

Nolalu's GRASSROOTS

News & Events



In the Gregorian calendar, New Year's Eve, also known as Old Year's Day, is the evening or the entire day of the last day of the year, on 31 December. The last day of the year is commonly referred to as "New Year's Eve". In many countries, New Year's Eve is celebrated with dancing, eating, drinking, and watching or lighting fireworks. Some Christians attend a watchnight service. The celebrations generally go on past midnight into New Year's Day, 1 January. New Year is the time or day currently at which a new calendar year begins and the calendar's year count increments by one. Many cultures celebrate the

event in some manner. In the Gregorian calendar, the most widely used calendar system today, New Year occurs on January 1. This was also the first day of the year in the original Julian calendar and the Roman calendar.

Other cultures observe their traditional or religious New Year's Day according to their own customs, typically because they use a lunar calendar or a lunisolar calendar. Chinese New Year and the Jewish New Year are among well-known examples. India, Nepal, and other countries also celebrate New Year on dates according to their own calendars that are movable in the Gregorian calendar. During the Middle Ages in Western Europe, while the Julian calendar was still in use, authorities moved New Year's Day, depending upon locale, to one of several other days, including March 1, March 25, Easter, September 1, and December 25.

Since then, many national civil calendars in the Western World and beyond have changed to using one fixed date for New Year's Day, January 1—most doing so when they adopted the Gregorian calendar.

A New Year's Day tradition, the polar bear swim, which involves plunging into freezing waters in the name of charity, is maybe the best way to shake off any remaining old year doldrums (or champagne hangovers). The event started in Vancouver in the early 1900s, and today takes place across the nation, inviting brave souls to don crazy get-ups and bring their nerves of steel. Proceeds generated from the event are donated to a number of local and national charities. The most famous New Year's Day tradition in Canada is to go ice fishing with friends or family. With time, the ice shanties have become much more comfortable, and the practice has thus been revised with much more appealing and warmer accommodations. Fishes are said to bring abundance to your New Year according to many customs.

In Finland for New Years, tin is melted and put into a bucket of snow or ice cold water. When it hardens, it is held up to a light, the shape of the shadow on the wall will tell your fortune. If it looks like a hill, that may mean obstacles ahead. If it looks like a coin, it means success. There are many symbols to use to decipher/guess the future.

NCC NEXT MEETING:

Monday January 9

@7:30pm

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

LSB NEXT MEETING

Tuesday January 24

@7:30pm

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

NEST NEXT MEETING

Thursday January 12

@7:30pm

All meetings are at the west firehall and open to the community

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Catherine and Terry Niemi
51 Delints Road, Nolalu
768-5357 or 633-2949
therustybucket@tbaytel.net

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

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

Tire Repairs – 6-17” rims

Quality work on utility, horse, and stock trailers.

Mobile Welding Services

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

Dry 8’ Firewood Slabs sold by the truckload

Dry Stove Length Slabs sold by the truckload

Rustic Fence Slabs sold by the truckload

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

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

Emergency Phone Numbers

Nolalu Fire & Ambulance: 807-473-5200

Ontario Provincial Police: 1-888-310-1122

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

For Road information call: 511

NCC Volunteer Board

President	Breanne Neufeld	prez.ncc@gmail.com	807-285-1258 No text
Vice President	Angela Woodhouse-Wild		807-475-8968 or text 807-630-6061
Secretary	Mary Ellen Scott		
Treasurer	Elizabeth Pszczolko	nolalucctreasurer@gmail.com	
Events Coordinator	Emma Allgood	nccevents@outlook.com	Text to 519-410-8733
Kitchen Coordinator	Rob Houle	roberthoule66@gmail.com	807-632-1922
Volunteer Coordinator	VACANT		
Media Coordinator	Hailey Simmons	nolalu.media@gmail.com	
GrassRoots Editor	Odette Houle	grassroots@tbaytel.net	807-630-9442

Nolalu Dump WINTER Hours October 1—April 30

ADRIAN LAKE

Sundays 12 pm - 3 pm

HARDWICK

Sundays 4 pm - 6 pm

NEXT NCC MEETING:

Monday January 9 @7:30pm

ALL NCC meetings are open to the community.

Peace on earth will come to stay, when we live Christmas every day. ~Helen Steiner ~



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



Race Car Parts !

4 X 10 Coloured Aluminum Sheets

Steering/Suspension Parts

Transmission/Differentials

Can Repair or Rebuild Bert or Chevy Power Glide Trans

Hoosier Tires

If we don't stock it we Can get it – call Wayne 629-4888

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



"The First in Synthetics"®

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

- NOLALU COMMUNITY CENTRE RESENTS -

FAMILY FISHING DERBY

**MARCH
18, 2023
3pm-6pm**

**MARCH
19, 2023
12pm-6pm**



**Child \$2 entry per fish || Adult \$3 entry per fish
Food and Refreshments Available
LCBO - 19+ ID Required**

**More Details to Come || More Information and Rules Contact
ncevents@outlook.com**

2266 Highway 588, Nolalu

**GILLIES
COMMUNITY
CENTRE**

EVENTS

PLAYGROUP TUESDAYS

9:30-12pm

Please follow the FB
group for updates &
schedule:)

GCC BOARD MEETING & ELECTION

January 12th
7:30pm
Everyone
Welcome!

WALDORF PARENT & CHILD GATHERING

2nd Friday of
every month
10-12pm

Donations encouraged for
materials

Contact:
melkaltenbach@gmail.com

SPAGHETTI DINNER FUNDRAISER!

Sunday, January 29th 5-7pm

Dine in or Take out
(BYO container)

15\$ Adult CASH ONLY

10\$ children

under 10yrs

RSVP deadline Jan 25

Scan to Register



BOOK SWAP JANUARY

21 & 22

1000's of books!

11-5pm daily

\$Donations\$

Encouraged

FREE EVENT!

THE GCC IS AVAILABLE TO
RENT FOR YOUR NEXT EVENT!

Email:

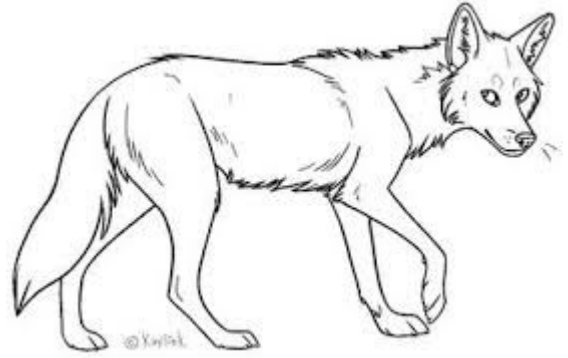
gilliescommunitycentre@gmail.com

or message us on Facebook
for rental or any other inquires.

*Happy
New
Year!!*

Wildlife and You

Last month there were quite a number of sightings of a coyote in Kakabeka Falls. This led to many discussions as to what to do about the coyote. Below is information on what to do about wildlife encounters and how to prevent such encounters from becoming dangerous to you or the animal.



Please take precautions to avoid conflicts or contact with wildlife:

Don't feed the animals. Any animals.

Don't try to pet the animals.

Don't get too close.

Don't provoke, sneak up on, or scare animals.

Don't wander off the trail after dark.

Don't surprise a mother who's with her babies.

Do make noise.

Do watch for animal tracks and poop.

Always keep you, your family, and pets a safe distance away from wildlife

Avoid attracting wildlife and do not accidentally provide them with food, water or shelter

Leave orphaned wild animals alone, parents are often close by and will return for their young.

Do not approach or touch a sick or dead animal, leave that for the authorities

If you see a coyote, keep your distance and the animal will most likely avoid you.

Keep pets indoors, especially small pets, and keep livestock in the barn

If you encounter an aggressive animal: do not turn your back or run, remain calm - stand tall, wave your hands, and make lots of noise while slowly backing away

If a wild animal poses an immediate threat or danger to public safety — call 911

The province of Ontario works with municipalities to prevent and manage conflicts between wildlife and people.

Municipalities are responsible for deciding on and taking appropriate actions when human-wildlife encounters create ongoing conflict situations on municipal property, and can also take action on private property with the permission of the landowner. No approval or authorization is required from the ministry in these cases.

In many cases, conflicts between wildlife and people can be prevented. However, when prevention fails, the Fish and Wildlife Conservation Act allows municipalities to protect their property by harassing, capturing or killing a variety of wildlife species, including coyotes, or to hire an agent to do so on their behalf. Municipalities can hire licensed hunters or trappers to help deal with fur-bearing mammals (such as coyotes, beavers, and skunks) within their municipal boundaries.

The province supports municipalities by providing advice and expertise on: actions they can take to resolve ongoing conflict situations and how to find a licensed trapper or hunter.

Any situation that impacts public safety should be referred to the local police since they have the authority to deal with these matters. Police can dispatch the animal if they decide it is necessary to protect public safety.

The ministry does not provide direct wildlife control, including coyote control.

"The continued existence of wildlife and wilderness is important to the quality of life of humans."

-Jim Fowler.

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

Kakabeka Legion News

Jan 8	Breakfast	8:30-noon
Jan 14	Exec/Gen mtg	2:30/3:00
Jan 15	Jam Session	6:30-9:30
Jan 20	Rural 60 lunch	12:00-1:00
Jan 21	Dance Quest	7:00-10:00
Jan 29	Music	2:00-4:00

For all supper reservations,
until 4 days before the event ,
 call Gary 708-0411.



**Kakabeka Falls
 and
 Rural District
 Branch 225**

Seniors Potluck Lunch

Tuesday, January 24

11:00am-1:00pm

Bring a small side dish or dessert

OR

pay \$10 at the door

The NCC will provide the entrée, buns and beverages.



*Potluck
Lunch*

If you are available to Volunteer for the event, contact pres.ncc@gmail.com. We need a few people to help at the door, set up/take down and in the kitchen.



HOPPER'S VARIETY

The Everything Store



7:00 am to 9:00 pm

Sunday to Saturday

475-8804 OR 475-8814



**AUTOMOTIVE
REPAIRS
TIRE REPAIRS
ALUMINUM &
STEEL WELDING**

Call For Appointment & Quote

Senior Discount on Shop Labour for Age 55+



LCBO CONVENIENCE OUTLET

**7:00 AM TO CLOSING UNLESS
OTHERWISE POSTED**

LAUNDROMAT

ST. URHO'S GOLF COURSE

ANDY'S EATS



BOTTLE RETURN DEPOT



PARCEL PICKUP DEPOT



**CALL TO BOOK YOUR APPOINTMENT
SNOW REMOVAL, SAND & GRAVEL
CONSTRUCTION/FLOATING**

****FREE QUOTES****



Cooking & Baking Hints from Nolalu Community Cookbook 1975

- ◆ Discoloured aluminum pans and kettles can be rubbed with a very fine emery paper. Use a new piece of emery when one is worn off. In a short time your pans will look like new
- ◆ Clean white enamelware with plenty of baking soda on a wet cloth, rubbing it on well. If burnt, put a generous amount of soda with cold water and let utensil stand on back of stove. If it is still stained an overnight soaking with a little bleach added will leave it white.
- ◆ Use lard instead of butter to grease muffin and cake tins. Cake will stick to buttered tins, but not when greased with lard
- ◆ Sweet milk may be soured with lemon juice or vinegar and used in a recipe exactly like sour milk. Place 1 1/2 tsp. lemon juice or vinegar on a measuring cup and fill with sweet milk
- ◆ As a cream substitute for coffee, beat up the yolk of one egg, to which has been added one tsp. of sugar and a very small amount of water. Divide this among the cups before pouring in the hot coffee
- ◆ Stretching scrambled eggs: Soak half a slice of bread in milk and mashing it with a fork, adding for each two eggs used. Beat the bread pulp together with the eggs and scramble as usual. Just as tasty
- ◆ Testing eggs: Hold an egg up to a light, and if it appears clear it is good. A stale egg will present with a thick appearance. If a dark or black spot shows, get rid of it
- ◆ Poached eggs: Use hot milk instead of hot water. Much more tasty and nourishing
- ◆ Egg stains on silverware can be easily removed by sprinkling salt on the utensil and rubbing with a wet cloth
- ◆ Frying eggs: Sprinkle some flour, or cornstarch to hot grease, and break eggs into that, they will not splatter. Adds flavour also.
- ◆ Boiling eggs: If dipped in cold water before putting them into boiling water, the shell will not crack
- ◆ Omelet: Will be light and fluffy if a pinch of powdered sugar and another of corn starch are beaten in with the yolk of the egg
- ◆ Salty Soup: Put a few slices of potato in it, and boil for a few minutes. This will freshen the soup, and take away the salty taste
- ◆ Baking Powder: Poultry stuffings, croquettes, or any stuffing, that is inclined to be a little on the heavy side, will be lightened, if a tsp. of baking powder is added before cooking

We may live without poetry, music, and art
We may live without conscience and live without heart
We may live without friends, we may live with out books
But civilized man cannot live without cooks.

...Bertha Maki



RURAL READERS
BOOK CLUB

Rural Readers Book Club

Gatherings are the first Monday of the month., 7—9pm
at the Nolalu Community Centre (2266 Hwy 588).

January 2nd discussion: Margaret Laurence's Canadian classic, "THE STONE ANGEL."

February 6th discussion: Jeff VanderMeer's disquietingly beautiful psychological thriller, "ANNIHILATION." An account of the Twelfth Expedition into the enigmatic Ar-
ea X, and their encounters with the uncanny and the sublime.

Join online discussion: www.facebook.com/groups/ruralreadersbookclub

Questions? Call/text (807) 632 - 3950



See Clearly

QHHT PAST LIFE REGRESSION

Do you ever wonder what your life's purpose is? Well take a journey into your past lives to find out and to receive answers to any other questions you might have as we tap into your higher consciousness. Allow me to help you, heal yourself!

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 www.qhhtofficial.com

RURAL CUPBOARD FOOD BANK

Neighbours Helping Neighbours

Conmee Municipal Complex

19 Holland Rd, Kakabeka Falls P0T1W0

807-285-0836

We sincerely thank all those that continue
to support us.

Your donations enable the food bank to remain open

Next Food Bank

Wednesday, January 18

Registration 9 am to 11 am

Drive-Thru Pick-up



The Rural Cupboard Food Bank would like to recognize the contributors that have so generously responded with funds and food for the Seniors, Singles and Couples Christmas initiative, the lunch program and general operations during the 2022 year.

Kakabeka Falls School Fundraising Program
Gorham and Ware Community Public School
Crestview Public School
Employees of Canada Revenue Agency
Pinegrove United Church
St. Augustine's Alter Society
Zorya Ukranian Dance Association
Ontario Power Generation
Evergreen Pharmacies (Rosslyn & Kakabeka Branches)
Kakabeka Legion for their monthly musical Sundays
Just 4 You Band for performing at the Kakabeka Legion for the Annual Musical Event
Eleanor Vaillant
Judy Morrill for donated knitted items
Windy Lane Farm for the money and food donated through their Christmas Event

And many individuals from the Rural Communities and the City of Thunder Bay

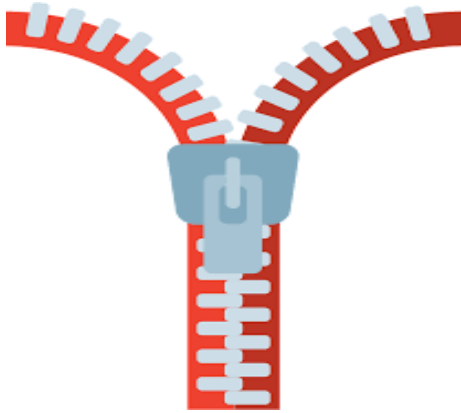
Every donation makes it possible to provide food to those in our communities that need assistance. We wish all a very safe and healthy 2023

DIY Days

Do you have a life hack that you would be willing to share with the community? Do you make your own soaps, toothpaste, deodorant? Kitchen seasonings, recipe mixes, canning? Make your own cloth napkins, baby diapers? Have a neat craft or jewelry skill you could show us? Do you make your own fishing lures/jigs? Do you start your garden seeds in doors in the spring?

We are compiling a list of community members who are willing to share their DIY skills with us in a workshop/live demo setting. Reach out to Breanne at prez.ncc@gmail.com or message us on our Facebook page to sign up. We will work together to figure out how we can support you in turning your DIY into a fun learning opportunity."

BARB'S PROFESSIONAL SEWING



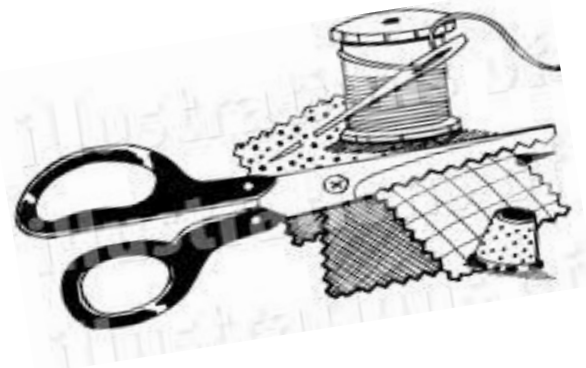
ZIPPERS ZIPPERS ZIPPERS

Hems on pants, dresses, curtains and more

Alterations, mending, patching

Over 20 years experience at

local T-bay businesses



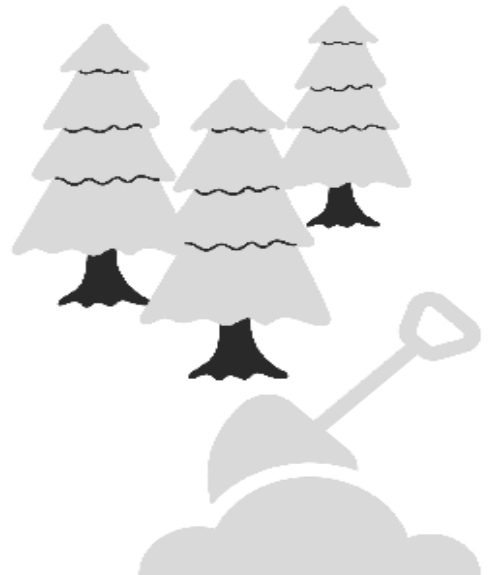
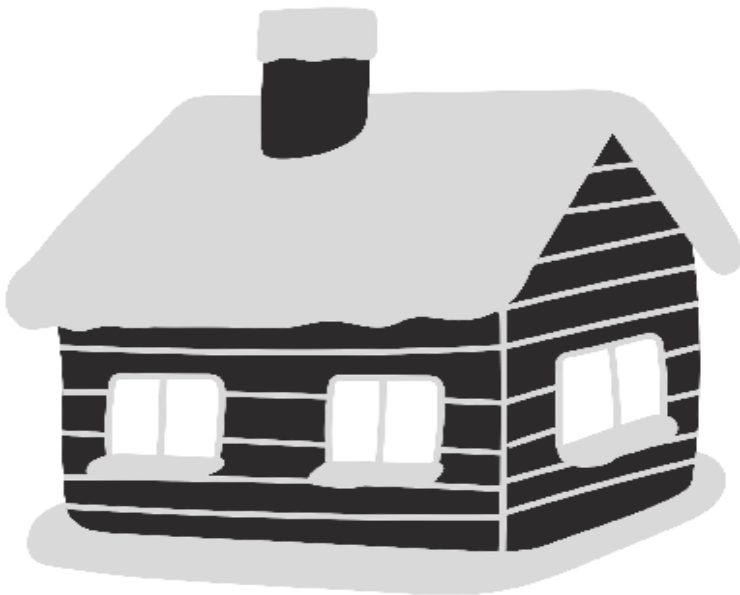
QUICK SERVICE

REASONABLE RATES

bbbarbbelanger@hotmail.ca

807-475-9687

Snow Removal Service



Call 807-630-2490 For Roof, Sidewalk, Small Driveway & Other Snow Removal In Nolalu & Surrounding Remote Areas.



**Gillies
Community Centre**

BOOK SWAP!

**Saturday, January 21st
Sunday, January 22nd**

11-5 PM DAILY • — ♦ — ♦ — ♦ • **1000'S OF BOOKS**
\$\$\$ DONATIONS ENCOURAGED FOR THIS FREE EVENT!!
ALL PROCEEDS DIRECTLY SUPPORT THE GCC

The GCC is located at #1835 Hwy 595

Made with PosterMyWall.com

YOGA

8 week course starting Jan. 18th until March 8th

\$10.00 drop-in or \$70.00 course registration

20% of proceeds going to the NCC.

See advertisement for contact information



Did Ya Know?

Want to find out what local people in the area or what your neighbours have to offer?

LifeGevity Soap Company by Fonda and Brian Cockell. On Devon Road 2, RR #2, Nolalu. We started our company about 5 years ago. We provide all natural products. This includes lip balms, soaps, shampoo bars, hand creams, anti aging creams and deodorants. Goat milk soap and organic soap, all handcrafted and natural.

If you would like to have your home business mentioned just drop me a line.

grassroots@tbaytel.net

Please check out our regular supporters in the Grassroots such as; See Clearly and More

Thank You

Our volunteers have done it again and the NCC has put on a fantastic Christmas pancake brunch. All those who came out had unlimited pancakes and toppings including ice cream. Even Santa made a guest appearance and we send him many thanks for taking time out of his busy schedule. A huge amount of appreciation goes out to everyone in the community who helped out from our amazing cooks, servers, set up & clean up crew, everyone else in the kitchen and our student volunteers, Thank you. Please check out the pictures of the event on the following page

Thank-you to Hailey Simmons for her hard work on the website. Hailey has a been given a promotion to professor and will not have time to do NCC media relations. We will miss you!

Welcome to Austin Williams (and wife Olivia and new baby Chloe) who is looking after some maintenance tasks at the NCC .

Thank you to Brandon Abernathy who repaired the front door frame so that we can go ahead with the new doors. The frame is now solid enough to support these changes.

Nolalu Emergency Services Team



50/50 Fundraising Raffle

Nolalu Emergency Services Team (NEST) is excited to announce that with your support we will be building a new fire hall!

SCAN ME



Scan the QR code for a direct link
Tickets available online only at:

www.rafflebox.ca/raffle/nest

Follow us on Facebook for more info

<https://www.facebook.com/NolaluEmergencyServicesTeam>



Yae Reiki

Creating a Space for humans and animals, where all things are possible
Reiki promotes the flow of energy to bring balance and harmony
Please call and let's discuss how Reiki can help you!

Catherine Niemi

Registered Holy Fire JJJ Reiki Master

Registered Holy Fire JJJ Karuna Reiki Master

807-768-5357

PLAY GROUP

Come on out and have some fun.

Meet other children and parents in the community.

Play group is open to all on the
2nd Wednesday of every month at the
Nolalu Community Centre

1:00pm to 3:00pm

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.

Please email submissions to: grassroots@tbaytel.net in PDF or WORD format

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

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

From the Editor's Desk

All I can say is WOW what a month December was. My daughter got her hard cast off and is now in a walking cast. She is able to put a bit of pressure on the foot now. She is very glad to be able to get around a bit better.

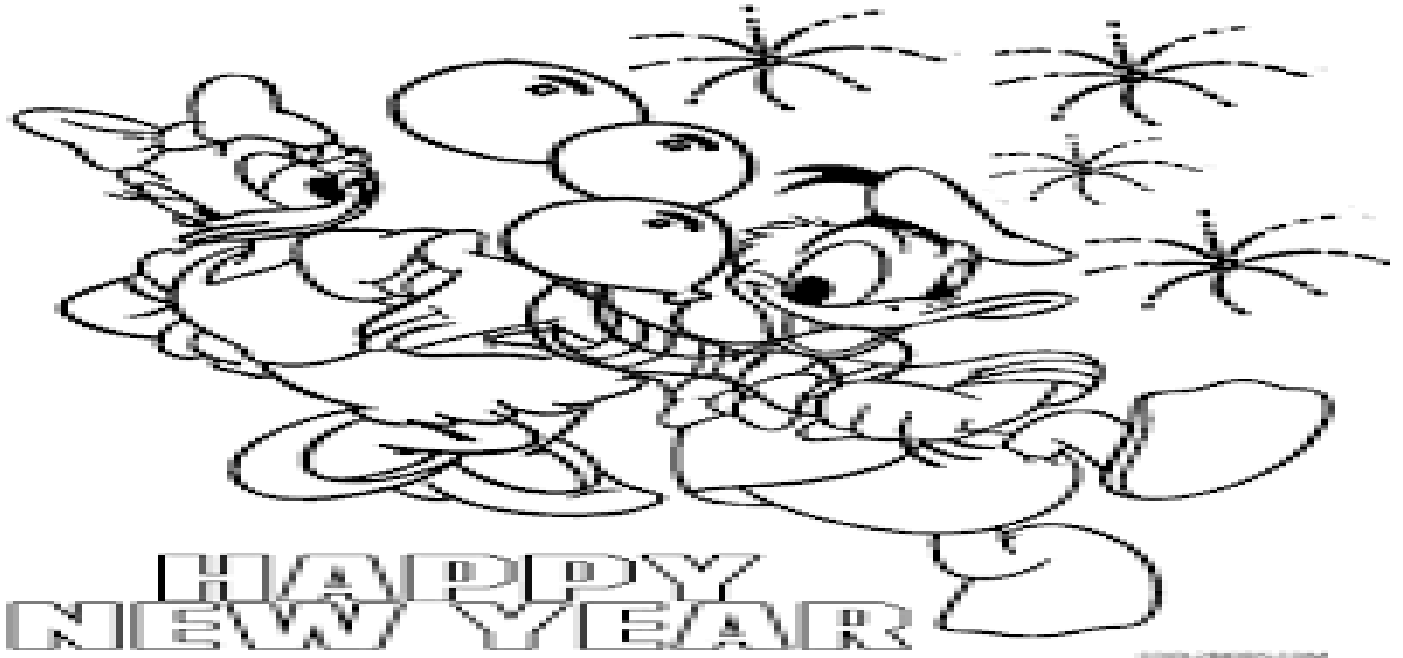
We managed to survive the hustle and bustle of Christmas. We spent a lovely few days at my son's home celebrating the season. The grandkids were spoiled terribly by all, as were the rest of us. We were all stuffed from our Christmas feast, complete with the lighting on fire of the carrot pudding, then served with hot brown sugar sauce, so good. We were so fortunate to be able to all be together, four generations of us.

Our renovations have been progressing. The outside walls have been spray foamed with insulation. The electrician was in and laid all the wires so it is ready to go once the drywall is complete. The drywall is up and most has been mudded and taped. It is starting to look like real rooms down there. We can't wait until it is done and we will have our house back to normal.

The end of December we were all sick. My granddaughters ended up in hospital with pneumonia on December 29 and were finally released January 6. My Mom ended up in hospital on December 31 with pneumonia and a cracked tailbone. She is still in hospital and isn't expected to get out until the end of January. The rest of us all got bronchitis including my Dad. So at one point I was helping with my granddaughters on the first floor in the morning and then going to the second floor of the hospital in the afternoon to visit my Mom. Our family was divided up as some had to stay and take care of my Dad and the rest of us went to my son's to take care of his animals while his girls were in the hospital. So needless to say the Grassroots took a back seat to all of this. I hope you will understand why it is late this month and only an online edition. I'm still in Thunder Bay caring for my Dad till my Mom gets out, but the rest of the family is home again.

Odette

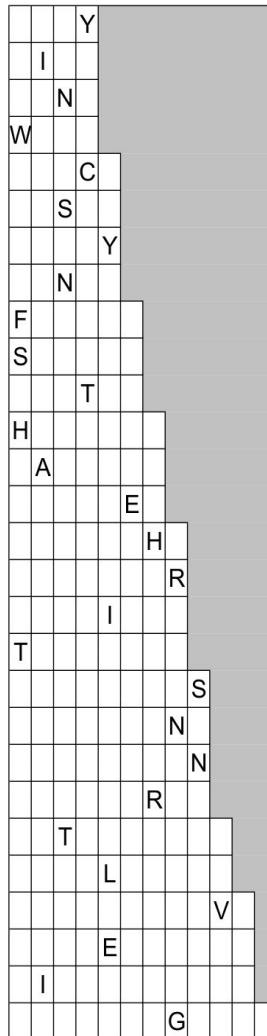
Kids Colouring Page



NEW YEAR'S!



- Infant symbol of the new year
- Save a ___ for your sweetheart at midnight
- Make some noise to ___-in the new year
- Most people don't have to ___ on New Year's Day
- Watch the ___ to know when it's time
- Turn up the ___ at the party
- Bring your hats and games to the ___
- All the radio stations play the top ___ of the year
- A good time to visit friends and ___
- The baby-___ may charge you extra
- Happens in ___, but only in the northern hemisphere
- The last major ___ for several months
- Marks the transition from December to ___
- Some cities feature ___ in the streets to celebrate
- Even the kids want to stay up ___
- Time to get a new ___
- The new year starts at ___
- Geographically, it's still only midnight in your ___
- College football teams play their ___ on New Year's Day
- Pop the corks and let the ___ flow
- What you do in the last few seconds of the year
- Many people light noisy ___ to celebrate the new year
- Paternal figure who keeps the clocks moving
- Make a new year's ___ to make things better
- The night before New Year's Day
- Break out the pots and pans and other ___
- Famous New York location for celebrating the new year
- Traditional new year's song: ___



Enter unused letters from puzzle, in order:

___ ___ ___ ___ ___ ___

___ ___ ___ ___ ___ ___

___ ___ ___ ___ ___ ___

Copy boxed letters to form your hidden message:

Solve Hundreds of Clue Search Puzzles
Covering All Kinds of Topics for FREE!

No Membership or Email Required!
Visit us at www.ClueSearchPuzzles.com

LOCAL SERVICES BOARD OF NOLALU



- January 24, 2023 – 7:30 pm
- February 28, 2023 – 7:30 pm
- March 28, 2023 – 7:30 pm
- April 25, 2023 – 7:30 pm
- May 23, 2023 – 7:30 pm
- June 27, 2023 – 7:30 pm
- July – no meeting
- August 22, 2023 – 7:30 pm
- September 26, 2023 – 7:00 pm – Elections, Annual General Meeting,
First Meeting of the New Board
- October 24, 2023 – 7:30 pm – Budget meeting
- November 28, 2023 – 7:30 pm – Levy meeting
- December 2023 – no meeting

NCC Annual Meeting Schedule

All meetings take place at the Centre at 7:30pm. Hope to see you there

- January 9, 2023
- February 13, 2023
- March 13, 2023
- April 10, 2023
- May 8, 2023
- June 12, 2023
- July & August - no meeting
- September 11, 2023
- October 16, 2023
- November 13, 2023
- December - no meeting



Drop-in Exercise



(Pilates/weights type)

Mondays and Fridays,
9:30am—10:30am

P L A T E S

Bring mat, weights, stretchy
band.



FREE, all welcome.

FUN group.

We have extra equipment if needed

Returning to the
Nolalu Community Centre

Yoga

Wednesdays 7:00 PM ~ 8:00 PM

Jan. 18th ~ Mar. 8th

\$70 Course ~ \$10 Drop-in

All levels
Hatha

Contact Marisa

(807) 632-3950

wildblueyoga@gmail.com

NOLALU COMMUNITY CENTRE: HALL RENTAL

Contact any NCC Executive for hall availability and bookings.

- 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
\$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 re-
quired
\$100 (and up, at the discretion of the NCC, depending on func-
tion, 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/Vendors Use**
e.g., Craft Fair, Marketplace, indoor/outdoor Yard Sale
Minimal use of kitchen, e.g. fridges
Use of washrooms for patrons
\$10 per table rental
\$5 per parking lot space rental

Table/Chair rental available: (max 17 8' tables, max 101 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 so must remain dry

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—January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Drop-in Exercise 9:30 am, FREE Rural Readers 7:00pm	3	4	5	6 Drop-in Exercise 9:30 am, FREE	7
8	9 Drop-in Exercise 9:30 am, FREE NCC meeting 7:30pm	10	11 Play Group 1:00pm to 3:00pm FREE	12	13 Drop-in Exercise 9:30 am, FREE	14
15	16 Drop-in Exercise 9:30 am, FREE	17	18 YOGA 7:00pm to 8:30pm	19	20 Drop-in Exercise 9:30 am, FREE	21
22	23 Drop-in Exercise 9:30 am, FREE	24 Seniors Lunch 11:00am to 2:00pm LSB Meeting 7:30pm	25 YOGA 7:00pm to 8:30pm	26	27 Drop-in Exercise 9:30 am, FREE	28
29	30 Drop-in Exercise 9:30 am, FREE	31				