

NCC NEXT MEETING:

Monday March 10
@ 7:00pm

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

LSB NEXT MEETING

Tuesday March 25
@ 7:30pm

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

NEST NEXT MEETING

Thursday March 13
@ 7:00pm

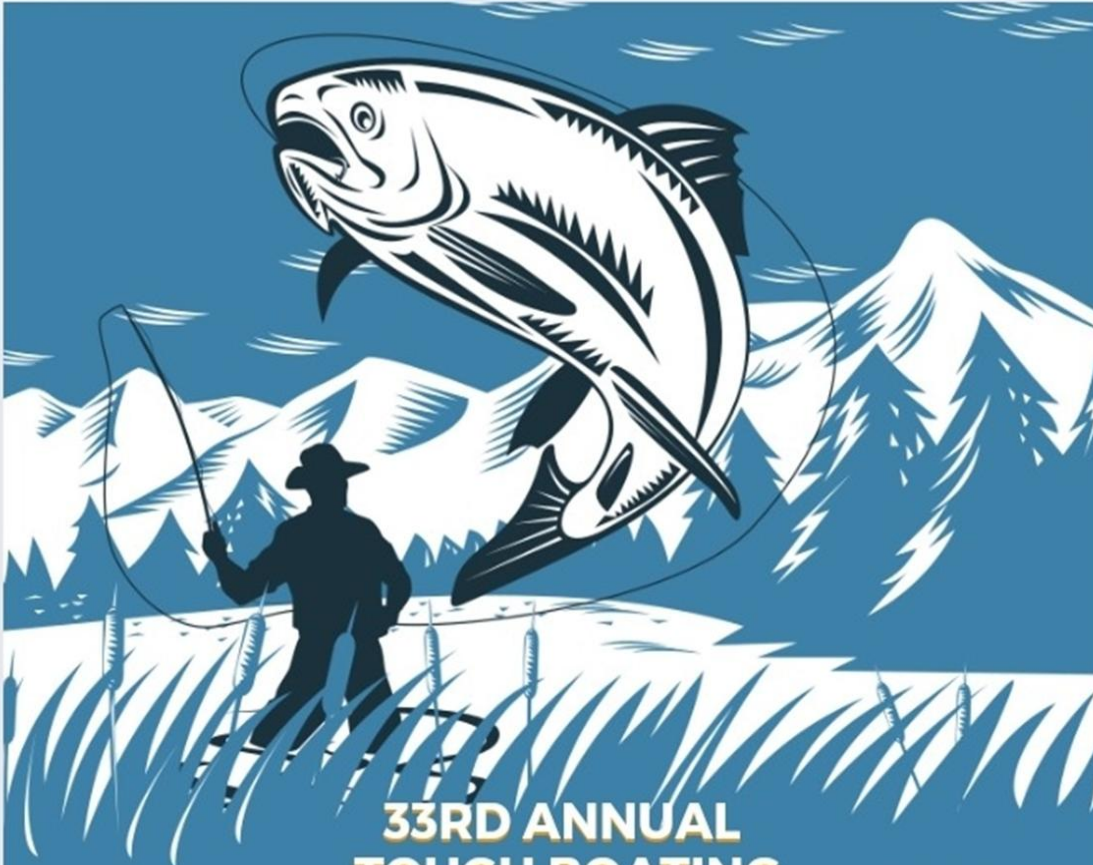
At the NCC and open to the
community

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February 2025

Nolalu's GRASSROOTS



**33RD ANNUAL
TOUGH BOATING
FAMILY
FISH DERBY**

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

Categories
Lake Trout
Pike
Speckled Trout
Pickerel
Kids Perch

**March
8 & 9
2025**

Cash Only

entry - kids \$2.00
adults \$3.00
Food and Refreshments
available all weekend
Weigh-In:
Saturday 3pm-6pm
Sunday 12pm - 6 pm

For More Information: Sue Backstrom
807-475-8467
sbackstrom24@gmail.com

**PRIZES
1ST, 2ND, 3RD
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must abide by mnr regulations



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Nolalu Fire & Ambulance: 807-473-5200

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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, March 10, 2025

@ 7:00pm

ALL NCC meetings are open to the
community.

NCC financials are available at each meeting,
posted on the bulletin board, and year end
financials will be posted in the Grassroots.

NEST meeting 7:00 pm at NCC

Thursday March 13, 2025

**Nolalu Dump WINTER Hours
October 1—April 30**

ADRIAN LAKE

Sundays 12pm - 3pm

HARDWICK

Sundays 4pm - 6pm

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****FREE QUOTES****

Ten Commandments for Wives - 1950

1. Don't bother your husband with petty troubles and complaints when he comes home from work
2. Be a good listener. Let him tell you his troubles; yours will seem trivial in comparison
3. Remember your most important job is to build up and maintain his ego (which gets bruised plenty in business). Morale is woman's business.
4. Let him relax before dinner and discuss family problems after the 'inner man' has been satisfied
5. Always remember he's a male and marital relations promote harmony. Have sane views about sex
6. No man likes a wife who is always tired out. Conserve your energy so you can give him the companionship he craves
7. Never hold up your husband to ridicule in the presence of others. If you must criticize, do so privately and without anger
8. Remember a man is only a grown-up boy. He needs mothering and enjoys it if it isn't piled on too thick
9. Don't live beyond your means or add to your husband's financial burdens
10. Don't try to boss him around. Let him think he wears the pants

Here's some more;

In the 1950s, the idea of a happy marriage was centered around the woman's role in maintaining the home and steering the relationship away from divorce.

Make him comfortable: Arrange his pillow, offer to take off his shoes, and speak in a soft, soothing voice

Be efficient: Spend money wisely, make food from scratch, and keep the house clean

Look gorgeous: Be a "happy housewife" who makes it all look effortless

Marketing in the 1950s sold the idea of a "happy housewife" who was efficient, spent money wisely, made food from scratch, always kept the house clean, and looked gorgeous.

A typical day for married men in 1950 was for their wives to wait on them and make their lives easy for them. If men held full-time jobs, they were considered amazing husbands. If they even "babysat" their own child, they were revered. Housewives' jobs were to wait on their husbands and children, hand and foot.

Not only did the women of the 1950s have to make exciting meals, ensure their children are well behaved without disciplining them excessively, keep their home smelling lemon fresh and always look appealing for their husbands, they had to make it all look easy.

In the 1950s, many wives financed their husbands through college. The 1950s were marked by rising prosperity, as the U.S. economy grew rapidly and unemployment remained low. They are also remembered for strict gender roles: men as breadwinners and women as family caretakers.

In the 1950s, the average housewife would have woken early after (ideally) 8-9 hours of rest. She did her hair and makeup, served breakfast, washed the dishes by hand, made the beds, tidied the house, swept and dusted, and did gardening or sewing

It is no coincidence, then, that the 'housewife syndrome' diagnosis was associated with the same symptoms as hysteria, such as anxiety, nervousness, depression, headaches, insomnia, fainting or fatigue. The median age at first marriage in 1950 was 23 for males and 20 for females

Advice for Wives 2025

1. Communication is Key: Laurie emphasizes the importance of open, honest communication in fostering emotional intimacy. "It's not just about talking," she says, "it's about truly hearing and understanding each other."
2. Emotional and Philosophical Alignment: A strong marriage requires more than practical solutions—it demands alignment in values and emotional integrity. Laurie shares strategies to ensure partners remain on the same page as they navigate life together.
3. Let's Talk About Sex: Intimacy can often be overlooked or become a sensitive topic, but Laurie encourages couples to address it head-on. She provides actionable advice on how to rekindle the spark and keep the connection alive.
4. Division of Labor: Balancing responsibilities is critical in any relationship. Laurie breaks down how couples can create harmony by clearly defining roles and expectations while supporting each other's needs.



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

Do you have any great recipes you'd like to share? Or maybe a great place to visit in the area? Maybe you have a funny anecdote or you like to write stories. Do you write poetry or take great pictures? Maybe you're an artist that would like to show off your beauties. The Grassroots needs your submissions. Drop me a line with your musings or ideas. I'd love to hear from you. Odette

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From the Nolalu Community Cookbook 1975

Fudge Cake or Brownies ~~ Heather Choy

1/2 cup shortening or margarine
1 cup sugar
Pinch of salt
2 eggs
few drops of vanilla
1/2 cup cocoa
1/2 cup flour
walnuts if desired
Mix together, after sifting flour and cocoa. Bake in 8" x 8" pan at 350°F for 20 to 25 minutes. If iced, do so while cake is still warm

Bologna in Tomato Sauce ~~Norma Kivela

1 lb. bologna (more or less)
1 can tomato soup or 1/2 ketchup & 1/2 cup water
1/2 cup celery(opt.)
1 onion
Slice bologna thickly and cube. Fry lightly in frying pan. Add 1 onion diced, 1/2 cup celery diced. Fry a few minutes longer. Add tomato soup, or ketchup and water mixture. Simmer 15 minutes. This is quite tasty served with potatoes or rice. Quick and economical.

Cheese Ball ~~ Janet Goertz

1 – 8oz pkg. Philadelphia cream cheese
1/4 #Imperial Cheese
1 – 2oz pkg pineapple
Blend above in mixmaster. Blend in a few drops of Worcestershire and tobassco sauce. Roll into a ball. Chop pecans and parsley and spread on wax paper. Roll ball in this mixture. Freeze.

Chinese Beef ~~ Pat Maki

2 lbs. flank or round steak
1/4 cup soy sauce
2 tbsp salad oil
1 clove garlic (optional)
1/4 cup warm water
1/4 tsp ginger
2 green peppers
1 can bean sprouts (drained)
1 tbsp corn starch
dash of pepper
2 tomatoes
1/2 tsp sugar
1 tsp salt
Cut steak into thin strips. Cut tomatoes into quarters. Cut peppers (if desired) into chunks. Fry beef, garlic, salt, pepper, ginger until browned on both sides, in hot oil. Season with soy sauce and sugar. Cover tightly and cook for 5 minutes. Then, add tomatoes, peppers, bean sprouts. Boil briskly for 5 minutes. Make a paste with the cornstarch and water. Add to beef mixture and cook until sauce thickens. Stir occasionally. Do not over cook! Serve with rice.

HINTS:

Chicken Tender: After cleaning a chicken or turkey, rub the inside and outside thoroughly with a lemon before putting in the dressing. This makes the meat white, juicy, and tender. Adding a teaspoonful of vinegar to the water, when boiling also makes it tender

Olive Oil: Do not keep olive oil in a cold place as it is injured by freezing. Always keep in airtight tin or jar

Cooking Vegetables: when it is desired to cook them quickly, add a pinch of soda to the boiling water, it will hasten the cooking.

Dessert: An inexpensive and delicious dessert can be made by pouring hot lemon sauce over stale cake, that has been heated in the oven.

Best Board Games for a Winter's Night

- Ticket to Ride – best beginner
- Scout – best cheap
- Catan – most popular
- Total War Rome: The Board Game – best videogame adaptation
- Arcs – best strategy
- 7 Wonders Duel – best for couples
- The Quacks of Quedlinburg – best family
- Gloomhaven: Buttons and Bugs – best travel
- Sherlock Holmes: Consulting Detective – best mystery
- Blood on the Clocktower – best social deduction
- Undaunted Battle of Britain – best war

Board Games 1975

- Pay Day: Players pay bills and expenses using their "pay day" wages to be the last player with money
- Cemetery Hill: The Battle of Gettysburg: A game about the Battle of Gettysburg in 1863
- Dungeon!:
- En Garde!: A tabletop role-playing game
- Tunnels & Trolls: A tabletop role-playing game
- Alexander the Great & Cross of Iron: Board games about Avalon Hill

NEW ONTARIO SHOOTERS ASSOCIATION INC.

PRESENTS

2025 SPRING GUN SHOW

Saturday, March 8th • 9 a.m. to 4 p.m.

Sunday, March 9th • 9 a.m. to 3 p.m.

SLOVAK LEGION

801 Atlantic Avenue, Thunder Bay, ON

\$5 Admission

Children 12 & under FREE with paid adult admission

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This show is a fundraiser for the Junior Shooters Program

www.nosa-newontarioshooters.org | Facebook: New Ontario Shooters Association Inc. - NOSA

For more information call Samantha 807-626-4003 | Jordan 807-631-9903

Did You Vote?

Basic Facts:

Confederation:

In 1867, voting was considered a privilege. Only select people could vote: men aged 21 or older who were British subjects by birth or naturalized citizens and owned property. These rules excluded a large majority of the population of Canada from voting. Only about half the adult male population could vote.

Property ownership:

For many decades after 1867 and until 1920, a property-based qualification required voters either to own property to a certain value or to pay rent or to make a certain annual income.

Voters lists:

Voters lists indicate who may vote in an election. From 1867 to 1917, the responsibility for drawing up these lists shifted back and forth between the provinces and the federal government. This had the effect of disqualifying people in certain provinces.

First Nations, Metis, & Inuit:

First Nations men could vote from 1869 onward only if they gave up their Indian status. During the First and Second World Wars, First Nations men and women who served in the military were given the right to vote. First Nations women and men got the vote unconditionally in 1960. Voting restrictions were not formally imposed on Métis: they were allowed to vote if they met the gender, age, citizenship and property ownership conditions. A Métis man was elected to Parliament in 1871. Métis women got the vote in 1918 along with most Canadian women. Inuit were not mentioned in federal election law until 1934, when they were explicitly excluded from voting. They gained the right to vote in 1950.

Religion:

Religion was not normally a factor in voting eligibility after 1867, but during wartime, Mennonites, Doukhobors and Hutterites, among others, were restricted from voting because they opposed military service. Conscientious objectors were deprived of their voting rights in 1917 and again from 1938 to 1955. During the First and Second World Wars, some Canadians were denied the vote if they were born in an enemy nation or if their primary language was that of an enemy country.

Black Canadians:

Black Canadians have always had the right to vote at the federal level if they met eligibility criteria, such as gender, age and property ownership.

Occupation, Intellectual disability, & Incarcerated electors

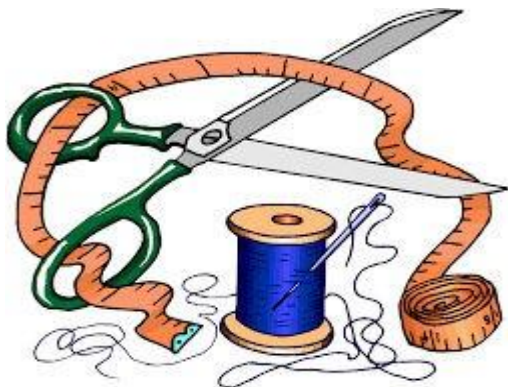
Certain occupations (government workers, judges and election officials) were excluded from voting for many years. Federally appointed judges first got the right to vote in 1988. Today, only the Chief Electoral Officer of Canada is unable to vote. From 1898 to 1993, many citizens with an intellectual disability were disqualified from voting in federal elections. Prison inmates were disqualified from voting from 1898 until 2004, when all prisoners got the right to vote, no matter the length of their sentence.

Residence

Until 2018, Canadians living abroad for extended periods of time were not allowed to vote unless they were serving in the military or in the federal civil service.

As you can read the law has changed many times in regards to who can vote. My mother always told me it is a privilege to be able to vote and we must always exercise that privilege or we might lose it. She encouraged me to learn about what I was voting for or against, which party slogans did I agree with, which ones made me cringe. Did I understand how the country, province, or municipality was run. Was there things I thought could be done better or needed changing. All this could happen with the power of the vote. If everyone exercised their right to vote, the majority would rule and changes could be made. But what happens when no one shows up to vote? What message does that send to our electoral body when a small percentage of us are deciding who runs the country. Do we still have the right to complain if we don't vote? Does that give those in power more freedom to do as they see fit no matter what the voters think? Just recently, at the advance polls only 6% of voters showed up to cast their ballot. Let's hope that the other 94% will show up on election day. In the last provincial election only 43% of the electorate showed up to vote. They said that was a good turn out. I think it's disgusting that less than 50% of the people who have a vote bother to take the time to vote. This election they are predicting that it will be even less. This doesn't just happen federally and provincially, it happens all the time in our little communities. Did you come out to the LSB elections or the NCC elections? Are you volunteering on a board, and does the community show up to vote on what is going to happen right around them? Do they show up when all of a sudden something was changed and they didn't like it, usually they do, but is it too late? Whatever was voted on when they weren't showing up is now taking place. The same is going to happen municipally, provincially, and federally. Get out there and vote before things are changed that are not good for the community and before we lose our right to vote totally.

BARB'S PROFESSIONAL SEWING



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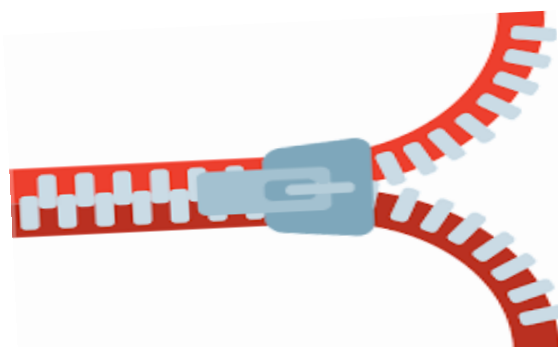
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Are you experiencing a louse-y situation? Let me make this Lice'N'Easy for you! Hi, I'm Irene and I am here to help you alleviate the stress of a nit- picky circumstance. As a fully licensed Head Lice Technician, through the Lice Treatment Center, 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

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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.

KB RURAL AREA STITCH & CRAFT GROUP

Meetings every other week on Monday nights.

7:00pm to 9:00pm

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 March 3, 17, & 31

Bring your yarn, your sketch pad, your rock art,

your beading, or whatever project you are currently working on.

Hope to see you there.



Top Card Games for a Winter's Night

- Ways of Alchemy: A medieval alchemy game where players experiment with ingredients to brew potions
- Godzilla: A trading card game based on the popular Godzilla IP
- Disney Lorcana: A family-friendly game that's accessible and tactical
- Skull: A bluffing game where players trick their opponents
- Arkham Horror: A horror card game set in the H.P. Lovecraft universe
- Joking Hazard: A party game that's great for get-togethers with friends
- Summoner Wars: A battling card game that takes place on a 5-by-8 grid
- Deck-building: Dominion is considered the best deck-building game
- Trick-taking: Cat in the Box is considered the best trick-taking game
- Bluffing: Cockroach Poker is considered the best bluffing game
- Negotiation: Bohnanza is considered the best negotiation game
- Set collection: Hanabi is considered the best set collection game

Best Card Games in 1975

- The Great American Auction: A card game from Whitman
- Old Maid: A card game from Whitman that came in different versions, including Country Hillbilly High Society
- War: A 45-card deck game from Whitman
- Rummy Royal Deluxe: A card game from Whitman that came with chips
- Bluff License Plate: A card game from Parker Brothers
- Tennis the Smashing: A card game from Parker Brothers
- Nevada 15 Gin Rummy: A game with a scoring board from E.S. Lowe
- Illuminati: A game by Steve Jackson Games inspired by the book The Illuminatus! Trilogy
- The Famous Five Card Game: A children's card game based on the books by Enid Blyton
- Karniffel: A European card game that originated in Bavaria in the 15th century
- Solitaire: Also known as Forty Thieves, this was once a popular two-deck game
- Rummy: A simple game for two to four players



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).

March 3rd: "Catch 22" by Joseph Heller

Join online:

www.facebook.com/groups/ruralreadersbookclub

SPRING ICE SAFETY TIPS

Rotting Ice?

Ice rots in the spring. What does it look like?
Rotting ice begins to look grey and splotchy.
Stay off ice if you see:

- **Water on it**
- **Slush**
- **Cracks/holes**
- **Grey/dirty veins**

Clear blue or green ice is the minimum standard for new and strong ice. White ice has air or snow in it and shouldn't be considered strong.

Even thick ice may be weak after being frozen and thawed repeatedly, and it may contain layers of snow or water, weakening it more.

Spring Ice is Rotten Ice!

Fast Facts

- Once ice starts to rot, the thickness cannot be used to determine if the ice is safe, even if it looks solid
- Ice can erode from the bottom up, with no obvious warning signs on top
- After any warm spell, 40cm (1.3 ft) of ice may suddenly crumble
- You should check with local authorities, such as community services, if the ice is safe to be on or around



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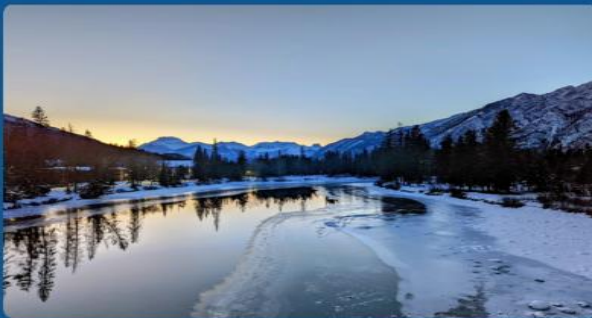
www.LifeSaving.org
780.415.1755 | Experts@LifeSaving.org
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SPRING ICE SAFETY

Water Smart Facts

Understanding the factors that cause ice to melt can help you to make safer choices about being on or around the ice at all times of the year.

In spring, ice is exposed to several weakening factors at a time, making spring ice the most unpredictable ice!



What Causes Ice to Melt?

These ice-melting factors always present a risk, but you should be extra cautious in spring:

- Warm weather, especially over many days
- Saline run-off from roads and melting snow dumps can create 'hot spots' that weaken the ice
- Ice near shore melts more quickly
- Tree stumps, rocks, and docks absorb heat from the sun, causing the ice around them to melt
- Snow acts like an insulating blanket; ice beneath snow will be thinner and weaker
- The 'veins' from minerals in the water melt faster than the rest of the ice (a process called candling); candling causes vertical channels which weaken the ice



www.LifeSaving.org
780.415.1755 | Experts@LifeSaving.org
Reg. Charity No. 11912 9021 RR0001

Winter Fun On the Ice

To stay safe on the ice, you should check the ice, dress warmly, and avoid traveling on unsafe ice. Measure clean, hard ice in multiple places, and look for signs and warnings. Avoid going near ice that is close to moving water. River currents change and damage the ice underneath making it unstable. If the ice is slushy, thawing, or refrozen, stay away. Early in the winter and as we get closer to spring the ice becomes unpredictable.

Make sure to dress warmly, use boots with traction to avoid slipping, protect yourself and others from the cold.

Don't go on ice alone. Avoid ice that has cracks, breaks, or holes. Avoid going onto ice at night as it is very difficult to see open holes in the ice. This is a frequent cause of snowmobile drownings.

Carry ice picks, an ice staff, a rope, and a cellular phone. Have a portable flotation device with you, better yet wear a life jacket over your snowsuit.

If taking children on the ice be sure to supervise them, not only on the ice but around it and waterways. If bringing pets keep them on a lead.

Always be prepared and carry a personal safety kit with a lighter, matches, fire starter, knife, compass, and whistle.

No ice is without risk, be safe.

SPRING FORWARD ONE HOUR

Daylight Savings Time

MARCH 9, 2025 AT 2:00AM

SPRING FORWARD SAFELY: This is also a good time to **test your smoke alarms** and **change replaceable batteries**, if needed.



Don't forget Nevada tickets are available at Hoppers. All proceeds to NEST. Only \$1.00 per ticket for a chance to win \$500.00

Nolalu Emergency Services Team

Hall 807-475-4441

info@NolaluEST.com

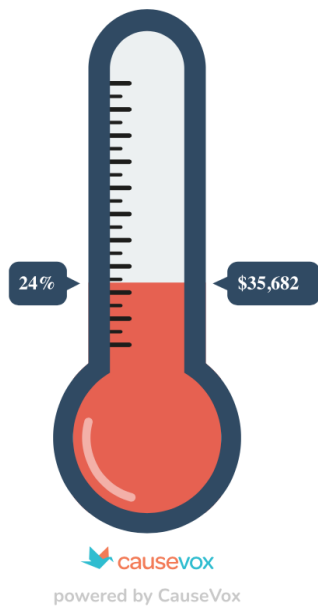
Emergency 807-473-5200

2167 Hwy 588

Nolalu ON P0T 2K0



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 \$35,682.00 total so far. Thank you so much for your support in our efforts to build funds for the purchase of a new tanker

Amount same as last month. Keep those donations rolling in, every dime helps.

Spring Equinox

Welcome, vernal equinox! In 2025, the March equinox happens on March 20 at 5:01 A.M. EDT. This falls on a Thursday and is the astronomical beginning of the spring season in the Northern Hemisphere. The amount of daylight has been increasing each day after the winter solstice, and now many places will experience more daylight than darkness in each 24-hour day. The amount of daylight each day will continue to increase until the summer solstice (in June), when the longest period of daylight occurs.

Equinoxes are the only two times yearly that the Sun rises due east and sets due west for all of us on Earth! While the Sun passes overhead, the tilt of Earth is zero relative to the Sun, which means that Earth's axis neither points toward nor away from the Sun.

The Spring Equinox is also a pagan holiday that celebrates the rebirth of spring. Many celebrate by meditating, planting seeds, and honoring the new life of spring. If meditating try to do it outside, although it might be a little cold up here, this will help you welcome spring and connect with nature. If it is planting seeds you want to do I am sure many of you have already started your indoor gardens, getting everything ready for when the snow is gone and we can transfer the seedlings to the earth. This symbolizes our intentions for the new season.

It is also a time to celebrate balance and equilibrium. Practicing your breath work while you meditate. Practicing equal breathing to align your system with the seasonal energy will help calm your system and welcome spring. The best part of the equinox is the time to explore. Explore within yourself and explore nature. Go for a hike or explore new pathways you haven't seen or thought of.

Pagan traditions also call for the decorating of altars. Don't have an altar or even want one, you don't need one to celebrate the magic of spring. Decorate your table, your windows, outside your house, where ever the season calls for it. Use flowers, candles, seeds, fruits, colourful ribbons or lights, anything that brings alive this next season. Soon we will see the beauty that nature has to offer in her own colours and designs.

As we embrace the equinox, we're reminded of the cycle of life, of death and rebirth, and the perpetual promise of renewal. It's a time to celebrate the earth's awakening from its slumber, to plant seeds not just in gardens but in hearts and minds—seeds of hope, dreams, and new possibilities.



Seniors Potluck Lunch



(55+ or “close enough”)



Next two (2) lunches taking place:

Monday, March 24 (**NEW DATE)

Monday, April 14



\$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

Beware of strange marks in the snow, especially the colour yellow.

Taurus: April 20 – May 20

Get out your recipe books and search for that favourite treat. Let the baking begin.

Gemini: May 21 – June 21

You've been out of sorts, but the sun is coming to revive you. Look skyward and be rewarded.

Cancer: June 22 – July 22

Watch out for tripping hazards, especially your pet's tail. Dance in the moonlight.

Leo: July 23 – August 22

Now is a good time to start chewing gum, practice your bubble blowing, you have lots of hot air.

Virgo: August 23 – September 22

Young children will bring much laughter. See life through their eyes.

Libra: September 23 – October 22

How is that luminescent purple working for you? More people are noticing your shining personality.

Scorpio: October 23 – November 21

Don't fall through the cracks, especially while ice fishing. A big one is coming your way.

Sagittarius: November 22 – December 21

Invest! Now is your time, invest in your future, your life, the now, get out there.

Capricorn: December 22 – January 19

Help someone to get organized, your skills are immeasurable. Keep your tongue in check.

Aquarius: January 20 – February 18

Hang on, like a dog to an old boot, you will be surprised at the outcome.

Pisces: February 19 – March 20

Start snapping, record this beauty that surrounds you, others will appreciate your joy of life.

Thank You

We would like to say a big thank-you to Jacquie and Paul Sarkissian for the donation of the piano, and for helping to pay for the cost of repairs and tuning. Thanks also to Liz for arranging to for the 'pianoman' to come and put some TLC into the piano and hanging around while things got accomplished.

We have some new chairs at the hall thanks to Angela's hard work in looking everywhere for suitable but reasonably priced chairs. Thanks also to Bob Katajamaki, Larry Watson, Liz Pszczolko, Mary Ellen Scott, and Rob Houle for pick up, delivery, and a dump run of the old chairs. The donor would like to remain anonymous, but we really appreciate having them! When the snow melts the remaining broken chairs will be taken to the dump.

Liz made arrangements to send the dishwasher to the hospital, and it is now back in place and ready to go back to work, all shiny and clean and not leaking!

Andrew Warren and Eileen Hurley donated some big totes to hold toys, and Mary Ellen was instrumental in cleaning and sorting out toys and all the stuff that was stored under the stage. We now have lid on our clutter, so to speak!

"The power of one man or one woman doing the right thing for the right reason, and at the right time, is the greatest influence in our society." ~~Jack Kemp~~

Second Tuesday of Each Month
Next Play Date: March 11, 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 2nd Tuesday of every month at the Nolalu Community Centre

Hope to see you there



RURAL CUPBOARD FOODBANK'S **25 ANNIVERSARY**

We will be celebrating our 25th Anniversary on May 24, 2025
at the Kakabeka Legion Branch 225

The evening of celebration will include a dinner and dance
with music by Teb Vondrasek

Please watch the newsletters and face book
for updates and availability of tickets.



From the Rural Cupboard Foodbank to all those that donated food or money at our Stuff the Cruiser on February 1st. You really did stuff the cruiser!!! The event was a success not just because of the donations of food and money but because of the volunteers that gave of their time such as

- the OPP
- The Odena,
- The Walleye for their prize donations
- The Metropolitan Moose for donating the hot chocolate
- The Rural Cupboard Foodbank volunteers

Neighbours Helping Neighbours

Kakabeka Legion News – Branch 225

Mar 1	Dance with Quest	7:00pm to 10:00pm
Mar 8	Executive Mtg	2:00pm
Mar 8	Members Mtg	3:00pm
Mar 9	Buffet Breakfast	8:30am to 11:30am
Mar 14	Dance with Quest	7:00pm to 10:00pm
Mar 22	Dance with Quest	7:00pm to 10:00pm
Mar 23	Sunday Music	2:00pm to 4:00pm



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

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. Please find attached the Legion newsletter prepared by Jim Gilbert.

"The power of one, if fearless and focused, is formidable, but the power of many working together is better." ~Gloria Macapagal Arroyo~

RURAL CUPBOARD FOOD BANK

Neighbours Helping Neighbours

Conmee Municipal Complex
19 Holland Rd, Kakabeka Falls
POT1W0 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, March 19, 2025

Registration 9 am to 11 am

Drive-Thru Pick-up



NorWest Community
Health Centres
Centres de santé
communautaire NorWest

Rural Dementia Café

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

RURAL 60 PLUS

Monday Carving – 10am to 3pm
Monday Disking – 1pm to 3pm
Tuesday Weaving – 10am to 3pm
Tuesday Knitting – 10am to 3pm
Tuesday Choir – 1pm to 2:30pm
Wednesday Quilting – 10am to 3pm
Wednesday Beginners Carving — 10am to 3pm
Wednesday Cribbage – 1pm to 3pm
Thursday Weaving – 10am to 3pm
Thursday Knitting – 10am to 3pm
Thursday Yoga – 10am to 11 am
Craft Room open Monday to Friday – 10am to 3pm
See our advertisement for the Rural Dementia Cafe



Popular Books in Canada

Canadian fiction by CBC

- Dandelion by Jamie Chai Yun Liew
- Watch Out for Her by Samantha M. Bailey
- The Life Cycle of the Common Octopus by Emma Knight
- Etta and Otto and Russell and James by Emma Hooper
- The Grey Wolf by Louise Penny
- We Could Be Rats by Emily Austin
- Moon of the Crusted Snow by Waubgeshig Rice
- The Berry Pickers by Amanda Peters
- Held by Anne Michaels
- In Winter I Get Up at Night by Jane Urquhart

Canada Reads is back! This year, the great Canadian book debate is looking for one book to change the narrative. The books on this year's show all have the power to change how we see, share and experience the world around us.

The 2025 contenders are:

- Olympic gold medalist Maggie Mac Neil champions Watch Out for Her by Samantha M. Bailey
- Podcaster and wellness advocate Shayla Stonechild champions A Two-Spirit Journey by Ma-Nee Chacaby, with Mary Louisa Plummer
- Heartland actor Michelle Morgan champions Etta and Otto and Russell and James by Emma Hooper
- Thriller writer Linwood Barclay champions Jennie's Boy by Wayne Johnston
- Pastry chef Saïd M'Dahoma champions Dandelion by Jamie Chai Yun Liew

COLOURING PAGE



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

Have you started your seedlings? I know I should have by now, but we haven't even begun. Sometimes life just gets in the way. I have started gathering my books, seeds, and potting containers. Next week we will begin to pot and plant our seeds. Each winter we search out viable plants and seeds, new varieties, what will grow best in the area, and my favourite – companion planting. My favourite book to plant by is "Carrots love Tomatoes", it is so ragged eared and well used. We have been using it for over 25 years to plant our vegetable gardens. This year I even started using it to plant my flower gardens and my herbal garden. It really worked really well in my flower garden giving me large proliferous blooms on my flowers.

We grew our first meat birds last year and have just figured out our order for this spring. We have decided to branch out and include turkeys and more meat chickens. We are also adding to the flock of laying hens and laying ducks. We are going to try another breed of duck that lays a little bit more regularly than the ones we have now. They will remain on the farm, enjoying their 'freeloading' life as family pets. Our quail have already begun to lay again, a little earlier than last year but the dogs are enjoying the bounty. Quail eggs are a great source of protein and nutrients for dogs, and they eat the shell and everything. They are also fine for human consumption but they are tiny so it takes quite a few to make a meal or to bake with them. I much prefer to bake with the duck eggs, gives your baking a richer flavour I find.

We are also looking into gradually expanding the vegetable garden and putting in more fruit trees. A few people have told me I planted the fruit trees too close together so there will be some shuffling of trees this spring. So many people up here are homesteaders and the more we look into it the more we realize this is the life we want. We won't be going off grid, we are not that brave, but growing our own food is so important to us. We already water-bath can vegetables and jams, and I am excited to take a course on pressure canning so that we may preserve more food stuffs for the family. We buy a whole cow so we have beef for the year. We are looking for a local farmer that has pigs so that we could purchase some bacon and hams. The family aren't really big pork eaters but do love the bacon. Of course there is fishing too, with so many great spots in the area, and we all love fish. My daughter and I took our gun license this past year so we hope to get out hunting in the fall. I've learned to make moccasins and mitts from moose and deer hide. My butchering skills aren't great but a friend of my daughters has agreed to help. My grandson and I are starting to bake more breads and biscuits, as well as the usually baking treats he loves.. I haven't convinced him that cream of wheat is better than fruit loops yet, but he does eat it with me. Our goal is to get away from as many preservatives and additives as we can. If you have any homesteading tips or tricks of the trade, please drop me a line, I'd love to learn more.

Odette

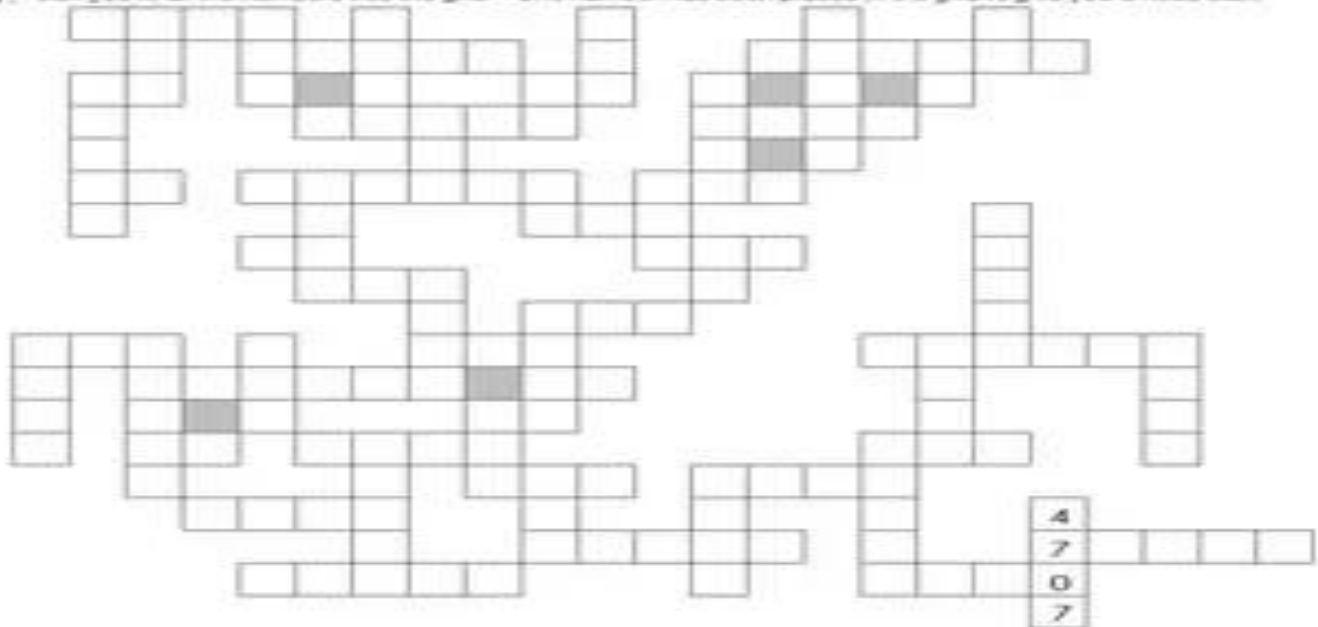
PUZZLES

WACKY WORDS

1 Get it Get it Get it Get it	2 	3 Somewhere 	4 DOOR
5 <u>READ</u>	6 Blood Water	7 Beeeeeee	8 CANCELLED
9 once 	10 Egg Egg HAM	11 Try Stand 2	12 TOWN
13 NI bumpGHT	14 Aid ← Aid Aid	15 Mill1on	16  3.14
17 ice ³	18 G R O N  C I K	19 Think 	20 GROUND feet feet feet feet feet feet
21 1 KNOWS	22 Big Big ignore ignore	23 RAVEN	24 KNEE light light

Number Fit Puzzle #001

1. Can you fit all the numbers into the grid? One number has been placed in the grid to give you a head start.



12	77	571	1344	5570	78117
19	94	629	1845	6155	83138
30	132	637	2165	8288	85182
34	224	641	2302	8920	87691
37	286	705	2943	9045	91320
38	347	728	3343	16966	99359
43	407	741	4027	25139	188924
65	431	776	4390	36135	419926
65	516	886	4707 ✓	57677	552254
72	557	1180	5287	75635	698297



NOLALU COMMUNITY CENTRE

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

March 10, 2025 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



March 25, 2025 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.

"Leadership is the power of one harnessing the power of many."~~John C. Maxwell~~

2nd Annual Seedy Saturday Nolalu

Nolalu Community Centre

2266 Highway 588

Saturday, March 29, 2025

11 a.m. - 2 p.m.



Join us for a day of seed swapping, knowledge sharing, and community building.

Hosted by Misty Meadows Permaculture Farm, Seedy Saturday Nolalu showcases gardeners, local seed growers, community groups, and food producers from our region.

What to Expect:

- ☐ **Seed and Plant Swap:** Bring your seeds, plant cuttings, gardening books, and magazines to exchange with fellow gardeners at the FREE table.
- ☐ **Socialize and Connect:** Chat with seed savers and learn about native plants suitable for our climate.
- ☐ **Support Local:** Buy seeds (and plants, if available) from local gardeners and seed savers.
- ☐ **Prizes and Refreshments:** Enjoy some country hospitality with refreshments and a chance to win prizes.
- ☐ **Support a Good Cause:** Admission is \$2 per person (or pay-what-you-are-able). Proceeds will be donated to the Rural Cupboard Food Bank.
- ☐ **Family-friendly CASH ONLY event:** Thank you for bringing cash in small denominations. ☐

There are a limited number of tables for vendors/information tables - FREE - available for this event. Contact Kathy before Monday, March 10.
countrylivingrocks@hotmail.com or phone (807) 629-0343.

For more information, visit Misty Meadows Permaculture on Facebook:
<https://www.facebook.com/MistyMeadowsPermaculture>

Together, let's plant the seeds for a greener future!

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—March 2025

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