

# Nolalu's GRASSROOTS

## Neighbours Helping Neighbours

The last two months I have tried to compile a list of important phone numbers for services which might be needed. The idea was to have a page or two that you could tear off of the Grassroots and pin up somewhere for when it was needed. If I have missed something please feel free to add it to the bottom of this page, I've left room. Remember if you need help, reach out and don't forget to check on your neighbours.

### *ABOUT 9-8-8: Suicide Crisis Helpline*

9-8-8 is a new national helpline for anyone across Canada who is thinking about suicide, or who is worried about someone they know. Call or text 9-8-8 toll-free, anytime for support in English and French. 9-8-8 responders are here to listen and provide help without judgement. Led and coordinated by the Centre for Addiction and Mental Health and funded by the Government of Canada, 9-8-8 is made up of a growing network of nearly 40 experienced local, provincial and territorial, and national crisis lines across the country.

### Local mental health info:

*Contact Crisis Response* Thunder Bay: Call or text 807-346-8282  
District of Thunder Bay: 1-866 888 8988 They have safe beds available.  
For *counselling support and treatment* for mental health concerns:  
Call 211 or visit the 211 North Website. Call ConnexOntario at 1-866-531-2600 or visit the ConnexOntario website  
*Kids Help Phone*: From age 5 to 25 services available 1-800-668-6868  
Text 668-6868 available 24 hours a day 7 days a week

*Alcoholics Anonymous*: 807-623-1712  
*Narcotics Anonymous*: 1-888-811-3887  
*Assaulted Women's helpline*: 1-866-863-0511

*Nolalu Fire Department*: Emergency 807-473-5200, Hall 807-475-4441  
*Ontario Provincial Police*: 1-888-310-1122, 807-473-2700  
*Ambulance*: 807-473-5200

*Local Services Board*: 807-577-3255, lsbnolalu@live.com

Road information 511

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### NCC NEXT MEETING:

Monday February 12  
@7:30pm

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

### LSB NEXT MEETING

Tuesday February 27  
@7:30pm

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

### NEST NEXT MEETING

Thursday February 8  
@7:30pm

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

### Contents:

Information	3
Interest	1, 5, 15, 21
Health Clinic	9
Legion	10
Helpful Hints	11
Rural Readers	11
Thank-you	13
Announcement	13
Fire Safety	12, 13
Food Bank	14
Recipes	17
Meeting Dates	19
Rural 60+	20
Fun Pages	22, 24
Editor's Note	23
Hall Rental Info	25
NCC Events	26



***Catherine and Terry Niemi***

***51 Delints Road, Nolalu***

***768-5357 or 633-2949***

***terry@therustybucket.org***

***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>	VACANT		
<b>Secretary</b>	Marisa Nascimben	Marisa.perina22@gmail.com	807-632-3950
<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>	VACANT		
<b>Volunteer Coordinator</b>	VACANT		
<b>Media Coordinator</b>	Kathy McGowan	Use Facebook	
<b>GrassRoots Editor</b>	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442

***NEXT NCC MEETING:***  
***Monday February 12, 2024***  
***@ 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

*"Coming together is a beginning; keeping together is progress;  
working together is success." ~~Edward Everett Hale~~*

# HOPPER'S VARIETY

## The Everything Store



7:00 am to 9:00 pm

Sunday to Saturday

807-475-8804 OR 807-475-8814



### LCBO CONVENIENCE OUTLET

7:00 AM TO 9:00 PM

LAUNDROMAT

ST. URHO'S GOLF COURSE

9 HOLE 36 PAR

GOLF CART RENTALS



AUTOMOTIVE  
REPAIRS  
TIRE REPAIRS  
ALUMINUM &  
STEEL WELDING

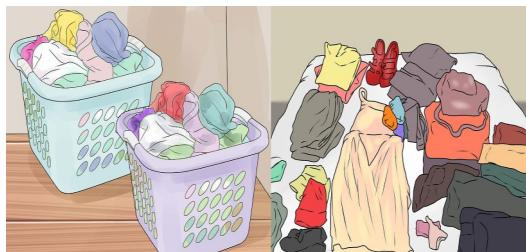


Call For Appointment & Quote

Senior Discount on Shop Labour for Age 55+



BOTTLE RETURN DEPOT



CALL TO BOOK YOUR APPOINTMENT

SNOW REMOVAL, SAND & GRAVEL

CONSTRUCTION/FLOATING

**\*\*FREE QUOTES\*\***



# NOLALU TOUGH BOATING FISH DERBY

Nolalu Community Centre

2266 Highway 588, Nolalu

## 2024



**MARCH 16 3 - 6 PM**  
**MARCH 17 12 - 8 PM**  
**PRIZES AT 6PM ON SUNDAY**

**Adult and Children categories**  
**Pickeral, Trout, Perch**

All fish must be in accordance with Ontario Regulations



*~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.***



# February Events

**February 4th – Spaghetti Dinner Fundraiser 5pm – 6pm**

**February 20th & 21st – Book Swap 12pm – 4pm**

**February 23rd Waldorf Parent & Child Gathering**

**Monday Gentle Flow Yoga 7pm–8pm**  
**Thursday Gentle Flow Yoga 11am–12pm**

**Thursday Weekly Cornhole Tournaments 7pm**

Be sure to follow along on the Gillies Community Centre Facebook page for ALL the events happening this month!

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## **Gillies Newsletter Update**

We still don't have an update on what our plans are for the newsletter unfortunately... therefore the Gillies newsletter is temporarily on hold.

Nikita Cava, HBA  
Deputy Clerk-Treasurer

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## ***PLAY GROUP***

**February 14, 2024**

**Nolalu Community Centre**

**12:00pm to 2:00pm**

Come on out and have some fun.

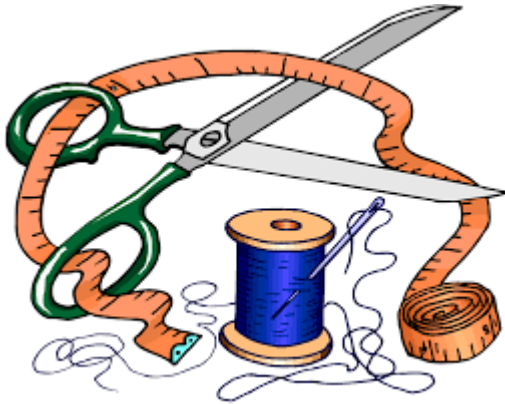
Meet other children and parents in the community.

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

Hope to see you there



# **BARB'S PROFESSIONAL SEWING**



**ZIPPERS ZIPPERS ZIPPERS**

Hems on pants, dresses, curtains and more

Alterations, mending, patching

13 years doing alterations at EVA'S BRIDAL

7 years at THE WHOLE NINE YARDS

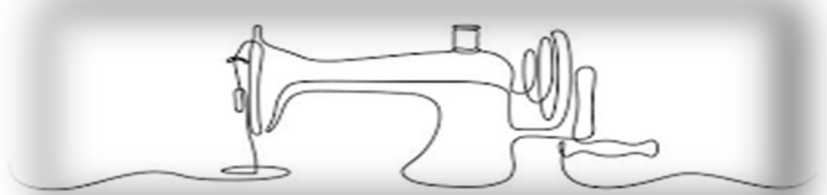
Doing repairs, alterations, wedding parties

**QUICK SERVICE**

**REASONABLE RATES**

[bbbarbbelanger@hotmail.ca](mailto:bbbarbbelanger@hotmail.ca)

807-475-9687



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



# FEBRUARY 2024



MON	TUE	WED	THU	FRI
			1 LifeLabs Walk-In Clinic 8:30am-4:30pm	2
5	6 Fly the C.O.O.P Walking Group Diabetes Educator	7	8 Fly the C.O.O.P Walking Group LifeLabs Walk-In Clinic 8:30am-4:30pm	9
12 Chair Yoga @ O'Connor C.C & CHW drop in appts	13 Fly the C.O.O.P Walking Group Dietitian	14 Chair Yoga @ KBF Legion	15 Fly the C.O.O.P Walking Group LifeLabs Mobile Clinic - Upsala 10am-3:30pm	16 Walk-In Clinic 8:30am-4:30pm
19 CLOSED - Family Day	20 Fly the C.O.O.P Walking Group Diabetes Educator Walk-In Clinic 8:30am-4:30pm	21 Chair Yoga @ KBF Legion	22 Fly the C.O.O.P Walking Group LifeLabs	23
26 Mobile Clinic - Armstrong 1pm-6pm Chair Yoga @ O'Connor C.C & CHW drop in appts	27 Mobile Clinic - Armstrong 8:30am-1:30pm Fly the C.O.O.P Walking Group Dietitian	28 Chair Yoga @ KBF Legion	29 LifeLabs <i>It's a leap year!</i>	

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

**PROGRAM INFO.**  
Call Shaun at (807) 473-5528 ext.1 to register for all programs

**Fly the C.O.O.P Walking Group**  
Meet at Kakabeka Falls Legion Hall 10am-11am

**CHW Drop in Appointments**  
Available until 3pm

**Chair Yoga**  
Hosted at O'Connor Community Centre OR Kakabeka Falls Legion Hall at 10:30am  
Chair Yoga is also hosted *virtually* at 10:30am

**Please call to book an appointment for:**

- LifeLabs
- Dietitian
- Diabetes Educator

**Follow us!**  
NorWest Community Health Centres - Kakabeka Falls Clinic  
[www.norwestchc.org](http://www.norwestchc.org)

Riddle Answers: 1. Eye 2. They all turned right 3. He is bald



## Kakabeka NorWest Community Health Centre

4785 ON-11 Unit B, Kakabeka Falls, ON P0T 1W0

Tel: (807) 473-5528  
Fax: (807) 473-4584

### WALK-IN CLINIC HOURS

February 1: 8:30am to 4:30pm  
February 8: 8:30am to 4:30pm  
February 16: 8:30am to 4:30pm  
February 20: 8:30am to 4:30pm  
Lifelabs is at the clinic on Thursdays

Nurse practitioner will see clients on a first-come, first-served basis. No appointment is necessary and you do not need to be a client of NorWest Community Health Centres.

These clinics are not for medical emergencies. Anyone with a life-threatening illness or injury should go directly to the closest emergency department or call 911.

## Kakabeka Legion News

February 2	Teen Challenge setup	
February 3	Teen Challenge Supper	
February 10	Exec/General mtg	2:30/3:00pm
February 11	Breakfast	8:30am to 12:00pm
February 16	Rural 60+ lunch	12:00pm to 1:00pm
February 17	Dance with Quest	7:00pm to 10:00pm
February 18	Jam Session	7:00pm to 9:30pm
February 24	Dance with Quest	7:00pm to 10:00pm
February 25	Music	1:00pm to 3:00pm



Kakabeka Falls  
and  
Rural District  
Branch 225

***As always, check the hotline 473-9122 for any changes.***

*1. Pronounced as 1 letter, And written with 3, 2 letters there are, and 2 only in me. I'm double, I'm single, I'm black blue, and gray, I'm read from both ends, and the same either way. What am I?*

*Answer page 9*

# Driveway & Rooftop Snow Removal

**Average Driveway Cleared For \$100 Or  
Less**



Snow Cleared Within 24 Hours Of Call

**Call Austin For Details: 807-630-2490**

### ***Helpful Hints from the Senior Citizen Centre 2001***

- ◆ Fresh parsley will chop easily if microwaved for a few seconds
- ◆ Freeze left-over gravy or sauce in ice cube trays for individual servings, and reheat as needed in the microwave
- ◆ When potting plants, either indoors or out, dip the roots in castor oil. Your plants will grow quickly and lushly.
- ◆ A few drops of castor oil will revive dying ferns. Pour the drops on the pot and place complete pot in water overnight.
- ◆ Seed starters: Save your eggshells and the paper cartons. Fill the eggshells with soil, plant the seeds in the shells and place them in the egg carton. To plant, crack the eggshell on the bottom and plant sprout and shell together. The eggshells contain calcium, magnesium, and phosphorous - all good fertilizers
- ◆ Garden seeds should be soaked in water for 24 hours before planting for best results. To drain without losing seeds place a paper towel in a colander and pour seeds through it. Place seeds on a dry paper towel for a short time and they won't stick to your fingers while planting.
- ◆ When you are creaming butter and sugar together, it is a good idea to rinse the bowl with boiling water first. They will cream together faster.
- ◆ If an egg drops on to the floor, sprinkle it with salt and let it sit for 5 to 10 minutes. The egg will become dry, making it easier to whisk into a dust pan.
- ◆ Meat or bones used for soup stock should be started in cold water to draw out the juices. Starting in hot water tends to seal the meat and keep the juices inside.
- ◆ If you are looking for a really good odour neutralizer for your bathroom, try lighting a wooden match or two. You must have the matches with the large sulphur head, like the old style Eddy matches. Works in seconds
- ◆ Lunch box freshener: Dampen a piece of bread with vinegar and leave overnight in the closed box.

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### **Rural Readers Book Club**

Meet in person, the first Monday of the month  
7:00pm - 9:00pm at the Nolalu Community Centre  
(2266 Hwy. 588).

February 5th: "The Salamander" by Mercé Rodoreda &  
"Family" by Joyce Carol Oates.

March 4th: "The Little Prince" by Antoine De Saint-Exupéry.

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

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



**RURAL READERS**

BOOK CLUB

# Carbon Monoxide Safety



Often called the invisible killer, carbon monoxide is an invisible, odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel can be sources of carbon monoxide.

- CO alarms should be installed in a central location outside each sleeping area and on every level of the home and in other locations where required by applicable laws, codes or standards. For the best protection, interconnect all CO alarms throughout the home. When one sounds, they all sound.
- Follow the manufacturer's instructions for placement and mounting height.
- Choose a CO alarm that is listed by a qualified testing laboratory.
- Call your local fire department's non-emergency number to find out what number to call if the CO alarm sounds.
- Test CO alarms at least once a month; replace them according to the manufacturer's instructions.
- If the audible trouble signal sounds, check for low batteries. If the battery is low, replace it. If it still sounds, call the fire department.
- If the CO alarm sounds, immediately move to a fresh air location outdoors or by an open window or door. Make sure everyone inside the home is accounted for. Call for help from a fresh air location and stay there until emergency personnel declare that it is safe to re-enter the home.
- If you need to warm a vehicle, remove it from the garage immediately after starting it. Do not run a vehicle or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not covered with snow.
- During and after a snowstorm, make sure vents for the dryer, furnace, stove, and fireplace are clear of snow build-up.
- A generator should be used in a well-ventilated location outdoors away from windows, doors and vent openings.
- Gas or charcoal grills can produce CO — only use outside.

## HOME HEATING EQUIPMENT



Have fuel-burning heating equipment and chimneys inspected by a professional every year before cold weather sets in. When using a fireplace, open the flue for adequate ventilation. Never use your oven to heat your home.

## FACTS

- ! A person can be poisoned by a small amount of CO over a longer period of time or by a large amount of CO over a shorter amount of time.
- ! In 2010, U.S. fire departments responded to an estimated 80,100 non-fire CO incidents in which carbon monoxide was found, or an average of nine calls per hour.



**NATIONAL FIRE PROTECTION ASSOCIATION**  
The leading information and knowledge resource on fire, electrical and related hazards



**NOLALU EMERGENCY SERVICES TEAM**  
807-475-4441

[www.nfpa.org/education](http://www.nfpa.org/education) ©NFPA 2017

### Nolalu Emergency Services Team

Hall 807-475-4441

RR1 Nolalu ON

Nolalufpo@gmail.com

POT 2K0

Emergency 807-473-5200



# Thank You

To our wonderful volunteers and Nolalu Community, it is lovely to see the Centre being used by so many community members on a regular basis. We have ongoing free activities like the Rural Readers Book Club, Exercise Group, and Play Group, as well as NCC and LSB meetings. Other regular events include yoga and Seniors lunches.

We couldn't make ALL of this happen without our amazing group of dedicated volunteers - you know who you are and we appreciate you SO much!. NCC Board

## Announcement

Liz Pszczolko our NCC treasurer will now be the contact person for all Nolalu Community Centre bookings

Her contact information is: [nolalucctreasurer@gmail.com](mailto:nolalucctreasurer@gmail.com) OR

Liz Pszczolko  
Nolalu Community Centre  
P.O. Box 6  
Nolalu, Ontario  
P0T2K0  
Phone: 807-623-6800



*The January 50/50 winner was  
**Brianna Beale**, and she won **\$1745.00***

*Wouldn't you like to win? Our next raffle is LIVE!  
Tickets can be purchased at [www.nolalu5050.ca](http://www.nolalu5050.ca)*

## 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>

# 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 21, 2024**

Registration 9 am to 11 am

Drive-Thru Pick-up



*To one and all for their generosity and willingness to ensure that everyone in our communities had a very Merry Christmas and that no one go hungry this holiday season.....*

Mrs. Eleanor Vaillant, Helen Ridler, OPP, Thunder Bay Police, Conmee Fire Dept, Lorna Kreig, Gorham & Ware Community Public School, White Fish School, Crestview Public School, Kakabeka Public School, Kakabeka Legion (monthly Music events and Christmas Dinner), Thunder Bay Weavers & Spinners, Kinettes & Kinsmen,

The Erl Family, The Ladouceur Family, O'Connor Fire Dept, HAGI transit, Firesteel Employees, Kenny Alwyn Whent Inc., TOP Chapter 0794 O'Connor (Nolalu), St. Theresa's Women's Group, Peggy Garnett, Brian Dysievick Contracting Ltd, Shirley Hunt, Slate River Women's Institute, Joe & Gayle Poohachoff, Bert & Mary Vancook, TOPS - Blake Hall, Evergreen Pharmacy, and all the Odena Foods Customers that made donations during their shopping trips and Odena Foods who matched all donations.

*Wishing all a very safe and healthy 2024 from The Rural Cupboard Food Bank Board*



# Seniors Potluck Lunch



(For those 'wanna be' Seniors too. All ages welcome)



Next two (2) lunches taking place:

Monday, February 12 (instead of Family Day)

Monday, March 18



\$10 at the door, OR bring a small side dish, veggie or dessert.



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



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



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

## Did Ya Know?

Want to find out what local people in the area or what your neighbours have to offer? I know I would. Local people supporting local people is so very important.

Do you know someone who sharpens knives or skates, someone who sews, or sells items from their farm, or anything you can think of that local people are selling.

Doesn't have to be an item, services are appreciated too. Please submit information to me as I've run out of home businesses to highlight. If you would like to have your home business mentioned just drop me a line,

[nolalu.grassroots@gmail.com](mailto:nolalu.grassroots@gmail.com)

## NEST Annual Meeting

**DATE:** March 14, 2024 at 700 pm

**PURPOSE:** Election of NEST Auxiliary Board for 2024 and 2025 (3 months)

Any resident or property owner has a vote.

Get involved and informed about NEST



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



**Barb McEwen**  
Salesperson  
(807) 626-3860 CELL

[www.avistarealty.ca](http://www.avistarealty.ca)

# Commeedy Night

IN SUPPORT OF RURAL FOOD  
CUPBOARD

YUK YUK'S  
HEADLINER



BOBBY KNAUFF

FEATURING  
TODD GENNO  
TREVOR GREEN

WITH MC CHRIS HOLLAND

SATURDAY FEBRUARY 24TH, 2024

DOORS OPEN AT 7PM,  
SHOW STARTS AT 8PM

CONMEE COMMUNITY CENTRE

50/50 DRAW LOTTERY LICENSE # M535882

AGE OF MAJORITY REQUIRED

GET YOUR TICKETS AT CONMEE COMMUNITY CENTRE  
OR EVERGREEN PHARMACY





**Volunteer's  
Needed!**

We are looking to fill the role of **Vice - President**. If you are curious about the role or what we've been up to, don't hesitate to reach out to any board member or join us at a monthly meeting.

Contact Breanne if you are interested in learning more (807-629-5385) [prez.ncc@gmail.com](mailto:prez.ncc@gmail.com)

Next on the list for volunteer positions is;  
Kitchen Coordinator  
Volunteer Coordinator

Drop Breanne a line to find out more information on these positions. Remember you don't have to do it all but any volunteering is greatly appreciated.

If you are available to Volunteer for an event, remember Volunteers eat free!

## **From "The Scoble Cookbook Almanac 1983"**

### Lazy Man Cabbage Rolls (Diane Kukkee)

1 lb. hamburger	1 onion chopped	1/2 cup rice
1 28oz can tomatoes	1/2 cup barbeque sauce	1 tsp garlic
1 med. cabbage chopped coarsely		

In a dutch oven, brown hamburger and drain off fat. Add remaining ingredients, cover and cook over medium heat, until tender, stir occasionally and add water if needed.

Variation - In a casserole dish, layer cabbage then meat mixture and repeat. Bake on medium heat

### Tuna Cups (Elaine Hrominchuk)

1 can (6 1/2 oz) tuna	1/3 cup chopped celery	1 hard cooked egg (chopped)
1/4 cup Miracle Whip	1 cup (4oz) cheddar cheese	
1 can (8oz) Pillsbury Crescent Dinner Rolls		

Combine tuna, egg, cheese, celery, and Miracle Whip. Mix well and set aside. Separate crescent rolls into eight triangles. Press dough around and up the sides to the edges of the cups. Spoon tuna mixture into cups. Bake 10 to 15 minutes in oven preheated to 375F, until crust is golden brown.

### Caffeine

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 required amount of tea.

\*\*This sounds absurd to me.

*2. Four cars come to a four-way stop, each coming from a different direction. They can't decide who got there first, so they all go forward at the same time. All 4 cars go, but none crash into each other. How is this possible? Answer page 9*

SERVING GILLIES, NOLALU, KAKABEKA FALLS, THUNDER BAY, & AREA

LEAVE IT TO  
**LEE**

AVAILABLE: MONDAY, TUESDAYS, WEDNESDAY , & SATURDAY

**I DO THE JOBS YOU DON'T WANT TO!**

STRONG, ABLE & HARD WORKING

**WHAT I CAN DO FOR YOU!**

BUCKING, SPLITTING, STACKING WOOD

DUMP RUNS

HEAVY LIFTING

CLEANING & ORGANIZING

SNOW REMOVAL

YARD WORK

**PLEASE CALL OR TEXT FOR INQUIRIES**

**306-581-5444**

## **Dr. Terry L. Hill, MEd, MA, PhD**

Clinical/Medical Sociologist

Office: 111 Thomas Road, Marks Township P0T 2K0

(807) 629-5215

Private discussion and public workshop programs:

Loss of a child (grief and bereavement, social assistance)

Body acceptance (self image issues, lifestyle change)

Conflict resolution in the workplace

Prostate cancer issues for men and partners

Medical ethics: the case of medically assisted dying (MAID)

Diversity, Sex, and Human Rights

IPhones in the class, and education policy

Dr. Hill is a member of the Canadian Sociological Association, and the Canadian Association for Psychosocial Oncology. He is CEO and President of the Tylara Institute, and a retired university professor and healthcare administrator, author, and researcher. He has also worked extensively with Indigenous populations across the region. His broad background over 40 years, in administration and teaching has earned him many service awards, and he is included in the 1999 edition of *Who's Who in Ontario* (p. 506). He worked for a year of monthly meetings alongside many other experts, in creating the Ministry's policy on the prostate cancer Disease Treatment Pathway. Dr. Hill created the Panic & Anxiety Association of NW Ontario in 1996. If you or your group would like to make an appointment for any of the above programs, call us at (807) 629-5215, or email us at [hillphd2@gmail.com](mailto:hillphd2@gmail.com). Fees for service by the hour. ½ day or full day, are competitive.

Dr. Hill works with a team of professionals that he calls upon if needed, to help in the delivery of the Institute's programs.

# LOCAL SERVICES BOARD OF NOLALU



Tuesday February 27, 2024

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.

Monday February 12, 2024

*"Good health is not something we can buy. However, it can be an extremely valuable savings account." ~~ Anne Wilson Schaef ~~*

## Drop-in Exercise

(Pilates/weights type)



Mondays and Fridays,  
9:30am—10:30am

Bring mat, weights, stretchy band.

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

FUN group.

We have extra equipment if needed



# See Clearly

QHHT PAST LIFE REGRESSION

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

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

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

*3. A man goes out for a walk during a storm with nothing to protect him from the rain. He doesn't have a hat, a hood, or an umbrella. But by the end of his walk, there isn't a single wet hair on his head. Why doesn't the man have wet hair?*

*Answer page 9*

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



# Fish Derby

March 16th and 17th, 2024

Come on out and have a great day fishing. Win some prizes and visit with your neighbours.  
It's a community event. Hope to see you there.

If you are interested in volunteering for this event contact Emma at  
ncevents@outlook.com

We will be in great need of people going out to ask for and then collect prizes for the March event. Do you know a business or two you think might donate? Send an email to tritree@outlook.com with the title "fish derby prizes" and I will send you the form to hand out and make a note of the businesses you will be asking (as not to double up anywhere).

We will also need a group to cook for the event and are looking for servers.  
Please consider helping out at this great community event.

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## **The Hymers Agricultural Society (HAS)**

**is pleased to introduce its 2024 Board of Directors:**

Erin Laforest, President

Randy Creighton, 2nd Vice President

Debbie Hoover, Exhibit Secretary

Margaret Duncan, Director

Chris Lawrence, Director

Nadia Myhal, Director

Charlene Shuttleworth, Director

Teri Treftlin, Director

Laura Loan, 1st Vice President

Rhonda Prystanski, Recording Secretary

Oona Szyja, Treasurer

Jeff Glavish, Director

Noah Loan, Director

Victoria Prystanski, Director

Don Shuttleworth, Director

Please visit our new website at <https://hymersfair.ca> and find our Volunteer Application Form under Volunteers.

Forms can be emailed to:

volunteers@hymersfair.com

or mailed to:

PO Box 196

Kakabeka Falls, ON, P0T 1W0

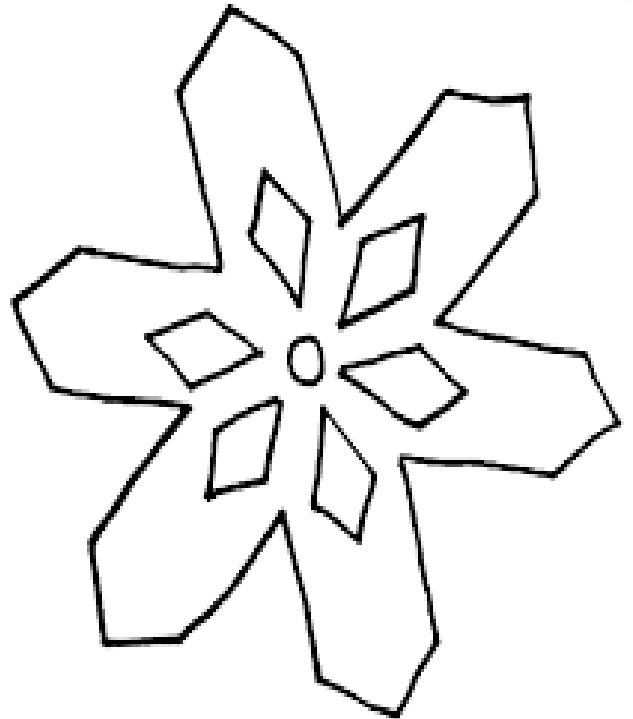
For full details on becoming a Committee Lead or Volunteer, please email:

Debbie Hoover at [info@hymersfair.com](mailto:info@hymersfair.com)

or

Erin at [hymersagsociety@gmail.com](mailto:hymersagsociety@gmail.com)

**COLOURING PAGE**



# GrassRoots Business & Ad Fees, As of January 2023

- ◆ **Business card ad:** \$6.00
- ◆ **¼ page ad:** \$15.00
- ◆ **½ page ad:** \$20.00
- ◆ **Full page ad:** \$30.00
- ◆ **Community notices:** Free
- ◆ **Non-business classified ads:** Free



**The GrassRoots submission deadline is the 15th of the month prior to your ad appearing in an issue of GrassRoots. All ads need to have white backgrounds. If you would like a colour background or pictures for the online version please send it separately from the greyscale version for print**

Please email submissions to: [nolalu.grassroots@gmail.com](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

When we moved here three winters ago, never in my wildest dreams did I anticipate a winter like the one we are having. Where is all the snow, the cold temperatures, the deer? Our deer friends have not been visiting us this year, we miss their nightly visits. It has been good for the birds though as the deer aren't raiding their feeders. We have only been able to use our outside "freezer" for two weeks. We had to make room in the indoor one as everything was melting outside. We've made a couple trips to TBay to load up our son's freezer too, and even gave some stuff to my Mom. We are concerned about our wells going dry more frequently. The two wells have both gone dry each summer but this is the first time it has happened in winter. Without the snowfall I fear we will be filling them often this year. Perhaps it is time to consider a drilled well. Does anyone have any input on drilled versus dug wells in the area? I grew up on a drilled well, and our previous house had a drilled well, so it is all I've ever known and neither ever went dry. Both wells here are dug, so I'm wondering are they more prone to going dry? We have also had to insulate the water lines and septic line with hay placed above ground. I am so happy that everyone shares tips on how to get by or we would never have known that we need to do this when there isn't any snow on the ground to insulate the lines. Please keep sharing your ideas and tips, it is truly appreciated and saves us expensive repairs.

Now that we are moving into February I am starting to think about planting season. I have already ordered a few new fruit trees and bushes and I can't wait to have a little bit more variety in our home grown fruit. My vegetable garden is another story. I am still trying to figure out what grows best here. I think I might actually start some seeds inside this year, something I have never done. Are there certain places where you get your seeds? I'm looking forward to the Seedy Swap at the NCC in March. I've also noticed that what was a perennial herb where we used to live is an annual here. Are there any herbs you would recommend for our area? I prefer to have a perennial garden when it comes to my herbs and flowers but I am learning the differences of gardening here. I am please with my flower gardens and like adding to them each year. When we moved in there were no flower or gardens of any kind on the property. It has been a joy to watch them get bigger each year. My grandson loves helping me plant each year and with the harvesting too. He's not really into the weeding but does help with the watering. We have a little pool for the ducks which we drain out about every five days in the summer. We use this water on the gardens as it is full of nutrients and helps the plants to flourish. I'm doing mainly container gardening for my vegetables, and while it is working space is limited and they must be watered daily. If anyone has a rototiller they would loan out or would help us create a new garden plot, please let me know. We would pay for the service of course. Or if you know of someone who has one for sale, that would be great too. My daughter is willing to do the work, we just need the machine.

Odetta

# PUZZLES

## BOGGLE

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D	E	Z	H
L	D	H	C

<b>Points</b>	
3 letters =	1 point
4 letters =	2 points
5 letters =	3 points
6 letters =	4 points
7 letters =	5 points
8 letters =	6 points



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**TREES**

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**STUMP**



**DUCK**

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**POND**

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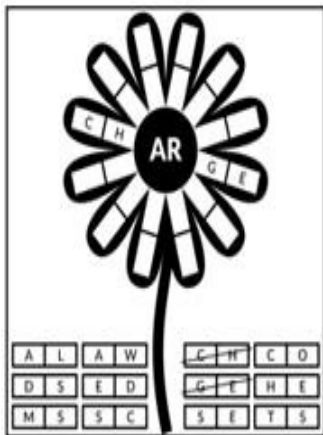
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- 2. MA\_IC      6. \_NION
- 3. IN\_ET      7. S\_ARF
- 4. REAC\_      8. MO\_OR

**Things That Are Loud**

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## **NOLALU COMMUNITY CENTRE: HALL RENTAL**

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

Email [nolalucctreasurer@gmail.com](mailto:nolalucctreasurer@gmail.com)

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

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

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

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

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

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

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

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

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

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

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

- ♦ At the discretion of the NCC Board
- ♦ **\$5/table, \$2/chair** for the event.
- ♦ Renter provides transportation and returns in clean condition.
- ♦ Chairs are upholstered, therefore cannot get wet

Set-up charge for tables and chairs, if requested, additional **\$25**.

Clean-up charge, **if necessary**, additional **\$25+** at the discretion of the NCC.

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

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

# NCC Events—February 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b>	<b>2</b> Drop-in Exercise 9:30am to 10:30am FREE	<b>3</b>
<b>4</b>	<b>5</b> Drop-in Exercise 9:30am to 10:30am FREE Rural Readers 7:00pm to 9:00pm	<b>6</b>	<b>7</b> YOGA 7:00pm to 8:15pm	<b>8</b> NEST Meeting 7:30pm at West Firehall	<b>9</b> Drop-in Exercise 9:30am to 10:30am FREE	<b>10</b>
<b>11</b>	<b>12</b> Drop-in Exercise 9:30am to 10:30am FREE SENIORS LUNCH 11:00AM to 1:00pm NCC Meeting 7:30pm	<b>13</b>	<b>14</b> PLAY GROUP 12:00pm to 2:00pm YOGA 7:00pm to 8:15pm	<b>15</b>	<b>16</b> Drop-in Exercise 9:30am to 10:30am FREE	<b>17</b> Memorial for Kevin Larson (Doc) 1:00pm to 3:00pm
<b>18</b>	<b>19</b> Drop-in Exercise 9:30am to 10:30am FREE	<b>20</b>	<b>21</b> YOGA 7:00pm to 8:15pm	<b>22</b>	<b>23</b> Drop-in Exercise 9:30am to 10:30am FREE	<b>24</b>
<b>25</b>	<b>26</b> Drop-in Exercise 9:30am to 10:30am FREE	<b>27</b> LSB Meeting 7:30pm	<b>28</b> YOGA 7:00pm to 8:15pm	<b>29</b>		