

NCC NEXT MEETING:

Monday August 11
@7:00pm

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

LSB NEXT MEETING

Tuesday August 26
@7:30pm

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

NEST NEXT MEETING

No Meeting in August

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

Contents:

Information	3
Interest	5,11-13,17,19
Recipes	7
Rural Readers	9
Fire Safety	14, 15
Thank-you	17
Food Bank	18
Fun Pages	20, 26
Legion	21
Rural 60+	22
Editor's Note	23
Meeting Dates	24
Norwest	25
Hall Rental Info	27
NCC Events	28

August 2025

Nolalu's

GRASSROOTS

It's FAIR Season!

We are in full swing of the growing season right now and the harvest will quickly be upon us. With the harvest comes 'fall fair season'. A time to visit with neighbours, display the fruits of our labours, and enjoy yummy treats while browsing through all the displays. Most fairs will have home crafts available for sale, vintage displays, livestock showings, pet shows, baby contests, and tractor rides. Some fairs have amusement rides and games, crafts for kids and adults to do, vendors from all around the surrounding towns, and so much more.

One big part of local fairs is the agricultural competitions. Anyone can enter, from ages newborn to seniors; you just have to pay the entry fee. Categories range from baking, sewing, crafts, agriculture and flowers to wood working, photography, crochet and knitting, canning, and artwork.

Some fairs host plowing matches or tractor pulls. Some have pony rides or face painting, and some have the best food vendors in the area. Come see the antique tractors running, the horse shows, the local race cars, or maybe just check out all the entries in the exhibit hall. There is so much to see at the local fairs.

So what will you be entering in the fairs this year? Will your children or grandchildren be entering? Do you have some award winning livestock that you will be showing? Maybe you are just coming out to see the exhibits or maybe you'll win for oldest or youngest person on the fairgrounds. Whatever your reasons, be sure to get out and see all the great things our local fairs have to offer.

Here are the dates for Fairs in the area:

Canadian Lakehead Exhibition (CLE): August 6th to 10th

Emo Fair (Rainy River Valley Agricultural Society): August 14th to 16th

Murillo Fair (Oliver Agricultural Society): August 15th to 17th

Kenora Agricultural Fair: August 21st to 23rd

Dryden & District Fall Fair: August 21st to 23rd

Hymers Fall Fair: August 31st to September 1st



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Emergency Phone Numbers

Nolalu Fire & Ambulance: 807-473-5200

Ontario Provincial Police: 1-888-310-1122

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

For Road information call: 511

NCC Volunteer Board

Chair	Angela Woodhouse-Wild	807-630-6061 Text Only	807-475-8968
Vice Chair	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442
Secretary	VACANT		
Treasurer	Elizabeth Pszczolko	nolalucctreasurer@gmail.com	807-623-6800
Events Coordinator	Emma Allgood	tritree@outlook.com	Text to 519-410-8733
Kitchen Coordinator	VACANT		
Volunteer Coordinator	VACANT		
Media Coordinator	Kathy McGowan	Via Facebook	
Grassroots Editor	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442

NEXT NCC MEETING:

Monday August 11, 2025

@ 7:00pm

ALL NCC meetings are open
to the community.

NEST meeting 7:00 pm at NCC

No meetings July & August

Nolalu Dump SUMMER Hours May 1—September 30

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Sundays 2pm - 5pm

HARDWICK

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Sundays 6pm - 8pm



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Getting to Know the History of the Area

Oliver Paipoonge

Various Internet Sites

Oliver Paipoonge is a municipality in northwestern Ontario, formed by the amalgamation of Oliver and Paipoonge townships on January 1, 1998. Oliver Township, named after Adam Oliver, was initially settled by farmers and is known for Kakabeka Falls and its agricultural base. Paipoonge Township, meaning "winter" in Ojibwe, was incorporated in 1904 and experienced growth with the discovery of silver in the Rabbit Mountain area.

Oliver Township:

In the late 1860s, the need to develop a local agricultural base to serve the growing population of the Thunder Bay region became apparent, and when the 1873 survey of Oliver Township indicated that it contained good agricultural land, attention focused here. Active efforts were begun to encourage farmers from the region and elsewhere in Ontario to settle on the free grant lands in the township, and within five years some seventy families had moved here. In 1878 to facilitate the construction of badly needed roads two settlers, Robert Hopkins and David Squires, led a movement to establish a local township government. Elections were held on December 30, 1878, and three days later the newly elected township officials were sworn into office. Oliver Township was officially incorporated on January 1, 1879. A major physical feature and tourist attraction is Kakabeka Falls, known as the "Niagara of the North". Farming and tourism, particularly related to Kakabeka Falls, remain important to the local economy.

Paipoonge Township:

Paipoonge means "winter" in Ojibwe, reflecting the area's natural environment. Settlement in Paipoonge began in the 1880s, spurred by silver mining discoveries. The area saw the development of a ferry service, railway, brick manufacturing, and the first post office. Paipoonge Township was incorporated in 1904.

Oliver Paipoonge (Municipality):

The two townships merged on January 1, 1998, creating the Municipality of Oliver Paipoonge. The municipality is a blend of its agricultural past and modern development, with a focus on tourism and a high quality of life. Oliver Paipoonge is known for its welcoming community, natural attractions, and a range of activities. It contains several communities within its boundaries, including Baird, Carters Corners, Harstone, Kakabeka Falls, Lee, McCluskeys Corners, Millar, Murillo, Rosslyn, Slate River Valley, Stanley and Twin City.

For a bit of history on the area check out the Oliver Paipoonge Historical Park. The site is the result of the efforts of Fred Goodfellow, who purchased the property in the 1960s with the idea of creating "hands-on history." He would go around to local farms and homes and see if there were any old things people wanted to donate, and sometimes he bought items at sales.

Goodfellow took special care when fashioning the buildings, which include a church, train station, mechanic, pioneer home, print shop, cobbler, blacksmith, tannery, carriage shop, schoolhouse, a village square with a milliner, photography studio and music store, and a general store with a pharmacy, butcher shop and bakery. The train station, for example, is a replica of the 1905 Upsala station, made using the original plans filed in Ottawa. In 2023, The Founders Museum and Pioneer Village merged with the Duke Hunt Historical Museum and added Russ's Garage to create the Oliver Paipoonge Heritage Park. Currently the site offers self-guided tours through numerous buildings. You may also happen to find local volunteers like a woodcarver at the carpentry shop, carving items by hand. If you want to get a closer look at how Northwestern Ontario's pioneer families lived, worked and played, the Oliver Paipoonge Heritage Park is definitely worth a visit.



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

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From the Nolalu Community Cookbook 1975

Fried Chicken ~Mae Hunnakko

Roll chicken pieces in flour.

Dip chicken pieces in milk and seasonings. Roll in cinnamon toast crumbs.

Deep fry in oil and cook in 325°F oven for one hour

Porcupines ~Angela Globensky

1 cup brown sugar	1 cup chopped walnuts	2 eggs
1 tbsp butter	1 cup chopped dates	shredded coconut to stiffen

Beat the eggs and add brown sugar, nuts, and dates. Mix thoroughly. Drop a small spoonful into a dish of coconut. Roll into oblong shape and bake in moderate oven on a well greased cookie sheet, until a delicate brown.

Peruna Limppu ~Enni Pakka (Potato Rye Loaf—Special Christmas Bread)

1 pkg dry yeast	1 cup warm potato water	2 cups rye flour
2 cups mashed potatoes	1/2 cup dark corn syrup (or light molasses)	
2 tsp salt (less if the potatoes have salt in them)	2 tsp caraway seeds(optional)	
3 1/2 to 4 1/2 cups white flour		

GLAZE: 1 tbsp sugar 1 tbsp hot water

Dissolve the yeast in the warm potato water and add 1 cup rye flour, stir until well blended. Set aside. In a saucepan combine the warmed mashed potatoes with the syrup or molasses, salt, and caraway seeds. Stir in the remaining cup of rye flour. Beat until smooth. Let stand for 1 1/2 hours in a warm place (the mixture should get thinner during this time). Combine the two mixtures in a large bowl and beat well. Mix enough of the white flour to make a stiff dough, beating well after each addition (the exact amount of flour used will depend on the consistency of the mashed potatoes). Let the dough rest in the mixing bowl for 15 minutes, then turn out onto a lightly floured board and knead for about 5 minutes, or until smooth. Place in a lightly greased mixing bowl in a warm place, turning dough to grease it on all sides and let it rise until doubled in bulk (about 30 minutes). Divide the dough into 2 parts and form each into a ball. Place the balls of dough, smooth side up on a greased baking sheet and let rise for about 25 minutes, or until loaves look puffy but are not doubled in bulk. Bake in a moderate hot oven (375°F) for about 35 to 40 minutes or until the loaves sound hollow when tapped with the fingers. Brush while hot with the mixture of sugar and water. Makes 2 loaves.

Spice Cake ~Laina Maki

3 eggs	1 1/2 cups sugar	1 cup butter	1 tsp baking powder
1/2 cup milk	1/2 cup hot water	3 cups flour	1/2 tsp baking soda
1 tsp nutmeg	1 tsp cinnamon	1 cup raisins	1 tsp ground cloves

Cream butter and sugar; add eggs. Sift together all the dry ingredients and add to the creamed mixture alternately with the milk and water. Bake in a moderate oven (350°F) until done, about an hour or more.

Hint: When water is boiled for drinking and cooking purposes, try pouring it from one pitcher to another several times before using. It will lose its flat flavour

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SENIORS LUNCH

*We will be on summer holidays
until September, 2025.*

*Hope to see you in the
autumn.*

GRASSROOTS DEADLINE

PLEASE try to be early for next month's deadline as I am having surgery and will need any extra time I can get.

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.

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>

We are looking to fill the role of **Volunteer Coordinator**. As we continue to be a busy community centre, some assistance is needed in coordinating volunteers. If you don't mind making telephone calls or reaching out on social media, we need you. If you have a couple of hours to spare for even just one event it would be greatly appreciated. If you are curious about the role or what we've been up to, don't hesitate to reach out to any board member or join us at a monthly meeting.

Contact Angela if you are interested in helping out.

807-630-6061 Text Only

807-475-8968

Remember you don't have to do it all but any volunteering is greatly appreciated. If you are available to Volunteer for an event or help on the board please contact us.

Recommended Books for Summertime Reading from TBPL

There There by Tommy Orange

Tommy Orange's debut novel "There There" tells the story of twelve different characters that all struggle in some form or another with their lineage, heritage, and knowing who they are. Almost all of the main characters are Indigenous, and the question of what being an Indigenous person means to them all is frequently questioned throughout the novel. While there are background stories given for most characters, they are all moving toward the Big Oakland Powwow for their own reasons.

The Guernsey Literary and Potato Peel Pie Society by Mary Ann Shaffer and Annie Barrows

"The Guernsey Literary and Potato Peel Pie Society" tells the story of a woman named Juliet Ashton in 1946. The German Occupation has recently ended in London, and writer Juliet is looking for inspiration for her next work. She receives a letter from a man named Dawsey Adams who lives on the island of Guernsey. Dawsey finds Juliet's name in a book he has read and takes a chance in sending her a letter. Might she be able to help him find more books about Charles Lamb? The small island of Guernsey is still recovering from WWII and plenty of resources are still rather scarce. Thus begins the correspondence of Juliet and Dawsey, who tells her all about The Guernsey Literary and Potato Peel Pie Society, of which he is a founding member. As Juliet asks to learn more about the society (born sporadically as an alibi to please the Germans), she receives more correspondence from other members of the society and residents of Guernsey. Juliet learns of the trials that the people of Guernsey have gone through when the Germans took control of their island.



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).

*****Rural readers book club will be on hiatus until
September 2025*****

Join online:

www.facebook.com/groups/ruralreadersbookclub

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 those questions then this is the group for you.

We meet on Tuesdays, every other week 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

Check out the Facebook page for upcoming dates

Bring your yarn, your sketch pad, your rock art, your beading, or whatever project you are currently working on. Hope to see you there.



We are looking to fill the role of **Secretary**. If you have a couple hours a month, all we really need is for someone to come to the monthly meeting and take the minutes. You would then submit the minutes to the Chair and your job is done for the month.

Contact Angela if you are interested in helping out.

807-630-6061 Text Only 807-475-8968

Remember you don't have to do it all but any volunteering is greatly appreciated.

Just For Fun – Horoscopes by Grandmama Bear

Aries: March 21 – April 19

So you want to be a pilot? Put on the little goggles and everything, and fly away.

Taurus: April 20 – May 20

You have an inventive mind and are inclined to be progressive. You lie a great deal.

Gemini: May 21 – June 21

You are inclined to expect too much for too little. This means you are a cheap, spend some money.

Cancer: June 22 – July 22

You are the pioneer type and think that most people are idiots. Get a stuffed animal.

Leo: July 23 – August 22

Stop kissing the mirror; get out there and appreciate others.

Virgo: August 23 – September 22

You are the artistic type and have a difficult time with reality; get a dog.

Libra: September 23 – October 22

You are optimistic and enthusiastic. Stay away from race cars.

Scorpio: October 23 – November 21

You can't have everything you want, Scorpio. This week will be all about learning balance.

Sagittarius: November 22 – December 21

Don't buy that sweater. It doesn't complement your curvature. Besides, it's totally over-priced.

Capricorn: December 22 – January 19

Don't eat it. You know exactly what I'm talking about. Don't touch it — don't even look at it!

Aquarius: January 20 – February 18

Go back to bed. Absolutely nothing of interest will occur this week.

Pisces: February 19 – March 20

Watch out for banana peels and keep a box of band-aids with you. You're going to be clumsy.

Fort William First Nation

Various Internet Sources

Before European contact, the ancestors of Fort William First Nation lived along the north shore of Lake Superior, near the Kaministiquia River. This area became a significant fur trade hub, with Fort William serving as the North West Company's inland headquarters. The First Nation continues to exist as a community, working towards self-sustainability and economic development. The Fort William Reserve is adjacent to the city of Thunder Bay. The north shore of Lake Superior is the southern edge of the Canadian Shield, a vast country of rock scraped clean by glaciers and waterways. The traditional territories occupied and used by the Chippewas at Fort William and their residence stretch from Pigeon River to the south, north to Treaty 9 boundary and east to Nipigon.

The Robinson-Superior Treaty: The treaty, signed in 1850, set aside the Fort William Reserve and promised cash payments, trade goods, and annuities to the First Nation. It also allowed for continued hunting and fishing rights, though these were later impacted by settlement. In the negotiations of The Robinson Superior Treaty, Fort William agreed not to interfere with foreign settlers. The Chief and Headmen who signed the Treaty intended that the Reserve would provide not just for their children, but for their grandchildren's grandchildren. However, most of the best Reserve land was taken within about three generations. At that time, Fort William First Nation was a thriving community. Most people made their living in traditional ways but took advantage of the nearby Hudson's Bay Post to sell furs and buy supplies. About ten families were employed in the commercial fishery, exporting many barrels of salted fish annually to Detroit and points east. There were about half of the Fort William Indians who gathered on the Lake Shore seasonally but spent most of their winters in the interior on their hunting grounds. Unlike the Mission Indians who lived in and around the Jesuit Mission "the Immaculate Conception", the interior Indians were not Christian. They were referred to by officials later as "the pagan branch".

While the fur trade brought economic activity, it also led to resource depletion and altered traditional ways of life for Indigenous peoples. After the fur trade declined, mining became a major industry in the area, with the Silver Islet mine being a prominent example. Fort William First Nation's history in Thunder Bay is deeply intertwined with the fur trade and the Robinson-Superior Treaty of 1850. The Indians referred to this aquatic territory on Lake Superior, encompassing the islands off Pie Island, Flatland south to Sturgeon Bay as "The Grand Fishery". These Fishing grounds were not a part of the original treaty of 1850 and in several Petitions sent after the treaty (between 1852-1895) by the Fort William Indians to the Crown request that their fishery be protected. Since the treaty of 1850, Fort William has developed an excellent track record in its dealings with government and private industry in its efforts to become self-sustaining and the hub to Northwestern Ontario aboriginal business and communities.

The early history of Fort William First Nation tells a story of a sustainable community that kept a close grip on a traditional way of life and dependence on a worldview derived from the "Great Spirit". Fort William is recognized for Mount McKay also known as Thunder Mountain (Anemkiwaucheu) where the Ojibwe use this site for sacred ceremonies and it's also a place for scenic site for tourists. Fort William First Nation is a growing community, with diverse needs. The community provides services in a holistic way in regards to mental, emotional, cultural and spiritual support. There are various cultural events that are held annually like the Fort William First Nation Health Fair, Pow Wow, and Fort William First Nation Days.

Can we talk of integration until there is integration of hearts and minds? Unless you have this, you only have a physical presence, and the walls between us are as high as the mountain range.
~~Chief Dan George~~

Some see weeds, I see salad

By Kathy McGowan

I can always count on Nature to provide some food while we get seeds, plants and soils sorted out for the growing season.

Less than 20 feet from our house, I foraged for less than half an hour and found an abundance of wild goodness to make a large salad - all free! Nature provides us with low-calorie, low-carb, nutritious and delicious food; we just need to know what to look for and where to look. Lambs Quarters, purslane, dandelion, chickweed, clover, and wild viola are some of my favourites, and they all grow on our yard. I like having this natural salad garden since it re-seeds, re-grows, and takes care of itself year after year.

These flowers and greens are rich in vitamins and minerals such as selenium, magnesium, copper, iron, Vitamin C, thiamine, calcium, amino acids, and Vitamin A. They can be eaten raw, used as garnishes, pesto, casseroles, soups, quiches, stews and many other culinary dishes.

Before diving into foraging head-first, it's best to do your homework and learn about the plant, its benefits and potential side effects; everything in moderation.

Best eaten fresh. Store in refrigerator (up to three days) or freeze (six months).

Here are two of my go-to recipes:

PURSLANE PESTO

Ingredients

A handful of fresh-picked purslane sprigs (washed stems and leaves)

A few basil sprigs

3 whole garlic cloves, peeled

1/4 cup sunflower seeds, walnuts, pine nuts or cashews

Olive oil

1/4 tsp salt

Method

In a food processor or blender, combine the seeds/nuts and the garlic cloves.

Add the purslane, 2 tablespoons of olive oil, and process until well-combined.

Add more oil if needed to make the pesto moist and bind together.

Best eaten fresh. Store in refrigerator (up to three days) or freeze (six months).

LAMBS QUARTERS QUICHE

Ingredients

4 cups fresh-picked Lambs Quarters leaves, washed and chopped

3 eggs

1 1/2 cups of milk

2 cups grated cheese (your choice)

2 Tbsp butter

1 Tbsp flour

1/4 cup onion or leeks, chopped

1/2 tsp salt

One pre-baked pie shell (or make your own)

Method

Sautee Lambs Quarters and onion in butter until tender.

Add flour and salt to the sautéed onions and combine.

In a separate bowl, whip together eggs and milk.

Add egg-milk-onion mixture to Lambs Quarters.

Sprinkle grated cheese on the pie crust.

Pour filling over the cheese.

Bake at 375 degrees for 45 minutes.

Remove from oven and let set for a few minutes before cutting.

Serve hot or cold.

Eat the weeds!

References:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3934766>

<https://phoenixfarms.blogspot.com>

Kathy McGowan owns and operates Misty Meadows Permaculture Farm in the Township of Gillies.



Contest Alert!!

I'm still working out all the details but we are having a new contest. Here are the details so far.

Photography—any pictures that you have taken personally in the surrounding area

Subjects—nature, wildlife, local events, family fun

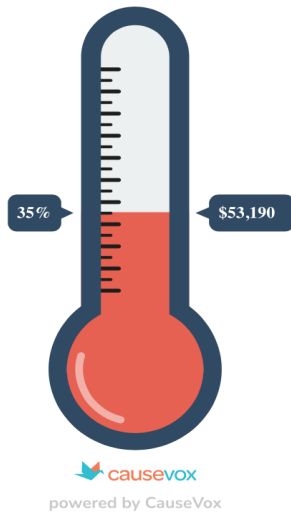
Open to all ages—depending on prizes I might divide this into age categories

Deadline for submissions—October 1, 2025

Requirements—must be original photos and unaltered, can be electronically delivered, must give permission for photos to be duplicated and published in the Grassroots and online on both of our media pages.

Here's what I am still working on. The prizes: there will be prizes. I just haven't confirmed what they will be yet. I have contacted several businesses in the area and should have details soon.

GOAL: \$150,000



Individual and business donors will be acknowledged in Grassroots, or can choose to be anonymous. Etransfer accepted at 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 \$53,190.00 total so far. Thank you so much for your support in our efforts to build funds for the purchase of a new tanker

Nolalu Emergency Services Assist Program

"WHEN EVERY SECOND COUNTS, A WORKING SMOKE OR CARBON MONOXIDE ALARM COULD MEAN THE DIFFERENCE BETWEEN LIFE AND DEATH"

With this in mind, a reminder, NEST has been accepting registrations for the *Assist* program. The goal of this program is to provide assistance to anyone who requires help with the maintenance, installation, or purchasing of their smoke and CO alarms.

There are several things that we can *assist* with:

- Testing alarms
- Changing batteries
- Replacing expired alarms
- Doing a fire safety survey
- Creating a fire escape plan
- Providing alarms if you cannot afford one

We can also:

- Check on you in the event of a significant weather event or power outage.

For questions, please call or email us at the contact information below.

To register, a copy of the registration has been provided in Grassroots, or the registration form can also be found online, on the www.nolalu.ca website in a fillable PDF form.

Simply fill out the form and drop it in the black mailbox at the Fire Hall beside Hoppers Variety, or mail it to us at the address below.

A fire department member will follow up with you, and set up a time to chat about your needs and what services we can provide.

Nolalu Emergency Services Assist Program Registration Form

Name: -----

Phone Number: _____

Address: _____

I require assistance with (check all that apply):

Testing my alarms

Changing my alarm batteries

Installing a new alarm

Purchasing an alarm

Identifying the best place to put my alarm

Home escape planning

Fire safety survey

Other: -----

Please check on me:

In the case of a significant event requiring evacuation

Extended power outage (greater than 8 hours, or depending on the weather conditions at the time)

Other: _____

Nolalu Emergency Services Team

Hall 807-475-4441

2167 Hwy 588

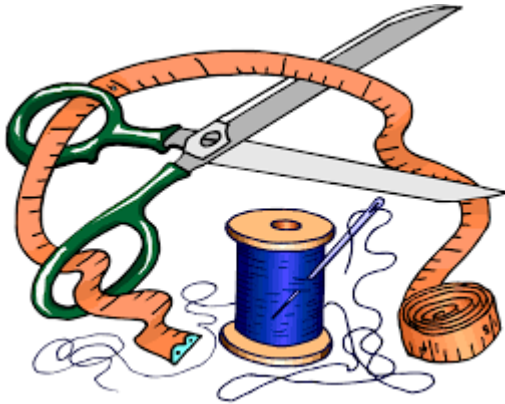
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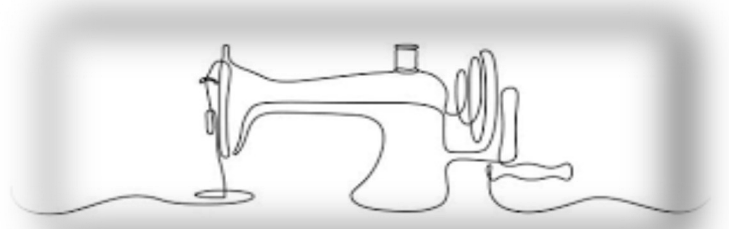
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sewZipZippersKCAT81@gmail.com

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



A great big thank you to our Nolalu fire team for coming out to our place in the middle of the night to welcome Nolalu's newest baby.

Thank you all, you are amazing

Em and Patrick, Nova, Orion and Atlas and Rhea

LEEPER CEMETERY NOTICE

We are presently seeking to find a new Chairperson for Leeper Cemetery. Jack Erickson will be retiring from his role.

Duties of Chairperson:

- be available to oversee burials
- help people choose plot locations and burial sites for their loved ones
- advise the cost of burials and plot purchases
- keep track of burials & purchases and log them on Leeper Cemetery Map
- be available when headstones are being delivered to cemetery to be installed
- oversee cemetery grounds are being maintained and arranging for any work that needs to be done

If you are interested in the above position, please contact directly:

Jack Erickson, Chairperson - Leeper Cemetery @ 807-577-1366

Brian Maki, Chairperson - Nolalu Cemetery @ 807-475-4267

Ticks

Canada.ca

Ticks are often found in and near areas with: trees, shrubs, grass, wood piles, piles of leaves. You can sometimes find ticks in areas outside of where they're known to live.

Ticks can be active whenever the temperature is consistently above freezing, and the ground isn't covered by snow. You're most likely to encounter ticks during the spring, summer and fall. However, when conditions are favourable, ticks can be active at any time of the year. More than 40 different types of ticks live in Canada. Established ticks live and reproduce in the location they are found. Adventitious ticks are brought in by migratory animals such as birds and deer or other hosts from outside of Canada. Some of these adventitious ticks have become established in Canada in areas where habitats are suitable for reproducing. Climate change is contributing to an increase in: number of ticks and tick-borne diseases, length of time that ticks can survive and are more active, duration of the season when people may be exposed to ticks, habitats for hosts, such as mice, birds, reptiles and humans.

In Canada, there are several types of tick that can cause tick-borne diseases. Blacklegged ticks (deer ticks) are established in Ontario (west, south, southeast). They can transmit bacteria, viruses and parasites that can cause: babesiosis, anaplasmosis, Lyme disease, Powassan virus disease, Borrelia miyamotoi disease.

How to remove a tick

Removing attached ticks as soon as possible reduces the chance of infection. Use clean, fine-point tweezers to grasp the head as close to the skin as possible and slowly pull straight out. Try not to twist or squeeze the tick. Ticks firmly attach their mouthparts into the skin requiring slow but firm traction to remove them.

If the mouthparts break off and remain in the skin, remove them with the tweezers. If you're unable to remove them easily, leave them alone and let the skin heal. Wash the bite area with soap and water or an alcohol-based sanitizer. Do not try to remove the tick by: burning it, smothering it with nail polish, essential oils, petroleum jelly, or nail polish remover. This can cause the tick to release its stomach contents, which can be infected, into the bite area. This can increase your chance of infection. Visit your health care provider as soon as possible if: you're not comfortable with removing a tick, you can't remove the tick because it has buried itself deep into your skin, you have concerns after being bitten by a tick, aren't feeling well or have symptoms of: babesiosis, anaplasmosis, Lyme disease, Powassan virus disease. Your health care provider may ask you: where on your body the tick was attached, how long you think the tick was attached to you, where you were (city, province, territory, and country) when you were bitten by the tick. You may not notice a tick bite because ticks are tiny and their bites are usually painless.

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, August 20, 2025

Registration 9 am to 11 am

Drive-Thru Pick-up

A BIG THANK YOU to South Neebing Variety, Old Dutch, Vanderwees, Superstore, Cheri & Ron Biloski, Lucy Kloosterhuis and the O'Connor Fire Dept. Aux. for the donations to the Rural Cupboard Food Banks 25th Anniversary appreciation dinner and dance.

A BIG THANK YOU to Odena for hosting the food drive on June 13th and to all those who donated food and cash.

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

Neebing: Neebing Municipal Building



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

Zucchini Spiral Noodles Recipe ("Zoodles")

Submitted by Kathy McGowan

Here's how to turn a humble zucchini into a bowlful of fresh, veggie-based spiral noodles that are crisp, light, and ridiculously easy to make:

Ingredients:

- 2 medium zucchinis (6 to 8 inches long)
- 1 Tbsp. olive oil or avocado oil (optional)
- Salt and pepper, to taste

Optional toppings: pesto, tomato sauce, sautéed garlic, parmesan, crushed red pepper

Instructions:

Spiralize the Zucchini:

Use a spiralizer to turn the zucchini into noodles.

If you don't have a spiralizer, you can use a julienne peeler or slice thin strips with a knife.

Dry the Zoodles:

Place your zoodles on a clean towel and gently blot to remove excess moisture. This keeps them from getting soggy while cooking.

Sauté (Optional):

Heat oil in a pan over medium heat.

Add the zoodles and cook for 1–2 minutes just until warmed and slightly softened. Avoid overcooking; they should be a bit crisp.

Season and Serve:

Sprinkle with salt and pepper or toss with your favourite sauce or seasoning.

Serve immediately.

Tips:

Zoodles can be eaten fresh without cooking, perfect with a cold pesto or lemon tahini dressing. Make it a full meal: Toss with grilled chicken, fresh tomatoes, and fresh basil for a fast and flavourful dinner.

Store leftovers in a container lined with paper towel for up to 2 days.



Looks

Delicious

PUZZLES

ine Tenths of the Law

Robert Stockton (© 2007)

Across

1. Computer sold in lime and strawberry flavors
5. Speak in Spanish?
10. "Super Trouper" group
14. Prefix with rail or pole
15. Popular reeds
16. Fertile soil
17. Argument in favor?
19. Supermodel Kate
20. Nice friend?
21. Campus drill grp.
22. Endor aliens
24. It's in tune but not sung
26. Goats and antelopes?
29. Call for
31. Cause for a re-trial
32. Tristan's beloved
35. King James verb ending

36. Where to find a winner's belt
41. Competition for the "bobtail nag"
42. Outplayed
43. Irreverence
47. It may make you drool
51. Prison conveyance?
54. Send as payment
55. Like old cheese, perhaps
56. Laugh-fest
58. Ghostly greeting
59. Like the biblical magi
60. Cash-box for a roadside shop?
63. Like some skirts

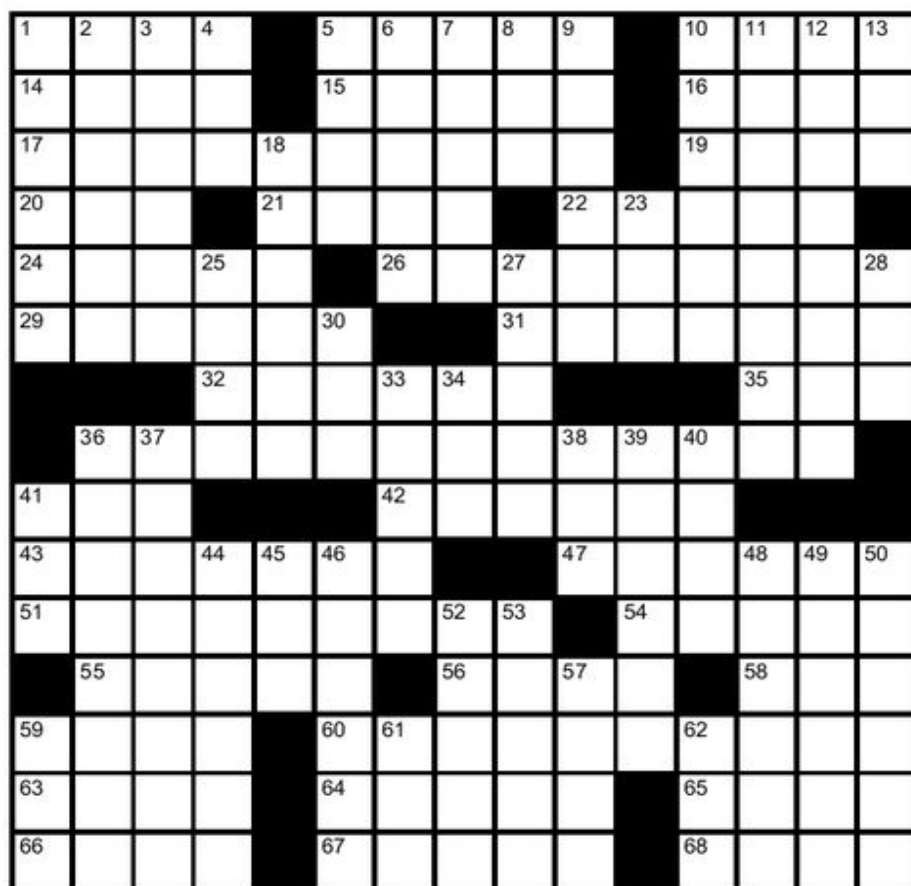
64. Schlepped
65. First murder victim
66. Falconer's aid
67. Visionary ones
68. Strokes

Down

1. Prepare for shish kebab
2. Follower of Joseph Smith, Jr.
3. Apply oil to
4. Trig. ratio
5. Yuletide yuks?
6. Is the wheelman
7. "Ship of Fools" artist
8. Aloha wreath
9. "_____ on TV"

10. Nearly
11. Tally accounts
12. Washtub musicians?
13. Store opening hrs.
18. Obvious fact
23. FDR agency
25. Titanic mother?
27. Utopias
28. Highest degree
30. Prune
33. Tripoli's home
34. Unknown surname
36. Soothing tea
37. Mesmeric ritual
38. Ways to go, abbr.
39. "_____ of Space" (radio show)

40. Run without moving
41. Ball-point brand
44. Oceanic specks
45. LAX letters
46. Liaisons
48. Take on water?
49. Purple perennial
50. Reef rings
52. Seeing red
53. Frisco fullback, e.g.
57. They may be long
59. It covers the NYSE
61. Kind of shoe
62. Kind of shoe



Kakabeka Falls Legion Branch 225

Aug 1	Dance with Quest	7:00pm to 10:00pm
Aug 9	The Gun Show	9:00am to 5:00pm
Au 10	Breakfast	8:30am to 11:30am
Aug 16	Legion Challenge Runners Only Start time 10:00am	
Aug 17**	Half Marathon & 8K	7:00am to 10:30am



****Note:** Hwy 11/17 from Hwy 588 to Poleline Road will be closed under OPP control from 7:00am to 7:20am on Sunday, August 17th and Hwy 588 between Harstone & Hwy 11/17 between 7:15 am to 7:35 on the same day.

Please note the there will not be any SUNDAY MUSICAL in August

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

To book an event please call Alice at 807-629-2409.

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.

Gillies Community Centre



July & August 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

Volunteers Needed

We are looking for more volunteers to add to our list.
Email us at gilliescommunitycentre@gmail.com

Schools Out!

Have a safe
and fun summer!

Save the Date

September 7th:
Community Pot Luck
November 1st:
Family Halloween Dancel
November 23rd:
Holiday Market
November 30th:
Cookies With Santa
December 7th:
Christmas Tea

July 7-11th

Drama Camp

Eleanor Drury Children's Theatre presents Drama Camp
July 7-11 (\$150)
Email gilliescommunitycentre@gmail.com to register.
Questions? Call/text Shannon at 807-632-2784.

August 20th

Art Day

Materials included for only \$25!
10am-3pm
Wednesday, August 20, 2025
Register by calling or texting 807-632-2784.
Ask about our homemade hot lunch fundraiser!

August 25-29th

Drama Camp

Eleanor Drury Children's Theatre presents Drama Camp
August 25-29 (\$155)*
With Hymers Fair performance on Aug 31st.
Email gilliescommunitycentre@gmail.com to register.
Questions? Call/text Shannon at 807-632-2784.

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!



RURAL 60 PLUS

5 Pineview Road, Kakabeka Falls, ON P7K 0G8

Email: rural60@tbaytel.net Website: rural60plus.ca

Tuesday Craft Room – 10am to 3pm

Tuesday Weaving – 10am to 3pm

Tuesday Knitting – 10am to 3pm

Wednesday Craft Room – 10am to 3pm

Wednesday Beginners Carving — 10am to 3pm

Wednesday Quilting – 10am to 3pm

Wednesday Cribbage – 1pm to 3pm

Thursday Craft Room – 10am to 3pm

Thursday Weaving – 10am to 3pm

Thursday Knitting – 10am to 3pm

Summer hours are Tuesday, Wednesday and Thursday from 10 – 3 for July and August.

The Rural dementia Café is a monthly gathering for people impacted with a memory problem or dementia. Designed to help support families, care givers and friends to create a sense of belonging and community in a warm and safe welcoming environment.

Come out and enjoy music, games and snacks in a relaxing atmosphere. There is no fee and no eligibility criteria to attend our rural café.

Time is 1-3pm and the location is Rural 60 Plus Pineview Road Kakabeka Falls. Next Café is Friday August 22nd. Contact Shaun or Elaine for more information at 807-473-5528.

Are you interested in learning to Carve, Rural 60 Plus will be holding an information session in the fall, watch for more information.



Third Wednesday of Each Month

Next Play Date: August 20, 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 Wednesday of every month at the Nolalu Community Centre

Hope to see you there

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 nolaluccctreasurer@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

Summer is almost half over already, the garden is growing well, and I'm looking forward to autumn days. I just love the fall; it's my favourite time of year. Don't get me wrong: I appreciate all the seasons of the year. Each one has its gifts to share and its beauty to behold. Spring is our time for rebirth and splashing in muddy puddles, summer is our time to grow and enjoy the warmth, fall is for harvests, campfires, and perfect temperatures, and winter is for rejuvenating, regaining our strength as we hunker down under a beautiful mantle of white.

This month we have spent time in the garden of course, having water fights with my grandson, taking numourous trips to Tbay, and enjoying the numerous thunder storms. The perennials have really taken off with all this rain and the hot days, my delphinium is my favourite this year, it is so vibrant. Getting that load of topsoil and compost last year has really helped my vegetable garden; what a change over last year's cracked clay ground. My grandson's planting is like a beautiful winding path, and everything is growing so well. I think I might just try his method of throwing the seeds out and where ever they land is where they are planted, it really seems to work. The family has been down to the river and the waterfalls to go swimming on these hot days we have had, so nice to cool off in the refreshing water. I can't believe we went from a fire ban in June to this wet weather we've had in July. Parts of our lawn are waterlogged that haven't been the last four years. We've only made one trip to fill up the wells, so it's been a nice break compared to doing it every 3-4 days the last two years. The thunderstorms have been my favourite part of July; I don't do well in the sweltering heat we've had. As long as we are safe and there isn't any chance of forest fires, I would much rather sit and watch a good thunderstorn than watch TV. It's such a peaceful sound to me, listening to the rain patter on the roof or watch it splash in the puddle, and then waiting for the beautiful lightning to flash followed by the thunder with its magnificence.

As some of you may have noticed, we are having another contest this autumn. Check out the blurb earlier on in the newsletter for details. I hope everyone will get out there and start taking pictures of our beautiful community and area. I look forward to publishing all the entries that come in. The deadline isn't until October 1st but if I get some entries before that I plan on putting them in the newsletter. Maybe I should do a readers' choice category, something for me to ponder. I'll keep you posted as new details of the contest come in, like a list of the prizes. Happy snapping.

Odette



NOLALU COMMUNITY CENTRE

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

Monday August 11, 2025

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 August 26, 2025

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.

We have extra equipment if needed.

"I would rather walk with a friend in the dark, than alone in the light." ~Helen Keller~



NorWest Community
Health Centres
Centres de santé
communautaire NorWest



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



(807) 473-5528

AUG 2025

MON	TUE	WED	THU	FRI
			1 Fly the C.O.O.P Walking Group 10am-3:30pm LifeLabs	2
4 Closed for Civic Day	5 Cancelled Today - Fly the C.O.O.P Walking Group	6 Walk-In Clinic 4:30pm - 7:30pm	7 Cancelled Today - Fly the C.O.O.P Walking Group LifeLabs	8 NP available for those who do not have MD or NP
11 Chair Yoga @ O'Connor & Kam C.C. @10:00 am Good Food Box Order Deadline Mobile Clinic - Armstrong 1pm-6pm	12 Fly the C.O.O.P Walking Group Mobile Clinic - Armstrong 8:30am-1:30pm	13 NP available for those who do not have MD or NP Walk-In Clinic 4:30pm - 7:30pm	14 Fly the C.O.O.P Walking Group LifeLabs	15
18 Chair Yoga @ O'Connor & Kam C.C. @10:00 am	19 Fly the C.O.O.P Walking Group	20 NP available for those who do not have MD or NP Good Food Box Pickup at KB Clinic Walk-In Clinic 4:30pm - 7:30pm	21 Fly the C.O.O.P Walking Group LifeLabs	22 *NEW Program* Rural Dementia Cafe 1-3pm
25 Chair Yoga @ O'Connor & Kam C.C. @10:00 am	26 Fly the C.O.O.P Walking Group	27 NP available for those who do not have MD or NP Walk-In Clinic 4:30pm - 7:30pm	28 Fly the C.O.O.P Walking Group Mobile Clinic - Upsala LifeLabs	29

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 Walking Group

Meet at Mountain Portage Trail at K Falls Park @ 10am or a ride is provided at Evergreen Parking Lot at 9:45am

Chair Yoga In Person & Virtual

Hosted at O'Connor & Kam C. 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

Rural Dementia 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

COLOURING PAGE



NOLALU COMMUNITY CENTRE: HALL RENTAL

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

Email nolalucctreasurer@gmail.com

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Please make all cheques payable to Nolalu Community Centre. Etransfer available at nolalucctreasurer@gmail.com with a brief description of what the payment is for.

NCC Events—August 2025

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