

NCC NEXT MEETING:

Monday August 12
@ 7:00pm

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

LSB NEXT MEETING

Tuesday August 27
@ 7:30pm

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

NEST NEXT MEETING

Thursday August 8
@ 7:00pm

At the NCC and open to
the community

Contents:

Information	3
Rural Readers	10
Interest	16-18
Fire Safety	12-14
Contest	14,22
Legion	19
Food Bank	19
Norwest	15
Rural 60+	21
Editor's Note	23
Fun Pages	24,26
Meeting Dates	25
Hall Rental Info	27
NCC Events	28

August 2024

Nolalu's GRASSROOTS



Ice Cream Social & Market 2024





Catherine and Terry Niemi

51 Delints Road, Nolalu

768-5357 or 633-2949

terry@therustybucket.org

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

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

Tire Repairs – 6-17” rims

Quality work on utility, horse, and stock trailers.

Mobile Welding Services

Rough Lumber Sales - Onsite inventory and Custom Orders

Live Edge Pieces 1-3 inches thick and a variety of widths

Dry 8’ Firewood Slabs sold by the truckload

Dry Stove Length Slabs sold by the truckload

Rustic Fence Slabs sold by the truckload

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

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

Emergency Phone Numbers

Nolalu Fire & Ambulance: 807-473-5200

Ontario Provincial Police: 1-888-310-1122

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

For Road information call: 511

NCC Volunteer Board

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

NEXT NCC MEETING:

Monday August 12, 2024

@ 7:00pm

ALL NCC meetings are open
to the community.

NEST meeting 7:00 pm at NCC

Thursday August 8, 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****



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. 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
or drop off in person at

Hoppers Variety
2160 Highway 588
in Nolalu.



See Clearly

QHHT PAST LIFE REGRESSION

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

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

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

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

GRASSROOTS

For Sale

By Donation

Bingo Board

Electric

*Approximate dimensions;
4ft x 10ft*





AVISTA
REALTY GROUP LTD.
brokerage

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



Barb McEwen
Salesperson
(807) 626-3860 CELL

www.avistarealty.ca



3031 Arthur St. West
Rosslyn, ON P7K 0P2

Phone: (807) 475-5931

Fax: (807) 475-8619

Web: www.wilcosuperior.ca

PUBLIC NOTICE

Northside Road Closure at Whitefish River

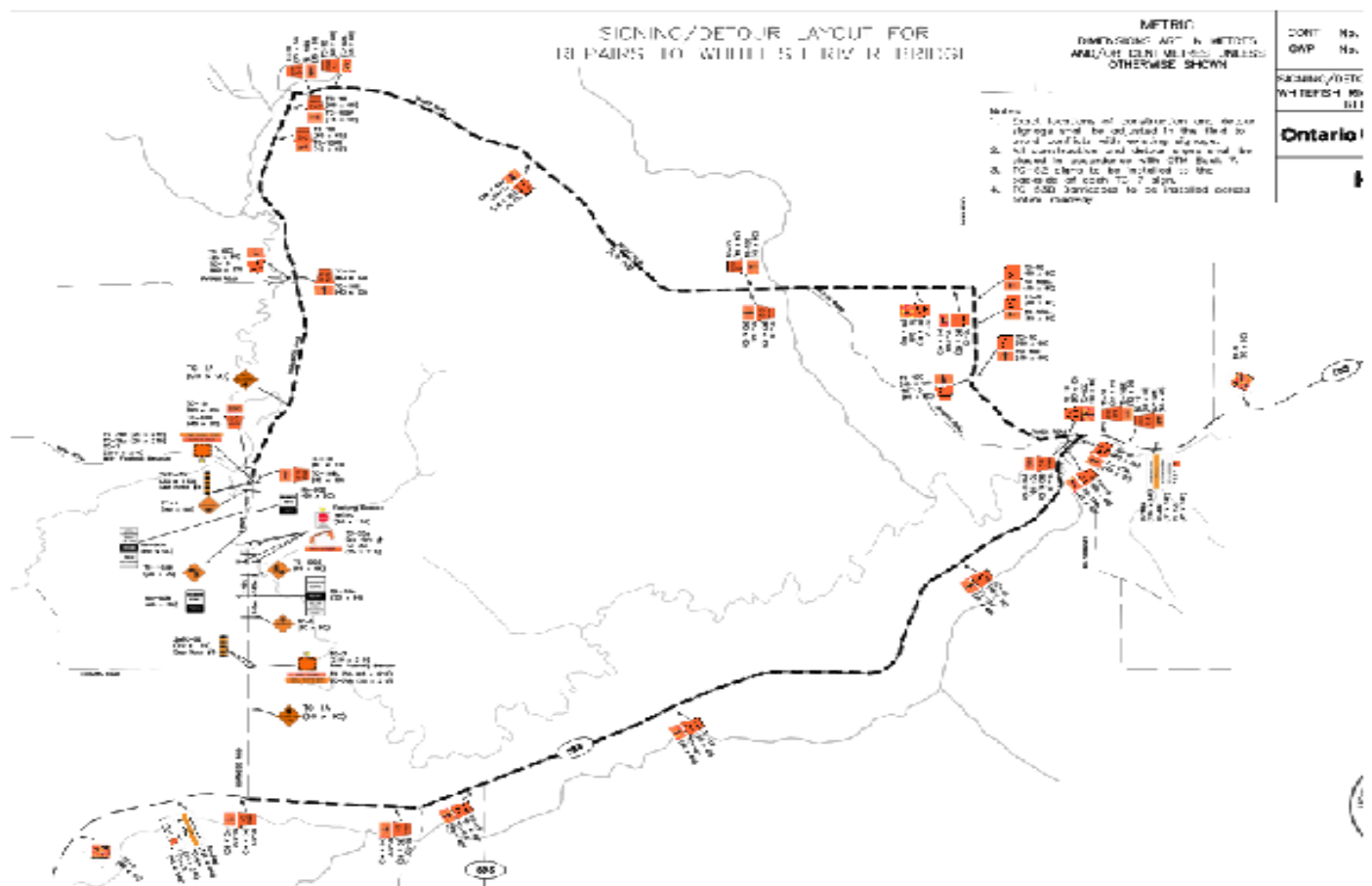
Whitefish River Bridge #3 on Northside Road located approximately 2 km north of Highway 588 is being repaired. Work will be performed by Wilco Contractors Superior Inc. and is anticipated to begin on July 2, 2024.

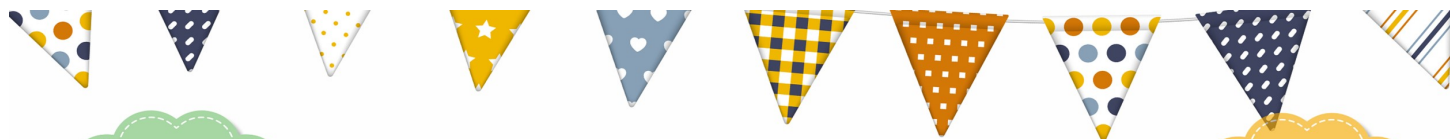
To facilitate the structural repairs, the closure will occur approximately from July 8 to August 23, 2024 at Whitefish River Bridge. Traffic will be detoured onto Pakka Road and Delint Road. Signs will be posted in advance advising motorists of the detour route.

**PLEASE DRIVE WITH CAUTION AND OBEY
ALL CONSTRUCTION SIGNS AND TRAFFIC CONTROL PERSONNEL**

Any questions or concerns during this construction work can be directed to:

Travis Jaspers
Project Manager
Wilco Contractors Superior Inc.
3031 Arthur St. West
Rosslyn, Ontario
Cell: (807) 629-9430
Email: travis@wilcosuperior.ca





HANDMADE
&
HOMEGROWN

NOLALU

*VENDOR TABLE
ONLY \$10 PER
MARKET DAY

COUNTRY MARKET

SATURDAYS 11 AM TO 2 PM



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



***PHASE III PIGEON RIVER HIKING TRAIL PROPOSAL and
PHASE I SHABAQUA HIKING TRAIL REROUTE/EXTENSION
OPEN HOUSE PUBLIC INFORMATION SESSION***

NorthWestern Ontario Recreational Trails Association (NWORTA) has applied to the Ministry of Natural Resources and Forestry (MNRF) for a Trail Work Permit to establish the Pigeon River Hiking Trail through the townships of Marks, Strange, Fraleigh, and Devon, as well as proposed changes to and extension of the Phase I Shabaqua Trail between Kakabeka Falls and Shabaqua. This session will provide an overview of the Phase III Pigeon River Trail proposed route, proposed route changes and extension of the Phase I Shabaqua Trail, and updates on the Phase II Kakabeka Falls Trail.

LOCATION: NOLALU COMMUNITY CENTRE (2266 Hwy 588 NOLALU, ON)

DATE/TIME: Tuesday August 13/2024 7:00 - 9:00 PM

Proposed Pigeon River Trail Route





COME JOIN THE INCREDIBLE GROUP OF
VOLUNTEERS

AT THE HYMERS FALL FAIR!!

SEPTEMBER 1 & 2

WE NEED YOUR HELP:

Cooking and Serving Food

Food Prep and Clean up

Running Gate Admissions

Barns

Set-up and Take down

Waste Disposal

Please email us at volunteers@hymersfair.com



"There's enough on this planet for everyone's needs but not for everyone's greed."
~~Mahatma Gandhi~~



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).

*August 6th: "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

Questions? Call or text Marisa (807) 632 - 3950
or marisa.perina22@gmail.com



PLAY GROUP

**Second Wednesday of Each Month
Next Play Date: August 14, 2024**

Nolalu Community Centre

12:00pm to 2:00pm

**Extra Day to Play
August 20, 2024**

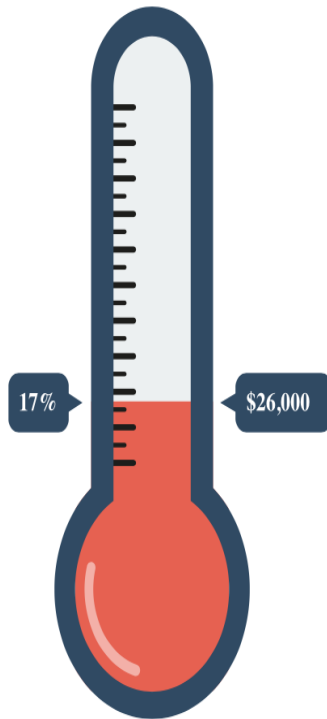
Come on out and have some fun.

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

GOAL: \$150,000




powered by CauseVox

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 ***memo line*** of the cheque

Donations received from Meghan Cutler, Liz and Larry, Ute Schuler, Richard Lane, and anonymous for a total of \$1000.00

Thank you so much for your support in our efforts to build funds for the purchase of a new tanker

We made \$914.00 at the Market on July 13, 2024. Thank you to the organizers and volunteers who made this happen, and thank you to the community for your wonderful support.



*The June 50/50 winner was
ticket number A-2908.*

*They won **\$ 1070.00***

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**](https://www.facebook.com/NolaluEmergencyServicesTeam)

Tanker Tales: Baffling

(Larry Watson relates more tanker stories to Liz Pszczolko)

Liz: You said there was another tanker someone made.

Larry: I was chief at the time, and I can't remember his name, he was a welder. Very good. So we requisitioned him to outfit the tanker. And it was an old...I don't know...maybe a milk truck, but we had to put baffles in it. Baffles keep the water from going (Larry makes loud whooshing noise) and flipping the truck over. And so he was doing that and went right inside the tanker and did the welding.

He was a neat guy. Lived up North Side Road.

I also remember going to fires and we had a pumper that was the first one that was given to us by the OFM. Brand, spankin' new pumper. The tank itself was small, like 300 gallons, which is not much bigger than a furnace oil tank, just enough water to get going or do an inside thing. And so someone would take off with the rapid attack, that's what it was called. And it had some spunk to it. So someone would take that with someone else with them to help to set it up, because that was for fast set up. You can pull in there and boom, boom, you pull all the gauges and rip out an inch-and-a-half hose and swoosh, you're going.

Liz: For like five minutes? With that water?

Larry: Oh, yeah. And the tanker was to follow. The other thing with the rapid attack was the set-up of the port-a-tank, and that was like a portable swimming pool, maybe eight by ten. Then the tanker would pull up to this and dump its load and take off for more. The pumper then sucked the water out of the port-a-tank and pumped onto the fire.

Liz: So you need both for any sustained fire-fighting?

Larry: Yes, the tanker and the pumper work as a team.

Communities served by volunteer firefighters depend on them to be their first line of defense for many types of emergencies. Volunteer firefighters are summoned to a wide array of emergencies across the country every day including fires, emergency medical incidents, vehicle accidents, natural disasters, hazardous materials incidents, water rescue emergencies, high-angle and confined space emergencies, and other general public service calls. The public relies on the volunteer emergency services to be their first line of defense in these emergencies. Volunteers spend an enormous amount of time training to prepare for these emergencies.

Thank You

A great big thank you to all the volunteers at the Ice Cream Social and Market. Once again we could not have fun events like this without you. From serving ice cream and toppings, selling the yard sale items to help afford the fire departments new tanker, donating items, to a great job with clean up, we all appreciate your efforts.

We always need more volunteers.

Please contact Emma to add your email to the volunteer e mail list.

When we need help we send out an email saying what and when we need volunteers for and if there is a spot that seems good for you, you can let me know.



ART BY
RHYS. S



Nolalu Emergency Services Team

Hall 807-475-4441

info@NolauEST.com

Emergency 807-473-5200

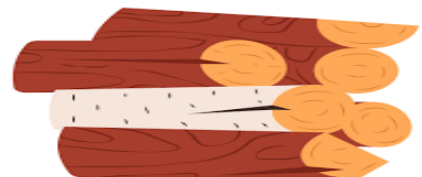
2167 Hwy 588

Nolalu ON P0T 2K0



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



Kakabeka Site

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

PROGRAM INFO.

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

Fly the C.O.O.P Walking Group
Meet at Mountain Portage Trail
at K Falls Park @ 10:15 or a ride
is provided at Evergreen
Parking Lot at 10 am

Aug 6 & 20- Chair Yoga in the
Park @ 11:30

Chair Yoga In Person or Virtual
Hosted at O'Connor
Community Centre at 10:30am.

Upsala Senior Event
Theme - Fancy Feet Sixties Music
Twist



Follow us!

NorWest Community
Health Centres -
Kakabeka Falls Clinic

www.norwestchc.org

AUG 2024

MON	TUE	WED	THU	FRI
			1 LifeLabs Mobile Clinic - Upsala 10am-3:30pm	2
5 Closed for Civic Holiday	6 Fly the C.O.O.P Walking Group Guest Diabetes Educator	7	8 Fly the C.O.O.P Walking Group LifeLabs Walk-In Clinic 8:30am-11:30am	9
12 Chair Yoga @ O'Connor C.C at 10:30 am Mobile Clinic - Armstrong 1pm-6pm	13 Fly the C.O.O.P Walking Group Guest Mobile Clinic - Armstrong 8:30am-1:30pm	14 Upsala Senior Event	15 Fly the C.O.O.P Walking Group LifeLabs	16
19 Chair Yoga @ O'Connor C.C @ 10:30 am	20 Fly the C.O.O.P Walking Group Guest Diabetes Educator	21	22 Fly the C.O.O.P Walking Group LifeLabs Walk-In Clinic 8:30am-11:30am	23
26 Chair Yoga @ O'Connor C.C @ 10:30 am	27 Fly the C.O.O.P Walking Group	28	29 Fly the C.O.O.P Walking Group LifeLabs	30

Attention: Special Meeting of the Members, October 7

The **residents and property owners of Nolalu** (including the Townships of Hardwick, Lybster, Marks, Lismore and Strange – except those in Arrow Lake and Pete's Lake) are invited to attend and vote at a **Special Meeting of the Members on Monday, October 7, at 7:00 pm.**

At this meeting, the NCC Board will present and ask you to vote on changes to the:

- Constitution of the Nolalu Community Centre,
- By-law relating to the conduct of the affairs of the Nolalu Community Centre.

One of the duties of the NCC Board is to review the By-Law annually. After much thought and deliberation, the Board is proposing the following changes (see table below) with the intention to clean up or clarify language and processes, and to recommend improvements to our processes, accountability and transparency.

In preparation for this meeting, **a copy of the proposed changes (below) and of the Draft version of the Constitution and By-law** are available for you to review at the Nolalu Community Centre (see the bulletin board). Digital copies can be found on our website (<https://nolalu.ca/ncc>) and on the NCC and Grassroots Facebook pages. Hard copies can be made available upon request. Email or call Breanne (807-629-5385, prez.ncc@gmail.com)

For more information, you are welcome to attend the NCC Board's regular, monthly meetings taking place on Monday, August 12 and Monday, September 9 at 7:00 pm, to ask questions about or discuss the rationale behind these changes. Any final discussion, as well as the vote to pass the resolutions, will take place at the Special Meeting of the Members on October 7 (**you will need to bring proof of residency such as utility bill or proof of property ownership such as a tax bill**).

The proposed changes are as follows:	Location in current document
Signing powers for the Centre shall be held by the Chair, Vice-Chair, Treasurer and Secretary with two signatures required on each cheque.	Section 6. (a) of the Constitution
The financial statements , books and records of the Centre shall be reconciled reviewed within three months of the ending of each fiscal year by a qualified person or entity with the results presented to the public Members at the Annual General Meeting.	Section 6. (b) of the Constitution
REMOVE: No signing officer shall sign a cheque, such as an expense reimbursement, made out to him or herself. ADD: A cheque made out to one of the account signatories should not be signed by the payee, however, this is permissible due to absence of two of the other three signers. Two signatures are still required.	Section 6. (d) of the Constitution
A written notice Notification of proposed changes to the constitution must be posted at the Centre by the electronic media that is currently used by the Centre for member communication and in addition posted in the	Section 7. (a) of the Constitution

Newsletter and at the Centre one month prior to a general meeting Special Meeting of the Members.	
<p>The Officers of the Centre shall be:</p> <ul style="list-style-type: none"> • President Chair • Vice-President Vice-Chair • Secretary • Treasurer • Program Events Coordinator 	Section 9. of the Constitution
Meeting date changes will be posted outside the Centre by the electronic media that is currently used by the Centre , at least one week in advance, where possible.	Section 11. (d) of the Constitution
<p>Presentation of annual financial statements to Members (<i>replaces current language - taken direct from the Province of Ontario Not-for-Profit Corporations Act, 2010</i>)</p> <p>(1) The Directors of the Corporation shall place before the Members at every Annual General Meeting:</p> <ul style="list-style-type: none"> (a) the financial statements approved by the Directors under subsection 83 (1); (b) the review report of the financial statements prepared by the qualified person or entity who reviewed the financial statements, books and records at the fiscal year end (c) any further information respecting the financial position of the Corporation and the results of its operations required by the articles or the by-laws. 2010, c. 15, s. 84 (1). <p>Copy to members</p> <p>(2) Not less than 21 days, or a prescribed number of days, before each Annual General Meeting of the Members or before the signing of a resolution under section 59 in lieu of the Annual General Meeting, a Corporation shall give a copy of the documents referred to in subsection (1) to all Members who have informed the Corporation that they wish to receive a copy of those documents. 2010, c. 15, s. 84 (2); 2017, c.20, Sched. 8, s. 19.</p>	Section 8. of the By-law
<p>(<i>the following replaces the current Membership Conditions section which includes conditions of membership for Premium and Basic Members</i>)</p> <p>The following conditions of Membership shall apply:</p> <ol style="list-style-type: none"> 1. All individuals who are either residents or property owners who reside or own property within the boundaries of the Nolalu Local Services Board are considered Members of the Nolalu Community Centre. 2. Individuals 18 years and older are entitled to vote at meetings given they meet the following criteria: <ol style="list-style-type: none"> a) Provide proof of residency, Or b) Provide proof of property ownership 	Section 9. of the By-law

<p>3. Each individual is entitled to one vote regardless of the number of properties owned</p> <p>4. Subject to the Act and the articles, a voting Member shall be entitled to receive notice of to attend and/or vote at meetings of the Members of the Corporation.</p> <p>Note: A special resolution of the Members is required to make any amendments to this section of the by-laws if those amendments affect Membership rights and or conditions.</p>	
<p>REMOVE: current Membership Transferability statements.</p> <p>ADD: Memberships are not transferrable</p>	Section 10. of the By-law
REMOVE: Membership Dues section	Section 14. of the By-law
REMOVE – (3) the Member's term of membership expires	Section 15. (3) of the By-law
<p>REMOVE: Subject to the Regulations under the Act, any proposal may include nominations for the election of directors if the proposal is signed by not less than 1% of members entitled to vote at the meeting at which the proposal may be presented.</p> <p>REPLACE: The Members shall make nominations for the Executive Officers' positions by a motion made at the Annual General Meeting of the Members. Nominations can be made by a Member in attendance at the meeting or by an acceptable written nomination form. All nominations are required to be seconded by a Member in attendance at the meeting. An ordinary resolution is required for the motion to pass (simple majority).</p>	Section 18. of the By-law
<p>REMOVE: Participation at meetings of members may not be by telephonic, electronic or other communication facility.</p> <p>REPLACE: A person who, through telephonic or electronic means, votes at or attends a meeting of the Members is deemed for the purposes of this Act to be present in person at the meeting. 2023, c. 9, Sched. 22, s. 4.</p>	Section 24. of the By-law
<p>REMOVE: Meetings of members may not be held entirely by telephonic, an electronic or other communication facility.</p> <p>REPLACE: Under extraordinary circumstances meetings of Members may be held entirely by telephonic, electronic or other communication facility.</p>	Section 25. of the By-law
The Directors shall be elected to hold office for a two -year term expiring not later than the close of the annual meeting of Members following the election.	Section 27. of the By-law
ADD: Subject to the NCC Constitution section 6. Finance, Clause (d) any two of the four signing Officers can authorize by signing all cheques and other payables, however, when possible, the Treasurer shall counter sign with the Chair, Vice-Chair or Secretary as required.	Section 41. (c) of the By-law

Kakabeka Legion News

August 3	Dance with Quest	7:00pm to 10:00pm
August 11	Buffet Breakfast	8:30am to 11:00am
August 17	8K Run	
August 18	8K Run, 1/2 & Full Marathon	
August 24 & 25	Gun Show	
August 31	Dance with Quest	7:00pm to 10:00pm

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

For reservations call Dianne Harrison 807-577-6549



**Kakabeka Falls
and
Rural District
Branch 225**

"Don't try to be young. Just open your mind. Stay interested in stuff. There are so many things I won't live long enough to find out about, but I'm still curious about them. You know people who are already saying, 'I'm going to be 30 - oh, what am I going to do?' Well, use that decade! Use them all!" ~~Betty White~~

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.

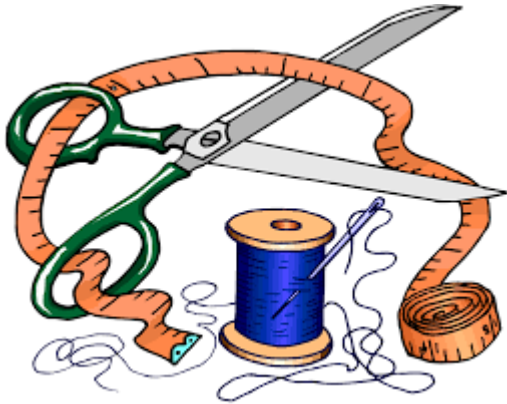
Next Food Bank

Wednesday, August 21, 2024

Registration 9 am to 11 am

Drive-Thru Pick-up

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

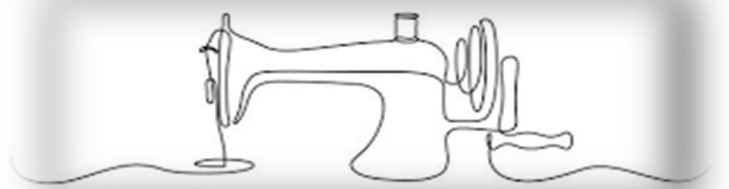
Doing repairs, alterations, wedding parties

QUICK SERVICE

REASONABLE RATES

sewZipZippersKCAT81@gmail.com

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

RURAL 60 PLUS

Tuesday Weaving – 10am to 3pm

Tuesday Knitting – 10am to 3pm

Wednesday - Beginners Carving – 10 – 3

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

We are closed Mondays and Fridays for July and August



"Everybody needs a passion. That's what keeps life interesting. If you live without passion, you can go through life without leaving any footprints." ~~Betty White~~

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

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

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



Some of Our Contest Submissions



This is a picture from my cats first litter of kittens

Our first kitten ever came from Vera, a lovely cat lady on 595 hwy who was a loving pet owner and hobby farmer. She often had small ponies and sheep that I would take my kids to see when we got her farm fresh eggs and had a chat.

We also got our second cat from Vera because she told me she had one "that was just too friendly to be a barn cat."

After 4 years our wonderful first cat passed away and we went about getting a new kitten to keep ours a 2 cat household.

Vera had passed away by now so we asked around until we heard there was a new litter of kittens just down the road from Vera's old farm, likely kittens related to the 2 we got from Vera.

My daughter named her new fluffy tortoise shell kitty flower and last year flower had her first litter.

This picture is one of the beautiful Siamese looking ones. There were a rainbow of babies including 2 Siamese white, 2 tortoise shell like their mother, one black and one orange. Flower proved to be an incredible mother teaching all her kitties how to hunt mice just as well as she did. All the kittens went to good country homes, spotlighting the importance of a good mouser for every rural property. Emma



ART BY STELLA Z.



GrassRoots Business & Ad Fees, As of January 2023

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



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

Please email submissions to: nolalu.grassroots@gmail.com in PDF or WORD format.

Please make all cheques payable to Nolalu Community Centre. Etransfer available at nolalucctreasurer@gmail.com with a brief description of what the payment is for.

Invoices will be issued for payments not received up front, and sent out quarterly.

From the Editor's Desk

It is hard to believe that summer is half over, where have the days gone? Between our rainy spring and the odd shower this summer we have been fortunate with our wells. I'm hoping it continues and we don't have any 'dry' days. We've been fortunate not to have a fire ban as well. Nothing better than hotdogs over the fire followed by smores. The flower gardens are blooming nicely and the vegetable garden is starting to show promise. The potatoes are growing by leaps and bounds again, we have mounded them up many times but the plants are prolific. It is the one vegetable that we kept in containers as they did so well in past years. All the other vegetable were moved out into the garden plot, and the containers now are my herb gardens. It is so nice to have so much more room for my herbs. I will be able to harvest a great deal this fall and make tinctures and salves and oils.

Our chickens are doing well, and Mama bird is raising nine wee ones. We have also added quail to the flock and our meat chickens should arrive the beginning of August. We added ten new layers this spring but unfortunately we have lost three to the critters. We suspect either a hawk or eagle got two as they just disappeared with out a trace, the other one was a coyote who had a nice supper. We still have the two ducks but haven't been getting very many eggs from them as they have both taken turns being broody. Every year we are adding a bit more to our little farm. I wonder what will be next?

We have taken advantage of the great weather we have been having and went swimming up at Arrow Lake. My son and his family came up for the day too. It is a beautiful spot and two of my grandkids are water babies and just didn't want to get out. We've also been down to the river swimming and what a difference from last year. The water is high and there is a bit of a current on the one side. I got some great rocks for my flower garden while we were there. Kakabeka and Thunder Bay have been spots for entertainment this summer too, with movies being a favourite. There are so many beautiful spots to visit in our area. I hope you have been able to get out and enjoy some of the local spots this summer, especially all the great events we have happening at the NCC.

On a final note does anyone know of anyone who is good at carpentry but someone who I don't need to mortgage my house to pay. We are looking to get a fort built for my grandson. We would purchase the wood, just need someone to help with assembling it, as we haven't built one before and want it to be sturdy. There is no hurry but this summer would be nice.

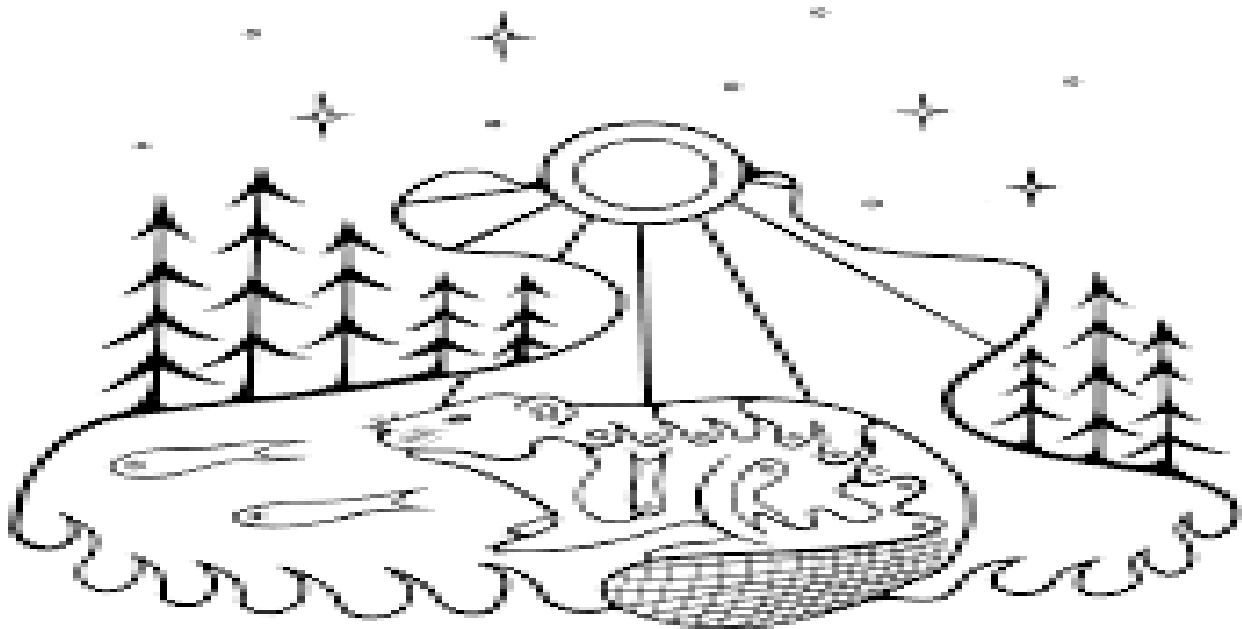
Odette

COLOURING PAGE

Source: Teachmean - Ganesan



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NOLALU COMMUNITY CENTRE

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

August 12, 2024

7:00pm

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

LOCAL SERVICES BOARD OF NOLALU



August 27, 2024

7:30pm

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

Drop-in Exercise

(Pilates/weights type)



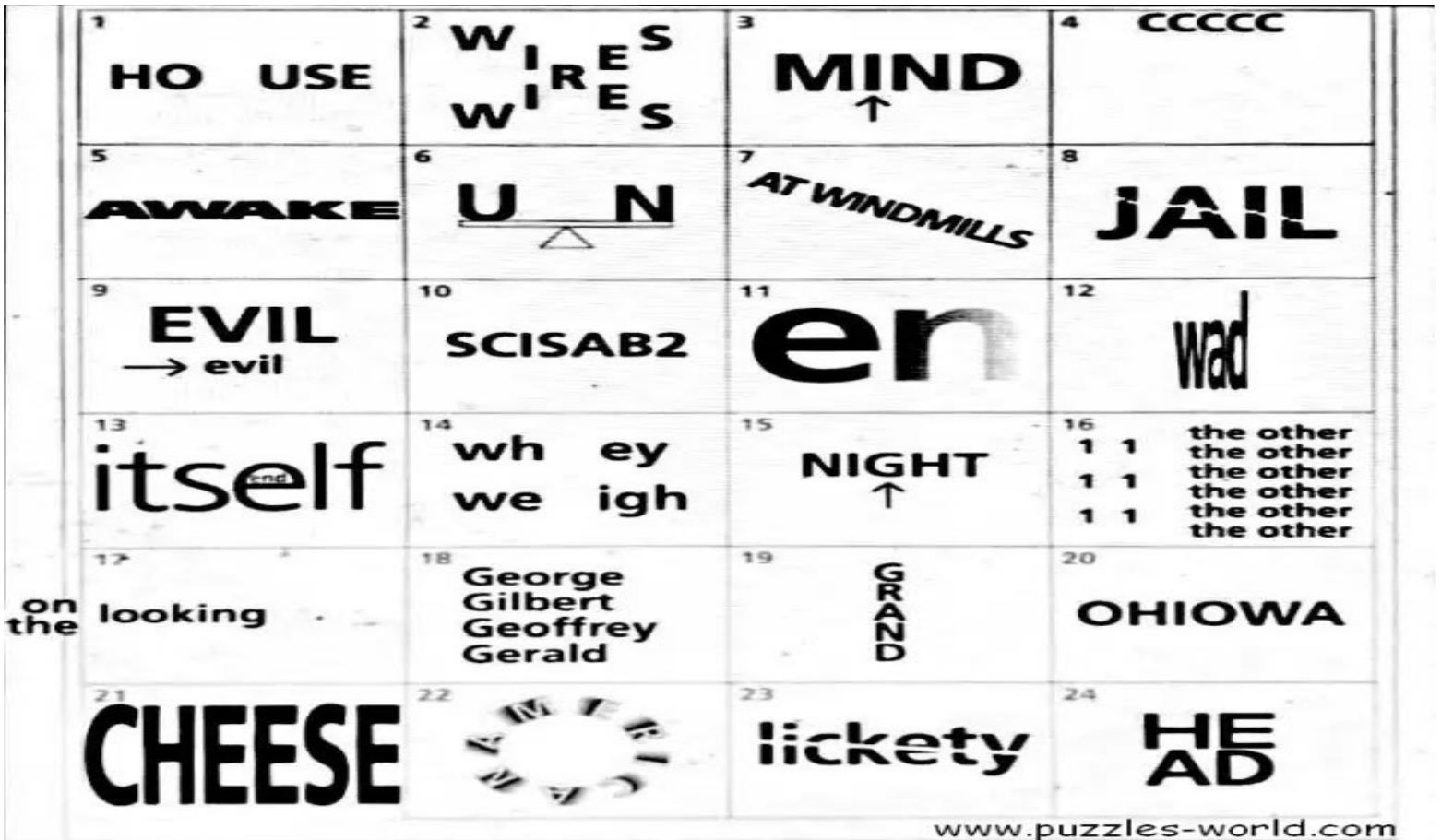
MONDAY MORNINGS WE WILL
BE OUT ENJOYING THE
SUNSHINE!

SEE THE CALENDAR FOR
NEW DATES AND TIMES

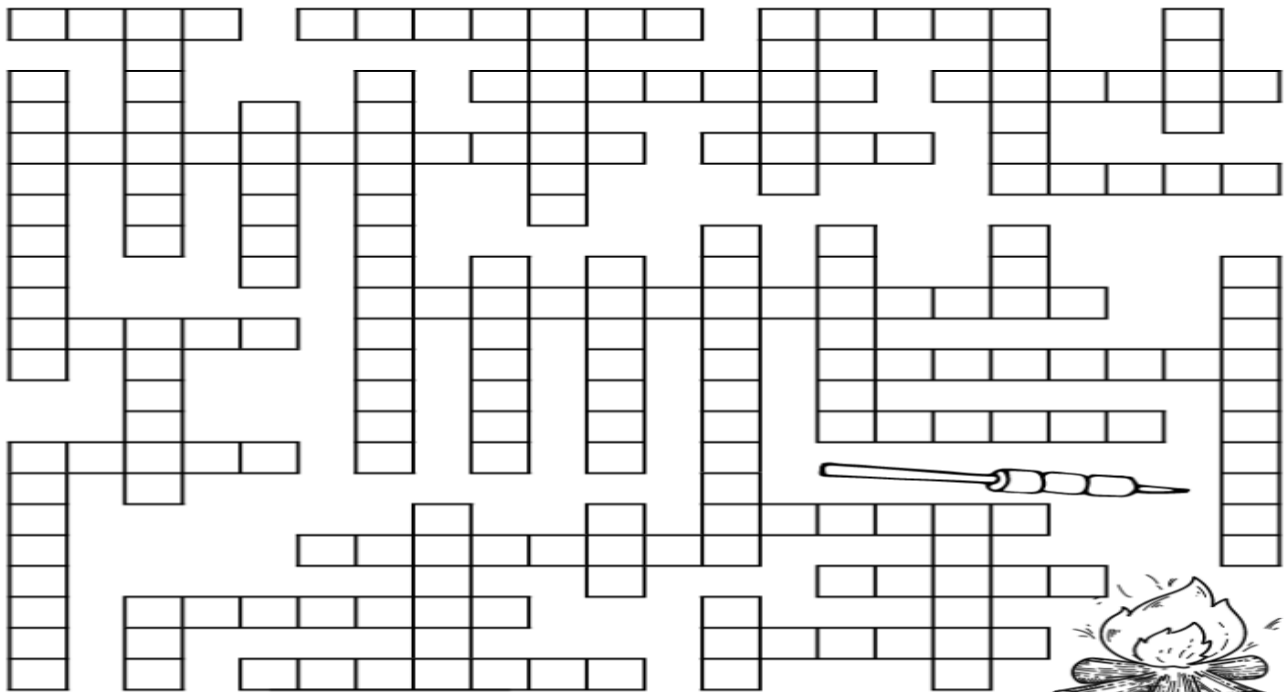
NOW MEETING FRIDAY
MORNINGS FOR AUGUST, 2024

"Your body can stand almost anything. It's your mind that you have to convince." ~Unknown~

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 | smores | 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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Please make all cheques payable to Nolalu Community Centre. Etransfer available at nolalucctreasurer@gmail.com with a brief description of what the payment is for.

NCC Events—August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Drop-in Exercise 9:30am to 10:30am FREE	3
4	5	6 RURAL READERS 7:00pm to 9:00pm	7	8 NEST MEETING AT NCC 7:00pm	9 Drop-in Exercise 9:30am to 10:30am FREE	10
11	12 NCC MEETING 7:00pm	13	14 PLAY GROUP 12:00pm to 2:00pm	15	16 Drop-in Exercise 9:30am to 10:30am FREE	17
18	19	20 PLAY GROUP 12:00pm to 2:00pm	21	22	23 Drop-in Exercise 9:30am to 10:30am FREE	24 MARKET 11:00am to 2:00pm
25	26	27 LSB MEETING 7:30pm	28	29	30	31