

Nolalu's GRASSROOTS

News & Events



Valentine's Day, also called St. Valentine's Day, is held on February 14 and is a time when love is expressed with greetings and gifts. It has been suggested that the holiday has origins in the Roman festival of Lupercalia. The festival, which celebrated the coming of spring, included fertility rites and the pairing off of women with men by lottery. At the end of the 5th century, Pope Gelasius 1 forbade the celebration of Lupercalia, but the true origin of the holiday is vague at best. Valentine's Day did not come to be celebrated as a day of romance until about the 14th century. Formal messages, or valentines, appeared in the 1500s, and by the late 1700s commercially printed cards were being used. Valentines commonly depict Cupid, the Roman god of love, along with hearts. Traditional gifts include candy and flowers, particularly red roses, a symbol of beauty and love.

Groundhog Day—Thousands of years ago when animalism and nature worship were prevalent, people in the part of Europe where Germany is today, believed that the badger had the power to predict the coming of spring. They watched the badger to know when to plant their crops. This tradition was brought over to North America, predominantly to Pennsylvania, where it was the groundhog, not the badger, which made these "predictions". According to folklore, if the groundhog sees its shadow on February 2 it will return to its burrow, indicating that there will be six more weeks of winter. If it does not see its shadow, then spring is on the way.

The Groundhog Day concept first became popular in Canada in 1956 when Warton Willie became a household name for his early February weather predictions. Warton's Groundhog Day festival grew as Willie's fame increased. It became one of the largest winter festivals in Bruce County, Canada. There are also other groundhogs in different parts of Canada. For example, Shubenacadie Sam is reportedly the first groundhog in the country to stick its head out on Groundhog Day. Other groundhogs include: Gary the Groundhog in Ontario, Brandon Bob in Manitoba and Balzac Billy in Alberta.



NCC NEXT MEETING:

Monday February 13

@7:30pm

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

LSB NEXT MEETING

Tuesday February 28

@7:30pm

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

NEST NEXT MEETING

Thursday February 9

@7:30pm

All meetings are at the west firehall and open to the community

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Catherine and Terry Niemi
51 Delints Road, Nolalu
768-5357 or 633-2949
therustybucket@tbaytel.net

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

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Tractor Services – brush hogging, fence post holes, wood chipping...

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

President	Breanne Neufeld	prez.ncc@gmail.com	807-285-1258 No text
Vice President	Angela Woodhouse-Wild		807-475-8968 or text 807-630-6061
Secretary	Mary Ellen Scott		
Treasurer	Elizabeth Pszczolko	nolalucctreasurer@gmail.com	
Events Coordinator	Emma Allgood	nccevents@outlook.com	Text to 519-410-8733
Kitchen Coordinator	Rob Houle	roberthoule66@gmail.com	807-632-1922
Volunteer Coordinator	VACANT		
Media Coordinator	VACANT	nolalu.media@gmail.com	
GrassRoots Editor	Odette Houle	grassroots@tbaytel.net	807-630-9442



NEXT NCC MEETING:

Monday February 13 @7:30pm

ALL NCC meetings are open to the community.

**Nolalu Dump WINTER Hours
October 1—April 30**

ADRIAN LAKE

Sundays 12 pm - 3 pm

HARDWICK

Sundays 4 pm - 6 pm

The future belongs to those who believe in the beauty of their dreams. ~Eleanor Roosevelt~



~Announcing that we are now your go to for Dirt Track



Race Car Parts !

4 X 10 Coloured Aluminum Sheets

Steering/Suspension Parts

Transmission/Differentials

Can Repair or Rebuild Bert or Chevy Power Glide Trans

Hoosier Tires

If we don't stock it we Can get it – call Wayne 629-4888

****We are a Local Amsoil Distributer with huge Inventory ****



"The First in Synthetics"®

Also note: We now have a Gold Certified Polaris Technician on Site for your toy Repairs! Call our Service Dept to book your appointment or for more info 622-2829.

- NOLALU COMMUNITY CENTRE PRESENTS

FAMILY FISHING DERBY

MARCH
18, 2023
3pm-6pm

MARCH
19, 2023
12pm-6pm



Child \$2 entry per fish || Adult \$3 entry per fish
Food and Refreshments Available
LCBO - 19+ ID Required

More Details to Come || More Information and Rules Contact
ncevents@outlook.com

2266 Highway 588, Nolalu

GILLIES
COMMUNITY
CENTRE

EVENTS

PLAYGROUP TUESDAYS

9:30-12pm

Please follow the FB
group for updates &
schedule:)

WALDORF PARENT & CHILD GATHERING

2nd Friday of every month
from 10-12pm

Donations encouraged for
materials

Contact: melkaltenbach@gmail.com

BOOK SWAP FEBRUARY 25 & 26

1000's of books!

11-5pm daily

\$Donations\$

Encouraged

FREE EVENT!

All donations directly assist the GCC

THE GCC IS AVAILABLE TO RENT FOR YOUR NEXT EVENT!

Email:

gilliescommunitycentre@gmail.com

or message us on Facebook
for rental or any other inquires.

SEED SWAP RETURNS MARCH 4TH!

That's right!
Seedy Saturday
returns
March 4!!

More details to
come. Please
follow us on
Facebook for
more info.



#1835 HWY 595
SOUTH GILLES



**Gillies
Community Centre**

BOOK SWAP!

**Saturday, February 25th
Sunday, February 26th**

**11-5PM DAILY 1000'S OF BOOKS
\$\$ DONATIONS ENCOURAGED FOR THIS FREE EVENT!!
ALL PROCEEDS DIRECTLY SUPPORT THE GCC**

The GCC is located at #1835 Hwy 595

Made with PosterMyWall.com

DIY Days

Do you have a life hack that you would be willing to share with the community? Do you make your own soaps, toothpaste, deodorant? Kitchen seasonings, recipe mixes, canning? Make your own cloth napkins, baby diapers? Have a neat craft or jewelry skill you could show us? Do you make your own fishing lures/jigs? Do you start your garden seeds indoors in the spring?



gg61163406 GoGraph.com

We are compiling a list of community members who are willing to share their DIY skills with us in a workshop/live demo setting. Reach out to Breanne at prez.ncc@gmail.com or message us on our Facebook page to sign up. We will work together to figure out how we can support you in turning your DIY into a fun learning opportunity."

Are you experiencing a louse-y situation? Let me make this Lice'N'Easy for you! Hi, I'm Irene and I am here to help you alleviate the stress of a nit-picky circumstance. As a fully licensed Head Lice Technician, through the Lice Treatment Center, I have been trained to search for and eliminate the unwelcomed guests residing in your hair and on your scalp. Using my trained techniques, I will ensure your satisfaction guaranteed. I will achieve this by coming to the comfort of your home and meticulously combing through every inch of your hair and scalp while using 100% natural products.

LICE N EASY
 Thunder Bay , Ontario
 Lice Removal Service
 Call or Text 807-708-6950
 Irene Levesque
 Professional Head Lice Technician



Fees: - \$75*/first hour (one hour minimum) - \$50/every additional hour - Additional charges may apply for out of boundary destinations

Call or text me today to make your life Lice'N'Easy!! To give you an idea of how much time it may take, here are some common examples of what my services have seen:

- 1 hour for short hair - 1.5 - 2 hours for medium length hair - 2 hours for long hair - 2.5 + hours for exceptionally long hair

All of these times may vary, depending on thickness of hair and how severe the infestation may be

Kakabeka Legion News

Feb 3	Teen Challenge	2:00pm-7:00pm
Feb 4	Teen Challenge	7:00am-6:00pm
Feb 11	Exec/Gen mtg	2:30/3:00pm
Feb 12	Breakfast	8:30am-Noon
Feb 17	Rural 60 lunch	12:00pm-1:00pm
Feb 18	Dance Quest	7:00pm-10:00pm
Feb 19	Jam Session	6:30pm-9:30pm
Feb 25	Dance Quest	7:00pm-10:00pm
Feb 26	Music	2:00pm-4:00pm



**Kakabeka Falls
 and
 Rural District
 Branch 225**

For all supper reservations,
until 4 days before the event, call Gary 708-0411.



Seniors Potluck Lunch

Tuesday, February 21

11:00am-1:00pm

**Bring a small side dish or
dessert**

OR

pay \$10 at the door

**The NCC will provide the
entrée, buns and
beverages.**



**If you are available to
Volunteer for the event,
contact pres.ncc@gmail.com.
We need a few people to help
at the door, set up/take down
and in the kitchen.**



HOPPER'S VARIETY

The Everything Store



7:00 am to 9:00 pm

Sunday to Saturday

475-8804 OR 475-8814



**AUTOMOTIVE
REPAIRS
TIRE REPAIRS
ALUMINUM &
STEEL WELDING**

Call For Appointment & Quote

Senior Discount on Shop Labour for Age 55+



LCBO CONVENIENCE OUTLET

**7:00 AM TO CLOSING UNLESS
OTHERWISE POSTED**

LAUNDROMAT

ST. URHO'S GOLF COURSE

ANDY'S EATS



BOTTLE RETURN DEPOT



PARCEL PICKUP DEPOT



**CALL TO BOOK YOUR APPOINTMENT
SNOW REMOVAL, SAND & GRAVEL
CONSTRUCTION/FLOATING**

****FREE QUOTES****



Cooking & Baking Hints from Nolalu Community Cookbook 1975

- ◆ Dessert: An inexpensive and delicious dessert can be made by pouring hot lemon sauce over stale cake, that has been heated in the oven

Remember the steam kettle, though up to the neck in hot water, it still continues to sing
...Bertha Maki

VISPIPUURO (Whipped Cranberry Pudding) - Sonja Saarinen

3 cups cranberry or lingonberry juice

1/2 cup cream of wheat

Slowly sprinkle cream of wheat into boiling juice, stirring constantly, until the mixture begins to thicken. Lower the heat and simmer for 5 minutes. Sweeten with sugar and beat until fluffy and light. Serve with cold milk or cream

FINNISH OVEN PANCAKES - Shirley Nummikoski

3 eggs

3 cups milk

1 tsp. salt

1 tsp. sugar

1 cup flour

Beat eggs, add milk, then sugar, salt. Gradually stir in flour. Grease well a cast iron pan or glass Pyrex pan. Put pan about 1/4 or 1/2 full depending on thickness wanted. Bake at 400°F for half an hour. Remove from pan. Spread butter on it while hot and sprinkle with sugar.

"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage." *Lao Tzu*

Rural Readers Book Club

Gatherings are the first Monday of the month, 7—9pm at the Nolalu Community Centre (2266 Hwy 588).

February 6th discussion: Jeff VanderMeer's disquietingly beautiful psychological thriller, "ANNIHILATION." An account of the Twelfth Expedition into the enigmatic Area X, and their encounters with the uncanny and the sublime.

March 6th discussion: The short story "Barn Burning," by American writer, William Faulkner. Considered the master of Southern Literature, his works are described as "highly emotional, subtle, cerebral, complex, and sometimes Gothic."

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

Questions? Call/text (807) 632 - 3950



RURAL READERS

BOOK CLUB



See Clearly

QHHT PAST LIFE REGRESSION

Do you ever wonder what your life's purpose is? Well take a journey into your past lives to find out and to receive answers to any other questions you might have as we tap into your higher consciousness. Allow me to help you, heal yourself!

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 www.qhhtofficial.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, February 15, 2023

Registration 9 am to 11 am

Drive-Thru Pick-up



RURAL CUPBOARD FOOD BANK

To Rapport Credit Union for the countless years they had a food drop-off bin. Since they have moved to their new location, adjacent to the Evergreen Pharmacy, all donations should be left at the Pharmacy location.

To the O'Connor Fire Fighters and O'Connor Volunteers for the generous donations raised at their Christmas Parade held in December.

To Gary and the Kakabeka Falls Legion for so generously raising funds throughout the year through the Musical Sundays, the Christmas Concert and the Christmas Dinner held for the Rural Cupboard Food Bank Clients and Volunteers

TAX RECEIPTS

for 2022 Donations

Will be issued first week of FEBRUARY

If you have not received it by March 1st, please call 285-0836

or email ruralcupboardfoodbank@gmail.com

ANNUAL GENERAL MEETING

April 12th - 6 pm

Followed by General Meeting Conmee Council Chambers

(in person) or Virtual

Essential Oils

Do you use essential oils? Do you have a favourite diffuser blend or something you use for stress or sore muscles or ??? Why not share it with the readers? I love my essentials oils and I use them everyday. Between those and my herbal remedies and tinctures I manage to combat life's stressors and cold germs and the cleaning of my house too. There is so much you can do with essential oils. Here are a few basic tips.

Got band-aid gunk stuck on you after peeling one off? Put a couple drops of lemon oil on a cotton ball or paper towel and wipe the area where the gunk is. It should come off fairly easily and painlessly. A bigger area, add more lemon oil. This works for getting tape or sticker residue off furniture or other items too. Basically a good gunk remover.

Grease stains are also another great use of lemon oil. Simply sprinkle the stain with baking soda, add 2-3 drops of lemon essential oil, and let sit for one hour. Scrape off the excess baking soda and wash as normal. Bye, bye grease stains! Lemon is also amazing for grout stains!

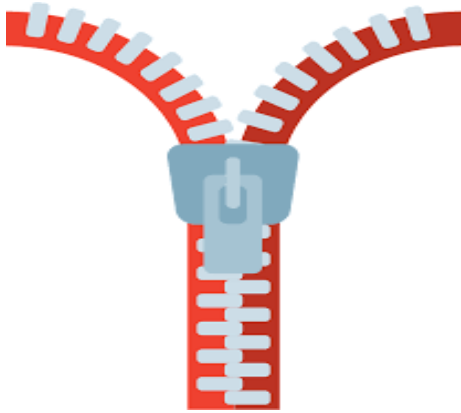
Looking for that look of shiny dishes that you see in the dish-washing detergent commercial? Just add a few drops of lemon essential oil to the soap dispenser in your dishwasher for dishes that are literally sparkling clean.

Nail polish remover try adding 3-4 drops of lemongrass essential oil to a cotton pad and wipe off the nail polish. If your cuticles and nails get dried out, add some lavender oil to your cuticles for a freshly-manicured look!

Have your earlobes ever gotten sore and inflamed after you've worn cheap earrings? If it happens again, just rub a drop of tea tree essential oil on them, and you'll feel relief immediately!

Use old Rags and make your own homemade cleaning wipes by combining vinegar, dish soap and your favorite essential oils!

BARB'S PROFESSIONAL SEWING



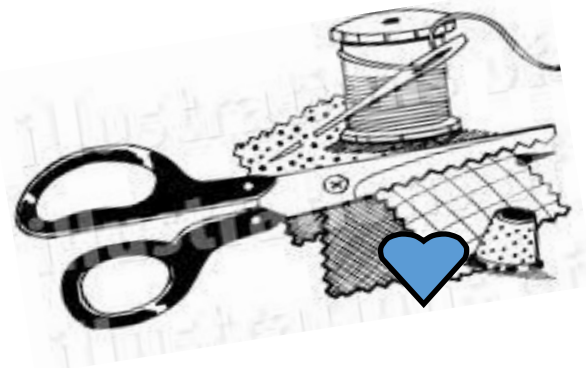
ZIPPERS ZIPPERS ZIPPERS

Hems on pants, dresses, curtains and more

Alterations, mending, patching

Over 20 years experience at

local T-bay businesses



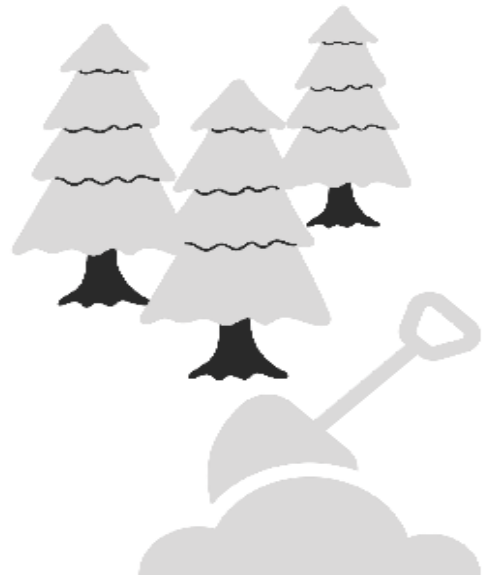
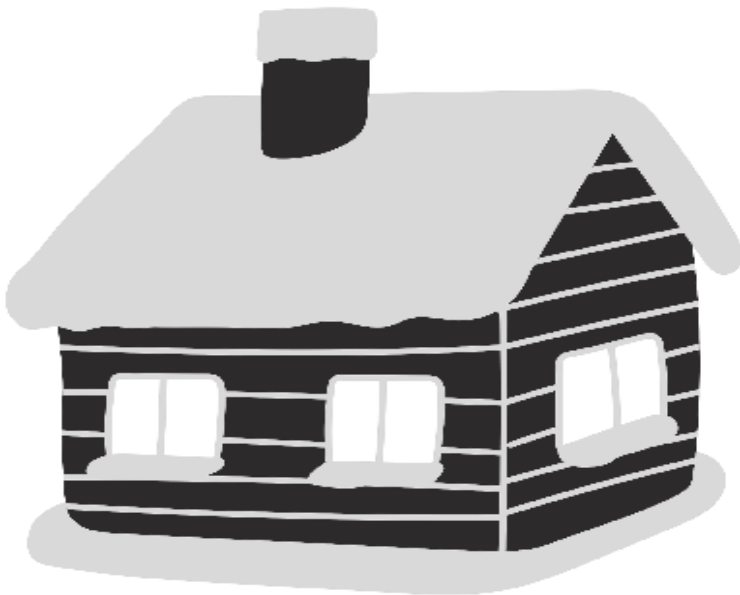
QUICK SERVICE

REASONABLE RATES

bbbarbbelanger@hotmail.ca

807-475-9687

Snow Removal Service



Call 807-630-2490 For Roof, Sidewalk, Small Driveway & Other Snow Removal In Nolalu & Surrounding Remote Areas.

Looking for a great renter!

If you are a genuinely good person or couple who like country living without the hassles of all home ownership has to offer, are non-smokers, non-drug users, perhaps we have something to offer!

One bedroom, full bathroom with laundry facilities. Electric boiler baseboard heat & pellet stove to supplement in the cold winter. No carpets. Backup generator system in case of power outage. Rent will be all inclusive with satellite & internet. Ideally, we would also love to have someone who could offer help with lawn care/snow removal as able. Our property contains our home along with this suite in close proximity, which is why we need to find the right fit in a renter. No pets preferred even though we love animals too!



Hoping for spring/early summer availability. If it sounds like you are potentially the right fit, please contact us for more details telling us a bit about yourself - ctbostowell@gmail.com References will be required



There are 14 hearts hidden within this month's issue of Grassroots.
Can you find them all?

Fun Days in February

Feb 3—Bubblegum Day

Feb 4—Create a Vacuum Day, Eat Ice Cream for Breakfast Day, Stuffed Mushroom Day, Thank a Mailman Day

Feb 16—Do a Grouch a Favor Day

Feb 20—Cherry Pie Day, Hoodie Hoo Day, Love Your Pet Day

Feb 26—Carnival Day, Carpe Diem Day, National Pistachio Day, Tell a Fairy Tale Day

Feb 27—Polar Bear Day, No Brainer Day

Feb 28—Floral Design Day, National Chili Day, Public Sleeping Day, National Tooth Fairy Day

Did Ya Know?

Want to find out what local people in the area or what your neighbours have to offer?

LifeGevity Soap Company by Fonda and Brian Cockell. On Devon Road 2, RR #2, Nolalu. They started their company about 5 years ago. They provide all natural products. This includes lip balms, soaps, shampoo bars, hand creams, anti aging creams and deodorants. Goat milk soap and organic soap, all handcrafted and natural.

If you would like to have your home business mentioned just drop me a line.
grassroots@tbaytel.net

Please check out our regular supporters in the Grassroots such as; Barb's Professional Sewing

Thank You

The Lock Shop and Over-All Electric collaborated on installing the automatic doors at the Nolalu Community Centre. Front door and both bathrooms. Yay! Now we just need to replace the front ramp and we are fully accessible. Both companies above were very expert and efficient, and we were very pleased with their professional work. The front door was previously repaired by Brandon Abernethy so we could install the magic door. He donated his expertise to help the NCC. Thanks to all!

Nolalu Emergency Services Team



50/50 Fundraising Raffle

Nolalu Emergency Services Team (NEST) is excited to announce that with your support we will be building a new fire hall!



Scan the QR code for a direct link
Tickets available online only at:

www.rafflebox.ca/raffle/nest 

Follow us on Facebook for more info

<https://www.facebook.com/NolaluEmergencyServicesTeam>



To everyone who has and continues to support the Fire Department in the 50/50 draw. We very much appreciate everyone's support and we couldn't do it without you.

A special Thank-you goes out to Last Chance Resort for their generous donation.

"The greatness of a community is most accurately measured by the compassionate actions of its members." – Coretta Scott King

Home Fire Safety for Older Adults

Fire Safety for Older Adults

- o Ontario adults 65 years and older are at higher risk of dying by fire than any other age group.

Common fire scenarios involving adults 65 years and older:

1. People smoking in their living area or bedroom while sleepy. Burning cigarettes or ashes ignite furniture/bedding or clothing.
2. People reaching over a hot burner on the stove and igniting clothing.

Make sure a fire never starts by following these simple tips:

- o If you smoke use large, deep ashtrays. If anyone in the home smokes, smoke outside. Never smoke in bed.
- o Don't reach for danger! Wear tight-fitting or rolled-up sleeves when cooking and don't reach over a hot burner. Always stay in the kitchen when you are cooking.
- o Always blow out candles before leaving the room.
- o Ensure items that can burn are one metre away from space heaters.
- o Avoid overloading the electrical outlets. Extension cords should be used only as a temporary connection.
- o Avoid running cords under rugs, which can damage the cord and cause a fire.
- o Install a smoke alarm on every storey of your home and outside all sleeping areas. Test smoke alarms once a month and replace the battery once a year, or whenever the low-battery warning sounds.
- o Know exactly what to do and where to go if there is a fire. Plan and practice your escape! Develop a home fire escape plan or refer to your building's fire safety plan.
- o Know your local emergency number. It may be 9-1-1 or the fire department's phone number

Don't let your dreams go up in smoke – practice fire safety.

Nolalu Emergency Services Team

Hall 807-475-4441
Nolalufoo@gmail.com
Emergency 807-473-5200

RR1 Nolalu ON
P0T 2K0



Yae Reiki

Creating a Space for humans and animals, where all things are possible
Reiki promotes the flow of energy to bring balance and harmony
Please call and let's discuss how Reiki can help you!

Catherine Niemi

Registered Holy Fire JJJ Reiki Master

Registered Holy Fire JJJ Karuna Reiki Master

807-768-5357

PLAY GROUP

Come on out and have some fun.

Meet other children and parents in the community.

Play group is open to all on the
2nd Wednesday of every month at the
Nolalu Community Centre

1:00pm to 3:00pm

Hope to see you there



The Hymers Agricultural Society (HAS) is pleased to introduce its 2023 Board of Directors:

Erin Laforest, President
Lawrence Prystanski, 1st Vice President
Wendy Wright, 2nd Vice President
Debbie Hoover, Exhibit Secretary
Oona Szyja, Treasurer

Randy Creighton, Director
Margaret Duncan, Director
Sara Fisher, Director
James Glavish, Director
Jeff Glavish, Director
Chris Lawrence, Director
Aury Murray, Director

Gerry Murray, Director
Nadia Myhal, Director
Rhonda Prystanski, Director
Victoria Prystanski, Director
Charlene Shuttleworth, Director
Don Shuttleworth, Director
Teri Treftlin, Director
Deb Wright, Director

Welcome back returning members and a very special welcome to our newest members
James Glavish and Deb Wright.

**The Hymers Agricultural Society is seeking a Recording Secretary
for our monthly meetings and Volunteer Co-ordinator!**

- It is a part-time position of no more than 5-10 hours a month maximum (not including Fair Weekend).
 - The qualified candidate should have knowledge of taking minutes and Microsoft Office.
 - Duties include but are not limited to: attending monthly board meetings to take minutes, preparation of all monthly agendas, minutes and action plans, volunteer recruitment and co-ordination.
 - An annual honorarium of \$1,500.00 is offered to the qualified candidate.
 - Training from previous Secretary will be provided. Please apply by Email at info@hymersfair.com, or Mail to Hymers Agricultural Society, c/o Debbie Hoover, 97 Cox Crescent, Thunder Bay, ON P7A 7K7
- Spread the word!

19



85

MOM'S PANTRY

Canada's Food Fundraiser

The O'Connor Community Club is holding a Mom's Pantry Fundraiser. Mom's Pantry Products are a Canadian fundraising company that is 100% family owned and operated with over 40 years of experience in the fundraising industry. They believe only in offering the best products with high quality ingredients and nutrients for that homemade goodness. They have over 200 products to choose from and also provide nut free and gluten free products. **Orders can be placed on-line at www.momspantry.ca and must be submitted by Friday, March 10th. The order number is 366353 and the passcode is 22726.** If you are unable to order online, please call Linda or Lorna at the O'Connor Township office at 478-1451. If you are unable to order online or if you would like a paper copy of the order form, please contact Lorna at 475-3537 in the evenings or at the Township office at 478-1451.

Save time, Online ordering easier than ever! Orders must be in by March 10th!

NO ACCOUNT IS REQUIRED AND SIGNING IN IS NOT NECESSARY.

1. Simply navigate to momspantry.ca
2. Click on «Shop Now» and start adding products to your cart.
3. When you're done adding items, click «Check Out» and enter the Order Number **366353** and Group Passcode **22726**. The Group Name is O'Connor Community Club. If you order online, **DO NOT** submit a paper order form.
4. Once you finish the checkout process, complete your payment to finalize your order. No further action is required.

SENIORS' LUNCH

First Seniors' Lunch after COVID

We enjoyed a delicious seniors' lunch at the NCC. It was great to be able to get together in person again.

The VON is not yet in the business of supporting seniors' lunches, so the Community Centre took it on themselves in order to offer a social event. Due to the lack of a mailbox Grassroots in January to advertise it, the attendance was not as large as pre-COVID, but we hope that starting in February, we can reach more people.

Lunches will be on the **THIRD TUESDAY** of each month, starting February 21 at 11 am. Pass it on! The cost is \$10 per person OR free if you bring a side dish or dessert. We provide the main course, buns and butter, tea, coffee, juice and water.

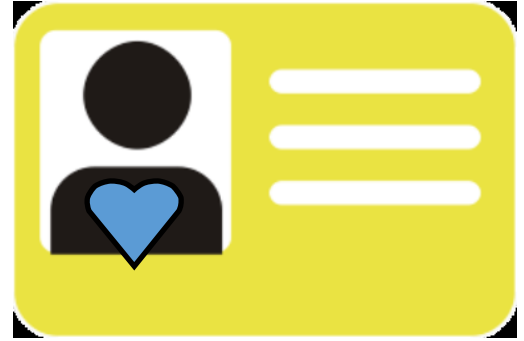
We had some great volunteers to set up, serve and clean up. A big **THANK YOU** to Breanne, Rob, Odette, Lee-Ann, Ashley, Liz, Larry, Phyllis, and Angela.

The tables looked lovely with tablecloths and flowers to cheer us up on a gloomy January day, and the food was out of this world! A real treat. Great idea, Breanne!



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.

Please email submissions to: grassroots@tbaytel.net 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

As I sit staring out my window, watching the snow gently fall, I realize how incredibly fortunate we are. Oh we've had our ups and downs like any family does, but we have a solid roof over our heads, good food to eat, warm clothes to wear, but most of all we have each other. We have four generations living in Thunder Bay and Nolalu. Although we almost lost my mother this past month she is making a slow and steady recovery. I am so blessed that I checked on my parents when I did or the outcome might not have been as happy. My granddaughters are healthy now having recovered from the pneumonia, and we are expecting another little one to arrive in February. It is such a joy to be able to be a part of my grandchildren's lives. Having my daughter and grandson live with us brings us so much happiness and excitement. My Mom and Dad love having their great grandchildren visit, they get a special smile on their face that lights up their eyes when they hear Amma, Papa, love you.

I am fortunate to also have great neighbours. A special thank-you to Sonya and Brad for looking after our place while we were in Thunder Bay taking care of all the illness in our family these past few months. It's nice to know that the chickens and rabbits are fed, and the house checked on when we are gone. I also met my neighbours down the road in December. A lovely couple who inquired if we had back up heat for the coming winter weather. So nice that everyone looks out for everyone else in this great community. Rob and I have enjoyed becoming a part of this community and helping out at the NCC. It has been great to get to know everyone in the area and really helpful to know who can fix things when you need it. I'm also a firm believer in shopping local, so it has been helpful to know who makes what, and where to buy everything we need. We now get our beef and turkeys locally, some handicrafts, water, vehicle mechanic, odds and ends, and of course local trades people have been at our house for months. The Grassroots readers have been helpful in guiding me in my gardening and where to buy things, which is so helpful when you are new to an area. I know it will be many years before this place is known as the Houle house, but for now we are the place where the old post office is and that is good with us. Having come from a very small village in southern Ontario we understand it takes about 20 years before the place becomes known as yours and not just the old post office, and we are ok with that. Nolalu has been so welcoming and friendly, we feel like we've always been here, and for that we will be forever grateful. Nolalu you are a wonderful community of generous, kind, and friendly people and we are thrilled to have become part of your village.

Odette

Happy Valentine's Day!



CRYPTOGRAM #1

This quote by Thomas Edison about failure just might convince you not to give up on following your dreams...

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LOCAL SERVICES BOARD OF NOLALU



- January 24, 2023 – 7:30 pm
- February 28, 2023 – 7:30 pm
- March 28, 2023 – 7:30 pm
- April 25, 2023 – 7:30 pm
- May 23, 2023 – 7:30 pm
- June 27, 2023 – 7:30 pm
- July – no meeting
- August 22, 2023 – 7:30 pm
- September 26, 2023 – 7:00 pm – Elections, Annual General Meeting,
First Meeting of the New Board
- October 24, 2023 – 7:30 pm – Budget meeting
- November 28, 2023 – 7:30 pm – Levy meeting
- December 2023 – no meeting

NCC Annual Meeting Schedule

All meetings take place at the Centre at 7:30pm. Hope to see you there

- January 9, 2023
- February 13, 2023
- March 13, 2023
- April 10, 2023
- May 8, 2023
- June 12, 2023
- July & August - no meeting
- September 11, 2023
- October 16, 2023
- November 13, 2023
- December - no meeting





Drop-in Exercise

(Pilates/weights type)

Mondays and Fridays,

9:30am—10:30am

Bring mat, weights, stretchy band.

FREE, all welcome.

FUN group.

We have extra equipment if needed

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Returning to the _____) _____
Nolalu Community Centre

Wild Blue Yoga

Wednesdays 7:00 PM ~ 8:00 PM

Jan. 18th ~ Mar. 8th

\$70 Course ~ \$10 Drop-in

All levels
Hatha

Contact Marisa

(807) 632-3950

wildblueyoga@gmail.com

NOLALU COMMUNITY CENTRE: HALL RENTAL

Contact any NCC Executive for hall availability and bookings.

- 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
\$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 re-
quired
\$100 (and up, at the discretion of the NCC, depending on func-
tion, 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/Vendors Use**
e.g., Craft Fair, Marketplace, indoor/outdoor Yard Sale
Minimal use of kitchen, e.g. fridges
Use of washrooms for patrons
\$10 per table rental
\$5 per parking lot space rental

Table/Chair rental available: (max 17 8' tables, max 101 chairs)

At the discretion of the NCC Board

\$5/table, \$2/chair for the event.

Renter provides transportation and returns in clean condition.

Chairs are upholstered so must remain dry

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—February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 YOGA 7:00pm to 8:30pm	2	3 Drop-in Exercise 9:30 am, FREE	4 Private Rental 12:00pm to 5:00pm
5	6 Drop-in Exercise 9:30 am, FREE Rural Readers 7:00pm	7	8 Play Group 1:00pm to 3:00pm FREE YOGA 7:00pm to 8:30pm	9	10 Drop-in Exercise 9:30 am, FREE	11
12	13 Drop-in Exercise 9:30 am, FREE NCC meeting 7:30pm	14	15 YOGA 7:00pm to 8:30pm	16	17 Drop-in Exercise 9:30 am, FREE	18 NEST dinner 1:00pm to 9:00pm
19	20 Drop-in Exercise 9:30 am, FREE	21 SENIORS LUNCH 11:00am to 2:00pm	22 YOGA 7:00pm to 8:30pm	23	24 Drop-in Exercise 9:30 am, FREE	25
26	27 Drop-in Exercise 9:30 am, FREE	28 LSB Meeting 7:30pm				