

NCC NEXT MEETING:

Monday June 10  
@7:00pm

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

LSB NEXT MEETING

Tuesday June 25  
@7:30pm

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

NEST NEXT MEETING

Thursday June 13  
@7:00pm

At the NCC and open to  
the community

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# Nolalu's

# GRASSROOTS

## Summer Solstice

*(Excerpts taken from various sources)*

There is evidence that the summer solstice has been culturally important since the Neolithic era. Many ancient monuments in Europe especially, as well as parts of the Middle East, Asia and the Americas, are aligned with the sunrise or sunset on the summer solstice. The significance of the summer solstice has varied among cultures, but most recognize the event in some way with holidays, festivals, and rituals around that time with themes of fertility. The summer solstice continues to be seen as the middle of summer in many European cultures, but in some cultures or calendars it is seen as summer's beginning.

In Sweden, midsummer is one of the year's major holidays when the country closes down as much as it does during Christmas. The Summer Solstice is known as Alban Hefin (Welsh) meaning "the light of summer", Medios-saminos (Old Celtic), Meitheamh (Irish), both meaning "midsummer". Welsh tradition places the summer solstice as one of "three spirit-nights", times when the veils between the world were thin. This is the longest day, before we begin our descent back into the darkness of the coming winter. It is considered the peak of the power of light, yet a reminder that everything changes.

Our Neolithic ancestors built monuments to track the sunrise and sunset of the winter solstice, and equally each monument would also work in reverse six months later for the summer solstice. Many monuments, such as the Callanish stone circle, also include the equinoxes, and so act as a giant calendar, marking out the time and the season. Stonehenge's processional way from the River Avon was marked by the sun's path during the solstices. Until not too long ago on the Isle of Man, bundles of straw were brought to the top of designated hills at midsummer to honour the sea god, Manannán mac Lir, who would sometimes appear in the guise of a crane, or who was honoured alongside the goddess Aine in Ireland in a similar fashion. Being one of the three "spirit-nights", the summer solstice has long been connected to the Otherworld and the Fair Folk, or faeries. This is the time of the fairy ride, the faery hunt, when the hosts of Faery emerge from the Otherworld to travel across this world.



*Catherine and Terry Niemi*

*51 Delints Road, Nolalu*

*768-5357 or 633-2949*

*terry@therustybucket.org*

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*Tire Repairs – 6-17” rims*

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*Cedar Fence Posts – peeled and ready 8’ length with 3-6” tops*

*Tractor Services – brush hogging, fence post holes, wood chipping...*

## Emergency Phone Numbers

**Nolalu Fire & Ambulance:** 807-473-5200

**Ontario Provincial Police:** 1-888-310-1122

**For information during an emergency for the Nolalu area, call:** 807-475-4441

**For Road information call:** 511

## NCC Volunteer Board

<b>President</b>	Breanne Neufeld	prez.ncc@gmail.com	807-629-5385
<b>Vice President</b>	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442
<b>Secretary</b>	Marisa Nascimben	marisa.perina22@gmail.com	807-632-3950
<b>Treasurer</b>	Elizabeth Pszczolko	nolalucctreasurer@gmail.com	807-623-6800
<b>Events Coordinator</b>	Emma Allgood	nccevents@outlook.com	Text to 519-410-8733
<b>Kitchen Coordinator</b>	VACANT		
<b>Volunteer Coordinator</b>	VACANT		
<b>Media Coordinator</b>	Kathy McGowan	Via Facebook	
<b>Grassroots Editor</b>	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442

### ***NEXT NCC MEETING:***

***Monday June 10, 2024***

***@ 7:00pm \*\*New Time\*\****

ALL NCC meetings are open to the community.

***NEST*** meeting 7:00 pm At NCC

Thursday June 13, 2024

### **Nolalu Dump SUMMER Hours May 1—September 30**

#### **ADRIAN LAKE**

Wednesdays 6pm - 8pm

Sundays 2pm - 5pm

#### **HARDWICK**

Wednesdays 3pm - 5pm

Sundays 6pm - 8pm

# 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  
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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\*\***



*Nolalu Community  
Centre*



# **JAM NIGHT**

## **Double Feature!**

*Bluegrass,  
Country, & Classics!*

*Fri. May 31<sup>st</sup>*


*\*6pm-9pm*

*Rock, Pop, &  
Alternative!*

*Sat. June 1<sup>st</sup>*

*\*8pm-11pm*

*Coffee, tea,  
& snacks  
available at  
concession.*



**\*Doors open  
half-hour prior.**

Contact: Marisa

(807) 632-3950 or [marisa.perina22@gmail.com](mailto:marisa.perina22@gmail.com)

# **HOPPERS VARIETY**

## **EMPLOYMENT OPPORTUNITIES**

### **1. LICENCED MECHANIC**

- Must be a skilled mechanic responsible for diagnosing, troubleshooting, repairs and maintenance, performing vehicle inspections and able to work independently.

### **2. EQUIPMENT OPERATOR**

- Knowledge of and ability to operate a variety of pieces of heavy equipment in a safe manner. Knowledge of road construction and maintenance techniques.

### **3. AZ OR DZ LICENCED TRUCK DRIVER**

- Must have an AZ or DZ licence with a clean abstract, perform pre-trip inspections and maintenance as required, adapt to unforeseen circumstances such as weather or traffic.

## **EXPERIENCE IS A DEFINITE MUST**

For more information or to submit resume,  
please email Pauline at [hoppers@tbaytel.net](mailto:hoppers@tbaytel.net)  
or drop off in person at

Hoppers Variety  
2160 Highway 588  
In Nolalu.

# July 13th

## 11:00am to 3:00pm

### Visit us at the Nolalu Community Centre



### Clothing Drive and Market for NEST

The Nolalu homeschoolers group is organizing a used clothing drive and market in support of NEST this summer, with 100% of the proceeds being put towards the purchase of a new tanker truck for our emergency services team.

NEST does not currently have a functional tanker truck and as members of this community we feel very strongly that it is our duty to work together and remedy that situation.

There will be loads of clothing for all different age groups, food and drinks available and an assortment of vendors selling their goods.

To donate gently used clothing or small items or to inquire about renting a table, please call Annie @ 807-630-6479.



### Ice Cream Social

### Ice Cream Social

**\$3.00 small \$5.00 large**

**All the toppings that you can fit in the bowl**

**Kids crafts**

**Bouncy Castle for the kids**

**(by donation)**

**Looking forward to seeing you there!**





*~Announcing that we are now your go to for Dirt Track*



***Race Car Parts !***

4 X 10 Coloured Aluminum Sheets

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***If we don't stock it we Can get it – call Wayne 629-4888***

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



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***Also note: We now have a Gold Certified Polaris Technician on Site for your toy Repairs! Call our Service Dept to book your appointment or for more info 622-2829.***



## From the Nolalu Heritage Cookbook 2000

### ***Finnish Sayings***

- ◆ A new day shows a new way
- ◆ Time goes on while life runs out
- ◆ He who lies thrice believes he told the truth
- ◆ When a man remembers the land, the land remembers him
- ◆ The child led by the hand never learns to walk
- ◆ A town takes your money though your pockets may be empty
- ◆ Work earns a living but trade makes you rich
- ◆ Everything is beautiful once the eye likes the view
- ◆ An empty barn needs no roof
- ◆ Even a poor man owns the sun and the stars
- ◆ A man without a wife is like a field without a fence
- ◆ You can disguise wealth but you can't hide poverty
- ◆ A soldier's no boor though no gentleman either
- ◆ God never says no to grand thoughts
- ◆ Money's for buying and a horse is for riding
- ◆ Eat, and small ills disappear
- ◆ Buy, buy, the children will pay the debts
- ◆ Skill is not a heavy load to carry
- ◆ He who asks won't lose his way
- ◆ Help the man climbing the hill, not the one standing below it
- ◆ An honest man would rather sell his land than tell a lie
- ◆ Wise in the morning is wiser in the evening
- ◆ Roll me, don't curse me, said the stone to the ploughman
- ◆ Rejoice and give thanks for a loving family, good friends, and the fruits of the year's harvest
- ◆ Count your blessings every day

### *Pumpkin Loaf ~ ~ Enni Pakka*

2/3 cup shortening	3 cups sugar	4 eggs	2 cups pumpkin
1/3 cup water	1 tsp cinnamon	1/2 tsp salt	2 tsp baking soda
3 1/2 cups flour	1 cup nuts		

Cream sugar and shortening. Add eggs and beat well. Add pumpkin and water, then dry ingredients and nuts. Bake at 350°F for 1 hour.



# 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.**

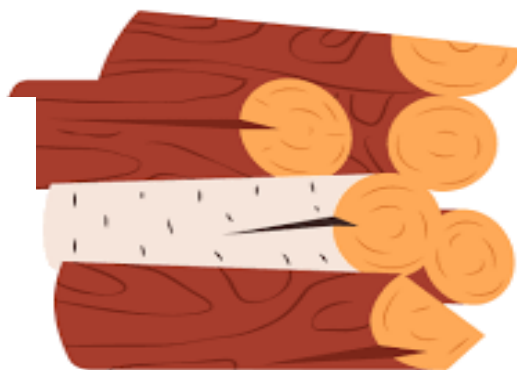
**Cathy See - Level 2 QHHT Practitioner (Quantum Hypnosis Healing Technique) as taught by Dolores Cannon.**

**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>**

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

Contact Camille Turcotte for more information or ticket sales  
[camilletroundlake@gmail.com](mailto:camilletroundlake@gmail.com)



## **CONTEST ALERT! TWO CONTESTS!**

Photography contest, all ages, open until June 15, 2024

Colouring contest for those under 16 years old, open until June 15, 2024

**DROP OFF at Green Acres Variety or Hoppers Variety or email me.**

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## **Nolalu & Leeper Cemetery Board**



The Nolalu and Leeper Cemetery Board annual meeting will be held on Saturday, June 8th at 1:00 pm at Piilo's. All are welcome to attend.

Both cemeteries are seeking tender applications for grass cutting. The bids are to be received by 5:00 pm, Friday, June 7th.

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

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

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

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

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

Thank you

Sharon Corston

807-355-1549



"Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny." ~Lao-Tze~



HANDMADE  
&  
HOMEGROWN

# NOLALU

\*VENDOR TABLE  
ONLY \$10 PER  
MARKET DAY

# COUNTRY MARKET

SATURDAYS 11 AM TO 2 PM

JULY 27 🍓 AUGUST 24 🍅 SEPTEMBER 21 🍌 OCTOBER 19



\*Proceeds of the vendor rental fees will support the Rural Cupboard Food Bank.



Nolalu Community Centre  
2266 HIGHWAY 588  
Nolalu, Ontario  
POT 2K0



To reserve a vendor table, please  
contact Kathy:  
nolalucountrymarket@gmail.com  
(807) 629-0343

## **From the Nolalu Heritage Cookbook 2000**

### *Sipulipiirakka (onion tart)*

1 pkg active dry yeast                      3/4 cup water (105 to 116°F)                      1/2 tsp salt  
1 1/2 cup all purpose flour                      1 1/2 lb sweet onions  
1/4 lb diced smoked ham (1/2in dice)                      1 cup sour cream                      4 eggs  
Pinch of salt                      1 tbsp caraway seeds                      2 tbsp oil or melted butter

In a large bowl, dissolve yeast in warm water. Let stand 5 minutes. Add salt, oil or butter, and flour. Beat until dough is smooth and satiny. Cover, let rise for 1 hour (until doubled). Cut onions into thin slices. Place in frying pan along with ham and cook over low heat until onions are soft (about 15 minutes). Remove from heat, stir in sour cream, eggs, salt to taste, and caraway seeds. Butter a 10 inch pie, quiche, or tart pan. Preheat oven to 400°F. On a lightly floured board, roll out pastry to fit prepared pan. Turn filling into lined pan. Bake 35 to 40 minutes until crust is browned and pie is set.

### *Banana Bread (Janice Hillman)*

1/4 cup butter                      1 cup sugar                      2 eggs                      3-4 bananas  
1 1/2 cup flour                      1 tsp baking soda                      1/4 tsp salt

Mix in order of ingredients. Bake at 370°F for 45 minutes to 1 hour. Cool on a wire rack.

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*"A merry heart doeth good like a medicine". ~~Unknown~~*

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**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).

June 3rd: "Good Morning, Monster" by Catherine Gildiner

\*July 8th: "Cloud Atlas" by David Mitchell (Pt.1)

\*August 12th: "Cloud Atlas" by David Mitchell (Pt.2)

\*Note, date changes to accommodate holidays.

Join online:

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

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

Please drop in and say good-bye to

**GARY MacDONALD**

**June 8th 4-6 pm**

**KAKABEKA FALLS LEGION**

He is leaving us for a warmer country,  
new experiences and friendships.

We will certainly miss his boisterous personality,  
his cooking talents and all that he has done towards  
the success of our Legion and our Community.

Cake and refreshments will be served.



**Kakabeka Falls  
and  
Rural District  
Branch 225**



## ***PLAY GROUP***

**Second Wednesday of Each Month  
Next Play Date: June 12, 2024**

**Nolalu Community Centre**

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

**Extra Days to Play  
June 18 & July 16**

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

# Contest

**Both contests close on June 15, 2024. Please drop off your entry at HOPPERS VARIETY or GREEN ACRES VARIETY or email to [nolalu.grassroot@gmail.com](mailto:nolalu.grassroot@gmail.com)**

Our first contest is for the kids under 16 years old, out there in the community. I know there are some artists out there and I want to see your work. Even if you don't think you are an artist please submit your work. Art is one of the best ways to show your inner beauty. All art is open to story telling and each piece of art tells its own story. So share your wonderful creations with the Grassroots. Tell their story if you like or just submit your drawing/colouring page. Contest is divided into three categories; 5 years old and under, ages 6 to 12, and ages 13 to 16 years old. Prizes will be awarded to the top drawing/colouring in each category. Enter as many art pieces as you would like. Make sure to include your name and phone number so we can contact you if you win. All submissions become the property of the Grassroots for use in future publications. All entries will be judged by the piece, and a group of volunteers will determine the winners. Artwork will be featured, with a first name only on the drawing unless stipulated otherwise such as the winners, in the coming issues of the Grassroots.



Our next contest is a photography contest. Are there any photographers out there? I know there are lots of you as I have seen your beautiful pictures on social media. This contest is open to all ages with prizes being given to the top three photos. Submit as many times as you like. All submissions become the property of Grassroots for use in future publications. Please note that some

pictures may be resized to fit in the publication. Only pictures of the local area will be accepted. Photos may be of landmarks, scenery, animals, the possibilities are endless. Please state what the photo is about and where it is taken. Please include your name and phone number so we might contact you if you win. Only first names will be used in the publication of the photos, unless otherwise stipulated such as the winners.

With both contests the winners full names will be published in the Grassroots, listing their prizes and winning entry, and the sponsor of the prize.

**Contest sponsored by:**



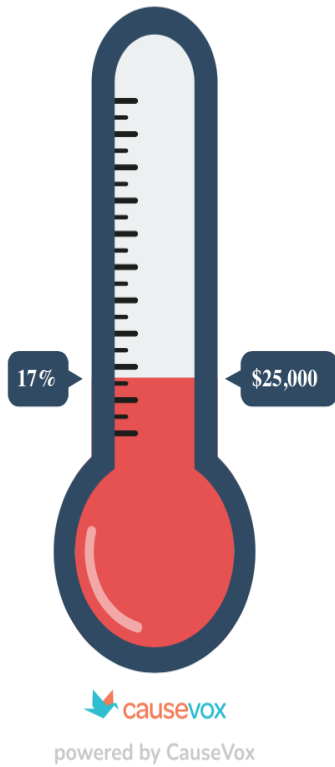
807-475-5631

1226 Hwy 595  
(intersection of Hwy 590 & 595)  
Kakabeka Falls, Ontario

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

**Other prizes from:** Hoppers Variety, Aunt Sarah's 588 Café Nolalu

GOAL: \$150,000



NEST has \$25000 allocated from current funds toward the cost of a new tanker. We are making progress with community help but still have a long way to go to reach our goal. Therefore, we are now reaching out to individuals and business donors here for direct contribution to this urgent tanker need. NEST serves approximately 650 properties in the Nolalu area and provides Mutual Aid to several surrounding townships. A replacement tanker is critical for effective fire-fighting in such a large area.

Individual and business donors will be acknowledged in Grassroots, or can choose to be anonymous. Etransfer accepted at treasurer@nolaluest.com

Donation cheques can be mailed to:

NEST

2167 Hwy 588

Nolalu ON P0T 2K0

Or dropped off at Hoppers store, at the corner of Hwy 590 and Hwy 588

Please put "tanker donation" on the cheque



*The April 50/50 winner was **Kevin Mackenzie**, ticket number A-3912.*

*He won **\$1085.00***

*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>



# Propane Tanks and Barbecue Safety Tips

## When Transporting Cylinders:

- Ensure propane cylinders are upright and secure during transport.
- Keep cylinder valves closed and protected during transport.
- Plug or cap cylinder outlets during transport.

## When Using Cylinders:

- Ensure cylinders are upright and secure on a firm footing.
- Check cylinder connections and hoses for leaks by brushing a 50/50 mix of liquid soap and water onto all connections and hoses. Rising bubbles when you turn on the valve indicate a leak. Tighten connections or repair the hose until there are no bubbles.
- Keep cylinders away from flame, heat, and exits.

## Using Propane in your RV or Camper:

- Keep all combustion exhaust vents on the exterior wall of your RV or camper clear of obstructions.
- Use stovetop burners or ovens only for cooking and not as a source of heat.
- Propane appliances require an adequate supply of fresh air for proper combustion. Ensure your RV or camper is properly ventilated to prevent build-up of carbon monoxide.
- Install a carbon monoxide alarm and propane leak detector.

## Barbecue Safety:

- Ensure barbecues are on firm, level footing.
- Keep barbecues well away from the side of your house or camper and other combustibles.
- Make sure igniter buttons work properly before turning the gas on. If there is no igniter, insert a long match or barbecue lighter through the side burner hole before you turn on the grill controls.
- Keep barbecues clean of grease to prevent flare-ups.
- Stay by the grill when cooking and keep kids and pets at a safe distance.
- Turn off all burner controls and tank valves after each use.

## **Nolalu Emergency Services Team**

Hall 807-475-4441

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

Emergency 807-473-5200

2167 Hwy 588

Nolalu ON

P0T 2K0



For something a little different this month, here is a bit of information on NEST for those in the community who may not be familiar with it. It is my hope that this will become a semi-regular entry into Grassroots. If you have something that you would like answered, send us an email at the email address below and we will answer your question here.

NEST provides, on a contract basis, fire suppression - both structural and wildland, motor vehicle collision response, medical first response, public education, and emergency management during a large scale event to the LSB and by extension to the residents of Nolalu – Marks, Lybster, Strange, Hardwick, and Lismore townships.

NEST is comprised of two entities, the board which is responsible for the financial aspect of the department, and the fire department. We are looking for volunteers for both, and there is always a job that can be done, no matter your physical limitations or time commitments.

The board's duties are mostly administrative, meeting the second Thursday of the month at 7:00pm, location TBD. They are the ones who take care of the money side of things, and make sure that the bills get paid and the lights stay on.

The fire department is where the fun happens, or I may just be biased. We train weekly on Tuesday nights, and assemble at the East Hall (by Hoppers) at 6:30pm.

We are certified as a "limited" interior attack department. What does that mean for our residents? Well, we are fully certified and trained to make entry into a burning building, however, the conditions must be such that it is reasonable to do so, we have to have enough personnel on scene, and most importantly there must be a reason to do so, such as a live trapped victim.

Until next time...Chief Shoemaker

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Please note the following groups will be on hiatus for the summer months

SENIORS POTLUCK LUNCH (JULY & AUGUST)

EXERCISE GROUP

WILD BLUE YOGA

NO MEETING FOR THE NCC IN JULY

Enjoy the summer sunshine, we will see you in the autumn



## **Tanker Tales: Bull Low**

(Larry Watson describes to Liz Pszczolko a long-ago version of a Nolalu fire tanker)

Larry: Bull low is really low. (makes low angry bull sound) In a lot of situations you can just start off in two. So that's why they call it a bull low. (makes low bull sound again for emphasis). My memories of that are going up the hill on the other side of Nolalu.

Liz: Down the highway heading south?

Larry: No over the bridge in Downtown Nolalu, up Old Mill road. On gravel.

Liz: Gravel? Oh my.

Larry: You get almost to the top, going as fast as you dare but you couldn't go too fast. The thing was probably way overloaded. Maybe they beefed up the springs but still, for the power it had and how it was built, it was not meant for that kind of weight, because not very far behind the driver's seat of this full size school bus was a tank that was this wide. This high off the ground and all the way to the back. That was all water.

Liz: So this bus was a regular sized school bus?

Larry: Yeah, a full size school bus.

Liz: And the tank filled up the whole bus?

Larry: Yeah.

Liz: Round tank?

Larry: No, square. Three feet high, maybe five feet wide and the length of the whole interior. Somebody made it, ripped the back off the bus, put it in.

Liz: How did you pump the water out?

Larry: Didn't have to pump it. It was so high off the ground you just backed up to the porta-tank, and open the gate valve at the back. Just like that. Anyway, going up that hill was a little bit tricky, and I remember doing it by myself, and you'd get close to the top and you were just out of power and the thing would (makes sound of a dying motor). You have to do something. Manual transmissions back then, gear cases, were not synchronized for bull low. Cannot get it into bull low until the vehicle comes to a standstill. You'd go up as far as you had power to go, put your foot on the clutch and on the brake but who knows...on an angle like this (demonstrates angle of hill with his arm).

Liz: (laughs nervously)

Larry: ...with that much weight. So you had a split second to get it into bull low and engage it again. But before I did that, I prepared. I opened the door. If the thing takes off that way, I'm gonna to spin the wheel so it doesn't go right down the hill, kill somebody or several people, and I can jump out.

Liz: Do you remember how much water it held?

Larry: I'm guessing about 1200 gallons, but I don't know.

Liz: So I'm imagining a school bus basically half full of water.

Larry: Yeah.

Liz: Basically.

Larry: Kinda heavy.

Liz: Water is heavy.

Larry: Driving it was kind of tricky. Had to be careful. Especially on the corners. Lots of traction though.

## **Kakabeka Legion News**

June 1	Dance with Quest	7:00pm to 10:00pm
June 8	Exec & Gen Meeting	3:00pm/3:30pm
June 9	Buffet Breakfast	8:30am to 11:00am
June 14	Rural 60 Luncheon	12:00pm to 1:00pm
June 15	Dance with Quest	7:00pm to 10:00pm
June 16	Jam Session	7:00pm to 9:30pm
June 21	Dance with Quest	7:00pm to 10:00pm
June 22	Ceili	7:00pm to 9:00pm
June 23	Music	1:00pm to 3:00pm
June 29	Dance with Quest	7:00pm to 10:00pm



**Kakabeka Falls  
and  
Rural District  
Branch 225**

***As always, check the hotline 473-9122 for any changes. For Hall bookings call Dianne Harrison 807-577-6549***

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## **RURAL CUPBOARD FOOD BANK**

### ***Neighbours Helping Neighbours***

Conmee Municipal Complex

19 Holland Rd, Kakabeka Falls P0T1W0

807-285-0836

We sincerely thank all those that continue to support us.

Your donations enable the food bank to remain open.

Next Food Bank

**Wednesday, June 19, 2024**

Registration 9 am to 11 am

Drive-Thru Pick-up

# JUNE 2024

MON	TUE	WED	THU	FRI
3 Chair Yoga @ O'Connor C.C @ 10:30 am	4 Fly the C.O.O.P Walking Group	5	6 Fly the C.O.O.P Walking Group LifeLabs Mobile Clinic - Upsala 10am-3:30pm	7
10 Chair Yoga @ O'Connor C.C at 10:30 am	11 Fly the C.O.O.P Walking Group Diabetes Educator	12 Upsala Trivia Tea	13 Fly the C.O.O.P Walking Group LifeLabs Walk-In Clinic 8:30am-4:30pm	14
17 Chair Yoga @ O'Connor C.C @ 10:30 am Mobile Clinic - Armstrong 1pm-6pm	18 Fly the C.O.O.P Walking Group Mobile Clinic - Armstrong 8:30am-1:30pm	19	20 Fly the C.O.O.P Walking Group LifeLabs	21
24 Chair Yoga @ O'Connor C.C @ 10:30 am	25 Fly the C.O.O.P Walking Group Diabetes Educator	26	27 LifeLabs Walk-In Clinic 8:30am-4:30pm	28


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

 (807) 473-5528

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**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 Mountain Portage Trail at K Falls Park @ 10:15 or a ride is provided at Evergreen Parking Lot at 10 am

.....  
**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

.....  
**Upsala Trivia Tea**  
 Meet us at the Senior Luncheon at the Upsala Community Centre to talk Trivia

.....  

**Follow us!**  
 NorWest Community Health Centres - Kakabeka Falls Clinic  
[www.norwestchc.org](http://www.norwestchc.org)



## Calling all volunteers!

Do you love the Nolalu Halloween dance and want to be more involved?

Join our Halloween dance committee

Contact [tritree@outlook.com](mailto:tritree@outlook.com) with heading "NCC Halloween Dance"





***Fill the OPP Cruiser***  
***Rural Cupboard Food Drive***  
**June 14th, 2024 1:00pm to 7:00pm**  
***At the ODENA, Kakabeka Falls Village***

Neighbours Helping  
Neighbours

All Goods and Financial  
Donations go to the  
Rural Cupboard Food Bank



**From the Nolalu Heritage Cookbook 2000**

*Mansikkalumi ~also known as Strawberry Snow*

2 cups fresh hulled strawberries or 2 10oz packages of frozen whole strawberries  
 1/2 cup sugar      4 egg whites      pinch of salt      3/4 cup heavy cream—stiffly whipped  
 12—16 whole strawberries

With the back of a large spoon, rub the fresh or defrosted frozen strawberries through a fine sieve into a small mixing bowl. Stir into this puree the 1/2 cup of sugar, a little at a time. Using a wire whisk, beat the egg whites and salt vigorously in a large bowl (preferably unlined copper) until the whites are stiff enough to form unwavering peaks when the beater is lifted out of the bowl. With a gentle under-over cutting motion rather than a stirring motion, use a rubber spatula to fold first the strawberry puree and then the whipped cream into the egg whites. Pour the strawberry snow into an attractive serving bowl, or individual dessert bowls and decorate with whole strawberries. This dessert can be served at once or it may be refrigerated for a few hours and served later.

**RURAL 60 PLUS**

- 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 Knitting – 10am to 3pm
- Craft Room is open Monday to Friday – 10am to 3pm



## ***Lybster Local Roads Board***

The Lybster Local Roads Board is pleased to announce that a work program has been established for the road construction and maintenance season for 2024, commencing after the May long weekend.

We wish to thank MPP Kevin Holland and his Executive Assistant Patricia Maxwell in assisting us in developing and executing the proposed road work program for 2024.

The program will consist of rebuilding, by sodding, Old Silver Mountain Road, Pakka Road, Old Mill Road, Rintala Loop and Palisades Road. The other major project will be to re-align Tenkula Hill on Old Mill Road using our gas tax reserve monies. Along with this will be the normal summer maintenance: graveling, culvert replacement and regular grading.

We will endeavour to carry out this work with as little disruption as possible, but there will likely be some inconvenience for short time periods. The Board requests your indulgence during the time the work is being done.

The end result should be an improved road system so we can access our homes better.

Thank you for your co-operation and understanding.

The Lybster Local Roads Board.

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## **NCC Volunteer Appreciation Dinner**

**June 14th 6:00pm to 8:00pm**



Have you Volunteered for the NCC this year? Then you are invited.  
MUST RSVP to [tritree@outlook.com](mailto:tritree@outlook.com) with title "Volunteer dinner (name)" By June 7th  
Food and drink provided, family friendly

Please include your name and your plus 1.  
Please also include any dietary restrictions.

Dessert or appetizer potluck item to share encouraged but not necessary

Thank you for helping out

## OAAS CERTIFIED JUDGING SCHOOL

Want to become an OAAS Certified Exhibits Judge or already an OAAS Certified Judge that needs to re-certify - This school is for you!

Saturday & Sunday June 22 & 23, 2024  
9:00 a.m. to 5:00 p.m.

Judging Categories covered:

Day 1 - Saturday	Day 2 - Sunday
Roots/Vegetables	Baking
Fruit	Canning
Eggs	Photography
	Quilts



Cost: One Day (Sat or Sun) \$25.00  
Both Days \$40.00      Lunch Included

Dryden District Agricultural Society  
Multiplex At Fairgrounds  
99 Scott Street, Dryden, Ontario

For more information or to register  
email: [jofishnwo@gmail.com](mailto:jofishnwo@gmail.com)  
Registration & fee must be received by June 15, 2024

THE  
HYMERS FALL FAIR  
IS IN NEED  
OF  
CATTLE SHOW  
SPONSORS.  
PLEASE CONTACT DEB  
AT  
[INFO@HYMERSFAIR.COM](mailto:INFO@HYMERSFAIR.COM)

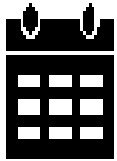




# Seniors Potluck Lunch



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



Next two (2) lunches taking place:

Monday, May 13

Monday, June 17

**Note: No lunches in July or August**



\$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)

## **From the Nolalu Heritage Cookbook 2000**

### *Hamburger Soup ~ ~ Enni Pakka*

1 lb ground beef	1 cup onion	1 cup celery	2 carrots
1 cup consommé soup	4 cups water	2 potatoes	1 can chopped tomato
1/3 cup pot barley	1 tsp salt	1/4 tsp pepper	1/2 tsp paprika

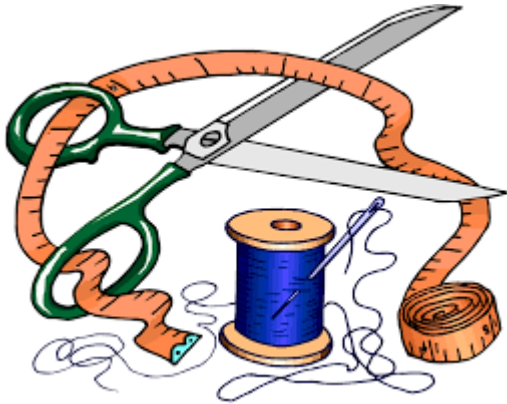
Brown ground beef in a large soup pot. Add celery and onion (both chopped), sauté over medium heat until soft. Drain off fat. Add remaining ingredients, cover and simmer for 1 1/2 hours or until barley is tender. Makes 6-8 servings.

### *Cheese Dip ~ ~ Erin Gough*

1 cup shredded cheddar	3/4 cup mayo	3 spring onions—whites only
6 strips bacon	1/2—3/4 cup walnuts	

Cook bacon until crisp, drain on paper towel and crumble well. Chop walnuts and onions fairly fine. Mix all ingredients together, mixing well. Serve with a variety of crackers.

# **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

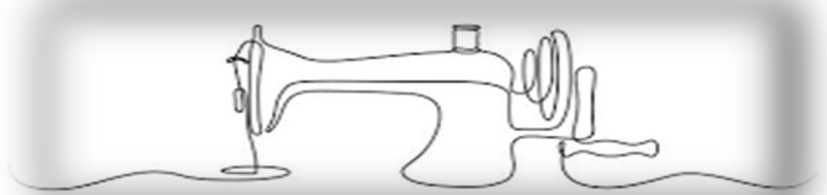
Doing repairs, alterations, wedding parties

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

## 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.

### From the Editor's Desk

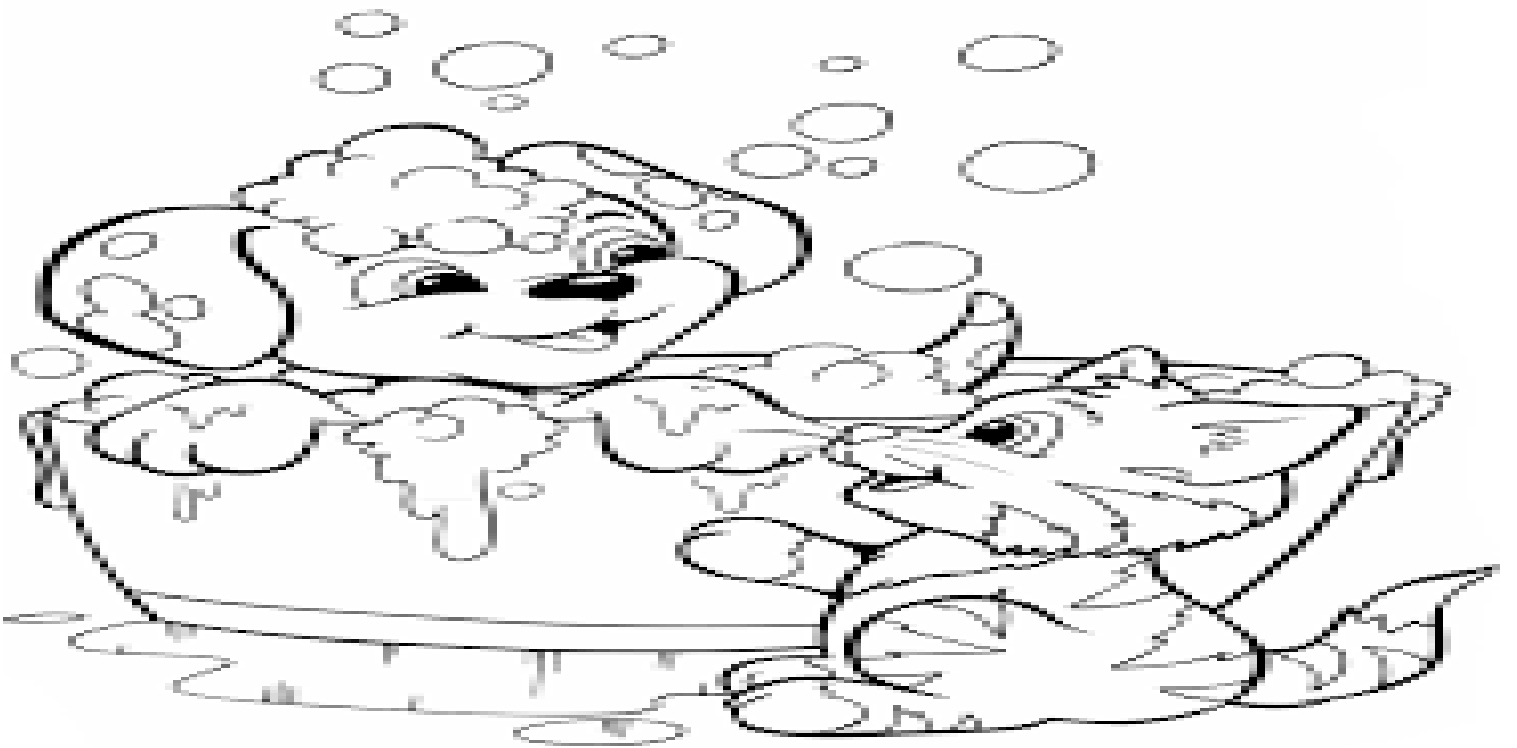
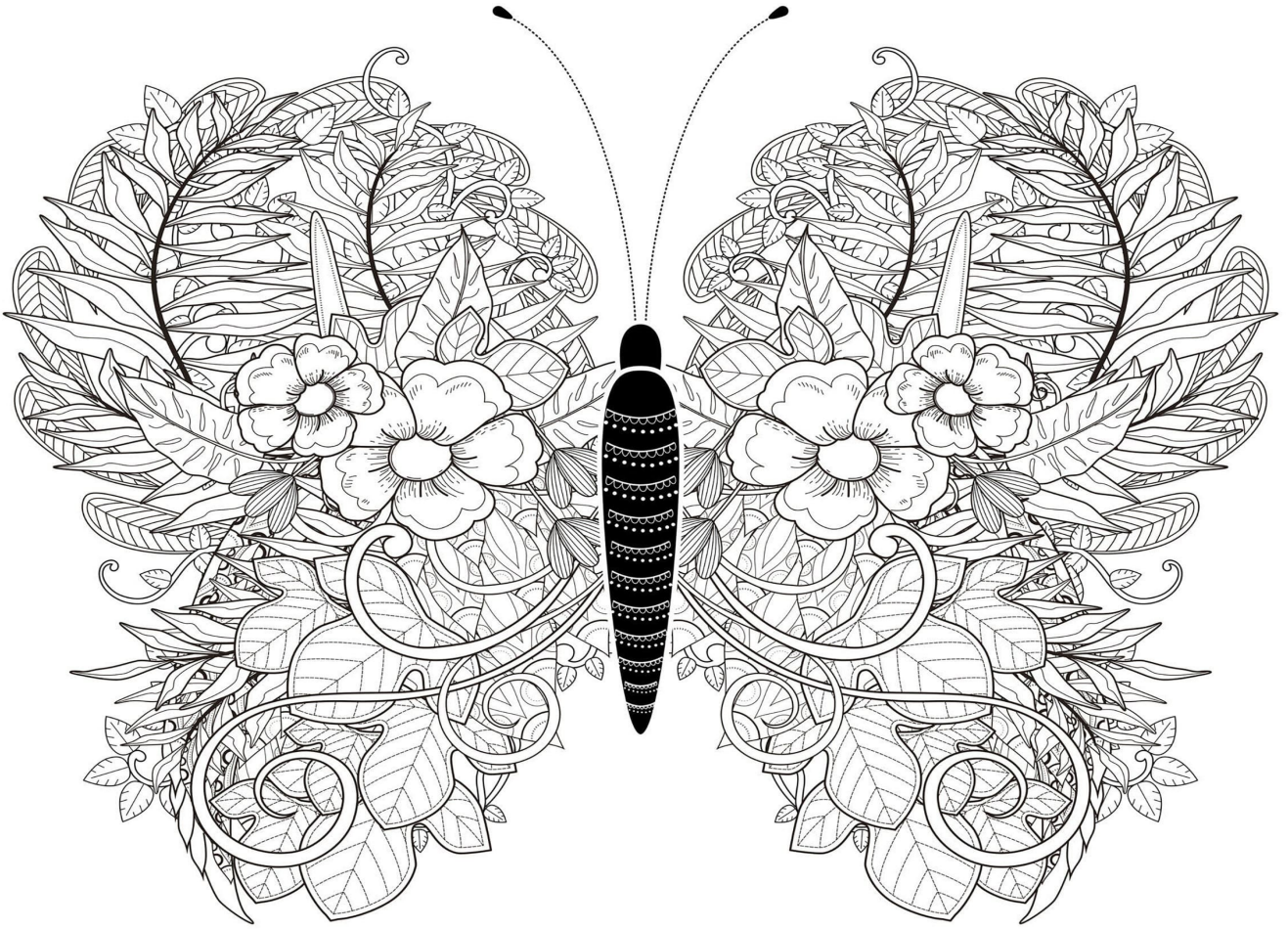
As I sit and type this I am sitting out on the deck watching my grandson zoom up and down on his scooter. Oh to be five again, without a care in the world except who will board my pretend train to the station. It is nice to sit out here and listen to all the different birds. Our hummingbirds are back again this year, there are eight of them. When they buzz around us going towards the feeder you can hear the rapid beat of their wings just in time to know when to duck. Two of the eight are careful flyers, while a third likes to see how close he can get to you, the rest just come and go. Of course our yard is a little noisier this spring as we have added ten more chickens to the flock. The new ones are young and are just starting to lay. They stuck to themselves for the first week but they have joined the others and are just one big group now. We are hoping to get some more ducks as well. I love the duck eggs for baking, and my grandson and I usually spend Saturdays baking while Mommy is at work. We are working on a new pen as we hope to get meat chickens this year if we aren't too late. If not there is always next year.

I have spent a lot of this month planning my new vegetable garden and sourcing out seeds that are already harden off for this climate. I've found the last two years the seeds that I purchased in regular stores like Walmart or Canadian tire, etc., the plants sometimes grow and sometimes don't. So this year I have bought seeds and plants off of farms close to Nolalu. I'm hoping for a better yield of vegetables this year. I also purchased some apple trees, a pear tree, some blackberry and raspberry bushes, and a haskap bush. I've learned that I will need another haskap in order for it to pollinate. Two of my elderberry shrubs did not make it through the winter but I still have one. It was a hard winter for a few of our new plants, not enough snow to protect them. We covered them with straw but it wasn't enough.

This year we have a proper garden, not just all my raised beds, so I will be able to put in more variety. My raised beds have now become my herb gardens, of which I am really excited about. I go foraging all the time to look for herbs to add to my apothecary. I make tinctures, cold infused oils, salves, and powders. To have so much more space to grow my own herbs is just what I need. I prefer to use natural home remedies rather than over the counter pills. Don't get me wrong I do use pharmaceutical medicines as they have their uses as well. I just prefer to try nature's way first. It is especially good for the everyday aches and ills that befall us. We still go to the doctor regularly and the hospital on occasion when needed, I was there today matter of fact, all is well, nothing a little bit of antibiotics can't cure. A time and a place for everything

Odette

# COLOURING PAGE





## NOLALU COMMUNITY CENTRE

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

Monday June 10, 2024

7:00pm **\*\*NEW TIME\*\***

Email [prez.ncc@gmail.com](mailto: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 June 25, 2024

7:30pm

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

## Drop-in Exercise ??????????

(Pilates/weights type)



WE ARE OUT ENJOYING THE SUNSHINE!

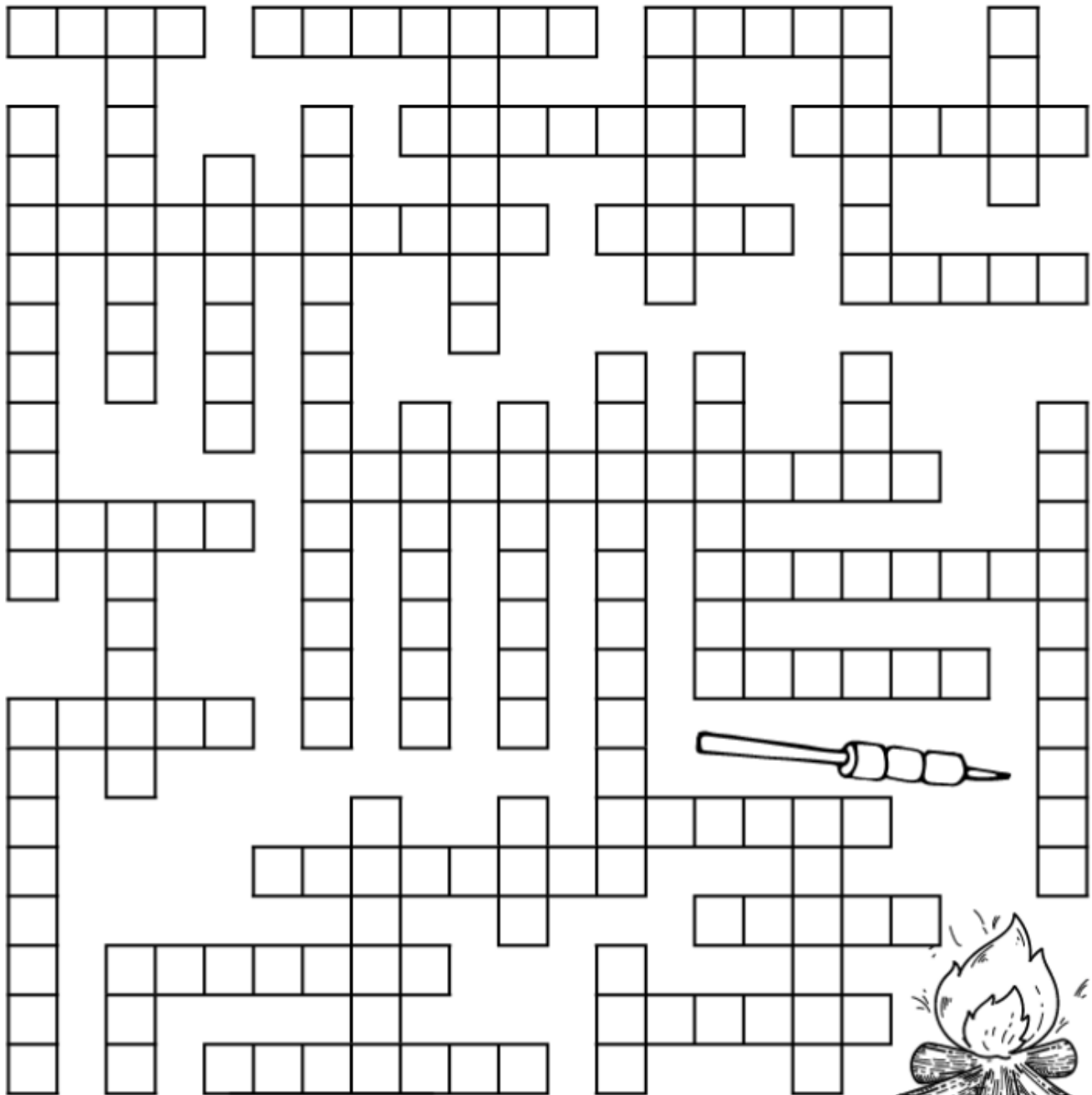
GROUP WILL RESUME IN THE FALL

STAY TUNED...

*"The best portion of a good man's life is his little nameless, unencumbered acts of kindness and of love." ~~Wordsworth~~*

# PUZZLES

## CAMPFIRE



- | <u>3 letters</u> | <u>4 letters</u> | <u>5 letters</u> | <u>6 letters</u> | <u>7 letters</u> | <u>8 letters</u> | <u>10 letters</u> | <u>11 letters</u> |             |                   |
|------------------|------------------|------------------|------------------|------------------|------------------|-------------------|-------------------|-------------|-------------------|
| ash              | burn             | flame            | chairs           | snores           | blanket          | matches           | campfire          | campground  | marshmallow       |
| axe              | camp             | night            | embers           | snacks           | hotdogs          | outside           | firewood          | sing alongs | pocket knife      |
| log              | heat             | smoke            | forest           | summer           | lantern          | raccoon           | kindling          |             | <u>13 letters</u> |
| pit              |                  | stars            | guitar           | teepee           | lighter          | stories           | memories          |             | graham cracker    |
|                  |                  | trees            | nature           | tinder           |                  |                   |                   |             | roasting stick    |

Tree Valley Academy

## **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—June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>31</b> JAM NIGHT 6:00PM TO 9:00PM	<b>1</b> JAM NIGHT 8:00pm to 11:00pm
<b>2</b>	<b>3</b> RURAL READERS 7:00pm to 9:00pm	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b> NCC Meeting 7:00pm**NEW TIME	<b>11</b>	<b>12</b> PLAY GROUP 12:00pm to 2:00pm	<b>13</b> NEST Meeting 7:00pm at NCC	<b>14</b> VOLUNTEER Appreciation Dinner 6:00pm to 8:00pm	<b>15</b> CONTEST Deadline—drop off at Green Acres or Hoppers
<b>16</b>	<b>17</b> SENIORS LUNCH 11:00AM to 1:00pm	<b>18</b> PLAY GROUP 12:00pm to 2:00pm	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b> LSB Meeting 7:30pm	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>						