

May 2024

Nolalu's **GRASSROOTS**

NCC NEXT MEETING:

Monday May 13
@7:30pm

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

LSB NEXT MEETING

Tuesday May 28
@7:30pm

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

NEST NEXT MEETING

Thursday May 9
@7:00pm

At the NCC and open to
the community

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Nolalu Community Centre

JAM NIGHT
Double Feature!

*Bluegrass,
Country, & Classics!*
Fri. May 31st
*6pm-9pm

*Rock, Pop, &
Alternative!*
Sat. June 1st
*8pm-11pm

*Coffee, tea,
& snacks
available at
concession.*

***Doors open
half-hour prior.**
Contact: Marisa
(807) 632-3950 or marisa.perina22@gmail.com



Catherine and Terry Niemi

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terry@therustybucket.org

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Dry Stove Length Slabs sold by the truckload

Rustic Fence Slabs sold by the truckload

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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	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442
Secretary	Marisa Nascimben	marisa.perina22@gmail.com	807-632-3950
Treasurer	Elizabeth Pszczolko	nolalucctreasurer@gmail.com	807-623-6800
Events Coordinator	Emma Allgood	nccevents@outlook.com	Text to 519-410-8733
Kitchen Coordinator	VACANT		
Volunteer Coordinator	VACANT		
Media Coordinator	Kathy McGowan	Via Facebook	
Grassroots Editor	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442

NEXT NCC MEETING:
Monday May 13, 2024
@ 7:30pm

ALL NCC meetings are open
to the community.

NEST meeting 7:00 pm At NCC
Thursday May 9, 2024

Nolalu Dump SUMMER Hours
May 1—September 30

ADRIAN LAKE

Wednesdays 6pm - 8pm

Sundays 2pm - 5pm

HARDWICK

Wednesdays 3pm - 5pm

Sundays 6pm - 8pm

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

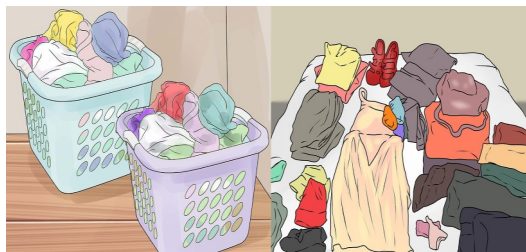


Call For Appointment & Quote

Senior Discount on Shop Labour for Age 55+



BOTTLE RETURN DEPOT



CALL TO BOOK YOUR APPOINTMENT

SNOW REMOVAL, SAND & GRAVEL

CONSTRUCTION/FLOATING

****FREE QUOTES****



From the Nolalu Heritage Cookbook 2000

Words of Wisdom

- ◆ Soup preparation tips: Unlike most recipes, soups and stew directions do not have to be followed exactly. Often you can make substitutions or additions of similar ingredients, so homemade soups are an excellent way to use leftovers and clean out the refrigerator. Try experimenting with different meats and veggies you may have in hand. The flavour of most soups improve if they are made ahead, refrigerated and then reheated. This allows you to remove any of the fat that forms on the surface of chilled soups.
- ◆ A big pasta pot with a strainer insert is handy for making soup stock. Put meat bones and vegetables in the strainer, fill the pot with water and cook. When it is time to strain the broth, first lift out the strainer. ~ Linnea Niemi
- ◆ A small funnel is handy for separating egg whites from the yolks. Break the egg over the funnel. The whites will run through the funnel and the yolk will remain. ~ Linnea Niemi
- ◆ Today the average family eats one-third of their meals away from home
- ◆ Prayers Answered: A minister was hiking in the woods one day when he came face to face with a huge grizzly bear. Knowing he could not outrun the creature, the minister dropped to his knees and prayed: "Oh Lord, have mercy on me, Your humble servant. Lord, please, if I could ask one thing... please make this bear a Christian." Just then the minister heard a thud. Looking up, he saw the bear on it's knees with it's front paws together, as if in prayer. The minister heaved a sigh of relief. But then he heard the bear say "Lord, bless this meal that I am about to receive."
- ◆ Never trust a skinny cook
- ◆ Pour cooled broth from meat or poultry into a glass jar with a secure lid, refrigerate upside down. The fat will harden and remain in the jar when you pour the liquid out. ~ Linnea Niemi
- ◆ The flood was over, and all the animals had left the arc. Noah commented to his wife how quiet it was... but then they heard sniffing. Still on the deck were two little snakes, and both were crying. "Why are you so unhappy, little ones?" Noah asked. The male snake raised his head and said "oh, Noah, you told us to go forth upon the earth and multiply. But we can't - we're adders."
- ◆ When baking a stuffed turkey or chicken, put the stuffing on a square of cheesecloth and tie in a loose knot, then stuff the knotted cheesecloth into the bird and roast as usual. To serve, I simply remove the cheesecloth. This eliminates scooping
- ◆ To make a meatloaf quickly and with little mess, put all ingredients into a large bowl and mix with a potato masher
- ◆ To quickly mince an onion, peel and quarter it. Place in a blender and cover with cold water. Turn the blender on high for about three seconds then turn off. Repeat until onions are blended. Pour mixture into a sieve and let water drain out. ~ Linnea Niemi



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

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



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

Nolalu & Leeper Cemetery Board



The Nolalu and Leeper Cemetery Board annual meeting will be held on Saturday, June 8th at 1:00 pm at Piilo's. All are welcome to attend.

Both cemeteries are seeking tender applications for grass cutting. The bids are to be received by 5:00 pm, Friday, June 7th.

Leeper: Jack Erickson, Leeper Cemetery President, 250 Old Silver Mountain Rd, Nolalu, ON P0T 2K0

Nolalu: Brian Maki, Nolalu Cemetery President, RR1, Nolalu, ON P0T 2K0

If you are interested in submitting a bid, please contact Sharon Corston, Nolalu-Leeper Cemetery Secretary-Treasurer at sjcorston@gmail.com or call 807-355-1549 to receive the tender package.

Both Jack Erickson (Leeper) and Brian Maki (Nolalu) are in charge of care and maintenance of the respective cemeteries. Jack noted that while doing a walk-about, he noticed that several families living in the South Gillies area have loved ones interred at Leeper Cemetery. We are currently seeking donations for up-keep and care of our cemetery. Leeper Cemetery has been there since 1911 and is in need of major work. Brian has indicated similar issues with Nolalu. This area is different in that it has the long road to the top of the hill, it needs continual work to keep it viable plus it has to be brushed as does the cemetery or the surrounding bush will take over. Stones fall over and need repair especially after a brutal winter.

We have applied for grants twice in the past four(4) years but have been unsuccessful. Anyone willing to donate what you can, please send your donations to either the Leeper Cemetery or the Nolalu Cemetery, with our thanks, to Sharon Corston, 165 Clarkson Street North, Thunder Bay On. P7A 6G1. Please note that we are not a registered charity as we are a cemetery.

Thank you

Sharon Corston

807-355-1549



"I have learned that success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed."

~~Booker T. Washington~~



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.

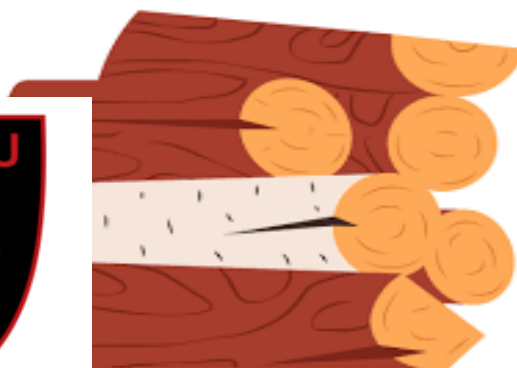
Cathy See - Level 2 QHHT Practitioner (Quantum Hypnosis Healing Technique) as taught by Dolores Cannon.

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>

NEST is having a draw for 5 real cords of birch firewood (split and cut to stove length).

Camille Turcotte has volunteered to head up this fund raising event.

Contact Camille Turcotte for more information or ticket sales camilletroundlake@gmail.com



CONTEST ALERT! TWO CONTESTS!

Photography contest, all ages, open until June 15, 2024

Colouring contest for those under 16 years old, open until June 15, 2024

See Editors Letter for details and guidelines. Hope to see your entry

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From the Nolalu Heritage Cookbook 2000

Tangy Chicken Noodle Bake ~ Enni Pakka

1/2 cup corn flake crumbs	2 tbsp butter	1/2 cup flour
2 cup uncooked noodles	1 cup milk	2 cup water
3 chicken bouillon cubes	1/2 cup sour cream	2 cup cooked chicken
1 cup sliced mushrooms		

Mix corn flake crumbs with melted butter. Set aside for topping. Cook noodles according to package directions; drain well. Measure flour and milk into saucepan, place over low heat and stir until smooth. Add bouillon cubes and gradually stir in water, mixing well between each addition. Increase heat to medium and cook until bubbly and thickened, stirring constantly. Remove from heat and stir in sour cream. Layer noodles, mushrooms, chopped chicken, and sauce in an ungreased, shallow baking dish. Sprinkle topping evenly over top. Bake at 350°F for about 20 minutes or until sauce begins to bubble. Note: If sauce becomes lumpy, beat vigorously with a wire whisk.

Almond Mazurkas

4 cups blanched ground almonds	3eggs	2cups sugar
2 tbsp lemon juice		

Combine almonds and sugar, mix well. Beat eggs with lemon juice just until foamy, stir into almond mixture. Pour batter into a greased pan. Bake at 250°F for one hour or until golden brown. Cut into squares while warm.



RURAL READERS

BOOK CLUB

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).

May 6th: "Women Talking" by Miriam Toews

June 3rd: "Good Morning, Monster" by Catherine Gildiner

*July 8th: "Cloud Atlas" by David Mitchell (Pt.1)

*August 12th: "Cloud Atlas" by David Mitchell (Pt.2)

*Note, date changes to accommodate holidays.

Join online:

www.facebook.com/groups/ruralreadersbookclub

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

Emergency Preparedness Month

May is emergency preparedness month, and the goal of emergency preparedness week is to encourage our residents to take three simple steps to be better prepared in the case of an emergency. Emergencies requiring evacuation often strike without warning. It is imperative to be prepared ahead of time so that you can react quickly and safely.

Step 1: Know the risks

Here in Nolalu as part of our risk management plan we have identified 3 major risks that we either have faced or could likely face in the near future. These are flooding, wildfires, and extreme weather/extended power outages.

Step 2: Make a plan

Your family may not be together when an emergency occurs. Plan how to meet or how to contact one another, and discuss what you would do in different situations. Your plan should include things like evacuation routes and where to meet in case you are separated.

It should also include your family's medical information like medication lists, allergies, and important medical history, as well as contact numbers for your health team.

You should include a list of emergency numbers, as well as family members in case you lose access to your digital copies of them.

Finally, this document should contain important information if you need to evacuate such as where the electrical panel, water, and gas lines are, and how to shut off these utilities.

Keep this document in an easy-to-find, easy-to-remember place (for example, with your emergency kit). Photocopy this plan and keep it in your car and/or at work, and a copy close to your phone.

If you are ordered to evacuate, take your 72 hour emergency kit, your wallet, personal identification for each family member and copies of essential family documents with you. Bring a cellular phone and spare battery or charger with you, if you have one. Use travel routes specified by local authorities.

Nolalu Emergency Services Team

Hall 807-475-4441

RR1 Nolalu ON

Nolalufpo@gmail.com

POT 2K0

Emergency 807-473-5200



~~CONTEST ALERT~~

Check out the Editors Letter for details. TWO CONTESTS! PRIZES! Enter Now! Don't Miss Out!

Emergency Preparedness Month

Part Two

Step 3: Build a 72 hour kit

Basic emergency kit

Water – at least two litres of water per person per day; include small bottles that can be carried easily in case of an evacuation order

Food that won't spoil, such as canned food, energy bars and dried foods (replace food and water once a year)

Manual can-opener

Crank or battery-powered flashlight (and extra batteries). Replace batteries once a year.

Crank, battery-powered radio (and extra batteries) or Weather radio

First aid kit

Extra keys to your car and house

Some cash in smaller bills, such as \$10 bills and change for payphones

A copy of your emergency plan and contact information

If applicable, other items such as prescription medication, infant formula, equipment for people with disabilities, or food, water and medication for your pets or service animal (personalize according to your needs)

Recommended additional items

Two additional litres of water per person per day for cooking and cleaning

Candles and matches or lighter (place candles in deep, sturdy containers and do not burn unattended)

Change of clothing and footwear for each household member

Sleeping bag or warm blanket for each household member

Toiletries

Hand sanitizer

Utensils

Garbage bags

Toilet paper

Water purifying tablets

Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, dust mask, pocket knife)

A whistle (in case you need to attract attention)

Duct tape (to tape up windows, doors, air vents, etc.)



Donations needed to purchase replacement tanker for Nolalu's Fire Team

by: Larry Watson, NEST Board member

As some of you who have attended recent NEST meetings know, our existing tanker is off the road permanently after failing its last safety inspection. It is irreparably too old now. Funding for the purchase of another one is unavailable from any of our existing funding sources.

The pumper at the East Hall was supplied new by the Ontario Fire Marshal (OFM) but has no reserve tank. The pumper-tanker at the West Hall is aging but still functional. However, the water it holds in its reserve tank only lasts a few minutes when the hoses are opened up.

A tanker carries a huge amount of water and runs a shuttle service from the closest water source to the pumper's port-a-tank set up beside it. New tankers are very expensive so we are looking for a reasonably recent one but they are in high demand now, in the range of \$150,000 to \$200,000. We need the funds in hand to purchase one when it becomes available.

As many of you also know the NEST team has been working hard to raise funds through the 50/50 draw specifically for a new fire hall. Our lottery license for this draw does not allow us to use those funds for any other purpose.

There were several great ideas for tanker fund-raising activities brought up at the last meeting. They include a new firewood raffle and a "break open" tickets fundraiser. These will be put into action soon. Thank you to those who showed up to lend a hand.

We are making progress with community help but we still have a long way to go to reach our goal. Therefore, we are now reaching out to individuals and business donors here for direct contribution to this urgent tanker need. NEST serves approximately 650 properties in the Nolalu area and provides Mutual Aid to several surrounding townships. A replacement tanker is critical for effective fire-fighting in such a large area.

Individual and business donors will be acknowledged in Grassroots, or can choose to be anonymous.

Donation cheques can be mailed to:

NEST
2167 Hwy 588
Nolalu ON P0T 2K0

Or dropped in the locked drop box at the East Hall, at the corner of Hwy 590 and Hwy 588
Please put "tanker donation" on the cheque

Fire prevention is the difference between caring more and carelessness.

Herbal Craft and Foraging

As always make sure you know your plant identification before foraging or using wild herbs, but they are a wonderful source of nutrients and have many health benefits.

Wild violets grow just about everywhere. The flowers have a summer berry type flavour and a lot of people will add the flowers to salads, muffins, and cookies. They can also be used to make jelly, syrup, kombucha, teas, salad dressing, etc. The flowers are a very mild diuretic.

The leaves of wild violets are medicinal mainly for the lymphatic system and are known for comfort both internally (digestion and upper respiratory) and externally (deodorant and irritated skin). Leaves can also be eaten in a salad, but also as pesto, hummus, etc.

For wild violet jelly, you need to collect two full cups of just the flowers. Once you have them, put them in a quart jar and cover with four cups of boiling water. Cover with cheesecloth and a ring and let it steep over night. The colour will change a few times from blue to green. Strain the flowers and there should still be 3 1/2 to 4 cups of liquid. Pour it into a pot and add 1/4 cup of lemon juice. Because of the acidity, this will change the color to pink. Add a pouch of pectin and boil. Once at a boil, stir in four cups of sugar. Stir and boil for 1 to 2 minutes then remove from heat, skim, and pour in prepared jars and water bath for 10 minutes. Let them sit undisturbed to set and seal for 24 hours. The jelly has a fruity honey flavour.

*"I think Nature's imagination is so much greater than man's, she's never gonna let us relax!"
~~Richard Phillip Feynman~~*



PLAY GROUP

**Second Wednesday of Each Month
Next Play Date: May 8, 2024**

Nolalu Community Centre

12:00pm to 2:00pm

**Extra Days to Play
June 18 & July 16**

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



Emergency Survival Kit Word Search

Ages
7+

www.ontario.ca/emo

Find and circle the items that should be in your Emergency Survival kit.



P O E M A T W A T E R A R E D D O O F P O E M J G F I
T A R E D C L O T H E S O E M T H G I L H S A L F V I N A N
U S D A R C B A T T E R I E S D I E S T S E L D N A C O E
R S I M Y E N O M R S I M K E Y S D I E S U E M A H N
T S T E K N A L B E W H I S T L E I E S K D N H B I D O I F O
T U Y W N U D L B W K N B E L J I F S F I R S T A I D K I T O
E S O I D A R I E M E S T O I L E T P A P E R S I M E L I O X
E S L K B E N O I T A C I D E M E G L E M D I O J I N S C X

We are sorry to lose these valuable members of our community, most of whom have lived here for a long time. We express our deepest condolences to their families, friends and acquaintances. Nolalu was the better for their having lived here.

Irene Blomfeldt. Condolences to Byron and the rest of the Blomfeldt family.

Gerald Mosa. Condolences to Wendy, Kaila and the rest of the Mosa family.

Notice:

Due to the fact that summer is fast approaching and my time is becoming busier and busier, I am afraid I will have to stick to the current guideline of *articles and advertisements being submitted by the 15th of each month*. I will no longer be able to squeeze in late submissions as I need time to edit the Grassroots, have it proofread by someone else, and then spend a day printing it. It then must be delivered to the post office and respective places of business at least two days before the end of the month. I hope you will understand the need for this timeline and adjust your submissions accordingly.

Sincerely, Odette

Notice:

As of June 1, 2024 the Grassroots newsletter will no longer be delivered to the Kakabeka Falls Legion Seniors apartments or the Kay Bee Seniors apartments. Readership has declined to three copies at these residences. For anyone that still wishes a copy they will be available at Evergreen Pharmacy at the first of every month. We are sorry if this causes any inconvenience.



*The March 50/50 winner was **Debbie Petty**, ticket number B-1933 and she won **\$1330.00***

*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

May 3	Dance with Quest	7:00pm to 10:00pm	
May 5	Fun Run	Call Jim Gilbert 807-626-0492	
May 11	Exec & Gen Meeting	3:00pm/3:30pm	
May 12	Buffet Breakfast	8:30am to 11:00am	
May 17	Rural 60 AGM	5:00pm	
May 18	Dance with Quest	7:00pm to 10:00pm	
May 19	Jam Session	7:00pm to 9:30pm	
May 26	Music	1:00pm to 3:00pm	
May 29	Health Fair	12:00pm to 3:00pm	
May 31	Dinner/Dance with the Fugitives	Call Gary 807-708-0411 for reservations	



**Kakabeka Falls
and
Rural District
Branch 225**

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

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, May 15, 2024

Registration 9 am to 11 am

Drive-Thru Pick-up

Seedy Saturday

Thank you for your support and enthusiasm for the first Seedy Saturday Nolalu

Our hearts are full of gratitude for the overwhelming support and enthusiasm for our first Seedy Saturday at the Nolalu Community Centre on April 6. Many thanks to everyone who promoted, participated in, donated to and attended the event.

The turnout was spectacular, and the parking lot was full!

It was lovely to see many folks bringing seeds and other gardening-related items to share or swap, hanging out to chat, getting some free stuff, asking questions, supporting local businesses and enjoying the refreshments. Next year, we will have MANY more butter tarts (Aunt Sarah's 588 Cafe Nolalu) and cookies.

There were lovely prizes and happy winners during the afternoon. Next year, I'll use a microphone. ;-) Thank you so much to our generous donors, vendors and information display participants. Your enthusiasm and passion are inspiring.

Together, we raised \$340 for the Rural Cupboard Food Bank at the Seedy Saturday Nolalu.

A shout out to the amazing Nolalu Community Centre Board for your support and offers to help before and during the event. You rock!

Heartfelt thanks and hugs to my best friend, assistant, farmhand and husband, Brad, "The Coffee Making Dude" who always supports my never-ending stream of ideas.

Cheers, friends.

Kathy McGowan

Misty Meadows Permaculture Farm

MAY 2024

MON	TUE	WED	THU	FRI
		1 Walk-In Clinic 8:30am-4:30pm	2	3
6 Chair Yoga @ O'Connor C.C	7 Fly the C.O.O.P Walking Group	8 Chair Yoga @ KB Legion	9 Fly the C.O.O.P Walking Group LifeLabs Mobile Clinic - Upsala 10am-3:30pm	10
13 Chair Yoga @ O'Connor C.C	14 Fly the C.O.O.P Walking Group Diabetes Educator	15 Chair Yoga @ KB Legion	16 Fly the C.O.O.P Walking Group LifeLabs Walk-In Clinic 8:30am-4:30pm	17
20 CLOSED - Victoria Day	21 Fly the C.O.O.P Walking Group	22 Chair Yoga @ KB Legion	23 Fly the C.O.O.P Walking Group LifeLabs Walk-In Clinic 8:30am-4:30pm	24
27 Chair Yoga @ O'Connor C.C Mobile Clinic - Armstrong 1pm-6pm	28 Mobile Clinic - Armstrong 8:30am-1:30pm	29 Rural Health Fair	30 LifeLabs Walk-In Clinic 8:30am-4:30pm	31



NorWest Community Health Centres
Centres de santé communautaire NorWest

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

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

Rural Health Fair
Hosted at Kakabeka Falls Legion from Noon to 3pm

Follow us!
NorWest Community Health Centres - Kakabeka Falls Clinic
www.norwesthc.org



Fill the OPP Cruiser
Rural Cupboard Food Drive
June 14th, 2024 1:00pm to 7:00pm
At the ODENA, Kakabeka Falls Village

Neighbours Helping
Neighbours

All Goods and Financial
Donations go to the
Rural Cupboard Food Bank



THE CORPORATION OF THE TOWNSHIP OF O'CONNOR

ADMINISTRATIVE DEPARTMENT - EMPLOYMENT OPPORTUNITY

The Township of O'Connor is currently accepting applications for the position of "Deputy Treasurer". The applicant will work under the direction of the Clerk-Treasurer on a full-time basis, a minimum of 32 hours per week – Monday to Friday. Some evening meeting attendance may be required.

The ideal candidate for the position of "Deputy Treasurer" will have a degree in Accounting and Business Administration, be proficient in Microsoft Excel, Word and Outlook. Experience in municipal finance, payroll administration, working understanding of Ontario's Municipal Act, Employment Standards Act and any other relevant legislation would be an asset.

Job responsibilities will include administration of the Township's municipal tax and financial program (Asyst), Accounts Receivable and Payable, Asset Management, monthly bank reconciliation and preparation of monthly financial reports for Council. Other responsibilities will include, but are not limited to, answering the phone, responding to emails, issuing payment receipts, fielding questions from the general public with regard to property taxation, building permit inquiries, consent applications and cemetery regulations. A full job description for the position is available at the Township Office.

Applicants are invited to submit a detailed resume, indicating qualifications, education, experience and references to: Lorna Buob, Clerk-Treasurer, by 4 p.m. on Monday, May 13, 2024 at the Township Office, 330 Highway 595, RR #1, Kakabeka Falls, ON P0T 1W0 or by email to twpoconn@tbaytel.net.

We wish to thank all applicants for their interest. Only those candidates selected for an interview will be contacted. Personal information is collected under the authority of the Municipal Freedom of Information and Protection of Privacy Act and will be used for employment purposes only. Council will review submitted resumes at their meeting to be held later that evening.

Lybster Local Roads Board

The Lybster Local Roads Board is pleased to announce that a work program has been established for the road construction and maintenance season for 2024, commencing after the May long weekend.

We wish to thank MPP Kevin Holland and his Executive Assistant Patricia Maxwell in assisting us in developing and executing the proposed road work program for 2024.

The program will consist of rebuilding, by sodding, Old Silver Mountain Road, Pakka Road, Old Mill Road, Rintala Loop and Palisades Road. The other major project will be to re-align Tenkula Hill on Old Mill Road using our gas tax reserve monies. Along with this will be the normal summer maintenance: graveling, culvert replacement and regular grading.

We will endeavour to carry out this work with as little disruption as possible, but there will likely be some inconvenience for short time periods. The Board requests your indulgence during the time the work is being done.

The end result should be an improved road system so we can access our homes better.

Thank you for your co-operation and understanding.

The Lybster Local Roads Board.

NCC Volunteer Appreciation Dinner

June 14th 6:00pm to 8:00pm



Have you Volunteered for the NCC this year? Then you are invited.
MUST RSVP to tritree@outlook.com with title "Volunteer dinner (name)" By June 7th
Food and drink provided, family friendly

Please include your name and your plus 1.
Please also include any dietary restrictions.

Dessert or appetizer potluck item to share encouraged but not necessary

Thank you for helping out

Hymers Fair is Hiring

Submitted by Erin Laforest, President for the HAS

Hymers Fair Secretary

Job Description:

- A self-motivated person to complete their work within the required time constraints and be able to work under pressure,
- Have good communication skills,
- Be able to work well with all members, communicate well with the Executive Committee, and the Board of Directors,
- To answer phone calls and emails in a timely manner especially during the height of the Fair season as members and committees count on us to answer any questions that arise,
- Have computer skills and be able to use MS Word, Excel, and Outlook,
- Learn and use new Fair computer program (coming late Fall 2024) – upload all current membership and prize book information,
- Keep an accurate database of all membership numbers and member contact information,
- Mail (email when accepted) information out that directly affects the membership: membership cards, entry information, Annual General Meeting notice,
- Prepare and update the Prize List each year (this is usually worked on February – May) - you will work closely with Donations Liaison Officer (DLO), who will arrange advertisements and prizes for the Prize Book,
- Be present for the fair (Labour Day weekend) Friday through Monday for Exhibit drop offs and Fair open hours,
- Distribute prize winnings, in cash, during the Fair (Sunday and Monday) to exhibitors,
- Distribute prizes (DLO arranged) to exhibitors winning different categories,
- Complete tally sheets after the Fair and give the list of exhibitors that didn't pick up their cash prizes to the Treasurer to issue prize cheques,
- Arrange judges for Exhibit Hall categories and Small Animals,
- Order ribbons once all Committee heads hand in their quantities required,
- Attend monthly meetings, take minutes, typing them up after and distributing them to Board of Directors

You must be available this year, Labour Day weekend, August 31st to September 2nd to shadow the outgoing Secretary, at this year's Fair.

Please note this is a Volunteer position, but a yearly Honorarium is offered.

If interested, please send your resume, or letter of interest, to Debbie at info@hymersfair.com

For more information or if you have any further questions, please call Debbie Hoover at 807-475-8586, or email her at the above email address. Deadline: Friday, May 17th



OAAS CERTIFIED JUDGING SCHOOL

Want to become an OAAS Certified Exhibits Judge or already an OAAS Certified Judge that needs to re-certify - This school is for you!

Saturday & Sunday June 22 & 23, 2024
9:00 a.m. to 5:00 p.m.

Judging Categories covered:

Day 1 - Saturday	Day 2 - Sunday
Roots/Vegetables	Baking
Fruit	Canning
Eggs	Photography
	Quilts

Cost: One Day (Sat or Sun) \$25.00
Both Days \$40.00 Lunch Included

Dryden District Agricultural Society
Multiplex At Fairgrounds
99 Scott Street, Dryden, Ontario

For more Information or to register
email: jofishnwo@gmail.com
Registration & fee must be received by June 15, 2024





7th Rural HEALTH FAIR

Wednesday, May 29th
at Kakabeka Falls Legion
from 12-3pm

FREE
No Admissions



Building Age Friendly Communities

Join NorWest CHC to learn the importance of healthy connections for our aging community to promote health and wellbeing.

- 35 exhibitors
- Draws
- Histor-Tea
- Rural Cupboard Food Drive
- and more!

For more information contact Elaine at (807) 473-5528



NorWest Community Health Centres
Centres de santé communautaire NorWest



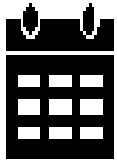
Kakabeka Falls and Rural District Branch 226



Seniors Potluck Lunch



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



Next two (2) lunches taking place:

Monday, May 13

Monday, June 17

Note: No lunches in July or August



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



11:00 AM Coffee / Tea

11:30 AM Lunch served

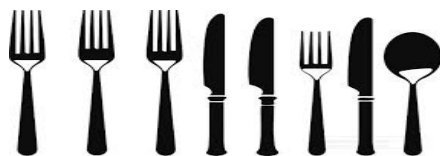
12:30 PM Food service complete



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



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



A special Thank-you goes out to Lorna Krieg for her donation of silverware for the Seniors Luncheons

From the Nolalu Heritage Cookbook 2000

Cheddar—Buttermilk Bread

1 - 1/4 cup buttermilk

3/4 cup shredded cheddar cheese

1 tsp bread machine yeast

1 egg

1 tbsp sugar

3 cup flour

3/4 tsp salt

Add ingredients in pan. Use light setting, white bread on bread machine.

Makes 1 - 1/2 lb. loaf

Clothing Swap



Thanks to all who rooted through their closets and took the time to attend the clothing swap on April 21st.

Thanks to Emma and Marisa for being our enthusiastic sorters.

Thanks to Peggy Rauwerda and Anonymous for donating cash towards the snacks.

Thanks to Daren, Patrick and Kenny for set-up help.

Many thanks to Patrick and Lance, wildlife wranglers.

Thanks to Orion for the fashion show!

Thank you to Natasha and Marisa for clean up assistance.

Special thanks to Erin at the O'Connor township office for bringing our leftover items to the Community Clothing Assistance on May St.

We hope to have another swap, possibly October, for clothing plus winter gear, so stay tuned!

Debra Hitz, clothing swap volunteer.

Our volunteers are such an integral part of the Nolalu Community Centre. Without you we could not put on the many community events and socials. Your kindness, dedication, and hard work are what keeps the community centre running smoothly. Your dedication as volunteers is an inspiration to others, encouraging them to serve. On behalf of the Nolalu Community Centre's Board we extend our sincere appreciation for your continued support of the Centre.



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

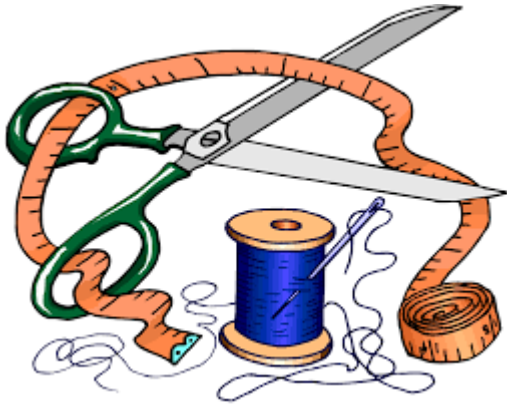
Thursday Weaving – 10am to 3pm

Thursday Knitting – 10am to 3pm

Craft Room is open Monday to Friday – 10am to 3pm



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

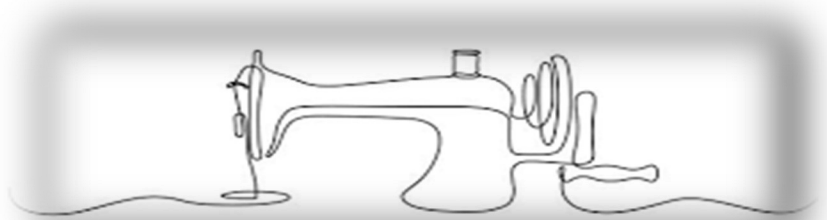
Doing repairs, alterations, wedding parties

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

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

Well I've decided to change things up a bit this month. Instead of my usual rambling I'm going to tell you about the contests we are having in the next two issues.

Our first contest is for the kids under 16 years old, out there in the community. I know there are some artists out there and I want to see your work. Even if you don't think you are an artist please submit your work. Art is one of the best ways to show your inner beauty. All art is open to story telling and each piece of art tells its own story. So share your wonderful creations with the Grassroots. Tell their story if you like or just submit your drawing/colouring page. Contest is divided into three categories; 5 years old and under, ages 6 to 12, and ages 13 to 16 years old. Prizes will be awarded to the top drawing/colouring in each category. Enter as many art pieces as you would like. Make sure to include your name and phone number so we can contact you if you win. All submissions become the property of the Grassroots for use in future publications. All entries will be judged by the piece, and by a group of volunteers will determine the winners. Artwork will be featured, with a first name only on the drawing unless stipulated otherwise, in the coming issues of the Grassroots.

Our next contest is a photography contest. Are there any photographers out there? I know there are lots of you as I have seen your beautiful pictures on social media. This contest is open to all ages with prizes being given to the top three photos. Submit as many times as you like. All submissions become the property of Grassroots for use in future publications. Please note that some pictures may be resized to fit in the publication. Only pictures of the local area will be accepted. Photos may be of landmarks, scenery, animals, the possibilities are endless. Please state what the photo is about and where it is taken. Please include your name and phone number so we might contact you if you win. Only first names will be used in the publication of the photos, unless otherwise stipulated.

Deadline for both contests is JUNE 15, 2024. Send to nolalu.grassroots@gmail.com

With both contests the winners full names will be published in the Grassroots, listing their prizes and winning entry, and the sponsor of the prize.

I look forward to receiving many entries, and can't wait to hand out prizes. Winners will be listed in the July issue of the Grassroots. Look for more contests to come in the autumn. Happy Spring, and enjoy your planting season.

Odette

COLOURING PAGE



www.thefairyprint.com





NOLALU COMMUNITY CENTRE

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

Monday May 13, 2024

7:30pm

Email prez.ncc@gmail.com if you would like to be on the email list to receive meeting reminders and a copy of the agenda

LOCAL SERVICES BOARD OF NOLALU



Tuesday May 28, 2024

7:30pm

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

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.

CONTEST ALERT! Details in the Editors Letter. Prizes! Enter Now!

PUZZLES



Signs of Spring

Words are hidden in all three forms in this puzzle. Search for these horizontally, vertically, diagonally, and backwards.



M	C	D	R	F	B	N	G	L	H	K	O	P	C	Z	P	E	
R	B	X	M	C	X	L	Z	Q	R	D	G	C	L	O	U	D	S
J	K	D	C	G	T	O	C	S	R	M	T	S	J	E	O	Z	V
B	D	K	I	T	E	S	R	I	B	U	L	T	F	W	R	G	C
C	R	L	P	K	G	S	B	Y	L	T	S	D	B	T	R	P	R
O	D	A	V	C	O	O	T	I	O	M	R	A	W	N	O	Y	O
Y	B	C	S	R	S	M	P	E	G	C	I	F	R	L	B	E	C
Z	E	Y	A	P	K	S	R	O	N	X	P	F	Z	Q	I	R	U
S	K	H	E	R	A	I	H	T	Y	S	R	O	F	A	N	N	S
A	E	Y	B	U	L	R	S	D	G	O	S	D	I	W	S	O	E
L	U	A	D	L	A	T	A	O	W	R	B	I	K	F	H	S	S
L	B	C	H	I	C	K	S	G	N	P	R	L	O	E	Z	T	Y
E	T	I	N	R	M	W	T	L	U	I	E	S	M	I	S	N	W
R	H	N	M	L	D	I	G	P	H	S	E	R	M	E	S	T	I
B	W	T	Q	S	S	M	A	L	V	F	Z	E	N	E	E	R	G
M	S	H	G	W	U	F	E	A	T	D	Y	M	L	A	I	W	D
U	T	S	H	O	D	T	S	U	N	S	H	I	N	E	L	F	E
T	Y	H	L	F	S	J	A	T	O	H	M	P	M	B	O	T	I

ASPARAGUS
BLOSSOMS
BREEZY
BUDS
CHICKS
CLOUDS
CROCUSES

DAFFODILS
EGGS
FORSYTHIA
GREEN
HYACINTHS
KITES
LAMBS

NESTS
RAIN
ROBINS
SUNSHINE
TULIPS
UMBRELLAS
WARM

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Word Puzzles Brain Teasers

me right	<u> </u> read <u> </u>	o_er_t_o_	CHANCE
stefrankin	XQQQME	history history history	Arrest You're
settle	BIG BIG ignore ignore	\$O all all all all	COFFEE
time time	HEART	chair	chawhowhorge
NO NO RIGHT	1111	SITTING THE WORLD	ME 10NE11

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—May 2024

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