

NCC NEXT MEETING:

Monday May 8

@7:30pm

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

LSB NEXT MEETING

Tuesday May 23

@7:30pm

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

NEST NEXT MEETING

Thursday May 11

@7:30pm

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

Contents:

Information	3
Cooking Hints	7
Rural Readers	7
Gillies	8
Interest	1, 6, 9, 15
Legion	10
Blast From the Past	11
Thank-you	13
Fire Safety	16
Food Bank	17
Rural 60+	15, 19
Editor's Note	21
Meeting Dates	23
Fun Page	24
Hall Rental Info	25
NCC Events	26

Nolalu's

GRASSROOTS

News & Events

Mothers Day History

Mother's Day is celebrated by many countries around the world, though the date of observance may vary. According to a study nearly three out of four Canadians celebrate Mother's Day. Mother's Day is the perfect day to honour motherhood. This day celebrates the contributions of all mothers or mother figures in one's life.

During Mother's Day in Canada, most Mothers need not do anything for the whole day since the household chores and all other activities at home are typically done by the children and their dads. The day is given for the moms to have a rest and enjoy themselves. Preparing a breakfast in bed is also a traditional practice for some Canadian families. There are just over a thousand babies born each day across Canada. A 2018 study revealed that the average mom works the equivalent of two and a half full-time jobs. Further to that, a 2012 study found that 84 percent of Canadians think that being a mother is one of the hardest jobs there is, and 64 percent of us consider Mom to be one of our heroes. It turns out the greatest gift you could give mom doesn't cost a thing. According to new research what Moms really want for Mother's Day is time—time with their loved ones, as well as time for themselves.

Victoria Day History

The holiday began as a celebration to honour Queen Victoria, who ruled Great Britain and Ireland for most of the 19th century. Victoria Day has been observed since 1845, and it was officially declared a Canadian federal holiday in 1901 – the year of Queen Victoria's death. The holiday was originally celebrated on May 24, Queen Victoria's birthday. But an amendment to the laws of Canada in 1952 established that Victoria Day be observed on the Monday preceding May 25. When Queen Elizabeth II ascended to the throne in 1952, Victoria Day became her official birthday in Canada – even though her actual birthday was April 21.

The day unofficially signals the start of summer for many Canadians, and it is celebrated with parades and fireworks in some cities. Some Canadians get the day off from work.



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

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Quality work on utility, horse, and stock trailers.

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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	807-629-5385
Vice President	Angela Woodhouse-Wild		807-475-8968 or text to 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	VACANT		
Volunteer Coordinator	VACANT		
Media Coordinator	VACANT	nolalu.media@gmail.com	
GrassRoots Editor	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442

NEXT NCC MEETING:
Monday May 8 @ 7:30pm

ALL NCC meetings are open
to the community.

"The greatness of a community is most accurately measured by the compassionate actions of its members." ~Coretta Scott King~

Nolalu Dump SUMMER Hours

May 1—September 30

ADRIAN LAKE

Wednesdays 6pm - 8pm

Sundays 2 pm - 5 pm

HARDWICK

Wednesdays 3pm - 5pm

Sundays 6 pm - 8pm



~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.

Seniors Potluck Lunch

(For those 'wanna be' Seniors too)

Tuesday, May 23

11:00am-1:00pm

11:00am coffee/tea

11:30am lunch served

**Bring a small side dish or
dessert**

OR

pay \$10 at the door

**The NCC will provide the
entrée, buns and
beverages.**



**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.**

**If you would like take-out
please bring your own containers**





Locally-made in Lybster Township

Items created include Cow Nuggets, Dipped Licorice, Sea-Salt Caramels, Joes and Barks. All are nut-free.

Available at *Hoppers Variety* and other stores in the region

Doug and Jane Stanton



****DATE EXTENDED****

Tender for lawn/yard maintenance this summer

Spring is almost here! The NCC is looking for bids on lawn maintenance for 2023. This includes cutting the grass and weed whacking.

- ◆ must bring own equipment (lawn mower, weed whacker, rake, etc.) No equipment on site
- ◆ deadline for tenders is **May 15, 2023**
- ◆ email bids or questions to prez.ncc@gmail.com

Cooking and Baking Hints from The Scoble Cookbook Almanac, 1983 Volume 1

- ◆ To clean diamond jewelry, soak it in gin
- ◆ Cut lemons won't go to waste if you squeeze the remaining juice and freeze and store it in ice cube trays
- ◆ Muffins may be baked in paper baking cups and placed in ungreased muffins tins. Remove paper to serve
- ◆ To keep muffins hot for serving, loosen them and tilt slightly in the pans. Place in warm oven until needed
- ◆ Lemons will keep fresh for three months if you store them in the fridge in a bowl of water.
- ◆ If your lemon is dried out, soak it in boiling water for five minutes. Cool and squeeze
- ◆ Vinegar—rub a little on your hands to remove fruit stains
- ◆ Sliced cookies from refrigerated dough will always be perfectly shaped if you freeze the dough in small frozen juice cans, slicing as it thaws.
- ◆ Pastry will be flakier if 1 tsp of orange or lemon juice is included as part of the liquid called for.
- ◆ Fresh pineapple—served with cheese for an appetizer, pureed for use in beverages or quick breads, sliced with meats and desserts
- ◆ Never put pineapple in gelatin as it will stop it from setting.
- ◆ Plump light or dark raisins—place in a saucepan and cover with water 1 inch above the raisins. Bring to boiling, remove from heat. Cover and let stand for five minutes, and drain.
- ◆ Having trouble melting chocolate? - Fill an electric fry pan 1/2 full of water. Place pan of chocolate to be melted in it. Heats slowly and never burns.
- ◆ Coffee will keep longer if stored in the fridge or freezer.
- ◆ Remember when grandmother used to add grape leaves when making pickles? Scientists have discovered that grape leaves contain a substance which inhibits the development of enzymes that cause cucumbers to soften during brining
- ◆ Carob—may be purchased at your local health food store. It gives the same results as chocolate, but is less fattening. Carob can often be substituted into any of your regular recipes calling for cocoa on a half cocoa and half carob basis.

Rural Readers Book Club

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



RURAL READERS

BOOK CLUB

May 1st: "We're All In This Together" (2016) by Amy Jones, follows the estranged and inextricably entwined Parker family over the course of four days, who come together after their enigmatic matriarch, Kate Parker, plummets over Kakabeka Falls in a barrel and survives—a comedic, touching, and at times familiar story.

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

Questions? Call/text Marisa (807) 632 - 3950

may events

**MAY
7**

Swap'N' Sale

1:00am - 3:00pm
Trade or sell children's clothing, toys & bikes
\$15 vendor table, swap is FREE
More details to come

**MAY
12**

Waldorf Play Group

10:00am-12:30pm
Please bring a fruit for snack time
Email Melanie for more details
melkaltenbach@gmail.com

**MAY
13**

Potluck Lunch & Film Screening

The Seeds of Vandana Shiva
12:00pm - 3:00pm
Admission: a snack to share & non-perishable food item
Contact Kathy to register:
countrylivingrocks@hotmail.com

**MAY
14**

Muffins & Mom-osas

10:00am - 1:00pm
\$5/person (under 1 year free) *cash only*
Includes muffin, tea, fruit, coffee or juice
Cash Mom-osa bar available

**MAY
27 &
28**

Book Swap

12:00pm-4:00pm daily
1000's of books!!
Donations encouraged for this FREE event!
All proceeds directly support the GCC

**JUNE
10**

SAVE THE DATE

SouGill's Garage 19+
Dance Party with DJ Mike
9pm - 12am
More information to come

MONDAY EVENINGS GENTLE FLOW YOGA

4 week gentle flow yoga series
May 1, 8, 15 & 29
7:00pm - 8:00pm
Suitable for beginners
\$44/person for series
\$15 *drop-in option*
Register at
krista.bannan@gmail.com

TUESDAY MORNINGS PLAYGROUP

Join us for FREE playgroup
9:30am-12:00pm
Ages 0-4 accompanied by a
parent
Follow the Facebook Group for
updates!



LIKE US & FOLLOW ALONG
ON OUR FACEBOOK PAGE

GILLIES COMMUNITY CENTRE

gilliescommunitycentre@gmail.com
#1835 HWY 595 South Gillies

The Gillies Community Centre is donation based & volunteer run
Thank you to all of the volunteers and those who donate - we are incredibly grateful!

REMINDER The Grassroots newsletter has a new email. The previous email has now been deleted. Please use our new email from today's date onward nolalu.grassroots@gmail.com

CRAFT GROUP

Nolalu Community Centre
6:00pm to 9:00pm or so



May 2, 11, 16, 25.
June 1, 8, 13.

Everyone welcome

It's FREE!

Bring your Crochet, knitting, diamond painting, sewing, embroidery etc.

Come have some fun
and socialize

The Facebook page is
Nolalu Craft Group.

Gerylyn Jensen
807-629-4868



"Aging is an extraordinary process where you become the person you always should have been." ~~David Bowie~~

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

May 5	Dance with Quest	7-10pm
May 13	Exec/Gen mtg	2:30/3pm
May 14	Mother's Day Buffet Breakfast	8:30-12pm
May 19	Rural 60+ luncheon	12-1pm
May 20	Dance with Quest	7-10pm
May 21	Jam Session	7-9:30pm
May 28	Music Butch's Country Classics	2-4pm



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

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

Blast from the Past

Below are some excerpts from past Grassroots editions; 1974, 1975, 1990, 1992, 1994

- ◆ Flight to Finland to be postponed if not enough interest
- ◆ Quilting Bee to be held shortly
- ◆ Grand Opening Dance to be held November 23/74
- ◆ Work party groups formed
- ◆ Bob & Judy Tienhaara 25th Anniversary
- ◆ Sheila & Mike Platnick 1st Anniversary
- ◆ Sylvie & Peter Rusnick welcome home a new baby girl, Lena
- ◆ Nolalu, "The Last 100 Years" event to be held
- ◆ Fire team to celebrate "May Days" with flea market, tea & bake sale, penny auction & raffle
- ◆ Collecting recipes for wild game & fish, for a recipe book. Proceeds to go to the NCC. If anyone has a copy of this please contact me as I would love to include some recipes in the Grassroots.
- ◆ Nolalu is one of over 70 unorganized communities in the region. A conference is slated to be held to address local concerns
- ◆ Artist in residence programme receives funding. Courses available will be on pottery and weaving
- ◆ Cindy & Ray Lehto, Doris & Rodney Kotala, and Colleen & Don Tough all welcomed new bundles of joy
- ◆ New storage shed to be built for NCC
- ◆ Sandra Hakamaki turns 40
- ◆ Ed & Laura Wiita celebrate 44th anniversary
- ◆ Grassroots has a team of four to handle editing, reporting, advertising, & publishing
- ◆ Perogies: small \$1.50 dozen, large \$2.25 dozen
- ◆ Two storey home, 33 foot lot, garage, full basement, newer furnace and wiring, only \$59,900.00
- ◆ Maple syrup \$50.00 gallon, \$8.00 pint

1. The ocean. 2. A shadow. 3. Cut the cake down middle, splitting it into two pieces. Then, cut down the middle of the two pieces to make four equal pieces. Lastly, make a horizontal cut across the center of the cake to split the four pieces into eight. 4. Turn the first light switch off. Turn the second light switch on. Leave the third off. Wait 15 minutes and turn the second light switch off. Now, enter the light bulb room. One light bulb will be on and controlled by the first switch because it is the only switch turned on. Of the two bulbs remaining, both of which are off, one will be hot to the touch because it was left on for 15 minutes. The second switch controls this bulb. The final switch which was off the whole time controls the light bulb that is off and not hot. 5. The horse's name was Friday.

Riddle Answers:

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****



Thank You

Sorry we missed you on the first go round but want to make sure we thank you. Fish Derby Volunteers Karen, Sheree & Shelley , thanks for all your help.

Nolalu's Superheroes!

A special pat on the back to Darren and Jen, the NCC cleaners, who used quick thinking to avert a major catastrophe. When they arrived, melting snow was pouring in under the back door, so while Jen exercised her engineering skills to dig ditches to take away the water, Darren quickly swept and mopped away the water that already covered a third of the main hall. So glad they arrived when they did! Then Austin, the maintenance guru, was called and brought his honkin' big snowblower and snow blew the giant snowbank outside the back door so it could not melt any more. There would have been a disaster if these wonderful people hadn't acted quickly. So huge thanks to Darren, Jen and Austin for saving the day!

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>

BARB'S PROFESSIONAL SEWING

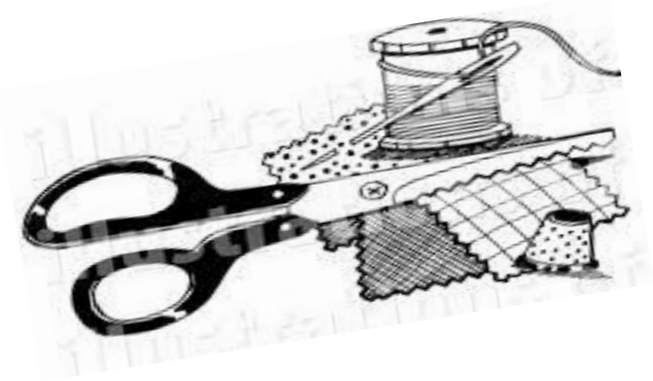
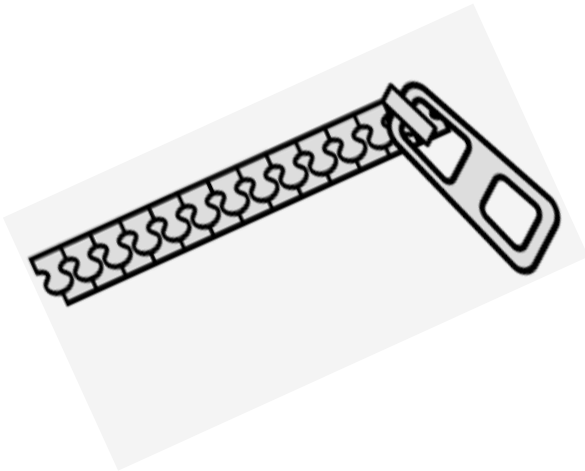
ZIPPERS ZIPPERS ZIPPERS

Hems on pants, dresses, curtains and more

Alterations, mending, patching

Over 20 years experience at

local T-bay businesses



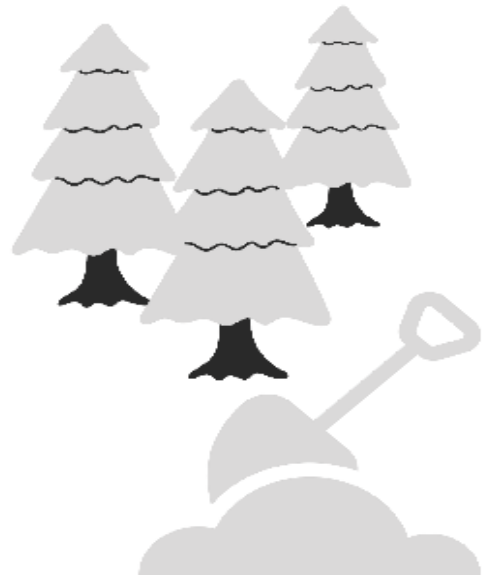
QUICK SERVICE

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.

Rural 60 Plus



Will be holding a ***Yard Sale***
Saturday May 27, 2023
10:00am to 1 pm

If you are interested in renting a table
at a cost of \$15 please
contact the Centre at 475-5779
or
email- rural60@tbaytel.net



Flavoured Butters for Meats, Breads, and Vegetables

Pick any flavour below

Use 1/2 cup butter, soften and blend in seasonings

Honey Butter: 1/4 cup honey & 1/2 tsp. grated lemon

Orange Butter: 1 tbsp. powdered sugar & 1/2 tsp. grated orange

Parsley Butter: 1 tbsp. parsley, 1 tsp. lemon juice, 1/4 tsp. savory, 1/8 tsp. salt,
pepper to taste

Garlic Butter: 2 cloves of garlic minced

Heb Butter: 1/2 tsp. thyme & 1/2 tsp. sage

Tarragon Butter: 2 tsp. lemon juice & 1 tsp. tarragon

Mustard Butter: 1/4 cup prepared mustard & 2 tbsp. parsley

First three butters are best used for bread. Third and last butter best for potatoes. Fourth, fifth, sixth, & seventh best for meats. Fourth, fifth, & sixth best for vegetables. Experiment, try different seasonings, and enjoy.

"Cooking is at once child's play and adult joy. And cooking done with care is an act of love."
~~ Craig Claiborne ~~



Clothes Dryer Safety

Doing laundry is most likely part of your every day routine. But did you know how important taking care of your clothes dryer is to the safety of your home? With a few simple safety tips you can help prevent a clothes dryer fire.

- Have your dryer installed and serviced by a professional.
- Do not use the dryer without a lint filter.
- Make sure you clean the lint filter before or after each load of laundry. Remove lint that has collected around the drum.
- Rigid or flexible metal venting material should be used to sustain proper air flow and drying time.
- Make sure the air exhaust vent pipe is not restricted and the outdoor vent flap will open when the dryer is operating. Once a year, or more often if you notice that it is taking longer than normal for your clothes to dry, clean lint out of the vent pipe or have a dryer lint removal service do it for you.
- Keep dryers in good working order. Gas dryers should be inspected by a qualified professional to make sure that the gas line and connection are intact and free of leaks.
- Make sure the right plug and outlet are used and that the machine is connected properly.
- Follow the manufacturer's operating instructions and don't overload your dryer.
- Turn the dryer off if you leave home or when you go to bed.

AND DON'T FORGET...

Dryers should be properly **grounded**.

Check the **outdoor vent** flap to make sure it is not covered by snow.

Keep the area around your dryer **clear** of things that can burn, like boxes, cleaning supplies and clothing, etc.

Clothes that have come in contact with **flammable substances**, like gasoline, paint thinner, or similar solvents should be laid outside to dry, then can be washed and dried as usual.

FACT

- ! The leading cause of home clothes dryer fires is failure to clean them.

Nolalu Emergency Services Team

Hall 807-475-4441

RR1 Nolalu ON

Nolalufpo@gmail.com

POT 2K0

Emergency 807-473-5200





The Rural Cupboard Food Bank conveys a special Thank You to.....

SHAWN at No Frills for "saving our bacon with his donation of plastic bags".

LAURIE MILLINGTON for arranging Conmee Comedy Night which resulted in an evening of laughter and a donation to the Food Bank

ERIN LAFOREST for organizing the O'Connor Community Clothing Giveaway that allowed for a clothing exchange and a food or cash donation to the Food Bank

A reminder of the funding raising Film Festival at Misty Meadows, 1895 Hwy 595,
May 13th from 12 to 3 pm

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

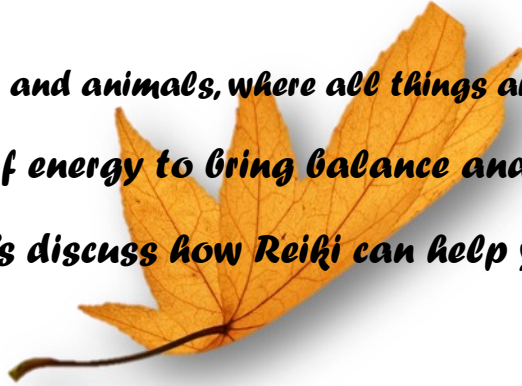
Wednesday, May 17, 2023

Registration 9 am to 11 am

Drive-Thru Pick-up

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

RURAL 60 PLUS

Monday Carving – 10am to 3pm
Monday Disking – 1pm to 3 pm
Tuesday Weaving – 10am to 3pm
Tuesday Knitting – 10am to 3pm
Wednesday Cribbage – 1pm to 3pm
Wednesday Quilting – 10am to 3pm
Wednesday Beginners Carving — 10am to 3pm
Thursday Weaving – 10am to 3pm
Thursday Knitting – 10am to 3pm
Thursday Yoga – 10am to 11am
Craft Room is open Monday to Friday – 10am to 3pm



Fun Days In May

May 3—Lumpy Rug Day
May 6—World Naked Gardening Day
May 9—Missing Sock Day
May 10—Clean Your Room Day
May 11—Eat What You Want Day
May 13—Frog Jumping Day
May 18—Visit Your Relatives Day
May 20—World Bee Day
May 23—Drinking With Chickens Day
May 27—Cellophane Tape Day
May 31—Smile Day (and my anniversary)



Did Ya Know?

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

Old Mill Farm (Annie's Acres). They have ducks, chickens, eggs, goats, and firewood. Soon they will have puppies for sale too as their Great Pyrenees x Akbash dog just had seven pups. Check out their Facebook page at <https://www.facebook.com/profile.php?id=100083561250894>

If you would like to have your home business mentioned just drop me a line.
nolalu.grassroots@gmail.com

Please check out our regular supporters in the Grassroots such as; Hoppers Everything Store

GREEN ACRE VARIETY
HOURS OF OPERATION
MONDAY – FRIDAY 7am – 9pm
WEEKENDS & HOLIDAYS 9AM-9PM

GREEN ACRE VARIETY
KITCHEN HOURS OF OPERATION
MONDAY – SUNDAY 11AM – 7PM
Breakfast, lunch & supper in the warmer daily



GREEN ACRE VARIETY

Gas ♦ Groceries ♦ LCBO ♦ Live Bait

1226 Hwy 595 Gillies Township (on the corner of Hwy 595 & 588)
Email green.acre@live.com, Phone 807-475-5631, website <https://greenacrevariety.ca>
follow us on facebook @greenacrevariety

From our Kitchen to yours, with love

Pizza, Panzerotti's, Nacho's, Quesadilla's, Sub Sandwiches, Salads, Salad dressings, Soups, Lasagna, Shepherd's Pie, Chili, Pasta Sauce & Meat Balls, Coney, Breakfast Sandwiches, Homemade Baking, No bake Cheesecakes, Coffee, Cappuccino, Hot chocolate

Live Bait & Tackle

Minnows, sucker minnows, worms, Leeches (leeches available in spring, summer and fall)
Homemade spinners & spoons, little joes, jig heads etc...

Lickety Splitz & Snack Shack

We are hiring, mature individuals who love customer service, fast food meal prep and service, can work in a fast pace environment, works well with others, has the ability to critically think, responsible with handling money and transactions, preferable 18 and older. Please send your resume to green.acre@live.com

We are hoping to have the ice cream truck and burger shop open for May Long Weekend, stay tuned for more information to come!

Bottle Depot

bring your LCBO and beer store empties back to us and get cash!

Please separate bottles and cans!

Beer bottles – sort by colour, for eg: brown with brown, clear with clear, green with green

Cans – bring in clear bags (not in original beer box) and mark how many are in the bag.

Leave empties on the floor of the garage

Thank you for your consideration.

Beer, Wine, Coolers & Spirits

We have a wide variety of beer, wine, coolers & spirits available! If you have a favourite and you do not see it on our shelves, please let us know and we can do our best to bring it in! Stay tuned for fun summer drinks!

Propane Exchange 20lb & 30lb; Coloured Fuel, Diesel and Gasoline available as well!

We would love to see you, clip this coupon and pop in!

FREE COFFEE COUPON

no expiration, no substitutions, no cash value

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: nolalu.grassroots@gmail.com in PDF or WORD format

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

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

From the Editor's Desk

Well April certainly has been interesting, weather wise. We were out in our t-shirts , sitting on the deck, enjoying the glorious sunshine and warm temps one week, and then the next we are back in our snow boots and got the snowblower out. At least we know at this time of year that the snow won't stay for long. My tulips had started to poke through and are now all covered in snow. The chickens were even out free ranging for a week. Now they are squawking to be let out , they have tasted freedom and want more.

I got my first in my life, ambulance ride, and I must say I was impressed and not impressed. Our firefighters and emergency response staff are amazing. I can't praise them enough for their care and compassion and professionalism. They truly are heroes. Thank-you so much NEST and our EMT personnel, you truly are spectacular. Now as to the ride, it is bumpy as heck in an ambulance, I had no idea it is such an awful ride. You would think that is would be better because you are sick or injured and making it a smooth ride would be better for you, the patient. Now our lovely roads don't help either. But the EMT's made the ride, they were attentive, caring, and very understanding., so impressed with them. Needless to say it is something I don't wish to duplicate. After five days in the hospital and many tests I am home and doing well. Since November my family has been in and out of hospital. Now while the services provided have been great, I am hoping that this is the end of it.

Now that Spring is officially here how many of you have been itching to get out in the garden? I know I certainly am. Do you start your seeds inside and transplant or are you like me and sow them directly into the ground? I love sharing with my grandchildren the beauty of growing plants. I encourage them to have little gardens of their own and they love to see how the plants are doing each time they visit the garden. I confess I am not really overly good with house plants, they live but they don't take over, except my aloe which I have had to transplant three times and divide it among my friends. But when it comes to outside gardening that is where I thrive and so do the plants. We are continuing with our container gardening this year as we haven't found anyone to rototill a big garden for us yet. We have plans for some more raised beds and I am eager to try potatoes in a laundry hamper, I saw it on a DIY page on the internet.

Renovations are still progressing very slowly, we are only seven months behind the date the contractors gave.

Odette



Drop-in Exercise

(Pilates/weights type)

Mondays and Fridays, 9:30am—10:30am

Bring mat, weights, stretchy band.

FREE, all welcome. FUN group.

We have extra equipment if needed

On nice days, the Exercise Group has been meeting in the NCC parking lot to walk outside.

Those who want to exercise indoors continue to do so.

Indoor Exercise Group expected to continue until the end of May and pick up again in the fall.

Yoga Spring Session

Nolalu Community Centre

All Levels Hatha

*Wednesdays 7:00pm-
8:00pm*

9 weeks starting April 5th

\$10.00 Drop-in or \$80.00

Course

Contact Marisa:

(807) 632 - 3950

wildblueyoga@gmail.com



LOCAL SERVICES BOARD OF NOLALU



May 23, 2023 – 7:30 PM

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



NOLALU COMMUNITY CENTRE

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

May 8, 2023—7:30 PM

Potluck lunch & film screening



The Seeds of Vandana Shiva

"When you control seed you control life on Earth."

Saturday, May 13, 2023
Gillies Community Centre
1895 HWY 595 (South Gillies)
12 p.m. to 3 p.m.
Limited seating

Admission: A snack to share with the group and a non-perishable food item or cash donation. Proceeds to the Rural Cupboard Food Bank.

To register contact:
Kathy McGowan
Misty Meadows Permaculture Farm
807-629-0343
countrylivingrocks@hotmail.com

In support of:





Riddles

1. I look flat, but I am deep, hidden realms I shelter. Lives I take, but food I offer. At times I am beautiful. I can be calm, angry and turbulent. I have no heart, but offer pleasure as well as death. No man can own me, yet I encompass what all men must have. What am I?
2. Only one color, but not one size, stuck at the bottom, yet easily flies. Present in sun, but not in rain. Doing no harm, and feeling no pain. What am I?
3. You are given a round birthday cake and asked to make equal-sized pieces with only three straight cuts. How many equal-sized pieces can you make with a knife and without moving of the pieces?
4. You are in a room with three light switches. Each switch controls one of three light bulbs in a room next to you. All of the switches are currently down and in the off position, and all of the light bulbs in the other room are off. If you only have one chance to enter the light bulb room, how can you determine which switches go with which bulbs?
5. There is a man with his horse going to town. The man went to the town on Monday. He stayed there for 3 days and then he came back on Friday. How? His horse was not tired, the man wasn't sleepy.

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—May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Drop-in Exercise 9:30am, FREE Rural Readers 7:00pm	2 CRAFTS 6:00pm to 9:00pm	3 YOGA 7:00pm to 8:30pm	4	5 Drop-in Exercise 9:30am, FREE	6
7	8 Drop-in Exercise 9:30am, FREE NCC meeting 7:30pm	9	10 PLAY GROUP 1:00pm to 3:00pm YOGA 7:00pm to 8:30pm	11 CRAFTS 6:00pm to 9:00pm NEST Meeting 7:30pm at West Firehall	12 Drop-in Exercise 9:30am, FREE	13 Private Rental 10:00am to 4:00pm
14	15 Drop-in Exercise 9:30am, FREE	16 CRAFTS 6:00pm to 9:00pm	17 YOGA 7:00pm to 8:30pm	18	19 Drop-in Exercise 9:30am, FREE	20
21	22	23 SENIORS LUNCH 11:00AM to 1:00pm LSB Meeting 7:30pm	24 YOGA 7:00pm to 8:30pm	25 CRAFTS 6:00pm to 9:00pm	26 Drop-in Exercise 9:30am, FREE	27
28	29 Drop-in Exercise 9:30am, FREE	30	31 YOGA 7:00pm to 8:30pm			