

NCC NEXT MEETING:

Monday June 12

@7:30pm

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

LSB NEXT MEETING

Tuesday June 27

@7:30pm

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

NEST NEXT MEETING

Thursday June 8

@7:30pm

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

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Nolalu's

GRASSROOTS

News & Events

Father's Day History

As with many holidays we celebrate today, Father's Day began as a primarily religious observance. A traditional Catholic holiday celebrating fatherhood, Father's Day has been recognized in some way dating back to the Middle Ages. Traditionally, Father's Day took place on March 19, which is the date the Catholic Church celebrates the Feast of St. Joseph. Most Canadian dads can look forward to this Sunday in June with a host of gestures and gifts from their children, including the perennial favourites such as pancakes for breakfast, socks, ties, and aftershave, just to name a few. The majority of dads, 79 %, agree that fathers don't expect a gift for Father's Day. So perhaps all dad wants is to spend time with his kids and feel loved and appreciated, and the best thing you could do for him is to show him that love.

School Is Out Safety

Kids will be excited and may not be thinking about their personal safety so drivers need to be extra cautious in looking for child pedestrians during the summer months. Watch out for children that may be bicycling along the shoulders of roads, playing in parks, and walking. Remember that playground speed limits remain in effect year round. Observe carefully when driving around playgrounds and parks. Small children are less predictable and harder to see than adults. Watch for clues, a hockey net or ball in the road or on the sidewalk can mean kids are playing nearby. Pay attention and always anticipate the unexpected. Always watch for small children as you're backing up. Walk around your vehicle to make sure no kids or pets are behind. Teach your children to make eye contact with the driver before crossing the road, even if the walk signal is on. Remind your children to walk, don't run, across the road and to stop, look and listen before crossing the street. Camp fire and water safety are equally as important. Let your child know the fire is hot and not to get too close. Minimize running and playing once the fire is going. Set your chairs up a safe distance from the flames, and make it a rule for your child to always walk around the back of the circle of chairs. Watch for flying embers. There is an increased activity on the water and we would just like to remind parents to be within reach of their children and paying attention at all times.



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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 June 12 @ 7:30pm***

ALL NCC meetings are open
to the community.

The need for connection and community is primal,
as fundamental as the need for air, water, and
food. ~~~Dean Ornish~~~

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



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



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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.



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



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



July 15th

11:00am to 3:00pm

\$3.00 kids \$5.00 adults

Unlimited toppings
that fit in the bowl

At the NCC



Ice Cream Social

Bouncy Castle for the kids
(by donation)

Looking forward
to seeing you there!



Seniors Potluck Lunch

(For those 'wanna be' Seniors too)

Tuesday, June 20th

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

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





june events

**JUNE
9**

Waldorf Play Group

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

**JUNE
10**

SouGill's Garage Dance

Dance Party with DJ Mike 19+
9:00pm - 12:00am
Cash bar & concessions
\$10 entry fee

**JUNE
18**

Save the Date!

Celebrate Dad at the GCC with a pancake breakfast!
More details to come - stay tuned on the Facebook Page

**JUNE
21**

Summer Yoga Fundraiser

Summer Solstice & International Yoga day
Beginner friendly gentle yoga flow class
\$15 each (ALL proceeds going to the GCC)
7:00pm - 8:00pm

**JUNE
24 &
25**

Book Swap

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

**LIKE US & FOLLOW ALONG ON
OUR FACEBOOK PAGE**



GILLIES COMMUNITY CENTRE

MONDAY EVENINGS GENTLE FLOW YOGA

4 week gentle flow yoga series
June 5, 12, 19 & 26
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
10:00am-12:00pm
Ages 0-4 accompanied by a
parent
Follow the Facebook Group for
updates!

SAVE THE DATE DRAMA CAMP

July 10th - 14th
10:00am - 2:30pm daily
Ages 7 & up
Stay tuned for more details coming
soon on our Facebook Page
Reach out to Shannon with any
questions or to register
(807)632 - 2784

**gilliescommunitycentre@gmail.com
#1835 HWY 595 South Gillies**

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

- ◆ Wood stove Cooking: Broiling—Remove extra fat. Grease broiler. Place over clear fire, sear, & turn every 10 seconds. Chops 5 minutes. Steak 8 minutes. Serve on a hot platter. Pan-Broiling—Remove extra fat. Heat fry pan to very hot, lightly greased. Sear meat. Cook a bit slower, turn every 10 seconds. Stand chops on edges to brown. Keep pan free of fat. Cook time same as broiling. Roasting—Tie meat into shape. Lay on rack in a meat pan, skin side down, place pieces of fat on bottom. Dredge meat with flour. Place in hot oven, on the grate 10 min to sear. Move to floor of oven and baste every 10 minutes. Season when partly cooked
- ◆ If you want thicker cookies, chill the dough first
- ◆ Fruits and vegetables that ripen at the same time of year taste great together
- ◆ Cook pasta in stock instead of water for added flavour
- ◆ When cooking chicken or turkey soak it in milk for 24 hours to keep it tender and moist
- ◆ Never rinse your pasta after cooking. It washes away the starch and then the sauce doesn't stick to it as well.
- ◆ Use a mortar and pestle to grind up your herbs for seasonings
- ◆ To tenderize meat that is tough, marinate overnight in 1/2 cup vinegar and 1 cup beef broth
- ◆ Corn on the cob will stay fresh in hot water for hours if you start with cold water and, for every 4 ears of corn, add 2 tbsp. each sugar and vinegar. Bring water to boil, add corn. Cook 6 minutes, then remove corn as desired. The corn left simmering will stay fresh indefinitely.
- ◆ When peeling onions, try cutting them in half lengthwise, then peeling, to save the tears.
- ◆ When cooking rhubarb, add a little salt. Neutralizes the acid and cuts down on amount of sugar required.
- ◆ A sprinkle of salt added to overcooked coffee takes away the bitter taste.
- ◆ Meat loaf and meat balls: Try using infant rice cereal as a bread crumb substitute in your recipes for ease and a new flavour.
- ◆ Pans may be cleaned out with salt. A clean pan is achieved when the salt stays white.
- ◆ Clean an oven or BBQ grill by laying them on the lawn overnight. The dew and the enzymes in the grass will loosen any burned on grease
- ◆ When frying foods put half a carrot in the pan. The food will be less greasy.
- ◆ To cut a fresh cake use a wet knife
- ◆ Cottage cheese keeps twice as long if the container is stored upside down

Rural Readers Book Club

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

June 5th: "The Phantom Tollbooth" by Norton Juster.

July 3rd: "The God of Small Things" by Arundhati Roy.

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

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



RURAL READERS
BOOK CLUB

HOPPER'S VARIETY

The Everything Store



7:00 am to 9:00 pm

Sunday to Saturday

475-8804 OR 475-8814



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OTHERWISE POSTED**

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Spring Foraging

Spruce Buds

The young tips of spruce trees have a sharp, citrus taste. They are loaded with Vitamin C and fantastic in teas. White or black spruce tips are both edible and readily abundant across the province. The best tips are still compact, with soft needles. You may need to scrape or wash the brown husk off them. Try pickling them, or as candy or syrup, or using them as a salad topping.

Volunteers needed to help fix our broken chairs at the NCC



**We need about 6 people,
students welcome
For one day to help us fix some broken chairs**



Kakabeka Legion News

June 3	Dance with Quest	7-10pm
June 4	Horse Gymkhana	10am
June 10	Executive/General meeting	2:30/3pm
June 11	Monthly Buffet Breakfast	8:30-noon
June 11	Horse Gymkhana	10am
June 18	Jam Session	7-9:30pm
June 24	Midsummer Dance with Quest	7-10pm
June 25	Afternoon of Music	2-4pm

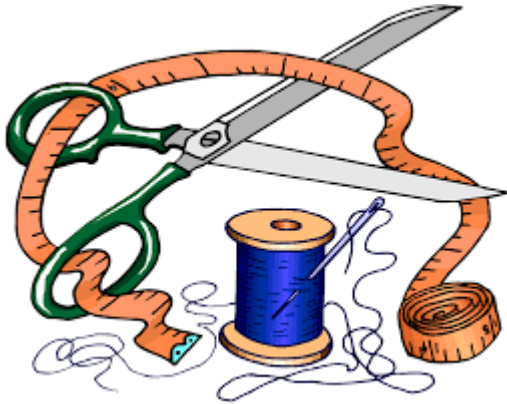


Kakabeka Falls and Rural District Branch 225

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

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

BARB'S PROFESSIONAL SEWING



ZIPPERS ZIPPERS ZIPPERS

Hems on pants, dresses, curtains and more

Alterations, mending, patching

13 years doing alterations at EVAS BRIDAL

7 years at THE WHOLE NINE YARDS

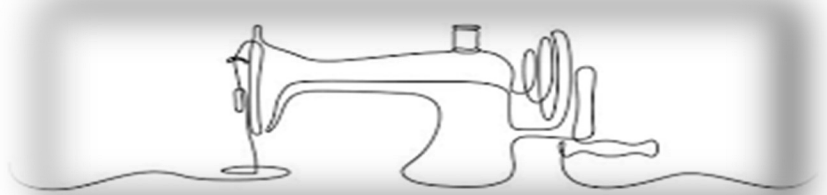
Doing repairs, alterations, wedding parties

QUICK SERVICE

REASONABLE RATES

bbbarbbelanger@hotmail.ca

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

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



"Creativity is a wild mind and a disciplined eye."

~~Dorothy Parker~~



Drop-in Exercise

GROUP WILL RESUME
IN THE FALL
STAY TUNED ...

Nolalu and Leeper Cemetery Board

The Nolalu and Leeper Cemetery Board annual meeting will be held on Saturday, June 10th at 1:00 pm at Piilo's. All are welcome to attend.

Both cemeteries are seeking tender applications for grass cutting. The bids are to be received by 5:00 pm, Friday, June 9th.

Leeper: Jack Erickson, Leeper Cemetery President, 250 Old Silver Mountain Rd, Nolalu, ON P0T 2K0

Nolalu: Brian Maki, Nolalu Cemetery President, RR1, Nolalu, ON P0T 2K0

If you are interested in submitting a bid, please contact Sharon Corston, Nolalu-Leeper Cemetery Secretary-Treasurer at sjcorston@gmail.com or call 807-355-1549 to receive the tender package.

Both Jack Erickson (Leeper) and Brian Maki (Nolalu) are in charge of care and maintenance of the respective cemeteries. Jack noted that while doing a walk-about, I noticed that several families living in the South Gillies area have loved ones interred at Leeper Cemetery. We are currently seeking donations for up-keep and care of our cemetery. Leeper Cemetery has been there since 1911 and is in need of major work. Brian has indicated similar issues with Nolalu. This area is different in that it has the long road to the top of the hill, it needs continual work to keep it viable plus it has to be brushed as does the cemetery or the surrounding bush will take over. Stones fall over and need repair especially after a brutal winter.

We have applied for grants twice in the past four (4) but have been unsuccessful. Anyone willing to donate what you can, please send your donations, with our thanks, to Sharon Corston, 165 Clarkson Street North, Thunder Bay On. P7A 6G1. Please note that we are not a registered charity as we are a cemetery.

The cemetery pictures are attached.

Thank you

Sharon Corston

807-355-1549



To forget one's ancestors is to be a brook without a source, a tree without a root. ~~Chinese Proverb ~~

Looking for a Kitchen Coordinator for the NCC

Are you a good cook, organized and
like feeding people?

We need you.

Even if you just want to try it out for
one event, or for seniors' lunches,
let us know.

Contact one of the NCC executive
for more information or to volunteer



Wild Partridge Casserole

Use only partridge breasts. Wipe thoroughly. Soak in salt water overnight. Rinse well in cold water. Arrange in a casserole dish. Cover with a layer of sliced onions. Add 1 can mushroom soup & 1 can of mushroom pieces & enough water to cover all. Cover casserole and bake at 350F until tender. Takes about 1 1/2 to 2 hours. Serve with rice.

Scrunchies

5/8 cup margarine	1 egg
1 cup sugar	1/2 tsp soda
2 tbsp milk	1/4 tsp baking powder
1/2 tsp vanilla	1 cup granola
1 cup flour	1/2 cup coconut
1 cup raisins or chocolate chips	

Cream margarine, sugar, milk, egg, and vanilla. Add dry ingredients and mix.

Drop by spoonful on to greased cookie sheet

Bake in preheated oven 350F for 8-10 minutes

"Cooking is like love. It should be entered into with abandon or not at all."
~~Harriet Van Horne~~

Barbecue Safety

Grilled to Perfection Every Time!



USE BBQS OUTDOORS ONLY! They produce **carbon monoxide**, a poisonous gas that can lead to unconsciousness and even death. Never use or store propane cylinders inside any structure, including garages.

Take these steps when starting a BBQ:

- Open the hood.
- Turn on the gas release valve on the tank.
- Turn on the grill controls or heat settings.
- Take a step back.
- Push the igniter button.
- If there is no igniter button, insert a long match or BBQ lighter through the side burner hole first, then turn on the heat control knob.
- If the burner does not ignite right away, turn the gas off and wait five minutes, keeping the hood open, before repeating the procedure.

At the start of the BBQ season, do this **THREE-STEP SAFETY CHECK** of your BBQ:

- 1 CLEAN** Use a pipe cleaner or wire to ensure burner ports are free of rust, dirt, spider webs or other debris.
- 2 CHECK** Examine the hose leading from the tank to the burners. Replace it if cracked or damaged.
- 3 TEST** Find leaks by applying a 50/50 solution of water and dish soap to propane cylinder connections and hoses. If bubbles appear, tighten the connection and/or replace the damaged parts and retest.

Stay Fire Safe!

Never leave the BBQ unattended when in use.

Make sure grease does not build up on the burners or at the base of the BBQ. This could cause a grease fire.

Never throw water on a grease fire – this will only spread the flame.

DO NOT place the BBQ close to wooden fences or walls, vinyl siding, or anything that can burn. The area behind your BBQ must be free of anything that can ignite – this is where hot gases escape.

Keep loose clothing away from a hot BBQ.

Keep children and pets at least one metre (three feet) away from a hot BBQ.

When finished barbecuing, turn the gas valve off first, then turn off the burner controls so no gas is left in the connecting hose.

Allow the BBQ to cool completely before closing the cover.

If you live in an apartment or condo building, check with the building owner or property manager, or the Condominium Act of your building, regarding the use of BBQs on your building's balconies.

* SAFETY TIPS COURTESY OF THE TECHNICAL STANDARDS AND SAFETY AUTHORITY / WWW.SAFETYINFO.CA

Office of the Fire Marshal
and Emergency Management
ontario.ca/firemarshal

Nolalu Emergency Services Team

Hall 807-475-4441

RR1 Nolalu ON

Nolalufpo@gmail.com

POT 2K0

Emergency 807-473-5200



Thank You

Big thanks to a great team that made food, set up and served at the memorial for Evelyn Jacobson. It was a well-oiled machine, especially successful since this is the first time in a few years that the NCC has put on a funeral tea. These are the workers: Judy Tienhaara, Marg Cliff, Bobbi Kivi, Shirley Legros, M.E. Scott, Liz Pszczolko, Barb Harju, Gail Granroos, Lorna Kreig, Angela Woodhouse-Wild, Breanne Neufeld, Elaine Kotala. The Municipality of O'Connor lent us 40 chairs as we expected a large crowd. Larry moved them for us.

Our condolences to the family of Evelyn Jacobson, and thanks to all who helped.

We are so grateful to our Seniors Lunch crew who have been coming out or helping with callouts every month. Thank you so much Lee-Ann, Marisa, Phyllis, Arto, Angela and Sherri. We are looking for more help in order to keep these events going and to lighten the load on these lovely people. Let us know if you might be able to help out once in a while.

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>



Yard Sale

Aug 26th 11am- 3pm

Calling all vendors for our pick-up truck / trunk-yard sale.

\$10 an outside table

(will be held indoors if it rains)

At NCC



Contact Emma via email at nccevents@outlook.com or txt 519-410-8733

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, June 21, 2023

Registration 9 am to 11 am

Drive-Thru Pick-up

Blast from the Past - Taken from the May 1990 issue

Rhubarb - The Pie Plant

In early Spring rhubarb can be spotted gently thrusting heads out of winter beds. A sure sign that spring has arrived. Eagerly housewives watch for these emerging spikes and the anticipation of pies baking in the oven.

Early pioneers viewed rhubarb as a plant of many qualities. Not only did it afford delicious pies and desserts, but it was reputed to contain medicinal qualities. These pioneers used rhubarb as a spring tonic to banish winter blahs. Fresh rhubarb contains quantities of vitamin C and A, potassium, calcium, and iron, and thus supplied these nutrients to people who were often winter starved of fresh fruits and vegetables.

Rhubarb is a gardener's dream plant as it grows easily with little care. It is immune to most plant diseases and insects. The only negative trait that rhubarb has is the seedhead. The plants should not be allowed to go to seed. Seedheads should be simply cut off with a knife as soon as they appear. Rhubarb can be harvested from the time the first sprouts appear till late summer. Always leave a few stalks on each plant. Do not take all the stalks from a crown. Always pull the stalk out do not use a knife to harvest. This will cause more stalks to grow while cutting with a knife will not. In the fall cut off all stalks and just leave crown appearing on top of soil. This will help to produce a large stock next year.

Rhubarb lends itself to any number of sweet and tart concoctions - from rhubarb tea to rhubarb mousse.

Pie is however, where rhubarb receives most recognition. Pies can be made as many ways as there are pie-makers. Regional differences also appear in the pies. The basic recipe calls for nothing more than chopped rhubarb stalks, sugar, and flour, mixed and poured into a pie crust. Dot it with butter, lay a crust on top, and bake. Where dairy products are abundant, pie-makers add as much as a quarter pound of butter. Other pie-makers like a custard-style pie and add a couple of eggs. Others mix equal parts strawberries and rhubarb. Still others add gelatin, heavy cream, and vanilla, and transform the pie into a mousse.

Grandma's favourite rhubarb pie is a compromise. Here it is.

Pastry for a double crust.

4 cups dice rhubarb

1 & 1/2 cups sugar

2 eggs

1/4 cup milk

Sprinkling of Nutmeg

1 tsp vanilla



Roll out bottom crust. Place in pie plate. Toss rhubarb with sugar and pour into crust. In a small bowl beat eggs with milk, nutmeg, and vanilla. Pour evenly over rhubarb. Roll out top crust. Cut into lattice strips and weave over pie. Bake at 400F for 10 minutes. Reduce heat to 350F and bake for 45 minutes, till pie is bubbly and rhubarb is soft.

And remember "The redder the stalk, the sweeter the pie".

"To plant a garden is to believe in tomorrow." ~~Audrey Hepburn~~

LOCAL SERVICES BOARD OF NOLALU



June 27, 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.

June 12, 2023—7:30 PM

"Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom." ~~Marcel Proust~~



Old Mill Farm

We have for sale chicken egg, duck eggs, firewood and equipment rentals.

In the autumn we will have garlic for sale, as well as numerous vegetables.

Special Notice!

For the month of June we will have Great Pyrenees puppies as well!

Excellent livestock guardian dogs, as well as incredibly affectionate and intelligent animals. Well suited to our climate, preferring to be outside at all times.

For more information please call/text Annie at 807-630-6479.



WEED OR NATURE'S WONDER PLANT

It is 5 to 45 cm in height, with a long taproot. Has a rubbery stem containing a milky white liquid. A bright yellow flower at the end of the stalk is it's crown. Where can you find them? Well, just about anywhere, disturbed areas, roadsides, lawns and gardens, meadows. You can harvest them from May to September, but the stems and leaves due get increasingly bitter later in the season. You guessed it, it's a dandelion!

Leaves can be eaten fresh in salads, cooked in soups and stews, or dried and used to make tea. When the roots are roasted in the oven for several hours, they develop a coffee/cocoa-like flavour and when ground are good for making tea or using in baking. Stems can be boiled and used as a substitute for pasta. Flowers can be added to salads, make syrups, baked as cookies or fritters. The possibilities for this plant are endless.

Dandelion is thought to reduce blood pressure, blood sugar and cholesterol. The nutrients found in dandelions rival any leafy greens, they are full of vitamins and minerals. Dandelions contain vitamins A, C, K, Folate, calcium, and potassium. Dandelions may be able to help: provide Antioxidants, reduce inflammation, among other things. The leaves of dandelions grown in shady areas are less bitter than the leaves of plants grown in sunny areas. Drying or freezing of dandelion leaves best preserves them for later use. Avoid eating dandelions from lawns or urban landscapes on which pesticides and pollutants may have been deposited.

To Prepare Dandelion Flowers for Use in Recipes:

Wash them thoroughly. Measure the required quantity of intact flowers into a measuring cup. Hold flowers by the tip with the fingers of one hand and pinch the green flower base very hard with the other, releasing the yellow florets from their attachment. Shake the yellow flowers into a bowl. Flowers are now ready to be incorporated into recipes.

Dandelion Flower Cookies

1/2 cup oil

1/2 cup honey

2 eggs

1 teaspoon vanilla

1 cup unbleached flour

1 cup dry oatmeal

1/2 cup dandelion flowers



Preheat oven to 375°F. Blend oil and honey and beat in the two eggs and vanilla. Stir in flour, oatmeal and dandelion flowers. Drop the batter by teaspoonfuls onto a lightly oiled cookie sheet and bake for 10-15 minutes.

Did Ya Know?

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

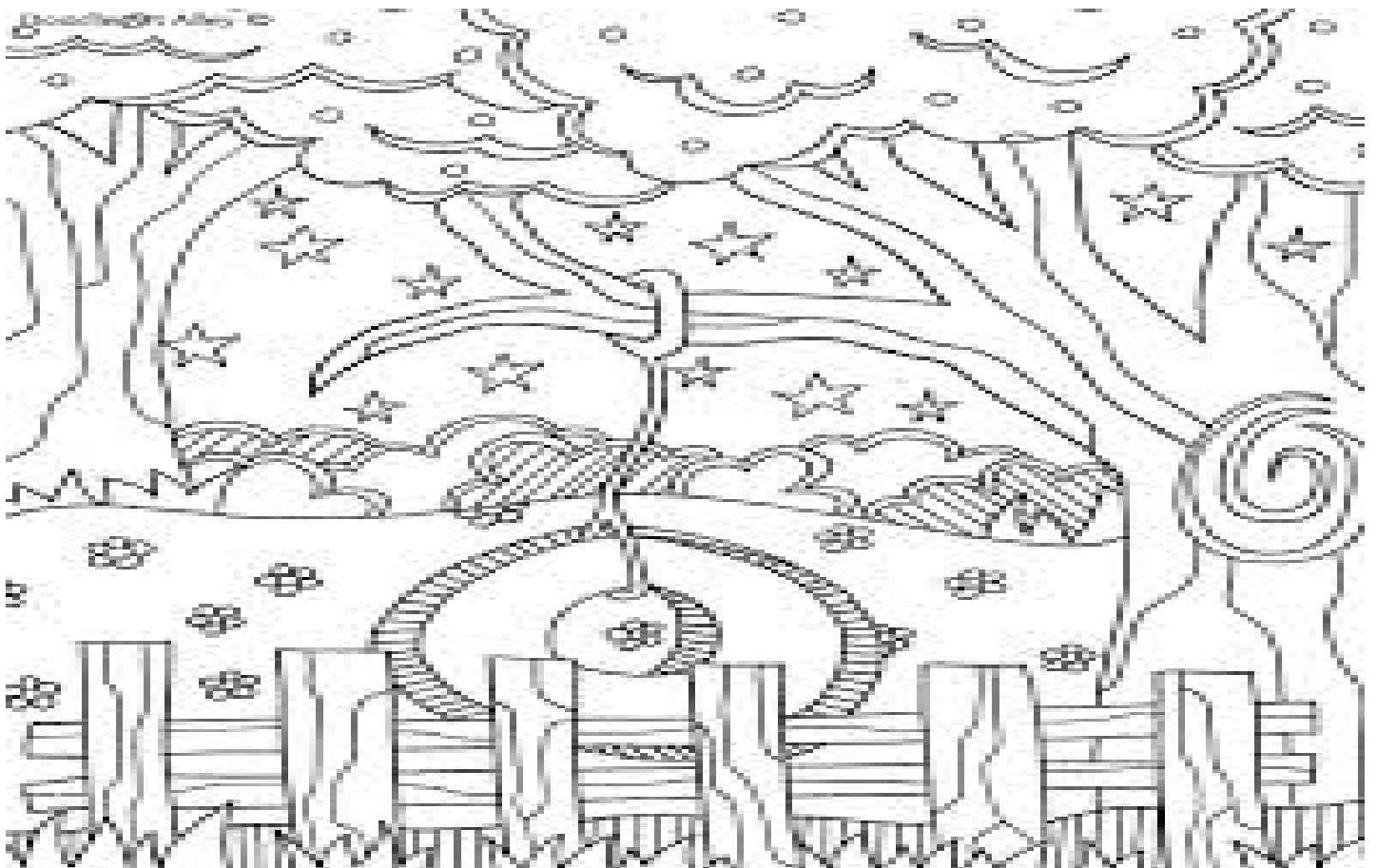
Rebecca's Water Service. Self serve water fill up in trucks or 5 gallon jugs. 807-628-6583

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; The Rusty Bucket

COLOURING PAGE



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

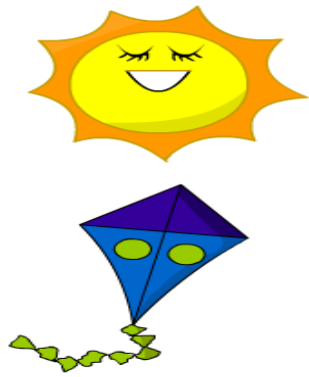
As I sit and type this I am staring outside at the beautiful sunshine. The temperature is 25C, there is a gorgeous breeze, the birds are singing, and everyone I know is out planting gardens. We had such great luck with container gardening last year that we decided to expand on it by building raised vegetable beds. So far we have got two done and they are already planted with peas, beets, tomatoes, and cucumbers. We have about another four, at least, to build. We want to make sure we have a good supply of frozen and canned and preserved foods for over the winter, plus it is always so nice to eat fresh from the garden vegetables come August and September. We also built a retaining wall around our front flower gardens. We were finding we were ending up with a muddy walkway when it rains as the soil was eroding away, that and the chickens were digging in it. The retaining wall works great and I even left a little spot for the chickens to have their dust bath in. All these gardens means we needed more soil, so we now have a big pile in the driveway which my grandson loves playing in. We would have got it dumped around the back of the house but the delivery truck started to sink in the driveway, so we had to get it dumped at the front where the ground was more solid. Needless to say our driveway is now a mess of ruts which will have to be flattened out once the ground hardens up.

I would like to say that our health has been better but alas my grandson is home sick with pneumonia and my husband has had to go back into his walking boot cast. Being a diabetic, wounds do not heal fast on him and he has been battling this wound on his toe for the last 1 & 1/2 years. We've had a few brief weeks where it has closed over but it always seems to open up again. So we truck into Thunder Bay each week to see wound care and get his toe rebandaged and cleaned. He will have to stay off of it for awhile to allow it time to heal. My grandson is starting to feel better and his temperature has gone back to normal after a week with a fever. We had some challenges getting the medicine into him the first day as the pharmacy didn't have any amoxicillin for kids. It seems it is back-ordered all over town, so they gave us capsules and told us to try and get him to take them in food or break them apart and mix in the powder. This for a child who doesn't like taking meds to begin with is a real problem. After many attempts with honey, yoghurt, and Kool-Aid, we finally found that orange juice masks the bitter taste. My question is why did we have to through this? Why aren't their enough medicines for children? Covid is not as prevalent so they can't use that as an excuse. What are other parents doing when faced with this? We try to avoid medications as much as possible and use herbal remedies when we can but when medication is needed we would hope that it is available. Oh and the renovations are still continuing!

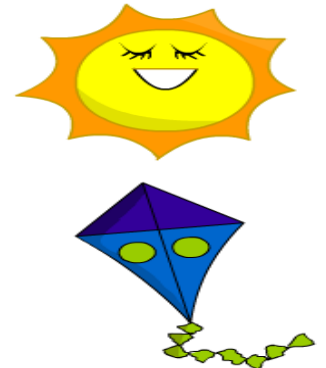
Odette

PUZZLES

Summer Word Search Puzzle



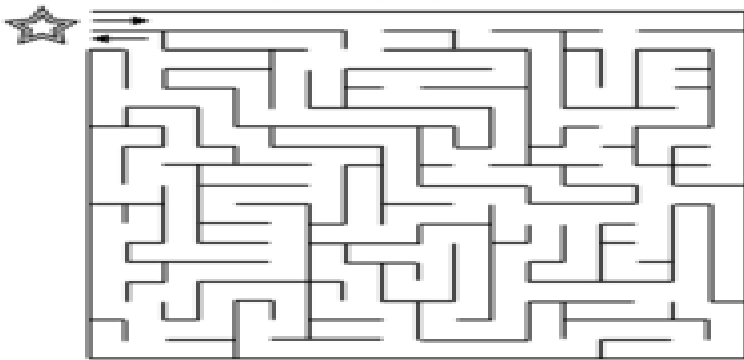
A	J	Z	H	V	W	T	C	B	O	X	H	E	A	T
W	A	N	F	T	F	E	R	X	T	M	O	Y	A	C
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N	W	E	P	K	B	I	K	I	N	I	K	U	A	A
W	I	Z	B	O	A	T	I	N	G	H	I	J	M	N
A	M	B	A	C	K	P	A	C	K	I	N	G	P	D
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E	U	I	I	C	E	C	R	E	A	M	V	O	N	L
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N	X	N	X	Y	A	N	T	K	I	O	N	N	E	R
G	X	U	R	B	G	O	C	E	A	N	N	Y	O	M



1. BACKPACKING
2. BASEBALL
3. BOATING
4. BIKINI
5. CAMPING
6. FLOWERS
7. ICE CREAM
8. OCEAN
9. PICNIC

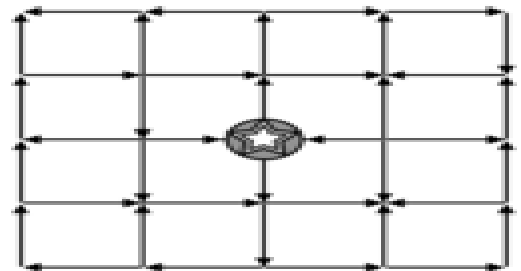
10. RELAX
11. SUN
12. HEAT
13. HOT
14. SANDALS
15. SWIM
16. TRAVEL
17. VACATION
18. WATERMELON

Standard Maze



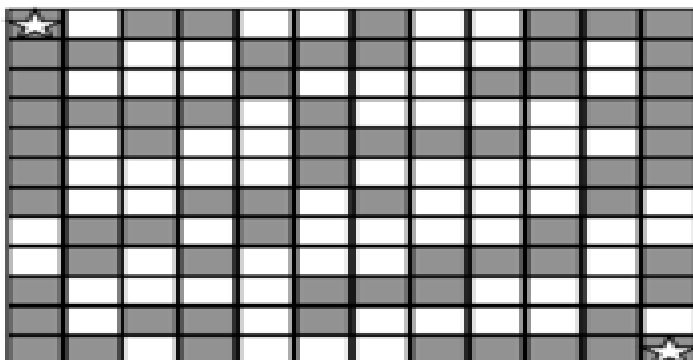
Find a path from and back to the star

Arrow Maze



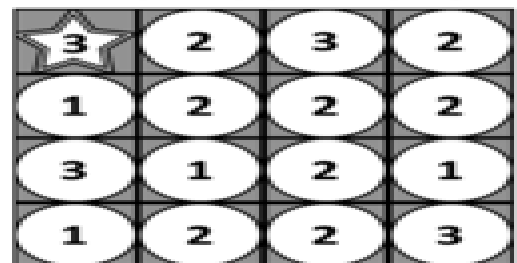
Follow the arrows from and back to the star

Block Maze



Fill in four blocks to make a road connecting the stars. No diagonals!

Number Maze



Begin and end at the star. Using the number in your space, jump that number of blocks in a straight line to a new space. No diagonals!

NOLALU COMMUNITY CENTRE: HALL RENTAL

Contact NCC Vice-President for hall availability and bookings. Text 807-630-6061

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 60 chairs)

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

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

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

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

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

NCC Events—June 2023

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