

**July 2024**

# Nolalu's **GRASSROOTS**

**NCC NEXT MEETING:**

July

No Meeting

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

**LSB NEXT MEETING**

July

No Meeting

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

**NEST NEXT MEETING**

July

No Meeting

At the NCC and open to the community

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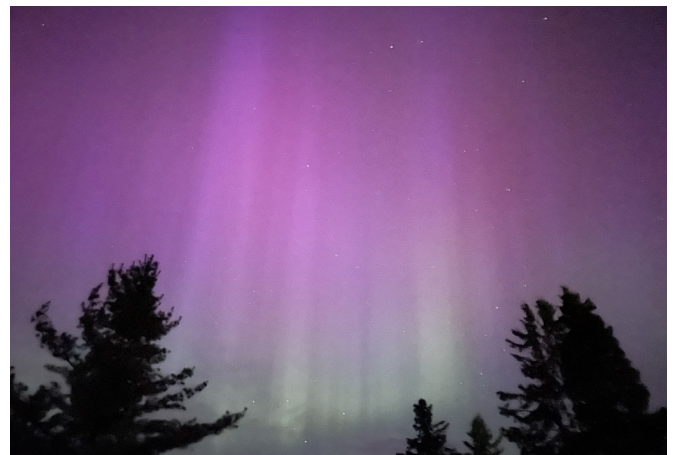


**FIRST PLACE**

Photo By  
Marisa  
Nascimben

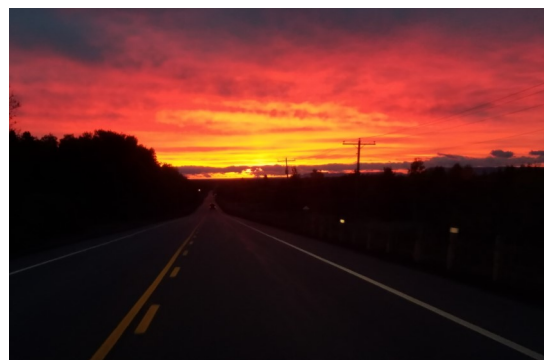
**SECOND PLACE**

Photo By  
Kayla Houle



**THIRD PLACE**

Photo By  
Sarah Shoemaker





*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>	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:***

***July NO Meeting***

ALL NCC meetings are open  
to the community.

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

Thursday July 11, 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  
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**

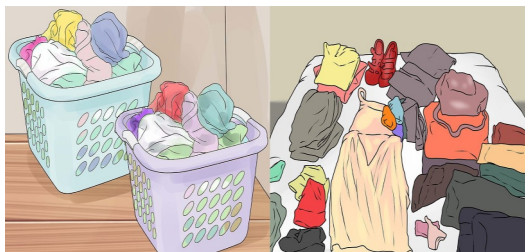
**ST. URHO'S GOLF COURSE**

**9 HOLE 36 PAR**

**GOLF CART RENTALS**



**BOTTLE RETURN DEPOT**



**CALL TO BOOK YOUR APPOINTMENT**

**SNOW REMOVAL, SAND & GRAVEL**

**CONSTRUCTION/FLOATING**

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





# 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

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.***

SATURDAY, JULY 27 11 AM - 2 PM



# NOLALU COUNTRY MARKET



## EMERGENCY PREPAREDNESS

Chat with and learn from experts in the fields of disaster, crisis and emergency management.



- ARTS & CRAFTS
- WOODWORKING
- BAKED GOODIES
- PLANTS & HERBS
- FLOWERS
- PRESERVES
- VEGGIES & FRUIT
- FARM FRESH
- SOAP AND PERSONAL CARE PRODUCTS
- AND MORE!

- 211 ONTARIO
- CANADIAN RED CROSS
- BAK EMERGENCY MANAGEMENT
- EMERGENCY MANAGEMENT ONTARIO
- MINISTRY OF NATURAL RESOURCES AND FORESTRY
- AMATEUR RADIO EMERGENCY SERVICE
- NOLALU EMERGENCY SERVICES TEAM
- Share your input about Nolalu's Community Emergency Response Plan.



LEARN. PLAN. PREPARE.

Nolalu Community Centre  
2266 HIGHWAY 588  
Nolalu, Ontario P0T 2K0



- FireSmart
- Emergency kit essentials
- Giveaways
- Emergency guide
- Demos
- Emergency vehicles
- Seed saving
- Refreshments
- Growing, preserving & storing food

# NOLALU COUNTRY MARKET

SATURDAYS 11 AM TO 2 PM



Market Vendor Tables: \$10 per table per market day. Proceeds of the vendor rental fees will support the Rural Cupboard Food Bank.

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

JULY 27 🍓 AUGUST 24 🍓 SEPTEMBER 21 🍓 OCTOBER 19 🍓



# 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>**

Just a reminder that the Grassroots is available for pick up at the following locations:

Hoppers Variety Store

Green Acres Variety Store

Suomi Variety Store

Evergreen Pharmacy, Kakabeka

60+ Club, Kakabeka

## **For Sale**

### **By Donation**

*Bingo Board x2*

*One electric and  
one analog*

*Approximate dimensions;  
4ft x 10ft and 3ft x 12ft*



Avista Realty Group Ltd.  
640 Beverly St., Thunder Bay, ON P7B 0B5  
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[bmcewen@avistarealty.ca](mailto:bmcewen@avistarealty.ca)



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Salesperson  
(807) 626-3860 CELL

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



## From the Nolalu Heritage Cookbook 2000

### *Koutambiethes*

2 cups butter                      4 cups cake flour                      1/2 cup confection sugar                      1 oz whiskey  
1 egg yolk                      1 cup toasted, chopped almonds                      All purpose flour  
confection sugar to sprinkle on top

Melt butter in a saucepan, and pour into mixing bowl, being careful to leave sediment in saucepan and discard. Chill in refrigerator until firm. Beat until light and creamy. Add 1/2 cup confection sugar, whiskey, and egg yolk, and beat well. Beat in 3 cups of cake flour, then stir by hand the remaining cup of cake flour. Stir in almonds. Stir in enough all purpose flour to make a soft dough that is not sticky. Preheat oven to 325°F. Shape into small crescents and place on ungreased cookie sheet. Bake 15-20 minutes or until golden brown. Remove to wire rack and sprinkle with confection sugar while still warm.

### *Mama's Muffins ~ These muffins are even better the next day!*

2 cups peeled and finely diced tart apples                      2 cups carrots, grated                      1/2 cup raisins  
3/4 cup coconut flakes                      1/2 cup almond slivers                      2 cups flour  
1 1/2 tsp baking soda                      1/2 tsp baking powder                      3/4 cup sugar  
1 1/2 tsp cinnamon                      1/4 tsp nutmeg                      1/2 tsp salt  
3 eggs                      1/2 cup canola oil                      1/2 cup milk                      2 tsp vanilla

Preheat oven to 375°F. Line muffin cups or grease well. Prepare apples, carrots, coconut flakes, raisins, and almond slivers and toss together; set aside. Combine dry ingredients and set aside. Beat eggs for two minutes, then add oil, milk, and vanilla; mix well. Add the dry ingredients to the wet. Mix just until blended. Fold in the remaining ingredients. Bake at 375°F for 25 to 28 minutes or until they spring back when touched. Do not over bake.

For quick on-the-go muffins that even Mama approves of, place mixed batter in lined muffin pans and freeze. Once frozen, remove muffins from tin and place in sealable plastic freezer bags until ready to use. To bake frozen muffins, put muffin into muffin pan and bake in preheated oven for 30-35 minutes. Keep frozen batter for up to 3 weeks. Makes: 18 regular sized muffins

### *Tomatoes Provençale ~Enni Pakka*

6 large tomatoes                      2 cloves garlic                      1/2 cup grated cheddar                      1/4 cup onion  
1 tsp rosemary                      butter                      1/2 cup corn flake crumbs

Slice top off tomatoes and scoop out pulp with a spoon. Set aside top slices and tomato shells. Mix tomato pulp with chopped garlic, cheese, chopped onion, rosemary, and corn flake crumbs. Stuff mixture into shells, dot with butter and top with reserved slice of tomato. Place on a buttered baking sheet and bake at 350°F for about 30 minutes

- ◆ *Some of my fondest memories are made up of spending time in the kitchen, watching my mother make cookies, and then sneaking to the basement and stealing them for my brother... Julie*
- ◆ *It's time to eat like we've never seen food before*
- ◆ *Seize the moment: Remember all those women on the Titanic who waved off the desert cart. ~Erma Bombeck~*

## **PUBLIC NOTICE AVIS PUBLIC**

### **TBAYTEL: PROPOSED 60 METER SELF-SUPPORT TOWER SITE**

Location: 351 Old School Road, Nolalu, ON.  
PIN #: 622891-0082 (LT)  
Coordinates: 48.322781°, -89.810147°

**Objective:** To improve Tbaytel wireless coverage in Nolalu, specifically along Hwy 590 and 588 and surrounding area, and to meet rising demands for wireless services.

**Proposed:** The site will be comprised of a 60m self-support tower with antenna equipment installed on the tower and an equipment shelter at tower base that will be enclosed within a 15m x 15m chain-link fenced compound.

The public is invited to provide written comments or request additional information by end of business day on **Wednesday, July 31, 2024**, to the contact information shown below:

**Tbaytel Site Name/Nom de Site : NOLALU**

**Forbes Bros. Ltd. on behalf of/au nom de Tbaytel**  
Jay Lewis, Land Acquisition & Gov. Relations  
130, 482 South Service Road East  
Oakville, Ontario. L6J 2X6  
Tel/ Tél: (905) 928-0481  
Email/Courriel: [jlewis@forbesbrosltd.ca](mailto:jlewis@forbesbrosltd.ca)

### **TBAYTEL : PROPOSÉ UNE SITE DE TOUR AUTOPORTANTE DE 60 MÈTRES**

Emplacement : 351 Chemin Old School, Nolalu, ON  
Numéro d'identification de la propriété : 622891-0082 (LT)  
Coordonnées : 48.322781°, -89.810147°

**Objectif :** Améliorer la couverture sans fil de Tbaytel à Nolalu, en particulier le long des autoroute 590 et 588 et dans les environs, et répondre à la demande croissante de services sans fil.

**Proposé :** Le site comprendra une tour autoportante de 60 mètres avec des équipements d'antenne installés sur la tour et un abri pour l'équipement à la base de la tour qui sera enfermé dans un complexe clôturé en grillage de 15 mètres x 15 mètres.

Le public est invité à soumettre des commentaires écrits ou à demander des informations supplémentaires avant la fin de la journée ouvrable, **mercredi 31 juillet 2024**, à l'adresse suivante :

## **FOR SALE**

**\$400.00 or Best Offer**

*Upright Frigidaire Freezer*

*Has a good seal. Good working condition.*

*Quiet and clean.*

*Need to make space for a refrigerator.*

*Must pick up, no delivery.*

*Contact Liz at 807-623-6800 or*

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



*"Let children read whatever they want and then talk about it with them. If parents and kids can talk together, we won't have as much censorship because we won't have as much fear." ~~Judy Blume~~*



**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).

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

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

\* September 3rd: ""Who Has Seen The Wind" by W.O. Mitchell

\*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  
or [marisa.perina22@gmail.com](mailto:marisa.perina22@gmail.com)

## Natural Insect Repellants

A lot of people are turning to natural ingredients for their bug sprays instead of chemicals. Essential oils are very popular as are cold infused oils. Some people are making their sprays or creams on the stove top. Whatever way you choose to do it, here are some of the popular infusions to use.

Citronella and citrus oils	Garlic oil	Thyme essential oil	Dill essential oil
Lavender essential oil	Basil oil	Peppermint oil	Cinnamon oil
Lemongrass oil	Geranium oil	Catnip oil	Pennyroyal oil
Oil of lemon eucalyptus (this is not the same as lemon eucalyptus oil)			

One way to make yourself less attractive to insects is to avoid using fragrant soaps, lotions, perfume, hairspray, or aftershave. Instead, use scents that block their receptors, making you harder to find.

Here are four simple homemade bug sprays you can make using essential oils, based on your scent preference:

- ◆ 2 cups witch hazel, ½ tsp. Lemongrass or citronella oil, and 1 tbsp apple cider vinegar.
- ◆ 1 cup isopropyl alcohol, 1 cup water, ½ tsp. catnip oil.
- ◆ 1 cup alcohol or witch hazel and 10-20 drops of essential oils such as lemongrass, peppermint, or oil of lemon eucalyptus.
- ◆ 1 qt. vinegar, ½ tsp. pennyroyal oil, 1 tsp. oil of lemon eucalyptus, 1 tsp. orange oil, and 1 tsp. citronella oil.



## ***PLAY GROUP***

**Second Wednesday of Each Month  
Next Play Date: July 10, 2024**

**Nolalu Community Centre**

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

**Extra Day to Play  
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





**FIRST PLACE**

Category Age 5  
& Under

Mason 5Yrs old

Art piece - "Rain Storm"

In this mixed media artwork, Mason uses layers and multiple mediums to create texture and depth on his masterpiece, great job Mason!

There were no submissions for 13-16 year old category so I chose 2 winners for ages 6-12 category.

It was a tough decision but I kept on going back to 2 of them

**FIRST PLACE**

Artist - Rhys

Age - 11

This Artist focuses on his attention on detail, the colours really catch your eye and the design tells a story of war and destruction, great masterpiece!



# Thank You

WE REALLY APPRECIATE ALL THAT YOU'VE DONE

I would like to thank everyone who entered the Grassroots drawing and photography contests. All the entries were so beautiful and so much work went into them. I can see the passion our local children have for drawing and there is so much photography talent in the area. The photos were breathtaking and there was such a variety of subjects. To quote our judges at Green Acres Variety, "It was soooo hard to judge! I would have picked them all, they are all winners!"

Thank you to Hoppers Variety - The Everything Store for your awesome donations to our prize list, we certainly appreciate it.

Thank-you to Aunt Sarah's 588 Café Nolalu for your amazing donations to our prize list, they will be treasured memories for the winners.

A special thank-you to Green Acres Variety for sponsoring the contest. Your judging of the entries was a difficult task but you made it seem easy. Your donations to our prize list was most generous.



**GREEN ACRE VARIETY**  
Gas ♦ Groceries ♦ LCBO ♦ Live Bait

807-475-5631

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

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



## **FIRST PLACE**

Artist - Arisa

Age - 10

Arisa used her creativity to design a scene with dragons & creatures, she used many colours to create this beautiful masterpiece!



### **Insect Repelling Plants**

Do you want to plant things in your gardens that will naturally repel the insects. Below is a listing of plants that insects aren't fond of

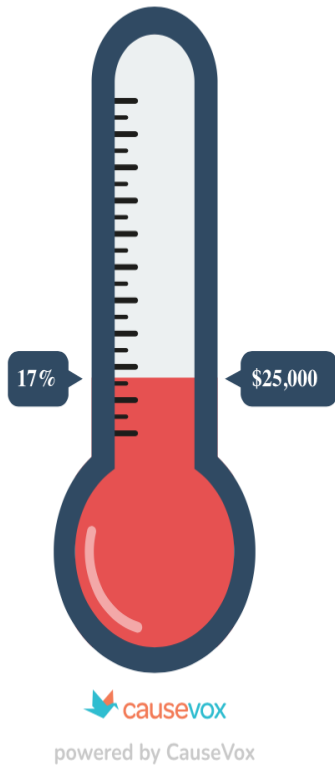
Lavender	Marigold	Lemongrass	Catnip	Rosemary
Basil	Citronella	Bee Balm	Mint	Sage
Allium	Lemon Thyme	Chrysanthemums	Nasturtiums	
Lemon Balm	Floss Flower (Ageratum)			

To create lemon balm bug spray:

Gather: a handful of fresh lemon balm leaves, plus a generous pinch each of basil, catnip and mint from your garden.

Stuff a glass jar full of the herb leaves, then pour witch hazel extract over them, almost to the top. Cap the jar and set it in a cool, dark cupboard for a week or two. Strain and store out of heat and light. When you're ready to mix up a fresh batch of spray, fill a small glass spray bottle or mister half way with the infused witch hazel. Fill the rest of the bottle with water, but not quite to the top.

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 **Sharon Scott**, ticket number B-4406.*

*She won **\$1220.00***

*Wouldn't you like to win? Our next raffle is LIVE!*

## 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>



As some may be aware NEST was chosen as a recipient for Ontario's community emergency preparedness grant. We are very excited to be able to have a bit of extra funding in our budget to do some things that we would otherwise not be able to afford.

This grant is geared to emergency preparedness, and not firefighting so unfortunately, we are not able to use it towards our tanker or firehall build, but there are lots of other projects we are working on!

We were able to purchase some tech items which will help our team with the changeover to primarily digital training. We are able to outfit one of our trucks to serve as a mobile command unit. And we will be able to install a multifuel generator at the hall with an automatic transfer switch to make sure that we don't have freezing tanks in the winter, and we will have a warm place for the community if needed.

Additionally, we received funding to update and review our community emergency response plan. Some of this funding has gone towards hiring Sharon Bak from BAK Emergency Management. She will be creating an emergency preparedness pamphlet specific to Nolalu. We are also planning to host, in partnership with Kathy McGowan and the Nolalu market, a special emergency preparedness day with many guests in attendance.

We encourage you to come out and give us your input into the plan at this event. We are looking for real stories of the emergencies that our community has experienced and how the community rallied from them.

**Nolalu Emergency Services Team**

Hall 807-475-4441

2167 Hwy 588

info@NolaluEST.com

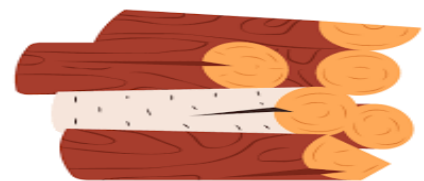
Nolalu ON P0T 2K0

Emergency 807-473-5200



**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



## Nolalu Emergency Preparedness Pre Survey

How would you rate your level of personal emergency preparedness?

1      2      3      4      5

Comment:

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What steps would you take in the event of a large scale emergency that exceeded your capacity to meet your basic needs?

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What type of emergency preparedness steps have you taken?

- 72 hour kit
- Printed personal medication and/or special health considerations
- A plan for your pets
- Mapped evacuation routes
- Set up a family meeting location
- Learned about community specific hazards
- Stored extra food and water

Other suggestions for what NEST could be doing to better prepare for a large scale emergency?

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Do you know that NEST has received funding to develop their emergency plan/program?

- Yes
- No

What hazards most concern you in the community? (check all that apply)

- Wildfire
- Flooding
- Power outages
- Severe Weather
- Other: \_\_\_\_\_

Survey can be returned multiple ways:

- Drop it in the black mailbox at the fire hall by Hoppers.
- Snap a picture and email it to: [info@nolaluest.com](mailto:info@nolaluest.com)
- Fill out a digital copy online and email it to us.
- In person at the community emergency preparedness event July 27

**Please return by July 31**

## Kakabeka Legion News

July 11	Slate River Women's Strawberry Social	7:00pm to 9:00pm
July 13	Practice Run, Call Jim Gilbert 807-626-0492	
July 14	Buffet Breakfast	8:30am to 11:00am
July 20	Dance with Quest	7:00pm to 10:00pm
July 27	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 reservations call Dianne Harrison 807-577-6549***

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*"The happiest people I know are people who don't even think about being happy. They just think about being good neighbors, good people. And then happiness sort of sneaks in the back window while they are busy doing good." ~~Harold S. Kushner*

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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, July 17, 2024***

Registration 9 am to 11 am

Drive-Thru Pick-up

# JULY 2024

MON	TUE	WED	THU	FRI
1 <b>Closed for Canada Day</b>	2 Fly the C.O.O.P Walking Group	3	4 Fly the C.O.O.P Walking Group LifeLabs	5
8 Chair Yoga @ O'Connor C.C @ 10:30 am	9 Fly the C.O.O.P Walking Group  Diabetes Educator	10	11 Fly the C.O.O.P Walking Group LifeLabs Mobile Clinic - Upsala 10am-3:30pm	12
15 Chair Yoga @ O'Connor C.C at 10:30 am  Mobile Clinic - Armstrong 1pm-6pm	16 Fly the C.O.O.P Walking Group Guest Today  Hearing Clinic Mobile Clinic - Armstrong 8:30am-1:30pm	17  Walk-In Clinic 8:30am-11:30am	18 Fly the C.O.O.P Walking Group LifeLabs	19
22 Chair Yoga @ O'Connor C.C @ 10:30 am	23 Fly the C.O.O.P Walking Group Guest Today  Diabetes Educator	24	25 Fly the C.O.O.P Walking Group LifeLabs Walk-In Clinic 8:30am-11:30am	26
29	30	31		

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

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

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**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

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**Chair Yoga**  
Hosted at O'Connor Community Centre at 10:30am.  
  
Chair Yoga is also hosted virtually at 10:30am

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**Hearing Services Clinic**  
By Appointment at KBF Clinic from 1-4pm on July 16th

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

## Homemade Natural Tick Repellent

Author: Truly Blissful  
Recipe type: Salve

### Ingredients

- 1 cup of coconut oil
- ¼ cup beeswax pastilles
- 30 drops geranium essential oil
- 30 drops lemongrass essential oil
- 20 drops lemon essential oil
- 20 drops lavender essential oil
- 10 drops rosemary oil
- 20 drops peppermint oil
- 10 drops eucalyptus oil



### Instructions

1. Heat a small amount of water in a saucepan on the stove.
2. Place coconut oil and beeswax into a wide mouth pint jar, and carefully put the jar into the saucepan. (Do not let the water get into the jar of oil.)
3. Heat gently and stir occasionally until the oil and beeswax is melted.
4. Remove from jar from heat and stir in the essential oil.
5. Let cool, cover with a lid, and label.



## 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"





## BUG REPELLENT BALM RECIPE

14 oz coconut oil                      2 oz olive oil                      1 oz beeswax                      20 drops tea tree essential oil  
15 drops cedarwood essential oil                      15 drops peppermint essential oil

You can add whichever essential oils you like that will give you protection from the bugs. Do your research as these are just suggestions and to give you an idea of quantities.

First you measure out all your regular oils and wax into a double boiler and get everything melted down. Remove from heat and stir in essential oils. Pour into containers and let cool. Apply as needed.

## ESSENTIAL OIL BALM TICK REPELLANT

Tansey                      Rose Geranium                      Sweet Myrrh                      Eucalyptus                      Oregano  
Thyme                      Lemon eucalyptus                      Citronella                      Neem

The above listed essential oils are good for discouraging ticks. As always do your research and see what works best for you. These are just suggestions of a more natural way to repel ticks.

1 cup coconut oil                      1 cup cocoa butter or shea butter (or a combination of the two)  
1 cup beeswax                      30 drops of bug repellent essential oils (pick one or multiple oils)  
Silicone molds or metal tins

Melt all the ingredients, except the essential oils, in a double boiler. You can make your own double boiler by placing a glass bowl over a medium-size saucepan. Bring the water to a boil until the ingredients are melted. Once ingredients are melted, remove the bowl from the heat. Let mixture cool slightly, and then add in essential oils. Stir well until combined. Pour the mixture into silicone molds or metal tins. Allow the mixture to cool completely, and then pop the bars out of the molds. Store in an airtight container for up to one year.

Please consider attending the Nolalu Community Centre meetings in August or September meeting of the board. We welcome your questions and discussion.

### **NCC Meetings**

August 12th @ 7:00pm and September 9th @ 7:00pm

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

SENIORS POTLUCK LUNCH (JULY & AUGUST)

MONDAY MORNING EXERCISE GROUP

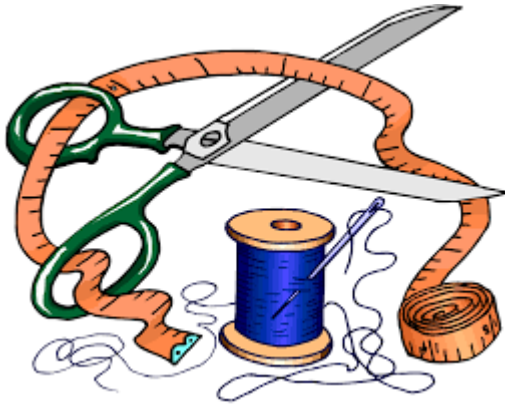
WILD BLUE YOGA

NO MEETING FOR THE NCC IN JULY

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



# **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

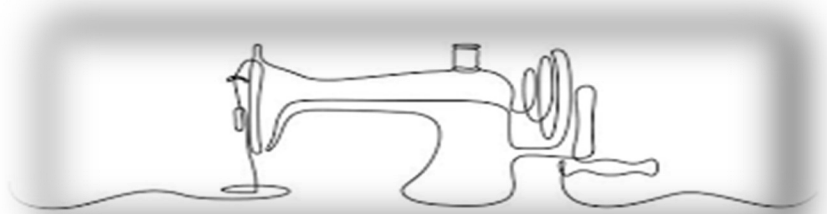
Doing repairs, alterations, wedding parties

**QUICK SERVICE**

**REASONABLE RATES**

[bbbarbbelanger@hotmail.ca](mailto:bbbarbbelanger@hotmail.ca)

807-475-9687



Are you experiencing a louse-y situation? Let me make this Lice'N'Easy for you! Hi, I'm Irene and I am here to help you alleviate the stress of a nit-picky circumstance. As a fully licensed Head Lice Technician, through the Lice Treatment Center, I have been trained to search for and eliminate the unwelcomed guests residing in your hair and on your scalp. Using my trained techniques, I will ensure your satisfaction guaranteed. I will achieve this by coming to the comfort of your home and meticulously combing through every inch of your hair and scalp while using 100% natural products.

**LICE N EASY**

Thunder Bay , Ontario

Lice Removal Service

Call or Text 807-708-6950

**Irene Levesque**

Professional Head Lice Technician



Fees: - \$75\*/first hour (one hour minimum) - \$50/every additional hour - Additional charges may apply for out of boundary destinations

Call or text me today to make your life Lice'N'Easy!!To give you an idea of how much time it may take, here are some common examples of what my services have seen:

- 1 hour for short hair - 1.5 - 2 hours for medium length hair - 2 hours for long hair - 2.5 + hours for exceptionally long hair

All of these times may vary, depending on thickness of hair and how severe the infestation may be

## Disorders

*By Odette Houle*

Disorders are part of the world these days. There are a lot of physical disorders and mental disorders that afflict our communities across Ontario. There are disorders caused by abuse of substances, caused by trauma, or caused by our environments. There are more than 250 classified forms of mental illness or disorders, some say the number is double that. Some of the more common disorders are depression, bipolar disorder, dementia, schizophrenia and anxiety disorders. Symptoms may include changes in mood, personality, personal habits and/or social withdrawal. A disease or illness described as a physical disorder impacts the musculoskeletal system and lacks an inciting injury. Examples may include webbed toes, arthritis, amputations and loss of limbs, cerebral palsy, maintaining a healthy weight, though some may also be called an immune disorder or a neurological disorder. One in three Canadians will suffer from a mental illness in their lifetime. In 2020 9.1 million Canadians were affected by disorders.

Disorders are a hidden illness and can be very debilitating at times. A person may appear perfectly fine to you but they may be suffering on the inside. I myself suffer from five disorders and at times I cannot get out of bed. Some days are better than others and I am able to function 'normally' or what most people would consider normal.

For some disorders there are therapies, control behaviours and practices, medications, and sometimes just rest will help. Some disorders are considered mental illness while others are of a physical nature. One person I know suffers from a tremor disorder in which they shake, mostly in the hands. There is no treatment for this and no indication of what the triggers for it might be. Some disorders are like that, hard to diagnose and harder still to treat. For myself I currently am in treatment and hoping for a relapse or cure in the future.

So why did I write this article? To make you more aware of your fellow man or woman. People suffer everyday yet put on a brave face, smile politely, and carry on with whatever needs doing. People are resilient, but that is not to say they aren't working hard to get through whatever is ailing them. Daily struggles can be just that a real struggle. So show compassion to your fellow human beings. Help when you are able and when you aren't able don't forget to ask for help. Participate in your community. Getting out can sometimes be a struggle but the benefits are so worth it. Check on your friends, neighbours, and loved ones. A simple "Hey, how are you doing?" or " Want to chat over coffee?" or "I miss seeing you", these simple phrases go a long way to help those suffering from some form of disorder. They also go a long way in just everyday use. Brighten up your friends day by giving them a call. Send a short note to someone you haven't seen for a while, and wait for the lovely response you will receive. Wave at a stranger and watch them smile. Tell someone how beautiful they are and watch their eyes light up. We all have our own inner beauty, our inner joy, our own care and compassion to share, our own love just waiting to bloom. So make someone's day and share your kindness, love, and compassion for your fellowman. It's a ripple effect, maybe we can make the world a happier place. For me I plan to make at least one person each day know they are appreciated.

*"Kind hearts are the gardens, Kind thoughts are the roots, Kind words are the flowers, Kind deeds are the fruits, Take care of your garden And keep out the weeds, Fill it with sunshine, Kind words, and Kind deeds." ~~Henry Wadsworth Longfellow~~*



# Judge School



An O.A.A.S. Judging School will be held  
on Saturday, July 20, 2024 9am to 4 pm  
at the Rural 60+,

★ 5 Pineview Rd, Kakabeka Falls, ON D7K 0G8 ★

Subjects covered will be  
Judging Grain samples,  
Hay and Forage grains,  
Antiques,  
Roots & Vegetables,  
Junior Arts & Crafts.



There is no charge for the course.  
Lunch courtesy of Hymers Agricultural Society.

For more information, or to register  
email Randy at [grounds@hymersfair.com](mailto:grounds@hymersfair.com)

*"Kindness is the language which the deaf can hear and the blind can see."*

*~~Mark Twain~~*

## **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





# 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

I am super happy to report that the contests were a success. It was so nice to see so many entries, so much variety to choose from. I was really happy that I was not judging the contest, that would have been very difficult. Thank-you to our sponsor of the contest, Green Acres Variety, for doing all the judging on both contests. You did a fabulous job and even gave great comments to the kids for their artwork submissions.

We finally got our vegetable garden in. After many tries we finally completed it. It was so wet when we started that the mud was sucking our boots right off our feet. My daughter and I took turns rescuing each other when we got stuck. Good thing no one was taking videos of us as it was quite comical. After we finished it we got another torrential downpour, as seems to be a regular occurrence lately. At any rate the rain had come down so hard it uncovered all the pea seeds, so out we went to poke them back under the earth, getting stuck in the mud again. I hope we get some warm weather soon to give the seedlings a chance to grow, otherwise we just might have a waterlogged garden this year.

My container gardens and raised beds are doing well this year, but they don't hold the water as much as the ground does. I should have a full herb garden from them if everything grows. I've planted a few more medicinal herbs this year so that I can make more tinctures and salves. I'm really enjoying learning more and more about herbalism. It will be a life long study as there is always something new to learn. I have found that a lot of the herbs aren't perennials up here, which is ok, it is just teaching me the importance of seed saving. I have added a lot of perennial flowers to my front flower beds and they are growing by leaps and bounds. We've added a couple planter boxes to the front, thanks to Andrew Pilo. My husband painted them up in bright colours and I quite like them. They will be for annuals as perennials need to put down deep roots to winter over. We are all quite happy with the way things are blooming, adding a bit of colour to the yard, the birds and bees sure seem to like it.

You may have noticed that Mason's Farm has a new stand for the chicken and duck eggs. It is a sturdy addition to the farm and we hope to be able to sell any extra produce we have too. Who knows you might find some of our crafts and artwork out there too. We have added to the chicken clutch so we now have more eggs for sale on Fridays, as well as the few duck eggs. I personally love the duck eggs for baking, makes it just a bit richer but nice and fluffy. Have a great July and enjoy the sunny weather.

Odette

**COLOURING PAGE**





## NOLALU COMMUNITY CENTRE

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

July 2024

No Meeting

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

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## LOCAL SERVICES BOARD OF NOLALU



July 2024

No Meeting

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

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## Drop-in Exercise

(Pilates/weights type)



MONDAY MORNINGS WE WILL BE OUT ENJOYING THE SUNSHINE!

SEE THE CALENDAR FOR **\*\*NEW\*\*** DATES AND TIMES

NOW MEETING MONDAY & WEDNESDAY EVENINGS, AND FRIDAY MORNINGS

*"Life has its ups and downs. We call them squats" ~~Unknown~~*

# PUZZLES

## Canada Day Word Search

Search for the hidden words going up, down, left and right.



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



ALBERTA  
FLAG  
MONTREAL  
PATRIOT  
UNIFICATION

BEAVER  
LEAF  
ONTARIO  
TERRITORIES  
VANCOUVER

CANADA  
MAPLE  
OTTAWA  
TORONTO  
YUKON



## **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—July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>	<b>2</b>	<b>3</b> Drop-in Exercise 6:00pm to 7:00pm FREE	<b>4</b>	<b>5</b> Drop-in Exercise 9:30am to 10:30am FREE	<b>6</b>
<b>7</b>	<b>8</b> RURAL READERS 7:00pm to 9:00pm Drop-in Exercise 6:00pm to 7:00pm FREE	<b>9</b>	<b>10</b> PLAY GROUP 12:00pm to 2:00pm Drop-in Exercise 6:00pm to 7:00pm FREE	<b>11</b>	<b>12</b> Drop-in Exercise 9:30am to 10:30am FREE	<b>13</b> MARKET & ICE CREAM SOCIAL 11:00am to 3:00pm
<b>14</b>	<b>15</b> Drop-in Exercise 6:00pm to 7:00pm FREE	<b>16</b> PLAY GROUP 12:00pm to 2:00pm	<b>17</b> Drop-in Exercise 6:00pm to 7:00pm FREE	<b>18</b>	<b>19</b> Drop-in Exercise 9:30am to 10:30am FREE	<b>20</b>
<b>21</b>	<b>22</b> Drop-in Exercise 6:00pm to 7:00pm FREE	<b>23</b>	<b>24</b> Drop-in Exercise 6:00pm to 7:00pm FREE	<b>25</b>	<b>26</b> Drop-in Exercise 9:30am to 10:30am FREE	<b>27</b> MARKET & EMERGENCY PREPAREDNESS 11:00am to 2:00pm
<b>28</b>	<b>29</b> Drop-in Exercise 6:00pm to 7:00pm FREE	<b>30</b>	<b>31</b> Drop-in Exercise 6:00pm to 7:00pm FREE			