

Nolalu's GRASSROOTS

NCC NEXT MEETING:

Monday April 8
@7:30pm

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

LSB NEXT MEETING

Tuesday April 23
@7:30pm

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

NEST NEXT MEETING

Thursday April 11
@7:00pm

At the NCC and open to
the community

Contents:

Information	3
Interest	5,7,17,25,29
Recipes	7,25,29
Fish Derby	8 to 14
Helpful Hints	15
Rural Readers	15
Fire Safety	18 to 19
Announcement	19
Seniors Lunch	21
Movie Club	21
Legion	22
Food Bank	22
Meeting Dates	23
Health Clinic	26
Rural 60+	26
Editor's Note	27
Fun Pages	28, 30
Hall Rental Info	31
NCC Events	32

Spring In Northern Ontario

A selection from the internet

The annual smelt run on Lake Superior is getting underway. The spring tradition brings people out from across the city and region to gather the tasty little fish for their dinners. Across Northern Ontario, traditional foods offer a tasty way to re-engage with our history. Here in Thunder Bay, on the Fort William First Nation for the past weeks, a dedicated group of harvesters have been gathering sap from the Maple Trees on the Nor 'Wester Escarpment. It is a lot of work, first gathering the sap, then boiling it down. The group has been sharing the tasty syrup with community members on Fort William First Nation. The amounts are not huge, but the flavour from all reports is amazing.

Wolf hunting, along with ice fishing are a popular past time. Icefish for walleye, northern pike, perch and smallmouth bass.

The sauna has become so rooted in Thunder Bay culture that I dare to say almost every camp has one. Even many new houses built, whether for a Finn or not, have a sauna plan. Someone once told me that his elderly mother, who was born and raised in Italy, never dreamed that she would one day be running down the dock of her camp, naked, to dive into the water after a sauna.

Sisu (see-soo, pronounced quickly) is a little Finnish word with a big meaning. You will see it all over Thunder Bay on bumper stickers, clothing, and even tattooed on youth. It means tenacity, strength, stamina, strong will, even stubbornness. For the descendants of the Finnish immigrants, the pop cultural branding of the word is a way to pay homage and to recognize the challenges of the Finnish ancestors who settled here.

Whether it is a loonlet, a newborn fawn, or even a wolf cub, Spring brings with it an explosion of life in the Boreal. The season of plenty is really only about 3 months so a lot of things need to happen for all species of wildlife. If you are fortunate, you could get a glimpse of wildlife or young birds. Seeing a black bear with cubs is a very common sight but make sure you keep your distance. You'll want to ensure you have a camera ready at all times so you can capture an image of life on the move in the wilderness.



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

President	Breanne Neufeld	prez.ncc@gmail.com	807-629-5385
Vice President	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442
Secretary	Marisa Nascimben	marisa.perina22@gmail.com	807-632-3950
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	Kathy McGowan	Via Facebook	
Grassroots Editor	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442

NEXT NCC MEETING:
Monday April 8, 2024
@ 7:30pm

ALL NCC meetings are open
to the community.

NEST meeting 7:00 pm At NCC
 Thursday April 11, 2024

Nolalu Dump WINTER Hours
October 1—April 30

ADRIAN LAKE

Sundays 12 pm - 3 pm

HARDWICK

Sundays 4 pm - 6 pm



SEEDY SATURDAY 2024



PRESENTED BY MISTY MEADOWS PERMACULTURE FARM



BRING YOUR SEEDS, GARDENING BOOKS & MAGAZINES TO SHARE/SWAP

LEARN ABOUT NATIVE PLANTS IN OUR REGION

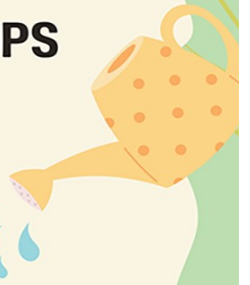
SEEDS, SEEDLINGS & SMALL PLANTS FOR SALE

MEET FOOD PRODUCERS & LOCAL FOOD GROUPS

LEARN HOW TO SAVE SEEDS

TALK WITH SEED SAVERS

REFRESHMENTS & PRIZES



PROCEEDS TO THE RURAL CUPBOARD FOOD BANK

**SATURDAY, APRIL 6
12 P.M. - 3 P.M.**



**NOLALU
COMMUNITY CENTRE
2266 HIGHWAY 588**



BRING CASH



Clothing Swap

Bring what you can share. Take what you can use!



CLOTHING SWAP

Sunday April 21st

Nolalu Community Centre

12:00pm ~ ~ Set Up

12:30pm ~ ~ Swap Time

This is a fun, free community event.

**Bring your clean, gently used clothes to set up
at 12 NOON sharp**

Swapping begins at 12:30pm!

You don't need to bring items to participate.

Please bring your own bag.

Join us for this FREE event.

Questions???

**Please contact your host for this event; Debra
Hitz (807) 631-7870**



HOPPER'S VARIETY

The Everything Store



7:00 am to 9:00 pm

Sunday to Saturday

807-475-8804 OR 807-475-8814



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

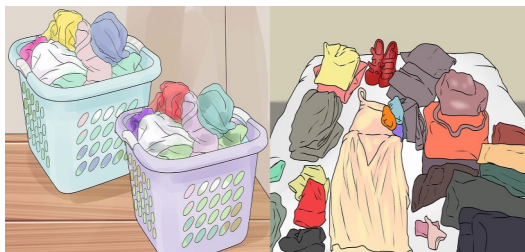
ST. URHO'S GOLF COURSE

9 HOLE 36 PAR

GOLF CART RENTALS



BOTTLE RETURN DEPOT



CALL TO BOOK YOUR APPOINTMENT

SNOW REMOVAL, SAND & GRAVEL

CONSTRUCTION/FLOATING

****FREE QUOTES****



From the Nolalu Heritage Cookbook 2000

Marinated Veggie Salad ~ Enni Pakka

3 tomatoes 1 medium onion 2 cucumbers
1/2 tsp paprika 1 sm head cauliflower 1/4 tsp salt
1/2 cup French dressing fresh ground pepper

Slice veggies into large chunks. Combine all veggies and seasonings in a tightly covered container and refrigerate over night. Drain off any excess liquid. Add dressing and toss lightly. Serve on a crisp lettuce leaf.

Choco Fudge ~ Julia Miles

8 squares sweet chocolate 5 ml vanilla
150ml sweetened condensed milk

In a double broiler, over simmering water, combine chocolate and milk, stir occasionally until melted. Remove from heat, stir in vanilla and mix well. Spoon into a loaf pan lined with wax paper and chill until firm. Cut into squares and refrigerate up to three weeks, also freezes well.

—Yoga—

All Levels Hatha Flow

Winter Session

@ The Nolalu Community Centre

Wednesdays 7:00pm—8:15pm

April 3rd – May 29th

\$100.00 Course – \$12.00 Drop-in

Contact Marisa CYT 200HR

(807) 632 - 3950

wildblueyoga@gmail.com





**Nolalu
Tough Boating
Fish Derby
2024**

The Nolalu Community Centre and organizers of the **32nd Annual Tough Boating Fish Derby** fundraiser would like to express their gratitude to all participants, sponsors, donors, and volunteers—all who contributed to another successful and joyous derby!

A sincere **Thank You;** to Sue Backstrom, Marg Cliff, and Judy Tienhaara for their mentorship, collaborative spirit, and ongoing support of the Tough Boating Fish Derby; to Marisa Nascimben, for her keen organization and earnest passion.

Thank you, to Marisa Nascimben, Jeff Hunnakko, and Debra Hitz for their significant contributions, of time and effort, towards our donor seeking endeavours. Additional thanks, to Jeff and Debra, for their respective maintenance and custodianship of the centre itself, keeping it operational and beautiful for all community events.

Thank you; to Rebecca Crawford for her media promotions—the beautiful poster and sponsor letter, and online event page; to Emma Allgood for her tech savvy and sponsor posters; and to Kathy McGowan for her posts of sponsor appreciation on the N.C.C. Facebook page, and her thoughtful, continued coordination of the N.C.C. online presence.

Thank you, to all the Kitchen Volunteers, the heart, soul, and backbone of most events—to Marg Cliff, Krista Silvaggio, Rachel Globesny Bayes, Shawn Kilen Bayes, Janice Silvaggio, and Breanne Neufeld. A special thank you to Rob, Odette, and Kayla Houle for making the chili, and LeeAnn Hautala for making the cupcakes—all well received. A shout-out to our grocery runners, Jeff Hunnakko, Marisa Nascimben, Emma Allgood, Breanne Neufeld, and Debra Hitz; all who braved the formidable “city run.”

Thank you, to all the Bar Volunteers—Barb Harju on tickets, Odette Houle, Andrea Silvaggio, LeeAnn Hautala, and Ashley Silvaggio.

Thank you, to all the volunteers on Draw & Raffle Tickets, for their endurance of both slow pace and fast pace—Jacqueline Nascimben, Sherri Halvorsen, Debra Hitz, Cathy LeBrun, Angela Woodhouse-Wild, Shirley Erickson, Andrea Silvaggio, Jacey-Lynn Woods, and Rebecca Crawford. A special thank you to Liz Pszczolko, for coordinating all the various floats and cash boxes, and offering support throughout the event.

Thank you, to Cal Eyjolfson, Judy Tienhaara, and Sue Backstrom, for their seamless run of the Weigh-In itself, for their reliable knowledge, strength of leadership, and enthusiasm for the event's essence!

Thank you; to Terry Fawcett for setting up the sound system and lending his microphone and cable; to Rox-Anne Moore, our Master of Ceremonies, for once again offering her voice and grace, to speak on behalf of the Nolalu Community Centre, it's board and members, and to lead us in a moment of silence for Tauno Pajunen, Arvo Kivi, Martti Syrjanen, Helen Whitehurst, and Leo Nygard.

Thank You (and kudos) to all who helped in clean-up. The centre was left in wonderful condition; each person, both volunteer and participant, truly contributed. Much gratitude to all the Kitchen Volunteers, who took the lead. A shout-out to Ashley Silvaggio, Rebecca Crawford, Pat Buchanan, Justin Maki, Chase Kivi, Jordana Van Ginkel, Jeff Hunnakko, and Marisa Nascimben—who remained.

Thank you, all, for a fantastic weekend of fun and fellowship. We look forward to seeing you next Tough Boating season!



**THANK YOU
SPONSORS**

**Sue Backstrom - Murray Scott
Judy Tienhaara
Colleen Tough
Georgina Crawford
Sandra Peacock - Brian Maki
Thomas Neimi
Shelley & Steve Robinson
Stuart Bagnal
Jack Teskey**

THANK YOU

**TO OUR GENEROUS
CORPORATE DONORS!**



**NOLALU TOUGH
BOATING FISH DERBY
2024**

**3PC Commercial
Aunt Sarah's 588 Cafe
Autohome Paints
Barb McEwen, Avista Realty
Blue Jay Tackle
Boston Pizza – Memorial Ave.
Burger Barn
Canadian Tire – Arthur St.
Canadian Tire – Thunder Bay Centre
Chocolate Cow
D&R Sporting Goods
Duotherapy
Eclipse Hair Design
The Eddy Restaurant
Evergreen Pharmacy Kakabeka
Excalibur Motorcycle Works Ltd.
The Falls Bait & Tackle
Fresh Air
Giant Tiger #250 – Thunder Bay Centre
Green Acre Variety
Half-way Motors Power Sports
Haveman Brothers
Hopper's Variety
Impala Canada Ltd.
J&J Sports
The Kakabeka Depot
Kelly's Nutrition Centre
Landale Gardens
Liuna - Local 607**

**Made In Suomi ONT
Maki Resort
Maltese Grocery
Mario's Bowl
Mastrangelo Fuels
Mettler Toledo
Miller Maintenance Kakabeka
Music World Academy
Napa Auto Parts – Balmoral Ave.
North Country Cycle & Sports
Northern Turf Equipment
Odena Foods – Kakabeka
Pet-Tastic
Pines Hardware
Play It Again Sports
Rebecca's Water Service
Rocky's Resort
Rosslyn Service Ltd.
The Rusty Bucket
SFH Construction
Smith's RV Centre
Sport Chek
Sportop
Thunder Bay Feeds
Tritree Reforestation
Vanderwees Garden Gallery
Whitefish Lake Resort
Wild Blue Yoga**

ADULTS

LK TROUT

- 1 SCOTT MAKI 9.660
- 2 SCOTT MAKI 6.910
- 3 DANNY FLANK 6.660
- MYSTERY
FRANK BERGER

PIKE

- 1 SCOTT MAKI 22.795
- 2 JEN JEWETT 9.515
- 3 HOLLIE WEISFLOCK 7.980
- MYSTERY RON BACKSTROM

PICKEREL

- 1 DILLAN JEWETT 7.365
- 2 ANITA WILSON 6.235
- 3 HAROLD MAKI 4.125
- MYSTERY ROY MENDYK

SP TROUT

- 1 KEVIN GRANROOS 4.285
- 2 KEVIN GRANROOS 3.940
- 3 MURRAY SCOTT 1.960
- MYSTERY RON
SCARROW

PIKE

- 1. HARLEY VALLEY 5.485
- 2. LUCAS JEWETT 4.870
- 3. MAYLA LEVANEN 4.470
- MYSTERY TOIVO LEVANEN

SP. TROUT

- 1. GUS NIEMI 3.855
- 2. GUS NIEMI 2.800
- 3. MYSTERY GUS NIEMI

PERCH

- 1. HARLEY VALLEY .810
- 2. KIERAN HUNNAKKO .630
- 3. WESLEY PAYNE .500

MYSTERY HENRY SILVASSID



NOLALU TOUGH BOATING FISH DERBY 2024



MANY THANKS TO ALL OF THE OUTSTANDING VOLUNTEERS, PARTICIPANTS AND EVERYONE WHO PLAYED A ROLE TO MAKE THE FISH DERBY A SUCCESS!



NOLALU COMMUNITY CENTRE



LK. TROUT

KIDS

1. COHEN HAGBERG 2.985
2. TOIVO LEVANEN 1.595
- 3.

MYSTERY TOIVO LEVANEN

PICKEREL

1. EMILY NIEMI 5.805
2. HUDSON KUSTER 4.695
3. CARTER JEWETT 3.820

MYSTERY TOIVO LEVANEN



Helpful Hints from the Senior Citizen Centre 2001

- ◆ To keep peeled apples from turning brown, simply soak them in Sprite, 7UP, or any lemon/ lime soda for 10 minutes. They'll stay fresh-looking for up to three days.
 - ◆ Store popping corn in the freezer. When ready to use put frozen kernels directly into popper with hot oil. Freezing makes for fuller more uniform popcorn.
 - ◆ To kill grass or weeds growing between sections of a cement walk, pour boiling salted water on them.
 - ◆ Keep weeds and dust in a gravel driveway at minimum by sprinkling with pickling salt.
 - ◆ Hair rollers tied together and placed at the bottom of a vase make an ideal holder for floral arrangements.
 - ◆ Don't try to wash a scorched pan immediately. Soak it overnight in some slightly diluted bleach.
 - ◆ Run out of spray on glass cleaner? Remove fingerprints from mirror with air freshener. Glass will sparkle—and smell nice too.
 - ◆ To remove candle wax, scrape off excess with a dull knife. Then place fabric between two blotters or paper towels and press with a warm iron. Remove any colour stain with rubbing alcohol or by bleaching.
 - ◆ Grandma's years of cooking experience suggests when cooking fresh green peas, toss a few pea pods into the pot to enhance the colour.
 - ◆ For extra counter space in the kitchen pull out drawers and top with a cookie sheet, makes more counter room.
 - ◆ Hate cooking turnip? With a sharp pointed knife pierce through the waxed skin all around the turnip. Wrap in paper towel or newspaper and cook in microwave for 17 to 20 minutes. Let sit for five minutes then remove from microwave. Unwrap paper and peel turnip. It will peel like a banana and be ready to mash or cube.
 - ◆ If cheese is a little dry, wrap the whole cheese in a cloth that has been dipped in vinegar and wrung out. Store in the refrigerator.
-



RURAL READERS
BOOK CLUB

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).

April 2nd: "The Bell Jar" by Sylvia Plath
Note: there is a change to April's meeting to accommodate
the holiday.

May 6th: "Women Talking" by Miriam Toews

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

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



~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.



The Hymers Agricultural Society:

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
or mailed to: **PO Box 196**
Kakabeka Falls, ON, P0T 1W0

For full details on becoming a Committee Lead or Volunteer, please email:
Debbie Hoover at info@hymersfair.com or

Erin at hymersagsociety@gmail.com

Erin Laforest
Administrative Assistant
Township of O'Connor
(807) 476-1451

A big thank you to Marjorie Morgenthaler and Debra Hitz who graciously dropped off a copy of the Nolalu Heritage Cookbook 2000 to me. So I have an extra if anyone is looking for one. Both ladies also said they thought they had more copies, so if you want one contact them. I am so excited to have one of these books. I will be featuring recipes from it in the coming Grassroots.

Gillies Newsletter Update

We still don't have an update on what our plans are for the newsletter unfortunately... therefore the Gillies newsletter is temporarily on hold.
Nikita Cava, HBA
Deputy Clerk-Treasurer



PLAY GROUP

April 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

It's that time of year again – Fire season April 1 – October 31

If there is no fire ban in place a *small* campfire for cooking or warmth is allowed at any time provided the general rules below are followed.

General rules for any open burning during fire season:

- ◆ conditions allow it to burn safely until extinguished
- ◆ you take all necessary steps to tend, control and extinguish the fire
- ◆ have tools or water adequate to contain the fire at the fire site
- ◆ you are not having an open fire in a restricted fire zone
- ◆ and a responsible person tends the fire until it is extinguished

If you don't burn safely, you can be fined and held responsible for the cost of putting out the fire and for any property damage.

Additional rules to burn wood, brush, leaves or wood by-products

- ◆ ignite the fire no sooner than 2 hours before sunset and extinguish it no later than 2 hours after sunrise **AND** burn only a single pile at any one time
- ◆ ensure the pile is less than 2 metres in diameter and less than 2 metres high
- ◆ keep the fire at least 2 metres from any flammable materials

Additional rules for using an incinerator

- ◆ ensure the incinerator is an enclosed device constructed of non-combustible material, and sits on a non-combustible surface
- ◆ cover the incinerator with a screen having a mesh size of not more than 5 millimetres
- ◆ keep the incinerator at least 5 metres from any forest area and 2 metres from any flammable material

Additional rules to burn grass or leaf litter

- ◆ ignite the fire no sooner than 2 hours before sunset and extinguish it no later than 2 hours after sunrise
- ◆ keep the total area to be burned under one hectare
- ◆ ensure the flaming edge of the fire does not exceed 30 metres in length

Nolalu Emergency Services Team

Hall 807-475-4441

RR1 Nolalu ON

Nolalufpo@gmail.com

P0T 2K0

Emergency 807-473-5200



The Nolalu community wishes to extend our deepest condolences to the families on the passing of their loved ones of our community, TAUNO PAJUNEN, ARVO KIVI, MARTTI, SYJANEN, HELEN WHITEHURST, and LEO NYGARD.

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

Notice:

Due to the fact that summer is fast approaching and my time is becoming busier and busier, I am afraid I will have to stick to the current guideline of articles and advertisements being submitted by the 15th of each month. I will no longer be able to squeeze in late submissions as I need time to edit the Grassroots, have it proofread by someone else, and then spend a day printing it. It then must be delivered to the post office and respective places of business at least two days before the end of the month. I hope you will understand the need for this timeline and adjust your submissions accordingly.

Sincerely, Odette

Notice:

As of June 1, 2024 the Grassroots newsletter will no longer be delivered to the Kakabeka Falls Legion Seniors apartments or the Kay Bee Seniors apartments. Readership has declined to three copies at these residences. For anyone that still wishes a copy they will be available at Evergreen Pharmacy at the first of every month. We are sorry if this causes any inconvenience.

Congratulations!

*The February 50/50 winner was
Teasha Syrjanen and she won **\$1535.00**
Wouldn't you like to win? Our next raffle is LIVE!
Tickets can be purchased at 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

Follow us on Facebook for more info

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



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 More information also available at <http://seeclearlyqhht.com> or <https://www.qhhtofficial.com>

NEST is considering having a draw for 5 real cords of birch firewood (split and cut to stove length).

Camille Turcotte has volunteered to head up this fund raising event. We do need volunteers to look after ticket distribution and sales. All volunteers are asked to please attend the NEST monthly April 11,

2024 meeting to be held at NCC at 7:00 pm. If you cannot attend the meeting, you may contact Camille Turcotte camilletroundlake@gmail.com



AVISTA
REALTY GROUP LTD.
brokerage

Avista Realty Group Ltd.
640 Beverly St., Thunder Bay, ON P7B 0B5
(807) 344-3232 Office
(807) 344-5400 Fax
1-888-837-6926 Toll Free
bmcewen@avistarealty.ca

Barb McEwen
Salesperson
(807) 626-3860 CELL

www.avistarealty.ca



Movie Club

April 12, 2024

6:00pm

Nolalu Community Centre

Movie and Discussion to Follow

Tuck Shop Items Available

Donations Welcome

Families Welcome



Seniors Potluck Lunch



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



Next two (2) lunches taking place:

Monday, April 15

Monday, May 13



\$10 at the door, OR bring a small side dish, veggie or dessert.



11:00 AM Coffee / Tea

11:30 AM Lunch served

12:30 PM Food service complete



The NCC will provide the soup, salad, entrée, buns and beverages.



For more information, or to get involved, contact Breanne (807-629-5385)

Kakabeka Legion News

April 12	Dance with Quest	7:00pm to 10:00pm
April 14	Buffet Breakfast	8:30am to 11:00am
April 21	Jam Session	7:00pm to 9:30pm
April 27	Craft Sale	9:00am to 5:00pm
April 29	Music	2:00pm to 4:00pm

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



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, April 17, 2024

Registration 9 am to 11 am

Drive-Thru Pick-up

RURAL CUPBOARD FOOD BANK - INCOME TAX RECEIPTS

If you have not received your Rural Cupboard Food Bank Income Tax Receipt, please contact us at 807-285-0836.

"Money is not the only commodity that is fun to give. We can give time, we can give our expertise, we can give our love, or simply give a smile. What does that cost? The point is, none of us can ever run out of something worthwhile to give."~~Steve Goodier~~



NOLALU COMMUNITY CENTRE

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

Monday April 8, 2024

7:30pm

Email prez.ncc@gmail.com if you would like to be on the email list to receive meeting reminders and a copy of the agenda

LOCAL SERVICES BOARD OF NOLALU



Tuesday April 23, 2024

7:30pm

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

Drop-in Exercise

(Pilates/weights type)



Mondays and Fridays,
9:30am—10:30am

Bring mat, weights, stretchy band.

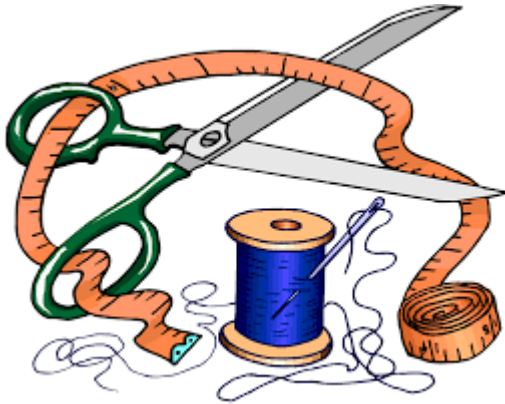
FREE, all welcome. Open to men and women (and kids on PA days).

FUN group.

We have extra equipment if needed.

"The meaning of life is to find your gift. The purpose of life is to give it away." ~Pablo Picasso~

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

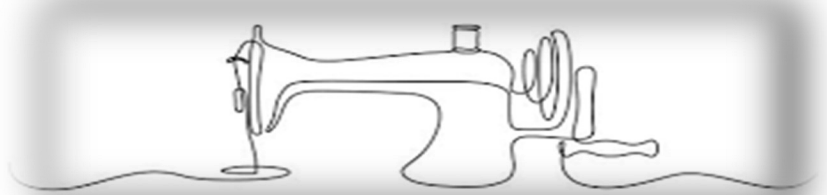
Doing repairs, alterations, wedding parties

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



We are looking for volunteers. Whether its for an hour or for a whole event or maybe you would like to join the board. We need you, volunteers are what keeps the centre running smoothly. If you would like to see 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 learning more (807-629-5385) prez.ncc@gmail.com
Remember you don't have to do it all but any volunteering is greatly appreciated.

How to Cook an Elephant

Ingredients

1 medium elephant
2 (50 gallon) containers broth
500lbs assorted fresh vegetables, chopped
2 rabbits (optional)

Directions

Cut elephant into bite-size pieces.
This takes about 2 months.
Using large kettles, simmer equal parts elephant and vegetables with enough broth to cover.
Cook for a couple days.
If more are expected add the rabbits, but do this only if necessary.
Most people don't like to find hare in their stew.

Fun Days In April

April 2—Children's Book Day, National Peanut Butter & Jelly Day
April 5—National Dandelion Day; Deep Dish Pizza Day
April 7—Caramel Popcorn Day; National Beer Day
April 12—Grilled Cheese Sandwich Day; National Licorice Day; Russian Cosmonaut Day
April 13—National Peach Cobbler Day; Scrabble Day
April 17—Bat Appreciation Day; Blah, Blah, Blah Day; National Cheeseball Day
April 22—Earth Day; National Jelly Bean Day
April 24—Pig in a Blanket Day; National Hairball Awareness Day
April 26—Hug an Australian Day; National Pretzel Day
April 29—National Shrimp Scampi Day; Zipper Day; World Wish Day
April 30—National Honesty Day; Bugs Bunny Day; Bubble Tea Day

APRIL 2024

MON	TUE	WED	THU	FRI
1 Chair Yoga @ O'Connor C.C & CHW drop in appts	2 Fly the C.O.O.P Walking Group Diabetes Educator	3 Chair Yoga @ KB Legion	4 Fly the C.O.O.P Walking Group LifeLabs Walk-In Clinic 8:30am-4:30pm	5
8 Chair Yoga @ O'Connor C.C & CHW drop in appts	9 Fly the C.O.O.P Walking Group	10 Chair Yoga @ KB Legion	11 Fly the C.O.O.P Walking Group LifeLabs Mobile Clinic - Upsala 10am-3:30pm Diabetes Educator	12 Walk-In Clinic 8:30am-4:30pm
15 Chair Yoga @ O'Connor C.C & CHW drop in appts	16 Fly the C.O.O.P Walking Group Diabetes Educator	17 Chair Yoga @ KB Legion	18 Fly the C.O.O.P Walking Group LifeLabs Diabetes Educator Walk-In Clinic 8:30am-4:30pm	19
22 Chair Yoga @ O'Connor C.C & CHW drop in appts Mobile Clinic - Armstrong 1pm-6pm	23 Fly the C.O.O.P Walking Group Diabetes Educator Mobile Clinic - Armstrong 8:30am-1:30pm	24 Chair Yoga @ KB Legion	25 Fly the C.O.O.P Walking Group LifeLabs Walk-In Clinic 8:30am-4:30pm	26
29 Chair Yoga @ O'Connor C.C & CHW drop in appts	30 Fly the C.O.O.P Walking Group			



NorWest Community Health Centres
Centres de santé communautaire NorWest

Kakabeka Site

4785 ON-11 Unit B,
Kakabeka Falls,
ON POT 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 Kakabeka Falls Legion Hall
10am-11am

CHW Drop in Appointments
Available until 3pm

Chair Yoga
Hosted at O'Connor Community Centre OR Kakabeka Falls Legion Hall at 10:30am
Chair Yoga is also hosted *virtually* at 10:30am

Follow us!

NorWest Community Health Centres - Kakabeka Falls Clinic

www.norwestchc.org

RURAL 60 PLUS

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



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 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 here and type the weather forecast says winter is finally going to arrive in Nolalu this week, although the amount of snow we are to get keeps decreasing so we shall see. I know the wells in the area could certainly use the water, and it will be a bad year for fires with the lack of snow this year. It is supposed to be wonderful northern lights in the next few days so we probably will see some snow.

I am thinking of adding a few sections to the Grassroots and I would really appreciate some feedback. I'm thinking about having a "Getting to Know Your Neighbour Section". This would be strictly voluntary submissions where people would perhaps tell us a little about their family or their property history or a funny story about living here, or just some local information. Another idea is to have a kids in the area submit drawing to use for the cover page, a theme for the season or holiday would be great.

Any day trippers out there? Would you consider sending in a submission to the Grassroots on your favourite places to visit? Maybe a quiet park, a beautiful beach, I know we have wonderful waterfalls around. How about some great markets, or events in the area that are a must visit, or great camping spots. Please share your knowledge.

Are there any photographers out there? If there is interest maybe I could get a sponsor and we could do a photo of the month contest. Or we could just highlight your beautiful pictures of our gorgeous area.

Are there any homesteaders out there that would like to share their knowledge? I would like to include information on canning, gardening, foraging, dehydrating/drying herbs and vegetables, preserves, cold infused oils, slaves and balms, tinctures, anything that is homemade really.

My favourite idea is to have a "Northern Tip of the Month". What have you learned living in the north? Are you new to the area or has your family been here for generations? Impart your wisdom so that others might find life a little bit easier. Life hacks, farm hacks, building hack, anything that makes life easier.

If you have any ideas you would like to include in the Grassroots please drop me a note at nolalu.grassroots@gmail.com I would like to thank my good friend Monika for the bulk of these ideas, sometimes it is good to have a fresh set of eyes view a project.

Odette

COLOURING PAGE



From the Nolalu Heritage Cookbook 2000

Reuben Soup ~ Julia Miles

2 quarts water 3 cups corned beef 2 cups cabbage
1/2 cup onion 2 beef bouillon cubes 2 tsp caraway
1/4 tsp pepper 12 oz egg noodles 2 cups tomatoes

Croutons and swiss cheese

In a heavy saucepan, combine water, chopped corned beef, diced cabbage, chopped onion, bouillon, and seasoning. Bring to a boil. Stir in noodles; simmer for 30 minutes. Add tomatoes and cook an additional 10 minutes. Garnish with croutons and grated cheese. Makes 8 servings

Dumplings ~ Karen Maki

1 cup flour 2 tsp baking powder

Mix together 2 tbsp. oil and 1/2 cup milk

Mix flour and baking powder together, add milk mixture until dough forms a ball. Drop by teaspoon full into soup or stew, cover and cook for 15 minutes. DO NOT LIFT LID.



Tender for lawn/yard maintenance this summer.

Spring is almost here! The NCC is looking for bids on lawn maintenance for 2024. This includes cutting the grass and weed whacking.

- must bring own equipment (lawn mower, weed whacker, rake, etc.) No equipment on site
- deadline for tenders is April 30, 2024
- email bids or questions to pres.ncc@gmail.com

Did Ya Know?

Want to find out what local people in the area or what your neighbours have to offer? I know I would. Local people supporting local people is so very important.

Rocky's Resort on Whitefish Lake, (807) 628-6583 , Rockysresort807@gmail.com

Please check out our regular supporters in the Grassroots such as; Barb McEwen, Avista Realty Group

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

Food by WordSearchADay.com

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

Alfalfa
 Apple
 Artichokes
 Avocado
 Bananas
 Beans
 Beets
 Bitterleaf
 Broccoli
 Cabbage
 Carrots
 Cauliflower
 Celery
 Chicory

Chives
 Cider
 Corn
 Cucumber
 Dill
 Eggplant
 Endive
 Fiddlehead
 Greens
 Guava
 Kale
 Kiwi
 Lemon
 Lettuce

Limabeans
 Lime
 Mangoes
 Melon
 Mustard
 Okra
 Olives
 Onion
 Parsley
 Parsnips
 Pear
 Peas
 Peppers
 Potatoes

Radishes
 Rhubarb
 Scallion
 Spinach
 Sprouts
 Squash
 Tomatoes
 Turnips
 Watercress
 Yams
 Zucchini

NOLALU COMMUNITY CENTRE: HALL RENTAL

****Contact NCC Treasurer for hall availability and bookings. ****

Email 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 with a brief description of what the payment is for.

NCC Events—April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Drop-in Exercise 9:30am to 10:30am FREE	2 Rural Readers 7:30pm to 9:00pm	3 YOGA 7:00pm to 8:15pm	4	5 Drop-in Exercise 9:30am to 10:30am FREE	6 Seedy Saturday 12:00pm to 3:00pm
7	8 Drop-in Exercise 9:30am to 10:30am FREE NCC Meeting 7:30pm	9	10 PLAY GROUP 12:00pm to 2:00pm YOGA 7:00pm to 8:15pm	11 NEST Meeting 7:00pm at NCC	12 Drop-in Exercise 9:30am to 10:30am FREE Movie Club—Barbie 6:00pm	13
14	15 Drop-in Exercise 9:30am to 10:30am FREE SENIORS LUNCH 11:00AM to 1:00pm	16	17 YOGA 7:00pm to 8:15pm	18	19 Drop-in Exercise 9:30am to 10:30am FREE	20
21 Clothing Swap 12:00pm set up 12:30pm Swap	22 Drop-in Exercise 9:30am to 10:30am FREE	23 LSB Meeting 7:30pm	24 YOGA 7:00pm to 8:15pm	25	26 Drop-in Exercise 9:30am to 10:30am FREE	27
28	29 Drop-in Exercise 9:30am to 10:30am FREE	30				