

March 2023

Nolalu's **GRASSROOTS**

News & Events

NCC NEXT MEETING:

Monday March 13

@7:30pm

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

LSB NEXT MEETING

Tuesday March 28

@7:30pm

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

NEST NEXT MEETING

Thursday March 9

@7:30pm

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

Contents:

Information	3
Gillies	5, 6
Seniors Lunch	7
Legion	8
Rural Readers	9
Cooking Hints	9
Gardening	11
Service Boards	13
Food Bank	14
Thank-you	15
Did Ya Know	17
Rural 60	17
Editor's Note	19
Meeting Dates	21
Daylight Savings	21
Fun Page	22
Hall Rental Info	23
NCC Events	24

- NOLALU COMMUNITY CENTRE PRESENTS

FAMILY FISHING DERBY

**MARCH
18, 2023
3pm-6pm**

**MARCH
19, 2023
12pm-6pm**



**\$1000's
In Prizes**

**Kids
Prizes
At 3PM**

**PREPARE AHEAD
ARRANGE A
DESIGNATED DRIVER**

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
nccevents@outlook.com

2266 Highway 588, Nolalu



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!

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

Tire Repairs – 6-17” rims

Quality work on utility, horse, and stock trailers.

Mobile Welding Services

Rough Lumber Sales - Onsite inventory and Custom Orders

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

Dry 8’ Firewood Slabs sold by the truckload

Dry Stove Length Slabs sold by the truckload

Rustic Fence Slabs sold by the truckload

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

Tractor Services – brush hogging, fence post holes, wood 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	807-629-5385 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	nolalu.grassroots@gmail.com	807-630-9442

NEXT NCC MEETING:

Monday March 13 @7:30pm

Monday April 17@ 7:30pm

Due to Easter Monday

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

"And above all, watch with glittering eyes the whole world around you because the greatest secrets are always hidden in the most unlikely places. Those who don't believe in magic will never find it." ~Roald Dahl~



~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.

march events

MAR
4

Seedy Saturday

12:00pm - 3:00pm
\$2 entry fee (cash only!)
Bring your seeds to swap or check out
what the local seed producers have for sale!

MAR
10

Waldorf Play Group

10:00am-12:00pm
Donations encouraged for materials
For more info, email Melanie
melkaltenhach@gmail.com

MAR
**18 &
19**

Book Swap

11:00am - 5:00pm daily
1000's of books!!
Donations encouraged for this FREE event!
All proceeds directly support the GCC

MAR
26

Chili Cook-off Fundraiser

Starts at 5pm - competitors arrive early
MAX 10 entries so register early
\$10 entry fee (children 6 & under FREE)
Prizes to be won!!

APR
2

Easter Celebrations

Crafts, Easter egg hunt & the Easter bunny
1:00pm - 4:00pm
\$5 per child *bring your own basket*
Cash only - bake sale - all are welcome!

**The Gillies Community Centre is
available to rent for your next event!**

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

MONDAY EVENINGS GENTLE FLOW YOGA

Join Krista for a 4 week gentle
flow yoga series
March 6, 13, 20, 27
7:00pm - 8:00pm
Suitable for beginners
\$44/person
Register at
krista.bannan@gmail.com

TUESDAY MORNINGS PLAY GROUP

Join us for FREE playgroup
9:30am-12:30pm
Ages 0-4 accompanied by a
parent
Follow the Facebook Group for
updates!

KNITTING & CROCHET CLASSES

Join Paulette for knitting &
crocheting classes
For dates & times, visit our
Facebook Page
Proceeds from these events will
go directly to the Gillies
Community Centre

**gilliescommunitycentre@gmail.com
#1835 HWY 595 South Gillies**

The Gillies Community Centre is donation based & volunteer run
Thank you to all of the volunteers and those who donate - we are incredibly grateful!



Gillies Community Centre

BOOK SWAP!

Saturday, March 18th
Sunday, March 19th

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



TAX
season
is just around
the corner!

By rediscovering Ontario in 2022, you may be eligible to get 20% back on accommodation expenses through the **Ontario Staycation Tax Credit**.

- Hotels
- Motels
- Cottages
- Campgrounds
- and more!

Learn More:

<https://www.ontario.ca/page/ontario-staycation-tax-credit>



**KEVIN
HOLLAND**
MPP - THUNDER BAY-ATKINSON

3078238702
kevinhollandmpp.ca



Seniors Potluck Lunch

(For those 'wanna be' Seniors too)

Tuesday, March 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 prez.ncc@gmail.com.**

**We need a few people to help at the door,
set up/take down, and in the kitchen.**



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

Mar 3	Dance Quest	7:00pm-10:00pm
Mar 11	Exec/Gen mtg	2:30/3:00pm
Mar 12	Breakfast	8:30am-noon
Mar 17	Rural 60 lunch	12:00pm-1:00pm
Mar 18	Dance Quest	7:00pm-10:00pm
Mar 19	Music	2:00pm-4:00pm
Mar 19	Jam Session	6:30pm-9:30pm
Mar 25	Dance Quest	7:00pm-10:00pm
Mar 24-26	Food group	
Mar 28-30	Farm Conference	



**Kakabeka Falls
 and
 Rural District
 Branch 225**

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

Cooking and Baking Hints from The Scoble Cookbook Almanac, 1983 Volume 1

- ◆ 1 cup of all-purpose flour, minus 2 tbsp, equals 1 cup cake flour (both sifted before measuring)
- ◆ 1 tsp baking powder may be substituted with 1 1/2 tsp baking soda plus 1/2 cup buttermilk or sour milk (to replace the 1/2 cup liquid called for in the recipe)
- ◆ Whole wheat flour can be used on the ratio of 1 cup to 8 cups white
- ◆ Scour Teflon pans without scratching by using an old credit card
- ◆ Hard to clean pots will wash out easily if you boil and leaves from the garden in them for 10 to 15 minutes. Use a small amount of water and cover the pot
- ◆ Save you celery leaves; Put them in a brown paper bag. Hang it up until they are all dried out. Crumble and store in an empty jar. Saves buying it at the grocery store
- ◆ A pinch of baking soda in boiling water will add extra colour to vegetables
- ◆ Soak wilted lettuce in cold water with a tbsp of lemon juice. It should perk up after an hour in the fridge
- ◆ The skin of a garlic clove will slip off more easily if you soak it in hot water for a few seconds
- ◆ Cooking odours vanish if you boil 1 tsp ground cloves or cinnamon in 2 cups water for ten minutes in an uncovered pot
- ◆ Prevent cabbage odour by adding a slice of lemon to the pot, (don't over cook). Crisp cooked cabbage hardly smells at all
- ◆ Unclog your kitchen sink by pouring a full cup of salt and a full cup of baking soda down the drain, followed by boiling water. Grease will dissolve readily.
- ◆ Make your own seasoning salt by finely chopping small amounts of parsley, green onions, carrots, celery, and parsnips, adding 1 part salt to 4 parts vegetables. Mix and spread on a cookie sheet to dry. Will store for one year
- ◆ Chopped onion freezes well. Don't let it waste in the fridge.
- ◆ Keep milk from sticking and scorching, add a little sugar to the pan and don't stir.
- ◆ Tenderize tough meat by marinating overnight in 1/2 cup of white vinegar and 1 cup beef broth.
- ◆ Soak a tough old fowl in full strength vinegar for several hours before cooking and you'll never know it was a bargain bird.



RURAL READERS

BOOK CLUB

Rural Readers Book Club

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

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."

April 3rd discussion: TBA (check online or call for update).

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

Questions? Call/text Marisa (807) 632 - 3950

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****



PLEASE NOTE The Grassroots newsletter has a new email. We will be transitioning to the new email over the next month. As of April 30 we will no longer be checking the old email and it will be deleted. Please use our new email from today's date onward nolalu.grassroots@gmail.com

Modern St. Patrick's Day celebrations are likely to be characterized by commercial lucky charms and green beer—all of which has very little to do with the historical figure of the saint. As it turns out, it took centuries for the holiday to accrue the elements that now seem crucial to its celebrations.

The March 17 celebration started in 1631 when the Church established a Feast Day honoring St. Patrick. He had been Patron Saint of Ireland who had died around the fifth century—a whopping 12 centuries before the modern version of the holiday was first observed. But very little is known about who he actually was,



Gardening, Yes spring will eventually show up.

Many vegetable garden plants can be started from seeds while it's still cold and snowy outside. The trick, of course, is to sow them indoors and then transplant them into your garden once the soil has warmed up again in spring. As a general rule of thumb, you can start most seeds indoors 6-8 weeks before your area's final frost date. You could, and probably should, start buying your seeds around January and February. Buying your seeds sooner than that wouldn't hurt either.

All seeds will be viable for one to two years. After two or three years, germination rates will drop for many types of seeds and will eventually fall to zero. So, stocking up on seeds for an "emergency" isn't a good idea because they don't last forever. But even seeds that are thousands of years old can germinate. But proper pre-treatment is essential, and the older the seed, the less energy it has left in storage. Seeds from annual plants aren't often designed to last many years, part of what makes the germination process so tricky. For short-term storage, such as for next year's garden, storing the seed jar in a cool, dark, moisture-free environment is sufficient. Heirloom seeds stored this way will last for 3-5 years. For longer storage, place the jar in the refrigerator and the seeds should be good for 10-15 years. Storing seeds is simple, seeds should be stored in a cool, dark place. The moisture content within a seed greatly affects the seeds' viability. Because of this, the level of moisture where your seeds are stored should remain relatively stable. You can keep seeds in their original packaging for identification purposes and then store them in containers. Many gardeners use plastic containers or mason jars for seed storing. Whatever container you choose, be sure that it is airtight.

Gardening organically goes hand in hand with growing heirlooms, since many were introduced before synthetic fertilizers and pesticides became available. But heirloom does not guarantee produce was raised without chemicals, making organic a better choice if you're worried about toxins. The vegetables have different colors, shape, and texture. They can also have a different taste and can be more juicy and crisp. Heirlooms can be a little expensive. This could be the reason why some farmers stop growing them. So it is time to start sowing our new crop of vegetables to be ready for the spring planting.

BARB'S PROFESSIONAL SEWING

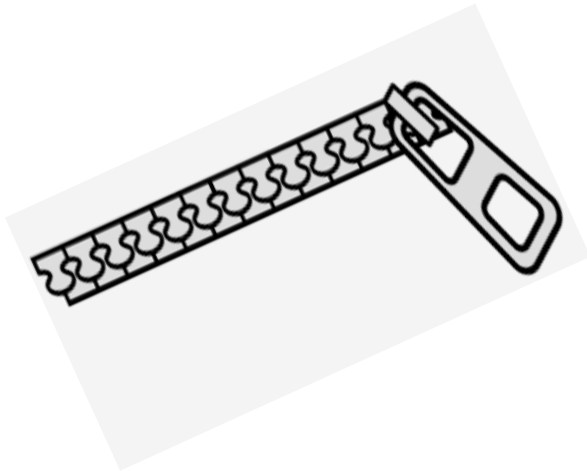
ZIPPERS ZIPPERS ZIPPERS

Hems on pants, dresses, curtains and more

Alterations, mending, patching

Over 20 years experience at

local T-bay businesses

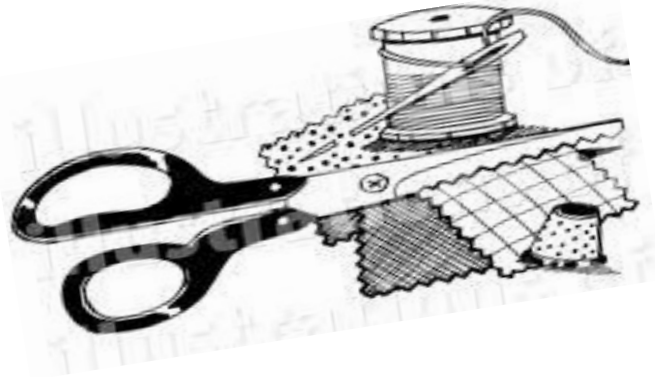


QUICK SERVICE

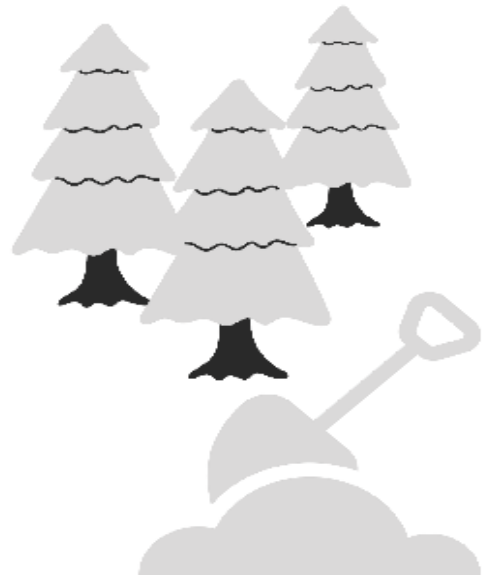
REASONABLE RATES

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.

**ATTENTION: ALL RESIDENTS AND PROPERTY OWNERS IN
NOLALU LSB JURISDICTION**

Ministry of Northern Development (MND) is providing BOARD MEMBER TRAINING for the Local Services Board (LSB). This slide presentation along with a question-and-answer period is taking place on March 26, 2023 from 1:00 pm to 5:00 pm at the Nolalu Community Centre.

The LSB would like to extend an invitation to anyone involved with the boards or members of the Nolalu Community Centre and Nolalu Emergency Services Team. This invitation includes any residents or property owners interested in serving on the afore mentioned boards or anyone interested in how the LSB operates.

Please RSVP to the secretary/treasurer of the Nolalu Local Services Board at either (807) 577-3255 or lsbnolalu@live.com by March 22, 2023



A very special THANK YOU to CHARLENE REED as she requested those attending her 80th birthday bring something for the Rural Cupboard Food Bank - those donations fills 4 shelves with groceries!!!!!!!

We also thank the Second Cup at the EVERGREEN PHARMACY for their coffee sales donations.

RURAL CUPBOARD FOOD BANK

ANNUAL GENERAL MEETING

April 12th - 6 pm
Followed by General Meeting
Conmee Council Chambers
In Person or Virtual

If you wish to attend virtually
please email this address
ruralcupboardfoodbank@gmail.com
to get the "zoom" link

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, March 15, 2023

Registration 9 am to 11 am

Drive-Thru Pick-up

Thank You

A special thank you to Angela for furnace repair coordination because that was a multi-day mess that she coordinated. We truly appreciate the effort you put in to get the heat back on at the Centre.

We would also like to thank Larry, Liz, Breanne, Austin and also Matt from Prestige Home Comfort for getting the NCC warm again. A job well done by all.

We would like to apologize for any inconvenience the recent lack of heating at the Centre caused. Thank-you to everyone for being patient while we worked to get the problem fixed. Thank-you to all those that rescheduled their timetables to accommodate the closure of the Centre. We truly are an amazing community.

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 ME



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>

SPRING

Along with spring cleaning, lets take the time to make sure our homes and family are safe from the threat of fire.

Here is a check list you should go over with your family:

⇒ ***Working smoke alarms cut the risk of dying in reported home fires in half***

- ❑ Ensure smoke alarms are installed inside every bedroom, outside each sleeping area and on every level of the home, including the basement
- ❑ Test them at least once a month by pushing the test button
- ❑ Replace the batteries in all smoke alarms. Best way to remember is when you change your clocks, change your batteries.

⇒ ***The leading cause of home clothes dryer fires is failure to clean them.***

- ❑ Clean the lint filter before or after each load of laundry. Remove lint that has collected around the drum.
- ❑ Keep the area around your dryer clear of things that can burn, like boxes, cleaning supplies and clothing.

⇒ ***Most cooking fires in the home involve the stovetop.***

- ❑ Keep anything that can catch fire - oven mitts, wooden utensils, food packaging, towels, or curtains - away from your stovetop.
- ❑ Always stay in the kitchen when frying on the stovetop.

⇒ ***Extension cord fires outnumbered fires beginning with permanent or detachable power cords by two-to-one.***

- ❑ Check electrical cords to make sure they are not running across doorways or under carpets. Extension cords are intended for temporary use.
- ❑ Have a qualified electrician add more receptacle outlets so you don't have to use extension cords.



DAYLIGHT SAVING TIME

SPRING FORWARD

March 12, 2023



Nolalu Emergency Services Team

Hall 807-475-4441

RR1 Nolalu ON

Nolalufpo@gmail.com

POT 2K0

Emergency 807-473-5200



RURAL 60 PLUS

Monday Carving – 10am to 3pm
Monday Disking – 1pm to 3 pm
Tuesday Weaving – 10am to 3pm
Tuesday Knitting – 10am to 3pm
Wednesday Cribbage – 1pm to 3pm
Wednesday Quilting – 10am to 3pm
Wednesday Beginners Carving — 10am to 3pm
Thursday Weaving – 10am to 3pm
Thursday Knitting – 10am to 3pm
Thursday Yoga – 10am to 11am
Craft Room is open Monday to Friday – 10am to 3pm



Fun Days in March

March 1	National Peanut Butter Lover's Day
March 7	World Plant Power Day
March 8	National Proofreading Day - For You Angela
March 10	National Hug Your Dog Day
March 14	National Potato Chip Day
March 18	Awkward Moments Day
March 20	International Day of Happiness
March 25	Earth Hour
March 31	National Crayon Day

Did Ya Know?

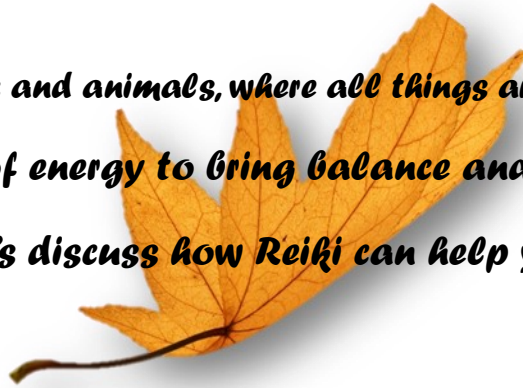
Want to find out what local people in the area or what your neighbours have to offer?

Looking for a local beef supplier try Misty Creek Homestead. They are dedicated to raising top quality beef, sustainably while focusing on land stewardship and establishing an eco system that will benefit the soil and the livestock. 98 Whittaker Road, Kakabeka Falls 1 (519) 497-0438 mistycreekhomestead@gmail.com

If you would like to have your home business mentioned just drop me a line. nolalu.grassroots@gmail.com

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

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: 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

Well if I thought January was eventful, I was in for a surprise when February arrived. I was able to spend 11 days at my son's helping out with the grandchildren as they welcomed a new little girl into the world. We were so blessed to be able to welcome her on February 10, 2023 at 4:30 pm. She was 6lbs 12oz and both Momma and daughter are doing well. They were in the hospital for three days as it was a c-section delivery. My Mother was disgusted that they don't keep you in the hospital very long anymore. Back in her day you were in for two weeks if you had a c-section and a week if it was a natural birth. She was shocked to learn you are only in the hospital for a day if it is a natural birth and sometimes not even that if the baby is born early in the morning. Times have changed. I was just glad to be able to take care of the two 2 year olds while Momma was in the hospital or busy with the baby. I did of course get in lots of baby snuggles too.

My daughter got her walking cast off in February and has started more intense physiotherapy. She is glad to be a little more mobile but has to be careful not to do too much. Physio has us trotting off to Thunder Bay once a week so we are at least getting our shopping done.

February also saw my husband go into the hospital for severe depression. He has long suffered with this mental illness including PTSD, for most of his life, and at times it can become debilitating. Mental illness has long had a stigma attached to it and we are glad to see it is being discussed more now. There are so many different types of mental illness and now there are so many different ways to treat it. Gone are the days when my husband was afraid to discuss his illness for fear of discrimination, now he discusses it much like he discusses his diabetes. Both can be difficult diseases to live with.

In February my father was diagnosed with dementia and Alzheimer's, and as a result lost his license. My Mom has some short term memory loss but is doing well for her age. She has recovered nicely since her hospital stay and has jumped into the drivers seat, pun intended. She hadn't driven in three years but has taken up doing all the driving for them both.

Our renovations to the basement continue. The drywalling is done, and the primer coat of paint is on all but the furnace room. Our daughter has started adding colour to the basement with welcoming choices in her painting. Hopefully the floor will go down next week. It is getting closer to being done.

Odette



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

Yoga Spring Session

Nolalu Community Centre

All Levels Hatha

Wednesdays 6:45pm-
8:00pm

9 weeks starting April 5th

\$10.00 Drop-in or \$80.00

Course

Contact Marisa:

(807) 632 - 3950

wildblueyoga@gmail.com



*Your mind will answer most questions if you learn to relax and wait for the answer.
~William S. Burroughs~*

LOCAL SERVICES BOARD OF NOLALU



March 28, 2023 – 7:30 PM

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



NOLALU COMMUNITY CENTRE

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

March 13, 2023—7:30 PM

April 17, 2023—7:30 PM

Due to Easter Monday

Daylight Saving Time History in Canada

Canada first observed Daylight Saving Time in 1908.

On July 1, 1908, the residents of Port Arthur, Ontario, today's Thunder Bay, turned their clocks forward by 1 hour to start the world's first Daylight Savings Time period. Other locations in Canada soon followed suit. On April 23, 1914, Regina in Saskatchewan implemented DST. The cities of Winnipeg and Brandon in Manitoba did so on April 24, 1916.

Today it is up to the legislation in each municipality in Canada to decide on the use of DST. As a result, there are some locations don't follow the DST schedule of their provinces and territories. For example, while British Columbia uses DST, some locations in the province do not. In Saskatchewan, it is the opposite, most of the province does not observe DST, except for some locations. From March 8, 2020, Yukon made DST permanent. Since 2007, all provinces, territories, and locations in Canada using DST follow the same start and end dates as the United States.

In 2020, Ontario passed legislation to end seasonal time changes, making daylight saving time permanent. The bill, though, will only come into effect if neighbouring jurisdictions, Quebec and the State of New York also do the same, which has not happened. In British Columbia, the legislation that was passed in 2019 means that the province could switch to permanent daylight saving time quickly after it's made official in the U.S. The bill is set to pass in the U.S. November 2023 making daylight saving time the country's permanent new standard time starting on Nov. 5, 2023.

Daylight Savings Time begins Sunday, March 12, 2023, 3:00:00 am local daylight time. Sunrise and sunset will be about 1 hour later on Mar 12, 2023 than the day before. There will be more light in the evening. Also called Spring Forward, Summer Time, and Daylight Savings Time. Don't forget to change the batteries in your smoke detector at this time too.





Happy
St. Patrick's
Day!

WORD SKILLS PART 1!



To find repugnant or distasteful

Easily understandable

Mendacious means that a person is given to ___

Gullible or easily tricked

To ameliorate something is to make it ___

To make worse or less effective

Chicanery is the use of ___ to fool someone

To run away with something or somebody

To allow or excuse; to be lenient

To purify a liquid by vaporizing it

Separate, fork, divide and split are synonyms of ___

Currently inactive, but capable of becoming active

To deny or contradict a statement

A conundrum is a difficult ___

Sandpaper is ___, but the word also describes a personality trait

To reprimand firmly

Sorry, apologetic, remorseful and regretful are synonyms of ___

To lecture or rant at length and in an aggressive manner

The two vertical ridges below your nose

A whole formed by several different elements

To provide physical relief

Someone who is friendly or indulgent like a male relative

A ___ person is extremely talkative

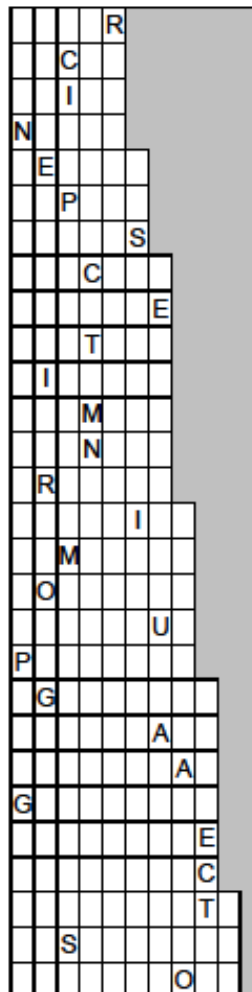
Extravagant exaggeration not to be taken literally

Sluggish, lifeless, inert and slow are synonyms of ___

To make something poorer in quality by adding inferior substance

Disagreeable sounds cause ___

Someone who likes to be part of a group; very social



Enter unused letters from puzzle, in order:

___ _ _ _ _

___ _ _ _ _

___ _ _ _ _

Copy boxed letters to form your hidden message:



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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—March 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 1:00pm to 4:00pm
5	6 Drop-in Exercise 9:30am, 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 Fire Team All Day
12 Fire Team All Day	13 Drop-in Exercise 9:30am, FREE NCC meeting 7:30pm	14	15 YOGA 7:00pm to 8:30pm	16	17 Drop-in Exercise 9:30 am, FREE	18 FISH DERBY
19 FISH DERBY	20 Drop-in Exercise 9:30am, FREE	21 SENIORS LUNCH 11:00am to 1:00pm	22 YOGA 7:00pm to 8:30pm	23	24 Drop-in Exercise 9:30 am, FREE	25 Fire Team All Day
26 Fire Team Till 1:00pm MND Training 1:00pm to 5:00pm	27 Drop-in Exercise 9:30am, FREE	28 LSB Meeting 7:30pm	29	30	31 Drop-in Exercise 9:30 am, FREE	