

NCC NEXT MEETING:

Monday May 12
@ 7:00pm

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

LSB NEXT MEETING

Tuesday May 20
@ 7:30pm

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

NEST NEXT MEETING

Thursday May 8
@ 7:00pm

At the NCC and open to
the community

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May 2025

Nolalu's

GRASSROOTS

Getting to Know the History of the Area

Kakabeka Falls

From various Internet sources

Kakabeka Falls, known as the "Niagara of the North," has a rich history rooted in both Ojibwe culture and its geological formation, with the Ojibwe name "Kakabeka" meaning "waterfall over a cliff". The Kakabeka Falls form part of an Ojibwa legend called Princess of the Mist. Legend has it that the Princess Green Mantle saved her village, sacrificing herself by leading the enemies over the waterfalls. It is said that, to this day, if you walk along the river bank to the falls, the courageous figure of Green Mantle can be seen in the mist.

Kakabeka Falls is the second highest waterfall in Ontario at 40 metres high. The rocks at the base of the waterfall and along the gorge contain some of the oldest fossils in existence; dating back to 1.6 billion years ago. The base of the waterfall is a critical spawning place for the at-risk Lake Sturgeon, Canada's largest freshwater fish.

Northern Wilds waterways have been at the crossroads of fur-trade river routes since the 1600s, including the Kaministiquia River canoe route connecting Lake Superior with Lake of the Woods and the West. One of its grueling portages was at Kakabeka Falls' Mountain Portage, first recorded in 1688 by the French explorer Jacques de Noyon. It was later abandoned for the shorter Grand Portage-Pigeon River route, and put into use again in 1803 onward.

Ontario Power Generation is planning redevelopment of 117-year-old Kakabeka Falls Generating Station. Originally built by the Kaministiquia Power Company to help power the area's burgeoning flour milling industries, Kakabeka Falls GS started with two units before quickly expanding. A third unit was added in 1911 and a fourth unit was installed in 1914. Ontario Hydro, OPG's predecessor company, purchased the station in 1949. The 117-year-old Kakabeka Falls Generating Station (GS), the second-oldest hydro station in OPG's fleet, still has much of its original equipment from 1906 in operation. With a peak output of 24.4 megawatts (MW), the time-tested plant continues to provide enough electricity from its four units to power about 25,000 homes.

In the winter time the formations of ice on the falls are magical, and you can see the crystalline structure absolutely sparkle in the mid-day sun. This is one of the most accessible locations to view a frozen waterfall in our region and it doesn't take long to get to the viewing platform from your vehicle. In the summer time you can stroll along the paths or go swimming at the park. The swimming is located just off the top of the falls and offers a different view of the falls. Whether it is in the heat of summer or the chill of a frosty winter morning, Kakabeka Falls is a sight worth visiting more than once.



Catherine and Terry Niemi

51 Delints Road, Nolalu

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terry@therustybucket.org

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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

Chair	Angela Woodhouse-Wild	807-630-6061 Text Only	807-475-8968
Vice Chair	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442
Secretary	VACANT		
Treasurer	Elizabeth Pszczolko	nolalucctreasurer@gmail.com	807-623-6800
Events Coordinator	Emma Allgood	tritree@outlook.com	Text to 519-410-8733
Kitchen Coordinator	VACANT		
Volunteer Coordinator	VACANT		
Media Coordinator	Kathy McGowan	Via Facebook	
Grassroots Editor	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442

NEXT NCC MEETING:

***Monday, May 12, 2025
@ 7:00pm***

ALL NCC meetings are open
to the community.

NEST meeting 7:00 pm at NCC

Thursday May 8, 2025

Nolalu Dump WINTER Hours October 1—April 30

ADRIAN LAKE

Sundays 12pm - 3pm

HARDWICK

Sundays 4pm - 6pm

HOPPER'S VARIETY

The Everything Store



7:00 am to 9:00 pm

Sunday to Saturday

807-475-8804 OR 807-475-8814



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LCBO CONVENIENCE OUTLET

7:00 AM TO 9:00 PM

LAUNDROMAT

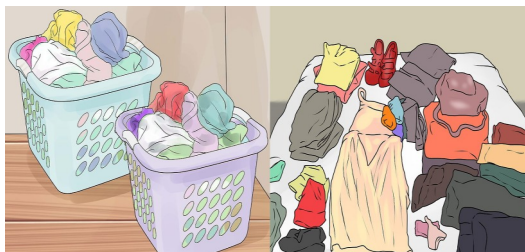
ST. URHO'S GOLF COURSE

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 & St. Urho's Golf Course

Come join a fun, dynamic team at Hoppers Variety and St. Urho's Golf Course delivering quality customer service to a well loved community!!



1. EQUIPMENT OPERATOR

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

2. LICENCED MECHANIC

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

3. AZ OR DZ LICENCED TRUCK DRIVER

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

4. STORE CLERK

Part time. Must be 19 years of age to sell alcohol. Must be able to handle a fast paced environment and work well with others. Needed skills for the position include customer service, organization, communication and ability to work independently. Must have exceptional work ethic and ability to work flexible hours.

5. GOLF COURSE GREENSKEEPER

Previous golf course or landscaping experience is an asset, but not necessary. Responsible for the maintenance, care and overall appearance of the golf course, including operating motorized and walk-behind mowers to cut greens, as well as weed whackers. As work depends on the weather, flexibility is a must.

6. GOLF COURSE GREENSKEEPER HELPER

Golf course maintenance including, but not limited to grass cutting, weed cutting and pulling, collecting golf balls. Following direction from Greenskeeper. As work depends on the weather, flexibility is a must.

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

Rural 60 Plus, Kakabeka

GRASSROOTS

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Salesperson

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From the Nolalu Community Cookbook 1975

Childrens Peanut Butter Cake ~Kathy Erickson

Melt in saucepan (don't boil):

1/2 cup corn syrup 1/2 cup white sugar 1/2 cup margarine

Add:

3/4 cup peanut butter 1 tsp vanilla raisins if desired

Return to heat, mix well and stir in:

2 cups corn flakes 2 cups rice krispies or puffed wheat

Mix well and press into a buttered 9" x 9" pan.

Flavour Right Casserole ~Bev Niemi

1 lb ground beef 1 1/4 cups water 3 tbsp salad oil
1 tsp chili powder 2 cups onions, chopped 2 cups celery, finely chopped
1 can tomato soup salt & pepper to taste 1 can cream of mushroom soup
1 6oz pkg coarsely crushed chow mein noodles (1 1/2 cups for topping)

Brown the meat in oil. Add onions and celery and cook until soft. Mix all remaining ingredients. Pour into a greased shallow casserole dish and top with reserved noodles. Bake at 350° for 45 minutes. Serves 6.

Partridge in Wine ~May Koski

4 partridge 5 celery sticks, cut up Flour
1/2 green pepper, cut up salt & pepper 1 large or 2 small onions, cut
1/4 lb margarine 1 can mushrooms 1 clove garlic, cut fine
1 cup red wine or more if you want.

Clean and cut up partridge. Roll in flour. Brown well in margarine. Put partridge in large casserole dish or pot. Brown celery, onions, garlic, and mushrooms in margarine. Add to partridge. Pour wine overtop and stir. Cook slowly, 25 to 30 minutes.

Cucumber Salad ~Lynn Piilo

Grate 4 cukes. Add salt and mix. Let stand for 15 minutes. Pour off juice and squeeze. Add: a few grains of pepper, 1 diced onion, 3 tbsp oil, and 3 tbsp vinegar. Mix to taste with carnation milk until juicy.

Viili ~Laina Maki

Put a full tablespoon of viili start in a small bowl of milk. Stir well, cover, let stand on countertop until evening if made in the morning. Then put in the refrigerator. It is ready to eat the next day. Must be made from whole milk, not homogenized, for a nicer looking viili. If none of your friends have viili to get a start from, you can get it at the Hoito restaurant on Bay St. Just take a small jar with you. Can be eaten with plain bread and butter or is very good with a salt fish sandwich. Or even with fried eggs, makes a good breakfast or lunch.

"2 AM baking sessions, The oven heat chasing away the cold winter gloom, Slow dancing as we wait on the timer, Our laughter filling the banana bread scented room." ~Frances Woodard ~

Agribusiness in Northwestern Ontario,

do you operate a farm, riding stable, market garden, greenhouse, apiary, produce products from locally sourced materials or any other valued added Agribusiness? If so, the Oliver Agricultural Society wants to give you an opportunity to promote yourself and products at the 2025 Murillo Fair, August 15-17th.

The Annual Murillo Fair sees an excess of 6000 patrons attend the fair over the 2 ½ day event, providing an excellent opportunity for business exposure!

At this point we are trying to get an understanding of level of interest from Agribusiness's within the community. If you are interested, please send an email to info@Murillofair.ca as an expression of interest, include any ideas you have on what venue/forum you would like to see at the fair.



Follow us on Facebook (facebook.com/murillofair) or our website (<https://oliveragriculturalsociety.com/>)

Tender for lawn/yard maintenance this summer.

Spring is almost here! The NCC is looking for bids on lawn maintenance for 2025. This includes cutting the grass and weed whacking.

- must bring own equipment (lawn mower, weed whacker, rake, etc.) No equipment on site
- deadline for tenders is May 15, 2025
- email bids or questions to nolalu.grassroots@gmail.com



Young family looking for property for sale in the area to build a house on, or looking for a house for sale

Contact: Spencer Cybulskie phone or txt 807-627-4594

GRASSROOTS DEADLINE

Summer is fast approaching, remember to get your submissions in on time.

The deadline for submissions is the 15th of each month.

Submit to nolalu.grassroots@gmail.com

If you are unable to make the deadline we will be happy to accommodate your information on our two Facebook pages.

Online Mutual Respect Policy

The Nolalu Community Centre (NCC) welcomes comments and/or questions that reflect the respectful, constructive tone we strive for in our online public interactions. Comments and/or questions that are intimidating, harassing, abusive, accusatory, hateful, threatening, discriminatory, defamatory, profane or otherwise offensive will be deleted with or without warning, and users who make such comments and/or questions may be blocked or banned from NCC-managed online platforms at the discretion of the NCC Board of Directors, Administrators and/or Moderators.

The full policy can be viewed here: <https://nolalu.ca/ncc>

History of Fireworks

Various Internet Sources

Like many inventions, firecrackers/fireworks were created by accident, and by the search for immortality. Around 200 BC, the Chinese unintentionally invented firecrackers, but it took another thousand years before true fireworks came alive. *Baozhu* is a Mandarin Chinese word for firecracker. It means "exploding bamboo." The first natural "firecrackers" were bamboo stalks that when thrown in a fire, would explode with a bang because of the overheating of the hollow air pockets in the bamboo.

Around 800 AD, an alchemist mixed sulfur, charcoal, and potassium nitrate (a food preservative) hoping to find the secret to eternal life. Instead, the mixture caught on fire, and gunpowder was born! When the powder was packed into bamboo or paper tubes and lit on fire, history had its first fireworks! If you attended a fireworks show in 800 AD, it would be unlike anything we see today. Paper fireworks were used to scare evil spirits or to celebrate weddings and births and were simply thrown onto a fire, not blasted into the air. There were no added colors, so a "fireworks show" was just a series of small, noisy explosions.

The development of gunpowder in the 9th century allowed for more sophisticated and elaborate fireworks, which then spread westward via the Silk Road and later to Europe. The Chinese' fire arrow' was one of the first inventions with gunpowder being projected into the air. In the 11th century, the weapon consisted of an arrow and pouch of gunpowder attached near the arrowhead. Within the next 200 years, rocket cannons came to be, from which the technology became foundational to the later development of modern-day fireworks. By the 15th century, fireworks were popular in Europe, used for celebrations and entertainment. Fireworks with colours were developed in the early years of the 19th century and were made widely available in the 1830s. The magnificent update to the technology was credited to Italian inventors who added different metal substances such as aluminium, magnesium, barium, and more that could create everything from blue to red to green flames and sparks.

Today, with modern versions, fireworks come in various shapes with multiple colours and sounds. Current fireworks are typically made up of an aerial shell, a tube containing gunpowder and a number of small pods known as "stars". Each of the stars makes one dot in the fireworks explosion. A firework also has a fuse that is lit to ignite the gunpowder. When the metal salts, which act as colourants, are heated, their atoms absorb energy and produce light as they lose excess energy. In addition, different chemicals have different amounts of energy, creating different colours.

Remember when using fireworks to use caution and as always safety first. It is always a good idea to let your neighbours know if you will be lighting off fireworks, especially those with pets, as they can become startled and bolt into hiding and become lost.



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).

****Rural readers book club will be on hiatus until
September 2025****

Join online:

www.facebook.com/groups/ruralreadersbookclub



Seniors Potluck Lunch



(55+ or "close enough")



Next two (2) lunches taking place:

Monday, May 12

Monday, June 16 (after this, we will resume in September)



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



11:00 AM Coffee / Tea

11:30 AM Lunch served

12:30 PM Food service complete



The NCC will provide the soup and entrée, as well as a veggie OR salad, and buns OR potato dish.



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

Just For Fun – Horoscopes by Grandmama Bear

Aries: March 21 – April 19

Everything is coming up rainbows, look for your pot of gold.

Taurus: April 20 – May 20

Clouds are forming, take an umbrella with you wherever you go.

Gemini: May 21 – June 21

Patterns are changing. Make some tea and watch the changes.

Cancer: June 22 – July 22

A murder of crows has been flying close to you. Look for trinkets in the sand.

Leo: July 23 – August 22

A visitor is coming, prepare the guest room and break out your fine china.

Virgo: August 23 – September 22

The theatre is calling. Practice your lines but don't be a drama queen.

Libra: September 23 – October 22

Don't put mentos in your pop and expect nothing to happen. Lucky numbers for the month; 7 & 23.

Scorpio: October 23 – November 21

Someone hairy will pay you a visit, be aware of their disguise.

Sagittarius: November 22 – December 21

The past is the past, move forward into your bright future.

Capricorn: December 22 – January 19

Bask in the light of the moon and become illuminated.

Aquarius: January 20 – February 18

Call an old friend you haven't heard from in a while. Take some time to reminese

Pisces: February 19 – March 20

Time to start singing, the world needs to hear your voice. Be sure to allow others to join in.

The NCC Needs You! Volunteer Today!

Secretary

The Secretary keeps and maintains the records of the Corporation.

Duties:

- Keep and maintain records of the Corporation including the registry of Officers and Directors, the minutes of the annual general meeting, general meetings and meetings of the Board, the by-laws and resolutions;
 - Have custody of the corporate seal;
 - Certify copies of any registry, by-law, resolution or minutes;
 - Give notices of the annual general meeting, general meetings and meetings of the Board of Directors;
 - Be the channel for all correspondence to and from the Board, with the approval of the Board;
 - Perform other duties which the Board may, from time to time, assign; and
 - 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.
- If you can spare a couple hours a month, your help would be appreciated in this important role. Please contact Chair person Angela Woodhouse-Wild.



80th

Birthday Party

Guest of Honour

JOAN SAARIO

Sunday, May 25, 2025

Nolalu Community Centre

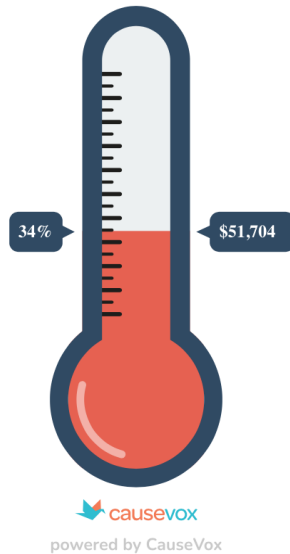
2266 Hwy 588, Nolalu

Come Say HI!!

Let's Eat Cake!!



GOAL: \$150,000



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 \$51,704.00 total so far. Thank you so much for your support in our efforts to build funds for the purchase of a new tanker
Keep those donations rolling in, every dime helps.

Name: _____ Date: _____

FIREFIGHTER WORDSEARCH

U	K	X	S	T	W	A	I	I	A	M	D	A	H	M	A	B	P	O	Z	I	Y	N	L
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R	F	P	D	R	W	N	L	M	F	Y	P	Z	W	P	D	R	I	W	F	A	Y	U	K

BADGE BARRICADE
AMBULANCE
ACCIDENT
CAPTAIN
RESCUE
SIREN
EXTINGUISHER
CHEMICALS
AIR MASK
CAUTION
SAFETY
SMOKE

LADDER TRUCK
EMERGENCY
AIR TANK
SURVIVE
SEARCH
WATER

ENFORCEMENT
FIREHOUSE
EVIDENCE
GLOVES
BLAZE
FIRE

FIRE TRUCK
PARAMEDIC
INCIDENT
HELMET
RADIO
GEAR

May is emergency preparedness month, and the goal of emergency preparedness week is to encourage our residents to take three simple steps to be better prepared in the case of an emergency. Emergencies requiring evacuation often strike without warning. It is imperative to be prepared ahead of time so that you can react quickly and safely.

Step 1: Know the risks

Here in Nolalu as part of our risk management plan we have identified 3 major risks that we either have faced or could likely face in the near future. These are flooding, wildfires, and extreme weather/extended power outages.

Step 2: Make a plan

Your family may not be together when an emergency occurs. Plan how to meet or how to contact one another, and discuss what you would do in different situations. Your plan should include things like evacuation routes and where to meet in case you are separated.

It should also your family's medical information like medication lists, allergies, and important medical history, as well as contact numbers for your health team.

You should include a list of emergency numbers, as well as family members in case you lose access to your digital copies of them.

Finally, this document should contain important information if you need to evacuate such as where the electrical panel, water, and gas lines are, and how to shut off these utilities.

Keep this document in an easy-to-find, easy-to-remember place (for example, with your emergency kit). Photocopy this plan and keep it in your car and/or at work, and a copy close to your phone.

If you are ordered to evacuate, take your 72 hour emergency kit, your wallet, personal identification for each family member and copies of essential family documents with you. Bring a cellular phone and spare battery or charger with you, if you have one. Use travel routes specified by local authorities.

"I have no ambition in this world but one, and that is to be a fireman. The position may, in the eyes of some, appear to be a lowly one; but we who know the work which the fireman has to do believe that his is a noble calling. Our proudest moment is to save lives. Under the impulse of such thoughts, the nobility of the occupation thrills us and stimulates us to deeds of daring, even of supreme sacrifice."
~~Chief Edward F. Croker~~

Nolalu Emergency Services Team

Hall 807-475-4441

2167 Hwy 588

info@NolauEST.com

Nolalu ON P0T 2K0

Emergency 807-473-5200



June 28th

12:00pm to 3:00pm

Visit us at the Nolalu Community Centre



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!**



Yard Sale

Come check out the treasures

Or

Book a table to sell your goodies

We need volunteers.



Email Emma: tritree@outlook.com

with title 'yard sale table'

To rent an outdoor spot

with table for \$5.00





The Nolalu and Leeper Cemetery Board annual meeting will be held on Saturday, May 24th at 1:00 pm at Piilo's. All are welcome to attend.

Both cemeteries are seeking tender applications for grass cutting. The bids are to be received by 5:00 pm, Friday, May 23rd.

Leeper: Jack Erickson, Leeper Cemetery President, 251 Old Silver Mountain Rd, Nolalu, ON P0T 2K0

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

If you are interested in submitting a bid, please contact Sharon Corston, Nolalu-Leeper Cemetery Secretary-Treasurer at sjcorston@gmail.com or call

807-355-1549 to receive the tender package.

Both Jack Erickson (Leeper) and Brian Maki (Nolalu) are in charge of care and maintenance of the respective cemeteries. Jack noted that while doing a walkabout it was noticed that several families living in the Nolalu/South Gillies area have loved ones interred at Leeper Cemetery. We are currently seeking donations for up-keep and care of our cemetery. Leeper Cemetery has been there since 1911 and is in need of major work.

Brian has indicated similar issues with Nolalu. This area is different in that it has the long road to the top of the hill, it needs continual work to keep it viable plus it has to be brushed as does the cemetery or the surrounding bush will take over. Stones fall over and need repair especially after a brutal winter.

We do not qualify for any type of funding. Anyone willing to donate what you can, please send your donations to either the Leeper Cemetery or the Nolalu Cemetery, with our thanks, to Sharon Corston, 165 Clarkson Street North, Thunder Bay On. P7A 6G1. Please note that we are not a registered charity.

Thank you

Sharon Corston
Nolalu and Leeper Cemeteries Secretary-Treasurer
165 Clarkson St N
Thunder Bay, ON P7A 6G1
807-355-1549



Brian Maki came up with a great idea to raise funds for the cemetery. He had a birthday party fundraiser. Instead of gifts his guests made donations towards the cemetery. He raised \$1500.00, and he plans to use it to start a Maki plot in the new section, across the road from the old sections Maki plot. He had 75 people at the party, and he says it was a great party with generous donations. Thank-you to everyone who attended.

KB RURAL AREA STITCH & CRAFT GROUP

Do you like crafts? Are you a knitter or crochet person? Are you good with a glue gun or maybe beading is your talent? Can you draw, paint, or sketch? Would you like a couple of hours to get together with like minded individuals and indulge in your craft? Looking for a place to socialize and enjoy domestic crafts and arts, or maybe learn a new craft or skill? If you answered yes to any of those questions then this is the group for you.



We meet every other week on Monday nights from 7:00pm to 9:00pm



Meetings are held at the O'Connor hall, 330 Highway 595, O'Connor.

Updates can be found on the Facebook page;

KB RURAL AREA STITCH & CRAFT GROUP

Our next get together is May 12 & 26

Bring your yarn, your sketch pad, your rock art, your beading, or whatever project you are currently working on. Hope to see you there.

Gillies Community Centre



May Events

The GCC is available to rent for activities, parties and more!

Do you have an activity or program you want to run?

Dance, scouts, karate or something else?

Contact us for details at gilliescommunitycentre@gmail.com

May 9th

Playgroup

From 10am-12pm.

A fun place to play and socialize.

Coffee and tea provided.

Bring your own snacks.

Free to attend! Donations accepted.

May 29th

Waldorf Playgroup

Join us in a calm and beautiful environment that invites the children to immerse themselves in play.

At noon we enjoy a wholesome lunch together, please bring something to contribute.

For children Birth - 6
From 10am-12:30pm

Tuesdays

Cornhole

Starting at 7pm

\$5 per person

Prize to be won

Save The Date

June 21st & 22nd:

Book Swap and Games Day

August 20th: Art Day!

May 10th

Mom's Night Out

Mother's Day FUN-draiser Paint Party

At 6:00PM

In-Person Paint Party: \$40 per painter (includes all supplies, instructions, and guidance)

Gather your friends, unleash your creativity, and let's paint for a purpose! Reserve your spot today!

Sales Close May 4th at midnight

Go to Facebook to purchase tickets through the link!

May 24th & 25th

Book Swap and Games Day

Book Swap: 12-4pm daily

1000's of books

Games Day: 1:30-3:30 Saturday

Games & Puzzles provided.

Donations accepted at this FREE event.

All proceeds go directly to the GCC.

May 31st

Car Boot Sale (Yard Sale)

Saturday, May 31 10am-1pm

Email gilliescommunitycentre@gmail.com to reserve a table indoors or a spot outside and sell from your car.

Set up begins at 9am.

LIKE US & FOLLOW ALONG ON OUR FACEBOOK PAGE

THE GILLIES COMMUNITY CENTRE IS DONATION BASED & VOLUNTEER RUN.
THANK YOU TO ALL OF THE VOLUNTEERS AND THOSE WHO DONATE - WE





A great big thank you to Phyllis Gray for her donation to the Seniors Lunch drop in. We sure will enjoy the roast beef au jus, among other tasty treats. Thanks again Phyllis, and come join us for lunch.

Cassidy Gottwal Pelletier deserves a big thank-you too, for taking on the managing of the Play Group while Emma was away this winter. The children and parents enjoyed themselves, and both Cassandra and Emma look forward to seeing everyone this month.

Funny Days In May

May 1—Batman Day

May 2—No Pants Day

May 4—Star wars Day

May 9—Lost Sock Memorial Day

May 11—Eat What You Want Day

May 13—Frog Jummping Day

May 14—Dance Like a Chicken Day

May 18—No Dirty Dishes Day

May 20—Be a Millionaire Day

May 21—Talk Like Yoda Day

May 25—Towel Day

May 28—Hamburger Day

May 29—Put a Pillow on Your Fridge Day

May 30—My Bucket's Got a Hole Day

Third Wednesday of Each Month

Next Play Date: May 21, 2025

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 3rd Wednesday of
every month at the Nolalu Community Centre

Hope to see you there

Kakabeka Legion News

May 10	Executive Mtg	2:00pm
May 10	Members Mtg	3:00pm
May 11	Buffet Breakfast	8:30am to 11:30am
May 16	Dance with Quest	7:00pm to 10:00pm
May 24	Rural Cupboard Foodbank 25th Anniversary Celebration	5:30pm to 11:00pm
May 25	Sunday Music	2:00pm to 4:00pm
May 31	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.

To book an event please call Alice at 807-629-2409.

The Legion is still looking for more volunteers - if you can give even 1 hour, that would be so appreciated. Many hands will make the projects much easier to complete

"Hunger is not a problem. It is an obscenity. How wonderful it is that nobody need wait a single moment before starting to improve the world."~~Anne Frank~~

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, May 21, 2025

Registration 9 am to 11 am

Drive-Thru Pick-up

RURAL CUPBOARD FOODBANK 25TH ANNIVERSARY

***SATURDAY, MAY 24TH
5 PM TIL 11 PM***

KAKABEKA FALLS LEGION

Doors open at 5:30 pm

Dinner at 6 pm
Dinner & Dance tickets \$40.00
Dance Only \$10.00
Cash Bar - no debit

Tickets phone Lorna at 807-577-1035
Or
O'Connor Township Office 807-476-1451

Available until May 14th

Dance tickets \$10.00 (at the door)
8:00 pm

Music by Ted Von

RURAL CUPBOARD FOODBANK DROP OFF LOCATIONS

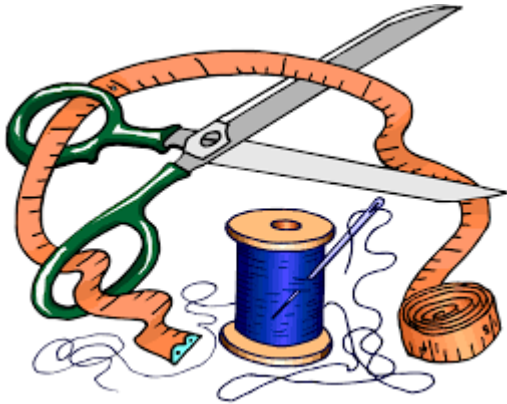
- Nolalu:** Hoppers Variety
Whitefish School (Sept to June)
- O'Connor:** O'Connor Municipal Office
Whitefish School (Sept to June)
Hoppers Variety
- Neebing:** Neebing Newsletter - Municipal Building

Note: Rural Cupboard Foodbank needs recyclable bags.

If you would like to be a drop off location for the Rural Cupboard Foodbank, please call Lorna at 807-577-1035



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

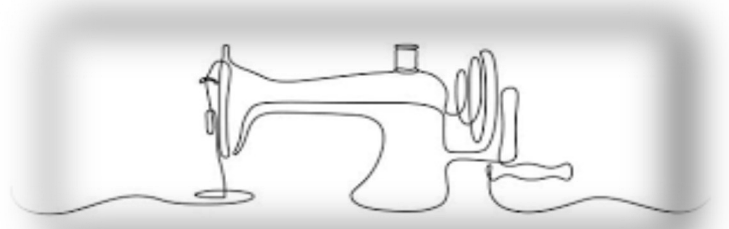
Doing repairs, alterations, wedding parties

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

5 Pineview Road, Kakabeka Falls, ON P7K 0G8

Email: rural60@tbaytel.net Website: rural60plus.ca

Monday Carving – 10am to 3pm
Monday Disking – 1pm to 3pm
Tuesday Weaving – 10am to 3pm
Tuesday Knitting – 10am to 3pm
Wednesday Beginners Carving – 10am to 3pm
Wednesday Quilting – 10am to 3pm
Wednesday Cribbage – 1pm to 3pm
Thursday Weaving – 10am to 3pm
Thursday Knitting – 10am to 3pm
Craft Room open Monday to Friday – 10am to 3pm



The Dementia Café is a monthly gathering for individuals affected by memory problems or dementia, along with their families, caregivers, and friends. Join us for music, games, and snacks in a safe and welcoming environment.

- February 28, 2025
- Friday, March 28, 2025
- Friday, April 25, 2025
- Friday, May 23, 2025
- Friday, June 27, 2025
- Friday, July 25, 2025

1:00 PM – 3:00 PM

60+ in Kakabeka Falls (5 Pineview Road)
No fee or eligibility criteria to attend rural café

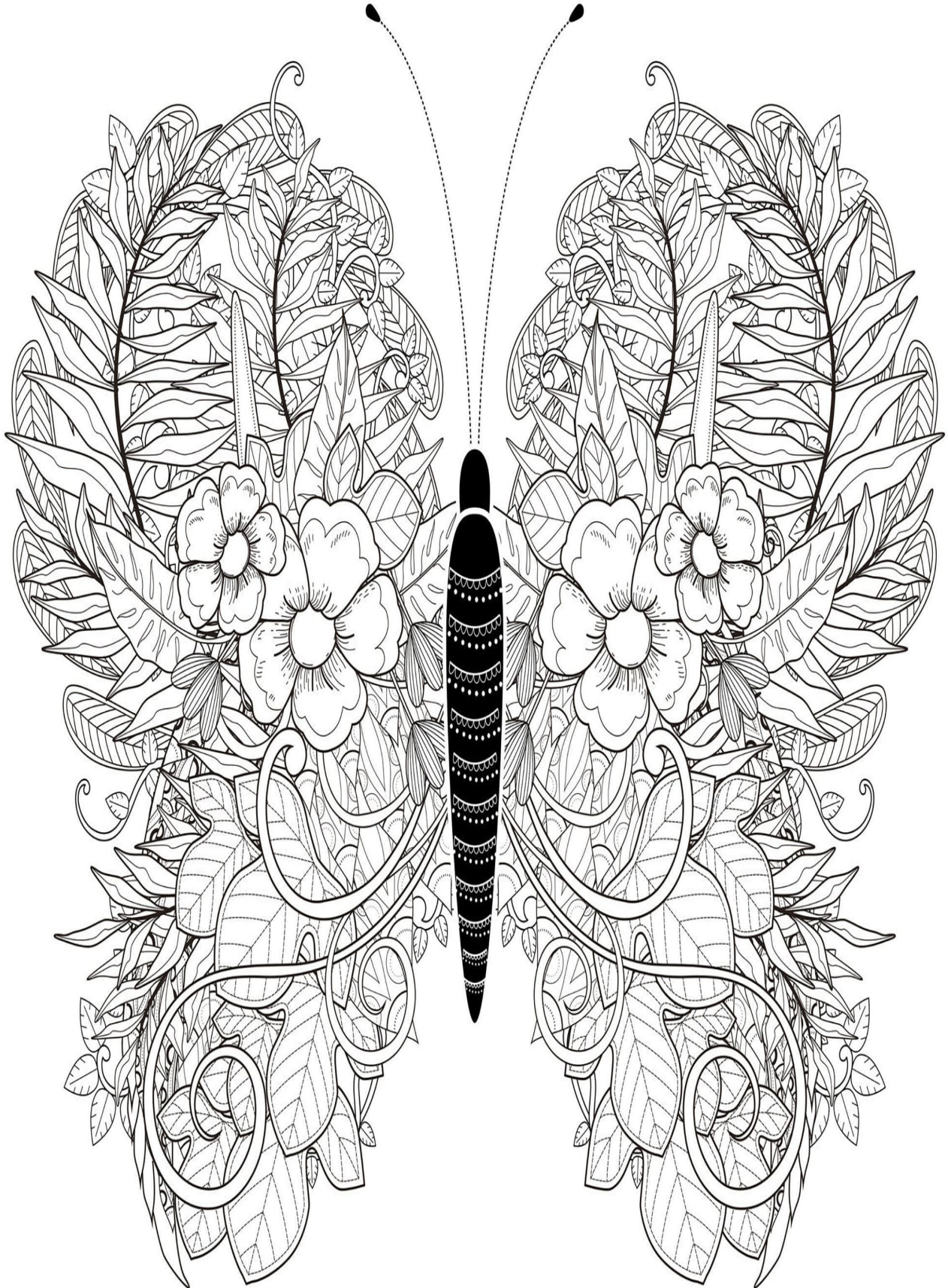


Société Alzheimer Society
THUNDER BAY

For more information:
Contact Shaun or Elaine at (807) 473-5528

The Rural Dementia Café is a monthly gathering for people impacted with a memory problem or dementia. Designed to help support families, care givers and friends to create a sense of belonging and community in a warm and safe welcoming environment. Come out and enjoy music, games, snacks in a relaxing atmosphere. There is no fee and no eligibility criteria to attend our rural café. Dates are Friday April 25, Friday May 28, Friday June 27 and Friday July 25. Time is 1-3 pm and the location is Rural 60 Plus 5 Pineview Road Kakabeka Falls. Contact Shaun or Elaine for more information at 807-473-5528.

COLOURING PAGE





NOLALU COMMUNITY CENTRE

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

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



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

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.

"Laughter is timeless. Imagination has no age. And dreams are forever." ~Walt Disney~~

PUZZLES

CROSSWORD PUZZLE

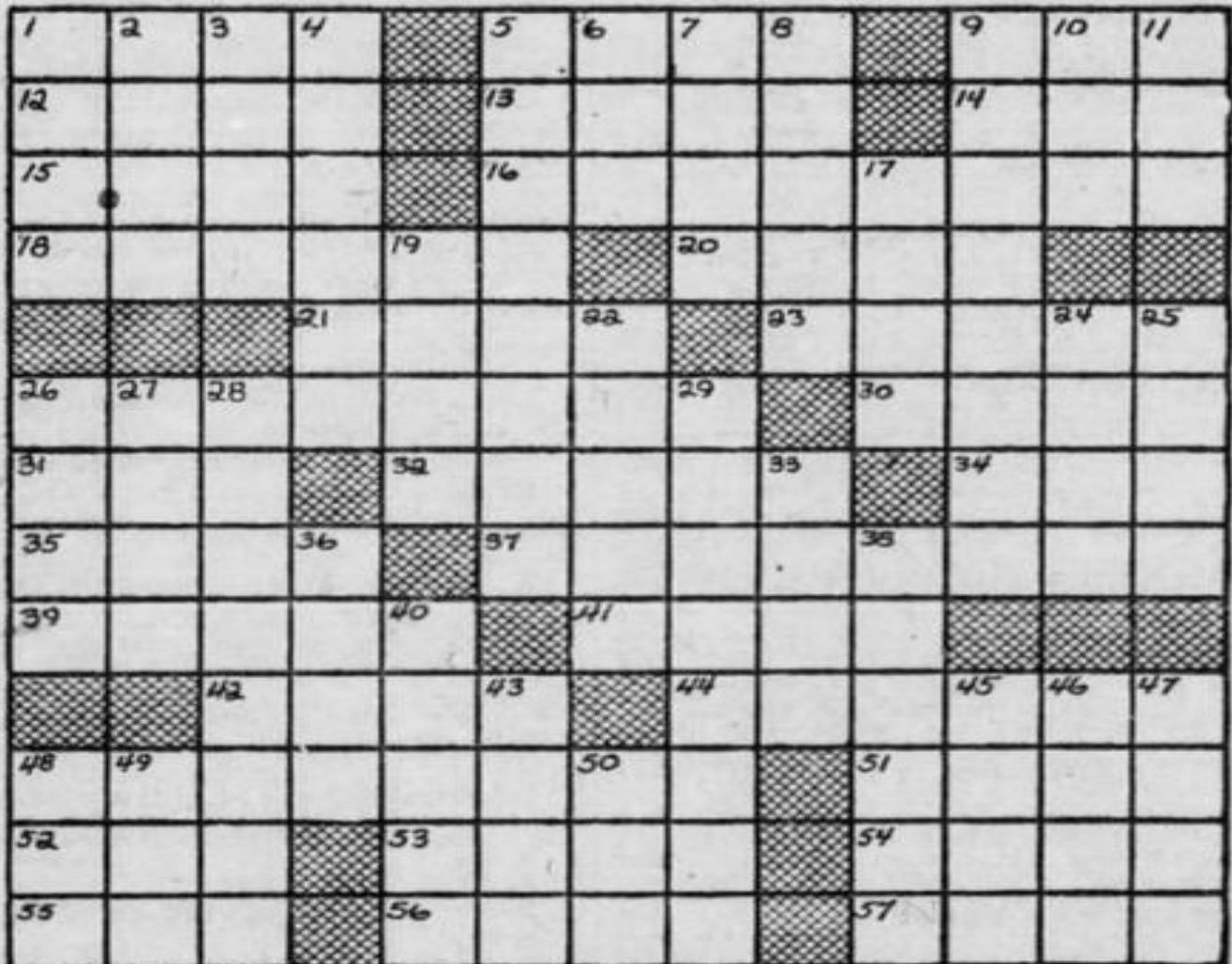
ACROSS

1. Team of horses
5. East Indian palm
9. Corded fabric
12. Halt
13. Seed covering
14. Guido's highest note
15. Covers with frosting
16. Action to recover goods
18. Wise counselor
20. Dry
21. Marine fish
23. Opera by Bellini
26. Telephone girl
30. Asiatic country

31. Alcoholic liquor
32. Ardent admirer
34. Silkworm
35. Long narrative poem
37. Turned end for end
39. Narrow roads
41. Rockfish
42. Goddess of discord
44. Strong and healthy
48. Produce
51. On the ocean
52. Portion of a curve
53. English school
54. Kind of wood
55. Insect
56. Ovule

57. Wreath bearing a knight's crest
- DOWN
1. Slender
2. Step
3. So be it
4. Wise old man
5. Relater
6. Anger
7. Spots on a playing card
8. Leader of the Green Mountain boys
9. Daydreams
10. Biblical priest
11. Broad open vessel
17. God of love
19. Iridescent jewel

22. Flutter over
24. Female horse
25. Among
26. Russian city
27. Chrysalis
28. High rank
29. Title of a clergyman
33. City in Nevada
36. Wax
38. Medieval collar
40. Fathers
43. Glut
45. Employer
46. Ratify
47. Accept
48. Idle talk
49. Before
50. Pedal digit



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 nolaluccctreasurer@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

The highlight of my month is I have a new granddaughter. She was born on April 7, 2025 and was 8.6lb. I got to spend just a little over a week at my son's house and help out when she came home. Both babe and Mom are doing well. This summer should be fun when they all come to visit.

I'm trying to figure out what to write for this editorial and my daughter is playing song quiz. Needless to say I keep getting distracted by the music. Maybe I should leave the editorial for when she's done or you might just get song lyrics posted here. Mind you we certainly are laughing lots. I am terrible when it comes to the name of songs or actors and such but I can hum along to the song. Rob and Kayla are very good at any kind of trivia, and song names, and even when things were published. For now I'll just sing along.

My seedlings are coming along. The beans have taken off and are really growing, it is time to transplant them as they outgrow the milk jugs. We did up six of the milk jugs with soil and we divided them into nine spaces. So far the beans, sunflowers, beets, and dill are coming along fine. We had one container that went moldy. I don't know why as they were all in the same spot and we watered them all the same. I'm thinking maybe it had to do with airflow, maybe the lid was on tighter than the rest. The last container is starting to grow but hasn't taken off like the others. So my question for all of you is when do you start your indoor seeds? Do you start them at different intervals, I'm thinking I could have started the beans later. Maybe I will try some flower seeds next year, instead of buying them already grown but maybe that is easier.

I see that the tanker fund for the fire department has grown so much this month. It is so nice to see the community coming together to support those who are willing to come out to help us day or night. NEST is a vital part of our community and it makes my heart happy to see that we are supporting their needs. You never know when you might need them, and they are willing to step up and take care of whatever situation comes their way, and they do it all voluntarily. I am so grateful to these men and women for all they have done for my family and for this community. So if you can donate anything, small or large it all helps, and the quicker we will be able to get that new tanker for Nolalu. Remember saving your pop cans and alcohol cans is a great way to do your part. Just drop them off at the firehall and they will do the rest. Of course, if you would like to donate your time by helping to sort them, that would be great too. Maybe you like testing your luck on the lotteries, Hoppers has tear open tickets and all proceeds go to NEST with no commission taken off at all. Whatever way you choose, it is important to support your community.

Odette



MAY 2025

MON	TUE	WED	THU	FRI
			1	2
5 Chair Yoga @ O'Connor C.C 10:00 am	6 Fly the C.O.O.P Walking Group	7 <i>Walk-In Clinic</i> 4:30pm - 7:30pm	8 Fly the C.O.O.P Walking Group <i>Mobile Clinic - Upsala</i> 10am-3:30pm <i>LifeLabs</i>	9
12 <i>Good Food Box Order Deadline</i> Chair Yoga @ O'Connor C.C 10:00 am <i>Mobile Clinic - Armstrong</i> 1pm-6pm	13 Fly the C.O.O.P Walking Group <i>Mobile Clinic - Armstrong</i> 8:30am-1:30pm	14 Histor Tea 1:00-3pm@ Kaministiquia Community Centre <i>Walk-In Clinic</i> 4:30pm - 7:30pm	15 Fly the C.O.O.P Walking Group <i>LifeLabs</i>	16
19 <i>Closed for Victoria Day</i>	20 Fly the C.O.O.P Walking Group	21 <i>Good Food Box Pickup at KB Clinic</i> <i>Walk-In Clinic</i> 4:30pm - 7:30pm	22 Fly the C.O.O.P Walking Group <i>LifeLabs</i>	23 <i>*NEW Program*</i> Rural Dementia Cafe 1-3pm
26 Chair Yoga @ O'Connor C.C 10:00 am	27 Fly the C.O.O.P Walking Group	28 <i>Walk-In Clinic</i> 4:30pm - 7:30pm	29 Fly the C.O.O.P Walking Group <i>LifeLabs</i>	30



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



(807) 473-5528

PROGRAM INFO

Call KB Clinic Reception at (807) 473-5528 or email Shaun at speirce@norwestchc.org to register for all programs

Fly the C.O.O.P Walking Group

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

Chair Yoga In Person & Virtual

Hosted at O'Connor & Kam C. Centre at 10am.

Good Food Box Program

Monthly access to a box of affordable fruit and vegetables. For more information visit www.goodfoodboxtb.org or call 473-5528 for more info

Rural Dementia Cafe @ Rural

60+ Centre.
Come socialize and meet new people, make friends and lifelong connections



Follow us!

NorWest Community Health Centres - Kakabeka Falls Clinic

www.norwestchc.org

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—May 2025

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