

Nolalu's GRASSROOTS

NCC NEXT MEETING:

Thursday April 16

@ 7:00pm

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

LSB NEXT MEETING

Tuesday April 28

@7:30pm

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

NEST NEXT MEETING

Thursday April 9

@7:00pm

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

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34th Annual Tough Boating Family Fish Derby



KIDS (15 YRS. & UNDER)

Lake Trout

1. Gus Niemi – 13.360
2. Gus Niemi – 7.105
3. Abby Pizzolato – 7.015

Mystery: Remi Pizzolato

Smallest: Remi Pizzolato 1.230

Pike

1. Toivo Levanen – 19.130
2. Mayla Levanen – 13.300
3. Gus Niemi – 6.545

Mystery: Ayla Laporte

Smallest: Toivo Levanen – 0.555

Pickereel

1. Carter Jewett – 4.195
2. Bentley Mendryk – 3.745
3. Kari Erickson – 2.825

Mystery: Mayla Levanen

Smallest: Mayla Levanen – 1.165

Speckled Trout

1. Gus Niemi – 1.025
2. Bitsy Cockerton – 0.890
3. Ally Cockerton – 0.880

Mystery: Izzy Cockerton

Smallest: Mayla Levanen – 0.240

Perch

1. Gus Niemi – 1.260
2. Myla Jewett – 0.665
3. Finley Erickson – 0.580

Mystery: Finley Erickson

Smallest: Kari Erickson – 0.035

ADULTS

Lake Trout

1. Steve Kryso – 16.125
2. Mitchell Nummikoski – 9.225
3. Jordana Van Ginkel – 7.915

Mystery: Wendy Stajakowski

Pickereel

1. Carli Levanen – 4.980
2. Stephanie Erickson – 4.185
3. Rob Heckley – 3.830

Mystery: Don Campbell

Pike

1. Brendan Rae – 19.370
2. Jake Christianson – 16.655
3. Lorne Levanen – 14.170

Mystery: Katelyn Graves

Speckled Trout

1. Eric Lankinen – 3.030
2. Taylor Laframbose – 2.180
3. Andrew Piilo – 1.870

Mystery: Steven Fraser

Bonus Draw: Dawn Tienhaara





Catherine and Terry Niemi

51 Delints Road, Nolalu

768-5357 or 633-2949

terry@therustybucket.org

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

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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	Dawn Scavarelli	dawn_scav@protonmail.com	807-473-1114
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Volunteer Coordinator	VACANT		
Media Coordinator	Kathy McGowan	Via Facebook: Nolalu Community Centre	
Grassroots Editor	Odette Houle	nolalu.grassroots@gmail.com Facebook: Nolalu ONLINE GRASSROOTS	807-630-9442

NEXT NCC MEETING:
Thursday, April 16, 2026
@ 7:00pm

ALL NCC meetings are open

Nolalu Dump WINTER Hours

October 1 — April 30

ADRIAN LAKE

Sundays 12pm - 3pm

HARDWICK

Sundays 4pm - 6pm

NEST meeting 7:00 pm at NCC

Thursday, April 9, 2026



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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34th Annual Tough Boating Family Fish Derby

Thank You



NORTENDS TAQUERIA NAPA
WAYLAND BAR & GRILL D&R SPORTS
MIRROR MIRROR SALON/SPA SHRC
WESTFORT PRODUCTIONS THE EDDY
ULTIMATE GYMNASTIC KAKABEKA ESSO
TIMELESS SHOE REPAIR MAKI'S RESORT
TIM'S WHOLE HEALTH RUSTY BUCKET
REBECCA'S WATER SERVICE ODENA
ROXY'S RESORT METRO-TBAY MALL
PINES HARDWARE-KB REE RANCH
PIONEER CONSTRUCTION SPORT CHEK
GREEN ACRE VARIETY MADE IN SUOMI
GRACE EQUESTRIAN CENTRE LTL
STANLEY HOTEL WACKY WINGS

DEBBIE PILO ROX-ANNE MOORE
EXCALIBUR DOREEN ROGERS
SHIRLEY & LOUIS LEGROS NOSA
TRAVIS & CHLOE SMITH J&J SPORTS
DARREN & LORI SMITH SUPERSTORE
NORTHERN TURF & EQUIPMENT
JOEY'S SEAFOOD MALLONS
FORT GARRY IND. SMITH'S RV
RED PINE CANOE OUTFITTERS
BARB M'EWEN SHARON SCOTT
EVERGREEN PHARMACY JOY ROY
CDN. TIRE-ARTHER S BRUNOS CONT.
TOM JONES CONSTRUCTION GFL
MARIOS BOWL MIKE-DENISE MICELI

BOGDALA'S SMOKED MEATS CRAFTY ELK
NORTH COUNTRY MEATS WOOLLY STEER RANCH
MELISSA GOLIBOSKI CRAIG'S PLUMBING
GOLIBOSKI CONTRACTING AUNT SARAH'S
MISTY CREEK FARM MAKKINGA CONTRACTORS
KAREN HILL-THE KH TEAM UNITED RENTALS
THUNDER BAY TRUCK CENTRE VANDERWEES
HALFWAY MOTORS POWER SPORTS MURRAY SCOTT
WINNING STREAK CHARTERS SMOKE SIGNAL
MARG & CAL EYJOLFSON LARRY CHARNEY
ECLIPSE HAIR DESIGN SUE BACKSTROM
BOBBI & DAVE KIVI SANDRA PEACOCK
BRIAN MAKI FINNWAY STUDIO 3
COLLEN TOUGH RON BACKSTROM

WOMEN OF THE MOOSE-CHAPTER 1338
HOPPERS VARIETY THE FALLS BAIT SHOP
HAVEMAN BROTHERS FORESTRY K&A VARIETY
COME BY CHANCE RESORT DUOTHERAPY
WHITEFISH LAKE RESORT HYDRO ONE
CHOCOLATE COW BOB KATAJAMAKI
MERVIN & FRAN PLATNICK ON THE LINKS
M&M PLATNICK TIMBER WOODY'S RV
BEV SYRJANEN JUDY TIENHAARA
STEVE & SHELLEY ROBINSON THE SAL
ANGELA WOODHOUSE-WILD MERAKI
JOHN MAKKINGA CONTRACTORS
ARNIKKO'S PIZZERIA LOCAL 793
JACK TESKEY METLERTOLEDO



34th Annual Tough Boating Family Fish Derby

Fish Entered

Kids

Speckled Trout	13
Pike	22
Pickrel	23
Lake Trout	12
Perch	8

Total 78

Adults

Speckled Trout	29
Pike	21
Pickrel	33
Lake Trout	44

Total 127

Total 205







34th Annual Tough Boating Family Fish Derby

Thank You



Sue Backstrom
Byron Blomfelt
Lynette Carlson
Marg Cliff
Janet Delint
Tyson DeVente
Cal Eyjolfson
Melissa Goliboski
Brad Goliboski
Lucas Hamilton
Barb Harju
Kayla Houle
Odette Houle
Rob Houle
Pauline Kelly
Chase Kivi
Bobbi Kivi
Cathy LeBrun
Shirley Legros

Erin Martel
Kathy McGowan
Rox-Anne Moore
Sheree O'Malley
Liz Pszczolko
Doreen Rodgers
Dawn Scavarelli
Mary Ellen Scott
Krista Silvaggio
Bev Syrjanen
Judy Tienhaara
Colleen Tough
Jordana Van Ginkel
Tarynn Vanlenthe
Larry Watson
Louise Wetering
Angela Woodhouse-Wild
Brenda Wuola
Karen Wylie
Josh Claeys





80th Birthday

Hello NOLALU! Are you 80 years or older this year? Do you live in the Nolalu Local Service Board area? If this is you, we want to hear from you. This summer we are hosting a birthday party for our senior residents. Please contact Emma at tritree@outlook.com to register and for more details. We plan to make this an annual event for those that are turning 80 in that year. So don't miss out this year when we are honouring everyone 80 years old or more.

FREE PRINTABLE INVITATION - PREVIEW.COM

The Grassroots needs you! This is your community newsletter. We are looking for articles. They can be short stories, poetry, history of the area, recipes, helpful hints for homesteaders or just helpful hints, gardening tips, hunting information, how to do something, home remedies or herbal helpers, basically anything you would like to see in the Grassroots. Maybe you'd like to do book reviews, or restaurant reviews, or write about attractions in the area that were interesting. Maybe you're a crafter, or a baker, or a builder, or a knitter, or you sew and can share tips of your trade or patterns for homecrafts. Get your kids writing, your grandparents, your neighbours, or just send me ideas to research. As with all publications we are only as good as the information contained in the Grassroots. If you want more information I need assistance on content. Remember it is just me that is editing the Grassroots and I try to make it as interesting as I can, but without your help I will run out of ideas. All credit will be given to the writers but if you would like to remain anonymous we can do that too. Submit once, submit often, any and all submissions and ideas will be gratefully received. With many thanks for your participation. Odette

Third Wednesday of Each Month

Next Play Date: April 15, 2026

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



COUNTRY MARKET



EMERGENCY PREPAREDNESS

Emergency Preparedness Week, May 3-9. Be Prepared. Know Your Risks.

SATURDAY, MAY 9, 2026
12 - 2 PM

Nolalu Community Centre
2266 Hwy. 588



Table rental proceeds will support the NCC.

- Meet the Nolalu Emergency Services Team and learn how they keep our community safe.
- Hands-on emergency preparedness displays to help you get ready for unexpected situations.
- Local vendors and makers offering crafts, goods, and homegrown items.
- Practical tips and demonstrations on building personal and household readiness.
- Public safety stakeholders on site to answer questions and share resources.
- Barbecued treats and refreshments (\$).
- Free admission for all ages.

To reserve a table, contact: Kathy (807) 629-0343
countrylivingrocks@hotmail.com

Bring the kids by to enter our Easter Draw!



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Open 7 days a week
7:00 am to 9:00 pm



- LCBO CONVENIENCE OUTLET
- BOTTLE RETURN DEPOT
- LAUNDROMAT
- GASOLINE & DIESEL
- LUNCH & DESSERT ITEMS
- GROCERIES
- AUTOMOTIVE ITEMS
- HARDWARE ITEMS
- LOTTERY TICKETS
- CANADA POST

CALL TO BOOK YOUR APPOINTMENT

HOPPER'S AUTOMOTIVE

- AUTOMOTIVE REPAIRS
- TIRE REPAIRS

CHECK OUT OUR WEBSITE FOR ALL THE SERVICES WE PROVIDE AT <https://www.hoppersvariety.ca>

HOPPER'S CONTRACTING

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- CONSTRUCTION/FLOATING

****FREE QUOTES****

Senior Discount on Shop Labour for Age 55+



2165 Highway 588, Nolalu, ON, POT 2K0

807-475-8804 OR 807-475-8814

info@hoppersvariety.ca



"Community is much more than belonging to something; it's about doing something together that makes belonging matter." ~~Brian Solis~~

If you are not receiving your copy of Grassroots in your mailbox, and you should be, please contact the Kakabeka Post Office to report it.

GRASSROOTS DEADLINE

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; Nolalu Community Centre, Nolalu ONLINE GRASSROOTS

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>

April Fools Day Pranks

Various Internet Sources

April 1, known as April Fool's Day, has a long history of elaborate pranks, media hoaxes, and corporate jokes. Noon Rule: Traditionally in Canada, April Fools' pranks are only supposed to last until noon. Here are some of the interesting pranks that have occurred on this day around the world:

The "Threenie" Coin (2011): CBC Radio's *As It Happens* interviewed a Royal Canadian Mint representative who announced that, due to the success of the loonie and toonie, the \$5 bill would be replaced by a \$3 coin called a "threenie".

The North American House Hippo (2025): The Wilder Institute/Calgary Zoo posted "exciting news" that they had welcomed an iconic North American House Hippo, named Horton, to their exhibit (referencing a famous 1990s Canadian PSA).

Square Eggs (2025): The Canada Agriculture and Food Museum jokingly announced on Instagram that their hens were producing perfectly square eggs to make them easier to stack and store.

Tim Hortons' Canadiana Menu (2025): Tim Hortons teased a bizarre menu featuring a Poutine Donut, a Ketchup Chip Cruller, and a Lobster Roll.

Stop the Falls (1980): The *Niagara Falls Review* once ran a story claiming that an ice jam had caused Niagara Falls to stop flowing.

The Swiss Spaghetti Harvest (1957): The BBC's Panorama news show aired a segment showing Swiss farmers harvesting spaghetti from trees. Many viewers were fooled, with some calling in to ask how to cultivate their own spaghetti trees.

The "Taco Liberty Bell" (1996): Taco Bell announced in major newspapers that it had purchased the Liberty Bell to help reduce the national debt and was renaming it the "Taco Liberty Bell".

Color TV via Stocking (1962): Swedish national television told viewers that they could convert their black-and-white sets to colour by placing a nylon stocking over the screen.

Flying Penguins (2008): The BBC aired a trailer for a "documentary" showing a newly discovered colony of Adélie penguins in Antarctica that learned to fly to escape the cold and fly to the Amazon rainforest.

Big Ben Goes Digital (1980): The BBC World Service announced that Big Ben was going digital, leading to outrage from listeners before revealing it was a joke.

British astronomer Sir Patrick Moore (1976): Told listeners of BBC Radio 2 that unique alignment of two planets would result in an upward gravitational pull making people lighter at precisely 9:47 am that day. He invited his audience to jump in the air and experience "a strange floating sensation". Dozens of listeners phoned in to say the experiment had worked, among them a woman who reported that she and her 11 friends were "wafted from their chairs and orbited gently around the room."

KGB-FM radio station in San Diego (1993): California told listeners that the Space Shuttle had been diverted to Montgomery Field, a small, local airport. Over 1,000 people drove to the airport to see it arrive in the middle of morning rush hour. There was no shuttle flying that day.

The German newspaper Berliner Tageblatt (1905) : Reported that thieves had tunneled beneath the U.S. Federal Treasury and stolen all its silver and gold.

The Chicago Tribune (1906) and several other newspapers: Printed an elaborate two-page feature article detailing the recent invasion of Chicago by "hordes of prehistoric monsters", illustrated with a series of 8 doctored photographs purporting to show tyrannosaurs, diplodocii and other dinosaurs wreaking havoc throughout the metropolis.

National Geographic (2016): announced via Twitter that they would no longer be publishing photographs of naked animals.

KB Rural Area Stitch and Craft Group

Bring your project & Join our Needle & Natter Crew



Upcoming Meeting Dates

Feb 10
Feb 24
Mar 10
Mar 24
April 14
April 28

We meet the 2nd and 4th Tuesday
of every month
in basement at
O'Connor Community Centre
330 Highway 595
7-9pm



"Coming together is a beginning; keeping together is progress; working together is success." ~ Henry Ford ~

Just For Fun – Horoscopes by Grandmama Bear

Aries: March 21 – April 19

Make an elaborate plan for your April Fools joke, but remember it falls on April 1st not April 30.

Taurus: April 20 – May 20

Spring is here; get out there and hop like a bunny. Your friends are counting on you.

Gemini: May 21 – June 21

Find a comfortable tree, curl up in a branch or at its base if you can't climb, then take out your favourite book and tell the tree the story.

Cancer: June 22 – July 22

Clean your house and straighten your yard; your OCD friend is coming to visit and they will truly appreciate your hard work.

Leo: July 23 – August 22

Lucky numbers are 37; yup that's it. Lucky letter is Q.

Virgo: August 23 – September 22

Put your rain boots on and go splash in the puddles; you'll be surprised how uplifting it is.

Libra: September 23 – October 22

Take your grandkids to the river and skip some stones, and don't throw the kids in the water.

Scorpio: October 23 – November 21

Buy the chocolate, buy the cookies; no, not for Easter; for you, this month is going to be stressful.

Sagittarius: November 22 – December 21

It's all about attitude, and yours is amazing; good things are coming your way.

Capricorn: December 22 – January 19

You are a creative genius; write something for the Grassroots.

Aquarius: January 20 – February 18

Help a friend, volunteer, make a new friend; this month is all about participating.

Pisces: February 19 – March 20

No fish this month; you need to branch out. Try to get in touch with long lost relatives. Maybe they like fishing.

April: The Month of Almost-Spring (Zone 2/3 Reflections)

By Kathy McGowan

April in Northwestern Ontario is a month that keeps gardeners on their toes. One day I'm convinced spring has finally arrived, and the next day I'm brushing snow off the greenhouse and wondering why I ever let myself feel hopeful. After a few decades of gardening in this climate, I've learned that April is not a promise. It's a negotiation.

But, something shifts this month. The sun has real warmth. The snowbanks slowly shrink. The chickadees start acting as if they know something we don't. And even though the garden is still weeks away from being workable, April is when I start to feel like the season is truly waking up.

This is the month when I check my seedlings every morning like a parent peeking in on a sleeping toddler. Some are thriving. Some are questionable. Some are clearly plotting to cause trouble. That's okay. It's all part of the ritual.

April is also when I start to get the urge to poke around outside. I know better than to start raking because that's an invitation for a snowstorm. I do wander around the yard, looking for signs of life. A patch of exposed soil. A bud swelling on a shrub. A brave perennial pretending it's May. These tiny things keep me moving forward with hope.

April is a month of preparation, patience, and resisting the urge to do anything reckless with a shovel. Here are some things I do while anticipating spring:

1. Harden off seedlings slowly.

Even if the sun feels warm, the wind can still bite. I start with short outdoor visits and gradually increase the time. Seedlings appreciate a gentle introduction to the real world.

2. Clean up winter debris only when the snow is truly gone.

Early cleanup can disturb overwintering insects and expose plants too soon. I wait until the garden looks messy rather than frozen.

3. Check tools and repair what winter destroyed.

Handles crack, metal rusts, and something always goes missing. April is the month to fix it, not June when you actually need it.

4. Start cool-season crops indoors or in a cold frame.

Kale, cabbage, and hardy greens don't mind the chill. They're the optimists of the vegetable world.

5. Don't rush the soil.

If it's still cold and wet, leave it alone. Working soil too early creates clumps that last all season. I've made that mistake more times than I care to admit.

April may not look like much, but it's the quiet turning point of the year. The garden is coming. The season is shifting. Even though the weather still has a sense of humour, I've learned to laugh right along with it.

Kathy has spent more than 30 years growing food and flowers in a climate that treats spring like an optional suggestion. Gardening in Zone 2/3 has taught her many things, but mostly this: if you can grow a tomato here, you can handle just about anything life throws at you.



April 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

Mondays

Ping Pong

Starting at 2pm
To register email
gboeckermann55@gmail.com
or
807-628-9345

Tuesdays

Cornhole

Starting at 7pm.
\$5 per person.
Prize to be won.

April 8th

Playgroup

From 10am-12pm.
A fun place to play and socialize.
Bring your own snacks.
Free to attend! Donations
accepted.
Every second Wednesday each
month.

April 4th

Hip, Hop, Horray, Easter is on the way!

2-4pm
\$5 per child
Visit with the Easter Bunny,
games, colouring and a craft!

April 11th

Coffee House

7-9pm
Doors open at 6:30pm
\$12
Live music, coffee, tea and snacks.

Save The Date

May 2nd & 3rd

Book Swap

May 9th

Moms' Night Out

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
ARE INCREDIBLY GRATEFUL!



Seniors Lunch

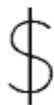
(55+ or "close enough")



Next two (2) lunches:

Monday, April 13

Monday, May 11



\$10 at the door



11:00 AM Coffee / Tea
11:30 AM Lunch served
12:30 PM Food service
complete



Lunch will include: soup,
entrée, veggie dish OR
salad, buns OR potato or
rice dish, and dessert.



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

Recommended Books

New York Times Best Sellers List

The Night Prince ~ ~ Lauren Palphreyman ~ ~

Aurora may have survived the Wolf King, but his bite marks her skin. In accordance with wolf law, that makes her his property. Now, he wants her back. To beat him and take his throne, Aurora and Callum must form a dangerous alliance with one of the most feared Wolves in the Kingdom, Blake. He is their enemy, but he has entangled his life with Aurora's—meaning she cannot harm him without forfeiting her own life. As she fights to break their connection, she suspects Blake is keeping secrets about a dark power that rises in the north, and the unsettling nature of the bond between them. It seems there is a bigger game at play than who sits on the Wolf Throne—one that threatens both the Kingdom of Wolves, and the Kingdom of Men. With her wolf awakening, enemies closing in, relationships tested, and secrets revealed—Aurora may be the only one who can stop an ancient evil from rising.

The Correspondent: A Novel ~ ~ Virginia Evans ~ ~

Filled with knowledge that only comes from a life fully lived, *The Correspondent* is a gem of a novel about the power of finding solace in literature and connection with people we might never meet in person. It is about the hubris of youth and the wisdom of old age, and the mistakes and acts of kindness that occur during a lifetime.

Sybil Van Antwerp has throughout her life used letters to make sense of the world and her place in it. Most mornings, around half past ten, Sybil sits down to write letters—to her brother, to her best friend, to the president of the university who will not allow her to audit a class she desperately wants to take, to Joan Didion and Larry McMurtry to tell them what she thinks of their latest books, and to one person to whom she writes often yet never sends the letter.

Sybil expects her world to go on as it always has—a mother, grandmother, wife, divorcee, distinguished lawyer, she has lived a very full life. But when letters from someone in her past force her to examine one of the most painful periods of her life, she realizes that the letter she has been writing over the years needs to be read and that she cannot move forward until she finds it in her heart to offer forgiveness.



RURAL READERS
BOOK CLUB

Rural Readers Book Club

Monthly meetings—at the Nolalu Community Centre, 7:00pm - 9:00pm, second Monday of the month.

Join some enlightening and lively discussion, company, tea, and the occasional snack.

Next meeting; Monday April 13th—“Project Hail Mary” by Andy Weir; now a major motion picture, released March 16th, starring the illustrious Canadian actor—Ryan Gosling!

Join online:

www.facebook.com/groups/ruralreadersbookclub

"Community is the spirit, the guiding light, whereby people come together to fulfill a purpose, to help others fulfill their purpose, and to take care of one another." ~ ~ Anonymous ~ ~

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 April 15, 2026

Registration 9 am to 11 am

Drive-Thru Pick-up

A BIG THANK YOU to TOPS Neebing Branch for the generous donation.

RURAL CUPBOARD FOODBANK DROP OFF LOCATIONS

Oliver Paipoonge: Murillo & Rosslyn Libraries (during open hours)

Nolalu: Hoppers Variety

Gillies: Whitefish School
(Sept to June)

O'Connor: O'Connor Municipal Office

Neebing: Neebing Municipal Building

*Note*** Rural Cupboard Foodbank
needs recyclable bags.



"In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it."~~Marianne Williamson~~



No Bake Homemade Granola Bars

Submitted by Kathy McGowan

Ingredients—Base

2 cups rolled oats
1 cup nuts or seeds (almonds, walnuts, pumpkin seeds, etc.), roughly chopped
1 cup sticky binder (choose one):
½ cup natural peanut butter or almond butter
⅓ cup honey or maple syrup

1 tsp vanilla extract

¼ tsp salt

Optional add-ins

½ cup dried fruit (cranberries, raisins, chopped apricots)
2 tbsp chia seeds or flaxseed

¼ cup dark chocolate chips

A pinch of cinnamon

Instructions

1. *Toast (optional but delicious):* Warm a pan over medium heat and lightly toast the oats and nuts for 5–7 minutes until fragrant. This step deepens the flavour but isn't required.

2. *Warm the binder:* In a small pot, gently heat the nut butter and honey/maple syrup until smooth and pourable. Stir in vanilla and salt.

3. *Combine:* Pour the warm mixture over the oats and nuts. Add any optional ingredients. Mix until everything is evenly coated.

4. *Press firmly:* Line a baking dish with parchment. Transfer the mixture and press it down very firmly to prevent the bars from crumbling.

5. *Chill:* Refrigerate for at least 1–2 hours until set.

6. *Slice:* Lift out the slab and cut into bars or squares.

Tips

If the mixture feels too dry, add 1–2 tablespoons more honey or nut butter. For a firmer bar, store in the fridge. For a softer, chewier bar, keep at room temperature. Swap ingredients freely; this recipe is very forgiving.

Nut-Free No Bake Homemade Granola Bars

Submitted by Kathy McGowan

Ingredients—Base

2 cups rolled oats
⅓ cup honey or maple syrup
1 tsp vanilla extract

¼ tsp salt

½ cup sunflower seed butter or tahin

1 cup seeds (pumpkin seeds, sunflower seeds, or a mix)

Optional add-ins

½ cup dried fruit (cranberries, raisins, chopped dates)
¼ cup chocolate chips (nut-free brand)

2 tbsp chia seeds or flaxseed

A pinch of cinnamon

Instructions

1. *Toast (optional)*

Lightly toast the oats and seeds in a pan for 5–7 minutes to bring out a deeper flavor.

2. *Warm the binder*

Gently heat the sunflower seed butter (or tahini) with honey/maple syrup until smooth. Stir in vanilla and salt.

3. *Mix*

Combine the warm mixture with the oats and seeds. Add any extras you like.

4. *Press firmly*

Line a baking dish with parchment and press the mixture down very firmly so the bars hold together.

5. *Chill*

Refrigerate for 1–2 hours until set.

6. *Slice*

Cut into bars or squares and store in the fridge.

Tips

Sunflower seed butter gives the closest texture to nut butter. If the mixture seems crumbly, add a tablespoon more honey or seed butter. For a school-safe version, double-check that all ingredients are certified nut-free.

Community Safety – Fire & Home Hazard Prevention

Fire Blankets: Important Safety Notice

The Ontario Office of the Fire Marshal (OFM) advises caution when purchasing or using consumer fire blankets. There are **no Canadian safety standards** for these products, meaning uncertified blankets may **fail to suppress flames, melt, or release toxic fumes**. Rely only on proven fire-safety equipment such as a fire extinguisher.

New Ontario Carbon Monoxide (CO) Alarm Requirements (effective January 1, 2026)

Ontario has strengthened CO alarm rules to improve home safety. **CO alarms are now required on every storey of all homes**, in addition to existing requirements near sleeping areas in homes with fuel-burning appliances, fireplaces, or attached garages.

Remember:

- Test CO alarms monthly
- Replace alarms as recommended by the manufacturer
- If a CO alarm sounds, leave the home and call 9-1-1

Cooking Fire Prevention

Cooking remains the leading cause of home fires. Keep a **proper-fitting lid** near the stove. If a pot catches fire:

- Slide the lid over the pot
 - Turn off the stove
- Do **not** move the pot until it cools completely
Never use water on grease fires.

Smoke Alarm Requirements

Ontario law requires:

- Smoke alarms on **every storey**
Smoke alarms **outside all sleeping areas**
For added protection, install alarms **inside each bedroom**.
- Maintenance:
- Test monthly
 - Replace batteries yearly
 - Replace alarms every **10 years**



Nolalu Emergency Services Team

Hall 807-475-4441

2167 Hwy 588

info@NolaluEST.com

Nolalu ON P0T 2K0

Emergency 807-473-5200



Community Safety – Fire & Home Hazard Prevention

Extension Cord Safety

Extension cords are for **temporary use only**.

Safe use tips:

- Never run cords under carpets or furniture
 - Avoid overloading outlets
 - Do not connect multiple cords together (“daisy-chained”)
 - Replace damaged or frayed cords immediately
-

Lithium-Ion Battery Safety

Lithium-ion batteries (e-bikes, phones, tools, scooters) can overheat or ignite if damaged or improperly charged.

Reduce risk by:

- Using only manufacturer-approved chargers
 - Charging on hard, non-flammable surfaces
 - Avoiding overnight or unattended charging
 - Stopping use if a battery swells, leaks, smells, or overheats
 - Storing batteries away from heat sources
-

Home Fire Escape Planning

Every household should:

- Create a fire escape plan with **two ways out** of every room
 - Choose a safe meeting place outside
 - Practice the plan regularly (every 3-4 months) with everyone in the home
-

Space Heater Safety

Portable space heaters can cause fires when they overheat or draw more power than a circuit can safely handle. **Never plug a space heater into an extension cord or power bar.** These devices are not designed to handle the high electrical load and can overheat, melt, or ignite.

Safe use tips:

Plug heaters **directly into a wall outlet**

Keep heaters **at least 1 metre (3 feet)** away from anything that can burn

Turn heaters **off when you leave the room or go to sleep**

Inspect cords regularly and stop using the heater if the cord becomes warm or damaged

Candle Safety

Open-flame candles can ignite nearby materials within seconds. For safer alternatives, choose **battery-powered, CSA-approved** flameless candles.

If using real candles:

- Never leave them unattended
- Keep them away from anything that can burn
- Use sturdy, tip-resistant holders
- Keep out of reach of children and pets

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First Day of Spring Afternoon Tea

March 21, 2026 at 2 PM

Enjoy five varieties of tea served by members of the Cadet Corps


Your \$10 admission includes:

- smoked salmon sandwiches
- cucumber sandwiches
- egg salad sandwiches
- ham sandwiches
- fresh scones with jams
- a selection of dainties

Fundraiser for 2294 LSSR Cadets hosted by the Kakabeka Falls Legion


Tickets available at the Legion Breakfast on Sunday March 8 or e-transfer to kakabekalegion@tbaytel.net

Please include your name and number of tickets in the message.



SPRING TRIVIA

PICK THE ANSWER YOU THINK IS CORRECT FOR EACH QUESTION



1. WHEN IS THE FIRST OFFICIAL DAY OF SPRING?
 A. MARCH 1ST B. MAY 1ST
 C. APRIL 20TH D. MARCH 20TH _____
2. WHICH FLOWER IS NOT CONSIDERED A 'SPRING FLOWER'?
 A. ROSES B. TULIPS
 C. LILACS D. DANDELIONS _____
3. WHAT IS THE FIRST DAY OF SPRING CALLED?
 A. SPRING EQUINOX B. EASTER EQUINOX
 C. MARCH EQUINOX D. VERNAL EQUINOX _____
4. WHICH HOLIDAY IS IN SPRING?
 A. MEMORIAL DAY B. EASTER
 C. THANKSGIVING D. PRESIDENTS DAY _____
5. WHAT DOES SPRING SYMBOLIZE?
 A. LOVE B. REBIRTH
 C. DEATH D. FAITH _____
6. WHICH HOLIDAY DOES NOT OCCUR IN SPRING?
 A. EASTER B. MOTHERS DAY
 C. FATHERS DAY D. ST PATRICKS DAY _____
7. ON THE FIRST DAY OF SPRING, DAY AND NIGHT ARE WHAT LENGTH?
 A. 12 HR DAY & 12 HR NIGHT B. 16 HR DAY & 8 HR NIGHT
 C. 10 HR DAY & 14 HR NIGHT D. 14 HR DAY & 10 HR NIGHT _____
8. WHAT NUMBER SEASON IS SPRING CONSIDERED?
 A. FIRST B. SECOND
 C. THIRD D. FOURTH _____
9. WHY DOES DAYLIGHT INCREASE IN THE SPRING?
 A. EARTH'S AXIS IS TILTING TOWARD SUN B. EARTH CLOSEST TO SUN IN ORBIT
 C. EARTH DOESN'T SPIN AS FAST ON AXIS D. SUN MOVES CLOSER TO EARTH _____
10. ON THE FIRST DAY OF SPRING WHERE DOES THE SUN RISE AND SET?
 A. RISES SOUTH SETS NORTH B. RISES WEST SETS EAST
 C. RISES NORTH SETS SOUTH D. RISES EAST SETS WEST _____

The Spring Equinox is a time of rebirth, renewal, and new beginnings. It is a time when nature awakens from its winter slumber, and new life begins to sprout and grow.

Kakabeka Falls Legion Branch 225

Apr 2	LLHA Paint Night	4:00pm to 9:00pm
Apr 11	Executive Meeting	12:30pm
Apr 11	General Meeting & Luncheon	2:00pm
Apr 12	Buffet Breakfast	8:30am to 11:00am
Apr 18	Dance with Quest	7:00pm to 10:00pm
Apr 25	Dance with Quest	7:00pm to 10:00pm
Apr 26	Sunday Music	2:00pm to 4:00pm



To book an event please call Alice at 807-577-0418

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.

"The power of community to create health is far greater than any physician, clinic or hospital."~~Mark Hyman~~

"Without community service, we would not have a strong quality of life. It's important to the person who serves as well as the recipient. It's the way in which we ourselves grow and develop."~~Dorothy Height~~



YOU ARE NEVER TOO OLD TO HAVE FUN!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Craft Room 10-3	Craft Room 10-3	Craft Room 10-3	Craft Room 10-3	Craft Room 10-3
Chair Yoga 10-11	Weaving 10-3	Beginners Carving 10-3	Yoga 10-11 Starts Feb 5/26	Friendship Café Fri. April 24th 1-3
Carving 10-3	Knitting 10-3	Quilting 10-3	Weaving 10-3	
Disking 1-3	Good Company Choir 1-2:30	Cribbage 1-3	Knitting 10-3	
			Games Day Euchre, etc 1-3	

Next **Friendship Café** is Friday February 26 – Contact Shawn or Elaine for more information at **807-473-5528**

Games Day is now twice a month so the dates for April are the 9th and the 23rd.

5 Pineview Road, Kakabeka Falls, Ontario, Canada P7K 0G8

Phone: (807) 475-5779 Email: rural60@tbaytel.net

Website: www.rural60plus.ca

GrassRoots Business & Ad Fees, As of January 2023

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



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

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

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

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

From the Editor's Desk

As I write this I am patiently waiting for Spring. I've noticed signs of Spring coming but it is not here quite yet. We've had a couple of beautiful days with sunshine and warmer temperatures, and a lot of the snow melted, but of course we got more snow so you can't really tell that any is gone. The birds have been more active around the house, and it is nice to see more of them coming out of the woods to enjoy the sunshine. One of the sure signs of spring is march break for the school kids, and the Tough Boating Fish Derby. The fish derby was an amazing weekend and it was so nice to see so many people out at the centre supporting the community. The volunteer committee and members did a spectacular job in organizing and participating at this awesome event. The food was great, the prizes were incredible, everyone attending had a fantastic time, and we saw some record fish. Congratulations to all the winners and to all the volunteers for an excellent job. Well done!

Life is still busy around our house, my mother has been moved to the transition unit and is awaiting a room in a nursing home. They are working on getting her stronger so doing lots of physio and making sure she eats right. They are pushing for a discharge before a nursing home is ready but she just isn't safe at home alone anymore so we are trying to work out details with them. Between hospital visits, meeting with staff, packing up a house, and trying to visit the grandkids, I think we spend more time in town right now than we do at home. In between all that we were without water for a week. The back well had run dry, we should have kept a closer eye on it, and the side well had frozen over. Our daughter worked tirelessly every morning and night trying to get the water going. We filled up the back well, we were defrosting the side well, but nothing seemed to be helping. We were running into town for showers, filling up water jugs, and doing laundry in between visits to the hospital. Each day Kayla was working on it and on the seventh day she sent us a beautiful picture of the taps running, as we were in town doing laundry and visiting. You truly don't realize how much water you use in a day until you are without it for a period of time. We have certainly learned to conserve our usage and to keep a closer eye on the levels in the wells.

I just wanted to say thank you to all of the people that help me keep Grassroots running. Angela Woodhouse-Wild and Marisa Nascimben are the proof readers who catch all my typos and grammar errors, without them there would be some pretty funny mistakes. My husband spends 6 to 8 hours with me while we print the Grassroots, and does all the folding of each issue for the mailing. My daughter and yes, even my grandson come down to the centre for a few hours to help with the folding, bundling, and delivering of the newsletter. Last but not least our contributors, we wouldn't have a newsletter without you and your submissions, especially our writers Kathy McGowan and now Amrita Banerjee. Thank you everyone for making this a wonderful newsletter.

Odetta

FIREFIGHTER WORDSEARCH

V	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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| BADGE | BARRICADE | EXTINGUISHER | LADDER | TRUCK | ENFORCEMENT | FIRE TRUCK |
| AMBULANCE | CHEMICALS | EMERGENCY | FIREHOUSE | PARAMEDIC | | |
| ACCIDENT | AIR MASK | AIR TANK | EVIDENCE | INCIDENT | | |
| CAPTAIN | CAUTION | SURVIVE | GLOVES | HELMET | | |
| RESCUE | SAFETY | SEARCH | BLAZE | RADIO | | |
| SIREN | SMOKE | WATER | FIRE | GEAR | | |

Health in a Hurry

Hello lovely neighbours. My name is Amrita and I moved to Nolalu about two years ago with my husband and daughter. This community has been so warm and welcoming, and I wanted to give back in some small way. With the blessing of the lovely Grassroots team, I will be writing short (< 2 minutes to read) articles on happiness and wellbeing. If you like them, please let us know and I can keep them coming!

You might have heard that being grateful is good for your health. But what does that mean? And how can you reap the benefits?

A mountain of research highlights that being grateful reduces stress and anxiety, improves focus and fosters a sense of community. I had heard about this, but I didn't know how to incorporate it into my daily life. So I read some books, listened to some podcasts and here are some simple things I have been trying to do every day:

1. Rose, rose, thorn, bud. At dinner, we go around the table and everyone says two 'roses' (something positive that happened that day), a thorn (something negative) and a bud (something to look forward to). It is simple and very quick, but it does several things. First, it makes you mindful about your day. Second, it makes you focus on self-reflection and third, it allows you to open a conversation if you wish to with your family.
2. Gratitude journal: did you know that the simple act of physically writing something down about your day can actively make you happier? I am still struggling with this one and am not consistent with it, but journaling has so much data behind it! So, keep a journal and a pen by your bedside, write down a few thoughts, and over time, it might become another healthy habit.
3. Affirmations: As I leave the house every morning, I literally say, out loud, that I am grateful for my life. Is that a bit weird? Maybe. Do I care? No. It is a little act that grounds me as I start my day, and sets a positive intention for the rest of it.

So, there you have it. Three incredibly simple acts you can do either by yourself, or with loved ones, that are backed by science to make you feel happier in the long run.

Take good care,

Amrita Banerjee

National Day of Mourning April 28

We join communities across Canada in observing the National Day of Mourning. As a volunteer fire department, we stand in solidarity with all workers who have been injured, fallen ill, or lost their lives due to workplace hazards.

We also honour the volunteers who give their time, their skills, and their courage to protect others — often balancing this service with full-time jobs, families, and community commitments. Their safety matters just as much as the people they help.

This day reminds us why training, prevention, and safe practices are essential in every call we answer. We remember those we've lost, support those who continue to carry the impact of injury or illness, and recommit ourselves to creating safer workplaces and safer communities.

We remember. We honour. We continue the work.

#VolunteerFirefighters #DayOfMourning #WeRemember #CommunityStrong

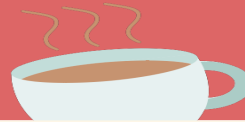
Friendship Café

Food, Fun & Games!

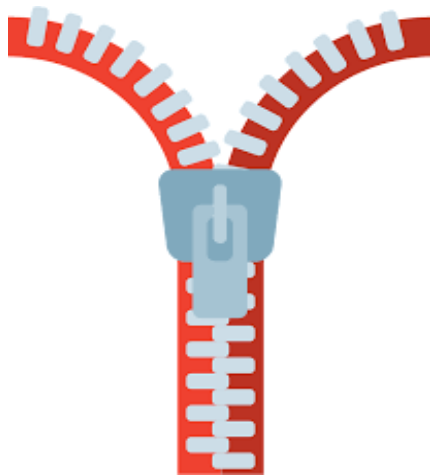
April 24, 2026 | 1-3PM
5 Pineview Road, Kakabeka

Join us for an afternoon of food, fun and connection - no registration required!

Questions? Contact Elaine
or Shaun at 807-473-5528



BARB'S PROFESSIONAL SEWING



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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

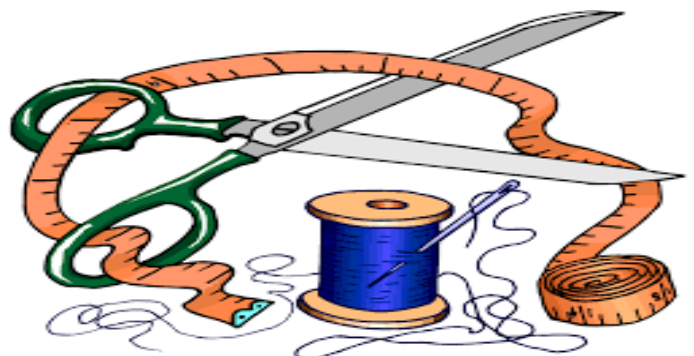
Doing repairs, alterations, wedding parties

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NOLALU COMMUNITY CENTRE

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

Thursday, April 16, 2026

7:00pm

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

LOCAL SERVICES BOARD OF NOLALU



Tuesday, April 28, 2026

7:30pm

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).

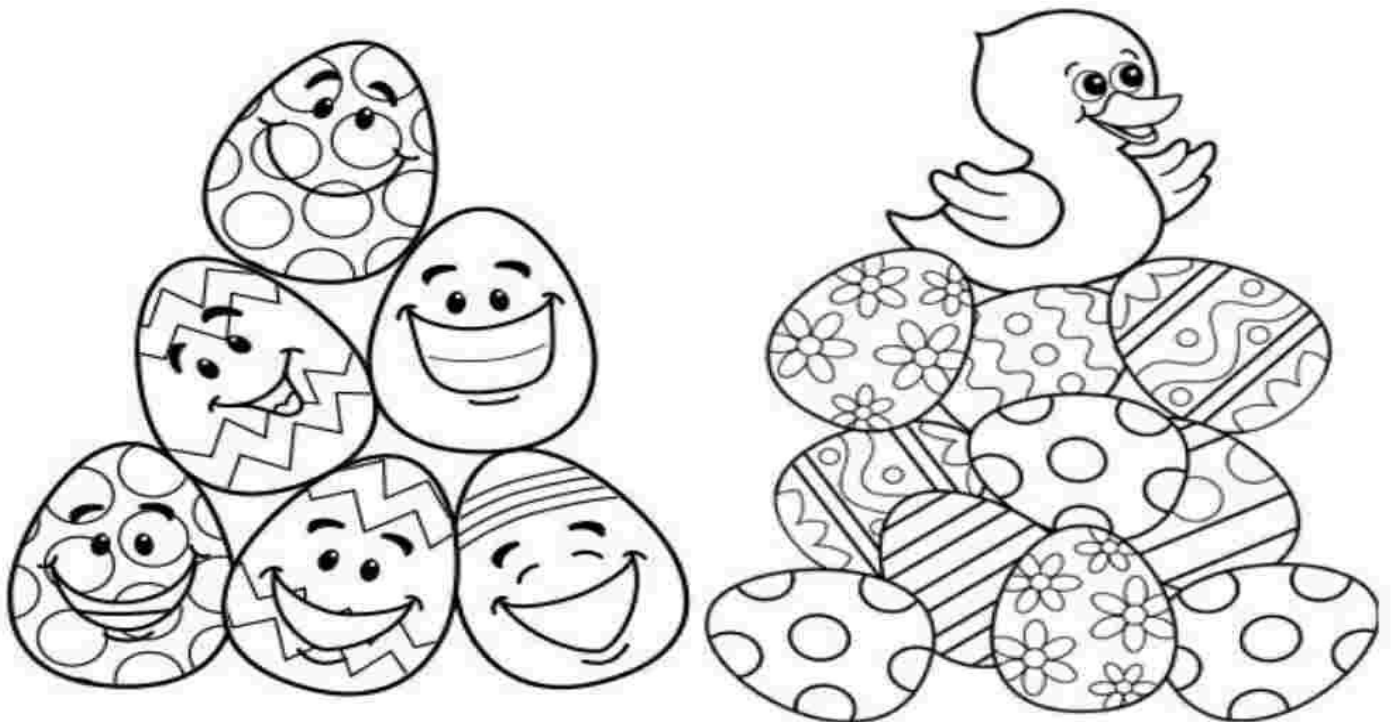
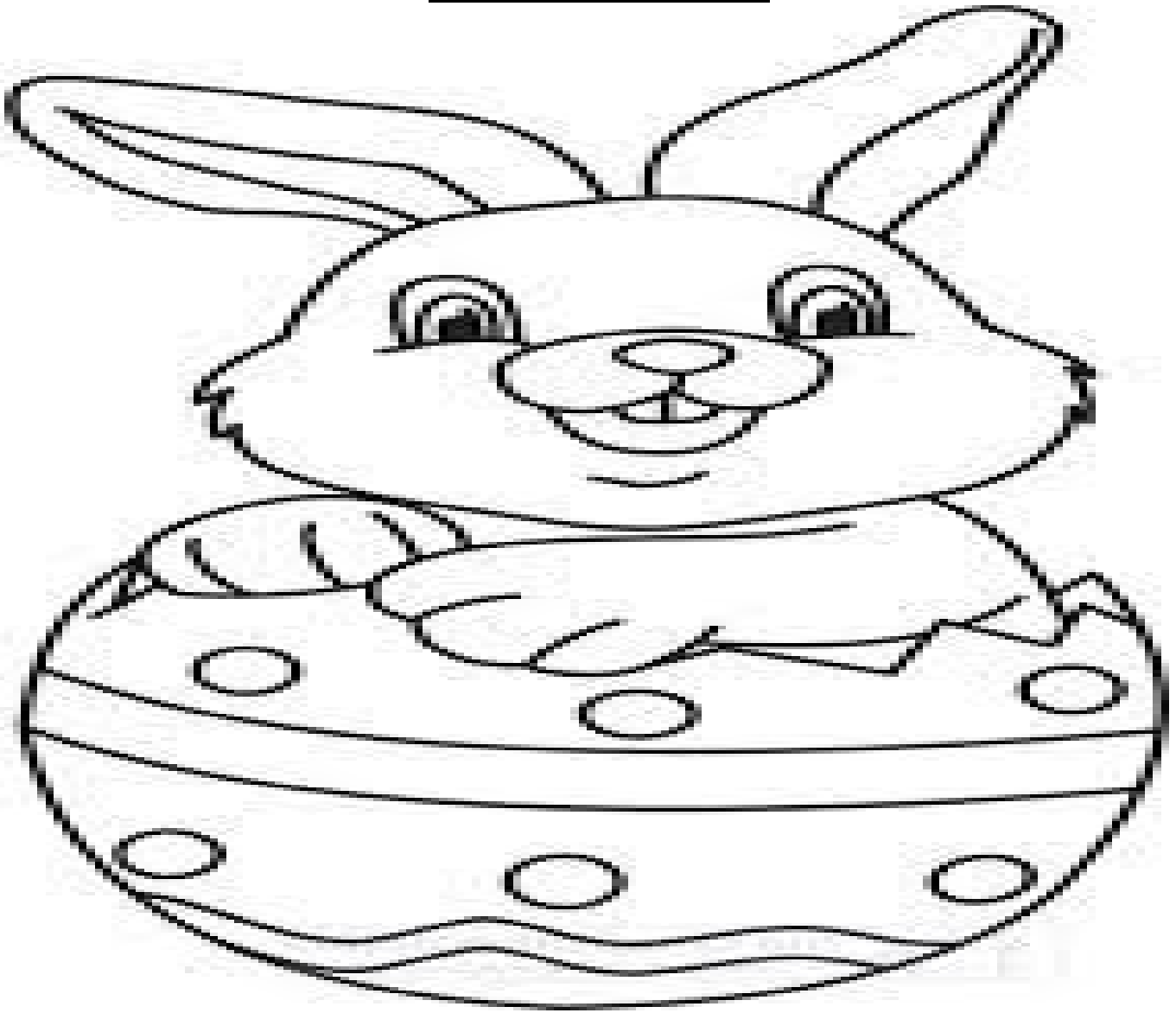
FUN group.

We have extra equipment if needed.



"The community is the gathering place where people connect, build relationships, and support each other." ~~Anonymous~~

COLOURING PAGE



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. Weekend rentals: pick up Friday, return Monday. Any rental longer than 3 days will be subject to a 20% surcharge per extra day
- ◆ Renter provides transportation and returns in clean condition.
- ◆ Some 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—April 2026

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