

## NCC NEXT MEETING:

No Meeting in July

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

## LSB NEXT MEETING

No Meeting in July

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

## NEST NEXT MEETING

No Meeting July & August

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

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**July 2025**

# Nolalu's

# GRASSROOTS

## History of Canada Day

*Taken from Canada.ca (condensed)*

Canada Day is a day to reflect on what it means to be Canadian, to share what makes us proud and to celebrate in our own way. This pride is reflected in as many ways as there are Canadians and highlights the richness of our land, our diversity, our culture, our contributions, but above all, our people.

The creation of Canada Day

July 1, 1867: The British North America Act (today known as the Constitution Act, 1867) creates Canada.

June 20, 1868: Governor General Lord Monck signs a proclamation that requests all Her Majesty's subjects across Canada to celebrate July 1.

1879: A federal law makes July 1 a statutory holiday as the "anniversary of Confederation," which is later called "Dominion Day." October 27, 1982: July 1, "Dominion Day" officially becomes Canada Day.

July 1, 1917: The 50th anniversary of Confederation. The Parliament buildings, under construction, are dedicated to the Fathers of Confederation and to the courage of Canadians who fought in Europe during the First World War.

July 1, 1927: The 60th anniversary of Confederation. The Peace Tower Carillon is inaugurated.

From 1958 to 1968: The government organizes celebrations for Canada's national holiday every year.

July 1, 1967: The 100th anniversary of Confederation. Celebration includes the participation of Her Majesty Queen Elizabeth II.

From 1968 to 1979: A large multicultural celebration is presented on Parliament Hill.

From 1980 to 1983: In addition to the festivities on Parliament Hill, the national committee starts to encourage and financially support local celebrations across Canada.

1981: Fireworks light up the sky in 15 major Canadian cities, a continuing tradition.

2010: Festivities on Parliament Hill receive the royal treatment when Her Majesty Queen Elizabeth II and His Royal Highness The Duke of Edinburgh join the festivities to celebrate Canada's 143rd anniversary.

2011: Their Royal Highnesses Prince William and Catherine, The Duke and The Duchess of Cambridge, participate in Canada Day festivities on Parliament Hill on the occasion of Canada's 144th anniversary.

2017: A wide range of activities are held across the country to mark the 150th anniversary of Confederation. Attending Canada Day for the first time, The Prince of Wales and The Duchess of Cornwall join in the festivities on Parliament Hill to mark this milestone anniversary with Canadians.

2020-2021: Due to the COVID-19 pandemic, the celebrations are presented virtually.

2022: Canada Day celebrations are back in person in Canada's Capital Region. Due to renovations to Parliament, the festivities are held mainly at LeBreton Flats Park and in the heart of Ottawa-Gatineau.

2024: After many decades, Canada Day gets a new logo. Inspired by the National Flag of Canada and its history, the maple leaf appears at its most iconic — in a magnificent display of warm colours. Within the logo, the veins create images, notably those of fresh buds emerging with renewed life. The paths they travel and the points where they connect shape our vision for a greater future



***Catherine and Terry Niemi***

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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

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

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

#### ***No meeting in July***

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**

#### **ADRIAN LAKE**

Wednesdays 6pm - 8pm

Sundays 2pm - 5pm

#### **HARDWICK**

Wednesdays 3pm - 5pm

Sundays 6pm - 8pm



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## **Getting to Know the History of the Area**

### **O'Connor**

Various internet sources

O'Connor township was incorporated on January 1, 1907. The township was opened to settlement in 1887 because of the silver mining boom, and named by the Ontario government after Port Arthur businessman, alderman and police magistrate James Joseph O'Connor (1857–1930). The area is comprised of a fine stretch of valley land, eight miles by six or approximately thirty thousand acres, well watered by numerous creeks and the Whitefish River. Most settlers came here by the P.D. & Canadian Northern Railway and in 1901 the Ontario Government began building colonization roads into the new Township. The task confronting these first pioneers was tremendous, as the unincorporated Township was nearly a solid forest. On January 9, 1901 a board of trustees was formed and a site was chosen for the first school, which was then built in 1904. The school tax rate for this year was 10 mills for general purposes, and 11 mills for the school building. Many of the first settlers in the Township still have families living on the same homestead or elsewhere in the Township.

In 1915, Mr. Lindsay Cardiff was appointed Township Clerk and in 1928 he became the Clerk-Treasurer of the Township. He was the Clerk and Treasurer for 53 years. Mrs. Ruby Delyea was hired as the Township's Clerk-Treasurer in January 1974 and she retired in June of 2001.

Today the Township has a population of 689 with 283 households. It is mostly a residential area, with the majority of its residents working in the City of Thunder Bay. Residents are farmers, a number of residents have hobby farms, enjoy cross country skiing, snowmobiling, fishing, small game hunting or the peace and quiet of country living. The township maintains a disposal site, a skating rink, basketball court, and O'Connor's primary industry is agriculture.

In 1974, the Municipal Office was moved to the old O'Connor school building and in 2010 a brand new accessible office was built next door to this building, also known as the O'Connor Community Centre. The Township employs 6 full-time and 4 part-time staff. The community is served by a Volunteer Fire Department and First Response, a Fire Department Auxiliary, and the O'Connor Community Club. Our two churches, the Baptist and the Free Methodist, also serve the community well.



The original Township of O'Connor crest was designed in 1982 by Alana Syrjanen. The significance of crest is the trees represent a rural area and forestry workers, the rock and water represent fishing and recreation, and the trillium represents the province. In 1995 a new crest was designed by former Mayor Ron Nelson to make it more versatile in its use as a logo for the vehicles as well as a new design for a township pin. The same significances remained in the new design.





# 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**

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

### *Sunshine Salad ~Pat Maki*

1 pkg lemon jello	1 tbsp vinegar	1/2 tsp salt
1 cup grated raw carrots	1 cup crushed pineapple	1 cup hot water
Pineapple syrup & water enough to make 1 cup liquid		

Drain pineapple and reserve syrup(juice). Dissolve jello in hot water, pineapple juice, vinegar, and salt. Chill till slightly thickened. Season carrots with 1/4 tsp salt. Add pineapple, and fold into thickened jello. Turn into oiled pan or mould and chill until firm. Unmould onto crisp lettuce and serve.

### *Easy Chicken Dinner ~Pat Staples*

1 10 oz pkg broccoli	1 tsp lemon juice	1 cup mayonnaise or dressing
1/2 cup shredded cheese	1/2 cup soft bread crumbs	1 tbsp butter
1 10 oz can cream of chicken soup		
2 cups sliced cooked chicken or 3 chicken breasts cooked and deboned (bake in oven with onion)		

Cook broccoli, drain, arrange in a greased baking dish, approximately 11 x 7. Place chicken on top. Combine soup, mayonnaise, and lemon juice. Pour over chicken. Sprinkle cheese on top. Combine crumbs and butter, sprinkle on top of cheese. Bake at 350°F for 25-30 minutes.

### *Cornflake Cookies ~Loretta Hill*

2 cups sifted flour	1 cup brown sugar, packed	1 tsp baking soda
2 eggs well beaten	1/2 tsp salt	1 tsp vanilla
1/2 tsp baking powder	2 cups flaked coconut	1 1/4 cup shortening or margarine
2 cups corn flakes	1 cup sugar	

Sift together flour, baking soda, salt, and baking powder. Cream shortening, gradually adding sugar, beat until light. Add eggs and vanilla. Combine dry ingredients and creamed mixture. Add coconut and corn flakes. Drop on cookie sheet and bake 8 to 10 minutes at 350°F.

### *Sweet Coffee Bread ~Laina Maki*

3 cups hot liquid, milk or part milk and water	2 or 3 eggs, beaten	1/2 tsp salt
1/4 lb butter (part shortening) or margarine	1 1/4 cups sugar	

Melt the sugar and butter in the hot liquid, add the eggs and let cool to lukewarm. In the meantime put 1 tbsp yeast into a 1/2 cup lukewarm (not hot) water. Let stand for 10 minutes. Mix into the above liquid. Add about 12 cups of flour and knead it into the liquid. Knead until dough does not stick to your hands, 10 or 15 minutes. If dough seems too soft add a little more flour. Let rise about 2 hours in a warm place till doubled in bulk. Shape into braids, buns, or cinnamon buns. Let rise again for about 1/2 hour. Bake in a 375°F oven till golden brown. Brush with sweetened milk or sugar water before putting dough in the oven and again when taken out. Can sprinkle a little sugar on top too if you wish after it comes out of the oven.

### *Rhubarb Jam ~Linnea Niemi*

5 cups rhubarb	5 cups sugar	20 oz can crushed pineapple
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Boil hard for 20 minutes. Add 2 packages of strawberry jelly powder and stir well. As soon as jelly is melted put into sterilized jars and seal.

# ST. URHO'S GOLF COURSE & DRIVING RANGE

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## **SENIORS LUNCH**

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

*Hope to see you in the  
autumn.*

## **GRASSROOTS DEADLINE**

Summer is fast approaching, remember to get your submissions in on time.

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

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

*Vera Wong's Unsolicited Advice for Murderers by Jesse Q. Sutanto*

"Vera Wong's Unsolicited Advice for Murderers" follows Vera, 60-year-old Chinese owner of Vera Wang's World-Famous Teahouse (spelling intended, why not bank on the designer's fame?) and her diligent lifestyle. While her business isn't as "world-famous" as she'd like, she gets by just the same, until one day begins very differently. Vera wakes to find a dead body in her shop, and she decides then and there she will be the one to solve this murder (yes, she's already decided it was murder). Vera soon gets four brand new visitors to her shop: Riki, Sana, Oliver and Julia. She quickly makes these four her prime suspects, in between feeding them delicious food and fixing them up with each other - classic Chinese mother behaviour.

*Where the Crawdads Sing by Delia Owens*

The novel begins in 1953 when we meet 6 year old Kya, just as her mother walks away from her five children and abusive, alcoholic husband. One by one, the others leave until Kya is left alone in the marsh to survive on her own. The townspeople refer to her as "the Marsh Girl", calling her dirty, stupid, and more. As we follow Kya and her journey from girl to woman, we are also taken to 1969, where the town's golden boy, Chase Andrews, is dead – possibly murdered. It doesn't take long for the locals to point their finger at Kya – the outsider, who was once romantically linked to Chase. Everyone loved Chase Andrews, so no normal person would ever murder him, and as far as the town of Barkley Cove is concerned, Kya is not normal.

Want to try a new board game? You can borrow games at the Waverley Resource Library. Games can be borrowed for three (3) weeks, can be renewed up to two (2) times, and can be returned to the main desk of any library location.



**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](https://www.facebook.com/groups/ruralreadersbookclub)



November 22, 2023

Invasive Phragmites is a significant threat to wetlands, shorelines, and other sensitive habitat. The plant forms dense stands that can choke waterways and displace wildlife, including species at risk that depend on biodiverse wetland environments. Invasive Phragmites spreads aggressively and has become one of the most significant threats to Great Lakes coastal habitats and inland wetlands. The main differences between Invasive Phragmites and the Native Phragmites are their seed heads and stems. ***Invasive Phragmites grows in dense stands***, with full fluffy seed heads, blue-green leaves, and beige culms (stems) persisting through the winter. Native Phragmites usually has more reddish-brown stems, yellow-green leaves, and smaller, sparser seed heads.

INVASIVE PHRAGMITES	NATIVE PHRAGMITES
 	 
<p><i>Phragmites australis ssp. australis</i>; Also called European Reed</p> <p><b>Growth characteristics:</b> Very dense stands of new and standing dead stems from the previous year's growth.</p> <p><b>Culm:</b> (Stem) Can reach 15 feet, are very rigid, and rough in texture. Stalks are light green to beige in colour and ligules (connection between leaf and stem) are hairy.</p> <p><b>Leaves:</b> Blue-green and often darker in colour than Native Phragmites. Leaf sheaths are mostly present and adhering tightly to culm of overwintered plants.</p> <p><b>Seedheads:</b> Fluffy in appearance and densely populated with seeds (glumes).</p>	<p><i>Phragmites australis</i> or <i>ssp. americanus</i>; Also called Common Reed</p> <p><b>Growth Characteristics:</b> Native Phragmites typically occurs in low density stands, often coexisting with other native species, but it can occur in dense stands more typical of the introduced form.</p> <p><b>Culm:</b> Smooth, thin, and red to chestnut in colour towards the base. Spots on culms can occur from a native fungus not adapted to the invasive form.</p> <p><b>Leaves:</b> Leaf sheaths fall off the stem once the leaf dies and are typically lighter in color than Invasive Phragmites.</p> <p><b>Seedheads:</b> Sparse compared to Invasive Phragmites.</p>





If you're interested in learning more about Invasive Phragmites or taking part in Thunder Bay's Regional Phragmites Collaboration, reach out to [stewardship@lakeheadca.com](mailto:stewardship@lakeheadca.com) or call (807) 344-5857.



*Invasive Phragmites in the Lakehead Watershed; dense seed heads and large stand.*

LE

## REPORT SUSPECTED INVASIVE SPECIES

Visit: <https://www.eddmaps.org/ontario/>  
Call the Invasive Species Hotline: 1-800-563-7711

LE



130 Conservation Road | P.O. Box 10427 | Thunder Bay ON P7B 6T8  
P: (807) 344-5857 | F: (807) 345-9156 | [info@lakeheadca.com](mailto:info@lakeheadca.com)  
[www.lakeheadca.com](http://www.lakeheadca.com)





## 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.

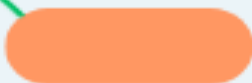


*"The imagination is an essential tool of the mind, a fundamental way of thinking, an indispensable means of becoming and remaining human."~~Ursula K. Le Guin, Author~~*

## O'Connor Community Play Group

# SCHEDULE

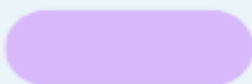
⌚ TUESDAYS 12:00PM - 2:00PM ⌚ O'CONNOR COMMUNITY CENTRE 330 HIGHWAY 595



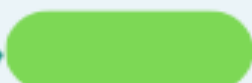
Free Play



Snack



Book/Activity



Play Outside

## **Summer Fun Ideas**

### Water Activities:

Swimming, kayaking, canoeing, paddleboarding, fishing, or simply relaxing at the beach.

### Nature Exploration:

Hiking, camping, visiting national or provincial parks, and exploring local trails.

### Other Outdoor Fun:

Biking, playing sports like tennis or pickleball, having picnics in the park, or stargazing.

Creative Pursuits: Reading, crafting, making a scrapbook, or trying new recipes.

Entertainment: Going to the movies, visiting museums or galleries, or trying an escape room.

Relaxation: Enjoying a quiet afternoon at home, catching up on hobbies, or spending time with loved ones.

Spend time at a local farm or petting zoo: A great way to enjoy nature and get up close with animals.

Be a tourist in your own city: Explore local attractions and discover hidden gems.

### Tips for maximizing summer fun:

Plan ahead: Research activities and events in your area, and book tickets or make reservations where necessary.

Embrace the outdoors: Take advantage of the long days and warm weather to spend time in nature.

Try new things: Step outside your comfort zone and try a new activity or hobby.

Enjoy the simple things: Sometimes the best summer fun comes from spending quality time with loved ones or simply relaxing and enjoying the moment.

Stay safe: Remember to wear sunscreen, stay hydrated, and be aware of your surroundings when enjoying outdoor activities.

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## ***Just For Fun – Horoscopes by Grandmama Bear***

Aries: March 21 – April 19

Visitors are arriving. Be prepared with lots of snacks or lock the doors.

Taurus: April 20 – May 20

Change your habits and remain inconspicuous. It may be time for some hair dye.

Gemini: May 21 – June 21

Get out and hug a tree. Appreciate nature and it will nurture you.

Cancer: June 22 – July 22

A measure of patience will be needed in the coming weeks. Remember to breathe.

Leo: July 23 – August 22

Find something old and make it new again; you will be rewarded in more ways than one.

Virgo: August 23 – September 22

The colours blue and purple will be significant this month as well as the numbers 13 and 75.

Libra: September 23 – October 22

Your fiery energy will propel you forward. Just don't forget to tie your shoelaces before you sprint towards greatness.

Scorpio: October 23 – November 21

You have a vivid imagination and often think you are being followed. Wise up.

Sagittarius: November 22 – December 21

The grilled cheese will burn on Thursday; order pizza.

Capricorn: December 22 – January 19

Wear your lucky socks and carry a dime in your pocket on Wednesday.

Aquarius: January 20 – February 18

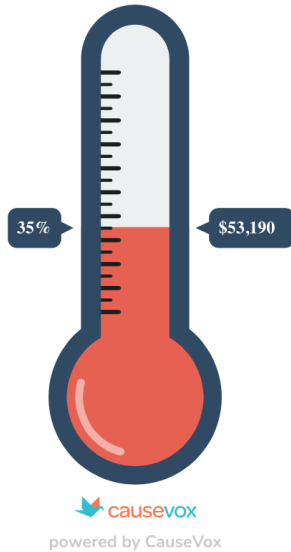
Ice cream, ice cream, ice cream!

Pisces: February 19 – March 20

Beware of over-analyzing your pet's horoscope; it's just a goldfish.



**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 \$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  
Keep those donations rolling in, every dime helps.

*Congratulations to our colleagues at Conmee Emergency Services on their newly acquired pumper truck!*

*New pumper truck means local fire ban can be lifted. Conmee's pumper truck broke down almost two months ago, but a replacement vehicle has been acquired.*

THUNDER BAY — Gary Rinne, TBnewswatch, June 25, 2025

A fire ban imposed in Conmee Township since early May is expected to be lifted in a matter of days, now that a new firefighting vehicle is coming into service.

The municipality declared a complete ban on open burning on May 9th, and all existing fire permits were suspended until further notice. Conmee Fire Chief Robb Day said the township's pumper truck, which is almost 30 years old, experienced a breakdown during a mutual aid call with a neighbouring municipality. With some repairs, it can still be used as a tanker truck to shuttle water to a fire, but the prohibition against fires was required until another pumper could be acquired. Robb said a retired unit from the Oshawa fire department fit the bill, and it is in the process of being certified as mechanically sound. "It's just getting its safety done today, actually," he said in an interview Tuesday. "I'm expecting it to be in service before the end of the week, in which case we will be lifting our fire ban as soon as that truck is in service." Robb said Conmee has continued to have the support of neighbouring fire services under mutual aid agreements, but said it's not an ideal solution because "mutual aid is pretty overused and overextended" in the rural Thunder Bay area. "That's another reason we've been reluctant to drop our fire ban. We don't want to put an extra strain on departments that are already struggling with staffing levels and their own high call volumes." An open house is planned for July to introduce the new pumper and give Conmee residents a chance to learn more about their emergency first responder team.



## **Celebrate Safely**

As we gear up for a summer season of fun and festivities, Nolalu Emergency Services Team is here with a friendly reminder: Let's keep the celebrations safe for everyone!

**Campfires & Grills:** Always keep water or a fire extinguisher nearby. Never leave a flame unattended, and make sure fires are completely out before heading in for the night.

**Cooking Fun:** Whether you're grilling or deep-frying something delicious, keep flammable items far from heat sources and never let kids play near grills or open flames.

**Open Flames + Alcohol = Risky Business:** If you're enjoying adult beverages, hand off fire-related tasks to a sober friend. Safety comes first!

**We've Got Your Back:** We're your neighbours, your friends, and your first responders. Our team of volunteers is always ready to protect, but we'd rather share s'mores than sirens.

From all of us at Nolalu Emergency Services Team, have a safe and joyful summer!



### **Nolalu Emergency Services Team**

Hall 807-475-4441

info@NolaluEST.com

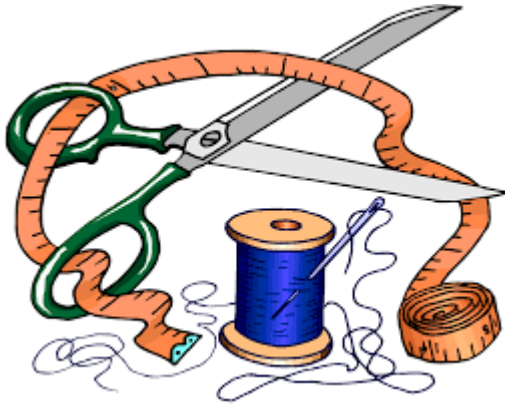
Emergency 807-473-5200

2167 Hwy 588

Nolalu ON P0T 2K0



# ***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

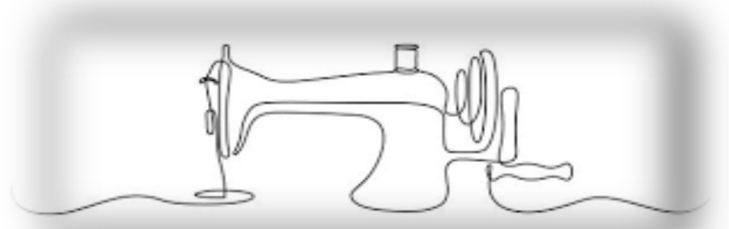
Doing repairs, alterations, wedding parties

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



## **LEEPER CEMETERY NOTICE**

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

### **Duties of Chairperson**

- oversee burials
- help people choose plot locations and burial sites
- advising the costs of burials and plot purchases
- logging and tracking of burials and purchases on Leeper Cemetery Map
- be present when headstones are being delivered to cemetery to be installed
- oversee that 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:

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

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

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## **Ticks**

[Canada.ca](http://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, July 16, 2025**

Registration 9 am to 11 am

Drive-Thru Pick-up

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## **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.





## Kakabeka Falls Legion Branch 225

July 4	Dance with Quest	7:00pm to 10:00pm
July 10	Strawberry Social	6:30pm to 8:30pm
July 13	Breakfast	8:30am to 11:30am
July 19	Dance withQuest	7:00pm to 10:00pm
July 27	Sunday Music	2:00pm to 4:00pm

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

To book an event please call Diane at 807-577-6549.

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.



**Kakabeka Falls  
and  
Rural District  
Branch 225**

## **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](mailto:gilliescommunitycentre@gmail.com)

### **Volunteers Needed**

We are looking for more volunteers to add to our list.  
Email us at  
[gilliescommunitycentre@gmail.com](mailto: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](mailto: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](mailto: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](mailto:rural60@tbaytel.net) Website: [rural60plus.ca](http://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

Rural 60 Plus will be going to summer hours beginning Tuesday July 1st and we will be closed on that day for Canada Day.

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

HAVE A GREAT SUMMER EVERYONE !!



The Dementia Café is a monthly gathering for individuals affected by memory problems or dementia, along with their families, caregivers, and friends. Join us for music, games, and snacks in a safe and welcoming environment.

- February 28, 2025
- Friday, March 28, 2025
- Friday, April 25, 2025
- Friday, May 23, 2025
- Friday, June 27, 2025
- Friday, July 25, 2025

1:00 PM – 3:00 PM

60+ in Kakabeka Falls (5 Pineview Road)  
No fee or eligibility criteria to attend rural café



Société Alzheimer Society  
THUNDER BAY

The Rural Dementia Café is a monthly gathering for people impacted with a memory problem or dementia. Designed to help support families, caregivers and friends to create a sense of belonging and community in a warm and safe welcoming environment. Come out and enjoy music, games, snacks in a relaxing atmosphere. There is no fee and no eligibility criteria to attend our rural café. Last date is Friday, July 25.

Time is 1-3 pm and the location is Rural 60 Plus 5 Pineview Road Kakabeka Falls.

Contact Shaun or Elaine for more information at 807-473-5528.

**For more information:**  
Contact Shaun or Elaine at (807) 473-5528



Thank you to Liz, Rob, and Kayla for cleaning up the big garbage mess after a bear or racoons got into it. Thank-you to Rob and Kayla for collecting all the old broken chairs and hauling them off to the dump. Breanne has been busy each month keeping the seniors lunch running smoothly. She also makes sure our we have all the paper supplies we need for the Grassroots. Thank you for your continued service to the community Breanne.

### ***Rural Cupboard Food Bank***

A BIG THANK YOU to Jodi Von-Dow of the O.P.P for volunteering to pick up from our new drop off locations, Murillo and Rosslyn Libraries.

A BIG THANK YOU to everyone who attended the Rural Cupboard Food Banks 25th Anniversary appreciation dinner and dance. Thank you to the Kakabeka Legion for a wonderful dinner.

A BIG THANK YOU to Lorna Krieg and family for all the time and effort devoted to the appreciation dinner and dance. It was a wonderful evening and the decorations were beautiful.

**Third Wednesday of Each Month**

**Next Play Date: July 16, 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



# PUZZLES

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

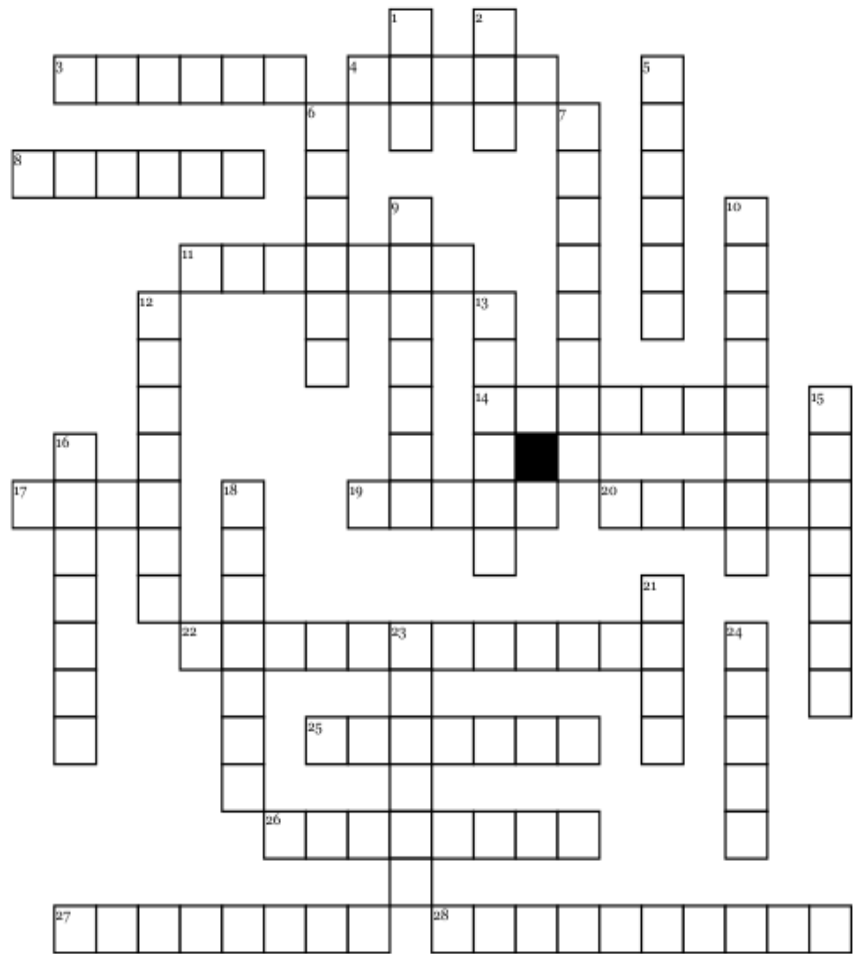
## Canada Day Crossword

### Across

- 3.** Big Bay
- 4.** Little Bay
- 8.** Canada's National Animal
- 11.** Nickel City
- 14.** Most popular cheese in Canada
- 17.** Worth one dollar
- 19.** Number of territories
- 20.** Capital
- 22.** Stuck between Alberta and Manitoba
- 25.** Last Province or territory to join Canada
- 26.** Canada's national summer sport
- 27.** Calgary
- 28.** Famous Coffee

### Down

- 1.** National bird : Gray ...
- 2.** Number of provinces
- 5.** Fresh Water Beach
- 6.** Cheese Province
- 7.** Capital of Manitoba
- 9.** Our Columbia
- 10.** Second largest French speaking city in the world



- 12.** Big City
- 13.** Canada's national winter sport
- 15.** Most Famous Cup
- 16.** Famous Quebec dish
- 18.** Most popular province
- 21.** Canadian precipitation
- 23.** Biome found in Canada
- 24.** Favourite Syrup





## NOLALU COMMUNITY CENTRE

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

No Meeting in July

Email [nolalu.grassroots@gmail.com](mailto:nolalu.grassroots@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



No Meeting in July

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.

*"You can't use up creativity. The more you use, the more you have."~~Maya Angelou~~*



# COLOURING PAGE

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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](mailto:nolalu.grassroots@gmail.com) in PDF or WORD format.

Please make all cheques payable to Nolalu Community Centre. Etransfer available at [nolaluccctreasurer@gmail.com](mailto: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

The year is half over. Where did the time go? June just flew by for me. I was so busy planting my garden and my perennials that before I knew it the summer was here. I celebrated my birthday last month and one of the things I noticed was I don't know enough about good restaurants in the area. So I am thinking of adding a space in the Grassroots for restaurant reviews. For my birthday I told my husband I would like to go out to a nice restaurant, one that was quiet, had good food, and one that I didn't have to pick. So he spent a lot of time looking at reviews online trying to find a nice place. I must say he did a great job. We went to a tiny italian restaurant that really didn't look like much on the outside, but remember don't judge a book by its cover. It was called La Casa Nostra Ristorante and the food was amazing. The service was great and the prices reasonable. It is definitely a place we will be returning to.

As I write this school will be ending soon, tomorrow actually. So please be aware of your surroundings when driving or out and about. Children don't always watch when running to retrieve a ball or chasing that magical butterfly, so please make sure you are watching. It is a time for summer fun and outings of all sorts. So plan ahead and know your surroundings. A little bit of preparation can make the outing go smoothly and be more enjoyable. For our car trips I always have a bag of snacks, maybe granola bars, bear paws, fruit leathers, crackers, and I also add in cheese and an apple or two. I make sure we all have our drink bottles and bring extra water along. If the grandkids are with us I double up on the snacks and water. We also like to play games in the car like I Spy or who can spot the most barns, motorcycles, etc. One of the grown-up's favourites is lets see who can be quiet the longest. It usually doesn't take long before someone breaks the silence. What are your 'go to' snacks and games for long car rides? What are your favourite places to go to in the summer? Is there anything I should really check out for the kids, or the adults?

My parents' are needing to go into long term care and the waiting list is phenomenal. My advice is to get on the list while you are still healthy and don't need it. It is at least a five year wait unless you are able to go on the crisis list. It is not something that anyone really wants to do but in order to make the burden lighter for your loved ones I recommend planning ahead. I am the only living child left in my family so all my parents care falls to my shoulders. While my family has been very supportive and helps out a great deal, all the decisions are left to me. After what I have been going through, both Rob and I are making plans now that outline our wishes so our kids don't have to go through what I am going through right now. Planning now so that life is easier for the kids and transitions will be smoother for us.

Odette



NorWest Community  
Health Centres  
Centres de santé  
communautaire NorWest



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



(807) 473-5528

# JULY 2025

MON	TUE	WED	THU	FRI
	1 Closed for Canada Day	2 Walk-In Clinic 4:30pm - 7:30pm	3 Fly the C.O.O.P Walking Group Mobile Clinic - Upsala 10am-3:30pm LifeLabs	4
7 Chair Yoga @ O'Connor & Kam C.C. @10:00 am Good Food Box Order Deadline	8 Cancelled Today - Fly the C.O.O.P Walking Group	9 NP available for those who do not have MD or NP Walk-In Clinic 4:30pm - 7:30pm	10 Cancelled Today - Fly the C.O.O.P Walking Group LifeLabs	11
14 Chair Yoga @ O'Connor & Kam C.C. @10:00 am	15 Fly the C.O.O.P Walking Group	16 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	17 Fly the C.O.O.P Walking Group LifeLabs	18
21 Chair Yoga @ O'Connor & Kam C.C. @10:00 am Mobile Clinic - Armstrong 1pm-6pm	22 Fly the C.O.O.P Walking Group Mobile Clinic - Armstrong 8:30am-1:30pm	23 NP available for those who do not have MD or NP Walk-In Clinic 4:30pm - 7:30pm	24 Fly the C.O.O.P Walking Group LifeLabs	25 *NEW Program* Rural Dementia Cafe 1-3pm
28 Chair Yoga @ Kam C.C. @10:00 am	29 Fly the C.O.O.P Walking Group	30 Walk-In Clinic 4:30pm - 7:30pm	31 Fly the C.O.O.P Walking Group LifeLabs	

## PROGRAM INFO

Call KB Clinic Reception at (807) 473-5528 or email Shaun at [speirce@norwestchc.org](mailto: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](http://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](http://www.norwestchc.org)

## **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—July 2025

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