

NCC NEXT MEETING:

Monday March 11
@7:30pm

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

LSB NEXT MEETING

Tuesday March 26
@7:30pm

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

NEST NEXT MEETING

Thursday March 14
@7:30pm

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

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Nolalu's **GRASSROOTS**

Nolalu Tough Boating Fish Derby: A Celebrated Community Tradition

For decades, the Nolalu Tough Boating Fish Derby has served as the hallmark annual event that brings the community of Nolalu together in a unique way. This highly anticipated two-day event will take place this year on March 16 & 17, 2024, at the Nolalu Community Centre.

The Nolalu Tough Boating Fish Derby has been celebrated and loved by families in Nolalu and the neighboring areas for as long as anyone can remember, and it is a time when the whole community comes together to celebrate and share their love of fishing and the outdoors. This family-oriented event features various entry categories for both adults and children, making it the perfect opportunity for the whole family to come together and spend time outdoors.

There are five species of fish that can be caught for the derby: Pickerel, Pike, Lake Trout, Speckled Trout and Perch. Each category has its own set of unique entry requirements (as per the Ontario Regulations) and prizes.

The heartfelt generosity of the local businesses is a significant part of this event's success. Nolalu Tough Boating Fish Derby has always been a chance for the people of Nolalu and surrounding areas to gather and connect, all while enjoying some of the most bountiful waters in Ontario.

The winners of the Fish Derby are awarded meaningful prizes, donated by local businesses who are grateful for the support of the community they serve. This tradition of donation and appreciation is the bedrock of the Nolalu Tough Boating Fish Derby success story. It is a lasting event that is a testament to the strength of a community coming together to celebrate their heritage.

The Nolalu Tough Boating Fish Derby often draws over 100 entries, which is an incredible turnout for the small community. It is an honor and testament to the enduring popularity of the event, which spans generations and continues to inspire newcomers every year.

During the derby, hearty food and drink are also served, giving the community the opportunity to gather and share their weekend's ventures on the ice to catch fish. Everyone is welcome to attend the centre at this time, whether they have fish to enter or not.

The Nolalu Tough Boating Fish Derby is a time-honored tradition, steeped in the heart and soul of the community of Nolalu. It provides an opportunity for families to come together, strengthen bonds, and create memories that will last a lifetime. This March, make sure you join us for one of the most exciting fishing trips in Ontario. We hope to see you there! Please check for our poster on pages 6 & 7.



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

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Quality work on utility, horse, and stock trailers.

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

Dry 8’ Firewood Slabs sold by the truckload

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

Emergency Phone Numbers

Nolalu Fire & Ambulance: 807-473-5200

Ontario Provincial Police: 1-888-310-1122

For information during an emergency for the Nolalu area, call: 807-475-4441

For Road information call: 511

NCC Volunteer Board

President	Breanne Neufeld	prez.ncc@gmail.com	807-629-5385
Vice President	VACANT		
Secretary	Marisa Nascimben	Marisa.perina22@gmail.com	807-632-3950
Treasurer	Elizabeth Pszczolko	nolalucctreasurer@gmail.com	
Events Coordinator	Emma Allgood	nccevents@outlook.com	Text to 519-410-8733
Kitchen Coordinator	VACANT		
Volunteer Coordinator	VACANT		
Media Coordinator	Kathy McGowan	Use Facebook	
GrassRoots Editor	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442

NEXT NCC MEETING:

Monday March 11, 2024

@ 7:30pm

ALL NCC meetings are open
to the community.

"Kindness is the language which the deaf can hear and the blind can see." ~~Mark Twain~~

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

ADRIAN LAKE

Sundays 12 pm - 3 pm

HARDWICK

Sundays 4 pm - 6 pm

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. 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.

*Nolalu Community
Centre*



JAM NIGHT


Saturday March 9th

8:00pm - 11:00pm

Doors open
@ 7:30pm

All welcome!
Bring your voice,
Instrument, or just
enjoy an evening of
Community
Jams!

Coffee, tea,
& snacks
available at
concession.



For more info, contact:

Marisa

(807) 632 - 3950 or marisa.perina22@gmail.com

NOLALU TOUGH BOATING FISH DERBY

Nolalu Community Centre

2266 Highway 588, Nolalu

2024



**Nolalu Community Centre Kitchen
Open Saturday and Sunday
Burgers, Chili, Hot dogs/Chili dogs**

Adult and Kid Categories

**Pickrel, Lake Trout, Speckled Trout,
Pike and Perch**

Top 3 weights in each category win a prize!

Enter as many fish as you catch!

Bar is open Sunday only!

WEIGH INS

**MARCH 16 3 - 6 PM
MARCH 17 12 - 6 PM**

PRIZES AT 6PM ON SUNDAY

All fish must be in accordance with Ontario Regulations

NOLALU TOUGH BOATING FISH DERBY

Nolalu Community Centre

2266 Highway 588, Nolalu
Saturday 3pm - 6pm
Sunday Noon - 8pm
Prizes Sunday 6pm Sharp

2024



DERBY RULES

**TICKETS ARE: \$3 EACH FOR ADULT PER FISH ENTERED
\$2 EACH FOR CHILD PER FISH ENTERED**

**** ALL FISH MUST BE ENTERED BY 6PM ON SUNDAY ****

- YOU DON'T HAVE TO ENTER A FISH TO PURCHASE RAFFLE TICKETS
- ALL FISH TICKETS ARE ELIGIBLE FOR THE RANDOM DRAWS
- YOU MUST BE IN ATTENDANCE TO WIN A RANDOM DRAW PRIZE
- ALL DRAWS WILL TAKE PLACE AFTER FISH WINNERS ARE ANNOUNCED ON SUNDAY (PRIZES START AT 6PM SHARP)

- ALL FISH CAUGHT MUST BE ENTERED ON DERBY DAYS MARCH 16 & 17
- ALL FISH MUST BE SORTED OUTSIDE & PREDECIDED WHOSE FISH IT IS PRIOR TO ENTERING BUILDING
- YOU MUST WEIGH YOUR OWN FISH
- ADULT CATEGORIES: PICKEREL, SPECKLED TROUT, LAKE TROUT, PIKE
- CHILD CATEGORIES: PICKEREL, SPECKLED TROUT, LAKE TROUT, PIKE, PERCH

- PRIZES FOR 1ST, 2ND AND 3RD WILL BE AWARDED FOR EACH SPECIES
- IN THE CASE OF A TIE, EARLIEST ENTRY WILL WIN
- ALL JUDGES DECISIONS ARE FINAL

- ALL FISH CAUGHT TO BE IN ACCORDANCE WITH ONTARIO REGULATIONS

HOPPER'S VARIETY

The Everything Store



7:00 am to 9:00 pm

Sunday to Saturday

807-475-8804 OR 807-475-8814



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 9:00 PM

LAUNDROMAT

ST. URHO'S GOLF COURSE

9 HOLE 36 PAR

GOLF CART RENTALS



BOTTLE RETURN DEPOT



CALL TO BOOK YOUR APPOINTMENT

SNOW REMOVAL, SAND & GRAVEL

CONSTRUCTION/FLOATING

****FREE QUOTES****



—Yoga—

All Levels Hatha Flow

Winter Session

@ The Nolalu Community Centre

Wednesdays 7:00pm—8:15pm

April 3rd – May 29th

\$110.00 Course – \$12.00 Drop-in

Contact Marisa CYT 200HR

(807) 632 - 3950

wildblueyoga@gmail.com



NEST March regular monthly meeting followed by NEST Auxiliary board elections.

DATE: Thursday March 14, 2024

TIME: 7 PM

PLACE: NCC

At the NEST meeting in March we will be hosting our annual election as well as a frank discussion regarding the viability of maintaining operations of the West Hall, due to low rates of volunteers, especially drivers who have or are willing to obtain their DZ license, from the West end as well as the age and reliability of the trucks that respond from that hall.

NEST recognizes the concerns that the community members have regarding financial pressures at this time, and would like to reassure everyone that we have heard your concerns and have taken them into consideration. With this in mind we would like to let the community know that we have decided to pause the discussion with Fire Marque until more is known about the impact they may have on insurance rates increasing.

We would like to invite the community to bring their best creative ideas for funding as well as a willingness to pitch in and assist with bringing those ideas to fruition as this is a problem that will require many hands to address.

The meeting will be held at the community center for the convenience of those attending.

Thank you

Camille Turcotte



~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

March 8th – FREE Playgroup

March 16/17 – Book Swap 12pm – 4pm

March 24th Easter Event *more details coming*

March 29th Waldorf Parent & Child Gathering

Thursday Weekly Cornhole Tournaments 7pm

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

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



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

HISTOR-*tea*

The NorWest Community Health Centres is happy to host a Multigenerational History tea. This is an excellent opportunity for community members to get together to talk and reminisce about the history of Neebing. All ages are welcome to attend and there will be coffee, tea and light snacks provided as well as crafts for the kids to make and take.

Dates: March 15, 2024
Time: 1:00pm-4:00pm
Location: Blake Hall Community Hall

For more information:

Contact Shaun at (807) 473-5528 ext.1



CHAIR YOGA WITH *Christine*

Discover the benefits of Chair Yoga! Join our soothing and inclusive sessions designed for all fitness levels. Experience gentle stretches and relaxation techniques while seated, promoting well-being and flexibility. Enhance your physical and mental health with Chair Yoga – a mindful journey to a healthier you!

Dates: Monday's
Time: 10:00am-11:00am
Location: O'Connor Community Centre
*****Join us in person OR virtually****

To register or for more info:

Contact Shaun at (807) 473-5528 ext.1



MARCH 2024

MON	TUE	WED	THU	FRI
Please call to book an appointment for:				1
		- Lifelabs - Diabetes Educator		
4 Chair Yoga @ O'Connor C.C & CHW drop in appts	5 Fly the C.O.O.P Walking Group Diabetes Educator	6 Chair Yoga @ KB Legion	7 Fly the C.O.O.P Walking Group LifeLabs Walk-In Clinic 8:30am-4:30pm	8
11 Chair Yoga @ O'Connor C.C & CHW drop in appts	12 Fly the C.O.O.P Walking Group	13 Chair Yoga @ KB Legion	14 Fly the C.O.O.P Walking Group LifeLabs Mobile Clinic - Upsala 10am-3:30pm	15 Histor-Tea 1-4pm @ Blake Hall
18 Chair Yoga @ O'Connor C.C & CHW drop in appts	19 Fly the C.O.O.P Walking Group Diabetes Educator	20 Chair Yoga @ KB Legion	21 Fly the C.O.O.P Walking Group LifeLabs Walk-In Clinic 8:30am-4:30pm	22
25 Chair Yoga @ O'Connor C.C & CHW drop in appts	26 Mobile Clinic - Armstrong 1pm-6pm Fly the C.O.O.P Walking Group	27 Chair Yoga @ KB Legion Mobile Clinic - Armstrong 8:30am-1:30pm	28 LifeLabs	29

Kakabeka Site

 4785 ON-11 Unit B, Kakabeka Falls, ON POT 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

Histor-Tea
Multigenerational History teal
An excellent opportunity for community members to get together to talk and reminisce about the history of Neebing

 **Follow us!**
NorWest Community Health Centres - Kakabeka Falls Clinic

www.norwestchc.org

FLY THE C.O.O.P

indoor walking group

Step into fitness and join our Indoor Walking Group at the Kakabeka Legion!

Lace up your sneakers and enjoy a fun and social way to stay active during any weather. Walk, chat, and stay healthy together – all ages and abilities welcome!

 Tuesday's & Thursday's  10am-11am

To register or for more info:

Contact Shaun at (807) 473-5528 ext.1



CHAIR YOGA WITH *Christine*

Discover the benefits of Chair Yoga! Join our soothing and inclusive sessions designed for all fitness levels. Experience gentle stretches and relaxation techniques while seated, promoting well-being and flexibility. Enhance your physical and mental health with Chair Yoga – a mindful journey to a healthier you!

Dates: Wednesdays

Time: 10:00am-11:00am

Location: Kakabeka Falls Legion

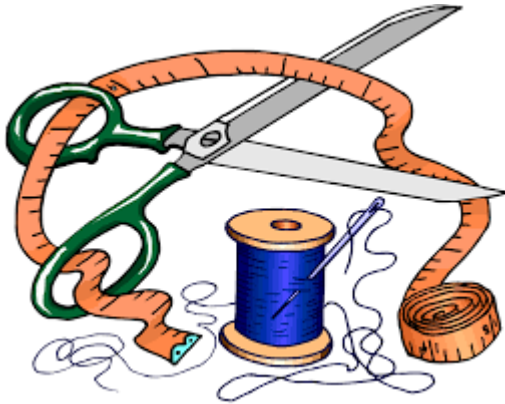
*****Join us in person OR virtually****

To register or for more info:

Contact Shaun at (807) 473-5528 ext.1



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

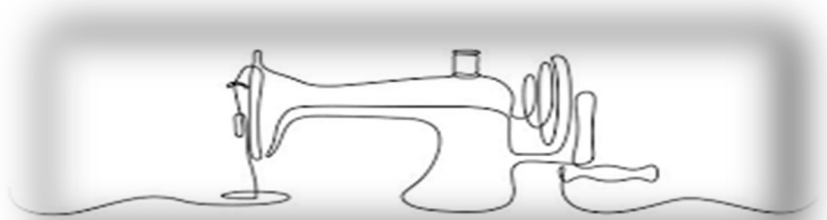
Doing repairs, alterations, wedding parties

QUICK SERVICE

REASONABLE RATES

bbbarbbelanger@hotmail.ca

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

Helpful Hints from the Senior Citizen Centre 2001

- ◆ Use a tube cake pan for an outside water dish for your pets. Drive a stick through the hole and into the ground, so it cannot be knocked over
- ◆ Housebreaking your dog; hang a bell on the doorknob and jingle it when you want to take the puppy outside. They will soon be jingling it themselves when they need to go out
- ◆ To get rid of ants mix equal parts Borax and icing sugar and sprinkle where the insects are
- ◆ To peel peaches microwave on full power for 15 - 20 seconds and let stand for 5 minutes
- ◆ If your honey or syrup has crystalized, stand the jar in hot water for a few minutes. It will return to its normal smoothness
- ◆ Garlic will stay fresh if you store it in a jar of oil. Once the garlic is used up, you will have a nicely flavoured oil for salads or cooking.
- ◆ To soften hard butter, try one of these ideas: 1. Grate the butter 2. Put the butter in a dish, then float in a pan of warm water 3. Heat an empty pan, then place it over the butter
- ◆ Fo fluffier omelettes, add a pinch of corn starch before beating

Substitutions

Recipe Calls For

1 tsp baking powder
1 oz (square) chocolate
1 cup milk
1 cup buttermilk

1 cup butter/margarine
1 cup cake flour
1 tbsp cornstarch
1 cup bread crumbs

Use

1/4 tsp baking soda plus 1/2 tsp cream of tarter
3 tbsp cocoa plus 1 tbsp fat
1/4 cup skim milk powder plus 1 cup minus 1 tbsp water
1 tbsp vinegar or lemon juice or sour milk, plus enough milk to make 1 cup. Let stand 5 minutes
1 cup vegetable shortening plus 1/2 tsp salt
1 cup sifted all-purpose flour less 1 tbsp
2 tbsp flour
1 cup of finely crushed breakfast cereal flakes, cracker crumbs, or wheat germ

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).

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

Join online:

www.facebook.com/groups/ruralreadersbookclub

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



RURAL READERS

BOOK CLUB

Nolalu Emergency Services Team

Hall 807-475-4441

RR1 Nolalu ON

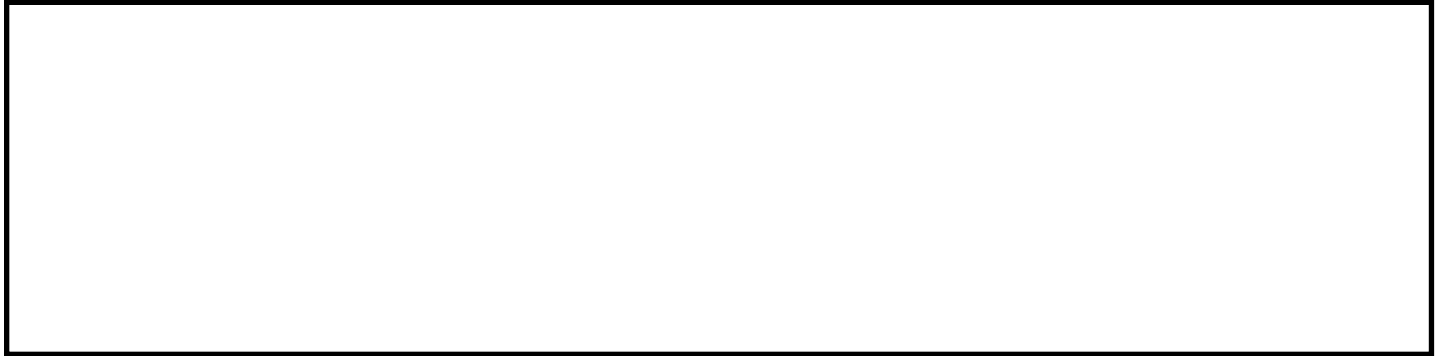
Nolalufpo@gmail.com

POT 2K0

Emergency 807-473-5200



Thank You




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 OR

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



*The March 50/50 winner was _____, and
won **\$.00***

*Wouldn't you like to win? Our next raffle is LIVE!
Tickets can be purchased at 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

Follow us on Facebook for more info

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

Kakabeka Legion News

March 9	Exec/General mtg	2:30/3:00pm
March 10	Breakfast	8:30am to 12:00pm
March 15	Rural 60+ lunch	12:00pm to 1:00pm
March 16	Dance with Quest	7:00pm to 10:00pm
March 17	Jam Session	7:00pm to 9:30pm
March 24	Music	1:00pm to 3:00pm
March 30	Dance with Quest	7:00pm to 10:00pm

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



Kakabeka Falls
and
Rural District
Branch 225

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

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 20, 2024

Registration 9 am to 11 am

Drive-Thru Pick-up

SUPPORT LOCAL – BE A VOLUNTEER

Submitted by Erin Laforest

“Supporting Local” has many different meanings. But what does it mean to you? To me, supporting local isn’t just about buying someone’s goods and wares. It’s also about supporting our local volunteer organizations, social groups, and charities. This includes our volunteer fire departments and first response teams, our volunteer food banks and soup kitchens, and of course, our volunteer fair associations and exhibitions. I am sure many of you have made efforts to support these local organizations such as donating food or money, buying tickets to support their fundraisers or attending their functions. All these charitable efforts are amazing ways to support local, but they’re not the only way to show your support. So many of these organizations are crying out for volunteers, because without volunteers, we would have no local fire departments to put out your burning fires, no first responders to attend to your family members before the paramedics arrive, no soup kitchens or food banks to help feed and care for those in need, and no fairs or exhibitions to explore and celebrate different cultures and heritage. We rely on these volunteer services so much for care and entertainment. So, what we need to think about is ... what would we do without them? Volunteering one’s time and efforts is one of the most rewarding past times a person can commit to. All the while, giving back to the community, helping a neighbour in need, or celebrating life’s diversity. I would like to ask what you think you could do to contribute to your community? What is it that excites you and gets your blood pumping, heart beating and thoughts soaring, because somewhere out there, there’s an organization that needs your ideas, your energy, and your help. And don’t just stop there. Encourage your friends and family to be part of that excitement.



PROFESSIONAL SHARPENING OF KNIVES, SCISSORS, PRUNERS, AXES.

Drop boxes locations

South Neebling Variety - 2060 Hwy 61

Green Acres - corner of Hwy 588 and 595

Rose N Crantz - 905 Copper Crescent

Knives over 6 inches - \$10

Knives under 6 inches - \$8

Scissors, pruners & axes - \$12

In person sharpening: Thunder Bay

Country Market every Wednesday

3:30pm-6:30pm and Saturday 8am-1pm

How the drop boxes work:

1	Roll your order to be sharpened in a towel and place in a cloth bag. This keeps the knives and other sharp tools safe and protects others. <i>This is very important: Loose, unprotected tools will not be accepted for sharpening.</i>
2	Bring your order to your nearest sharpening drop box location.
3	Fill out the provided information tag with your name, email and phone number. Attach tag to the handle of your cloth bag.
4	I pick up and drop off orders on Wednesday mornings and Saturday afternoons. Your order is ready for pick up after you have received an invoice via email for online payment (debit/credit).
5	Pick up your order at the same location.

Josh McDonald | aroundthewoodshed@gmail.com



Seniors Potluck Lunch



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



Next two (2) lunches taking place:
Monday, March 25 (*CHANGED)
Monday, April 15



\$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
soup, salad, entrée, 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,

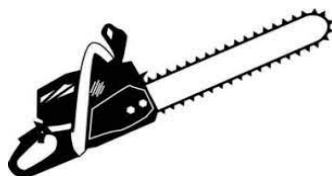
nolalu.grassroots@gmail.com



Chainsaw sharpening
available for \$8.00

Bandsaw blade sharpening
available for \$10.00

Contact: Brad
807-630-9430



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

LOCAL SERVICES BOARD OF NOLALU



Tuesday March 26, 2024

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.

Monday March 11, 2024

"My own prescription for health is less paperwork and more running barefoot through the grass" ~~Leslie Grimutter~~

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



We are looking to fill the role of ***Kitchen Coordinator***. 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

Next on the list for volunteer positions is;
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.

From "The Scoble Cookbook Almanac 1983"

Seven Layer Casserole (Diane Kukkee)

- 1 large potatoe pared & sliced thin
- 1 large carrot pared & sliced
- 1 onion sliced
- 1 - 12oz can kernel corn or 1 - 14 Oz can peas (with juice)
- 1lb ground beef, browned & fat drained off
- 1/4 cup of rice
- 1 - 14oz can tomato or spaghetti sauce

In a greased casserole, layer ingredients in order given. Bake covered, at 350F for 1 to 1 1/2 hours. 325F for a glass dish.

Scalloped Hamburger (Myrtle Hayward)

In a large fry pan,

Brown 1lb ground beef

1 large onion sliced

Peel & slice 4 or 5 potatoes & place on top of meat.

Add 1 - 19oz can of tomatoes

Salt & pepper to taste

Simmer for 30 minutes, stirring occasionally. Serves 6

"Cooking requires confident guesswork and improvisation – experimentation and substitution, dealing with failure and uncertainty in a creative way." ~~Paul Theroux ~~



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 More information also available at <http://seeclearlyqhht.com> or <https://www.qhhtofficial.com>

RURAL 60 PLUS

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



2024

SEEDY SATURDAY

PRESENTED BY MISTY MEADOWS PERMACULTURE FARM

BRING YOUR SEEDS, GARDENING BOOKS & MAGAZINES TO SHARE/SWAP



LEARN ABOUT NATIVE PLANTS IN OUR REGION

SEEDS, SEEDLINGS & SMALL PLANTS FOR SALE

MEET FOOD PRODUCERS & LOCAL FOOD GROUPS

LEARN HOW TO SAVE SEEDS

TALK WITH SEED SAVERS

REFRESHMENTS & PRIZES



**PROCEEDS TO THE
RURAL CUPBOARD
FOOD BANK**



BRING CASH

\$2

**SATURDAY, APRIL 6
12 P.M. - 3 P.M.**

**NOLALU
COMMUNITY CENTRE
2266 HIGHWAY 588**

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 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

Odette

PUZZLES

1. another one thing	2. heart	3. pay	4. temper _a ture
5. LEAST	6. D R A H	7. thought but thought	8. T T
9. path	10. MILLION	11. purposes	12. b k
13. par two	14. o o o o u i	15. the worse	16. hell winning
17. history history history	18. CHANCE	19. musically	20. end

www.puzzles-world.com

Winter Trivia Quiz

- How many times a year does the sun set and rise in the Arctic?
a. Every day b. Once c. Twice
- What ratio of people buried in avalanches survive the ordeal?
a. One in Four b. One in Ten c. Everyone
- The largest iceberg ever recorded worldwide was 207 miles long and 62 miles wide. Where was it found?
a. In the Atlantic b. In the Pacific c. In the Arctic
- What is the name for trees that have always have leaves during winter?
a. Oaks b. Pines c. Evergreen
- On which other planet in the Solar System have scientists observed snow falling?
a. Mercury b. Venus c. Jupiter
- How tall was the world's largest snowman?
a. 122 feet 1 inch b. 100 feet 10 inches c. 110 feet 3 inches
- The Winter Palace can be visited in which city?
a. Snag b. Saint Petersburg c. Frazer
- Which fruit has a variety called 'Winter Banana'?
a. Banana b. Pineapple c. Apple
- Which country has won the most medals throughout Winter Olympic history?
a. Norway b. China c. India
- In fiction, where is the land of talking animals and mythical creatures that one White Witch has ruled for 100 years of deep winter?
a. Westeros b. Middle earth c. Narnia
- Chionophobia is the extreme dislike or fear of what?
a. Winters b. Snow c. China
- Snowflakes usually have how many sides?
a. Six b. Eight c. five
- What is wind chill?
a. Temperature of the wind b. How the air temperature feels on the skin
c. Temperature of the wind on water bodies
- What is a chinook?
a. wind chill b. a type of snowflake c. warm winter wind
- The largest snowflake ever discovered was about the size of a dinner plate.
a. True b. False



www.MyPartyGames.com

NOLALU COMMUNITY CENTRE: HALL RENTAL

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

Email nolalucctreasurer@gmail.com

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

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

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

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

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

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

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

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

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

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

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

- ♦ At the discretion of the NCC Board
- ♦ **\$5/table, \$2/chair** for the event.
- ♦ 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 with a brief description of what the payment is for.

NCC Events—March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Drop-in Exercise 9:30am to 10:30am FREE	2
3	4 Drop-in Exercise 9:30am to 10:30am FREE Rural Readers	5	6 YOGA 7:00pm to 8:15pm	7 NEST Meeting 7:00pm at NCC	8 Drop-in Exercise 9:30am to 10:30am FREE	9
10	11 Drop-in Exercise 9:30am to 10:30am FREE NCC Meeting 7:30pm	12	13 PLAY GROUP 12:00pm to 2:00pm YOGA 7:00pm to 8:15pm	14	15 Drop-in Exercise 9:30am to 10:30am FREE	16 Fish Derby
17 Fish Derby	18 Drop-in Exercise 9:30am to 10:30am FREE	19	20 YOGA 7:00pm to 8:15pm	21	22 Drop-in Exercise 9:30am to 10:30am FREE	23
24	25 Drop-in Exercise 9:30am to 10:30am FREE SENIORS LUNCH 11:00AM to 1:00pm	26 LSB Meeting 7:30pm	27	28	29 Drop-in Exercise 9:30am to 10:30am FREE	30
31						