

**September 2024**

# Nolalu's **GRASSROOTS**

**NCC NEXT MEETING:**

Monday September 9  
@ 7:00pm

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

**LSB NEXT MEETING**

Tuesday September 24  
@ 7:30pm

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

**NEST NEXT MEETING**

Thursday September 12  
@ 7:00pm

At the NCC and open to  
the community

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**Join us at The Hymers Fall Fair!**

The Hymers Agricultural Society would like to invite you to this year's **112th** Annual Fall Fair!

**Sunday, September 1st**

**9:00 a.m. - 6:00 p.m.**

**Monday, September 2nd**

**9:00 a.m. - 5:00 p.m.**

Join us for great live entertainment on two stages!  
 Come eat and snack at our numerous food vendors!  
 Sit and enjoy the beef and dairy cattle shows, dog shows, and horse shows!  
 Peruse the Exhibit Hall to see all of the entries by our hard-working exhibitors.  
 Come by the small animals barn to take a look at all of the different types of  
 poultry and small animals.  
 Partake in FREE events, games and contests!

**Need a ride?**

Check out our bus schedule online or in the prize book - Only \$5 return

**Entry Fees:**

- Adults \$10
- Kids 6-12 \$5 (but only \$1 with a sunflower or zucchini for the contests)
- Kids 5 & under FREE
- Seniors \$5



***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	tritree@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 September 9, 2024***  
***@ 7:00pm***

ALL NCC meetings are open  
to the community.

***NEST*** meeting 7:00 pm at NCC  
 Thursday September 12, 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\*\***



## From the Nolalu Heritage Cookbook 2000

### *Magic Cookie Bars ~ Enni Pakka*

375ml corn flakes crumbs	45ml brown sugar	250ml chopped walnuts
250ml semi-sweet chocolate chips	375ml flaked coconut	1 can sweet condensed milk
125ml butter		

Melt butter in a baking dish. Add corn flake crumbs and sugar, and mix thoroughly. With back of spoon, press mixture evenly and firmly over bottom of dish to form crust. Sprinkle walnuts evenly over crust, followed by a layer of chocolate chips and a layer of coconut. Pour sweetened condensed milk evenly over mixture. Bake at 180°C for 25 minutes or until lightly browned on top. Cool in pan 15 minutes and then cut into bars.

### *Bacon & Cheddar Muffins*

Cornmeal	1 3/4 cups flour	1/4 cup sugar	1/4 tsp salt
1 egg, beaten	3/4 cup milk	1/3 cup oil	2 tsp baking powder
1/2 cup shredded sharp cheddar		6 strips bacon, crisp cooked, drained & crumbled	
1/4 tsp ground red pepper			

Grease muffin cups and top of pan. Sprinkle with cornmeal. In a bowl, stir flour, shredded cheese, sugar, baking powder, salt, and ground red pepper together. Make a well in the centre. Combine egg, milk, and oil in a small bowl. Add egg mixture all at once to the flour mixture, stirring just until moistened. (Batter should be lumpy). Fold in crumbled bacon. Fill prepared cups even with top. Bake in 400°F oven for 20 to 25 minutes (or until muffins are golden). Remove muffins from pan and serve warm. Yields: 8 muffins

### *Brussel Sprouts in Mustard Sauce*

1 1/2 lb fresh sprouts	1 tbsp butter	1/2 cup onion	1/4 tsp salt
1/3 cup half & half	2 tbsp Dijon mustard	1/8 tsp pepper	parmesan cheese

Cut stems and trim sprouts, cut an X into ends and cut any large ones in half. Cook brussel sprouts in boiling water for about 10 minutes or until tender. Drain and rinse under cold water. Melt butter in saucepan over medium heat. Add chopped onion; cook 3 minutes, stirring occasionally. Add half & half, mustard, salt, and pepper. Simmer 1 minute or until thickened. Add drained brussel sprouts; heat about 1 minute or until heated through, tossing gently with sauce. Sprinkle with parmesan cheese and serve.

### *Stuffed Zucchini ~ Julia Miles*

4—8" zucchini	1 clove garlic	8oz ground beef	3/4 cup bread crumbs
8oz sausage meat	1 egg	1/2 cup ricotta cheese	1 tsp basil
1/4 cup chopped onion		1/2 cup shredded mozza	
1/4 cup grated parmesan		1 med jar spaghetti sauce	

Preheat oven to 375°F. Cut zucchini into halves, lengthwise. Scoop out pulp, leaving shells, reserve 1 cup of pulp. Combine reserved pulp with meats and all ingredients except spaghetti sauce. Mix well. Spoon mixture into shells and arrange in a large baking dish. Bake for 30 minutes. Heat sauce until bubbly and spoon over zucchini. Serve immediately.



# 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

**GRASSROOTS**

## For Sale

### By Donation

*Bingo Board*

*Electric & Manual*

*Approximate dimensions; 4ft x 10ft*

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



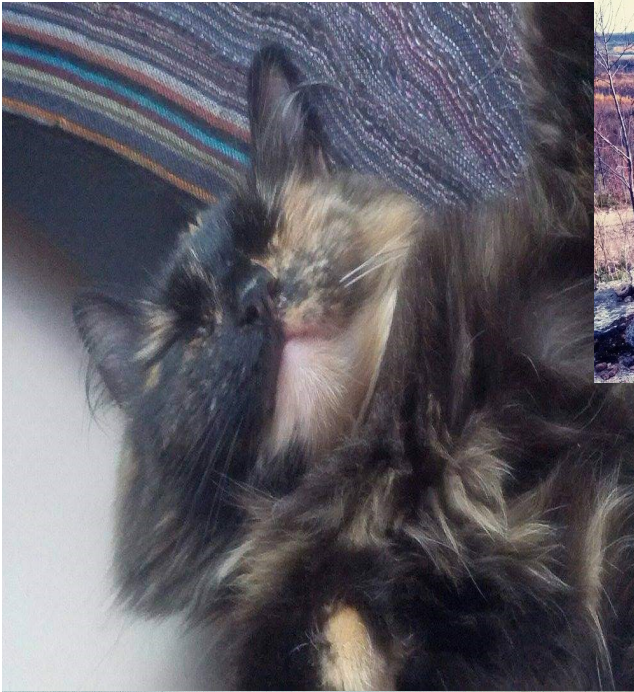
**AVISTA**  
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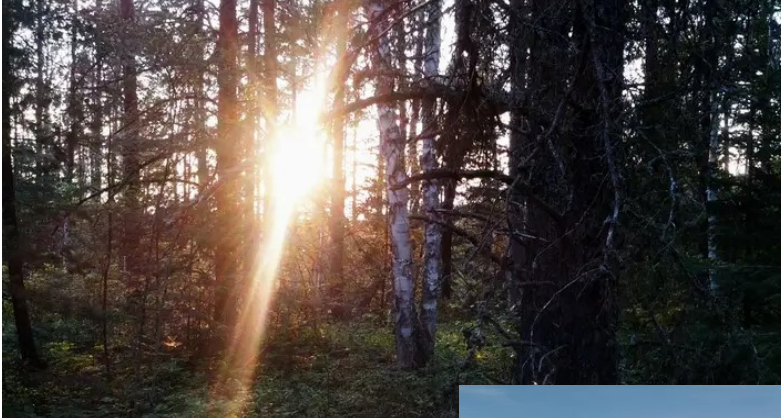
**Barb McEwen**  
Salesperson  
(807) 626-3860 CELL

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





**By Marisa**





Attention Vendors!

Do you have a product or service to promote to our rural area? Then, register for the September 21 Nolalu Country Market and Trade Show.

Some examples: crafts, art, baked goods, treats, food and beverage services (catering, mobile concessions), clothing, personal care products, produce (veggies, fruit, herbs), plants, handmade cards, home and outdoor decor, jewelry, novelties, services (snow removal, landscaping, brush cutting and clearing, wood delivery and cutting), mechanical, guided tours, outdoor recreation (fishing, camping, hunting, canoeing, kayaking), carpentry, small engine repair, plumbing, painting, welding, electrical, etc.

Our rural folks rely on a variety of products and services, so please reach out to me if you'd like to spread the word about your business.

**SUPPORT LOCAL BUSINESS**

**NOLALU**

**VENDOR TABLE ONLY \$10 PER MARKET DAY**

**COUNTRY MARKET + TRADE SHOW**

**SATURDAYS 11 AM TO 2 PM**

**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  
P0T 2K0



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



## **History of Northern Ontario**

Taken from Various Sources

In the 1870's and 1880's, Northern Ontario was the centre of a jurisdictional dispute between the federal and provincial governments. The issue — who would oversee the development of the incalculable natural wealth in the area. The controversy was settled by the Judicial Committee of the Privy Council in Great Britain which ruled in favour of the province. By 1912, the boundaries of what today is the Province of Ontario were set. Today, 80 per cent of the province's land mass lies in what we know as Northern Ontario.

In terms of population, Northern Ontario was and remains sparsely populated in relation to the south. The ethnic breakdown looked like this: more than half were First Nations people, more than 30 per cent British and 15 per cent French-Canadian. Ultimately, prior to colonialization (1534), groups of indigenous peoples lived here. They were the first peoples (Anishnabeg) of this land we now call northwestern Ontario. Northwestern Ontario is home to three main tribes which make up the indigenous population: the Ojibway, Cree and Ojicree tribes. These Peoples make up 14 Nations: the Mushkegowuk (Cree), Mohawk, Tuscarora, Seneca, Cayuga, Oneida, Onondaga (the Haudenosaunee – Onkwehonwe Peoples), Delaware, Mississauga, Chippewa, Pottawotami, Algonquin, Odawa, and Anishinaabe (the Anishinaabek Peoples), as well as Métis, and Inuit. There are 207 reserves in Ontario, held by 127 of Ontario's 128 First Nations

As roads, rail and bush planes opened Northern Ontario, the development of natural resources lured people. The promise of work, freedom, and a new life brought French-Canadians from Quebec as well as Ukrainians, Finns, Italians and a host of other Europeans conferring an ethnic diversity that still defines northern communities. The largest single population increase in the history of Northern Ontario occurred in the 1950s during a period of unprecedented economic prosperity. The boom, mostly in the mining sector, pushed the population from 536,000 in 1951 to 722,000 in 1961. Currently, more than 800,000 people call Northern Ontario home, about eight per cent of the provincial total. More than half of that number live in Thunder Bay, Sault Ste. Marie, Sudbury, North Bay and Timmins.

Some treasures remain well hidden, lost in the vastness of Ontario's north. For example, the petroglyphs of the Missinaibi Lake, Agawa Rock and Eagle-Dogtooth Provincial Park east of Kenora are witness to thousands of years of presence of the people who shaped our culture. Many of us remember that this vast territory – which accounts for 89 per cent of our province – was populated by more than the European pioneers that settled along the developing transcontinental railway. A quick look at a map is proof. While many Aboriginal communities are no longer here, the names of the rivers have kept their memories alive – Abitibi, Missinaibi, Attawapiskat and Winisk. French explorers also left their mark. As early as 1611, Étienne Brûlé became the first European to admire the freshwater seas, while crossing the Mattawa River, Lake Nipissing, the La Vase Portage and the French River, searching for the great North Sea. Champlain followed in 1615, and discovered a land of infinite beauty.

The railroads that travel from north to south – from Sudbury to Manitoba and Sault Ste. Marie to Hearst – journey through landscapes that not only attest to a heritage of industrialization in the form of pulp and paper mills and mines, but also inspired the Group of Seven. Still, along the routes where agriculture and forestry meet we see abandoned barns, treasures that are left vacant by a lack of regard to our heritage. In short, northern Ontario's heritage is the image of its land: rugged and diverse. Nevertheless, the heritage is still alive and waiting to fill you with wonder.

**"Did you know?"** As stated in the NCC's constitution, if you are a resident or property owner in the townships that make up Nolalu under our Local Services Board (aka if you pay the levy with your taxes), you are automatically a member of the NCC!! Come out to any of our public events listed in Grassroots and bring a friend! Most are free to enter. If you are curious about why we used to have "membership forms" floating around, or if you wonder why you used to buy a membership every year (like I did) when as property owners and residents, we are already members, we can explain! Come out to the NCC's September or October meetings to learn more about changes we are proposing that would get rid of the "premium" membership.




NorWest Community  
Health Centres  
Centres de santé  
communautaire NorWest

## CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP

The CDSMP workshop (**6 sessions**) empowers people to live well while dealing with conditions such as diabetes, lupus, heart disease, arthritis, lung disease such as COPD, cancer, fibromyalgia, crohn's & colitis and other chronic health issues. You will develop new tools and skills that break the "symptom cycle," to feel better, and do more of the activities you love and enjoy.

### In-Person

 September 11, 18, 25; October 2, 9, 16

 1:00PM - 3:30PM EST

 O'Connor Community Centre  
330 ON-595  
Kakabeka Falls, ON P0T 1W0

**All participants receive a free textbook for training and a certificate of completion at workshop completion.**

**REGISTRATION REQUIRED**



Scan to register or call  
Kevin at (807)626-8480

# SEPT 2024



NorWest Community Health Centres  
Centres de santé communautaire NorWest

## Kakabeka Site

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

### PROGRAM INFO.

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

#### Fly the C.O.O.P Walking Group

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

CDSMP - Chronic Disease Self  
Management Program  
Pre Registration is required by  
calling Kevin at 807-626-8480

#### Chair Yoga In Person or Virtual

Hosted at O'Connor  
Community Centre at 10:30am.

#### WALKIN CLINIC

We will be holding a walk-in  
clinic on Sat, Sept 28 from  
10am to 2pm.



#### Follow us!

NorWest Community  
Health Centres -  
Kakabeka Falls Clinic

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

MON	TUE	WED	THU	FRI
2 Closed for Labour Day	3 Fly the C.O.O.P Walking Group Mobile Clinic - Armstrong 1pm-6pm	4 Mobile Clinic - Armstrong 8:30am-1:30pm	5 LifeLabs	6
9 Chair Yoga @ O'Connor C.C @ 10:30 am	10 Fly the C.O.O.P Walking Group Guest Speaker Diabetes Educator	11 CDSMP - 6 wk Program O'Connor Community Centre 1 - 3:30 pm Walk-In Clinic 8:30am-11:30am	12 Fly the C.O.O.P Walking Group LifeLabs	13
16 Chair Yoga @ O'Connor C.C at 10:30 am	17 Fly the C.O.O.P Walking Group Diabetes Educator	18 CDSMP - 6 wk Program O'Connor Community Centre 1 - 3:30 pm LifeLabs	19 Fly the C.O.O.P Walking Group LifeLabs	20 Walk-In Clinic 8:30am-11:30am
23 Chair Yoga @ O'Connor C.C @ 10:30 am	24 Fly the C.O.O.P Walking Group Guest Speaker	25 CDSMP - 6 wk Program O'Connor Community Centre 1 - 3:30 pm	26 Fly the C.O.O.P Walking Group LifeLabs Walk-In Clinic 8:30am-11:30am	27 Note: Walk in Clinic (Tomorrow) Sat, Sept 28 from 10am - 2pm
30 Closed for Truth & Reconciliation Day				



## 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).

\*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)






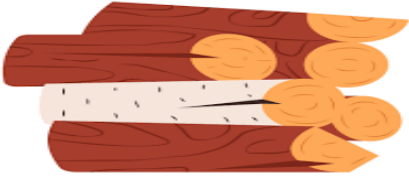
It was so nice to see the centre's continued use this summer with some regular programming and a few new events too. Many thanks to the fantastic volunteers who made these happen. All of your efforts toward these events, big or small, are greatly appreciated. We literally could not do it without you.

Thank you to everyone in the community who came out to participate in, or check out, an event. Let us know what you are liking and want to see more of, or share new ideas you may have.

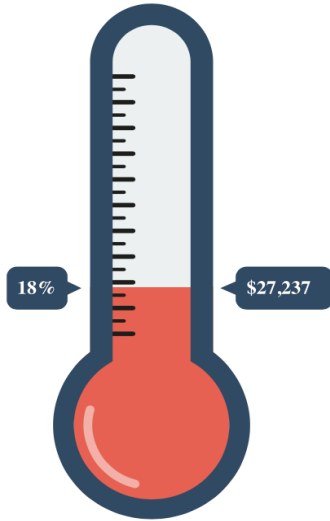
### September FUN Days

- Sept 1—No Rhyme Or Reason Day
- Sept 5—Be Late For Something Day
- Sept 6—Read a Book Day (Here’s One Just for the Rural Readers)
- Sept 7—International Bacon Day
- Sept 11—Make Your Bed Day
- Sept 16—Collect Rocks Day
- Sept 18—Rice Krispie Treat Day
- Sept 22—Hobbit Day
- Sept 26—Love Note Day
- Sept 28—Stupid Question Day

<b><u>Nolalu Emergency Services Team</u></b>		
Hall 807-475-4441	2167 Hwy 588	
info@NolauEST.com	Nolalu ON P0T 2K0	
Emergency 807-473-5200		

<p><b>NEST</b> is having a draw for 5 real cords of birch firewood (split and cut to stove length).</p> <p>Contact Camille Turcotte for more information or ticket sales  <a href="mailto:camilletroundlake@gmail.com">camilletroundlake@gmail.com</a></p>	
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GOAL: \$150,000



 **causevox**  
powered by CauseVox

Individual and business donors will be acknowledged in Grassroots, or can choose to be anonymous. Etransfer accepted at [treasurer@nolaluest.com](mailto:treasurer@nolaluest.com)

Donation cheques can be mailed to:

NEST

2167 Hwy 588

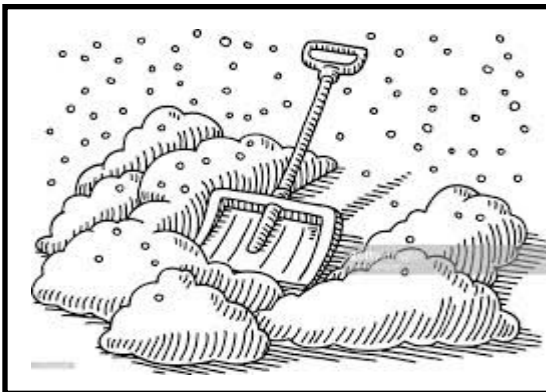
Nolalu ON P0T 2K0

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

\$27237.90 so far, lets keep those donations rolling in.

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



The NCC is looking for bids for bids for winter yard maintenance.

This would include keeping the parking lot cleared and shoveling walkways to main doors. Bid price should be per visit. Sand and salt not needed.

Submit bids to [prez.ncc@gmail.com](mailto:prez.ncc@gmail.com)

by October 15/24

# Halloween Dance

October 26

7:30pm to 1:00am

Nolalu Community Centre

2266 Hwy. 588, Nolalu

Volunteers Needed, please contact Emma at

[tritree@outlook.com](mailto:tritree@outlook.com) or text 519-410-8733





## ***PLAY GROUP***

**Second Tuesday of Each Month  
Next Play Date: September 17, 2024**

**Nolalu Community Centre**

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

Come on out and have some fun.

Meet other children and parents in the community.

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

Hope to see you there





## Way back when...the school bus to Nolalu school.



September means it is back to school time. Have you got all the supplies they will need for school. The older they get the more supplies they need. Don't forget backpacks and lunch kits. Make sure to involve your children in all the back to school preparations, you might be surprised by the ideas they have for lunches, clothing, carrying cases, etc.

Back to school also means buses will once again be running the roads. Watch out for little ones who may not be looking for traffic when crossing the road to their bus or home. Pay attention to flashing lights, when they are going you must stop even if you are on the other side of the highway. Be alert, stay safe.

## 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 <b>and Secretary</b> with two signatures required on each cheque.	Section 6. (a) of the Constitution
The <b>financial statements</b> , books and records of the Centre shall be <del>reconciled</del> <b>reviewed</b> within three months of the ending of each fiscal year by a qualified person <b>or entity</b> with the results presented to the <del>public</del> <b>Members</b> 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
<del>A written notice</del> Notification of proposed changes to the constitution must be posted <del>at the Centre by the electronic media that is currently used by the Centre for member communication</del> and in addition posted in the	Section 7. (a) of the Constitution



<p>Newsletter and at the Centre one month prior to a <del>general meeting</del> <b>Special Meeting of the Members.</b></p>	
<p>The Officers of the Centre shall be:</p> <ul style="list-style-type: none"> <li>• <b>President Chair</b></li> <li>• <del>Vice-President</del> <b>Vice-Chair</b></li> <li>• Secretary</li> <li>• Treasurer</li> <li>• <del>Program</del> <b>Events Coordinator</b></li> </ul>	<p>Section 9. of the Constitution</p>
<p>Meeting date changes will be posted <del>outside the Centre</del> <b>by the electronic media that is currently used by the Centre</b>, at least one week in advance, where possible.</p>	<p>Section 11. (d) of the Constitution</p>
<hr/>	
<p><b>Presentation of annual financial statements to Members</b> <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> <ol style="list-style-type: none"> <li>(a) the financial statements approved by the Directors under subsection 83 (1);</li> <li>(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</li> <li>(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).</li> </ol> <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>	<p>Section 8. of the By-law</p>
<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"> <li>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.</li> <li>2. Individuals <b>18 years and older</b> are entitled to vote at meetings given they meet the following criteria: <ol style="list-style-type: none"> <li>a) Provide proof of residency, Or</li> <li>b) Provide proof of property ownership</li> </ol> </li> </ol>	<p>Section 9. of the By-law</p>



<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. ADD: <b>Memberships are not transferrable</b></p>	Section 10. of the By-law
<p>REMOVE: Membership Dues section</p>	Section 14. of the By-law
<p>REMOVE – (3) the Member’s term of membership expires</p>	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
<p>The Directors shall be elected to hold office for a <b>two -year</b> term expiring not later than the close of the annual meeting of Members following the election.</p>	Section 27. of the By-law
<p>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.</p>	Section 41. (c) of the By-law

**Kakabeka Falls Legion Branch 225**

Celebrates their

**75th ANNIVERSARY**

on

**SATURDAY, SEPTEMBER 21st**

Join us for a day of outdoor activities

Beginning with a parade to & from the Village at 10 am

The day will be filled with something for everyone until 4 pm

At noon the BBQs will be sizzling with free burgers and dogs

There will be a Drop Off for Toys for Tots donations

**Dinner & Dance (\$40.00 per person)**

**Dinner symposium at 5:30 pm**

**Dinner at 6 pm**

**Doors will open for the dance at 8 pm**

**Dance only (Quest) - \$10 per person at the door**

For Dinner tickets call 807-577-6549/807-624-8346

**Deadline for purchase of tickets - September 18th**

To reserve a site for your tent or to register your

5 person team for the Tug of War Challenge

call 807-577-6549/807-624-8346

## Kakabeka Legion News

Sept 7	Executive Mtg	2:00pm
Sept 7	Members Mtg	3:00pm
Sept 8	Buffet Breakfast	8:30am to 11:00am
Sept 21	75th Legion Anniversary!!	
	See Advertisement for details	
Sept 27	Rural 60 Luncheon	12:00pm
Sept 28	Dance with Quest	7:00pm to 10:00pm
Sept 29	Just 4 You Band	2:00pm to 4:00pm



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***

*"Aging is an extraordinary process where you become the person you always should have been." ~~David Bowie~~*

## 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, September 18, 2024***

Registration 9 am to 11 am

Drive-Thru Pick-up





Breanne Neufeld  
President, Nolalu Community Centre

Hi Breanne,

On behalf of NorthWestern Ontario Recreational Trails Association I wanted to reach out to thank you, the Nolalu Community Centre's board, and the community of Nolalu itself for the interest and support provided regarding our Pigeon River Trail information session this past Tuesday night. It is truly helpful and very much appreciated to have that kind of support from each of the communities we impact.

I felt the meeting went well. I was happy with the attendance numbers which were better than anticipated. I believe most people came away with a better understanding of the who, what, where, and why of NWORTA and our trail plans, and I sensed a heightened level of support afterwards. Additionally, I was able to learn of more contacts and information that will help us as we move forward.

We have found that such meetings really do help us get the right information out there. By alleviating some of the fears and dispelling misconceptions, this in turn helps foster a better understanding and acceptance by local residents, and creates a footing for future cooperation and support.

We will certainly try our best to keep the community up to speed as things progress. Conversely, we invite you to peruse the social media links provided below for current and up-to-date information.

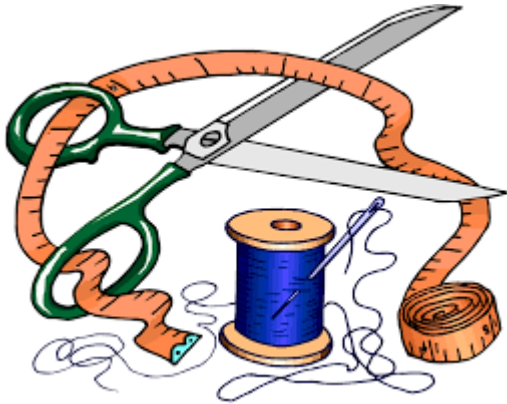
Thank you all again. Take care.

Len Day, President  
NorthWestern Ontario Recreational Trails Association (NWORTA)  
Suite #204-20 Walkover St.  
Thunder Bay, ON  
P7B 5K1  
807-620-9254  
lday@nworta.ca  
<https://www.facebook.com/groups/nworta>  
<https://www.nworta.ca/>

**About NWORTA:** *NorthWestern Ontario Recreational Trails Association (NWORTA) is a Thunder Bay based Ontario incorporated not-for-profit charity trail association, with Hike Ontario and Trans Canada Trail affiliation. Our mandate is the expansion and maintenance of the Trans Canada Trail land trail from the City of Thunder Bay west to Atikokan, east to Nipigon, and south to Minnesota. Our 5-Phase Trail Plan proposes to establish a nearly 400 kilometer network connecting neighbouring communities. These trails will enhance and augment the existing Trans Canada Trail/Path of the Paddle water trail through Northwestern Ontario, and provide non-water users an expanded, safer, and more enjoyable Trans Canada Trail experience while showcasing the natural beauty of Northwestern Ontario.*



# **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

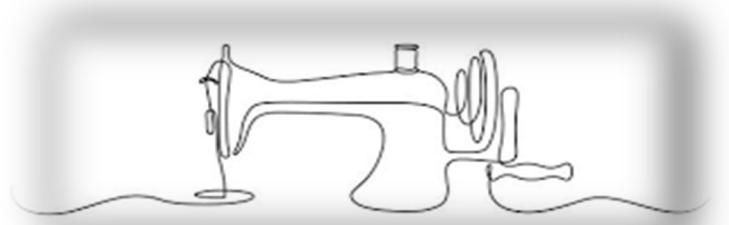
Doing repairs, alterations, wedding parties

**QUICK SERVICE**

**REASONABLE RATES**

[sewZipZippersKCAT81@gmail.com](mailto: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

## **Cold Infused Oils**

Start by filling a clean glass container at least two-thirds full with dry herbs. Feel free to fill the container even more to create a stronger infusion. Mix several different types of herbs together if you'd like. Especially if you are making it for culinary use, you might want a variety of flavours.

Pour oil over the dry herbs until they're completely covered by at least an inch or two of oil, some may float but that's ok. Add a lid and set the jar in a dark place to infuse for several weeks. The herbs should soak in oil for a minimum of 2 or 3 weeks, up to 4 to 6 weeks for the most medicinal oil possible. Give the jar of oil a gentle shake or tilt from time to time. This is especially helpful during the first few days to rotate/submerge any "floaters" on top. Occasionally, condensation may develop near the top portion of the jar. If you notice this, simply open the jar and wipe it away with a clean paper towel.

When the time is up, strain the herbs from the oil. Place a couple of layers of cheesecloth inside of a fine colander perched on top of a bowl, and then pour the oil through both. After it sits to drain a bit, wring out any leftover oil from the herbs by squeezing the cloth. Transfer the finished herb infused oil into a clean storage container with a lid, and store it in a cool dark place. Use dark glass bottles to protect the medicinal herb oil and culinary oil from light degradation.

Herbs commonly used in herb oil infusions are: Basil, Calendula, Chamomile, Chickweed, Citrus peels, Comfrey, Dandelion, Echinacea, Elderberry or Elderflower, Hibiscus flowers, Lavender, Lemon Balm, Lemon Verbena, Nettle, Marshmallow Root, Mint, Pine, Plantain leaves, Red clover, Red raspberry leaf, Rose hips, Rose petals, Rosemary, Sage, St. John's wort, Thyme, Yarrow, Violet

Joboba oil, sweet almond oil, and argan oil are popular to make natural skin and body care products. Those oils are all highly healing and moisturizing in their own right, and even more so once infused with medicinal herbs. Edible oils such as olive oil, avocado oil, or hemp seed oil are great choices to make herb infused oils intended for culinary use. I love gifting herb infused oils for kitchen use, such a practical and flavourful use of herbs.

It's best to use dry herbs to create the most foolproof, safe, and long-lasting herbal oil infusions in most cases. The high moisture content found in fresh herbs can cause the oil to spoil and grow mold, and dry herbs are more highly concentrated and considered a safer option.

The shelf life of herbal oils varies depending on the type of carrier oil used, if the herbs were adequately dried, and how the oil is stored. Most herb infused oils should stay good for about a year when made with dry herbs and stored sealed in a cool, dark place. Some oils have a naturally shorter shelf life than others (such as grape seed and sweet almond oil), while jojoba oil can stay good for 5 years or more. Visible mold, sour, putrid odours are signs that oil has gone bad or rancid and should be discarded. However, cloudiness is not usually a sign of spoilage (unless accompanied by a bad smell) and can be common in herb infused oils.

Here are some general ideas to use medicinal herbal oils, but always do your research first; as body oil or massage oil, facial moisturizer, few drops through damp hair to soften hair and smooth split ends, as part of your oil cleansing method, as spot treatment directly on scars, stretch marks, varicose veins, or other areas of concern, to soothe rashes, bug bites eczema, psoriasis, scrapes, minor burns once the skin has cooled, or other skin irritations, on cracked heels, cuticles, feet, dry elbows, or other rough patches of skin, on chapped or cracked lips, or around your nose when it's chaffed, to treat cradle cap on babies (check your carrier oil safety first), and to remove makeup (but avoid contact with sensitive areas around your eyes). You can also make other homemade body care products like salve, soap, cream, lotion, lip balm, ointment, or other natural skincare products with cold infused oils. If you used an edible carrier oil, you can use your herbal oil as a tasty marinade, salad dressing or in other culinary creations.



## **RURAL 60 PLUS**

Monday Carving – 10am to 3pm starting Sept 9th

Tuesday Weaving – 10am to 3pm

Tuesday Knitting – 10am to 3pm

Wednesday Quilting – 10am to 3pm

Wednesday Beginners Carving – 10am to 3pm

Wednesday Cribbage – 1pm to 3pm

Thursday Weaving – 10am to 3pm

Thursday Knitting – 10am to 3pm

Thursday Yoga – 10am to 11am beginning Sept 26

Craft Room open Monday to Friday – 10am to 3pm

Yoga will begin again on Thursday September 26 contact Sharon Hagstrom at 807-939-2722 or hagstrom202@gmail.com for more information

We will be going back to regular hours beginning Tuesday September 3<sup>rd</sup>.

Closed Monday September 2<sup>nd</sup> for Labour day



Please consider attending the Nolalu Community Centre meetings of the board. We welcome your questions and discussion.

### **NCC Meetings**

September 9th @ 7:00pm



**Volunteer's  
Needed!**

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

### ***Calling all volunteers!***

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





# Seniors Potluck Lunch



(55+ or "close enough")



Next two (2) lunches taking place:

Monday, September 16

Monday, October 21



11:00 AM Coffee / Tea

11:30 AM Lunch served

12:30 PM Food service complete



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



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



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



Shelling out the treats this

Halloween?

Don't forget to add your haunted house to the list. Send your

address to Emma at

tritree@outlook.com or

text to 519-410-8733

Maps will be printed and handed out at NCC the night of Halloween.

**Trick or Treat!**

**LOCAL SERVICES BOARD OF NOLALU**  
**ANNUAL ELECTION**  
**2024-2025**



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The annual election of the five (5) Board Members for the Local Services Board of Nolalu will be held on

**Tuesday, September 24, 2024**

**7 PM**

**Nolalu Community Centre**

To be eligible to be nominated as a Board Member and vote you must be a permanent resident or property owner in the Nolalu LSB area, a Canadian Citizen and be 18 years of age or older.

The Regular LSB meeting and the Annual General Meeting will take place prior to the election. The first meeting of the new board will take place immediately following the election.

For further information contact Sherri Halverson, Secretary/  
Treasurer at 577-3255 or [lsbnolalu@live.com](mailto:lsbnolalu@live.com).

September 01, 2024

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Sherri Halverson, Secretary/Treasurer

Date



# 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

August seemed to fly by, it was so busy. We spent a week at camp with the whole family. It was wonderful for the cousins to be able to play together every day. They learned about fishing and even got pretty good at casting. They were swimming three times a day, it was the first thing they asked for each morning. One of them learned to swim underwater and one got over their fear of the water. It was a noisy household with four kids under five years old but we wouldn't have it any other way, it was a great time.

As soon as we got home it seemed like pickling and canning season was upon us. We managed to can a bit more this year but it sure was a busy week. We made some dill pickles, bread and butter pickles, mustard pickles, pickled beets, peach chutney, bumbleberry jam, and ended up freezing the rest of the fruit and vegetables to can later. We just ran out of time to complete it all as it was time to start on the fair projects. So my dining room table has gone from being covered in canning jars to being covered in craft supplies as my grandson creates his masterpieces.

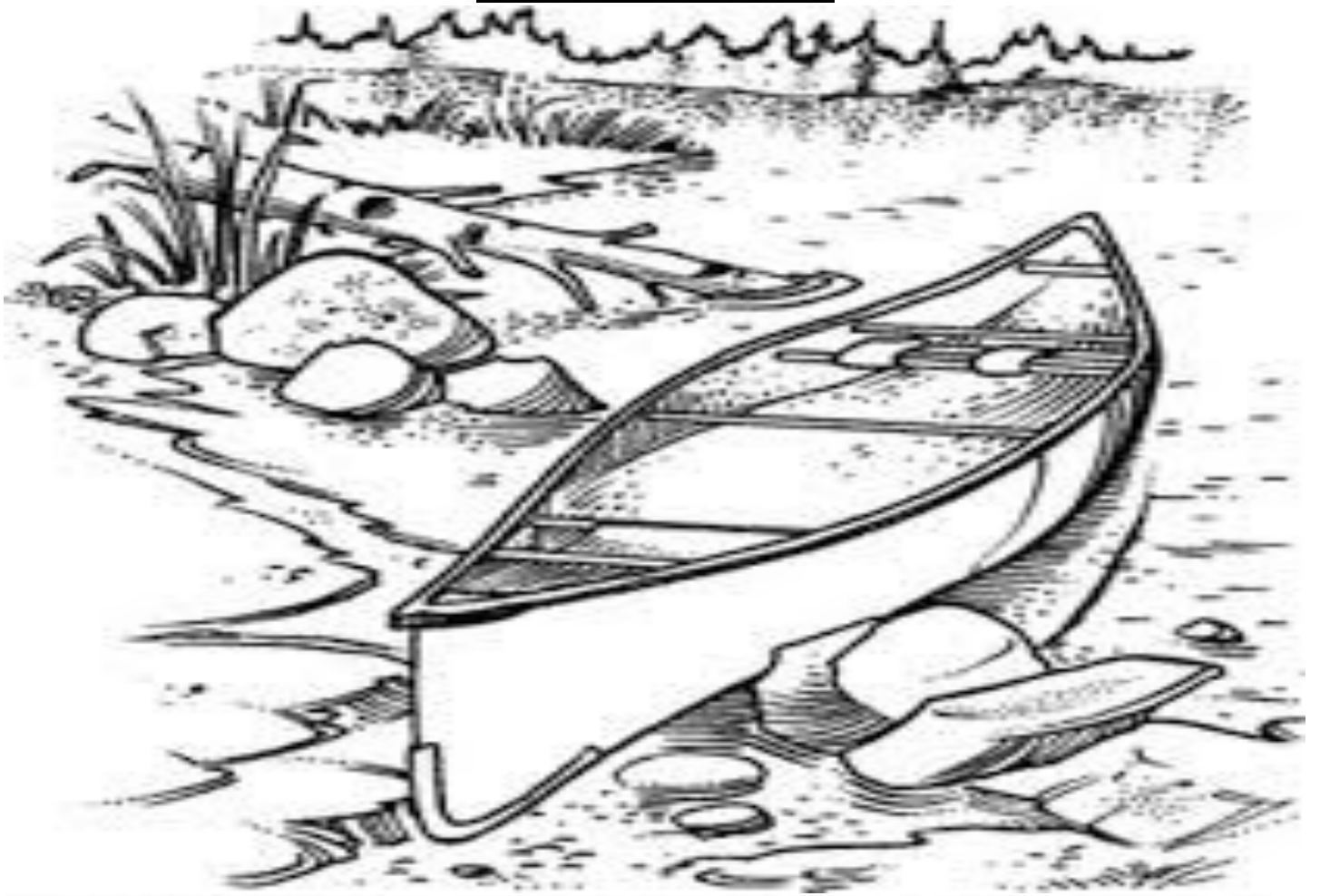
Yesterday the weather surprised us and it reached 32°C and with the humidity it felt like 40°C. The air conditioner hadn't been on for over a week and I was considering taking it down but I am so thankful that I didn't. We certainly needed that air conditioner yesterday. As much as I love the beautiful sunny weather, the heat is just too much for me. We are coming into my favourite time of year now, the autumn. I love the crisp air, the 'just right' temperatures, watching all the birds as they head south, harvesting all the fruits and vegetables and herbs, and mostly just sitting outside and listening to nature. Now of course fall makes campfire time so much more enjoyable too. There is nothing better than sitting by the campfire in the evening dressed in a warm sweatshirt, warming your toes from the fire, and making pie irons, spider dogs, and roasted marshmallows.

As we head into fall now is the time we spend getting everything ready for winter. It will soon be time to put away the summer toys, take the canopy off the gazebo, put away the lawn chairs, and so much more. This year I have decided to put hay or mulch around my plants in case we get another winter like last year. I had quite a few plants not make it through the winter because we had no insulating blanket of snow last year to protect them.

Remember to watch out for little ones now that school has begun, and stop for the flashing lights of the school bus.

Odette

**COLOURING PAGE**





## NOLALU COMMUNITY CENTRE

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

September 9, 2024

7:00pm

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



September 24, 2024

7:30pm

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

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## Drop-in Exercise

(Pilates/weights type)

Mondays & Fridays,  
9:30am to 10:30am

Bring mats, weights, stretchy band.  
FREE, all welcome. Open to men  
and women (and kids on PA days).

FUN group.

We have extra equipment if needed.



*"Don't wait until you've reached your goal to be proud of yourself. Be proud of every step you take toward reaching that goal." ~~Unknown~~*



# PUZZLES

## Types of Dog

N	R	S	C	F	F	I	T	S	A	M	O	T	H
H	N	I	O	C	B	U	L	L	D	O	G	T	E
S	R	N	L	H	R	W	E	E	L	G	A	E	B
N	E	A	L	I	P	E	B	G	D	T	I	D	I
U	L	I	I	H	E	A	I	O	O	L	R	R	O
H	I	T	E	U	D	C	E	R	X	P	I	E	M
C	E	A	U	A	P	N	O	O	R	E	D	H	E
O	W	M	D	H	S	I	U	R	E	E	R	P	T
D	T	L	A	U	E	O	N	H	G	D	T	E	C
I	T	A	B	A	T	N	I	S	S	I	A	H	R
L	O	D	B	S	T	C	A	H	C	H	E	S	U
M	R	P	O	I	E	C	T	G	L	H	C	G	L
D	H	O	S	R	R	R	E	E	N	N	E	A	D
P	B	X	U	S	T	H	O	U	N	D	L	R	D

- BULLDOG
- PINSCHER
- DALMATIAN
- MASTIFF
- BOXER
- SHEPHERD
- BEAGLE
- TERRIER
- SETTER
- CORGI
- ROTTWEILER
- CHIHUAHUA
- COLLIE
- HOUND
- DACHSHUND

Play this puzzle online at : <https://theonordsearch.com/puzzles/9/>

## Word Puzzles Brain Teasers

me right	_ read _	o_er_t_o_	<b>CHANCE</b>
stefrankin	XQQQME	history history history	Arrest You're
settle	BIG BIG ignore ignore	\$O all all all all	<b>COFFEE</b>
time time	<b>HEART</b>	chair	chawhowhorge
<u>NO NO</u> RIGHT	<b>1111</b>	SITTING THE WORLD	<b>ME 10NE11</b>

## **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—September 2024

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