

April 2023

# Nolalu's GRASSROOTS

News & Events

## Seniors Potluck Lunch (For those 'wanna be' Seniors too)

**Tuesday, April 18**

**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](mailto:prez.ncc@gmail.com)**

**If you would like take-out please bring  
your own containers**



**NCC NEXT MEETING:**

Monday April 17

@7:30pm

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

**LSB NEXT MEETING**

Tuesday April 25

@7:30pm

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

**NEST NEXT MEETING**

Thursday April 13

@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!***

*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

<b>President</b>	Breanne Neufeld	prez.ncc@gmail.com	807-629-5385
<b>Vice President</b>	Angela Woodhouse-Wild		807-475-8968 or text to 807-630-6061
<b>Secretary</b>	Mary Ellen Scott		
<b>Treasurer</b>	Elizabeth Pszczolko	nolalucctreasurer@gmail.com	
<b>Events Coordinator</b>	Emma Allgood	nccevents@outlook.com	Text to 519-410-8733
<b>Kitchen Coordinator</b>	Rob Houle	roberthoule66@gmail.com	807-632-1922
<b>Volunteer Coordinator</b>	VACANT		
<b>Media Coordinator</b>	VACANT	nolalu.media@gmail.com	
<b>GrassRoots Editor</b>	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442

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

***NOW 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

***Many eyes go through the meadow, but few see the flowers in it. —Ralph Waldo Emerson***



*~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.***

# april events

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!

APR  
**8**

## Party with Pat & Friends

Classic Rock Favourites & Live Band  
8:00pm - 12:00am  
\$10 at the door  
Cash bar

APR  
**16**

## Spaghetti Dinner Fundraiser

5:00pm - 7:00pm  
Sit down or Take away available  
Adults \$15 & Children under 10 \$10  
More info on our Facebook Page!

APR  
**22 &  
23**

## Book Swap

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

MAY  
**7**

## Swap 'N' Sale

11:00am - 3:00pm  
Trade or sell childrens clothing, toys & bikes  
\$15 vendor table, swap is FREE  
\*More details to come\*

The GCC would like to recognize **Beth Stewart (past treasurer)** and **Jessica Durand (past secretary)** for their hard work and dedication to the GCC.  
Thank you, Beth and Jess!!

## MONDAY EVENINGS GENTLE FLOW YOGA

Join Krista for a 4 week gentle flow yoga series  
April 3, 10, 17, 24  
7:00pm - 8:00pm  
Suitable for beginners  
\$44/person \*drop-ins welcome\*  
Register at  
krista.bannan@gmail.com

## TUESDAY MORNINGS PLAYGROUP

Join us for FREE playgroup  
9:30am-12:00pm  
Ages 0-4 accompanied by a parent  
Follow the Facebook Group for updates!

## KNITTING & CROCHETING CLASSES

Join Paulette for knitting & crocheting classes through April  
Knitting  
April 1st 10:00am - 12:00pm  
April 15th 1:00pm - 3:00pm  
Crocheting  
April 1st 1:00pm - 3:00pm  
April 15th 10:00am - 12:00pm

**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!





**Locally-made in Lybster Township**

**Items created include Cow Nuggets, Dipped Licorice, Sea-Salt Caramels, Joes and Barks. All are nut-free.**

**Available at *Hoppers Variety* and other stores in the region**

***Doug and Jane Stanton***

~~~~~

*The Royal Ball*  
A fundraiser for Cystic Fibrosis Canada

Sunday April 30, 2023  
 1-4pm Da Vinci Centre

Royal feast, dancing, children's activities  
 silent and penny auction

Tickets \$50

Tickets available at J.B. Evans (Westfort)  
 Bill Martin's Nurseryland (Court Street) &  
 Fort City Kinettes

*Costumes Encouraged!*

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

- ◆ Keep milk from sticking and scorching by adding a little sugar to the pan and don't stir.
- ◆ Caffeine can be removed from tea by pouring a small amount of boiling water over the bag and let sit for 30 seconds. Drain off water and then make the required amount of tea.
- ◆ Southern Fried Chicken—stir in a little baking powder with the flour you use to coat the pieces of fowl. This makes a fine crisp covering when frying.
- ◆ Cutting your own chicken and chops from whole fryers and loins, will save 30-50% on your poultry or meat bill.
- ◆ Beater bowls will hold steady if you rest them on a damp cloth while you're mixing
- ◆ To make sour milk mix 1 tbsp lemon juice or vinegar to milk to make 1 cup, let stand 5 minutes
- ◆ A new powder puff can be handy for dusting a cake pan, rolling pin, or pastry board.
- ◆ Dust baking pans with ground nuts instead of flour to prevent cakes from sticking. The nuts will add a yummy flavour to the outside of a cake.
- ◆ When adding dry ingredients alternately with liquid, it is possible to overbeat, so beat quickly and lightly.
- ◆ 1 square of chocolate can be made by mixing 3 tbsp of cocoa with 1 tbsp of shortening
- ◆ If whipping cream is a little hard to whip, add a few drops of lemon juice and it will whip up quickly.
- ◆ Rhubarb wilts rapidly at room temperature. Store in fridge crisper and use in a few days. The leaves contain oxalic acid. The leaves if eaten in quantity it can be fatal.
- ◆ Separate eggs effortlessly by plopping into a kitchen funnel. The yolk will be trapped as the white drops through.
- ◆ Substitute Egg; use 2 tbsp vinegar mixed with 1 tsp baking soda. But don't try it for more than 1 egg.
- ◆ Brown sugar will not harden if stored in the freezer.
- ◆ Brown sugar that is hard can be softened by adding a slice of apple or a very fresh slice of white bread to the bag or canister in which it is stored.
- ◆ To avoid water boiling over while cooking vegetables, pastas, etc., add some margarine to the water.
- ◆ A Soap pad will not rust if some baking soda is put in the bottom of the container where it sits.

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## **Rural Readers Book Club**

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

April 3rd: Review—a chance to catch up on any missed selections!

May 1st: "We're All In This Together" (2016) by Amy Jones, follows the estranged and inextricably entwined Parker family over the course of four days, who come together after their enigmatic matriarch, Kate Parker, plummets over Kakabeka Falls in a barrel and survives—a comedic, touching, and at times familiar story.

Join online discussion: [www.facebook.com/groups/ruralreadersbookclub](http://www.facebook.com/groups/ruralreadersbookclub)

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



RURAL READERS

BOOK CLUB



# To Our Fish Derby Sponsors

**KAKABEKA  
DEPOT**



**The Falls Bait  
& Tackle**



**Evergreen  
Pharmacy**



**HOPPER'S  
VARIETY**  
The Everything Store



**Green Acre Variety**



**RICK'S AUTO REPAIR**



**PINES  
HARDWARE**



**Canadian Tire**

83



**D & R  
Sporting Goods**



**KBM  
OUTDOORS**

**BARB MCEWEN**



**Bannon's Gas Bar**



**RAPPORT CREDIT UNION**



**NAPA**



**THE RUSTY BUCKET**



**YAE REIKI**



**GIANT TIGER**



**GRAND PORTAGE LODGE CASINO**



**TRITREE REFORESTATION**



**LIUNA  
LOCAL 607**



**MISTY CREEK**



**ROCKYS RESORT  
ON WHITEFISH LAKE**



**VANDERWEES**







A huge thank-you to all the businesses and individuals who donated cash and prizes to make this family event a success

Thank-you to the coordinators and volunteers who spent hours working to make sure everything ran smoothly.

Thanks to Roxanne Moore for being the emcee and Tim Silvaggio for the use of his microphone.

Congratulations to all the raffle winners and to Ava Benwell for closest guess of the candy in the jar, 170, only out by 2. Kudos.



# Fish Derby 2023



# Tough Boating Fish Derby Winners 2023

## **ADULTS**

### **Lake Trout**

|                     |      |
|---------------------|------|
| Mitchell Nummikoski | 7.19 |
| Zack Corbin         | 7.05 |
| Aiden Marchant      | 6.88 |

### **Pickereel**

|                   |      |
|-------------------|------|
| 1. Jeff Tienhaara | 2.08 |
| 2. Chris Matson   | 1.62 |
| 3. Chris Matson   | 1.60 |

### **Pike**

|                |      |
|----------------|------|
| Don Levanen    | 7.92 |
| Andrew Levanen | 5.53 |
| Jeff Tienhaara | 4.73 |

### **Speckled Trout**

|                  |      |
|------------------|------|
| 1. Dave Kivi     | 3.83 |
| 2. Chris Matson  | 2.49 |
| 3. Sue Backstrom | 1.88 |

**Mystery:** Chase Stajkowski

## **KIDS**

### **Lake Trout**

|                 |      |
|-----------------|------|
| Gus Niemi       | 9.98 |
| Sebastian Belda | 8.90 |
| Scarlett Smith  | 3.97 |

### **Pike**

|                  |      |
|------------------|------|
| 1. Toivo Levanen | 6.19 |
| 2. Mayla Levanen | 3.72 |
| 3. Toivo Levanen | 3.56 |

### **Speckled Trout**

|           |       |
|-----------|-------|
| Gus Niemi | 2.39  |
| Gus Niemi | 1.90  |
| Gus Niemi | 1 .86 |

### **Pickereel**

|                  |      |
|------------------|------|
| 1. Toivo Levanen | 1.42 |
| 2. Toivo Levanen | 1.31 |
| 3. Mayla Levanen | .90  |

### **Perch**

|               |      |
|---------------|------|
| Toivo Levanen | .625 |
| Mayla Levanen | .610 |
| Kari Erickson | .595 |

**Mystery:** Mayla Levanen

**Early Bird:** 1. Scarlett Smith  
2. Luke Heerschap



**A Big  
THANK  
you!**

**To Our  
Fish Derby  
Sponsors**

**THOMAS NIEMI  
ROB KOTANEN  
DON & JANEMELNYK  
JUDY TIENHAARA  
ARVO KIVI  
RON BACKSTROM  
LARRY CHARNEY  
JENKS LAKE CAMP & OUTFITTERS  
BRIAN MAKI  
MURRAY SCOTT & SUE BACKSTROM  
LYNDA PILO  
JOSH CLAEYS  
DEANS FAMILY  
JACK TESKEY  
NANCY WILLIAMSON  
COLLEEN TOUGH**

**Lac des Iles Mine  
(Impala Canada)**



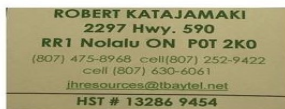
**THE EDDY**



**THE EARLY REFILL**



**JUNIPER HILL FARMS  
SAND & GRAVEL**



**FANTASY FALLS**



**METTLER TOLEDO**



**ECLIPSE HAIR DESIGN**



**WOOLLYSTEER  
RANCH**



**OLD MILL FARM**



**MADE IN SUOMI**



**RED BARN BREWING CO.**



**ODENA FOODS**



**WHITEFISH LAKE  
RESORT**



**REBECCA'S WATER SERVICE**



**HAVEMAN BROTHERS  
FORESTRY**



**BOTH HANDS**









\*\*\*REMINDER\*\*\* 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](mailto:nolalu.grassroots@gmail.com)



### ***Snakes, Mother Natures helper***

Garter snakes are a gardener's friend! Harmless to humans, they eat the pests that wreak havoc in your garden. They are a shy but helpful gardening helper who just wants to live peacefully in harmony with you—and eat your slugs!

Often called "gardener snakes," they earn that name by eating grasshoppers, slugs, grubs, and other insects. A large adult garter snake may even eat mice. Unfortunately, they also eat some critters such as frogs, toads, salamanders, and earthworms, which can be beneficial to the garden. Garter snakes won't bite you unless provoked. They won't chase you. They are really very shy and are not looking for a fight!

Garter snakes do produce a very weak venom, but the venom is so mild that it rarely has any effect on humans. The snake uses its venom to subdue larger prey items, like frogs and mice.

In the northern half of North America they hibernate below the frostline in the winter, congregating in large numbers in burrows and crevices to keep warm during the cold months. In the spring, they emerge and mate. This is why they liked to congregate at the NCC. It was nice and warm for them under the Centre. They will need to find a new spot this year as the Centre is now all sealed off.

Females only breed every 2 to 3 years. They bear live young in the late summer, usually having between 4 and 20 babies, though some can bear up to 85! Garter snakes are relatively harmless, beneficial predators of rodents and insect pests. They eat the cucumber beetles, slugs, and squash bugs. It takes 2 years for garter snakes to reach maturity and they can live to be 10 years old in the wild.

If you see one or two in your travels just go the other way and remember they are a beneficial part of our Ecosystem.

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### **April Fools' Day**

Legends have it that April Fools' Day began in France in 1564. Prior to 1564, April 1st used to be celebrated as New Year's Day. Those who insisted on celebrating the "old" New Year's Day became known as April fools and it became common to play jokes on one another. Some also say that it has to do with Mother Nature fooling us. Sometimes, a late March/early April storm brings snow, fooling us, since the calendar says it is spring. It has been celebrated for several centuries by different cultures, though its exact origins remain a mystery. April Fools' Day traditions include playing hoaxes or practical jokes on others, often yelling "April Fools!" at the end to clue in the subject of the April Fools' Day prank.



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**

|        |                |            |
|--------|----------------|------------|
| Apr 1  | Dance Quest    | 7:00-10:00 |
| Apr 8  | Exec/Gen mtg   | 2:00/3:00  |
| Apr 9  | Breakfast      | 8:30-noon  |
| Apr 14 | Rural 60 lunch | 12:00-1:00 |
| Apr 15 | Dance Quest    | 7:00-10:00 |
| Apr 16 | Jam Session    | 6:30-9:30  |
| Apr 29 | Dance Quest    | 7:00-10:00 |
| Apr 30 | Music          | 2:00-4:00  |



**Kakabeka Falls  
 and  
 Rural District  
 Branch 225**

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

## Blast from the Past

Below are some excerpts from past Grassroots editions; 1990

- ◆ Goodbye to the 1980's: The 1980's have been good to us! We've experienced a great change in our lifestyles—we're using VCR's, microwaves, computers, compact discs, cars that tell us to shut our doors, and colour on the front page of the Chronicle Journal. Farmers are feeding their cows using computers to feed meals proportionate to milk yield and then testing the milk the cows give. Some of us have experienced the "Epstein Barr Virus" commonly known as the "Yuppie Flu", and we've worried about "Lyme" disease (carried by rapidly spreading wood ticks), while others are becoming involved in fighting the new "AIDS" virus. Even computers suffered from a "Virus". And in the office, we've learned to cope with "Fax" machines, electronic mail, personal computers, word perfect, Lotus 1-2-3, DOS, and spreadsheets. What an exciting time to live in! What wonders will we see in 1990
- ◆ Log Cabin Quilting a success
- ◆ Congratulations to Cathy and Doug Stojkovic on the birth of their son, Lee
- ◆ St. Urho's Day is a holiday the Finns simply "made up". It was not intended to have any serious meaning except to prove that Finns like to have fun. It was to be a day when Finns celebrate for the sake of celebrating. Saint Urho is, however, purported to have been the patron saint of Finnish vineyards and thus the symbolic purple and green colours, according to "Fantastically Finnish"
- ◆ No St. Urho's Day celebration would be complete without a traditional Finnish dinner. An appropriate menu might include a typical Finnish dish such as Kalamojakka (fish stew) served with thick slices of rye bread. The recipe works well with any fish and may include a fish head. Some folks make the mojakka using only the head of a large fish such as lake trout or salmon.
- ◆ All brick home, 33 foot lot, 3 bedrooms, full basement. New gas furnace, wired garage. \$59,900.00
- ◆ Now available for rent Genesis system, Nintendo, Sega units and game rentals at Gary's Home Video
- ◆ Jacqueline Erickson is now available for babysitting duties as she has completed the Babysitters course
- ◆ Thank-you to all who helped out with electric heaters to keep the water pipes from freezing during our furnace break down at the Centre.
- ◆ 4H starting at the Centre
- ◆ Happy 75th Birthday to Bertha Maki
- ◆ Farm Women's Safety Workshop to be held April 18th
- ◆ Two camps for the price of one, near Oliver Lake, \$29.900.00
- ◆ Cook wanted for the Unicorn Inn
- ◆ Pinewood Court Seniors looking for volunteers

# 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\*\***



# Thank You

*"We are so grateful to the fish derby committee (Pat, Judy, Sue, Josh, Emma) for putting this huge event together and bringing this opportunity back to the Community after 3 years.*

*We could not have pulled this off without the many volunteers soliciting and picking up donations, preparations, running the scale, raffles, bar and kitchen. We even had some classy fish/mermaid tail cupcakes! It is thanks to SO many people in the community that the event was a success!*

*Many, many Thank yous to Karen, Don, Rob, Odette, Kayla, Krista, Cindy, Marg, Cal, Lee-Ann, Livi, Barb, Liz, Larry, Debra, Shirley, and Roxanne. "*

***"Never doubt that a small group of thoughtful committed citizens can change the world: indeed, it's the only thing that ever has." ~Margaret Mead~***

## 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](http://www.rafflebox.ca/raffle/nest)

Follow us on Facebook for more info

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

# ***BARB'S PROFESSIONAL SEWING***

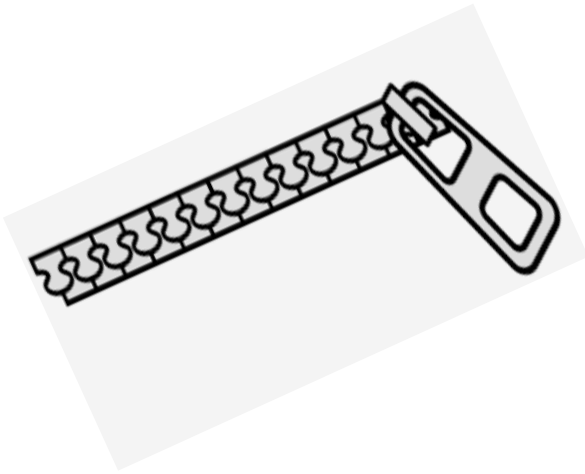
*ZIPPERS ZIPPERS ZIPPERS*

Hems on pants, dresses, curtains and more

Alterations, mending, patching

Over 20 years experience at

local T-bay businesses

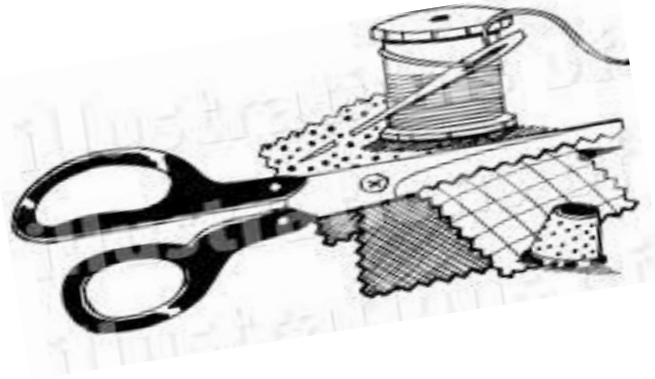


QUICK SERVICE

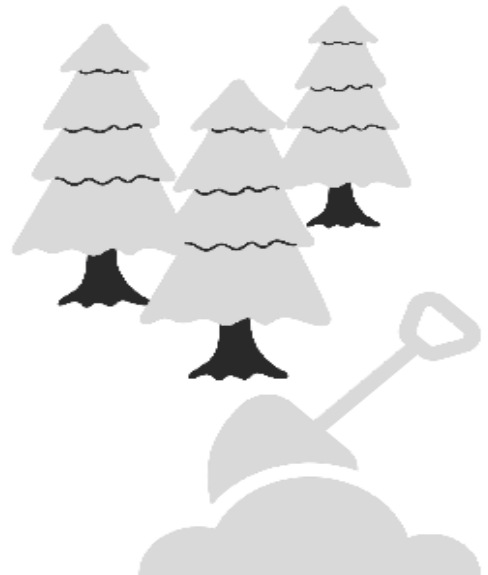
REASONABLE RATES

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.**



## It's that time of year again – Fire season.

By law, you need a fire permit to burn wood, brush, leaves and grass outside during the fire season (April 1 – October 31) unless you follow all the rules outlined below **AND**:

- ◆ conditions allow it to burn safely until extinguished
- ◆ you take all necessary steps to tend, control and extinguish the fire
- ◆ you are not having an open fire in a restricted fire zone

If you don't burn safely or burn material without a permit when one is needed, you can be fined and held responsible for the cost of putting out the fire and for any property damage. You can apply for a permit through your local MNRF office.

## Rules to burn wood, brush, leaves or wood by-products

- ◆ ignite the fire no sooner than 2 hours before sunset and extinguish it no later than 2 hours after sunrise **AND** burn only a single pile at any one time
- ◆ ensure the pile is less than 2 metres in diameter and less than 2 metres high
- ◆ keep the fire at least 2 metres from any flammable materials
- ◆ have tools or water adequate to contain the fire at the fire site
- ◆ ensure a responsible person tends the fire until it is extinguished

## Using an incinerator

- ◆ ensure the incinerator is an enclosed device constructed of non-combustible material
- ◆ cover the incinerator with a screen having a mesh size of not more than 5 millimetres
- ◆ keep the incinerator at least 5 metres from any forest area
- ◆ keep the incinerator at least 2 metres from any flammable material
- ◆ ensure a responsible person monitors the fire until it is extinguished

## Rules to burn grass or leaf litter

- ◆ ignite the fire no sooner than 2 hours before sunset and extinguish it no later than 2 hours after sunrise
- ◆ keep the total area to be burned under one hectare
- ◆ ensure the flaming edge of the fire does not exceed 30 metres in length
- ◆ have tools or water adequate to contain the fire at the fire site
- ◆ ensure a responsible person tends the fire until it is extinguished.

### **Nolalu Emergency Services Team**

Hall 807-475-4441

Nolalufpo@gmail.com

Emergency 807-473-5200

RR1 Nolalu ON

P0T 2K0



# **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

---

***"No one has ever become poor from giving." ~~Anne Frank~~***

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# **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, April 19, 2023**

Registration 9 am to 11 am

Drive-Thru Pick-up

# **O'CONNOR COMMUNITY CLOTHING GIVEAWAY!!**

in honour of

**EARTH DAY 2023**

and in support of

**THE RURAL CUPBOARD FOOD BANK**

to be held

**Sunday, April 23rd**

**1:00 - 4:00 pm**

**O'Connor Community Centre**

**330 Highway 595**

Please bring your own bags.

**DONATIONS OF FOOD OR MONEY FOR THE  
RURAL CUPBOARD FOOD BANK ACCEPTED AT THE DOOR.**



**REUSE**



**REPURPOSE**



**RECYCLE**



**TO DONATE ITEMS FOR THE GIVEAWAY,  
PLEASE DROP OFF GENTLY USED ITEMS BETWEEN  
APRIL 1st - 21st**

at the

**O'CONNOR MUNICIPAL OFFICE**

**330 Highway 595**

**during regular business hours**

(Please no under garments of any kind)

For questions, please call Erin at 476-1451.

**Community supporting community!! Everyone welcome!!**

# *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*

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## ***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

## **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

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### ***Tender for lawn/yard maintenance this summer.***

Spring is almost here! The NCC is looking for bids on lawn maintenance for 2023. This includes cutting the grass and weed whacking.

- must bring own equipment (lawn mower, weed whacker, rake, etc.) No equipment on site
  - deadline for tenders is April 30, 2023
  - email bids or questions to [prez.ncc@gmail.com](mailto:prez.ncc@gmail.com)
- 

### ***Did Ya Know?***

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

Brad Wiens is available to sharpen saw blades and set the teeth. He can also do chainsaw chains. Reasonable rates. Give him a call at 807-630-9430

If you would like to have your home business mentioned just drop me a line.  
[nolalu.grassroots@gmail.com](mailto:nolalu.grassroots@gmail.com)

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



**GREEN ACRE VARIETY**  
**HOURS OF OPERATION**  
MONDAY – FRIDAY 7am – 9pm  
WEEKENDS & HOLIDAYS 9AM-9PM

**GREEN ACRE VARIETY**  
**KITCHEN HOURS OF OPERATION**  
MONDAY – SUNDAY 11AM – 7PM  
Breakfast, lunch & supper in the warmer daily



# GREEN ACRE VARIETY

Gas ♦ Groceries ♦ LCBO ♦ Live Bait

1226 Hwy 595 Gillies Township (on the corner of Hwy 595 & 588)  
Email [green.acre@live.com](mailto:green.acre@live.com), Phone 807-475-5631, website <https://greenacrevariety.ca>  
follow us on facebook @greenacrevariety

## *From our Kitchen to yours, with love*

Pizza, Panzerotti's, Nacho's, Quesadilla's, Sub Sandwiches, Salads, Salad dressings, Soups, Lasagna, Shepherd's Pie, Chili, Pasta Sauce & Meat Balls, Coney, Breakfast Sandwiches, Homemade Baking, No bake Cheesecakes, Coffee, Cappuccino, Hot chocolate

## *Live Bait & Tackle*

Minnows, sucker minnows, worms,  
Leeches (leeches available in spring,  
summer and fall)  
Homemade spinners & spoons, little  
joes, jig heads etc...

## *Lickety Splitz & Snack Shack*

We are hiring, mature individuals who love customer service, fast food meal prep and service, can work in a fast pace environment, works well with others, has the ability to critically think, responsible with handling money and transactions, preferable 18 and older. Please send your resume to [green.acre@live.com](mailto:green.acre@live.com)

We are hoping to have the ice cream truck and burger shop open for May Long Weekend, stay tuned for more information to come!

## *Bottle Depot*

bring your LCBO and beer store empties back to us and get cash!

Please separate bottles and cans!

Beer bottles – sort by colour, for eg: brown with brown, clear with clear, green with green

Cans – bring in clear bags (not in original beer box) and mark how many are in the bag.

Leave empties on the floor of the garage

Thank you for your consideration.

## *Beer, Wine, Coolers & Spirits*

We have a wide variety of beer, wine, coolers & spirits available! If you have a favourite and you do not see it on our shelves, please let us know and we can do our best to bring it in! Stay tuned for fun summer drinks!

Propane Exchange 20lb & 30lb; Coloured Fuel, Diesel and Gasoline available as well!

*We would love to see you, clip this coupon and pop in!*

**FREE COFFEE COUPON**

no expiration, no substitutions, no cash value

# 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](mailto:nolalu.grassroots@gmail.com) in PDF or WORD format

**Please make all cheques payable to Nolalu Community Centre. Etransfer available at [nolalucctreasurer@gmail.com](mailto:nolalucctreasurer@gmail.com) with a brief description of what the payment is for.**

**Invoices will be issued for payments not received up front, and sent out quarterly.**

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## From the Editor's Desk

Wow, this is the biggest newsletter I've ever done, but there certainly was a lot that needed to go into it this month. Be sure to check out all our community advertisers and event listings, and don't forget to stop in and thank our sponsors for the tough boating fish derby. We had a great time helping out on the Saturday of the Fish Derby, it was fun to watch all the weigh ins. So great to see so much community involvement.

My grandson came home the other day sad that someone told him he couldn't have long hair. I see that not much has changed since I went to school, anything different was made fun of or challenged. In this day and age of our diverse cultures I thought it might have been different but instead of getting upset about it we set about educating my grandson on how everyone is different. Out came story books, pictures, and a bit of internet research too. He learned that if you look hard enough you will see something different in every single person, and that's what makes us unique. In his culture to have long hair is powerful, it tells your story. It is a symbol of strong cultural identity, promotes self-esteem, self-respect, a sense of belonging, and a healthy sense of pride. My grandson is now embracing his uniqueness and isn't afraid to wear his hair long anymore, well for the time being at least. There will always be another hurdle to jump as he grows older.

Rob and I spent a few days away this past week. We were going to go to the states but with the dollar being so low we decided to stay locally. Besides this way Rob makes sure I don't spend a fortune shopping. It was nice to just be away for a bit, sure was quiet though without our daughter and grandson around. The renovations started back up while we were away so it was nice we missed some of the noise of hammers and such. The electrical is all done now, we have lights in each room and lots of electrical outlets. They installed a new panel and the laundry room will be ready to go once the floor is down. The floor is almost done downstairs and half way done upstairs. My daughter has continued painting downstairs so there is some colour downstairs now. I even have a pink laundry room, it was a question of what paint was left over, so I'll settle for pink. I can't wait till we can do laundry at home again. Hoppers has been great and we are grateful to have such a service so close to home but it will be so much better when we don't have to load it all up in the car.

My seeds have started to come in and I can't wait to get out and plant them. I got a bunch from the seed swap in Gillies, and some online, and some I have saved from previous years plantings. I'm going to be sure to have lots for next years seed swap as I really like the idea of sharing our resources.

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

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## Yoga Spring Session

*Nolalu Community Centre*

*All Levels Hatha*

*Wednesdays 7:00pm-  
8:00pm*

*9 weeks starting April 5th*

*\$10.00 Drop-in or \$80.00*

*Course*

*Contact Marisa:*

*(807) 632 - 3950*

*wildblueyoga@gmail.com*



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*"Ability is what you're capable of doing. Motivation determines what you do.  
Attitude determines how well you do it." ~Lou Holtz~*

# LOCAL SERVICES BOARD OF NOLALU



April 25, 2023 – 7:30 PM

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

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## NOLALU COMMUNITY CENTRE

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

April 17, 2023—7:30 PM

Due to Easter Monday

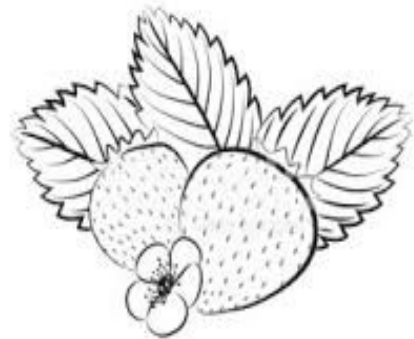
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### **Wild Strawberry Leaf Tea - A Spring Tonic** **From Grassroots April 1990**

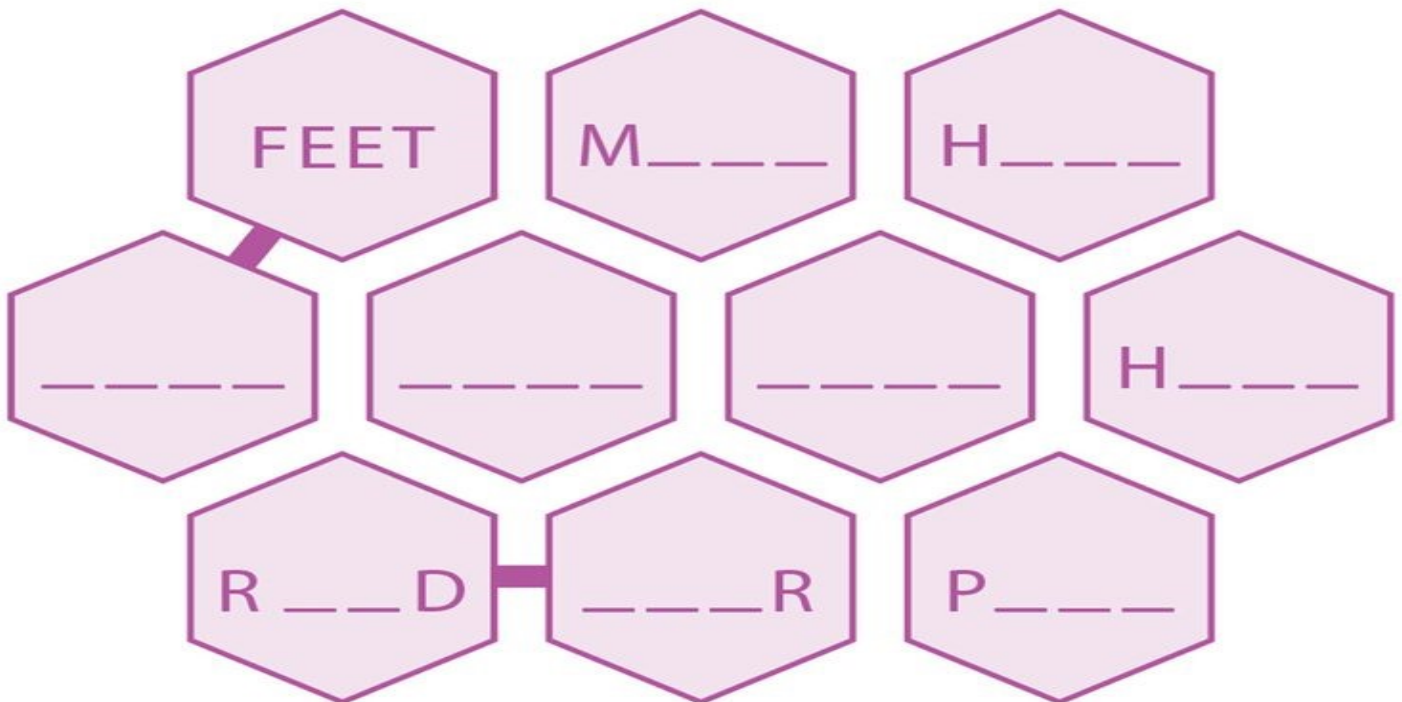
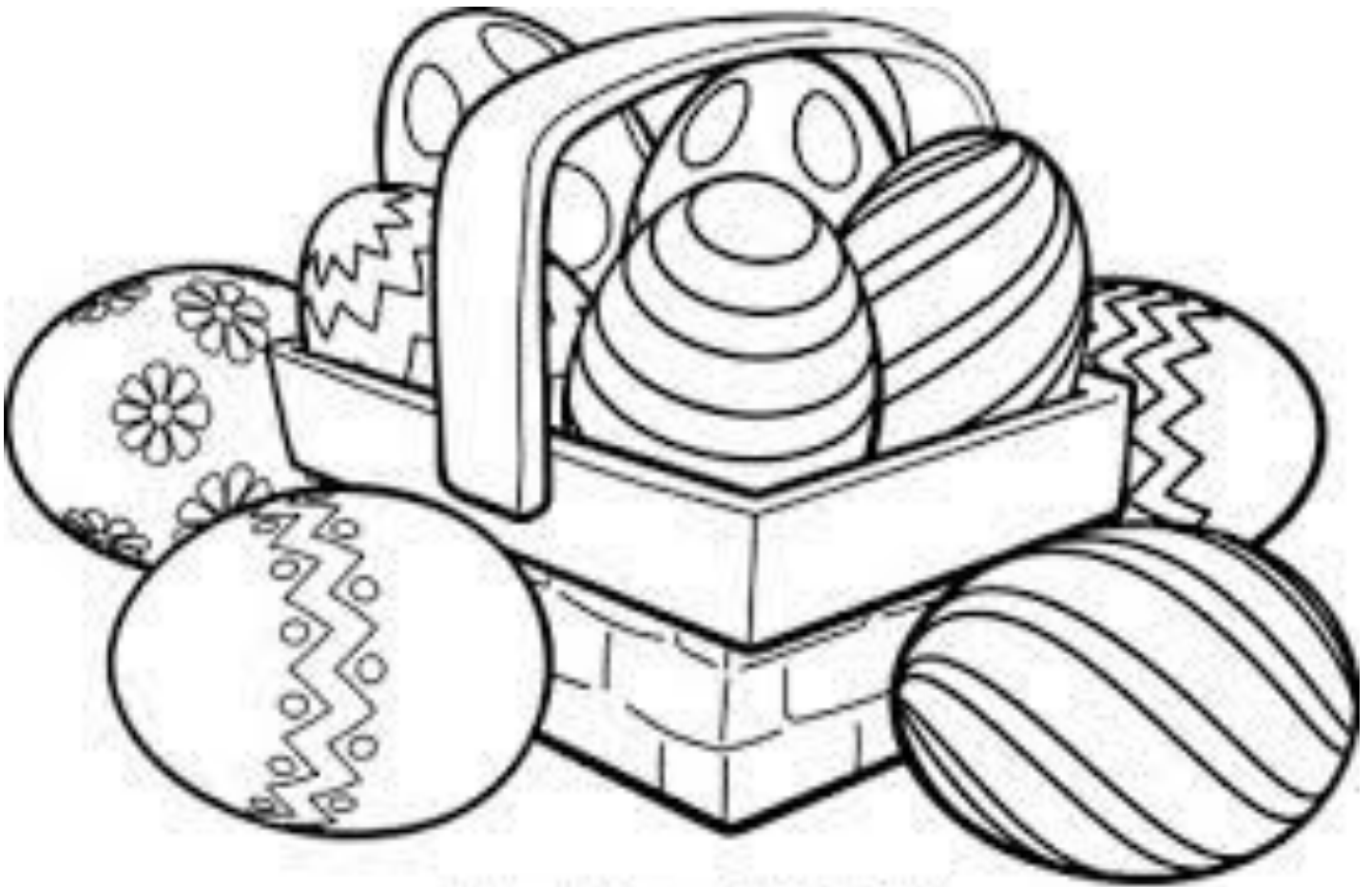
Need a “pick-me-up” after winter, “out-of-sorts”? Try wild strawberry leaf tea for a Spring tonic that puts back that “all round good feeling”. Wild Strawberry leaf tea has been known for centuries as a spring tonic. It was common knowledge that strawberry leaf tea was a cure for lethargy. Early settlers picked the little leaves as soon as they made their appearance in spring and mixed up their spring brew. After a long winter without fruits and vegetables, early pioneers often lacked Vitamin C in their diets. Wild strawberry leaves contain a high percentage of Vitamin C and a dose of this vitamin from the wild strawberry leaf tonic made them feel great.

To make this stimulating brew all you have to do is go out and find some wild strawberry plants. Pick a teaspoon of fresh leaves for each cup of tea. Tear the leaves into little pieces and pour boiling water over them. Cover and let steep for at least five minutes, then drink up. Not all leaves are created with the same flavour - so experiment and try leaves from other strawberry patches. Some patches will even produce the aroma of fresh wild strawberries.

To make the tonic gather several handfuls of leaves (take only a few leaves from each plant). Put leaves in a jar and pour boiling water over them. Cover and allow to sit overnight. Next morning strain out the leaves. This tonic will keep in the fridge for a day or two. It can be reheated for a hot drink or poured over ice for a refreshing cooler.







From wherever you start (hint: it's probably easiest to start at the top left), join the hexagons by creating a new word that is only one letter different from where you started. Each hexagon must connect to exactly two adjacent hexagons. F



## **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—April 2023

| Sun                              | Mon                                                           | Tue                                   | Wed                                                           | Thu | Fri                                 | Sat                                    |
|----------------------------------|---------------------------------------------------------------|---------------------------------------|---------------------------------------------------------------|-----|-------------------------------------|----------------------------------------|
|                                  |                                                               |                                       |                                                               |     |                                     | 1                                      |
| 2                                | 3 Drop-in Exercise<br>9:30am, FREE<br>Rural Readers<br>7:00pm | 4                                     | 5 YOGA<br>7:00pm to 8:30pm                                    | 6   | 7 Drop-in Exercise<br>9:30am, FREE  | 8                                      |
| 9                                | 10 Drop-in Exercise<br>9:30am, FREE                           | 11                                    | 12 PLAY GROUP<br>1:00pm to 3:00pm<br>YOGA<br>7:00pm to 8:30pm | 13  | 14 Drop-in Exercise<br>9:30am, FREE | 15                                     |
| 16 Private Rental<br>Till 5:00pm | 17 Drop-in Exercise<br>9:30am, FREE<br>NCC meeting 7:30pm     | 18 SENIORS LUNCH<br>11:00am to 1:00pm | 19 YOGA<br>7:00pm to 8:30pm                                   | 20  | 21 Drop-in Exercise<br>9:30am, FREE | 22                                     |
| 23                               | 24 Drop-in Exercise<br>9:30am, FREE                           | 25 LSB Meeting<br>7:30pm              | 26 YOGA<br>7:00pm to 8:30pm                                   | 27  | 28 Drop-in Exercise<br>9:30am, FREE | 29 Private Rental<br>12:00pm to 6:00pm |
| 30                               |                                                               |                                       |                                                               |     |                                     |                                        |