

#### NCC NEXT MEETING:

Monday January 13  
@ 7:00pm

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

#### LSB NEXT MEETING

Tuesday January 28  
@ 7:30pm

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

#### NEST NEXT MEETING

Thursday January 9  
@ 7:00pm

At the NCC and open to the  
community

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**January 2025**

## Nolalu's

# GRASSROOTS

Do you make New Year's Resolutions? Want to know where this tradition started? Well it goes back further than you think. New Year's resolutions actually go back to ancient times. In 2000 B.C., the Babylonians celebrated the New Year during a 12-day festival called Akitu. This started the farming season to plant crops, crown their king, and make promises to pay their debts. Babylonians started by resolving to return borrowed farm equipment.

A little further on in history, medieval knights would renew their vow to chivalry by placing their hands on a peacock. The annual "Peacock Vow" would take place at the end of the year as a resolution to maintain their knightly values.

By the 17th century, New Year's resolutions were so common that folks found humor in the idea of making and breaking their pledges. As a legacy of Protestant history, resolutions in the early 1900s were more religious or spiritual, reflecting a desire to develop stronger moral character, a stronger work ethic, and more restraint in the face of earthly pleasures. Over the years, however, resolutions seem to have migrated from denying physical indulgences to general self-improvement, like losing weight or working out more, perhaps self discipline or gaining more influential status.

Now days our resolutions are more idealistic but we still use the old stand-bys too. If you are making resolutions this year try to be kind to yourself and set realistic goals, and don't make too many resolutions. Here are some ideas for resolutions and how you might make them more achievable:

1. Lose or gain weight ~~ eat healthier
2. Stop smoking ~~ smoke less
3. Be more religious ~~ find my spirituality
4. Save money ~~ spend money on important things and wait to see if its something I really need
5. Be more efficient ~~ get organized

Remember to keep it simple and you should be able to attain your goals. Resolutions don't just have to happen at New Years but can happen anytime. Here are some everyday resolutions:

1. Enjoy life
2. Learn something new
3. Spend more time with family and friends
4. Take better care of my health
5. Appreciate all that I have in life



***Catherine and Terry Niemi 51 Delints Road, Nolalu 768-5357 or 633-2949***

***[terry@therustybucket.org](mailto:terry@therustybucket.org)***

***Proudly Servicing our Rural Area with Quality Workmanship and Service***  
***at a Fair Price!***

***Parts, Service and Repairs of small engines – including Champion  
Power Equipment and Yard Works***

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***Quality work on utility, horse, and stock trailers.***

***Mobile Welding Services***

***Rough Lumber Sales - Onsite inventory and Custom Orders***

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

***Dry 8’ Firewood Slabs sold by the truckload Dry Stove Length***

***Slabs sold by the truckload Rustic Fence Slabs sold by the  
truckload***

***Cedar Fence Posts – peeled and ready 8’ length with 3-6” tops***

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

## Emergency Phone Numbers

**Nolalu Fire & Ambulance:** 807-473-5200

**Ontario Provincial Police:** 1-888-310-1122

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

**For Road information call:** 511

## NCC Volunteer Board

|                       |                     |   |                         |
|-----------------------|---------------------|---|-------------------------|
| Chair                 | VACANT              | <a href="mailto:prez.ncc@gmail.com">prez.ncc@gmail.com</a><br>currently not monitored |                         |
| Vice Chair            | Odette Houle        | <a href="mailto:nolalu.grassroots@gmail.com">nolalu.grassroots@gmail.com</a>          | 807-630-9442            |
| Secretary             | VACANT              |   |                         |
| Treasurer             | Elizabeth Pszczolko | <a href="mailto:nolalucctreasurer@gmail.com">nolalucctreasurer@gmail.com</a>          | 807-623-6800            |
| Events Coordinator    | Emma Allgood        | <a href="mailto:tritree@outlook.com">tritree@outlook.com</a>                          | Text to<br>519-410-8733 |
| Kitchen Coordinator   | VACANT              |   |                         |
| Volunteer Coordinator | VACANT              |   |                         |
| Media Coordinator     | Kathy McGowan       | Via Facebook  |                         |
| Grassroots Editor     | Odette Houle        | <a href="mailto:nolalu.grassroots@gmail.com">nolalu.grassroots@gmail.com</a>          | 807-630-9442            |

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

***Monday, January 13, 2025***

***@ 7:00pm***

ALL NCC meetings are open to  
the community.

***NEST*** meeting 7:00 pm at NCC

Thursday January 9, 2025

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

### **ADRIAN LAKE**

Sundays 12pm - 3pm

### **HARDWICK**

Sundays 4pm - 6pm

# HOPPER'S VARIETY

## The Everything Store



7:00 am to 9:00 pm

Sunday to Saturday

807-475-8804 OR 807-475-8814



AUTOMOTIVE REPAIRS

TIRE REPAIRS

ALUMINUM & STEEL WELDING

Call For Appointment & Quote

Senior Discount on Shop Labour  
for Age 55+



**LCBO CONVENIENCE OUTLET**

**7:00 AM TO 9:00 PM**

**LAUNDROMAT**

**ST. URHO'S GOLF COURSE**

**9 HOLE 36 PAR**

**GOLF CART RENTALS**



**BOTTLE RETURN DEPOT**



**CALL TO BOOK YOUR APPOINTMENT**

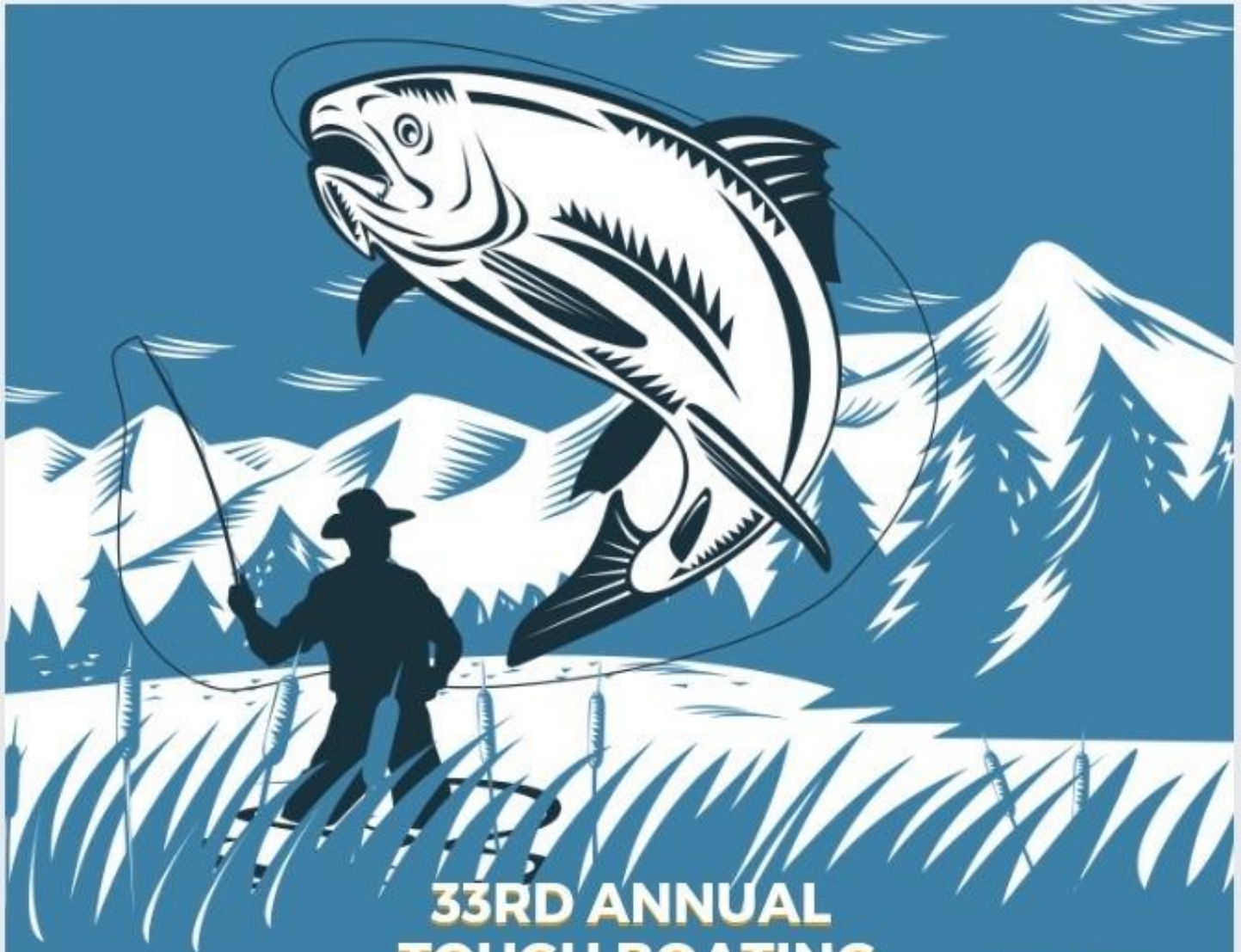
**SNOW REMOVAL, SAND & GRAVEL**

**CONSTRUCTION/FLOATING**

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







**33RD ANNUAL  
TOUGH BOATING  
FAMILY  
FISH DERBY**

Nolalu Community Centre  
2266 HWY 588  
Nolalu, Ontario P0T 2K0

entry - kids \$2.00  
adults \$3.00

Food and Refreshments  
available all weekend

Categories  
Lake Trout  
Pike  
Speckled Trout  
Pickerel  
Kids Perch

March  
8 & 9  
2025

Weigh-In:  
Saturday 3pm-6pm  
Sunday 12pm - 6 pm  
  
For More Information: Sue Backstrom  
807-475-8467  
sbackstrom24@gmail.com

**PRIZES**  
**1ST, 2ND, 3RD**  
**MYSTERY FOR ALL CATEGORIES**

must abide by mnrc regulations



# See Clearly

QHHT PAST LIFE REGRESSION

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

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

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

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**

Do you have any great recipes you'd like to share? Or maybe a great place to visit in the area? Maybe you have a funny anecdote or you like to write stories. Do you write poetry or take great pictures? Maybe you're an artist that would like to show off your beauties. The Grassroots needs your submissions. Drop me a line with your musings or ideas. I'd love to hear from you.

**AVISTA**  
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Avista Realty Group Ltd.  
640 Beverly St., Thunder Bay, ON P7B 0B5  
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**Barb McEwen**  
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(807) 626-3860 CELL

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

## **From the Nolalu Community Cookbook 1975**

### *Grandma's Bread 1867 ~ ~ Sonja Saarinen*

|   |                        |
|---|------------------------|
| 2 yeast cakes or 2 pkgs fast rising yeast | 1/2 cup lukewarm water |
| 2 cups warm potato water                  | 1/2 tsp sugar          |
| 2 tbsp honey                              | 2 tbsp bacon drippings |
| 1 tbsp salt                               | All purpose flour      |

Soften yeast cakes in warm water in which sugar has been dissolved, for five minutes. Add warm potato water, honey, bacon drippings, and salt. Mix gently. Add flour until a soft dough is formed. Put on floured board and knead in more flour until stiff. Place in warm oiled bowl, turning it to make sure dough is completely covered in oil. Cover with a greased paper and a clean tea towel. Cover this with a wool sweater. Put in a warm place to rise and double in bulk. Grease two 9 x 5 bread pans well. Place dough on floured board, punch down lightly, cut and shape into loaves. Put in pans and let rise until double in bulk. Handle gently. Bake at 400°F for 20 minutes, reduce heat to 350°F for 20 minutes longer or until golden brown. Cool on a cake rack. Brush with butter while hot and cover with wax paper and a tea towel while cooling.

### *Shipwreck ~ ~ Norma Kivela*

Layer:

|                          |                                  |
|--------------------------|----------------------------------|
| 3 medium potatoes sliced | 3 onions sliced                  |
| 1 1/2 lbs. hamburger     | 1 cup uncooked rice              |
| 1 cup diced celery       | 1/2 tsp salt and pepper to taste |

Pour over this one can of tomato soup plus one can of water. Bake at least 2 hours in 325°F oven. This recipe can be doubled and keeps well, so it can be made earlier and reheated.

### *Riispiuuro ~ ~ Sonja Saarinen*

*(Whipped Cranberry Pudding)*

|                                       |                        |
|---------------------------------------|------------------------|
| 3 cups cranberry or lingonberry juice | 1/2 cup cream of wheat |
|---------------------------------------|------------------------|

Slowly sprinkle cream of wheat into boiling juice, stirring constantly, until mixture begins to thicken. Lower the heat and simmer 5 minutes. Sweeten with sugar and beat until fluffy and light. Serve with cold milk or cream.

### *Canadian – Reducing Mayonnaise ~ ~ Janet Goertz*

|                    |                |
|--------------------|----------------|
| 1 egg              | 1 tsp mustard  |
| 1 tsp paprika      | 1 tsp salt     |
| 2 cups mineral oil | 2 tbsp vinegar |

Beat egg slightly. Mix in dry ingredients. Add oil, drop by drop, beating hard. After 1/3 cup has been added very slowly, you may add a little faster. Add vinegar. A bit of lemon to taste is nice.



# Thank You!

**NCC Board ♥ Vendors ♥ Participants**

**Public ♥ Friends ♥ Family ♥ Neighbours**

**Together, we have created memorable experiences  
and supported local communities.**

**This year, we raised \$560 for the Rural Cupboard Food Bank.**

**Here's to many more successful events in the future!**

---

**Kathy & Brad  
Misty Meadows Permaculture Farm**

 **MistyMeadowsPermaculture**

 **mistymeadowspermaculturefarm**







# Seniors Potluck Lunch



(55+ or "close enough")



Next two (2) lunches taking place:

Monday, January 20

Monday, February 24



\$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



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



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

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## Left Over Turkey and Cranberry, BBQ Sauce Pizza

- 1 pound pizza dough
- 3/4 cup cranberry sauce
- 2 tablespoons barbecue sauce
- 1 cup shredded or diced cooked turkey
- 1 1/2 cups shredded Monterey Jack cheese; mozzarella, smoked gouda or fontina are great alternatives
- 1/4 cup thinly sliced red onion
- 2 tablespoons chopped cilantro

Preheat oven to 450° F. and spray a baking sheet or pizza stone with cooking spray. Roll out the pizza dough on the pizza stone or baking sheet and set aside.  
In a small bowl stir together the cranberry sauce and barbecue sauce. Spread half of the sauce onto the pizza and add the turkey to the other half, stirring until the turkey is coated.

Top the pizza with the cheese, turkey, and sliced red onion. Bake the pizza for 10-12 minutes or until the crust is golden and the cheese is bubbly. Remove the pizza from the oven and top with the chopped cilantro.

## KB RURAL AREA STITCH & CRAFT GROUP

Do you like crafts? Are you a knitter or crochet person? Are you good with a glue gun or maybe beading is your talent? Can you draw, paint, or sketch? Would you like a couple of hours to get together with like minded individuals and indulge in your craft? Looking for a place to socialize and enjoy domestic crafts and arts, or maybe learn a new craft or skill? If you answered yes to any of these questions then this is the group for you.



We meet every other week on Monday nights from 7:00pm to 9:00pm Meetings are held at the O'Connor hall, 330 Highway 595, O'Connor.



Updates can be found on the Facebook page;  
KB RURAL AREA STITCH & CRAFT GROUP

Our next get together is January 6th  
Bring your yarn, your sketch pad, your rock art,  
your beading, or whatever project you are currently  
working on.

Hope to see you there.



January 8, 2025 at 7:00pm  
1835 Hwy 595, South Gillies  
Do you want to volunteer and get involved?  
Come on out to our meeting and learn more.  
The GCC is a donation and volunteer run centre. We do not receive outside funding and rely on the support from our events and volunteers to keep the doors open, the lights and heat on.

In January we are looking for a new Treasurer  
Also, anyone interested can apply to be  
Vice President  
Or  
Media Promoter  
If one of these positions interests you, please EMAIL us at  
gilliescommunitycentre@gmail.com  
by January 7th



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).

January 6th: "The Incredible Journey" by Sheila  
Burnford

February 3rd: "Carry On, Warrior" by Glennon  
Doyle Melton

March 3rd: "Catch 22" by Joseph Heller

Join online:

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

## **We Need YOU!!!**

The Nolalu Community Centre Board has openings for volunteers.

Do you like attending events at the centre? Want to know how the events are planned and carried out? Do you have some free time, maybe an hour or two, maybe a regular occurrence? In order to keep the centre running we need the help of community members like you. Currently the NCC board consists of three members and that is not enough to keep things running smoothly. Maybe you could help at an event or take a position on the board; whatever your interests are we have room for you. Interested? Want to know more? Please contact any board member for more details. We'd love to hear from you.

### **Northern Ontario Animals**

Common sightings include deer, moose, lynx, squirrels, snowshoe hares, weasels, beavers, foxes, otters, rabbits, cougars, and bobcats. You might also see wolverines, coyotes, wolves, porcupines, fishers, martens, red foxes and white tailed deer. Black bears are common in this region as well and you might catch a glimpse of these powerful animals foraging for food. The area is rich in birdlife, including loons, ospreys, hawks, eagles, owls including snowy owls, pheasants, and various waterfowl and smaller birds such as blue jays, woodpeckers, ravens, and more.

So the next time you are out for a walk or going for a drive be on the lookout for sightings of the vast abundance of wildlife that lives in the area. Remember to respect the land as this is their home too.

## **GRASSROOTS DEADLINE**

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

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



# Fire Safety for Older Adults



Ontario adults 65 years and older are at higher risk of dying by fire than any other age group.

## Common fire scenarios involving adults 65 years and older:

1. People smoking in their living area or bedroom while sleepy. Burning cigarettes or ashes ignite furniture/bedding or clothing.
2. People reaching over a hot burner on the stove and igniting clothing.

## Make sure a fire never starts by following these simple tips:

- If you smoke use large, deep ashtrays. If anyone in the home smokes, smoke outside. Never smoke in bed.
- Don't reach for danger! Wear tight-fitting or rolled-up sleeves when cooking and don't reach over a hot burner. Always stay in the kitchen when you are cooking.
- Always blow out candles before leaving the room.
- Ensure items that can burn are one metre away from space heaters.
- Avoid overloading the electrical outlets. Extension cords should be used only as a temporary connection.
- Avoid running cords under rugs, which can damage the cord and cause a fire.
- Install a smoke alarm on every storey of your home and outside all sleeping areas. Test smoke alarms once a month and replace the battery once a year, or whenever the low-battery warning sounds.
- Know exactly what to do and where to go if there is a fire. Plan and practice your escape! Develop a home fire escape plan or refer to your building's fire safety plan.
- Know your local emergency number 473-5200 or 911.

### **Nolalu Emergency Services Team**

Hall 807-475-4441

[info@NolauEST.com](mailto:info@NolauEST.com)

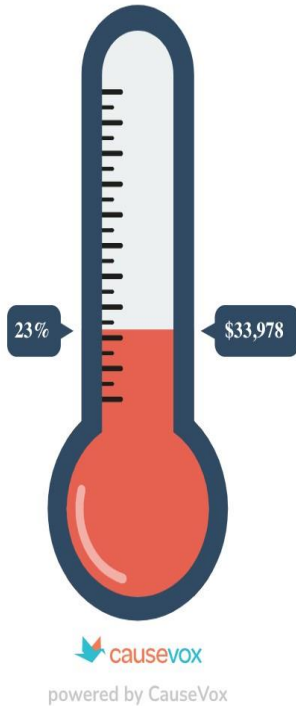
Emergency 807-473-5200

2167 Hwy 588

Nolalu ON P0T 2K0



GOAL: \$150,000



Individual and business donors will be acknowledged in Grassroots, or can choose to be anonymous. Etransfer accepted at [treasurer@nolaluest.com](mailto:treasurer@nolaluest.com)

Donation cheques can be mailed to: NEST

2167 Hwy 588

Nolalu ON P0T 2K0

Or dropped off at Hoppers store, at the corner of Hwy 590 and Hwy 588

Please put "**tanker donation**" on the *memo line* of the cheque

\$34033.87 total so far. Donations received from Meghan Cutler, Ms. Liz Pzczolko, Ute Schuler, Breanne Dumoachelle, Mr. + Mrs. Kozinski, Cathy Mastrangelo, Scott Jacobson, Debbie Scabar, June Hansen, Blaze Fireplace + Stove, Brent Byers, Harold Maki, Andrew Pilo, Cam + Loraine Turcotte, and Cristian Obreja. Thank you so much for your support in our efforts to build funds for the purchase of a new tanker

# HYMERS AGRICULTURAL SOCIETY

## ANNUAL GENERAL MEETING

**Saturday, January 18th  
3:00 pm  
Dove Building,  
CLE Grounds  
425 Northern Avenue**



# Thank You

As always, a great big thank you to all the volunteers who made the Pancakes with Santa event a success.

A special thank you goes out to the big man himself, Santa, who made a special appearance to the children's delight. He came bringing gifts for all the kids.

Everyone got their fill of authentic Finnish pancakes and the kids had crafts and toys to entertain them. It was a great day for everyone.

A special thank you to Liz and Larry for taking care of our latest emergency at the centre. We have had some issues with the men's and ladies' washrooms and thankfully the issue has been resolved for now. They will require more work in the spring but hopefully we should be ok until then.

*"A child who does not play is not a child, but the man who does not play has lost forever the child who lived in him." ~Pablo Neruda~*

**Second Tuesday of Each Month**  
**Next Play Date: January 14, 2025**  
**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 Tuesday of every month at the Nolalu Community Centre

Hope to see you there



## **Kakabeka Legion News – Branch 225**

|        |                  |                   |
|--------|------------------|-------------------|
| Jan 11 | Executive Mtg    | 2:00pm            |
| Jan 11 | Members Mtg      | 3:00pm            |
| Jan 12 | Buffet Breakfast | 8:30am to 11:00am |
| Jan 25 | Dance With Quest | 7:00pm            |

Wishing all of our dedicated members, volunteers, and event attendees a safe and healthy 2025.

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



Kakabeka Falls  
and  
Rural District  
Branch 225

*"In the New Year, never forget to thank your past years because they enabled you to reach today! Without the stairs of the past, you cannot arrive at the future." ~~Mehmet Murat Ildan~~*

## **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.

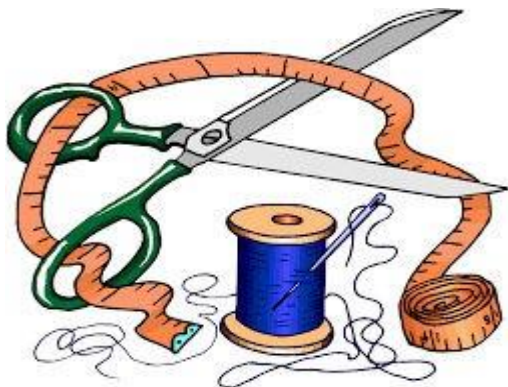
Next Food Bank

**Wednesday, January 15, 2025**

Registration 9 am to 11 am

Drive-Thru Pick-up

# ***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

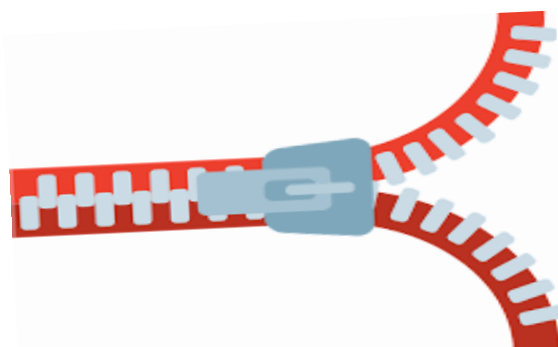
7 years at THE WHOLE NINE YARDS

Doing repairs, alterations, wedding parties

## **QUICK SERVICE REASONABLE RATES**

[sewZipZippersKCAT81@gmail.com](mailto:sewZipZippersKCAT81@gmail.com)

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.

## **RURAL 60 PLUS**

Monday Carving – 10am to 3pm

Tuesday Weaving – 10am to 3pm

Tuesday Knitting – 10am to 3pm

Wednesday Quilting – 10am to 3pm

Wednesday Beginners Carving – 10am to 3pm

Wednesday Cribbage – 1pm to 3pm

Thursday Weaving – 10am to 3pm

Thursday Knitting – 10am to 3pm

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

We will be closed from the end of day on Friday December 20<sup>th</sup>

Reopening on Monday January 6th



---

### **Be Prepared**

Northern Ontario is a massive area of land and water that is not only beautiful but also remote, meaning no cell service for a lot of the area. Even experienced hunters can get turned around in the bush, so always be prepared when you venture out. Make sure to leave an itinerary to ensure that if you do get lost, you can be found by searching the areas listed on it. Make sure that you are packing proper clothing for multiple types of weather. If you are out in the fall, you could encounter cold and snow, so pack and dress accordingly. Have a paper map of the area or a picture on your phone, remember you might not be able to access GPS so plan for alternatives. Better yet purchase a reliable GPS unit, these are stronger than your phone and could save your life if you are lost. Bring a whistle and a flashlight, water and snacks, and something to start a fire with.

Remember to always follow the S-T-O-P signs.

S (stay calm): You can't use your brain well if you're in a panic. Breathe slowly and deeply.

T (think): Get out the map you brought and see what you can figure out. Look at your GPS unit that you packed.

O (observe): Look for your footprints. Do you recognize any landmarks? Find the clues and maybe you can solve the mystery of where you are.

P (plan): If you're pretty sure of the way back, start heading back ...carefully, marking your trail with broken branches/rocks and things in case you are wrong. This way you can always come back to where you were. Dig out that whistle and remember that universal distress calls always come in threes: three shouts, three blasts on a whistle. Start calling.

Many of us are hunters so this calls for us to be even more prepared as we will be venturing further into the forests in search of game. Bring a backpack with the above essentials as well as rain gear, orange clothing, snacks, strong knife, survival blanket, water (enough for more than one day), baby wipes to sanitize after cleaning the kill, and hand and foot warmers.

So to summarize, if your planning on going for a walk in the woods dress according to the weather conditions, be prepared for emergencies, don't panic, and plan ahead especially letting someone know where you are going.

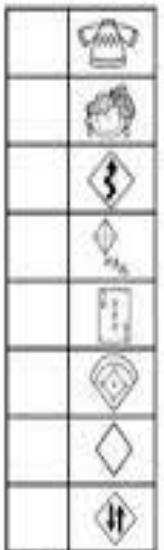
## A black and white line drawing of a winter scene. In the foreground, a girl is rolling a large snowball. In the background, a boy is throwing a snowball. A snowman stands to the right, and a snow-covered house is on the left. The sky is filled with snowflakes.



## LOOK & Find

Name: \_\_\_\_\_

Find the pictures and color them in. Check off each picture as you find it.





# JAN 2025



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

### Fly the C.O.O.P Indoor Walking Group

Starting at 10am at the KB  
Legion

Chair Yoga In Person & Virtual  
Hosted at O'Connor C. Centre  
at 10am.

**HistorTea - Jan 29th**  
Join us at 1-3pm. Bring your  
photo albums. All ages  
welcome. Refreshments will be  
served.

**New Program - Dementia  
Cafe coming on Feb 28th at  
Rural 60+. Watch for more  
details**

## Follow us!



NorWest Community  
Health Centres -  
Kakabeka Falls Clinic

[www.norwestchc.org](http://www.norwestchc.org)

| MON  | TUE  | WED   | THU  | FRI |
|--|--|---|--|-----|
|  |  | 1<br><b>Closed for<br/>New Year's Day</b>   | 2<br>Fly the C.O.O.P<br>Walking Group<br><br>LifeLabs  | 3   |
| 6<br>Chair Yoga @<br>O'Connor C.C<br>10:00 am  | 7<br>Fly the C.O.O.P<br>Walking Group<br><br>Good Food Box<br>Order Deadline | 8<br><br>Walk-In Clinic<br>4:30pm - 8:30pm  | 9<br>Fly the C.O.O.P<br>Walking Group<br><br>LifeLabs  | 10  |
| 13<br>Chair Yoga @<br>O'Connor C.C<br>10:00 am | 14<br>Fly the C.O.O.P<br>Walking Group                                       | 15<br>Good Food Box<br>Pickup at KB<br>Clinic<br><br>Walk-In Clinic<br>4:30pm - 8:30pm                | 16<br>Fly the C.O.O.P<br>Walking Group<br>Mobile Clinic -<br>Upsala<br>10am-3:30pm<br>LifeLabs | 17  |
| 20<br>Chair Yoga @<br>O'Connor C.C<br>10:00 am | 21   | 22<br>Hearing Clinic<br>Call 807-473-5528<br>to book an appt<br><br>Walk-In Clinic<br>4:30pm - 8:30pm | 23<br>Fly the C.O.O.P<br>Walking Group<br><br>LifeLabs   | 24  |
| 27<br>Chair Yoga @<br>O'Connor C.C<br>10:00 am | 28<br>Fly the C.O.O.P<br>Walking Group                                       | 29<br>HistorTea<br>1pm@ Kam<br>C. Centre<br><br>Walk-In Clinic<br>4:30pm - 8:30pm                     | 30<br><br>LifeLabs   | 31  |



## NOLALU COMMUNITY CENTRE

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

January 13, 2025 7:00pm

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

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## LOCAL SERVICES BOARD OF NOLALU



January 23, 2025 7:30pm

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

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## **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.

We have extra equipment if needed.

*"Happiness is not a goal... it's a byproduct of a life well lived." ~Eleanor Roosevelt~*

# GrassRoots Business & Ad Fees, As of January 2023

- **Business card ad:** \$6.00
- **¼ page ad:** \$15.00
- **½ page ad:** \$20.00
- **Full page ad:** \$30.00
- **Community notices:** Free



- **Non-business classified ads:** Free

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

Please email submissions to: [nolalu.grassroots@gmail.com](mailto:nolalu.grassroots@gmail.com) in PDF or WORD format. Please make all cheques payable to Nolalu Community Centre. Etransfer available at [nolalucctreasurer@gmail.com](mailto:nolalucctreasurer@gmail.com) with a brief description of what the payment is for.

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

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## From the Editor's Desk

Happy New Year! As we welcome in the new year I am full of new ideas and items I'd like to include in the newsletter, but first I need to practice with the new program. I am still finding it difficult to transfer pdf items into the newsletter. Our old computer had adobe acrobat which would allow me to copy the flyers and ads to the newsletter. Unfortunately the new computer does not have this and adobe has since decided to charge for this program, which used to be free. I am saddened that this is the way of things these days, nothing is given freely anymore, and if it is, it is only temporary until you purchase the whole product. So what used to be free is now a \$311.00 yearly fee, and I only need it to copy. I have tried some of the other free programs out there and unfortunately they either don't do what they say they'll do or the image comes out fuzzy or distorted. I'll keep working at it and hopefully I'll find a program that does what we need and doesn't cost so much.

On a positive note the postal strike has been temporarily, and hopefully permanently, ended. My mother was so happy to be able to mail her Christmas cards which had been sitting on her desk since November 15<sup>th</sup>. I'm just glad the Grassroots will be delivered to your doors again. I did notice that most of the extra copies we placed in the stores around town were all taken, so at least some of you got a hard copy.

Our deer are back, busily cleaning out the bird feeders out front. We haven't seen them yet but there are lots of tracks. It is a joy to show our grandson all the different tracks we have around the property. So far this year we have spotted deer tracks, lynx, birds and squirrels, what looked like fox, coyote or a small wolf, and some form of weasel (probably a fisher) tracks. We have actually spotted the coyote lurking around and of course the wild chickens (grouse) are always around here.

As we move into the new year I am planning on bringing the spirit of the past month with me. It is such a wholesome time of year as we celebrate the lengthening of the days and say goodbye to the darkness of winter. It is about sharing, caring for our fellow man, checking on your neighbours, and being kind to strangers. It is saying goodbye to hardships from the last year and moving forward with open eyes of wonder at all the joy, love, and splendour around us.

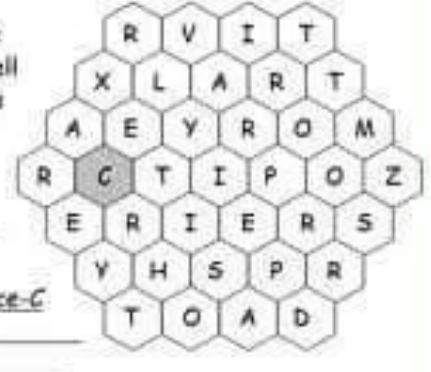
Odette

## PUZZLES

<sup>18</sup> by Ann Richmond Fisher

## Buzzword!

by Ann Richmond Fisher



[www.word-game-world.com](http://www.word-game-world.com)

# WINTER CRYPTOGRAMS

COMPLETE THE CODE BELOW AND USE IT TO DECODE THESE WINTER RIDDLES!

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 40 | 72 | 70 | 34 | 40 | 54 | 34 |
|----|----|----|----|----|----|----|

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



# NCC Events—January 2025

| Sun | Mon  | Tue                                | Wed | Thu                                 | Fri                                      | Sat |
|-----|--|------------------------------------|-----|-------------------------------------|--|-----|
|     |  |                                    | 1   | 2                                   | 3 Drop-in Exercise<br>9:30am to 10:30am  | 4   |
| 5   | 6 Drop-in Exercise<br>9:30am to 10:30am<br>RURAL READERS<br>7:00pm to 9:00pm   | 7                                  | 8   | 9                                   | 10 Drop-in Exercise<br>9:30am to 10:30am | 11  |
| 12  | 13 Drop-in Exercise<br>9:30am to 10:30am<br>NCC MEETING<br>7:00pm              | 14 PLAY GROUP<br>12:00pm to 2:00pm | 15  | 16 NEST MEETING<br>AT NCC<br>7:00pm | 17 Drop-in Exercise<br>9:30am to 10:30am | 18  |
| 19  | 20 Drop-in Exercise<br>9:30am to 10:30am<br>SENIORS LUNCH<br>11:00am to 1:00pm | 21                                 | 22  | 23                                  | 24 Drop-in Exercise<br>9:30am to 10:30am | 25  |
| 26  | 27 Drop-in Exercise<br>9:30am to 10:30am                                       | 28 LSB MEETING<br>7:30pm           | 29  | 30                                  | 31 Drop-in Exercise<br>9:30am to 10:30am |     |