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Emergency Phone Numbers

Nolalu Fire & Ambulance: 807-473-5200
Ontario Provincial Police: 1-888-310-1122
For information during an emergency for the Nolalu area, call: 807-475-4441
For Road information call: 511

NCC Volunteer Board

Chair	Angela Woodhouse-Wild	807-630-6061 Text Only	807-475-8968
Vice Chair	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442
Secretary	Dawn Scavarelli	dawn_scav@protonmail.com	807-473-1114
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	Jackie Patterson	Via Facebook: Nolalu Community Centre	807-631-9738 text please
Grassroots Editor	Odette Houle	nolalu.grassroots@gmail.com Facebook: Nolalu ONLINE GRASSROOTS	807-630-9442

NEXT NCC MEETING:

Annual General Meeting & Monthly Meeting

Thursday, October 15, 2026

@7:00 pm

ALL NCC meetings are open to the community.

NEST meeting 7:00pm at NCC

Thursday, October 8, 2026

Nolalu Dump WINTER Hours
October 1 — April 30

ADRIAN LAKE

Sundays 12pm - 3pm

HARDWICK

Sundays 4pm - 6pm



Annual General Meeting

The Nolalu Community Centre annual general meeting and elections will be held **October 15, 2026 at 7:00pm**

At this meeting we will be electing a vice-chair, secretary, and event coordinator. These positions are a two year term with the board.

We are also looking to fill the position of volunteer coordinator. For information on this position 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.

"Your body is not an apology. It is your home in the world. It deserves to be loved and respected in all its magnificence."~~Sonya Renee Taylor~~

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

Hoppers Variety Store

Green Acres Variety Store

Suomi Variety Store

Evergreen Pharmacy, Kakabeka

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Recipes from Nolalu Community Cookbook 1975

Hot Dog Relish~~May Koski
Put the following through the meat grinder:

1 quart cukes	1 quart carrots	1 quart onions	1 quart cabbage
2 red hot peppers	2 green peppers		
Add: 1 quart vinegar	1/4 cup salt		

Cook 1 hour, stirring so it won't burn
Mix together:

4 cups white sugar	1 1/2 tsp celery seed	2 tsp mustard seed	1/4 cup flour
2 tsp tumeric			

Add to above and boil 10 minutes, stirring often. Bottle. Perfect on hot dogs.

Chokecherry Jelly~~ Angela Globensky
Put: 3lbs chokecherries in a big kettle. Add water so that you can just see it through the fruit. Bring to a boil and simmer for 20 minutes. Put in a jelly bag and let juice drip (for clearer jelly) or squeeze bag (for more jelly). For every 3 1/2 cups juice add 1 box certo. Place on high heat and stir until mixture boils. Stir in 4 cups sugar. Bring to a full boil, boil 1 minute. Remove from heat. Skim off froth. Pour into jars, cover with wax.

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

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

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

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

GRASSROOTS DEADLINE

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

Submit to nolalu.grassroots@gmail.com

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

Online Mutual Respect Policy

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

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

Snippets from Lady Lumberjack
Dorothea Mitchell at Silver Mountain

Leo, the cook, and Harold, the barn boss, came back year after year. They had no home ties and usually let most of their earnings accumulate until spring "break up". Shortly after one of these closures of camp, I was in the city, talking to someone, when Leo came across the street and asked rather sheepishly if I could lend him two dollars. Naturally I thought it was a joke, and passed it off as such. My companion said "Oh he's probably broke. There's always a gang of their friends waiting at the railway station for guys coming out from camp this time of year. First they get them drunk, then 'roll them'." It seemed fantastic! To work hard all winter, then be robbed of six or seven hundred dollars! Harold, I learned later, would sometimes get no farther than the Stanley Junction hostelry, only half way to the city. It seemed that one drink would finish him. Such happenings led me to make inquiries through discreet quarters about these two men, as a result of which I felt it my duty to more-or-less "mother" them.

WEEKLY GARBAGE COLLECTION
ONLY $10 PER WEEK
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PROUD SUPPORTER OF THE NORTHERN REACH NETWORK ONGOING BOTTLE DRIVE, ASK HOW YOU CAN HELP!





Winner of NEST 50/50

Charlene Kriikkula won $2175 (August)

Victoria Needham won $1540 (September)

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

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

October Gardening: the month of shutting down, tucking in, and turning the house into a food-preserving factory

By Kathy McGowan

Normally in October, the garden finally exhales, well, sort of. The hard frosts eventually arrive, the leaves drop fast, and the beds shift from producing to resting. It's a month of cleanup, protection, and preparing the garden (and yourself) for the long winter ahead. It's also the month when your kitchen mysteriously shrinks under the weight of baskets, boxes, and buckets of produce that all need attention *right now*.

Put the garden to bed before the snow does it for you

October is your last chance to tidy, protect, and set the stage for next year's success.

Do the essentials:



- **Pull annuals** that are spent or frost-killed.
- **Remove diseased plants** — don't compost blight, mildew, or rust.
- **Cut back perennials** that prefer a fall trim (peonies, daylilies).
- **Leave seed heads** on coneflowers and sunflowers for birds.
- **Top up mulch** on beds to protect soil life through freeze–thaw cycles.

A clean fall garden means fewer pests and diseases waiting for you in spring.

Final watering and soil care

Even though temperatures drop, plants still need moisture before the ground freezes.

To keep roots healthy:

- Give a **deep watering** before the first hard freeze.
- Add a layer of **compost** to feed soil microbes over winter.
- Cover bare soil with **mulch** to prevent erosion and nutrient loss.
- Avoid fertilizing — plants are shutting down, not gearing up.

If your hose freezes solid because you forgot to drain it, welcome to October gardening.

Pest patrol: the last round

Most pests slow down, but a few linger:

- **Slugs** hide under debris — remove hiding spots.
- **Rodents** look for winter homes — keep compost tidy and avoid leaving produce scraps out.
- **Cabbageworms** may still be on late kale — check leaves before bringing them inside.

Healthy fall cleanup means fewer surprises in spring.

Harvesting & storing the last of it

In our part of the world, October is normally the final call for:

Carrots, Beets, Parsnips, Kale, Swiss Chard, Leeks, Late potatoes, Winter squash, and any remaining green tomatoes. Root crops can stay in the ground longer if mulched heavily, but harvest before the soil freezes solid.

Begin long-term storage:

Cure squash and pumpkins in a warm, dry spot. Store carrots and beets in damp sand or peat in a cool space. Keep potatoes in darkness to prevent sprouting. Ripen green tomatoes indoors in a single layer.

Planting in October

Yes — there are still a few things to plant.

- **Garlic** (your prime October task)
- **Spring bulbs** such as tulips, daffodils, and crocus
- **Perennials** if the ground isn't frozen yet

Garlic especially loves a cold start so plant it now, mulch it well, and forget about it until spring.

Beginner tips for October success

- **Don't rush cleanup.** Some debris protects beneficial insects.
- **Mulch generously.** It's your soil's winter blanket.
- **Label everything.** Come spring you will not remember what you planted where.
- **Store produce properly.** Cool, dark, and ventilated is the magic trio.
- **Take notes.** October shows what truly thrived.

Kathy usually spends October hauling in the last stubborn vegetables, tripping over baskets of squash in the hallway, and trying to find counter space under mountains of tomatoes, carrots, and beets, all while gearing up for the annual marathon of freezing, canning, dehydrating, and storing that turns her whole house into a full-scale fall preserving operation.



Rural 60 Plus 1982

ANNUAL

CRAFT SALE AND DRAWS

SATURDAY, NOVEMBER 14, 2026

10:00 A.M. TO 1:00 P.M.

To be held at 5 Pineview Road, Kakabeka Falls

All draws will be held at 1:00 p.m.

License No. M861998



First Prize Draw – "Kaleidoscope" - this beautiful First Place Award-Winning Quilt

Table Rentals - $15.00 each: Call 807-475-5779 or email rural60@tbaytel.net

Third Wednesday of Each Month

Next Play Date: Oct. 21, 2026
Nolalu Community Centre
12:00pm to 2:00pm



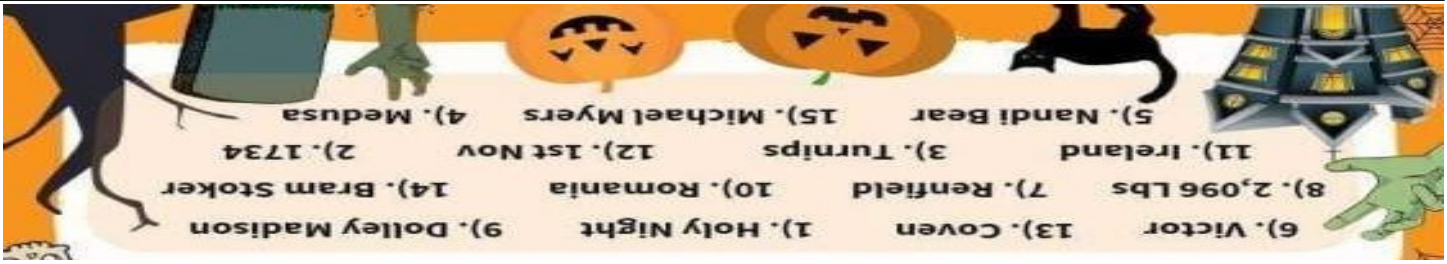


Come on out and have some fun.

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





"Mental health is just as important as physical health. You have to nurture your inner world the same way."~~Lewis Hamilton~~

Not all battles are visible and neither are the victories."~~Brittany Burgunde~~

Just For Fun – Horoscopes by Grandmama Bear

Aries: March 21 – April 19
So I found out you don't believe in horoscopes. That's ok, they don't believe in you either.

Taurus: April 20 – May 20
If the pressure canner starts rattling, turn down the heat. Same goes for your wife.

Gemini: May 21 – June 21
How's it going with that bunny? Maybe you should think about getting a cat instead.

Cancer: June 22 – July 22
1 cup vinegar and two tbsp lemon juice. Talk to Pisces thay have the full recipe. Who knows what you might cook together.

Leo: July 23 – August 22
Beware the Ides of March. I'm giving you lots of time to prepare. Don't say you weren't warned.

Virgo: August 23 – September 22
Now is the time to invest. Invest in yourself, your friends, your family. Spend time making the best of each day. You won't regret it and neither will they.

Libra: September 23 – October 22
My accomplice says now is the time to make potions. Just remember lemonade is a potion and so is coffee and creamer.

Scorpio: October 23 – November 21
The wind has told me it is time to keep elastics handy. If not you won't be able to see for the hair blowing in your face.

Sagittarius: November 22 – December 21
Time to put the garden to bed. Don't forget to get a warm blanket for yourself.

Capricorn: December 22 – January 19
If you hear the closet making murmurs, you either have to run or invite them in.

Aquarius: January 20 – February 18
Dress as a fish for Hallowe'en, no-one will suspect it's you.

Pisces: February 19 – March 20
1 part sea salt, 1 part sage, and 1 part rosemary. Mix well and give the concoction away to your closest friend. They will know what to do with it.



KAM RIVER FIGHTING WALLEYE

OCTOBER 2026 SCHEDULE

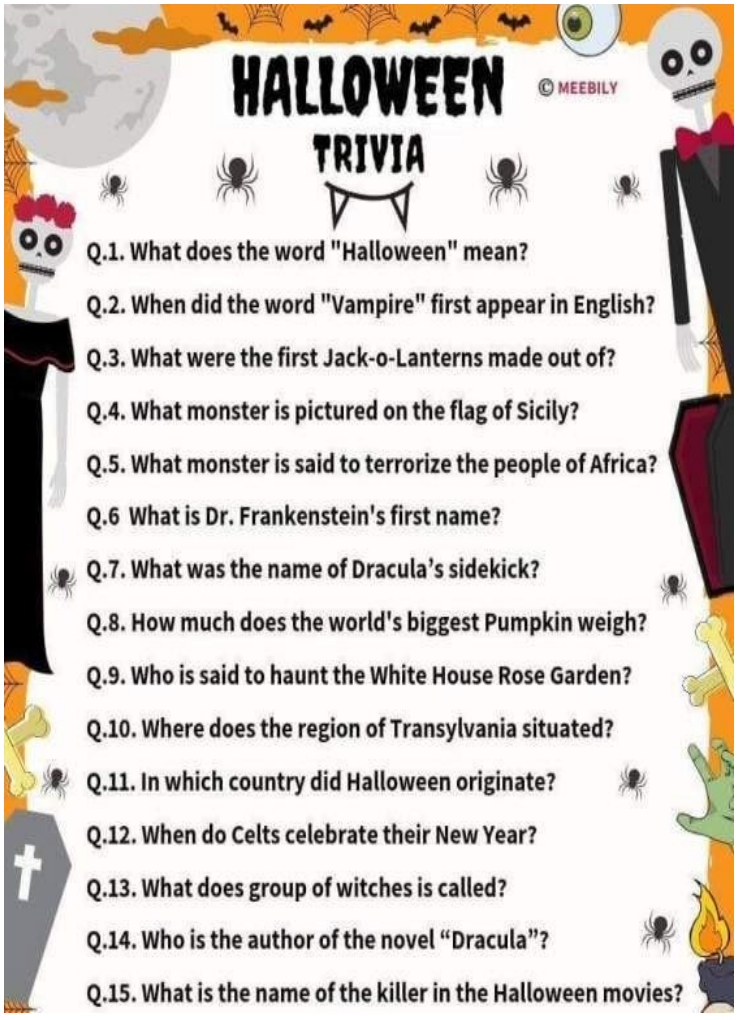
DATE		ARENA	TIME
Sat, Oct 3	Kam River Walleye vs Fort Frances	Norwest Arena	7 pm
Tues, Oct 6th	Kam River Walleye vs Ironwood	Norwest Arena	7 pm
Fri, Oct 9th	Kam River Walleye vs North Stars	Ft William Gardens	7 pm
Fri, Oct 16th	Kam River Walleye vs North Stars	Norwest Arena	7 pm
Tues, Oct 20th	Kam River Walleye vs Ironwood	Norwest Arena	7 pm
Fri, Oct 23rd	Kam River Walleye vs Sioux Lookout	Norwest Arena	7 pm
Sat, Oct 24th	Kam River Walleye vs Sioux Lookout	Norwest Arena	7 pm
Fri, Oct 30th	Kam River Walleye vs North Stars	Ft William Gardens	7 pm
Sat, Oct 31st	Kam River Walleye vs North Stars	Ft William Gardens	7 pm

POSTED LOCAL GAMES ONLY



Thank you to all the local communities in and around Kakabeka Falls, and as far away as Thunder Bay. Your generosity in donating your cherished tea cups and saucers has been outstanding. Thanks to you, we now have our own collection of 250 sets which will enable the Kakabeka Legion to have many more high teas. Look out for your own tea cups when you attend our Legion events.

Kakabeka Falls and Rural District Legion 225



Seniors Lunch

(55+ or "close enough")

Next two (2) lunches:

Monday, Oct 19
Monday, Nov 16

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

$10 at the door

Lunch will include: soup, entrée, veggie dish OR salad, buns OR potato or rice dish, and dessert.

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



NCC General Maintenance 2026/2027

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 by October 31, 2026

NCC Custodian 2026

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 by October 31, 2026.





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 by October 31/26.

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

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

Water Quality Testing

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

No Water / Low Pressure

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

Sump & Hot Water Help

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

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info@superiorwaterwells.ca

Rural Water Done Right

Halloween Safety Tips



Halloween is a fun and busy night in our community, and the Nolalu Emergency Services Team wants everyone to enjoy it safely.

Stay visible — Add reflective tape to costumes, carry a flashlight, and choose bright colours when possible. Rural roads in our area get dark quickly, and visibility keeps everyone safer.

Use safe walking routes — Stick to familiar roads, avoid unlit driveways, and walk facing traffic. Drivers may have reduced visibility due to costumes, decorations, and dusk conditions.

Check costumes for hazards — Ensure masks don't obstruct vision, costumes aren't too long, and accessories are soft or flexible.

Inspect treats before eating — Only consume items that are sealed and recognizable. Discard anything suspicious or homemade from unknown sources.

Be fire-smart — Keep costumes away from open flames, use battery-powered candles in pumpkins, and ensure decorations don't block exits.

Drive with extra caution — Slow down, watch for pedestrians, and avoid distractions. Children may dart across roads unexpectedly.

Stay connected — Carry a charged phone, share your route with someone you trust, and remind kids to stay with their group.

Have a safe Halloween!

Annual Appliance Servicing — Prevent Carbon Monoxide Emergencies



Many of our everyday appliances burn fuel such as wood, propane, oil, or natural gas. When they aren't cleaned or serviced regularly, they can produce carbon monoxide, a dangerous gas that you can't see or smell. Having equipment checked once a year by a qualified technician is one of the simplest ways to keep your home, camp, and family safe.

Safety Reminders

- Have your furnace, water heater, boiler, and gas range serviced once a year.
- Clean and inspect wood stoves, chimneys, and stovepipes before heating season.
- Test your CO alarms monthly and replace them every 7–10 years.
- Test your smoke alarms monthly and replace units at least every 10 years.
- Keep vents and flues clear of debris, nests, and snow.

A quick yearly service call helps ensure appliances burn cleanly, vent properly, and keep our households safe.



HOMESCHOOL GROUP MEETUP

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

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

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

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

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

TOGETHER WE GROW



FOR MORE INFORMATION

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

NOLALU COMMUNITY CENTRE

Health in a Hurry

This month, I will be diving deeper into some of the main tenets of CBT (Cognitive Behavioural Therapy) in more detail, and teaching you how to use this form of mental training.

There are many categories of distorted automatic thoughts. So, when someone says something to you, or you encounter a specific situation, you tend to instantly think one (or many!) of the following thoughts:

1. **Mind reading:** "She thinks I am a loser so I won't ask her out."
2. **Fortune telling:** "I won't get the job, so why even try?"
3. **Catastrophizing:** Assuming the worst possible scenario: "I don't know if I could handle it if I failed."
4. **Overgeneralizing:** "I keep making these mistakes, I'm sure everyone thinks I am stupid."
5. **Personalizing:** "He left me because I was a failure."
6. **Blaming:** "My parents caused all of my problems."
7. **What if?:** "I could try, but what if I get anxious? What if I fail?"
8. **Emotional reasoning:** "I feel depressed, thus, my marriage is not working out."

There are many others, but let's focus on these ones as they are probably the most common. Can you think of a time you've made statements like this out loud, or in your head? I certainly can! It's a natural thing, but we can train our minds to think differently and more positively with practice.
So, here's how to do CBT, blatantly stolen from Lukianoff and Haidt's fantastic book: "The Coddling of the American Mind":

---

1. When you are feeling anxious, or distressed; take a moment and write down what you are feeling. Ex: "I am feeling so frustrated!"
2. Then, write down your level of distress, out of 100. "I'm at 80."
3. Write down what happened, and what your automatic thoughts (see above) were. Ex: "I was trying to fix this motor, but despite trying for hours, it is still not working. I am a terrible mechanic and no one will want to hire me!"
4. Look at what you wrote down. Are there any cognitive distortions? (I can find mind- reading, catastrophizing and overgeneralizing in the previous statement.)
5. Look for the evidence for and against your thoughts. Ex: "I am new to this, I probably have a lot to learn still." "This isn't something I've ever done before."
6. Try considering it again and re-evaluate the thought without the distortions.
7. Write down your new thoughts and feelings. Ex: "I am frustrated that I haven't been able to fix this; maybe I can ask for help as it is a new skill for me and I can learn something from someone with more experience. That way, next time, I can fix it by myself."
8. Write down how distressed you feel on the scale. Chances are, the number will be much lower. "I'm at 30 now."

That's it.
It seems simple...but it takes a lot of training and discipline. I do find it is easier to think of negatives instead of positives; it is just human nature sometimes! But if you take a deep breath, keep a little notepad and pen in your pocket, and train yourself to immediately write things down when you feel your stress increase....it may just change your life. I've never done this before either, so let's begin a healthy habit, now, together!

Until next time,
Amrita

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A BIG THANK YOU to Kam Community Centre for several bags/boxes of food donated.

A BIG THANK YOU for donations received from The Steve Maxwell Golf Tournament.

A BIG THANK YOU to Lois and Stan Myslicki, and the guests of their 50th Wedding Anniversary Celebration who donated in lieu of gifts.

A BIG THANK YOU to Odena Foods for hosting our Fall Harvest Food Drive.

Fall Harvest Food Drive
October 8, 9, 10
Odena Foods, Kakabeka Falls

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 21, 2026

Registration 9 am to 11 am

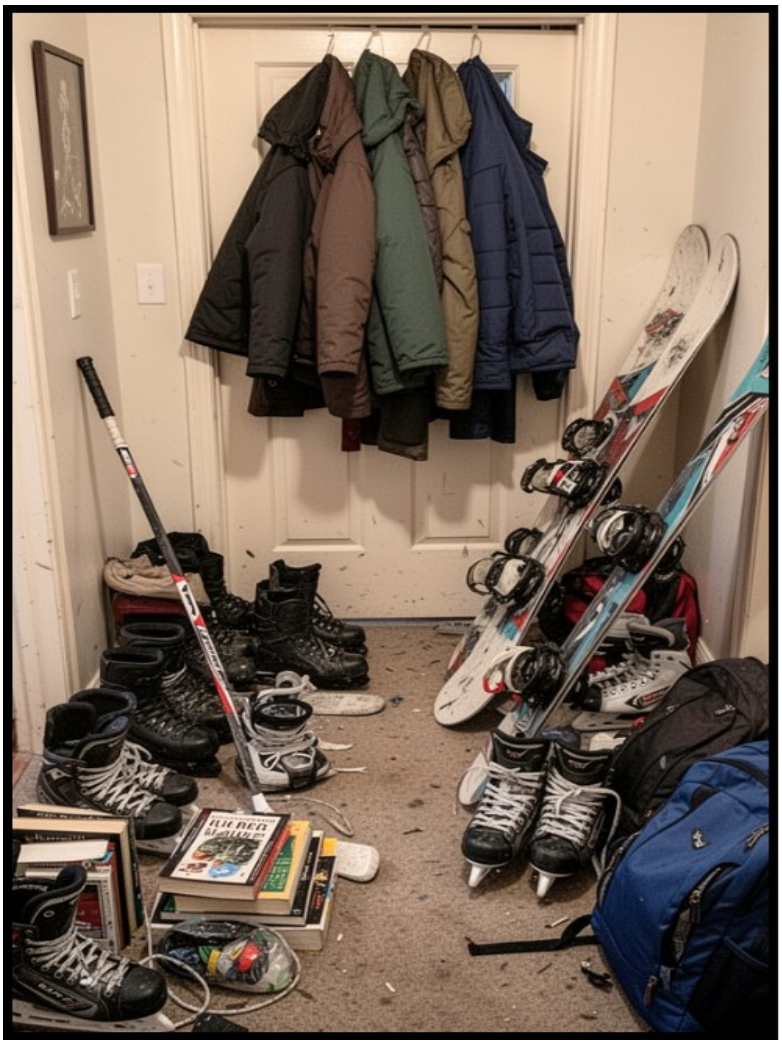
Drive-Thru Pick-up

RURAL CUPBOARD FOODBANK DROP OFF LOCATIONS

Oliver Paipoonge: Murillo & Rosslyn Libraries (during open hours)
Nolalu: Hoppers Variety
Gillies: Whitefish School
(Sept to June)
O'Connor: O'Connor Municipal Office
Neebing: Neebing Municipal Building
*Note*** Rural Cupboard Foodbank needs recyclable bags.

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





Keep Exits Clear

Cluttered doorways and hallways slow you down in an emergency and they block first responders who need fast access to help you and your loved ones.

Clear the path.

A few minutes of tidying can make all the difference.



Nolalu Emergency Services Team

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

2167 Hwy 588
Nolalu ON P0T 2K0

Fire Safety Month

October is Fire Safety Month, a reminder that most home fires are preventable with simple, consistent habits. The Ontario Office of the Fire Marshal emphasizes: working smoke and Carbon monoxide (CO) alarms, a practiced home escape plan, and preventing common ignition hazards.

Safety Reminders

- Test your smoke alarms at least once a month and replace batteries if needed.
- Practice a two-exit escape plan with everyone in your home.
- Keep cooking areas clear and never leave a stove unattended.
- Store combustibles well away from heaters and wood stoves.

Fire Prevention Week — Week of October 9

Fire Prevention Week highlights the importance of stopping fires before they start. Unattended cooking remains one of Ontario's leading causes of residential fires. Stay in the kitchen when cooking, keep a lid nearby to smother small pan fires, and keep combustibles away from stovetops. The OFM also stresses carbon monoxide awareness: ensure CO alarms are installed outside sleeping areas and maintained according to the Ontario Fire Code.

Safety Reminders

- Stay with your cooking — if you leave the room, turn off the stove.
- Keep a pot lid within reach to smother small fires.
- Install and test CO alarms; replace units older than 7–10 years.
- Have heating appliances inspected before cold weather sets in.

First Responders Day — October 28

October 28 honours firefighters, paramedics, police, and all emergency personnel who protect Ontario communities. Local fire services, guided by the Fire Protection and Prevention Act and the Ontario Fire Code, work year-round to keep rural communities safe. They train regularly, maintain equipment, and respond to emergencies at any hour, often across long distances, rough roads, and challenging weather. Their commitment helps ensure that homes, farms, camps, and backroads in our area stay protected.

Safety Reminders

- Learn about your local fire department's role and the Ontario Fire Code.
- Keep driveways, civic numbers, and access routes clear for emergency vehicles.
- Review your household's emergency preparedness plan and update contact information.
- Take a moment to thank a first responder in your community.

Smoke & CO Alarm Safety Reminders — Where to Find the Expiry Date

- Look on the back of the alarm for a printed or stamped manufacture date.
- Check inside the battery compartment — some models place the date under the battery tray.
- Inspect the outer casing edge for an embossed date.
- CO alarms may also place the date on the bottom or side of the unit.

How to Interpret It

- If marked "MFG: YYYY/MM/DD", replace the alarm 10 years after that date for smoke alarms, and 7–10 years for CO alarms.
- If marked "Replace by: YYYY", follow that instruction directly.
- If the date is missing or unreadable, replace the alarm.

Safety Reminders

- Test alarms monthly.
- Replace batteries annually or when chirping.
- Replace the entire alarm at end-of-life — new batteries won't fix an expired sensor.

Kakabeka Falls Legion Branch 225

Oct 2	Dance with Quest	7:00pm to 10:00pm
Oct 3	Veterans' Drop In	9:00am
Oct 10	Executive Meeting	2:00pm
Oct 10	General Meeting	3:00pm
Oct 11	Breakfast	8:30am to 11:00am
Oct 17	Dance with Quest	7:00pm to 10:00pm
Oct 25	Sunday Musical with Just 4 You Band	2:00pm to 4:00pm
Oct 30	Dance with Quest	7:00pm to 10:00pm

Kakabeka Falls and Rural District Branch 225

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

"And I said to my body softly, 'I want to be your friend.' It took a long breath and replied, 'I have been waiting my whole life for this."~~Nayyirah Waheed~~

"People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within."~~Elisabeth Kubler-Ross~~

"Don't let your mind bully your body."~~June Tomaso Wood ~~

Rural 60 Plus 1982

YOU ARE NEVER TOO OLD TO HAVE FUN!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Craft Room 10-3	**Craft Room 10-3**	**Craft Room 10-3**	**Craft Room 10-3**	**Craft Room 10-3**
Carving 1-3	**Weaving 10-3**	**Beginners Carving 10-3**	**Yoga 10-11**	**Friendship Café Oct 23 - 1-3**
Chair Yoga 10-11	**Knitting 10-3**	**Quilting 10-3**	**Weaving 10-3**	
Disking 1-3	**Choir 1-2:30**	**Cribbage 1-3**	**Knitting 10-3**	
			Euchre 1-3	

Friday October 30th at 1:00pm information session on Power of Attorney for Personal Care and Health Care Consent.

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

Recommended Books

Indigo Best Sellers List

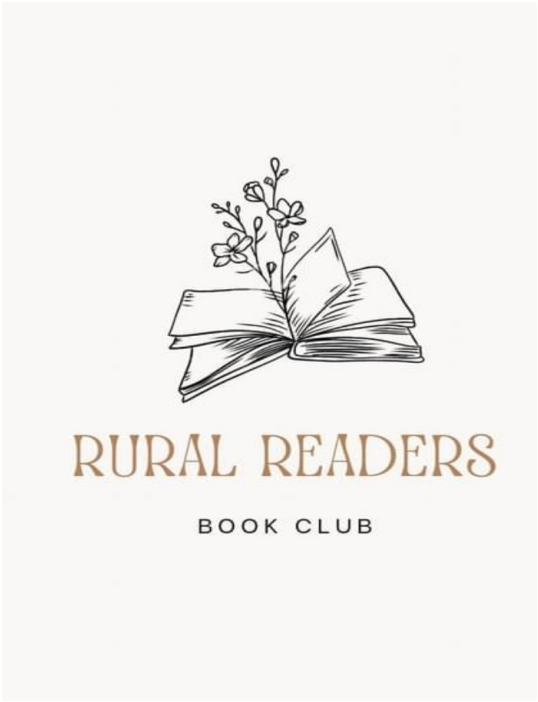
Wild People Quiet: A Novel by Tara Gereaux

Torduvalle, Saskatchewan, 1946. Florence has created a beautiful life for herself. Her home is immaculate; she is a model employee at Pratt's Insurance, where she works as a secretary. Her hair is the perfect shade of movie-star blonde—never once does she allow her brown roots to show. She dyes them every other Saturday night, without fail. But one morning, everything changes. Florence notices a new group of men at the local diner, Métis workers from out of town, hired on for the season at a nearby farm. And one of them has a connection to the past that Florence has spent her entire life outrunning. He has one simple request for her. Suddenly, Florence is thrown back into memories of her life before. Suddenly, the line between who she once was and who she has chosen to be feels very thin. And when Florence learns of the government's plans for the Métis community on the fringes of town, she will be faced with a choice—one that will shatter her carefully constructed life forever.

The Calamity Club: A Novel by Kathryn Stockett

Oxford, Mississippi, 1933. Abandoned by her mother one Christmas Eve, eleven-year-old Meg Lefleur has learned the hard way to rely on no one. Now one of the unadoptable "big girls" at the Lafayette County Orphan Asylum, she fights each day to keep her spirit unbowed. Birdie Calhoun, unmarried and outspoken, has come to Oxford to ask her socialite sister to help the struggling family she's left behind. But as the Depression tightens its grip, Birdie discovers her sister's seemingly charmed life is a tapestry of lies. Then, Birdie encounters Charlie, a woman running low on luck with little left to lose. When their fates—and Meg's—converge, Charlie comes up with an audacious plan to claim what's rightfully theirs. But in a place and time where hypocrisy is rife and women's freedom is fragile, even the smallest act of defiance can have dangerous consequences.

Have you read anything interesting lately? Let me know and we will feature it here. We are always looking for a good read.



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: **Note date change due to Thanksgiving
Monday October 19 at 7:00pm
"The Giver" by Lois Lowry

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

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

Join online:
www.facebook.com/groups/ruralreadersbookclub
Questions or queries, contact:
Marisa (807-632-3950) wildblueyoga@gmail.com



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- Competitive wages

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FIRSTstudent WorkAtFirst.com

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

What a jam packed month this has been. I learned how to pressure can and I have been doing it straight for the last two weeks. Oh, if anyone has any jars they would be willing to part with, please, please, let me know. I am willing to pay, as long as it is reasonable. I am down to my grandmother's antique jars with the glass lids and rubber rings. If they worked for her I'm sure they will work for me but I only have two packs of the rubber rings left and I hope they are not dried out. I wonder if you can still buy those rings? Anyway, my dining room table is covered in jars of processed vegetables and fruits. We decided to leave off canning the meat until the spring. We ended up having enough room in the freezers for the chickens, and I hope the turkeys too when we harvest them. The only thing that might throw us off is if we get some venison. But I can always take out whatever fruit or some of the vegetables I have in the freezer and waterbath can them. I've been keeping my mother up to date on our canning progress and she says we should be good for the next two years. I don't think so but it is a good start. I've learned a lot about canning, even the waterbath method which I have been doing for years. I now know why I do some of the things I do, and I know some of the things my mother taught me were 'rebel' canning techniques. I have three more sessions on pressure canning to attend. It has been a wonderful course and I am so glad I was able to find the time to participate. The next class is on meat canning so I am eager to try that. I couldn't have started the pressure canning without my good neighbour Gerylyn. I had been putting it off and decided I was just going to dive right in. I couldn't even get the canner started. So Gerylyn came down and gave me the basics on how to run it, and all the times you have to follow. It's definitely not like waterbathing where you wait till it's boiling, put in the hot jars and start the timer. It has a whole other set of rules and for good reason. You don't want to cause siphoning of your jars, and in rare cases you don't want to pop the lid off. The one thing that really fooled me at first was how little water goes into a pressure canner. A waterbath canner is just that, the jars are submerged having a bath of sorts. Pressure canning is all about the steam. Judging by my dining room table, Gerylyn is an excellent teacher, and she has amazing patience.

As for the rest of the month we spent it mostly going back and forth to town to make sure my mother was settling into the nursing home. She is doing well and joining into a few of the activities. She complains a lot about the other residents, saying they don't know what they are doing or that they complain too much or ask for too much. But she has made two new friends and I am finding her in the common room more often when I visit. I am learning more about dementia as it progresses. I couldn't understand how she could remember her new friend has three daughters who live in Winnipeg, and he used to be an art dealer and is a widower as well. Her other friend likes knitting and sees her daughter a couple times a month. But when I ask her what she had for supper she doesn't even know if she had supper. Or if I ask if she got her money to go to church, she doesn't remember who to ask. So I did more research and found that sometimes she will remember and sometimes not, and some things will stick with her and others are gone five minutes later. So we just repeat a lot, have patience, and when the answer isn't really going to matter we just agree so she doesn't get flustered. They told us that was the best way to stop her from feeling bewildered and frustrated. Now if only there was a way to stop me from feeling overwhelmed and frustrated. Oh well maybe next month.
Odette

PUZZLES

FRUIT AND NUTS

Can you find all the words hidden in the grid? Read backwards or forwards, up or down, even diagonally. The words will always be in a straight line. Cross them off the list as you find them.

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

ALMOND
APPLE
APRICOT
BANANA
BLACKBERRY
BLACKCURRANT
BRAZIL
CASHEW
CHERRY
CHESTNUT
CRANBERRY
DATE
FIG
GOOSEBERRY
GRAPE
GUAVA
HAZELNUT
LEMON
LIME
MANDARIN
MANGO
MELON
NECTARINE
OLIVE
ORANGE
PAPAYA
PEACH
PEANUT
PEAR
PECAN
PINE
PISTACHIO
PLUM
POMEGRANATE
PRUNE
RAISIN
RASPBERRY
SATSUMA
STRAWBERRY
SULTANA
TANGERINE
TANGELO
TOMATO
WALNUT

© THE PUZZLE COMPANY (UK)



Upcoming Events at the NCC

***Oct 1 to 15*, 2026**
Readers Choice Award for the Photography contest. All ages. Visit the Nolalu Online Grassroots page on Facebook and vote for your favourite photo. Votes will be tabulated by number of 'likes' a photo receives. (hearts and wows count too)

Breakfast with Santa on November 28, 2026.

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!



Calling All Volunteers!

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

Join our Halloween dance committee Contact goliboskim@gmail.com with the heading "NCC Halloween Dance"

We are looking to fill some volunteer spots for the upcoming ***Halloween Dance*** on October 24, 2026

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

Melissa at goliboskim@gmail.com



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 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.

"To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself."~~Thich Nhat Hanh~~

"As a child, I never heard one woman say to me, 'I love my body'. Not my mother, my elder sister, my best friend. No one woman has ever said, 'I am so proud of my body.' So I make sure to say it to my daughter because a positive physical outlook has to start at an early age."~~Kate Winslet~~

COLOURING PAGE







NOLALU COMMUNITY CENTRE

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

Thursday, October 15, 2026

7:00pm

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

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LOCAL SERVICES BOARD OF NOLALU



Tuesday, October 27, @ 7:00pm

Note date and time change

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

Drop-in Exercise

(Pilates/weights type)



Mondays & Fridays,

9:30am to 10:30am

Bring mats, weights, stretchy band.

FREE, all welcome. Open to men and women (and kids on PA days).

FUN group.

Open All Summer

We have extra equipment if needed.

"Even the darkest night will end, and the sun will rise."~~Victor Hugo~~

Thank You

Thanks to Liz Pszczolko and Odette Houle for the work they both do behind the scenes on behalf of the community. Liz for meticulously keeping the books and handling the finances for the NCC; Odette (and her family) for spending hours each month writing, editing, and preparing Grassroots for publication and then printing, boxing, and delivering our newsletter all over the community and beyond. And Odette for running the photo contest.
Thanks to the newer Board members (Dawn Scavarelli and Melissa Goliboski) for stepping up to round out the Board, bringing new blood and ideas to the community and Centre as Secretary and Events Coordinator. Thanks also Louise Wetering and Jackie Patterson for taking ongoing important tasks: looking after the kitchen (and sign painting) and putting out media posts online. All these people live on page three of Grassroots, and they all volunteer their time for free, so the Community Centre can stay alive and lively. Thank you all! More next month, and remember the NCC Annual General Meeting on October 15.
Angela Woodhouse-Wild



OCTOBER 2026

MON	TUE	WED	THU	FRI
			1 Fly the C.O.O.P Walking Group LifeLabs	2
5	6 Flythe C.O.O.P Walking Group	7 Walk-In Clinic	8 Flythe C.O.O.P Walking Group LifeLabs	9
12 CLOSED FOR THANKSGIVING Good Food Box Order Deadline	13 Fly the C.O.O.P Walking Group	14 Walk-In Clinic	15 Fly the C.O.O.P Walking Group LifeLabs	16
19 Chair Yoga @ O'Connor CC	20 Flythe C.O.O.P Walking Group	21 Good Food Box Pickup at KB Clinic Walk-In Clinic	22 Flythe C.O.O.P Walking Group LifeLabs	23 Friendship Cafe
26 Chair Yoga @ O'Connor CC	27 Fly the C.O.O.P Walking Group	28 Mobile Clinic - Upsala Community Centre (Footcare and primary care 10AM-3:00PM Walk-In Clinic	29	30

NorWest Community Health Centres
Centres de santé communautaire NorWest

4785 ON-11 Unit B, Kakabeka Falls, ON P0T 1W0
(807) 473-5528

PROGRAM DETAILS
Call KB Clinic Reception for more information

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

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

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

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

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

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

FOOD SECURITY

Food Security is the state of having reliable access to a sufficient quantity of affordable, healthy food. This includes availability, access, utilization, and stability, as well as resiliency to future disruptions of food supply due to various risk factors such as droughts, floods, shipping, disruptions, fuel shortages, economic instability, and wars.

Food insecurity is the opposite of food security: a state where there is only limited or uncertain availability of suitable food. Food insecurity goes beyond hunger; it includes people who do not have regular access to nutritious and sufficient food, even if they may not necessarily be suffering from hunger.

If you or anyone you know is struggling with food insecurity, help is available through the Rural Cupboard Food Bank (RCFB). The RCFB operates a food bank offering non-perishable goods, provides enough food for seven days and one week of school lunches, and organizes ongoing food drives.

Families and individuals that reside in rural areas west of Thunder Bay to Upsala, north of Thunder Bay including Kaministiquia, Lappe, Shuniah and Pass Lake, and south of Thunder Bay to USA border at Pigeon River are eligible.

Service Area(s):

Conmee
Kaministiquia
Neebing
O'Connor
Raith
Shebandowan
South Gillies
Kakabeka Falls
Murillo
Nolalu
Oliver Paipoonge Township
Rosslyn
Slate River
Upsala

Application Process
Initial registration requires a piece of photo ID and proof of address.
Operates on a drop-in basis during food bank hours.
Documents Required: Identification to prove rural residence (ie. utility bill), as well as ID for each person living in the household.
NOTE: Every six months, clients will be asked to bring in proof of address. Proof of Residency and ID is a requirement for clients attending and registering with the food bank in order to obtain food hampers on a monthly basis.

Office: 807-285-0836
Email: ruralcupboardfoodbank@gmail.com
Mailing Address:
19 Holland Rd W,
Kakabeka Falls, ON, P0T 1W0
Regular Hours of Operation
Third Wednesday of the month: 9am-11am (in the month of December, the Food Bank will operate on the Second Wednesday of that month only).

For anyone or any business wishing to help out, donations can be brought to the following locations during their regular business hours:

Oliver Paipoonge Libraries in Rosslyn/Murillo Villages
O'Connor Municipal Office
Hopper's Variety
Odena Foods
Neebing Municipal Office
Conmee Municipal Office
Whitefish Valley Public School

Watch for the RCFB regular monthly ad in your community newsletter!

Contest Alert!!

Last day to enter:

OCTOBER 1, 2026

All entries will be placed online on our Facebook page.

Readers Choice Award: Last day for voting on the photograph of your choice is 5:00 PM, October 15, 2026. 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 to but can only place one vote per photo.

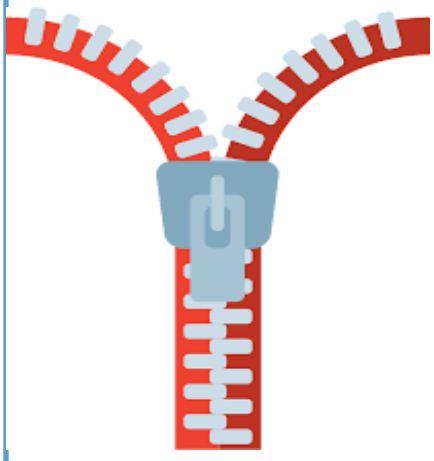
THANK YOU to our prize contributors: Kakabeka Evergreen Pharmacy, Aunt Sarah's 588 Café, Green Acres Variety & Lickety Splitz Snack Shack, Kakabeka Depot, Hoppers Variety & St. Urhos Golf Course, Dirty Hands Disposal, Goliboski Contracting Inc., Superior Water & Wells, The Eddy, Dr. Robert Beckford of Gleeson Chiropractic, Stanley Sourdough, Duotherapy Massage, and Woolly Steer Ranch.



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



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Hems on pants, dresses, curtains and more

Alterations, mending, patching

13 years doing alterations at EVA'S BRIDAL

7 years at THE WHOLE NINE YARDS

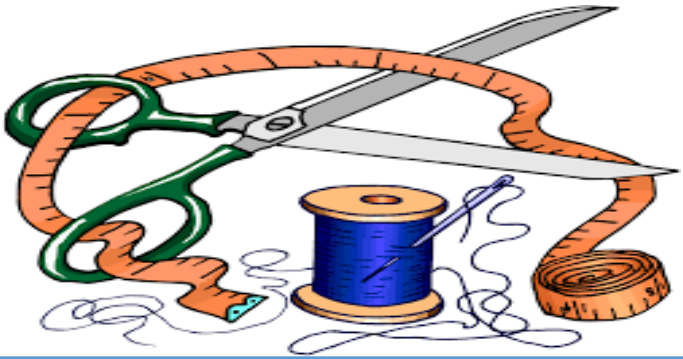
Doing repairs, alterations, wedding parties

QUICK SERVICE

REASONABLE RATES

sewZipZippersKCAT81@gmail.com

807-475-9687



NOLALU COMMUNITY CENTRE: HALL RENTAL

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

Email nolalucctreasurer@gmail.com

Package A: **Occasional daytime functions** e.g., birthday parties, showers

- Minimal use of kitchen e.g. fridge, **$30**
- Full use of kitchen, e.g. burgers on stove, **$50**

Package B: **Meetings of Community/Service groups**

- Minimal use of kitchen, e.g. fridge
- **$25** part day / **$50** full day

Package C: **Major day or evening functions** e.g., weddings, family reunions

- With liquor if required, plus full use of kitchen
- Renter is responsible for obtaining and posting liquor license if required
- **$100** (and up, at the discretion of the NCC, depending on function, risk, familiarity with kitchen equipment)

Package D: **Memorial Service for community member**

- Refreshments (sandwiches, pickles, desserts, tea, coffee) can be provided
- Specialty foods, e.g. suolakala, not included
- **$40** plus the cost of food supplies

Package E: **Businesses Day Use** For meetings, training, workshops, retreats, etc.

- Minimal use of kitchen, e.g. fridge **$100**

Table/Chair rental available: (max 16 8' tables, max 100 chairs)

- At the discretion of the NCC Board
- **$5/table**, **$2/chair** for the event. Weekend rentals: pick up Friday, return Monday. Any rental longer than 3 days will be subject to a 20% surcharge per extra day
- Renter provides transportation and returns in clean condition.
- Some chairs are upholstered, therefore cannot get wet

Set-up charge for tables and chairs, if requested, additional **$25**.
Clean-up charge, **if necessary,** additional **$25+** at the discretion of the NCC.

The facility is to be left in a clean, tidy condition.

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

NCC Events—October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	**2** Drop-in Exercise 9:30am to 10:30am	**3**
4	**5** Drop-in Exercise 9:30am to 10:30am	**6**	**7** YOGA 9:30am to 10:30am & 7:00pm to 8:00pm	**8** NEST MEETING at NCC 7:00pm	**9** Drop-in Exercise 9:30am to 10:30am	**10**
11	**12** Drop-in Exercise 9:30am to 10:30am	**13**	**14** YOGA 9:30am to 10:30am & 7:00pm to 8:00pm	**15** NCC MEETING 7:00pm	**16** Drop-in Exercise 9:30am to 10:30am	**17**
18	**19** Drop-in Exercise 9:30am to 10:30am SENIORS LUNCH 11:00am to 1:00pm RURAL READERS 7:00pm to 9:00pm	**20**	**21** PLAY GROUP 12:00pm to 2:00pm YOGA 9:30am to 10:30am & 7:00pm to 8:00pm	**22**	**23** Drop-in Exercise 9:30am to 10:30am	**24** HALLOWEEN DANCE 8:00pm to 1:00am
25	**26** Drop-in Exercise 9:30am to 10:30am	**27** LSB MEETING 7:00pm	**28** YOGA 9:30am to 10:30am & 7:00pm to 8:00pm	**29**	**30** Drop-in Exercise 9:30am to 10:30am	**31** Trick or Treaters at NCC