

NCC NEXT MEETING:

Monday January 8  
@7:30pm

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

LSB NEXT MEETING

Tuesday January 23  
@7:30pm

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

NEST NEXT MEETING

Thursday January 11  
@7:30pm

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

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# Nolalu's

# GRASSROOTS

## Neighbours Helping Neighbours

Sometimes life throws us for a loop, sends us down a different path, and we are not prepared for this change. Sometimes the weather does us in or we just don't know where to turn. At this time of year or at anytime for that matter, look out for your neighbours. A small kindness goes a long way. We have a wonderful community and everyone is so caring, so if you need some assistance with anything don't be afraid to reach out. Check on your neighbours.

### Rural Cupboard Food Bank:

19 Holland Rd, Conmee Community Complex 285-0836

- For rural residents outside of Thunder Bay west to Upsala and South to Pigeon River only; must show: I.D. of each family member, social insurance number and verification of address
- Open every third Wednesday

### Thunder Bay Food Bank

129 Miles Street East, 626-9231

- Open Tuesday and Friday 9:00 to 11:00 a.m. (except the first week of every month)
- Limit once a month, must bring I.D. for self and children, with current address.

### Salvation Army Community & Family Services

545 North Cumberland Street, 345-7319

- Hampers by appointment only
- Appointments must be made a week in advance
- Limit once a month, must show I.D., income and expense information
- Cooking classes last Friday of the month

### Listing of health services in the area

<https://www.northwesthealthline.ca/alphaListing.aspx?filter=A>

### Telephone 2-1-1

Email (questions@211north.ca or gethelp@211ontario.ca)

Online Chat (211ontario.ca)

Online database of Human Services

211 provides free, confidential, multilingual access to information & referrals to the full range of community, social, health and government services. 211's Certified Community Resource Specialists assess each person's needs and connect them to the best available resources. 211 helps to navigate the complex network of human services quickly and easily, 24 hours a day, 7 days a week, in over 150 languages.

211 is a critical information system and an easy way to find or give help in your community. 211 also: links residents to the community and helps them access services, eliminates confusion and frustration about where to go for help, reduces workers' time researching services to help their clients, improves community planning via user needs and other statistics, aims at directing non-emergency calls away from 911, responds to municipal and community needs in an emergency and disaster.



*Catherine and Terry Niemi*

*51 Delints Road, Nolalu*

*768-5357 or 633-2949*

*terry@therustybucket.org*

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

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

*Tire Repairs – 6-17” rims*

*Quality work on utility, horse, and stock trailers.*

*Mobile Welding Services*

*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

|                              |                     |                             |                         |
|------------------------------|---------------------|-----------------------------|-------------------------|
| <b>President</b>             | Breanne Neufeld     | prez.ncc@gmail.com          | 807-629-5385            |
| <b>Vice President</b>        |                     |                             |                         |
| <b>Secretary</b>             | Marisa Nascimben    | Marisa.perina22@gmail.com   | 807-632-3950            |
| <b>Treasurer</b>             | Elizabeth Pszczolko | nolalucctreasurer@gmail.com |                         |
| <b>Events Coordinator</b>    | Emma Allgood        | nccevents@outlook.com       | Text to<br>519-410-8733 |
| <b>Kitchen Coordinator</b>   | VACANT              |                             |                         |
| <b>Volunteer Coordinator</b> | VACANT              |                             |                         |
| <b>Media Coordinator</b>     | Kathy McGowan       | Use Facebook                |                         |
| <b>GrassRoots Editor</b>     | Odette Houle        | nolalu.grassroots@gmail.com | 807-630-9442            |

***NEXT NCC MEETING:***

***Monday January 8, 2024***

***@ 7:30pm***

ALL NCC meetings are open to the community.

"They who sing through the summer must dance in the winter." ~ ~ *Italian Proverb*

**Nolalu Dump WINTER Hours  
October 1—April 30**

**ADRIAN LAKE**

Sundays 12 pm - 3 pm

**HARDWICK**

Sundays 4 pm - 6 pm

# 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

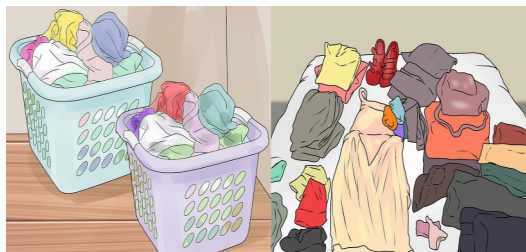
7:00 AM TO 9:00 PM

LAUNDROMAT

ST. URHO'S GOLF COURSE



BOTTLE RETURN DEPOT



PARCEL PICKUP DEPOT

VARIOUS MATERIAL AVAILABLE

FOR PICK UP OR DELIVERY

TOPSOIL BY THE YARD, SAND & GRAVEL

CONSTRUCTION/FLOATING

**\*\*FREE QUOTES\*\***





After serving in various roles in the past few years, and in the NCC’s youth, Angela Woodhouse-Wild has decided to step down from the NCC Board.

Angela has played a key role in overseeing building maintenance and hall rentals over the past few years, and getting the centre “back on it’s feet” since Covid slowed us down. Angela has been steadfast in her commitment to keeping the community centre running. Playing a key or supporting role in many small and large renovation projects and “putting out fires”, Angela was there, as needed, at all hours setting up heaters when the furnace needed repairs, cleaning up after a leaking fridge, learning how to cement holes and cracks in the foundation, and making sure supplies were stocked.

Angela volunteers, in some capacity, at most NCC events – she is always warm and welcoming as she circles the room and makes everyone feel welcome.

We have been fortunate to have Angela on our team. We are grateful for her continued support and dedication and were happy to hear (and not at all surprised) that she plans to continue to volunteer on occasion and that we’ll still be seeing her at Exercise Group.

We wish Angela all the best!

NCC Board

# ***PLAY GROUP***

**January 10, 2024**

**Nolalu Community Centre**

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

Come on out and have some fun.

Meet other children and parents in the community.

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

Hope to see you there





*~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.***



# JANUARY 2024

| MON   | TUE  | WED   | THU   | FRI                               |
|---|--|---|---|-----------------------------------|
| 1<br><b>CLOSED FOR NEW YEARS</b>  | 2<br>Dietitian   | 3<br>Fly the C.O.O.P Social Group @Nolalu C. Centre | 4<br>LifeLabs   | 5<br>Walk-In Clinic 5:00pm-8:00pm |
| 8<br>Mobile Clinic - Armstrong 1pm-6pm<br>Chair Yoga / Virtual Chair Yoga | 9<br>Mobile Clinic - Armstrong 8:30am-1:30pm<br>Fly the C.O.O.P Walking Group<br>Diabetes Educator   | 10<br>Virtual Yoga                                  | 11<br>Fly the C.O.O.P Walking Group<br>LifeLabs<br>Walk-In Clinic 8:30am-4:30pm                                       | 12                                |
| 15<br>Chair Yoga / Virtual Chair Yoga                                     | 16<br>Fly the C.O.O.P Walking Group<br>Dietitian   | 17<br>Virtual Yoga                                  | 18<br>Fly the C.O.O.P Walking Group<br>LifeLabs<br>Walk-In Clinic 8:30am-4:30pm<br>Mobile Clinic - Upsala 10am-3:30pm | 19                                |
| 22<br>Chair Yoga / Virtual Chair Yoga                                     | 23<br>Fly the C.O.O.P Walking Group<br>Diabetes Educator   | 24<br>Virtual Yoga                                  | 25<br>Fly the C.O.O.P Walking Group<br>LifeLabs<br>Walk-In Clinic 8:30am-4:30pm                                       | 26                                |
| 29<br>Mobile Clinic - Armstrong 1pm-6pm<br>Chair Yoga                     | 30<br>Mobile Clinic - Armstrong 8:30am-1:30pm<br>Fly the C.O.O.P Walking Group<br>Fly the C.O.O.P Social Group @Neebing C. Centre<br>Dietitian | 31  |   |                                   |

## Kakabeka Site

 4785 ON-11 Unit B, Kakabeka Falls, ON P0T 1W0  
 (807) 473-5528

## PROGRAM INFO.

Call Shaun at (807) 473-5528 ext.1 to register for all programs

**Fly the C.O.O.P Walking Group**  
Meet at Legion Hall - Kakabeka 10am-11am

**Fly the C.O.O.P Social Group**  
-Tea, History & Crafts! 1-3pm

**Chair Yoga**  
Hosted at O'Connor Community Centre at 10:30am

**Virtual Yoga**  
Hosted virtually at 10:30am

Please call to book an appointment for:

- LifeLabs
- Dietitian
- Diabetes Educator

 **Follow us!**  
 NorWest Community Health Centres - Kakabeka Falls Clinic

[www.norwestchc.org](http://www.norwestchc.org)

## 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 CLINIC HOURS

January 5: 5:00pm to 8:00pm

January 11: 8:30am to 4:30pm

January 18: 8:30am to 4:30pm

January 25: 8:30am to 4:30pm

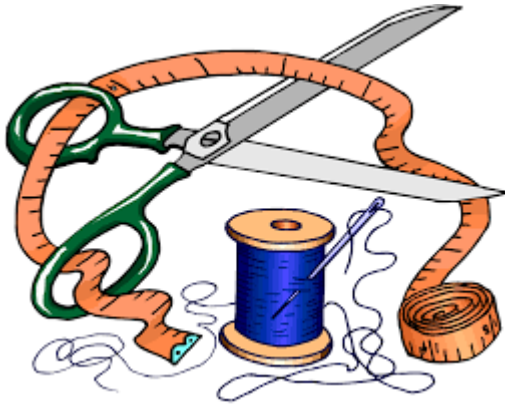
Lifelabs is at the clinic on Thursdays



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.

# **BARB'S PROFESSIONAL SEWING**



*ZIPPERS ZIPPERS ZIPPERS*

Hems on pants, dresses, curtains and more

Alterations, mending, patching

13 years doing alterations at EVA'S BRIDAL

7 years at THE WHOLE NINE YARDS

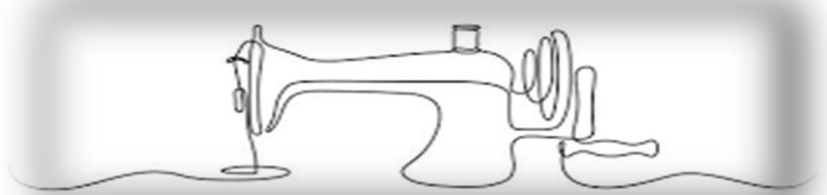
Doing repairs, alterations, wedding parties

QUICK SERVICE

REASONABLE RATES

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



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

- ◆ Throughout the home, washing windows with a mixture of lemon juice and water will keep panes bright and clean. To avoid streaking, use a natural linen towel to wash and a second towel to dry. Rubbing the windows with newspaper also helps avoid streaking.
- ◆ Cut down on dust circulating through your home by spraying the furnace filter with Endust. (Don't know if I'd want to do this)
- ◆ Hate the smell of mothballs? Try using cloves, instead. The odour is invigorating and fresh, and they work every bit as good as mothballs. Just place them in cheesecloth spice bags and hang them in closets and slip the bags into the pockets of garments while they hang.
- ◆ Scratches in glassware will disappear if polished with toothpaste.
- ◆ Cleaner blenders—make a hard to clean blender or food processor sparkle without taking it apart: fill it halfway with soapy water, cover and turn on for 10 seconds. Pour out dirty water and repeat, then let dry.
- ◆ Softer skin in the bath, add 1/2 cup baking soda to a full tub of warm water. Leaves the skin feeling silky and smooth.
- ◆ Eliminate mold and mildew in the bathroom by brushing on baking soda mixed with hot water.
- ◆ To eliminate lime and mineral deposits around faucets and fixtures, apply vinegar soaked paper towels. Leave for about an hour. Once the deposits have been softened, they can easily be removed with a moistened cloth. Avoid using this method on marble surfaces.
- ◆ To remove ball point pen stains—use toothpaste on the stain before you wash the article.
- ◆ Place thick pieces of lemon rind in a warm oven to dispel unpleasant odours.
- ◆ Fill an old nylon stocking with cedar chips and hang in your closet to keep it smelling fresh and free of moths.
- ◆ To get a musty smell out of old books, put them in a paper bag and leave for about a week. When you take them out, there should be no musty smell.
- ◆ Vacuum cleaning: to keep it smelling fresh, empty regularly. Place a small stick of air freshener on the bag compartment.
- ◆ To peel boiled eggs more easily, add a little vinegar before cooking

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## **Rural Readers Book Club**

Meet in person, the first Monday of the month  
7:00pm - 9:00pm at the Nolalu Community Centre  
(2266 Hwy. 588).

Jan. 9th: "The Remains Of The Day" by Kazuo Ishiguro.  
(Note the date, to accommodate holidays and NCC meeting)

Feb. 5th: "The Salamander" by Mercé Rodoreda & "Family"  
by Joyce Carol Oates

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

## Kakabeka Legion News

|            |                  |                   |
|------------|------------------|-------------------|
| January 13 | Exec/General mtg | 2:30/3:00pm       |
| January 14 | Breakfast        | 8:30am to 12:00pm |
| January 21 | Jam Session      | 7:00pm to 9:30pm  |
| January 27 | Dance with Quest | 7:00pm to 10:00pm |
| January 28 | Music            | 2:00pm to 4:00pm  |



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

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

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

Leave it to Lee! Got a job? He can do it! 306-581-5444

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

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# **Driveway & Rooftop Snow Removal**

## **Average Driveway Cleared For \$100 Or Less**



Snow Cleared Within 24 Hours Of Call

**Call Austin For Details: 807-630-2490**

# **Seniors Potluck Lunch**

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

**Monday January 15, 2024**

**Next month**

**Monday, February 12**

**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.**



**For more information  
Contact [prez.ncc@gmail.com](mailto:prez.ncc@gmail.com)**

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



At the January LSB meeting NEST will be asking the LSB to enact a by-law to allow Fire Marque to submit claims to insurance companies on our behalf. Please join us if you have any further questions or comments you'd like to add to the discussion.

Here is a FAQ on who and what Fire Marque is and does:

**What or who is Fire Marque?**

Fire Marque Inc. is a Canadian company that works with fire departments of all sizes across Canada. We recover from insurance companies some of the costs fire departments incur while fighting fires or dealing with other insured emergencies impacting property.

**Will the Fire Marque Program cost me any money out of my pocket?**

No. The Fire Marque Program includes a formal agreement with the Local Services Board and a process by which to recover the costs from your insurance company—not you.

**Will my insurance rates go up as a result of the Fire Marque Program?**

No. Your property insurance policy already has the Fire Department Expense Coverage in it, this is over and above any amount that your home is insured for. Insurance companies have calculated premiums to include cost recoveries for your fire department's services.

**If Fire Marque's invoice is more than my insurance coverage, do I have to pay the balance outstanding?**

No. Fire Marque will only recover from your insurance company the limits of your coverage. There is NO cost to you, and it will not be deducted from your insurance payout. This is a separate fund, and a separate limit that only the fire department can access for payment.

**What if I don't have insurance or my policy doesn't have "Fire Department Expense" coverage?**

Nothing happens as there is no insurance coverage.

**Nolalu Emergency Services Team**

Hall 807-475-4441

RR1 Nolalu ON

Nolalufpo@gmail.com

POT 2K0

Emergency 807-473-5200





# Thank You

A wonderful time was had by all at The Christmas brunch thanks to our many great volunteers. We are so lucky to have neighbors ready to help out. With Sue making up batter and our new neighbors Andrew or Eileen taking on the role of pancake flippers we were able to feed everyone. Thanks also to our super decorating team, cookie maker, set up and clean up crew and our secret elf wrapping presents the day before and a special thanks to Santa himself for delighting kids by popping by.

### **Glazed Nuts**

3 cups brown sugar                      1 cup butter  
Boil until very brittle dropped in water. Pour over any kind of nuts or peanuts.

### **Chocolate Cubes**

1 cup sugar                                      1 tbsp chocolate                      1/2 tsp butter  
3 tbsp water                                      salt  
Boil to a soft fudge. Quickly roll in nuts. Cool and store in a tin box



*The December 50/50 winner was  
**Marjorie Cooper** and she won **\$3730.00**  
Wouldn't you like to win? Our next raffle is LIVE!  
Tickets can be purchased at [www.nolalu5050.ca](http://www.nolalu5050.ca)*

## **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>



# RURAL CUPBOARD FOOD BANK

## *Neighbours Helping Neighbours*

Conmee Municipal Complex

19 Holland Rd, Kakabeka Falls P0T1W0

807-285-0836

We sincerely thank all those that continue to support us.

Your donations enable the food bank to remain open

Next Food Bank

***Wednesday, January 17, 2024***

Registration 9 am to 11 am

Drive-Thru Pick-up



**See Clearly**

QHHT PAST LIFE REGRESSION

**Why am I here, what's my purpose? Why does this always happen to me? Why am I so anxious or depressed? Why am I always sick? Why am I going through this? Why me? What if you could receive loving answers to those questions you've always had? The answers you truly deserve are within you. Allow me help you find them.**

**Cathy See - Level 2 QHHT Practitioner (Quantum Hypnosis Healing Technique) as taught by Dolores Cannon.**

**For more information or to book a session, please Call 807-628-9535 or e-mail [seeclearlyqhht@yahoo.com](mailto:seeclearlyqhht@yahoo.com) More information also available at <http://seeclearlyqhht.com> or <https://www.qhhtofficial.com>**



## Volunteer's Needed!

We are looking to fill the role of **Vice - President**. If you are curious about the role or what we've been up to, don't hesitate to reach out to any board member or join us at a monthly meeting.

Contact Breanne if you are interested in helping out.  
Contact [prez.ncc@gmail.com](mailto:prez.ncc@gmail.com)

Next on the list for volunteer positions is;  
Kitchen Coordinator  
Volunteer Coordinator

Drop Breanne a line to find out more information on these positions. Remember you don't have to do it all but any volunteering is greatly appreciated.

If you are available to Volunteer for an event, remember Volunteers eat free!

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

#### *Finnish Coffee Bread (Avril Dufault)*

|              |                 |                   |
|--------------|-----------------|-------------------|
| 2 pkg. yeast | 4 cups milk     | 1 tsp cardamon    |
| 2 eggs       | 12 cups flour   | 1/2 cup margarine |
| 1 cup sugar  | 1 pinch of salt |                   |

Prepare yeast as instructed on package. Let stand 10 minutes. Meanwhile, scald milk and add margarine until it has melted and then allow mixture to cool. Add to sugar and salt. Add 4 cups of flour and cardamon. Next add eggs and yeast mixture, mixing well. Add remainder of flour until dough can be kneaded. Knead lightly for about five minutes. Cover and let rise (1 to 1 1/2 hours) in greased bowl. Punch down dough and divide into four or six pieces, depending on results wanted. Make braided loaves and place on cookie sheets for second rising (1 to 1 1/2 hours). Bake at 375F for 20 to 25 minutes. If desired a sugar and water glaze may be brushed on after.

Variations: Finished dough; you may add cut up cherries, mixed fruit, orange rind, or raisins with glaze.

Or: Roll out dough with a rolling pin. Smooth on butter or margarine, sprinkle with brown sugar and cinnamon

You may add any or all of the above. Roll up dough as you would a jelly roll. Cut into 1 inch pieces and place in a buttered pan, brown sugar on the bottom is colourful. This will form a glaze. Bake as above.



*"This is my invariable advice to people: Learn how to cook — try new recipes, learn from your mistakes, be fearless and above all have fun!" ~~Julia Child~~*

# Gillies Community Centre



## BOOK SWAP!

**Saturday, January 20th  
& Sunday, January 21st**

**\*NEW TIME\* 12-4 pm daily 1000'S OF BOOKS!  
\$\$ DONATIONS ENCOURAGED FOR THIS FREE EVENT!!  
ALL PROCEEDS DIRECTLY SUPPORT THE GCC  
The GCC is located at #1835 Hwy 595**

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



Rural 60 Plus will be closed from end of day Friday December 22<sup>nd</sup>, 2023

Reopening on Monday January 8<sup>th</sup>, 2024

Merry Christmas and Happy New Year!

## Obituary

### **Joseph Patrick David Gareau**

Passed away peacefully in ICU on December 4th, 2023.

He was a welder and automotive mechanic. He was 70 years old.

He worked with the Nolalu Fire Department for some years.

Built a house on 593 in 2002.

He will be greatly missed by wife Marlene of 38 years and his children.

If so desired, donations can be made to Nolalu Fire and Rescue.

*"There is a sacredness in tears. They are not the mark of weakness but of power. They speak more eloquently than 10,000 tongues. They are messengers of overwhelming grief and unspeakable love." ~~Washington Irving~~*



**AVISTA**  
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**Barb McEwen**  
Salesperson  
(807) 626-3860 CELL

[www.avistarealty.ca](http://www.avistarealty.ca)

*—Yoga—*

*All Levels Hatha Flow*

*Winter Session*

*@ The Nolalu Community Centre*

*Wednesdays 7:00pm—8:15pm*

*January 17th – March 20th*

*\$110.00 Course – \$12.00 Drop-in*

*Contact Marisa CYT 200HR*

*(807) 632 - 3950*

*wildblueyoga@gmail.com*





# FIRST AID & CPR TRAINING

Learn lifesaving skills

Saturday, January 27, 2024  
Gillies Community Centre  
1895 Hwy 595 (South Gillies)  
9:00 a.m. - 4:00 p.m.  
\$150 per person (plus HST)

Enrolment space is limited. Register early!

**DURATION:** 7.5 hours in-class + 8 hours online learning (learning materials & online learning access are included in the enrolment fee)

**PREREQUISITE:** None

**COMPLETION:** Successfully demonstrate skills and critical steps; attain a minimum 75% mark for written knowledge evaluation; and attend and participate in 100% of the course

**CERTIFICATION:** 3-year certification in Standard First Aid and CPR Level C

## COURSE CONTENT

- + The Red Cross
- + The EMS system
- + Wound care
- + Poisons
- + Breathing & circulation emergencies
- + First aid for respiratory and cardiac arrest
- + Head, neck and spinal injuries
- + Bone, muscle and joint injuries
- + Sudden medical emergencies
- + Preparing to respond
- + Check, Call, Care
- + Airway emergencies
- + Environmental illnesses



To register contact:

Marge Buhler, Buhler First Aid Services  
807-621-4286 info@thunderbayfirstaid.ca  
www.thunderbayfirstaid.ca



## SNOWFLAKE SUNDAY

ST. THERESA'S PARISH  
10 PORTER STREET, (basement)  
KAKABEKA FALLS

JANUARY 28, 2024  
12:00 Noon to 2:00 p.m.

Join us at 12:00 p.m. for Beef on a Bun  
(Cost by donation)

50/50 Draw

Penny Auction Baskets  
Check out the Cake Walk  
Something for everyone

Auction Draws will take place at 1:30 p.m.

Bring the entire family  
Socialize with friends and neighbours

You don't want to miss this!



# LOCAL SERVICES BOARD OF NOLALU



Tuesday January 23, 2024

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

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## NOLALU COMMUNITY CENTRE



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

Monday January 8, 2024

*"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in."*  
~~Author Unknown

## Drop-in Exercise

(Pilates/weights type)



Mondays and Fridays,  
9:30am—10:30am

Bring mat, weights, stretchy band.

FREE, all welcome. Open to men and women (and kids on PA days).

FUN group.

We have extra equipment if needed

# Fish Derby

March 16th and 17th, 2024

Come on out and have a great day fishing. Win some prizes and visit with your neighbours  
It's a community event. Hope to see you there.

If you are interested in volunteering for this event contact Emma at [ncevents@outlook.com](mailto:ncevents@outlook.com)

We will be in great need of people going out to ask for and then collect prizes for the March event. Do you know a business or two you think might donate? Send an email to [tritree@outlook.com](mailto:tritree@outlook.com) with the title "fish derby prizes" and I will send you the form to hand out and make a note of the businesses you will be asking (as not to double up anywhere).

We will also need a group to cook for the event and are looking for servers.  
Please consider helping out at this great community event.



## Hymers Fair News

Submitted by Erin Laforest



The Hymers Agricultural Society  
**ANNUAL GENERAL MEETING**

will be held  
**Saturday, January 20, 2024**  
**1:00 p.m.**

at the  
**CLE Grounds, Cardinal Room**

Elections for the 2024 Board of Directors will take place. Become involved! Contribute your great ideas to the Society and the Fair by becoming part of it.

We are always looking for people who are willing to serve as Directors and Committee members. Please be aware that this is a working Board, which means attendance at monthly meetings, being responsible for one Committee or Area, and participating on other Committees as needed.

Volunteers are always needed throughout the Spring/Summer to get the Grounds ready, and during Fair Weekend.

Don't want to commit to being a director? That's ok! Come join the AGM anyway. We would love to see you there. There are still opportunities to join as a Committee Lead or member, or as a Volunteer. Can't make the meeting?

**Please visit our new website at <https://hymersfair.ca> and find our Volunteer Application Form under Volunteers.**

Forms can be emailed to:

**[volunteers@hymersfair.com](mailto:volunteers@hymersfair.com)**

or mailed to:

**PO Box 196  
Kakabeka Falls, ON, P0T 1W0**

For full details on becoming a Director, Committee Lead or Volunteer, please email:

**Debbie Hoover at [info@hymersfair.com](mailto:info@hymersfair.com)**

or

**Erin at [hymersagsociety@gmail.com](mailto:hymersagsociety@gmail.com)**

# 2024 NCC Annual Meeting Schedule

All meetings take place at the Nolalu Community Centre at 7:30pm.

Open to the public.

Monday, January 8, 2024

Monday, February 12, 2024

Monday, March 11, 2024

Monday, April 8, 2024

Monday, May 13, 2024

Monday, June 10, 2024

July – no meeting

Monday, August 12, 2024

Monday, September 9, 2024

Monday, October 7, 2024 (Annual General Meeting)

Monday, November 4, 2024

December – no meeting



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## LOCAL SERVICES BOARD OF NOLALU



January 23, 2024 – 7:30 pm

February 27, 2024 – 7:30 pm

March 26, 2024 – 7:30 pm

April 23, 2024 – 7:30 pm

May 28, 2024 – 7:30 pm

June 25, 2024 – 7:30 pm

July – no meeting

August 27, 2024 – 7:30 pm

September 24, 2024 – 7:00 pm – Elections, Annual General Meeting,

First Meeting of the New Board

October 22, 2024 – 7:30 pm – Budget meeting

November 26, 2024 – 7:30 pm – Levy meeting

December 2023 – no meeting

**COLOURING PAGE**



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# GrassRoots Business & Ad Fees, As of January 2023

- ◆ **Business card ad:** \$6.00
- ◆ **¼ page ad:** \$15.00
- ◆ **½ page ad:** \$20.00
- ◆ **Full page ad:** \$30.00
- ◆ **Community notices:** Free
- ◆ **Non-business classified ads:** Free



**The GrassRoots submission deadline is the 15th of the month prior to your ad appearing in an issue of Grassroots. All ads need to have white backgrounds. If you would like a colour background or pictures for the online version please send it separately from the greyscale version for print**

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

**Please make all cheques payable to Nolalu Community Centre. Etransfer available at [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

Where has the time gone, another year has flown by. Ever notice how time seemed to creep by when we were young, but now that we're older it just flies by? As I sit here and contemplate what to write, I realize that time is not the issue, what changes is our perspective on life. We realize it is not the material things that matter but the precious moments spent with friends and family, it is the life experiences and the milestones that matter. So my wish for all of you in this coming year is that you find comfort in the little things that life has to offer. That you experience joy while looking at the falling snow, the bloom of the spring flowers, the laughter of a child, while watching the sunset, the embrace of friends, and all the other mundane things that we take for granted.

This past month has been hectic, as Decembers usually are around our house. Last minute preparations for Christmas, baking, wrapping presents, ensuring we have all the trimmings for Christmas dinner, it's a whirlwind of activity. This year things went a little differently as most of the family got sick. My Mom was sick for the last three weeks, celebrating her 89th birthday in her pajamas. My granddaughters were all sick at the same time. We were not spared in our house either, with all of us getting some form of the nasty cold that everyone else got. So we postponed Christmas. Instead of all getting together on Christmas day we will be celebrating on New Years Day. We each had small celebrations at our own homes on Christmas day, and made sure to facetime everyone, but we will wait until New Years day to celebrate as a family. Now we are all crossing our fingers that everyone remains healthy. The only draw back is trying to save the cookies until New Years day, even frozen they still taste good. We will have a big brunch, then open gifts, then play games, and lastly have a big turkey dinner with all the trimmings. The evening will end with traditional carrot pudding being set aflame, then served with brown sugar sauce dribbled over it, so good. Traditions are important in our family as they honour the past, but we are not afraid to start new traditions either. It is important to realize what we have always done may not work anymore and to try new things that will work for the family. We have combined traditions old and new to make a tradition that works for us.

Yesterday saw my grandson turn five. And in the spring my granddaughters will be three. They are getting so big and it is a pleasure to be a part of their lives. It was so much fun to watch the school Christmas concert and to take the kids for their pictures with Mr. Claus. We even went to see the Christmas train this year. That was such a wonderful experience, to see my train obsessed grandson's eyes light up as it pulled into the station was priceless. It is these little moments of life that I treasure.

One last thing, where is the snow?

Happy New Year to Everyone

Odette



# PUZZLES

CEDDI

GIHLT

LAIFAC

TIGBLE



The letters of these crazy words are all mixed up. To play the game, put them back into the right order so that they make real words you can find in your dictionary. Write the letters of each real word under each crazy word, but only one letter to a square.

CNA

KMAE

UQTI

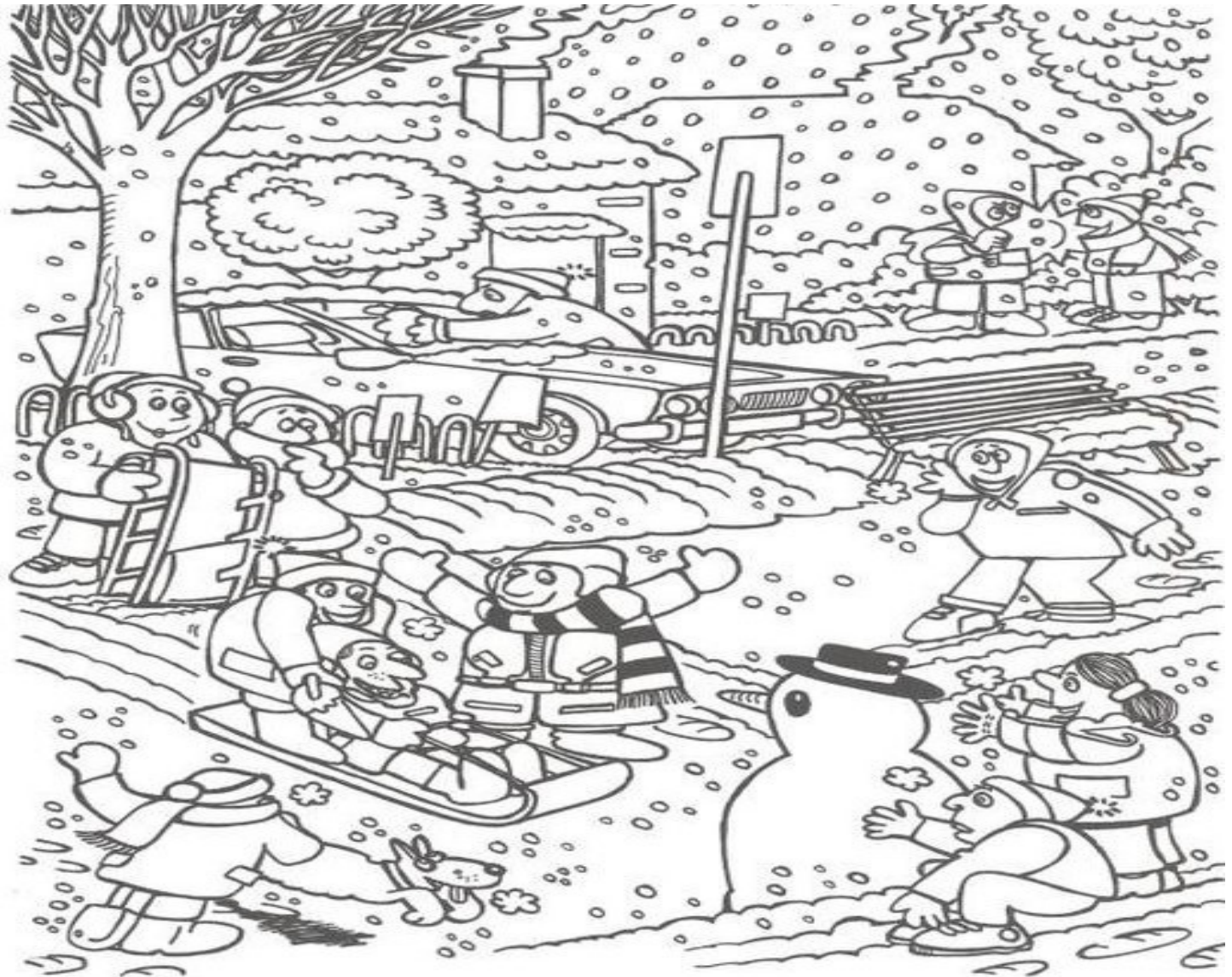
EICM



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Now you're ready to solve today's Jumble For Kids. Study the picture for a hint. Play around with the letters in the circles. You'll find you can put them in order so that they make your funny answer.

Answer here:   "     "



Even in the middle of winter you can find some reminders of summer—a bottle of sunscreen, a straw hat, an ice cream cone, a popsicle, a pair of sunglasses, a cool drink, a pair of shorts, and the sun.

## **NOLALU COMMUNITY CENTRE: HALL RENTAL**

Contact NCC Treasurer for hall availability and bookings.

Email [nolalucctreasurer@gmail.com](mailto:nolalucctreasurer@gmail.com)

Package A: **Occasional daytime functions** e.g., birthday parties, showers

- ◆ Minimal use of kitchen e.g. fridge, **\$30**
- ◆ Full use of kitchen, e.g. burgers on stove, **\$50**

Package B: **Meetings of Community/Service groups**

- ◆ Minimal use of kitchen, e.g. fridge
- ◆ **\$25** part day / **\$50** full day

Package C: **Major day or evening functions** e.g., weddings, family reunions

- ◆ With liquor if required, plus full use of kitchen
- ◆ Renter is responsible for obtaining and posting liquor license if required
- ◆ **\$100** (and up, at the discretion of the NCC, depending on function, risk, familiarity with kitchen equipment)

Package D: **Memorial Service for community member**

- ◆ Refreshments (sandwiches, pickles, desserts, tea, coffee) can be provided
- ◆ Specialty foods, e.g. suolakala, not included
- ◆ **\$40** plus the cost of food supplies

Package E: **Businesses Day Use** For meetings, training, workshops, retreats, etc.

- ◆ Minimal use of kitchen, e.g. fridge **\$100**

**Table/Chair rental available:** (max 16 8' tables, max 100 chairs)

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

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

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

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

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

# NCC Events—January 2024

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