

September 2023

Nolalu's GRASSROOTS

NCC NEXT MEETING:

Monday Sept 11
@7:30pm

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

LSB NEXT MEETING

Tuesday Sept 26
@7:30pm

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

NEST NEXT MEETING

September 14@7:30pm

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

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THE 111TH ANNUAL HYMERS FALL FAIR

SUNDAY, SEPTEMBER 3RD (9:00 am - 6:00 pm)

MONDAY, SEPTEMBER 4TH (9:00 am - 5:00 pm)

Adults \$10.00 * Seniors (65+) \$5.00

Children (6-12) \$5.00 * Children (5 & under) FREE

Children can bring a zucchini or sunflower for \$1 admission fee

DINING HALL OPENS AT 1:00 P.M. - DEEP PIT BARBECUE DINNERS

SUNDAY - ROAST BEEF & BAKED POTATOES * MONDAY - HAM & PEROGIES

OPENING CEREMONIES

11:00 am - The Pipes and Drums of Thunder Bay
11:30 am - President's Address

CATCH THE HYMERS FAIR BUS!

(no reservation required)

11:00 am - County Fair Plaza (Dollarama)
11:15 am - Thunder Bay Community Auditorium
11:30 am - Canadian Lakehead Exhibition (Heritage Building)

11:45 am - Arthur Street Marketplace

*Bussing Fee \$5 round trip, Admission extra.

Please note that due to the lack of availability,
handicapped transportation cannot be provided.

WEEKEND EVENTS

- ⇒ Hymers Fair Market
- ⇒ Barns (Cattle, Sheep, Swine, Goats, Poultry, Rabbits)
- ⇒ Beef and Dairy Cattle Shows
- ⇒ Horse Show
- ⇒ Contests for All
- ⇒ Scarecrow Contest
- ⇒ Nail Driving Contest
- ⇒ Sunflower and Zucchini Contests
- ⇒ Musical Entertainment
- ⇒ Children's Playground & Activities
- ⇒ Children's Sports
- ⇒ Baby Show
- ⇒ Mutt Show

THE TRADITION CONTINUES! LABOUR DAY WEEKEND!

www.hymersfair.ca

For information, please email info@hymersfair.com. To be a volunteer, please email volunteers@hymersfair.com.



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.

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Rough Lumber Sales - Onsite inventory and Custom Orders

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	807-629-5385
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 September 11
@ 7:30pm

ALL NCC meetings are open
to the community.

We cannot seek achievement for ourselves and forget about progress and prosperity for our community... Our ambitions must be broad enough to include the aspirations and needs of others, for their sakes and for our own. ~~~Cesar Chavez~~~

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

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 9:00 PM

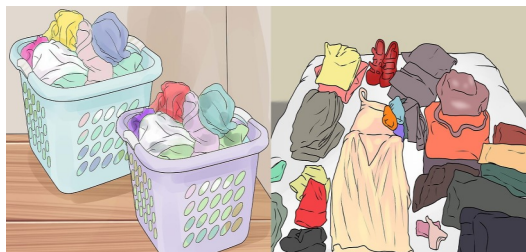
LAUNDROMAT

ST. URHO'S GOLF COURSE

ANDY'S EATS



BOTTLE RETURN DEPOT



PARCEL PICKUP DEPOT

VARIOUS MATERIAL AVAILABLE

FOR PICK UP OR DELIVERY

TOPSOIL BY THE YARD, SAND & GRAVEL

CONSTRUCTION/FLOATING

****FREE QUOTES****





NCC Winter Yard Maintenance:

The NCC is looking for bids for winter yard maintenance. This would include keeping the parking lot cleared and shoveling walkways to main doors. Bid price should be per visit. Sand and salt not needed. Submit bids to prez.ncc@gmail.com by September 30, 2023



~~~~~



## ***PLAY GROUP***

**September 13, 2023**

**Nolalu Community Centre**

**\*\*12:00pm to 2:00pm**


**\*\*Note the new time**

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

Hope to see you there

|                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                        |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p><i>The NCC will once again have a listing/map of local houses giving out treats for Halloween night. If you would like your location added to the list please contact Emma via email at <a href="mailto:ncevent@outlook.com">ncevent@outlook.com</a></i></p> <p><i>Please remember to stop by the NCC on Halloween night to get some goodies and the list for others that are shelling out.</i></p> |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



*~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.*

## ***Helpful Hints from the Senior Citizen Centre 2001***

- ◆ Use it up. Wear it out. Make it do.
- ◆ Put several pieces of chalk in the tool box to eliminate moisture and prevent rust
- ◆ Unwanted shoulder pads from your clothes are perfect for removing hot items from the microwave
- ◆ Spill proof tumblers. Put rubber bands around children's drinking glasses for easier gripping, fewer spills, and breaks
- ◆ An easy way to remove a price tag stuck to gifts, just heat it with your hair blower and it pulls right off
- ◆ Dried lavender, cedar chips, and pyrethrum daisy flowers are all natural moth repellants
- ◆ When you leave home for a few days, turn off the hot water heater. It only takes a few minutes to heat when you return
- ◆ When hanging pictures, heat the nail with a flame before driving it into the wall. You won't crack or chip the plaster
- ◆ A cheap brand of lawn fertilizer will melt snow and ice just as quickly as salt. It will benefit your lawn instead of killing it
- ◆ Occasionally throw a little salt on burning logs to keep the chimney clean
- ◆ Stained hands from vegetables during canning season can be cured by rubbing your hands with a sliced potato
- ◆ To prevent onions from burning eyes, hold under water while peeling
- ◆ Buttons stay on shirts longer if you coat the centre of each with colourless nail polish. It seals the thread
- ◆ Add safety to your outdoor kiddie pool by applying non-skid appliques like those used in the bathtub
- ◆ If you have trouble finding the keyhole in your home's entry doors at night, draw a thin line of luminous paint around the opening

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### ***Rural Readers Book Club***

Celebrating our ONE YEAR anniversary!

Gathering the first Monday of the month,

7:00pm—9:00pm at the Nolalu Community Centre (2266 Hwy. 588).

\* Note—change in September's date to accommodate the long weekend.

September 5th: "The Other Side Of The Mountain" by Michael Bernanos. For the ultimate experience of this wild ride, it's highly recommended to go into this novella blank—do not read reviews, do not read the synopsis, just dive in!

October 2nd: October 2nd: "Decoding The Heavens" by Jo Marchant

November 6th: "The Turn Of The Screw" by Henry James

Join online: [www.facebook.com/groups/ruralreadersbookclub](http://www.facebook.com/groups/ruralreadersbookclub)

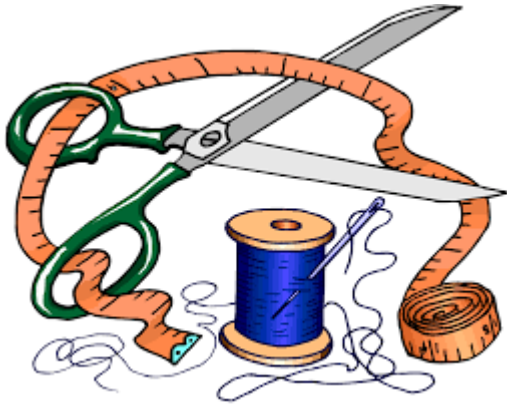
Questions? Call or text Marisa (807) 632 - 3950



RURAL READERS

BOOK CLUB

# **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

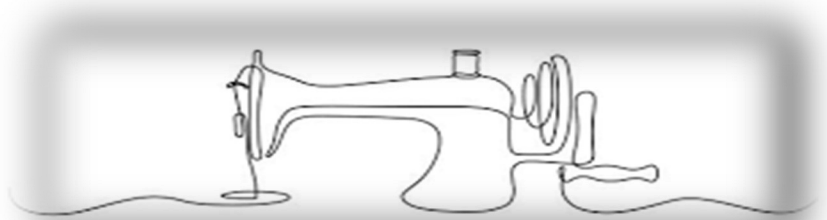
Doing repairs, alterations, wedding parties

**QUICK SERVICE**

**REASONABLE RATES**

[bbbarbbelanger@hotmail.ca](mailto: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



# **Seniors Potluck Lunch**

*(For those 'wanna be' Seniors too, All ages welcome)*

**\*\*September 18/23**

**\*\*Note the new day**

**Lunches will now be on the  
3rd Monday of each month**

**11:00am-1:00pm**

**11:00am coffee/tea**

**11:30am lunch served**



**Bring a small side dish, veggie, 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, remember Volunteers eat free! Contact Breanne if you are interested in helping out.**

**Contact [prez.ncc@gmail.com](mailto:prez.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**

**We hope that everyone had a lovely summer and  
we look forward to seeing you on the 18th.**

## NCC Elections

# ELECTION

The NCC board elections are coming up in October. If you are interested in seeing what we've been up to and how you might be able to get involved - why not come out to our meeting on September 11 at 7:30pm?



We are sad to be losing the lovely M.E. Scott who has been filling the role of Secretary for the past 2 years. We are SO grateful to her for serving in this role and for keeping us on track.

We will be looking to fill the role of Secretary starting in October. The main task required of this position is taking notes at our meetings and circulating them afterwards to the rest of the Board. In this role you can hone your attention to detail and summarization skills. Great for the resume. No experience required . Contact Breanne ([prez.ncc@gmail.com](mailto:prez.ncc@gmail.com)) if you have any questions about this opportunity.

---

*—Yoga—*

*All Levels Hatha Flow*

*Autumn Session*

*@ The Nolalu Community Centre*

*Wednesdays 7:00pm—8:15pm*

*October 4th – December 6th*

*\$110.00 Course – \$12.00 Drop-in*

*Contact Marisa CYT 200HR*

*(807) 632 - 3950*

*wildblueyoga@gmail.com*



***Do you like to dress up for Halloween and have a few hours to help out? We are looking for volunteers!***



Have you been considering getting involved but don't want to commit more than a few hours? We hear you!

We are looking for a Kitchen Coordinator for our upcoming Halloween dance on October 28. The menu doesn't have to be complicated, and you will have assistants! The Event Coordinators will work with you in planning – you won't be alone!



We are also looking for an Events Coordinator Apprentice for the Halloween dance. This person will job shadow the Events Coordinator to learn the ropes and support the role as needed before and during the event.

Must be 19+ years.

Reach out to Emma ([nccevent@outlook.com](mailto:nccevent@outlook.com)) if you are interested or if you have any questions.

---

**From "The Scoble Cookbook Almanac 1983"**

**Spiced Carrot Muffins (Wendy Vistorino)**

This was marked underneath the title—\*EXCELLENT\* \*Muffins\*

|                  |                                 |                                |
|------------------|---------------------------------|--------------------------------|
| 1 1/2 cups flour | 3/4 cup brown sugar             | 1 tsp baking powder            |
| 1 egg            | 1 tsp baking soda               | 1/2 cup buttermilk (sour milk) |
| 2 tsp cinnamon   | 1/3 cup vegetable oil           | 1/2 tsp salt                   |
| 1/4 tsp nutmeg   | 1/2 cup raisins                 | 1 1/2 cups carrots ( gr. fine) |
| 1/2 tsp vanilla  | 1/2 cup chopped nuts (optional) |                                |

Pinch of allspice and ginger

Preheat oven to 400F. Grease or add paper liners to 12 muffin cups. Measure dry ingredients into a large bowl. Stir with a fork until well blended. Whisk or beat together egg, milk, oil, and vanilla. Stir in raisins, carrots, and nuts. Pour into dry ingredients. Stir until moist. DON'T overmix! Batter is quite dry. Fill muffin cups 2/3 full. Bake for 15—17 minutes.

**Toffee**

|                    |                      |
|--------------------|----------------------|
| 2 cups brown sugar | 1/2 cup corn syrup   |
| 1/4 lb. butter     | 1 can condensed milk |

Mix all ingredients in a pot. Bring to a boil and boil for 17 minutes, stirring constantly.

Pour into buttered pans. Cool and cut

*Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie.  
~~Jim Davis~~*



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### Back to School Tips

1. Re-establish a routine
2. Encourage independence
3. Talk about back to school jitters
4. Limit screen time
5. Talk about safety
6. Establish healthy habits
7. Celebrate the new school year



## Volunteers needed to help fix our broken chairs in the autumn.



**We need about  
6 people,  
students welcome.**

**For one day to help us  
fix some broken chairs**



**Watch for more information on the NCC Facebook site**

### Kakabeka Legion News

|              |                                                       |           |
|--------------|-------------------------------------------------------|-----------|
| September 2  | Market Breakfast                                      | 9-Noon    |
| September 2  | Dance with Quest                                      | 7-10pm    |
| September 9  | Market Breakfast                                      | 9-Noon    |
| September 9  | Exec/Gen mtg                                          | 2:30/3pm  |
| September 10 | Buffet Breakfast                                      | 8:30-Noon |
| September 10 | Gymkhana                                              | Noon-??   |
| September 17 | Gymkhana                                              | Noon-??   |
| September 17 | Jam Session                                           | 7-9:30pm  |
| September 23 | Market Breakfast                                      | 9-Noon    |
| September 24 | Music by Mink Mountain Review                         | 2-4pm     |
| September 29 | Dinner/Dance with the Fugitives<br>\$30 pp Supper 6pm | 7-10pm    |
| September 30 | Dance with Quest                                      | 7-10 pm   |



**Kakabeka Falls  
and  
Rural District  
Branch 225**

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



WE'RE HIRING

Whitefish Valley School

Perfect job for Moms

No need for babysitter

Your kids can ride along

Evenings, weekends and  
holidays off!

Stable part-time employment

All training provided

Park at home

APPLY NOW:

[www.workatfirst.com](http://www.workatfirst.com)

807-475-4500 / 601 Hewitson St.



## 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



## Volunteering

Looking for a way to spice up your Mondays? Do you have a few hours to help out? We are looking for volunteers!

Seniors' lunches will be taking place on the 3rd Monday of the month starting September 18. If you would be interested in helping at one or more of these events, we are looking for support in these roles:

Kitchen Coordinator – plan and prepare the Entrée and soup. Patrons will bring potluck dishes.

Kitchen Coordinator job shadow – assist in planning and preparing the meal.

Morning crew (10:00am - 12:00pm) – assist in setting up tables, putting out food and beverages.

Afternoon crew (12:00 - 2:00pm) – assist in cleaning up, taking down tables.

Note: Volunteers eat free!

Reach out to Breanne ([prez.ncc@gmail.com](mailto:prez.ncc@gmail.com)) if you are interested or if you have any questions.



## Thursday, Sept. 28, 2023, is Ontario's first Test Your Smoke Alarm Day!

All Ontarians are encouraged to learn more about smoke alarms, fire safety, and home fire escape planning, which could save you and your loved ones. Most importantly, we want you to test your smoke alarms!

*Having working smoke alarms won't just save your life – it's the law.*

Every home in Ontario is required by law to have working smoke alarms on every storey and outside all sleeping areas. For added protection, install working smoke alarms in every bedroom.

### What to do in case the smoke alarm sounds

If your smoke alarm detects smoke, it will sound a loud, three-beep alarm pattern, and you may have less than 60 seconds to safely escape danger.

If a fire occurs in your home, follow your family's home fire escape plan. Remember to GET OUT, STAY OUT and CALL 911. Never go back inside a burning home for anything or anyone.

### Assist Program

Remember if you or a loved one in the Nolalu area needs assistance with installing, testing, or purchasing a smoke alarm, please have them fill out a registration form for our FREE "Assist" Program.

The registration form can be found in the July edition of Grassroots, the community center, Hopper's, by contacting any member of NEST, or by emailing us at

[info@nolaluest.com](mailto:info@nolaluest.com)

### **Nolalu Emergency Services Team**

Hall 807-475-4441

RR1 Nolalu ON

Nolalufpo@gmail.com

P0T 2K0

Emergency 807-473-5200



# Thank You

A great day was had by everyone who came out to the Nolalu village yard sale at the NCC. Participation is growing every year.

We had 12 different vendors and the Nolalu Volunteer Fire Department were out raising money and promoting fire safety with their many tables of items and baking.

A big shout out to our fantastic volunteers. Patrick, Marissa, Jeff, Kieran, Nova, and our great student volunteers Brooke and Brygette. And of course the Nolalu Fire team.

We are always looking for more volunteers for events so if you're interested please reach out or even just come out and help.

## 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](http://www.rafflebox.ca/raffle/nest)

Follow us on Facebook for more info

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

***The winner of the 50/50 was Marjorie Cooper, for a jackpot of \$1645.00  
Thank-you to all who supported us and continue to support us by buying tickets***



Thank you to Hopper's for digging a trench for us to install power to our sign.

Thank you to all the people who donated items and baking to our sale. It was a success and raised almost \$500 for NEST. A special thanks to Loraine who coordinated with the residents of Round Lake to deliver a large load of baking for our table.



## ***CORRECTION!!!***

### ***Nolalu Emergency Services Team***

When donating aluminum cans to the drop off area beside the Nolalu firehall, please do not drop off garbage or recycling.

Please take other cans and metal and plastics to the dump or Recycling centre.

**We do ACCEPT any LCBO returns**



WE Thank You for your continued support in this great fundraiser for us

---

# **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, September 20, 2023***

Registration 9 am to 11 am

Drive-Thru Pick-up





# Gillies Community Centre

# September Events

**September 17th – Gillies Day Fall Harvest Fest**

**September 29th – Waldorf Parent & Child Gathering**

**September 30th & October 1st – Book Swap**

**Monday Gentle Flow Yoga 7–8pm**

**Tuesday Playgroup 10–12pm**

**October 21st SAVE THE DATE – Halloween Dance & Party**

Be sure to follow along on the Gillies Community Centre Facebook page for ALL the events happening this month!

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### ***The Way It Was When I Was Five (1939)*** ***By Marion Charkow***

For food preservation, we had ice boxes, usually kept in the basement. Ice was only bought in the summer months from the Lake Simcoe Ice Company. It was cut out in the winter from that lake and stored in sawdust in icehouses. It was crystal clear! Rowboats do not pollute like today's motor launches. We, kids, on a hot summer day, would swipe the shards of ice from the back of the truck, better than any of today's popsicles, an absolute treat. The ice was carried by huge ice tongs right into our basement. I believe it was 25 cents a cwt. Of course, as it melted, the water tray at the bottom had to be constantly emptied to prevent overflowing.

In the winter milk and perishables were either stored between the inside kitchen and the storm window or else in the unheated portion of the cellar. Potatoes and carrots were also stored in the latter in bins filled with sand. These were the results of our Victory garden which everyone seemed to have in their backyards, or in our case, at Baxter. It always seemed my chore to make several trips down and up to the basement bringing my mother these commodities as she prepared supper. I hated that job, digging into the sand for vegetables, some of which had turned to rotten mush. I would rebel on rare occasions but one didn't often say "no" to a parent. When I was 11 or 12, we finally got a real refrigerator which sat in the kitchen. No more trips to the cellar to the ice box. What a marvel, real ice cubes we could make ourselves. I must admit, I missed slurping on those shards of stolen ice, somehow they tasted better.

Prior to the advent of the refrigerator, ice cream was an absolute luxury. As hot apple pie would be dished up, Dad would say, "Ice cream would sure go good with this". That was a signal for us all to find 5 cents for a mello-roll. This was a cylinder of ice cream about 5" tall wrapped in cardboard. As my allowance was only 6 cents a week, it was a bit of a scramble for me to find a nickel. Then Malcolm would bicycle to the store like mad and try to get back before the ice cream melted and the pie grew cold. With my sweet tooth and life-long love of ice cream, I was always a bit put out that Dad could afford two mello--rolls!

Another bit of pilfering took place when they were repairing the roads. A tar trailer would be parked, about a 3' cubed box full of bubbling hot tar. It was dangerous to get too close, it was like molten lava, but when the workers weren't watching, we'd sneak pieces off the edge. They made the most peculiar, burnt-tasting gum. I really didn't like it much and the smell of pavement on a blistering, hot day still evokes a rather unpleasant memory.

We had gum, mainly chiclets or Wrigley's stick gum, but our meagre allowances didn't always permit such indulgence. We would buy penny candy at the corner store. When my Mom was ironing, she'd send me for 3 blackballs for a cent and I would be allowed one. These turned the most amazing colours as you sucked on them and would be gingerly removed every few minutes to see what spectrum of the rainbow they had become. At the very inside was an aniseed, so piquant and crunchy. I still love blackballs to this day but they are difficult to find and when one does, they are smaller, sold by the kilogram and the aniseed is missing.

Long strings of licorice could be bought for a penny and a bundle of ten suckers was 5 cents. This would last all week. Pop was 5 cents with a two cent deposit on the bottle which was made of heavy glass. An enterprising kid could collect bottles at the roadside, 5 cents on the larger bottles and come up with a veritable fortune. The 12 oz. size of pop was kept in big coolers filled with ice and water. Our arms would turn numb as we fished in the icy depths for Orange Crush, Kik, Hires Root Beer or stubby, brown bottles of Stone Ginger.

# LOCAL SERVICES BOARD OF NOLALU



Tuesday September 26 @ 7:30pm

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.

Monday September 11 @ 7:30pm

*"Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being."  
~~Greg Anderson~~*

## Drop-in Exercise

(Pilates/weights type)



Starting October

Mondays and Fridays,

9:30am—10:30am

Bring mat, weights, stretchy band.

FREE, all welcome.

FUN group.

We have extra equipment if needed

### **Blast from the Past**

Below are some excerpts from past Grassroots editions; 1991, 1992, 1993

- ◆ Fuel oil tanks now have locks due to recent syphoning of fuel
- ◆ Donald and Bev Rizzi and their family, and Steve and Bonnie Derech and their family are new to the neighbourhood
- ◆ Marge Hill honoured with outstanding volunteer in the community
- ◆ Parent Link coming to Nolalu
- ◆ Michael Rothenburger, age 6, first prize winner of the colouring contest
- ◆ The Unicorn Inn listed among the top 33 restaurants by "Where to Eat in Canada 89"
- ◆ Congratulations to Bill and Wendy Kushnier on the birth of their son
- ◆ Firehall to hold scrap drive to raise money for the repeater station
- ◆ Looking for donations to help keep the Nolalu Cemetery maintained
- ◆ 1 1/2 storey home on 27 acres. Features pine living room and dining room, two bedrooms, sauna, and barn. \$36,500.00
- ◆ Grass cutter wanted for the Centre, \$100.00 for the season
- ◆ Constitution of the NCC amended to include a code of ethics, roles and responsibilities for officers, and change in membership qualifications
- ◆ Bingo bus going to Intercity Bingo Palace on Apr 7, \$5.00 per rider
- ◆ New training initiatives for firefighters being implemented
- ◆ Happy Anniversary to Alan and Becky Salo
- ◆ Turkey Draw to be held at election meeting for NCC
- ◆ Bluebird boxes available as part of the recovery program
- ◆ Emergency Response Day demonstration to be held May 2
- ◆ David Millette, new constable for Kakabeka Falls detachment
- ◆ Fire team to host spaghetti dinner fundraiser
- ◆ Whitefish Valley School closed for asbestos incident, has since been cleaned up
- ◆ Seniors friendly visiting program to begin
- ◆ Happy 40th Birthday to Sandra Hakamaki
- ◆ Nolalu Pizza Stop to open in the NCC
- ◆ Line dancing being taught on Wednesday nights at NCC, \$1.00 per week
- ◆ Concerned citizen to try and get the speed reduced from 80km to 50km along hwy 588 between hwy 590 and 4th sideroad

*"Follow your bliss and the universe will open doors where there were only walls."*

*~~Joseph Campbell~~*

# September 2023

NorWest Community Health Centres - Kakabeka Site

|                                                          |                                                                                                                 |
|----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| <b>WALK IN CLINICS</b>                                   | Sept 7, 14, 18 & 27 from 8:30am-4:30pm                                                                          |
| <b>LIFELABS</b>                                          | Every Thursday, please call to book an appointment                                                              |
| <b>Fly the C.O.O.P Walking Group</b> *call to register   | Sept 12, 19 & 26 from 10-11am<br>Meet outside of the Kakabeka site                                              |
| <b>Hearing Clinic</b><br>*call to register               | Sept 21 @ Shebandwan Community Centre from 12:30pm-3:30pm<br>Sept 28 @ O'Connor Community Centre from 10am-12pm |
| <b>Grocery Tour with our Dietitian</b> *call to register | Sept 19 from 1-2pm @ Odena Foods                                                                                |
| <b>Tea and Talk</b> *call to register                    | Sept 29 from 10am-12pm @ Nolalu Community Centre                                                                |

**Kakabeka Site**



4785 ON-11 Unit B,  
Kakabeka Falls, ON P0T 1W0



(807) 473-5528

## Kakabeka



### NorWest Community Health Centre

4785 ON-11 Unit B, Kakabeka Falls,  
ON P0T 1W0

Tel: (807) 473-5528

Fax: (807) 473-4584

#### WALK-IN HOURS

Sept 7, 14, 18, & 27: 8:30am to 4:30pm

Sept 12: 4:30pm to 8:00pm

Nurse practitioner will see clients on a first-come, first-served basis. No appointment is necessary and you do not need to be a

client of NorWest Community Health Centres.

These clinics are not for medical emergencies. Anyone with a life-threatening illness or injury should go directly to the closest emergency department or call 911.

## Canning and Preserves

Whether you are canning stew or making jam remember to inspect your jars for any cracks or chips. Always use new sealer lids, don't reuse them even if they look ok as bacteria is microscopic. The rings for the jars can be reused. Just make sure to properly sanitize each jar, sealer, ring and utensils you are using before filling the jars with food. Once jars are full be sure to either water bath or pressure can to ensure proper seals and to keep bacteria out.

### ***Water Bath Canning***

A lower-temperature canning process, water bath canning is ideal for high-acid foods and recipes that incorporate the correct measure of acid. The combination of time and temperature destroys mold, yeast, and enzymes that cause spoilage while creating a vacuum seal. This canning method is recommended for produce and canning recipes including: Fruits and fruit juices, jams and jellies, some salsas, tomatoes, pickles and relishes, chutneys, sauces, pie fillings, vinegars, and condiments

### ***Pressure Canning***

Pressure canning is the only canning process that reaches the high temperature (240°F) needed to safely preserve low-acid foods. It is the combination of time and temperature that will destroy food-borne bacteria and create a vacuum seal necessary to prevent spoilage. This method of food preserving is required to preserve foods and recipes like: Meats, poultry, some salsas, vegetables, chili, soups, stews, and seafood

## Harvesting

Many of you will have been busy this past month harvesting a variety of berries. The Saskatoons were plentiful this year as well as the chokecherries. The black currants, blueberries, and elderberries have been good too. I'm sure many of you were busy making jams and jellies.

Harvesting in the fall is one of the busiest times of the year. Save time to harvest, clean the garden beds and stock the compost pile. Many vegetables can be kept in a cold cellar or root cellar, that is cool, dark, and has moderate humidity. Many of you will be busy preserving and freeze drying. Other options to preserve vegetables include freezing, canning, dehydrating, and fermenting. Enjoy your bounty and start planning for next year's garden.

*"Our deep respect for the land and its harvest is the legacy of generations of farmers who put food on our tables, preserved our landscape, and inspired us with a powerful work ethic."*

*~~James H. Douglas~~*

### ***Did Ya Know?***

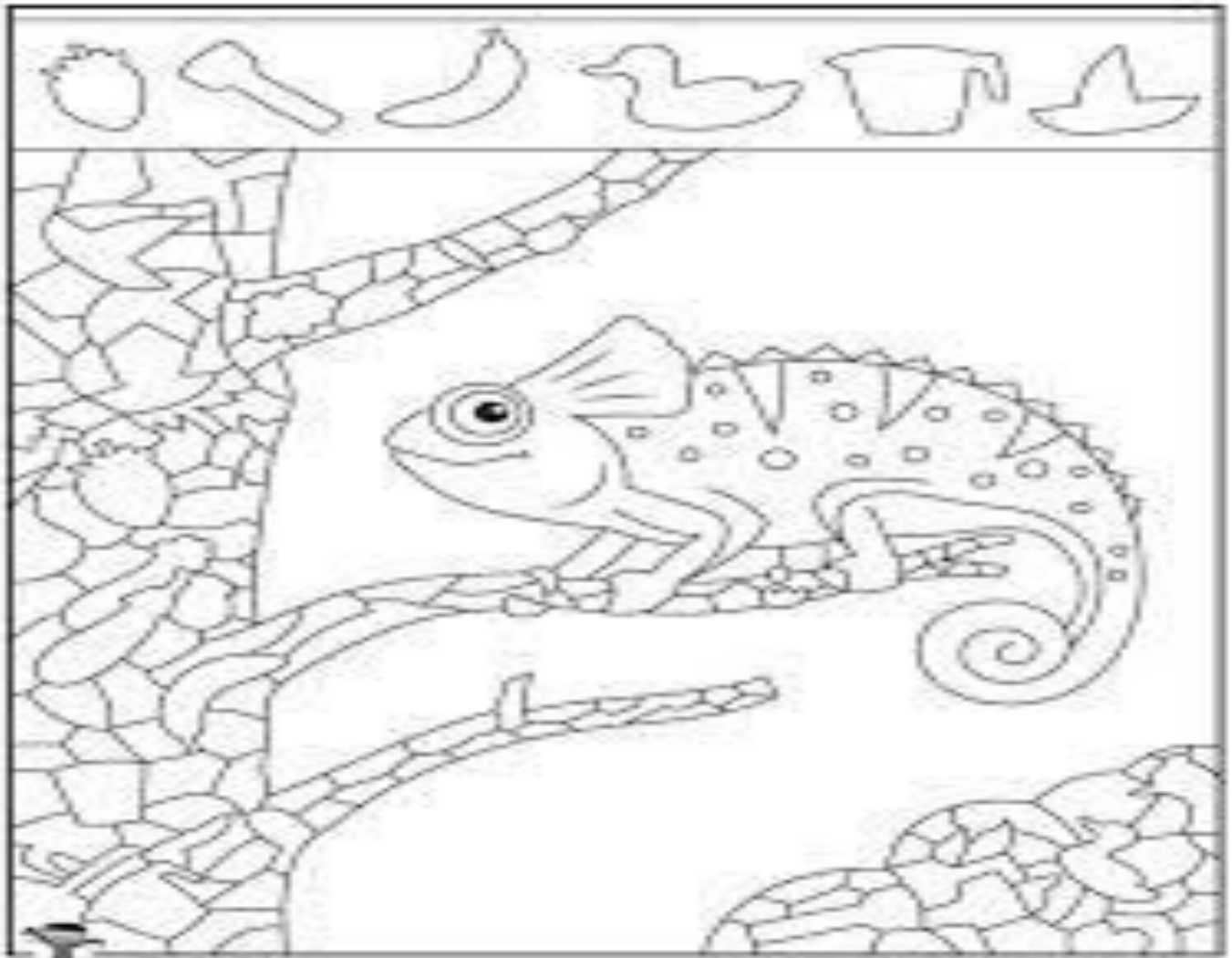
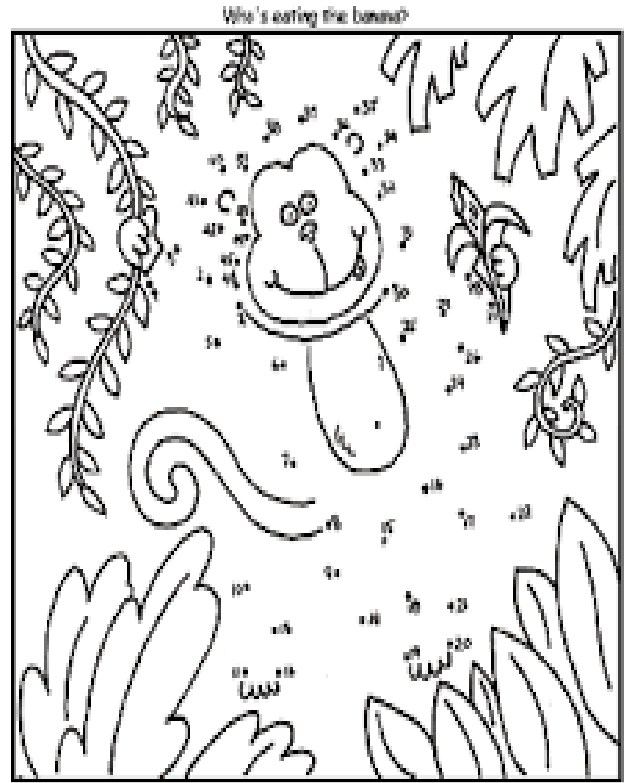
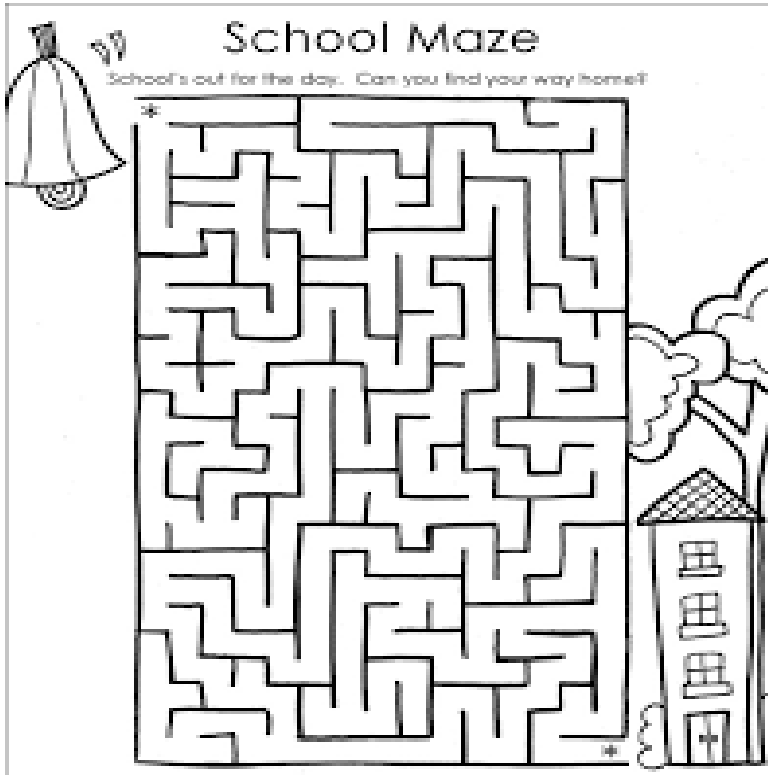
Want to find out what local people in the area or what your neighbours have to offer?

For all your car repair needs: Lakehead Enterprises Ltd. 351 Hwy 590, Kakabeka Falls, ON P0T 1W0, 807-627-0784

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; Barb's Professional Sewing

# 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. All ads need to have white backgrounds. If you would like a colour background or pictures for the online version please send it separately from the greyscale version for print

Please email submissions to: [nolalu.grassroots@gmail.com](mailto:nolalu.grassroots@gmail.com) in PDF or WORD format

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

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## From the Editor's Desk

First off I would like to say a heartfelt huge thank you to the first responders. You were here in minutes when we needed you, both Nolalu and the ambulance, and your professionalism and dedication to your job and patients goes above and beyond. Thank-you Nolalu Fire Rescue and First Response and to the paramedics who gave my husband a lovely ride in the ambulance. My husband is now home and doing great. Thank-you also to Hoppers especially Pauline and Linette who scrambled quickly and covered my daughter's shift so that I could go with my husband to the hospital. To those of you that have asked after Rob's health, thank you for your care and concern. This is what being in a caring community is all about. Neighbours helping neighbours, whether it is their job or just because they care, we all pull together. I am so glad we chose to move to Nolalu. Having come from a small farming community down south we were hoping to find the same kind of community closeness that we had grown to appreciate and love, and I can say we certainly did and then some.

This month has gone by like a whirlwind. What was supposed to be a month of canning and preserves and a week long break at camp, turned into crazy schedules and trying to juggle two households. Well we never made it to camp with my parents but they were very understanding about the cancelation. I ended up taking care of one of my granddaughters, unexpectedly, for a few days and then all four of my grandchildren for a time. It sure was fun and they all loved being together. We have planned for a family bbq day on labour day so that we can all get together before school starts. My granddaughter says we must have 'marshmos' on the campfire and my grandson is looking forward to the water balloon fight he wants to have.

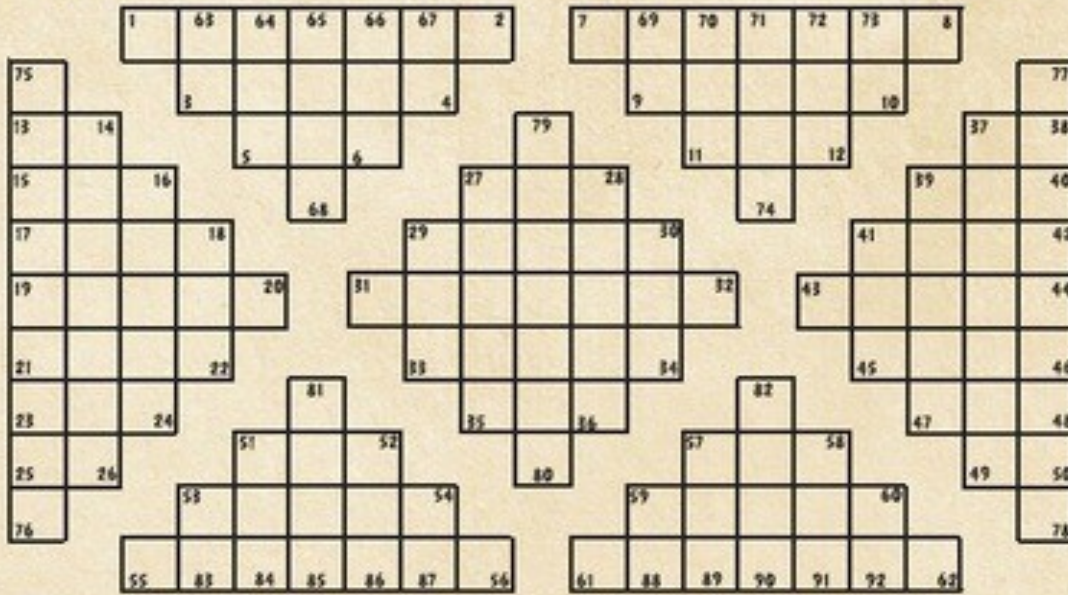
We did get some jams made and preserves. We made up saskatoon berry jam, and froze the raspberries so I can make jam later. We had a great time picking Saskatoons and traded jam for the berries on the neighbours property. It was great to meet a new neighbour and travel some of the back roads looking for berries. We just have one large saskatoon bush but I am hoping the little ones will bare fruit next year. We had never tried saskatoon berries before and I must say I love them. We also made dill pickles, pickled green and yellow beans, and baby onions for the first time. I'll let you know how they taste in six weeks. My daughter and I did a collaboration on the bread and butter pickles. I had put the pickles in the brine to soak over night with the peppers and onions. My husband and daughter helped me chop it all up and get it ready, then I got called away to watch my granddaughter. So my daughter and I finished them over the phone with her doing the canning and me being encouraging on the phone. I have some beets still to do and I am hoping to get my peach chutney done in the next couple weeks. I really need to get that done as I'm down to my last jar. Oh and the renovations are still ongoing.

Odette

# PUZZLES

26

## FUN'S CROSS-WORD PUZZLES—NO. 39



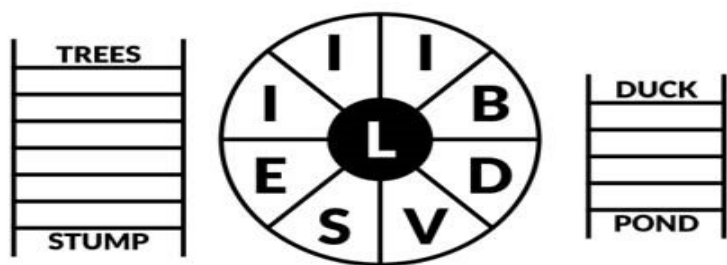
Cross-word puzzles for FUN continue to arrive in all shapes and sizes. Here is a carefully constructed example, a contribution from Herman S. Gumanow of Sackman Street, Brooklyn.

"I have tried my best," he writes, "and am confident that my fellow readers of your worthy little FUN will find it interesting."

See if you can solve it. Fill in the blank squares with words corresponding to the list of clues and definitions given below. The answer to this crossword puzzle will appear in next week's FUN.

- |                                        |                                    |                                      |
|----------------------------------------|------------------------------------|--------------------------------------|
| 1-2 One who visits.                    | 43-44 One who serves on a jury.    | 52-86 An adverb of degree.           |
| 3-4 A fog born.                        | 45-46 A girl's name.               | 53-83 To exist.                      |
| 5-6 An affirmative motion of the head. | 47-48 Placid.                      | 54-87 Negative.                      |
| 7-8 A curved sword.                    | 49-50 In this manner.              | 57-89 A partner.                     |
| 9-10 Corn storehouses.                 | 51-52 Covers the head.             | 58-91 Meaning king.                  |
| 11-12 A cave.                          | 53-54 A titled nobleman.           | 59-88 A personal pronoun.            |
| 13-14 A preposition.                   | 55-56 Garland of flowers.          | 60-92 I, objective.                  |
| 15-16 Fish trap.                       | 57-58 Through.                     | 63-3 Exists.                         |
| 17-18 To ensnare.                      | 59-60 Mohammedan female apartment. | 64-5 A base act.                     |
| 19-20 The path of a planet.            | 61-62 Loosened.                    | 65-68 A metal.                       |
| 21-22 The stronger sex.                | 14-26 A raised flat area.          | 66-6 Abbreviation for Theodore.      |
| 23-24 Frozen water.                    | 16-24 Piece of furniture.          | 67-4 Not off.                        |
| 25-26 I.                               | 18-22 A child's delight.           | 69-9 Third person singular of to be. |
| 27-28 Margin.                          | 29-33 Short for sister.            | 70-11 Middle.                        |
| 33-34 A small piece.                   | 27-35 Therefore.                   | 71-74 An evergreen tree.             |
| 31-32 Causing motion.                  | 28-36 A mineral product.           | 72-12 3,000 pounds.                  |
| 33-34 A small place.                   | 30-34 To tear.                     | 73-10 Likeness.                      |
| 35-36 A serpent-like fish.             | 37-49 Happens.                     | 75-76 A dumb show.                   |
| 37-38 To have existence.               | 39-47 Injures.                     | 77-78 A producer.                    |
| 39-40 A domestic fowl.                 | 41-45 To repent of.                | 79-80 Venerated.                     |
| 41-42 A running contest.               | 51-84 A possessive verb.           | 81-85 Not the whole.                 |
|                                        |                                    | 82-90 A girl's name.                 |

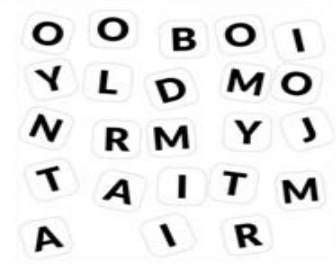
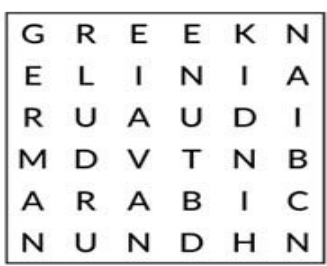
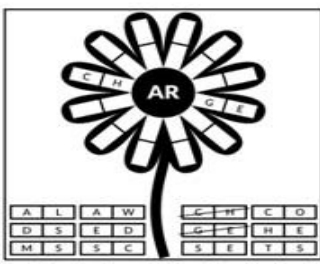
New York World,  
August 28, 1914.  
The different sections  
of the grid are not  
connected—a practice  
that would eventually  
disappear—now,  
all answers must  
interlock with the rest  
of the puzzle.



- |          |          |
|----------|----------|
| 1. KN_FE | 5. EMBE_ |
| 2. MA_IC | 6. _NION |
| 3. IN_ET | 7. S_ARF |
| 4. REAC_ | 8. MO_OR |

Things That Are Loud

A \_\_\_\_\_ C \_\_\_\_\_  
L \_\_\_\_\_ S \_\_\_\_\_  
T \_\_\_\_\_ V \_\_\_\_\_





## **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 100 chairs)

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

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

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

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

**Please make all cheques payable to Nolalu Community Centre. Etransfer available at [nolalucctreasurer@gmail.com](mailto:nolalucctreasurer@gmail.com) with a brief description of what the payment is for.**

# NCC Events—September 2023

| Sun                                                                              | Mon                                                                              | Tue                                                     | Wed                                                     | Thu                                           | Fri                                                                          | Sat |
|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------|---------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------|------------------------------------------------------------------------------|-----|
|                                                                                  |                                                                                  |                                                         |                                                         |                                               | 1<br>DEVON Local<br>Roads Board AGM<br>12:30pm to 3:00pm                     | 2   |
| 3<br>HYMERS FALL FAIR<br>(Hymers Fairgrounds)<br>volunteers fed and<br>welcomed. | 4<br>HYMERS FALL FAIR<br>(Hymers Fairgrounds)<br>volunteers fed and<br>welcomed. | 5<br>RURAL READERS<br>Book Club<br>7:00pm to 9:00pm     | 6                                                       | 7                                             | 8                                                                            | 9   |
| 10                                                                               | 11<br>NCC Meeting<br>7:30pm<br>Public Welcome                                    | 12                                                      | 13<br>PLAYGROUP<br>12:00pm to 2:00pm<br>**Note new time | 14<br>NEST Meeting<br>7:30pm<br>West firehall | 15                                                                           | 16  |
| 17                                                                               | 18<br>SENIORS LUNCH<br>11:00am to 1:00pm<br>**Note new day                       | 19                                                      | 20                                                      | 21                                            | 22                                                                           | 23  |
| 24                                                                               | 25                                                                               | 26<br>LSB Meeting<br>7:30pm to 9:30pm<br>Public Welcome | 27                                                      | 28                                            | 29<br>TEA & TREATS<br>10:00am to 12:00pm<br>All ages welcome to<br>socialize | 30  |