

June 2026

Nolalu's **GRASSROOTS**

June 27th

1:00pm to 4:00pm

**Visit us at the Nolalu
Community Centre**

Ice Cream Social & BBQ

**All the toppings that you can fit in
the bowl**

Kids crafts



**Bouncy Castle for the kids
(by donation)**

**Looking forward to seeing you
there!**



Yard Sale

Come check out the treasures

**Email Emma:
tritree@outlook.com**

with title 'yard sale table'

**To rent an outdoor spot
with table for \$5.00**



NCC NEXT MEETING:

Thursday June 18

@ 7:00pm

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

LSB NEXT MEETING

Tuesday June 23

@7:30pm

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

NEST NEXT MEETING

Thursday June 11

@7:00pm

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

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NCC Needs a New Media Coordinator!



Volunteer • Starts June 15, 2026

The **Nolalu Community Centre (NCC)** is looking for a creative, community-minded volunteer to help keep our Facebook presence engaging, friendly, and up to date.

What You'll Do

- Create NCC posts for our public Facebook page
- Share event info. from the **Grassroots** community newsletter
- Respond to comments and community questions
- Liaise with board members and update event info. when details change
- Use Meta Business Suite (or learn as you go)
- Promote NCC events across local pages and groups

If you enjoy social media, community spirit, and keeping people in the loop, we'd love to hear from you. Interested? Please send us an email: nolalu.grassroots@gmail.com. Your creativity could be exactly what keeps our community connected — don't be shy, apply! ✨

Thank You
— FOR YOUR —
SUPPORT

As some of you may have heard we have started the process to raise funds for a small playground at the Nolalu Community Centre.

We wanted to send out a big **Thank you** to Andrew Piilo for his generous donation to get this fund started. It is because of generous people like you who donate their time, energy, supplies, and donations, that this community centre continues to thrive.

Stay tuned for updates on the playground and other interesting happenings at the Nolalu Community Centre.

Pet safety tips recommended by the Ontario Fire Marshal

Use a pet-rescue decal at your main entrance

Fire officials encourage placing a clearly visible decal indicating the number and type of pets in the home. This alerts firefighters that animals may be inside and need rescuing.

◆ **Set up a neighbour-notification plan** In rural areas where properties are spread out and emergency response times may be longer, arrange with a trusted neighbour to check on or retrieve your animals if you are away during an emergency.

◆ Build a 72-hour emergency kit that includes pet supplies

Emergency preparedness guidance in Ontario stresses having a kit ready for people *and* pets. Include food, water, medications, leashes, carriers, and first-aid items for both humans and animals.

◆ Plan for evacuation or shelter-in-place with pets in mind

Fire and emergency officials emphasize having a clear plan for how you will evacuate pets quickly or keep them safe if you must remain indoors. This includes knowing where carriers are stored and practicing how to get pets out calmly.



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

Chair	Angela Woodhouse-Wild	807-630-6061 Text Only	807-475-8968
Vice Chair	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442
Secretary	Dawn Scavarelli	dawn_scav@protonmail.com	807-473-1114
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Events Coordinator	Melissa Goliboski	goliboskim@gmail.com	807-631-9255
Kitchen Coordinator	Louise Wetering	weteringlouise@gmail.com	
Volunteer Coordinator	VACANT		
Media Coordinator	Kathy McGowan	Via Facebook: Nolalu Community Centre	
Grassroots Editor	Odette Houle	nolalu.grassroots@gmail.com Facebook: Nolalu ONLINE GRASSROOTS	807-630-9442

NEXT NCC MEETING:
Thursday, June 18, 2026
@ 7:00pm

ALL NCC meetings are open

NEST meeting 7:00 pm at NCC
 Thursday, June 11, 2026

Nolalu Dump SUMMER Hours

May 1—September 30

ADRIAN LAKE

Wednesdays 6pm - 8pm

Sundays 2pm - 5pm

HARDWICK

Wednesdays 3pm - 5pm

Sundays 6pm - 8pm



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>

Just a reminder that the Grassroots is available for pick up at the following locations:

Hoppers Variety Store

Green Acres Variety Store

Suomi Variety Store

Evergreen Pharmacy, Kakabeka

Rural 60 Plus, Kakabeka

GRASSROOTS

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Family Picnic Day

August 22, 2026

11:00am to 2:00pm

Potluck

Nolalu Community Centre

Hotdogs and punch provided



We can eat inside or bring a blanket and have a real picnic outside.

Kids games, Adults can join in too. We'll have games such as who can hammer a nail in the fastest, kick the shoe, egg on a spoon race, sack race, paper airplane flying, fill the water bucket relay, and more. If you know of some fun old fashioned family games send me a message.



AA meeting starting May 5th, at the Nolalu Community Centre, 2266 Hwy 588, Nolalu.

Meeting every Tuesday night at 6:30pm to 7:30 pm, except the last Tuesday of the month.

All are welcome that have a desire to stop drinking. If alcohol is causing problems in your life, we can help.

"I wish for a world that views disability, mental or physical, not as a hindrance but as unique attributes that can be seen as powerful assets if given the right opportunities"~~Oliver Sacks~~

If you are not receiving your copy of Grassroots in your mailbox, and you should be, please contact the Kakabeka Post Office to report it.

GRASSROOTS DEADLINE

The deadline for submissions is the 15th of each month.

Submit to nolalu.grassroots@gmail.com

If you are unable to make the deadline we will be happy to accommodate your information on our two Facebook pages; Nolalu Community Centre, Nolalu ONLINE GRASSROOTS

Online Mutual Respect Policy

The Nolalu Community Centre (NCC) welcomes comments and/or questions that reflect the respectful, constructive tone we strive for in our online public interactions. Comments and/or questions that are intimidating, harassing, abusive, accusatory, hateful, threatening, discriminatory, defamatory, profane or otherwise offensive will be deleted with or without warning, and users who make such comments and/or questions may be blocked or banned from NCC-managed online platforms at the discretion of the NCC Board of Directors, Administrators and/or Moderators.

The full policy can be viewed here: <https://nolalu.ca/ncc>



JULY 10TH, 2026
Nolalu Community Centre
6:00pm to 7:00pm
Registration Required

Hello NOLALU!

Are you 80 years or older this year? Do you live in the Nolalu Local Service Board area? If this is you or your relative or friend, we want to hear from you. You will be invited for cake and tea/coffee and a special presentation to our 80+ persons. Please contact Emma at tritree@outlook.com to register, so we know how much cake to make, and get your invitation for you and your family and friends. We plan to make this an annual event for those that are turning 80 or are over 80 that year. So don't miss out this year when we are honouring everyone 80 years old or more.

It's that time of year again.
 Join us for our yearly
Yard Sale
 Sat. July 4, Sun. July 5
 9:00 to 4:00
 7 Hume Rd. West, Connee
 4 km west of Kakabeka
 on Hwy 11/17
 Come on out and support the
 Northwestern Ontario Military
 and Police Museum



**DO YOU HAVE FANCY
 TEA CUPS AND SAUCERS
 FROM YOUR
 GRANDMOTHER OR
 MOTHER THAT ARE NO
 LONGER IN USE?**

THE *KAKABEKA LEGION* WOULD BE
 HAPPY TO ACCEPT ANY
 DONATIONS OF TEA CUPS
 AND SAUCERS AND GIVE
 YOUR COLLECTION A
 NEW HOME.



**PLEASE CONTACT MONIQUE TO
 ARRANGE FOR PICK-UP OR DROP
 OFF. 807-631-4375**

THANKING YOU IN ADVANCE FOR ANY
 DONATIONS.



***Photos from
 High Tea
 For Two***



**Third Wednesday of Each Month
 Next Play Date: June 17, 2026
 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 3rd Wednesday of
 every month at the Nolalu Community Centre

Hope to see you there

KB Rural Area Stitch and Craft Group

Bring your project & Join our Needle & Natter Crew



Upcoming Meeting Dates

April 28
MAY 12
May 26
June 9
June 23

We meet the 2nd and 4th Tuesday
of every month
in basement at
O'Connor Community Centre
330 Highway 595
7-9pm



"Mental health is not a destination, but a process. It's about how you drive, not where you're going." ~Noam Shpancer, Ph.D.~

"You are not a burden. You have a story." ~Unknown~

Just For Fun – Horoscopes by Grandmama Bear

Aries: March 21 – April 19

It is your partners' anniversary. Make sure you get them something nice, like a Picasso.

Taurus: April 20 – May 20

Stop trying to sit at the head of a round table; you are on the same level as the rest of us.

Gemini: May 21 – June 21

One of you says to go hug a tree, the other one wants to collect rock; live dangerously, do both.

Cancer: June 22 – July 22

Beware of the fourth planet in the seventh apartment on the right, beside the moon's reflection. Something just ain't right there.

Leo: July 23 – August 22

The babies are coming, everyone around you is having babies. No wait I think it's puppies.

Virgo: August 23 – September 22

Don't gallop your horse through a field of long grass; it tickles their bellies causing them to send you flying through the air.

Libra: September 23 – October 22

Time for you to learn about dandelions. They are not your enemy. Go pick some, make a tea, make a salve, braid a crown and become leader of the weeds.

Scorpio: October 23 – November 21

The ants are marching one by one, or maybe it is your aunts. Time for a visit.

Sagittarius: November 22 – December 21

Time for you to do something spontaneous that does not involve monkeys, fireworks, or pencils.

Capricorn: December 22 – January 19

Not only is your garden going to be prolific this year, so is your clothes closet: time to sort through it and donate some.

Aquarius: January 20 – February 18

Your new hobby is extreme ironing; have fun. I have a few things you could press.

Pisces: February 19 – March 20

Go dunk your head in a bucket; things are not as bad as you think. You're actually very lucky.



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- GROCERIES
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<https://www.hoppersvariety.ca>

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info@hoppersvariety.ca



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9-Hole

Par 36

Practice Green

Golf Carts Available



LOWEST GREEN FEES IN THUNDER BAY

Restaurant Available. Hours vary, please call ahead.

2160 Highway 588, Nolalu, ON, P0T 2K0

(25 minutes from Twin City Crossroads)

807-475-8804 or 807-475-8814



Health in a Hurry

Sleep

I think all of us know that sleep is very important for us. Remarkably, scientists still do not know why we sleep, and what it exactly it does for us! We know it helps consolidate memories and seems to aid in removing waste products, but even after decades of research, no one really knows how. What we do know is that it is essential to our wellbeing, and that people who consistently do not get the rest they need tend to suffer from a wide array of health issues.

Today I will be talking about sleep hygiene to better your sleeping habits. There are several things that you can do daily that may help to increase the quantity (and quality) of your sleep, so here are tips you can try to get some much deserved rest.

1. Try and sleep and wake at the same time each day

Yes, our body really does run on a tight schedule, and our circadian rhythms appreciate this greatly. It is a hard one to stick to though, and I'll freely admit I certainly don't on my days off!

2. Try a "sleep time" alarm

Most of us likely have wake-up alarms, but a new concept I learned about is a 'sleep time' alarm. A gentle tone or reminder that it is time to start winding down for the day. This reminds us that it is time to settle down, and start to relax our minds and bodies in preparation for rest.

3. Have a consistent routine

This means having a daily, predictable night time ritual, whether it has many steps (like a detailed skincare regimen) or is very simple.. It will help to calm you down before you go to sleep. Maybe a quick stretch, a journal entry, listening to some calming music...whatever helps you feel relaxed.

4. Don't worry about numbers

Most people have heard we should get about 8 hours of sleep. But according to the sleep specialists, some people genetically just need more, and some need less. The amount of sleep you need also depends on your age; in general, younger people need more, and older people need less. So whether you wake up refreshed with only seven hours of sleep or you need 9 or more, as long as you feel good in the morning, that's ok!

5. Unplug

I saved perhaps the most important one for last. Ideally, you should not be looking at a screen for at least 30 minutes prior to bed. Looking at a screen actively decreases your melatonin, which makes the body think it is still daytime! There should also be no electronics in your bedroom, ideally. That means, no phones, laptops, or even TVs. They are a constant distraction and it is far too easy to start scrolling when you cannot fall asleep. Use an old fashioned alarm clock instead to wake you. I keep my phone just outside my door and my new alarm is birdsong, which makes waking up a little bit more pleasant...until it's warm enough that we can actually be woken by the birds!

I hope these tips help you get a better sleep tonight.

Amrita Banerjee

"Take a shower, wash off the day. Drink a glass of water. Make the room dark, lie down and close your eyes. Notice the silence. Notice your heart. Still beating. Still fighting. You made it after all. You made it another day. And you can make it one more time. You're doing just fine."~~Charlotte Eriksson~~

Gillies Community Centre



June Events

The GCC is available to rent for activities, parties and more!
Do you have an activity or program you want to run?
Dance, scouts, karate or something else?
Contact us for details at gilliescommunitycentre@gmail.com

June 10th

Playgroup

From 10am-12pm.
A fun place to play and socialize.
Bring your own snacks.
Free to attend! Donations accepted.
Every second Wednesday each month.

Volunteer

If you would like to get involved and volunteer please email us at gilliescommunitycentre@gmail.com

Thank you!

Thank you to all our volunteers for all your support and help.
We are truly grateful for all of you.

June 13th & 14th

Book Swap

12-4pm Saturday and Sunday
1000s of book.
Donations can be dropped if during book swap hours.
FREE! Donations accepted.

Save The Date

September 20th -
Gillies Day

August 24-28th -

Drama Camp

October 24th -

Family Halloween Party

November 28th -

Christmas Market

November 29th -

Milk & Cookies with Santa

December 6th -

Christmas Tea

LIKE US & FOLLOW ALONG ON OUR FACEBOOK PAGE
THE GILLIES COMMUNITY CENTRE IS DONATION BASED & VOLUNTEER RUN.
THANK YOU TO ALL OF THE VOLUNTEERS AND THOSE WHO DONATE - WE
ARE INCREDIBLY GRATEFUL!



Nolalu Community Centre

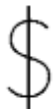
Seniors Lunch

(55+ or "close enough")



Next two (2) lunches:

Monday, June 8
September (TBD)



\$10 at the door



Lunch will include: soup,
entrée, veggie dish OR
salad, buns OR potato or
rice dish, and dessert.



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



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

Have a nice summer! See you in September!

Summer Solstice

Various Internet Sources

The Summer solstice is almost upon us, reminding us to celebrate the nourishing light of the Sun and the light within each of us. The summer solstice is the longest day of the year, featuring the maximum daylight hours and shortest night, marking the official start of summer. In the Northern Hemisphere, this astronomical event occurs between June 20–22, when the Earth's tilt towards the sun is at its maximum. The sun reaches its highest, northernmost point in the sky directly over the Tropic of Cancer. Near the Arctic Circle, the sun may remain visible for 24 hours, known as the midnight sun phenomenon.

Summer solstice rituals celebrate the year's longest day by honouring the sun, fertility, and abundance. Lighting bonfires, often on hillsides, to boost the sun's strength, honour its peak energy, and offer protection. Practicing sun salutations at sunrise or sunset to connect with the sun's energy. Leaping over bonfires to invite good luck and purification. Lighting candles to honour the sun's power, or making sun catchers to catch its light. For nature and abundance: you may craft crowns from wild flowers and herbs, which are believed to possess magical properties during the solstice. Explore forests or parks to collect herbs, flowers, and stones associated with the sun. Create a nature-themed altar, often decorated with flowers, yellow or gold items, and crystals. For reflection and cleansing rituals you may set intentions using the, "Longest Day" to journal, meditate, or create a vision board for the rest of the year. Take a bath filled with herbs and flowers to refresh and cleanse. Reflect on the first half of the year to determine what to release and what to grow. Solstice requires us to ground our energy towards the earth so that we may fully receive the illuminated frequency sourced from the sun. Be curious about what thoughts, ideas, beliefs, and energies you are feeding or playing along with. Discern and release what no longer serves you. Discover what lights you up daily and follow the path of joy every step of the way.

Cultural & Traditional Practices: In places like Puerto Rico, taking a backward dip in the ocean at midnight to banish negativity. In the Baltic states, spending the entire night singing, dancing, and staying awake to witness the sunrise. Hosting an outdoor gathering with friends and family to share food and gratitude.

For centuries, people have recognized the power in aligning with the annual phases of the Sun by honouring both Equinoxes and Solstices and building monuments, such as Stonehenge, in their honour. When the Sun's light first breaks through the darkness on the day of the Summer solstice, it hits this ancient monument directly in the center, lighting up each pillar like a magical horseshoe. The cycle of the Sun represents the cycle of our lives and reflects the natural flow of energy moving inward and outward. There are times to grow, times to pause, times to shed and times to learn. In current day, we understand that what we are really aligning with is the movement of the Earth, not the Sun, but it is still a powerful cycle to honour.

The Summer solstice represents the transition from action to nourishment, which is exactly what the Sun gives us during the long nights of summer, both to our actual crops but also to the continual journey we travel from darkness to light. Summer reminds us that there is hope in the world, that the light within can spread to the far reaches of the globe and inspire others. We can nurture others, just as the Sun nurtures us. Summer becomes a time to work on ourselves and our ability to be the light and find meaning in our journey, even when it seems uncertain. This is the rhythm of nature; new beginnings transition into a period of uncertainty.

The Summer solstice is an energetically charged day and an important one to set intentions. Direct your intentions on the themes of this phase, which are patience, nourishment and trust. Create powerful "I am" statements that reflect these qualities and the development of them. Include "reception" statements that open you up to receiving the energies available on this day. Examples are: "I am open to receiving nourishment and growth" or "I am able to receive the energy needed to develop trust in my life." Set your intentions and continually remind yourself of them all summer long. Express Gratitude. However you choose to celebrate this day, be sure to spend some time feeling the Sun's rays on your face and standing fully in the light as you learn to stand fully in the light of your own existence.

Five Container Gardens Anyone Can Grow

By Kathy McGowan



Growing a garden in zone 2/3 doesn't mean you need acres of land or a tractor. A few pots, a patch of sun, and a bit of stubborn northern spirit are more than enough. Container gardening is great for balconies, porches, patios, and even the steps outside your kitchen door. It's flexible, forgiving, and surprisingly productive, especially when you start plants indoors under grow lights and give them a gentle, drama-free transition to the outdoors. Whether you're a brand-new gardener or someone who's been coaxing tomatoes along for years, these container garden ideas will keep you harvesting all season long.

The Tomato + Basil Bucket

Container: 5-gallon pot or grow bag

Plants: 1 dwarf or determinate tomato

2–3 basil plants tucked around the edges

Optional: a marigold for pest control

Why it works: Tomatoes love heat, basil loves tomatoes, and marigolds love drama.

Start indoors: Tomatoes and basil both start beautifully under lights in April.

Determinate plants: Bush type — they grow to a set size, usually 2-4 feet, and produce most of their tomatoes in a short window (2–4 weeks).

The Salad Bowl Garden

Container: Wide, shallow pot

Plants: Cut-and-come-again lettuces

Arugula

Spinach

A few edible flowers such as violas

Why it works: You can harvest all season by snipping leaves instead of pulling whole plants.

Start indoors: Lettuces and spinach can be started indoors or direct-sown early.

The Pepper & Herb Patio Pot

Container: 3–5 gallon pot

Plants: 1 pepper plant (sweet or hot)

Parsley

Cilantro

Chives

Why it works: Peppers thrive in warm containers, and herbs fill in the gaps.

Start indoors: Peppers need an early start—late March or early April.

The Cucumber Climber Pot

Container: 5-gallon pot with a trellis

Plants: 1–2 compact cucumber plants

Dill

Nasturtiums

trailing over the edge

Why it works: Cucumbers climb, dill attracts pollinators, and nasturtiums repel pests.

Start indoors: Cucumbers can be started indoors 3–4 weeks before transplanting.

The Tea & Aroma Pot

Container: Medium pot

Plants: Mint (in its own pot—always)

Lemon balm

Chamomile

Lemon thyme

Why it works: These herbs smell incredible and grow well even in partial sun.

Start indoors: Chamomile and lemon balm start well under lights.



Five Container Gardens Anyone Can Grow—Continued

By Kathy McGowan

Tips for successful container gardening in zone 2/3

1. Choose the right containers

Bigger is better—soil dries fast in small pots. Grow bags are fantastic for roots and airflow. Make sure every container has drainage holes (or make some).

2. Use high-quality potting mix

Not garden soil—it compacts and suffocates roots.

Add compost for nutrients and moisture retention.

Mix in perlite if you want extra fluffiness.

3. Water deeply and consistently

Containers dry out faster than garden beds. Water until it drains from the bottom. Morning watering is best.

4. Feed your plants

Use a slow-release fertilizer at planting.

Supplement with liquid feed every 2–3 weeks.

Short season, big growth: June gardening for zones 2–3

By Kathy McGowan

June in Northwestern Ontario is when the garden finally shakes off winter and gets down to business. With long daylight hours, warming soil, and the last frost (usually) behind us, it's the month when everything happens at once. Whether you're growing veggies, flowers, or a bit of everything, June is your chance to set the stage for a productive—if short—northern growing season.

Build strong soil for a strong season: Cold springs mean soil takes longer to warm up here, so June is prime time to boost soil health. Start by loosening compacted beds and mixing in compost or well-rotted manure. This adds nutrients, improves drainage, and helps soil retain moisture which is important when July and August swing hot and dry. Mulching is your best friend. A 2–3 inch layer of straw, shredded leaves, or grass clippings keeps soil cool, slows evaporation, and suppresses weeds that seem to grow faster than anything you actually planted. Mulch also creates habitat for beneficial insects and helps protect soil microbes that are waking up after a long winter.

Companion planting for healthier, happier plants: Companion planting is especially useful in northern gardens where every plant needs to pull its weight. A few easy pairings:

- ◆ Carrots + Onions: Each repels pests that bother the other.
- ◆ Tomatoes + Basil: They grow well together, and basil helps deter hornworms.
- ◆ Cabbage + Dill or Nasturtiums: These attract beneficial insects and help distract cabbage moths.
- ◆ Beans + Squash: Beans fix nitrogen, and squash shades the soil to keep it moist.

If you're short on space, interplant fast growers such as radishes and rutabagas along with slower crops such as brassicas—Tat soi, cauliflower, broccoli, Brussels sprouts and kale—to maximize your beds.

Prepare for heat and dry spells: Our summers may be short, but they can be surprisingly hot and dry. June is the time to set up good watering habits:

- ◆ Water deeply, not often—aim for long soaks at the base of plants.
- ◆ Water early in the morning to reduce evaporation.
- ◆ Use mulch generously to keep moisture where it belongs.
- ◆ Consider drip hoses if you have a larger garden; they save time and water.

Shade cloth can also be a lifesaver for tender greens during heat waves.

Managing pests: the uninvited guests of summer

June brings out the bugs—some helpful, some not.

- ◆ Ticks: Keep grass trimmed around garden edges and use wood chips or gravel to create dry borders they dislike.
- ◆ Cutworms: Place collars (cardboard or plastic) around young seedlings. They're simple and incredibly effective.
- ◆ Cabbage moths & caterpillars: Floating row covers are your best defense. Hand-picking caterpillars early prevents big damage later.
- ◆ Beetles: Shake them off plants into soapy water in the morning when they're sluggish. Mulch and healthy soil also help plants withstand minor damage.

Encourage beneficial insects by planting dill, yarrow, calendula, and alyssum—they're nature's pest control team.

Kathy can often be found late at night wandering the garden with a headlamp on, quietly stalking the insects who prefer to devour plants under the cover of darkness.



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 June 17, 2026

Registration 9 am to 11 am

Drive-Thru Pick-up

RURAL CUPBOARD FOODBANK DROP OFF LOCATIONS

Oliver Paipoonge: Murillo & Rosslyn Libraries (during open hours)

Nolalu: Hoppers Variety

Gillies: Whitefish School
(Sept to June)

O'Connor: O'Connor Municipal Office

Needing: Needing Municipal Building

*Note*** Rural Cupboard Foodbank needs recyclable bags.

A BIG THANK YOU to the THUNDER BAY GROWING PROJECT for the donation of beef again to the Food Bank



**FILL THE OPP CRUISER
ODENA FOODS, KAKABEKA VILLAGE
JUNE 12th 10am-7pm**

**All goods and financial donations go to
Rural Cupboard Food Bank
A BIG THANK YOU to Odena Foods for hosting this event**

**GIANT COMMUNITY INDOOR YARD SALE
June 13th 10am-4pm
MURILLO HALL**

**In support of Rural Cupboard Food Bank
donations of canned or dry goods would be greatly appreciated.
Food will also be available for sale; pop by and have lunch.**

Recommended Books

Barnes & Noble Best Sellers List

The Housemaid by Freida McFadden

Every day I clean the Winchesters' beautiful house top to bottom. I collect their daughter from school. And I cook a delicious meal for the whole family before heading up to eat alone in my tiny room on the top floor. I try to ignore how Nina makes a mess just to watch me clean it up. How she tells strange lies about her own daughter. And how her husband Andrew seems more broken every day. But as I look into Andrew's handsome brown eyes, so full of pain, it's hard not to imagine what it would be like to live Nina's life. The walk-in closet, the fancy car, the perfect husband. I only try on one of Nina's pristine white dresses once. Just to see what it's like. But she soon finds out... and by the time I realize my attic bedroom door only locks from the outside, it's far too late. But I reassure myself: the Winchesters don't know who I really am. They don't know what I'm capable of...

Strangers: A Memoir of Marriage by Belle Burden

In March 2020, Belle Burden was safe and secure with her family at their house on Martha's Vineyard, navigating the early days of the pandemic together—building fires in the late afternoons, drinking whisky sours, making roast chicken. Then, with no warning or explanation, her husband of twenty years announced that he was leaving her. Overnight, her caring, steady partner became a man she hardly recognized. He exited his life with her like an actor shrugging off a costume. In *Strangers*, Belle revisits her marriage, searching for clues that her husband was not who she always thought he was. As she examines her relationship through a new lens, she reckons with her own family history and the lessons she intuited about how a woman is expected to behave in the face of betrayal. Through all of it, she is transformed. The discreet, compliant woman she once was—someone whose nickname was "Belle the Good"—gives way to someone braver, someone determined to use her voice. With unflinching honesty and profound grace, Burden charts a path through heartbreak to show the power of a woman who refuses to give up on love and rediscovers trust in herself. *Strangers* is a stunning, deeply moving, compulsively readable memoir heralding the arrival of a thrilling new literary talent.

Rural Readers Book Club

Monthly meetings—at the Nolulu Community Centre, 7:00pm - 9:00pm, second Monday of the month.

Join some enlightening and lively discussion, company, tea, and the occasional snack.

Next meeting: "The Thousand Autumns of Jacob De Zoet" by David Mitchell

Monday June 8th @ 7:00pm

Join online:

www.facebook.com/groups/ruralreadersbookclub

Questions or queries, contact:
Marisa (807-632-3950)
wildblueyoga@gmail.com



RURAL READERS

BOOK CLUB

Cooking Safety Tips

Stay in the kitchen when cooking.

Unattended cooking is the leading cause of kitchen fires. If you must leave, even briefly, turn off the stove.

- **Keep a proper-fitting pot lid nearby.** If a pot catches fire, slide the lid over it and turn off the stove. Never move a burning pan.
- **Keep combustible items away from the stovetop.** Dishcloths, paper towels, utensils, and pot holders should be kept well clear of heat sources.
- **Wear tight-fitting or rolled-up sleeves.** Loose clothing can easily catch fire while cooking.

Keep children and pets away from the cooking area.

Maintain a safe zone (3 feet) around the stove to prevent accidental burns or spills.



Cooking is the #1 cause of home fires.

WEEKLY GARBAGE COLLECTION

ONLY \$10 PER WEEK

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DRAW DATE MAY 29, 2026

NOLALU FIRE & RESCUE P111

NOLALU FIRE & RESCUE P111 EMERGENCY SERVICES

NolaluEmergencyServicesTeam

Tickets can be purchased starting May 1, 2026 and will run until April 2027

Draw will be held last Friday of each month.

Tickets are for sale online: <https://nolalu5050.ca>

Get your tickets now and support your local NEST

Stay tuned for winner announcements!!



The Nolalu and Leeper Cemetery Board annual meeting will be held on Saturday, June 6th at 1:00 pm at Hopper's coffee bar. All are welcome to attend.

Both cemeteries are seeking tender applications for grass cutting. The bids are to be received at this meeting.

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 Roxanne Moore (Leeper) and Brian Maki (Nolalu) are in charge of care and maintenance of the respective cemeteries. Many families have loved ones interred at both cemeteries. There is no mechanism to solicit funds for cemetery upkeep apart from the interest from few dollars currently in the respective Perpetual Care accounts.

Nolalu has its challenges 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 in both cemeteries fall over and need repair especially after a brutal winter.

In the past, families contributed annually to keep the cemeteries maintained. It costs upwards of \$600.00 to do the Nolalu mowing and \$450.00 for the Leeper mowing.

We do not qualify for any type of funding. 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 do not qualify to be a registered charity.

Thank you

Sharon Corston
Nolalu and Leeper Cemeteries Secretary-Treasurer
165 Clarkson St N
Thunder Bay, ON P7A 6G1
807-355-1549



Face Arms Speech Time - FAST

The **FAST** signs are the most common signs of stroke, and they are signs that are more likely to be caused by stroke than any other condition.

There are some additional signs of stroke that are less common.

They include:

Vision changes - blurred or double vision

Sudden severe headache - usually accompanied by some of the other signs

Numbness - usually on one side of the body

Problems with balance

What if I do not experience all of the FAST signs?

Not everyone will experience all of the signs of stroke. If you experience any of the FAST signs, call 9-1-1 immediately.

- ◆ Heart and Stroke Foundation of Canada
<https://www.heartandstroke.ca/stroke/signs-of-stroke/fast-signs-of-stroke-are-there-other-signs?>
- ◆ Follow the Nolalu Emergency Services Team on Facebook for updates, safety tips, and community news: www.facebook.com/NolaluEmergencyServicesTeam

Senior Safety

The kitchen is the heart of the home — let's keep it the safest room, too!

For many older adults, staying fire-safe in the kitchen is key to maintaining independence.



NolaluEmergencyServicesTeam



Ontario Ministry of Natural Resources

BURN WOOD, BRUSH AND LEAVES

You do not need a fire permit to burn piled wood, brush, leaves or wood by-products if you follow these rules:

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

USING AN INCINERATOR

You do not need a fire permit to burn wood, brush, leaves or wood by-products in an incinerator if you:

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

BURN GRASS OR LEAF LITTER

You do not need a fire permit to burn areas of grass or leaf litter on land you lawfully occupy if you:

- ◆ start the fire no earlier than 2 hours before sunset and extinguish it no later than 2 hours after sunrise the next day
- ◆ keep the total area to be burned under 1 hectare
- ◆ ensure the flaming edge of the fire does not exceed 30 metres in length
- ◆ have tools or water on hand adequate to contain the fire at the fire site
- ◆ ensure a responsible person tends the fire until it is extinguished

UNINCORPORATED COMMUNITIES (such as Nolalu: Marks, Lybster, Strange, Lismore and Hardwick Townships) Residents of these unincorporated communities only need a fire permit if they cannot meet the requirements listed.

To get a permit, contact the nearest Fire Management Headquarters:

Thunder Bay

Ministry of Natural Resources
1580 Arthur Street West, Thunder Bay, ON P7K 1A6
Phone: 807-476-2200
Fax: 807-476-2312

Forest fires – safety information

<https://www.ontario.ca/page/forest-fires-safety-information>

Forest Fire Prevention

<https://www.ontario.ca/page/how-prevent-forest-fires>



Fire Safety Education Day at Whitefish Valley School

By Holly Ward
Nolalu Emergency Services Team (NEST)

On April 29, members of NEST spent the day at Whitefish Valley School delivering hands-on fire safety education to students from across the grades. We covered the essentials — smoke alarms, calling 911, “get low and go,” and creating home fire escape plans — along with wildfire prevention, kitchen fire safety, and proper use of fire extinguishers.



Students had the chance to explore our *Hazard House* to see different home escape routes and identify common hazards. They also practiced the *P.A.S.S.* method using our fire extinguisher training prop. Outside, two pumper tankers were on site for fire truck tours, and the highlight for many was a special visit from *Sparky the Fire Dog*.

The kids LOVED it, the teachers were incredibly appreciative, and the day was a huge success.

A big thank-you to the *NEST volunteers*, *Whitefish Valley School* for hosting us, and to *Needing Fire Rescue* and the *Office of the Fire Marshal* for supplying props and support.

P.A.S.S. — How to Use a Fire Extinguisher

P – Pull the pin

Releases the safety seal so the extinguisher is ready.

A – Aim low

Direct the nozzle at the base of the fire.

S – Squeeze the handle

This activates the extinguisher.

S – Sweep side-to-side

Move across the base of the fire until it’s fully out.



Nolalu Emergency Services Team

Hall 807-475-4441

2167 Hwy 588

info@NolaluEST.com

Nolalu ON P0T 2K0

Emergency 807-473-5200



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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

By the time you read this Rob and I will have just celebrated our 40th wedding anniversary. If someone had told me when we got married that we would move away from all our extended family and live in northern Ontario, I would have laughed at them. But life is full of choices; and Rob and I have made some of the best decisions together, and moving here was one of the greatest. Our life together has been special, oh it has pitfalls like life does, but we manage them together. When you find someone you love, cherish the love and appreciate all the little kindnesses you share. Life is a whirlwind; enjoy the ride with someone you love. I know I am.

Just wanted to add some thank-you messages for some special people. Marisa Nascimben has been a proofreader for me for the last two years and is now moving on to other endeavours. I appreciate all the work you put into volunteering for the Grassroots and your wonderful sense of humour, thank you. Amrita is a new writer for the Grassroots and we have had lots of positive feedback. Thank-you for your continuing submissions. I would like to extend my personal appreciation to Kathy McGowan for all she has done as the Media Coordinator for the NCC. Your dedication and commitment to the community is exemplary. I especially appreciate all the times when you have created content for the Grassroots or covered postings on the Facebook page for me. Your creative ability and technical skills are amazing and I will miss working along side you. I hope you continue to submit articles to the Grassroots, everyone has commented on the excellent gardening advice. I would also like to thank Myrtle Rahmer for her kind and thoughtful gift and words of encouragement. Your timing couldn't have been better. It was after a very hectic week when your smiling face showed up at my door. I had no idea why but when I read your card and saw the homemade pies I could have cried. Thank-you so much for your thoughtfulness, it is always nice to be appreciated.

As some of you will already have read we are running our third annual photography contest. There will be a detailed rule page in the next issue of the Grassroots as there are a couple of changes to previous years' rules. The two most important changes will be you must live in the area and pictures must be from the area, the other change will be a limit on submissions. Each photographer will be allowed five photos for submission. So get out there and start taking pictures. The contest starts on July 15 and submissions will only be accepted via email, any sent through Facebook or Messenger will not be accepted. I am currently looking for sponsorship for the three age categories (under 10, 11-18, adults), so if any of you would like to do that please let me know. Happy photo hunting.

Odette

Kakabeka Falls Legion Branch 225

June 6	Gun Show	9:00am	
June 9	100th Celebration Bonfire	6:00pm	
June 11	Community BBQ & time Capsule	10:00am to 4:30pm	
June 13	Veterans Drop In	9:00am	
June 13	Community Fun Run	9:00am	
June 13	Executive Meeting	2:00pm	
June 13	General Meeting	3:00pm	
June 14	Breakfast	8:30am to 11:00am	
June 20	Dance by Quest (Finn-Summer Solstice)	7:00pm to 10:00pm	
June 26	Dance by Quest	7:00pm to 10:00pm	
June 28	Music	2:00pm to 4:00pm	



To book an event please call Alice at 807-577-0418

The Legion is still looking for more volunteers - if you can give even 1 hour, that would be so appreciated. Many hands will make the projects much easier to complete.



YOU ARE NEVER TOO OLD TO HAVE FUN!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Craft Room 10-3	Craft Room 10-3	Craft Room 10-3	Craft Room 10-3	Craft Room 10-3
	Weaving 10-3	Beginners Carving 10-3	Weaving 10-3	
	Knitting 10-3	Quilting 10-3	Knitting 10-3	Friendship Café June 26, 1-3
		Cribbage 1-3	Games Day 1-3	

Next **Friendship Café** is Friday, June 26 – Contact Shaun for more information at **807-473-5528**

Games Day is now every Thursday from 1pm to 3pm

5 Pineview Road, Kakabeka Falls, Ontario, Canada P7K 0G8

Phone: (807) 475-5779 Email: rural60@tbaytel.net

Website: www.rural60plus.ca



Upcoming Events at the NCC

July 10, 80th birthday party for Nolalu residents, cake, coffee & tea and something for the 80+ crowd. Register for an invite for you and family and friends. 6:00pm to 7:00pm

August 22, Family potluck picnic, hot dogs and juice supplied by NCC, games for the kids and adults to if they want to play. 11:00am to 2:00pm

Aug 15 to Oct 15, Photography contest. All ages. Must be a local resident and all photos must be taken locally. Details to follow in next issue.

Other events in the works are a golf tournament and maybe an auction. Why not come out to the NCC meetings and see what is going on or if you can lend a hand, the smallest hand can make great things happen. Stay tuned to Grassroots for updates on all these interesting happenings.



Community Baseball Notice!

The Alf Olsen Baseball Diamond in Pearson Township (Hwy 597 near Wamsley Rd, Neebing) will be up and running in May! The community welcomes families near and far to **come with a glove (and helmet if possible)**



on May 15, May 29, June 5 and June 19

for some old fashioned, all ages, fun baseball (slo-pitch).

6:30pm (or when you can) – until you feel done!

This is totally casual and at everyone's own risk, so plan on staying/playing with your kids. :)

At least one family is bringing a BBQ, chips and many hotdogs to share! Feel free to bring things to share.

*If enough interest, this can be formalized into something more through summer or annually.



THE CANADIAN POPPY PROJECT

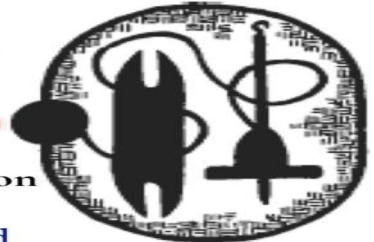
A National Handmade Remembrance Installation

in partnership with

Thunder Bay Weavers and Spinners Guild

Calling ALL Thunder Bay

Felters, Weavers, Spinners, Knitters & Crocheters



We are calling upon local artists to contribute to the Lambretta Club of Canada Remembrance Day installation at the Ottawa Museum of Science and Technology **November 2026**.

Any medium. Any size. Any shape. Any shade of red. Your creativity—and your remembrance—are welcome.

Born in the post-war era and inspired by the Cushman scooters of WWII, Lambretta carries a legacy of resilience and rebuilding. This project invites Canadians to honour that shared history through handmade remembrance, continuing the tradition of Canadian women who knit and stitched for soldiers in times of war.

WHAT WE'RE COLLECTING

- Minimum **1,500** poppies
- Goal: **10,000** poppies
- Knit, weave, felt or crochet
- Any shade of red
- Black or dark center
- We will be in Thunder Bay in August

SHARE YOUR WORK on SOCIAL MEDIA

Promote your efforts in your clubs/community groups. Tag your creations: @Yarnspirations @LambrettaClubOfCanada Lambretta Club of Canada Contact: info@lambrettaclubcanada.com

THUNDER BAY LOCATION

- Pick up/drop off completed poppies at Thunder Bay Weavers & Spinners Guild
- 330 Toivo St (Jumbo Gardens Community Center)
- Monday 10-2 (basement, entrance door bottom left side of building)

HOW TO PARTICIPATE in THUNDER BAY

To contribute poppies/donate yarn or pick up yarn supplies:

Contact **Natalie Pohjolainen** (President Thunder Bay Weavers & Spinners Guild)

gnatpohj@gmail.com

Join our public Facebook group to follow the project and learn more about us.

PUZZLES

1

	1	2	3	
4				5
6				
7				
	8			

ACROSS

- 1 "Downton Abbey" aिरer
- 4 U.C.L.A. athlete
- 6 Ruffles potato chip feature
- 7 "You ___ to know better"
- 8 Word with the longest entry in the O.E.D.

DOWN

- 1 Car that's popular among progressives
- 2 Barely move
- 3 One of the senses
- 4 Many a fraternity member, in modern slang
- 5 Brooklyn baller

2

1	2	3	4	5
	6			
7				
8				
9				

ACROSS

- 1 Snapple flavor ___ Madness
- 6 Caught sight of
- 7 5-Down+7-Down
- 8 Gets hitched
- 9 Beginning

DOWN

- 2 Looking like you've seen a gf
- 3 Willy Wonka candy
- 4 V-formation fliers
- 5 E's value, in Scrabble
- 7 The only even prime number

3

1	2	3	4	
5				6
7				
8				
	9			

ACROSS

- 1 Final opponent, in video games
- 5 Dusty room, typically
- 7 "Take it easy, dude"
- 8 Convention nametag word
- 9 Take a breather

DOWN

- 1 Composer described as "the original father of harmony"
- 2 Last choice on a questionnaire often
- 3 Subway feature
- 4 Places for houseplants
- 6 Coagulate

FUN'S CROSSWORD PUZZLE

No. 40

Here is a cross-word puzzle which ought to be easier to solve than some of the previous ones. One word, "FUN" is given as a starter. See if you can complete the puzzle by filling in the blank squares with words to the list of clues and definitions given below. The answer to this puzzle will be found in next week's FUN.

<p>1-2 Famous for a confusion of tongues.</p> <p>3-4 Used by photographers.</p> <p>5-6 To construct.</p> <p>7-8 By word of mouth.</p> <p>9-10 Ribbon-like.</p> <p>11-12 What artists do.</p> <p>13-14 An agreement.</p> <p>15-16 To let fail.</p> <p>17-18 A native of ancient Gallia.</p> <p>19-20 Similar to.</p> <p>21-22 To surround and cover by folding and winding.</p> <p>23-24 Never Daughters.</p> <p>25-26 To cast into shadow.</p> <p>27-28 A long, loose skirt with sleeves.</p> <p>29-30 Acquired during the summer vacation.</p>	<p>31-32 The third power of a quantity.</p> <p>33-34 A Mohammedan prayer leader.</p> <p>F-6 Worth striving for.</p> <p>1-10 To cook by dry and continued heat.</p> <p>3-25 To catch.</p> <p>5-21 A large bird of the parrot family.</p> <p>9-17 An identification label.</p> <p>N-7 An Emperor of ancient Rome.</p> <p>2-11 The semi-solid oil of hogs' fat.</p> <p>4-26 A small fish.</p> <p>8-24 Birds.</p> <p>12-20 Heavy affliction.</p> <p>18-27 To be without.</p> <p>22-29 To interweave.</p> <p>19-28 Privation.</p>
---	--

New York World, October 4, 1914. Notice that puzzle clues of this era used a period after every clue. This practice was later dropped by the New York Times. Fair warning that some clues are missing from the puzzle.

CROSSWORD PUZZLE

<p>ACROSS</p> <p>1 Extirpates</p> <p>6 Look over</p> <p>10 Seize</p> <p>14 Soup</p> <p>15 Skin orifice</p> <p>16 Old Norse letter</p> <p>17 Degrade</p> <p>18 Repetition</p> <p>19 Writing fluids</p> <p>20 Declaim excitedly</p> <p>21 Friend</p> <p>22 Hang loosely</p> <p>24 Submit to</p> <p>26 Completely</p> <p>27 Prepared</p> <p>28 Posy</p> <p>31 Odor</p> <p>33 Part of face</p> <p>34 Quarrel</p> <p>36 Adolescence</p> <p>40 Remaining</p> <p>42 Welcomes</p> <p>44 Large plant</p> <p>45 Pertaining to punishment</p> <p>47 Partly frozen rain</p> <p>49 Proverb</p> <p>50 Low shoes</p> <p>52 Visions</p> <p>54 Unclouse</p> <p>57 Abyssinian prince</p> <p>58 Purchases</p> <p>59 Pissures</p> <p>61 Pork</p>	<p>62 Vacation dwelling</p> <p>66 Luxury</p> <p>67 Afternoon collations</p> <p>69 Traveler</p> <p>70 Solar disk</p> <p>71 Give forth</p> <p>72 Express one's views</p> <p>73 Cozy abode</p> <p>74 Reign</p> <p>75 Set</p> <p style="text-align: center;">DOWN</p> <p>1 Box</p> <p>2 Large horn</p> <p>3 Monitor lizard</p> <p>4 Glve</p> <p>5 Diocesan center</p> <p>7 Self possessed</p> <p>6 Jet of liquid</p> <p>8 Gift</p> <p>9 Sewing implement</p> <p>10 Facial expression</p> <p>11 Crossbars of ladder</p> <p>12 Foot joint</p> <p>13 Attack</p> <p>21 Freshwater fish</p> <p>23 Confederate</p> <p>25 Weight of ancient Rome</p> <p>26 Sufficient</p> <p>28 Failure [slang]</p> <p>29 Animate</p> <p>30 Exposed</p> <p>31 Sets forth in ship</p> <p>32 Destiny</p> <p>35 Grates</p> <p>37 One of the Bears</p>	<p>38 Group with common aim</p> <p>39 Chops</p> <p>41 Knock</p> <p>43 Rock plant</p> <p>46 Lie hidden</p> <p>48 Essay</p> <p>51 Overcome</p> <p>53 Flee</p> <p>54 Sea</p> <p>55 Babble</p> <p>56 Loosens</p> <p>58 Moisten with drippings</p> <p>60 Coin</p> <p>61 Greet</p> <p>63 Opera solo</p> <p>64 Repair</p> <p>65 Booty</p> <p>68 Large bird</p> <p>69 In favor of</p> <p style="text-align: center;">Puzzle of Wednesday, March 1, Solved</p>
---	--	--

Herbal Teas by Dorothy Stainbrook

Most herbal teas require 1-2 tbsps steeped in hot water for 5 to 10 minutes, the longer the better and the stronger.

Mellow Base Ingredients:

chamomile	nettle
(pepper)mint	raspberry leaf
lemon balm	holy basil
linden flowers	rooibos or actual real tea.
yerba mate	

Citrusy Flavors:

lemon balm
lemon verbena
lemon peel
orange peel
lemongrass
lemon thyme

Minty Flavors:

mint
spearmint
peppermint
catnip
bee balm

Floral Flavors:

chamomile
hibiscus
rosehip
rose petals
lavender
Elderflower

Warm and Spiced

Flavors:
turmeric
cinnamon
cardamom
ginger

Stronger Ingredients:

Roots: licorice, chicory, dandelion, ginger
Flowers: elderflower, hibiscus, chocolate mint, lemon verbena

Very Strong Ingredients to Add an Accent

Flavor:

citrus peel (citrus)
cinnamon (warm)
rosehip (floral & tangy)
ginger (spicy)
cardamom (warm)
lavender (floral)
fennel seed (licorice)

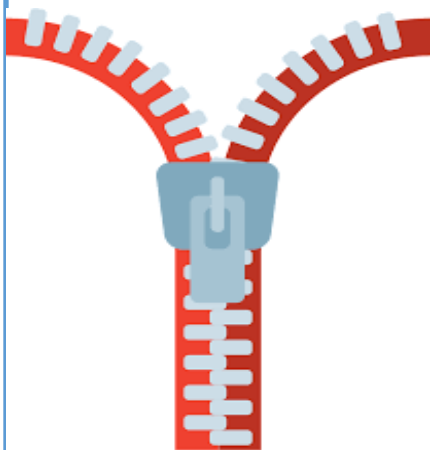


PhD in musicology available for music lessons: guitar (beginner to advanced), piano (beginner), jazz improvisation, music history and theory.



Tutoring also available for history, geography, English (literature, writing, grammar) & French. Professional writer & editor. Piano tuning. Call 807-939-2765.

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

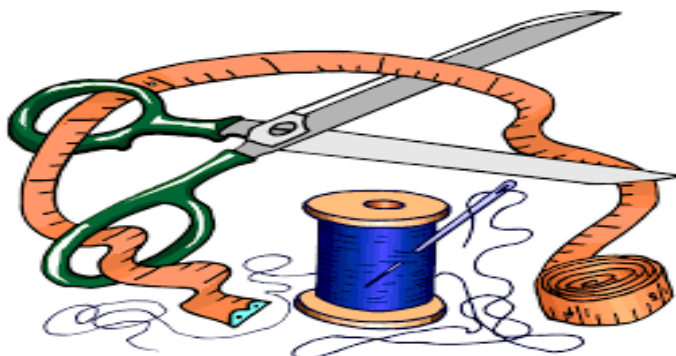
Doing repairs, alterations, wedding parties

QUICK SERVICE

REASONABLE RATES

sewZipZippersKCAT81@gmail.com

807-475-9687





NOLALU COMMUNITY CENTRE

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

Thursday, June 18, 2026

7:00pm

Email nolalu.grassroots@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, June 23, 2026

7:30pm

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

Drop-in Exercise

(Pilates/weights type)



Mondays & Fridays,
9:30am to 10:30am

Bring mats, weights, stretchy band.
FREE, all welcome. Open to men
and women (and kids on PA days).

FUN group.

Open All Summer

We have extra equipment if needed.

"A purpose of human life, no matter who is controlling it, is to love whoever is around to be loved." ~~Kurt Vonnegut ~~

Thanks again to everyone who braved the weather and stopped in, and a big shout-out to the Country Market vendors and our emergency preparedness partners for showing up and sticking it out with us. Even on a slow, chilly day, it's the folks who make the effort that keep community events worthwhile. Special thanks to:

- Brad "The Coffee Dude"
- Canadian Red Cross
- Craft Anura
- Dedrick Homestead
- Earth Circle Apiary Products & Fibre Art
- Mood Lighting
- Nolalu Community Centre Board
- Nolalu Emergency Services Team (NEST)
- Nor'East Apothecary
- Northwestern Ontario Recreational Trails Association
- Ontario Ministry of Natural Resources
- Root Cellar Gardens
- Sandy Steinhoff
- Superior Seed Producers
- Voyageur Trail Association



Stay safe, stay well, and keep looking out for each other as we roll into the season.

Cheers,
Kathy McGowan
Event host

June is PTSD Awareness Month – Let's Break the Silence, Together

Post-Traumatic Stress Disorder (PTSD) is a serious mental health condition that can affect anyone who has experienced trauma. It's more than just bad memories — it can deeply impact daily life, relationships, and overall well-being. Yet, many suffer in silence due to stigma or lack of understanding.

This June, PTSD Awareness Month, let's work together to spread awareness, encourage support, and advocate for treatment. Healing is possible, and help is available. Whether you're living with PTSD or supporting someone who is, know that you're not alone.

- ♥ Check in on loved ones.
- ♥ Learn more about PTSD and its effects.
- ♥ Share resources and stories to foster understanding.

Together, we can break the stigma and support healing. Let's raise awareness, spread compassion, and build a community where no one feels forgotten.

#PTSDawareness

- ♥ Boots on the Ground - Peer Support for First Responders
<https://www.bootsontheground.ca>
- ♥ What's Your Twenty
<https://www.whatsyourtwenty.com>
- ♥ Wounded Warriors Canada
<https://woundedwarriors.ca>

Friendship Café

Food, Fun & Games!

June 26, 2026 | 1-3PM
5 Pineview Road, Kakabeka

Join us for an afternoon of food, fun and connection - no registration required!

Questions? Contact Elaine or Shaun at 807-473-5528



There will be an information session at the next Friendship Café in June called "Getting Your Ducks in a Row"

That means being in control, organized and ready for any eventuality should anything happen to you.

JUNE 2026

MON	TUE	WED	THU	FRI
1 Chair Yoga @ O'Connor CC	2 Fly the C.O.O.P Walking Group	3 Walk-In Clinic 4:30pm - 7:30pm	4 Fly the C.O.O.P Walking Group LifeLabs	5 NP available for those without an MD or NP
8 Chair Yoga @ O'Connor CC Good Food Box Order Deadline NP available for those without an MD or NP	9 Fly the C.O.O.P Walking Group	10 Mobile Clinic - Upsala Nursing Station (NP & Footcare Nurse) Walk-In Clinic 4:30pm - 7:30pm	11 Fly the C.O.O.P Walking Group LifeLabs	12
15 Chair Yoga @ O'Connor CC NP available for those without an MD or NP	16 Fly the C.O.O.P Walking Group	17 Good Food Box Pickup at KB Clinic Walk-In Clinic 4:30pm - 7:30pm	18 Fly the C.O.O.P Walking Group LifeLabs	19
22 Chair Yoga @ O'Connor CC	23 Fly the C.O.O.P Walking Group	24 Walk-In Clinic 4:30pm - 7:30pm	25 Fly the C.O.O.P Walking Group LifeLabs	26 *NEW Program* Friendship Cafe 1-3pm. Theme - "Our Community Our Stories"
29 Chair Yoga @ O'Connor CC	30 Fly the C.O.O.P Walking Group			



NorWest Community Health Centres
Centres de santé communautaire NorWest



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



(807) 473-5528

PROGRAM INFO

Call KB Clinic Reception at (807) 473-5528 or email Shaun at spierce@norwestchc.org to register for all programs

Fly the C.O.O.P Walking Group
Meet at KB Park at 9:45am

Chair Yoga In Person & Virtual
Hosted at O'Connor, Kam, and Rural 60+ Centre at 10am.

Good Food Box Program
Monthly access to a box of affordable fruit and vegetables. For more information visit www.goodfoodboxtb.org or call 473-5528 for more info

Friendship Cafe @ Rural 60+ Centre.

Come socialize and meet new people, make friends and lifelong connections.



Follow us!

NorWest Community Health Centres - Kakabeka Falls Clinic

www.norwestchc.org

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. Weekend rentals: pick up Friday, return Monday. Any rental longer than 3 days will be subject to a 20% surcharge per extra day
- ◆ Renter provides transportation and returns in clean condition.
- ◆ Some 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—June 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Drop-in Exercise 9:30am to 10:30am	2 AA MEETING 6:30pm	3	4	5 Drop-in Exercise 9:30am to 10:30am	6
7	8 Drop-in Exercise 9:30am to 10:30am SENIORS LUNCH 11:00am to 1:00pm RURAL READERS 7:00pm to 9:00pm	9 AA MEETING 6:30pm	10	11 NEST MEETING at NCC 7:00pm	12 Drop-in Exercise 9:30am to 10:30am	13
14	15 Drop-in Exercise 9:30am to 10:30am	16 AA MEETING 6:30pm	17 PLAY GROUP 12:00pm to 2:00pm	18 NCC MEETING 7:00pm	19 Drop-in Exercise 9:30am to 10:30am	20
21	22 Drop-in Exercise 9:30am to 10:30am	23 LSB MEETING 7:30pm	24	25	26 Drop-in Exercise 9:30am to 10:30am	27 ICE CREAM SOCIAL & BBQ & YARD SALE 1:00pm to 4:00pm
28	29 Drop-in Exercise 9:30am to 10:30am	30 AA MEETING 6:30pm				