

# Nolalu's GRASSROOTS

**NCC NEXT MEETING:**

Thursday May 21

@ 7:00pm

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

**LSB NEXT MEETING**

Tuesday May 26

@7:30pm

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

**NEST NEXT MEETING**

Thursday May 14

@7:00pm

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

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A cozy shareable treat to celebrate Mom

High Tea for two  
GIFT BOX



Scones



Treats



Sandwiches



Spreads



Teas

Reserve yours today!  
Contact Melissa at  
(807) 631-9255



Pick up on **Saturday, May 2** between **2-4 p.m.** or stay and enjoy at the hall during the Seed & Plant Swap.



*Catherine and Terry Niemi*

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*terry@therustybucket.org*

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## Emergency Phone Numbers

**Nolalu Fire & Ambulance:** 807-473-5200

**Ontario Provincial Police:** 1-888-310-1122

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

**For Road information call:** 511

## NCC Volunteer Board

<b>Chair</b>	Angela Woodhouse-Wild	807-630-6061 Text Only	807-475-8968
<b>Vice Chair</b>	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442
<b>Secretary</b>	Dawn Scavarelli	dawn_scav@protonmail.com	807-473-1114
<b>Treasurer</b>	Elizabeth Pszczolko	nolalucctreasurer@gmail.com	807-623-6800
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<b>Kitchen Coordinator</b>	Louise Wetering	weteringlouise@gmail.com	
<b>Volunteer Coordinator</b>	VACANT		
<b>Media Coordinator</b>	Kathy McGowan	Via Facebook: Nolalu Community Centre	
<b>Grassroots Editor</b>	Odette Houle	nolalu.grassroots@gmail.com  Facebook: Nolalu ONLINE GRASSROOTS	807-630-9442

***NEXT NCC MEETING:***  
***Thursday, May 21, 2026***  
***@ 7:00pm***

ALL NCC meetings are open

***NEST*** meeting 7:00 pm at NCC  
 Thursday, May 14, 2026

### Nolalu Dump SUMMER Hours

**May 1—September 30**

#### **ADRIAN LAKE**

Wednesdays 6pm - 8pm

Sundays 2pm - 5pm

#### **HARDWICK**

Wednesdays 3pm - 5pm

Sundays 6pm - 8pm



# See Clearly

QHHT PAST LIFE REGRESSION

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

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

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

Just a reminder that the Grassroots is available for pick up at the following locations:

Hoppers Variety Store

Green Acres Variety Store

Suomi Variety Store

Evergreen Pharmacy, Kakabeka

Rural 60 Plus, Kakabeka

**GRASSROOTS**

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"It's a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack." ~Germany Kent~

Thank you to all the people who are involved in, or are actively supporting, the Nolalu Community Centre. I especially appreciate those who are bringing new ideas to the table and are willing to put time and thought in to make them happen.

Communities thrive on volunteers. Without them, communities shrivel and die. We are so fortunate to live in this rural area that still holds ties to the "old" ways of doing things, where people are the glue that holds the community together. May we never lose these human connections, and may the connections ever keep growing.

Thanks to Penny Cutler for donating 2 turkeys to the seniors lunches

Thanks to whoever put the flag back up after it blew down

Thank you Andrew Warren and Eileen Hurley for donating three more big storage totes. Great for toys.

Angela Woodhouse-Wild



Nolalu Community Centre  
Presents  
**GARDEN GOODIES**

Come out to the NCC  
for our garden exchange.



Do you have seeds to share? Maybe you have some perennials you can divide? Or maybe you have an abundance of plants you have started already? If its green or it will turn into something green, bring it along to trade with other gardeners. It could be a vegetable or a flower or maybe even a shrub.

If it's something to grow I'm sure there will be someone there who wants to trade with you for what they are growing.

The GARDEN GOODIES SWAP will take place on

Saturday May 2, 2026

at the NCC

From 2:00pm to 4:00pm

Don't forget to enjoy the **Tea for Two** while you are there, preorders only.





# HOPPER'S VARIETY

The Everything Store  
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- LOTTERY TICKETS
- CANADA POST

## CALL TO BOOK YOUR APPOINTMENT

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[info@hoppersvariety.ca](mailto:info@hoppersvariety.ca)



*"I wish for a world that views disability, mental or physical, not as a hindrance but as unique attributes that can be seen as powerful assets if given the right opportunities"~~Oliver Sacks~~*

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](mailto: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>

# 80<sup>th</sup>

## 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. On July 7th from 6pm-7pm, you will be invited for cake and tea/coffee and a special presentation to our 80+ persons. Please contact Emma at [tritree@outlook.com](mailto:tritree@outlook.com) to register and get your invitation for you and your family. 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.

**SAVE THE DATE!!**

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

If you would like to promote your business we will gladly accept your advertisement. Rates are listed at the back of the Grassroots.

### Third Wednesday of Each Month

### Next Play Date: May 20, 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

# 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



*""Let's stop 'tolerating' or 'accepting' difference, as if we're so much better for not being different in the first place. Instead, let's celebrate difference, because in this world it takes a lot of guts to be different."~~Kate Bornstein~~*

## ***Just For Fun – Horoscopes by Grandmama Bear***

**Aries:** March 21 – April 19

You have ramlike eyebrows and a smug expression. Maybe you shouldn't be quite so smug as you are constantly clunking yourself in the skull.

**Taurus:** April 20 – May 20

Clowns, clowns, they're everywhere. Be sure to check the garage; they like to build things.

**Gemini:** May 21 – June 21

Now is the time to plant all those seeds you've been buying all winter; get working.

**Cancer:** June 22 – July 22

If the dog is wagging his tail in a clockwise fashion; you better take cover! A bad storm is coming

**Leo:** July 23 – August 22

Be nice to your neighbours; they are making you muffins

**Virgo:** August 23 – September 22

Time to dye your hair; the yellow is starting to shine through.

**Libra:** September 23 – October 22

People are starting to talk; time to wear clothes when you are on the deck for your morning coffee

**Scorpio:** October 23 – November 21

The stars are aligning; I don't know for what, but be prepared.

**Sagittarius:** November 22 – December 21

Get out the umbrella. The rain will be heavy with a chance of frogs.

**Capricorn:** December 22 – January 19

Build a pantry; your garden is going to be prolific and you will need more canning space.

**Aquarius:** January 20 – February 18

Take up a hobby; something besides eating chicken wings. Lucky numbers 3, 56, 499,

**Pisces:** February 19 – March 20

The birds are calling your name and accusing you of eating their peanuts; time for you to share with the wildlife.

## ***Health in a Hurry***

Breathing is something we do without even thinking about it. But if we incorporate mindful breathing into our lives, it can help with stress, anxiety and our general mood. Are some of you rolling your eyes at the thought of something so simple being beneficial? If you have a minute, try reading on.

For most people, breathing is simply one of the acts that keep us alive. In and out. That's it, right? However, breathing with purpose is backed by a wealth of studies, so here is a tip on how to start this practice.

A simple way to start is with the '3-4-5' method. Breathe in **through your nose** for 3...hold for 4...then breathe out **through your mouth** for 5 (or more). Why not give yourself a moment and try it a few times right now? In...hold...then out. Do you feel any changes in your body?

When your breath out is longer than your breath in, it activates your Parasympathetic Nervous System (the PNS, also known as the Rest and Digest system). That means that your heart rate and blood pressure drops. This simple tip can be used in stressful situations such as when you are doing a test and stuck on an answer, you're running late while doing errands or...let's be honest, multiple times a day when you live with little ones!

It is important to note that the opposite is also true, so when you are stressed, you are taking quick, shallow breaths, which activate your Sympathetic Nervous System (the SNS, AKA the Fight/Flight/Freeze system) thus increasing your heart rate, and also increasing the stress levels/anxiety further. Focusing on slower breaths can actually help in the moment to think more clearly.

You can practice 3-4-5 breathing for a minute a day, and up to as long as you would like. It really can help, and the research backs it. I try to remember to use this at the end of my day when I am transitioning from work to home life, and also right before bed to calm myself before sleep. Even a minute a day of mindful breathing can make a difference. Just give it a try and see if it works for you!

Take good care,

Amrita Banerjee

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### **Mothers Day Trivia (answers on page 13)**

1. Approximately how many mothers are there worldwide?
2. How many diapers does a mom change before her baby turns two?
3. Why do so many languages have a word for mom that starts with an M?
4. What is the longest a human female has ever been pregnant?
5. How old is the oldest woman to give birth?
6. What animal is pregnant the longest?
7. How many babies are born every second around the world?
8. What happens to a baby's heart when their mom smiles at them?
9. According to Salary.com, approximately how much should a stay-at-home mom make if she was compensated for all she does?
10. What is Mother Earth's name?
11. On average, how old are first-time moms worldwide?
12. What is the average age of first-time mothers in the US?
13. What is the average age of first-time mums in the UK?
14. What country has the oldest first-time mothers on average?
15. How much did the largest baby ever born weigh?

# Gillies Community Centre



## May Events

The GCC is available to rent for activities, parties and more!  
Do you have an activity or program you want to run?  
Dance, scouts, karate or something else?  
Contact us for details at [gilliescommunitycentre@gmail.com](mailto:gilliescommunitycentre@gmail.com)

### Mondays

#### Ping Pong

Starting at 2pm  
To register email  
[gboeckermann55@gmail.com](mailto:gboeckermann55@gmail.com)  
or  
807-628-9345

### Tuesdays

#### Cornhole

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

### May 13th

#### 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.

### May 2<sup>nd</sup> & 3<sup>rd</sup>

#### Book Swap

12-4pm Saturday and Sunday  
1000s of book.  
Donations can be dropped if during  
book swap hours.  
FREE! Donations accepted.

### May 9<sup>th</sup>

#### Mom's Night Out

Enjoy painting your own flower pot, socializing and refreshment. No  
Kids! \$40 Price includes: flower pot, painting materials, pack of seeds,  
and refreshments. To register contact Kaitlin Turk at  
[promotions@gilliescommunitycentre.ca](mailto:promotions@gilliescommunitycentre.ca)  
Must register by April 25<sup>th</sup> to ensure materials.

### Save The Date

June 13<sup>th</sup> & 14<sup>th</sup> - Book Swap  
September 20<sup>th</sup> - Gillies Day  
August 24-28<sup>th</sup> - Drama Camp  
October 24<sup>th</sup> - Family Halloween Party  
November 28<sup>th</sup> - Christmas Market  
November 29<sup>th</sup> - Milk & Cookies with Santa  
December 6<sup>th</sup> - Christmas Tea

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

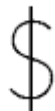
(55+ or "close enough")



Next two (2) lunches:

Monday, May 11

Monday, June 8



\$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)



## May is the Month of Cautious Optimism

By Kathy McGowan

May in Northwestern Ontario is when gardeners start to believe again. The snow normally gives up late in the month, the soil begins to thaw, and the yard transforms from “frozen wasteland” to “muddy possibility.” After more than 30 years of gardening here, I’ve learned that May is equal

parts excitement and restraint. Mostly excitement. But the restraint is important if you don’t want to replant cold sensitive seeds and plants twice.

This is the month when I wander outside with a cup of coffee and start poking at the soil like an archaeologist. I check for signs of life. I look for perennials returning from the dead. I also look for the ones that didn’t return, and I give them a respectful moment before planning their replacements. Gardening in this climate teaches you to accept loss with grace.

May is also when the seedlings inside start giving me that look. You know the one. The “I’m ready to go out now” look. They’re not. Not yet. But they’re close, and that’s enough to make the whole month feel hopeful.

For new and seasoned gardeners, May is the month where things finally start happening. Here are some things I work on in May:

1. Harden off seedlings properly.

This is the month to introduce them to the outdoors slowly. A little shade, a little sun, a little breeze. Not all at once. Think of it as orientation week for plants.

2. Clean up the garden beds.

Once the snow is truly gone and the ground is dry, I clear away winter debris. It feels good, and it helps the soil warm faster.

3. Divide and transplant hardy perennials.

Hostas, daylilies, and other tough customers can handle a spring move. It’s a good way to fill empty spots without spending a dime.

4. Direct sow cold-tolerant crops.

Peas, spinach, radishes, and hardy greens can go in early. They don’t mind cool soil. In fact, they prefer it.

5. Resist the urge to plant tender crops too soon.

Tomatoes, peppers, squash, and basil still need protection. A warm week in May means nothing here. I wait until the nights stop threatening frost before committing.

May is a month of optimism, quicksand-like mud, and cautious enthusiasm. It’s the moment the season finally shifts from dreaming to doing, and every year it feels like a small miracle.

*Kathy is a long-time northern gardener who has spent more than 30 years growing food and flowers in a climate where frost has a habit of showing up uninvited. Gardening in Zone 2/3 has taught me that persistence pays off and a sense of humour is just as essential as a good shovel.*



# RURAL CUPBOARD FOOD BANK

## *Neighbours Helping Neighbours*

Conmee Municipal Complex  
19 Holland Rd, Kakabeka Falls P0T1W0  
807-285-0836

We sincerely thank all those that continue to support us.  
Your donations enable the food bank to remain open.

Next Food Bank

**Wednesday May 20, 2026**

Registration 9 am to 11 am

Drive-Thru Pick-up

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## 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

**Needing:** Needing Municipal Building

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



*AA meeting starting May 5th, at the Nolalu Community Centre,  
2266 Hwy 588, Nolalu.*

*Meeting every Tuesday night at 6:30pm to 7:30 pm, except the last  
Tuesday of the month.*

*All are welcome that have a desire to stop drinking. If alcohol is  
causing problems in your life, we can help.*

## Low Salt Spice Rubs

Submitted by Kathy McGowan

### *Chicken Spice Rub*

Still balanced and versatile, just lighter on sodium.

#### Ingredients

1 tbsp paprika	1 tsp garlic powder
1 tsp onion powder	1 tsp dried oregano
½ tsp cumin	½ tsp black pepper
1/8–¼ tsp salt (optional, or omit entirely)	
Pinch of chili flakes	

#### Tip

A squeeze of lemon when cooking boosts flavour without salt.



### *Pork Spice Rub*

Sweet, smoky, and aromatic. This rub works beautifully on chops or tenderloin.

#### Ingredients

1 tbsp brown sugar	1 tsp smoked paprika	1 tsp garlic powder
1 tsp mustard powder	½ tsp black pepper	½ tsp chili powder
¼ tsp cinnamon	1/8 tsp salt (optional)	

#### Tip

If you skip the salt, add a splash of apple cider vinegar before cooking for brightness.

### *Beef Spice Rub*

Bold and robust without relying on salt.

#### Ingredients

1 tbsp coarse black pepper	1 tbsp smoked paprika	2 tsp garlic powder
1 tsp onion powder	1 tsp dried thyme	1/8–¼ tsp salt (optional)
½ tsp cayenne (optional)		

#### Tip

Beef loves acidity. Finish with a squeeze of lime or a dash of Worcestershire (low-sodium if preferred).

### *Fish Spice Rub*

Light, fresh, and perfect for delicate fillets.

#### Ingredients

1 tsp paprika	1 tsp garlic powder	1 tsp dried dill or parsley
½ tsp lemon zest	¼ tsp black pepper	Pinch of cayenne
Salt optional (1/8 tsp or none)		

*"Make it a habit to tell people, 'thank you.' To express your appreciation sincerely and without the expectation of anything in return. Truly appreciate those around you, and you'll soon find many others around you. Truly appreciate life, and you'll find that you have more of it."~~~Ralph Marston~~~*

1. More than 2 billion 2. About 7,300 3. It's one of the first sounds a baby can vocalize. 4. 375 days 5. 74 6. Elephants - \$163,000 10. Gaia 11. 27 12. 29 13. 31 14. Hong Kong (32.8) 15. 22 pounds (ii) 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. 26. 27. 28. 29. 30. 31. 32. 33. 34. 35. 36. 37. 38. 39. 40. 41. 42. 43. 44. 45. 46. 47. 48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58. 59. 60. 61. 62. 63. 64. 65. 66. 67. 68. 69. 70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 91. 92. 93. 94. 95. 96. 97. 98. 99. 100. 101. 102. 103. 104. 105. 106. 107. 108. 109. 110. 111. 112. 113. 114. 115. 116. 117. 118. 119. 120. 121. 122. 123. 124. 125. 126. 127. 128. 129. 130. 131. 132. 133. 134. 135. 136. 137. 138. 139. 140. 141. 142. 143. 144. 145. 146. 147. 148. 149. 150. 151. 152. 153. 154. 155. 156. 157. 158. 159. 160. 161. 162. 163. 164. 165. 166. 167. 168. 169. 170. 171. 172. 173. 174. 175. 176. 177. 178. 179. 180. 181. 182. 183. 184. 185. 186. 187. 188. 189. 190. 191. 192. 193. 194. 195. 196. 197. 198. 199. 200. 201. 202. 203. 204. 205. 206. 207. 208. 209. 210. 211. 212. 213. 214. 215. 216. 217. 218. 219. 220. 221. 222. 223. 224. 225. 226. 227. 228. 229. 230. 231. 232. 233. 234. 235. 236. 237. 238. 239. 240. 241. 242. 243. 244. 245. 246. 247. 248. 249. 250. 251. 252. 253. 254. 255. 256. 257. 258. 259. 260. 261. 262. 263. 264. 265. 266. 267. 268. 269. 270. 271. 272. 273. 274. 275. 276. 277. 278. 279. 280. 281. 282. 283. 284. 285. 286. 287. 288. 289. 290. 291. 292. 293. 294. 295. 296. 297. 298. 299. 300. 301. 302. 303. 304. 305. 306. 307. 308. 309. 310. 311. 312. 313. 314. 315. 316. 317. 318. 319. 320. 321. 322. 323. 324. 325. 326. 327. 328. 329. 330. 331. 332. 333. 334. 335. 336. 337. 338. 339. 340. 341. 342. 343. 344. 345. 346. 347. 348. 349. 350. 351. 352. 353. 354. 355. 356. 357. 358. 359. 360. 361. 362. 363. 364. 365. 366. 367. 368. 369. 370. 371. 372. 373. 374. 375. 376. 377. 378. 379. 380. 381. 382. 383. 384. 385. 386. 387. 388. 389. 390. 391. 392. 393. 394. 395. 396. 397. 398. 399. 400. 401. 402. 403. 404. 405. 406. 407. 408. 409. 410. 411. 412. 413. 414. 415. 416. 417. 418. 419. 420. 421. 422. 423. 424. 425. 426. 427. 428. 429. 430. 431. 432. 433. 434. 435. 436. 437. 438. 439. 440. 441. 442. 443. 444. 445. 446. 447. 448. 449. 450. 451. 452. 453. 454. 455. 456. 457. 458. 459. 460. 461. 462. 463. 464. 465. 466. 467. 468. 469. 470. 471. 472. 473. 474. 475. 476. 477. 478. 479. 480. 481. 482. 483. 484. 485. 486. 487. 488. 489. 490. 491. 492. 493. 494. 495. 496. 497. 498. 499. 500. 501. 502. 503. 504. 505. 506. 507. 508. 509. 510. 511. 512. 513. 514. 515. 516. 517. 518. 519. 520. 521. 522. 523. 524. 525. 526. 527. 528. 529. 530. 531. 532. 533. 534. 535. 536. 537. 538. 539. 540. 541. 542. 543. 544. 545. 546. 547. 548. 549. 550. 551. 552. 553. 554. 555. 556. 557. 558. 559. 560. 561. 562. 563. 564. 565. 566. 567. 568. 569. 570. 571. 572. 573. 574. 575. 576. 577. 578. 579. 580. 581. 582. 583. 584. 585. 586. 587. 588. 589. 590. 591. 592. 593. 594. 595. 596. 597. 598. 599. 600. 601. 602. 603. 604. 605. 606. 607. 608. 609. 610. 611. 612. 613. 614. 615. 616. 617. 618. 619. 620. 621. 622. 623. 624. 625. 626. 627. 628. 629. 630. 631. 632. 633. 634. 635. 636. 637. 638. 639. 640. 641. 642. 643. 644. 645. 646. 647. 648. 649. 650. 651. 652. 653. 654. 655. 656. 657. 658. 659. 660. 661. 662. 663. 664. 665. 666. 667. 668. 669. 670. 671. 672. 673. 674. 675. 676. 677. 678. 679. 680. 681. 682. 683. 684. 685. 686. 687. 688. 689. 690. 691. 692. 693. 694. 695. 696. 697. 698. 699. 700. 701. 702. 703. 704. 705. 706. 707. 708. 709. 710. 711. 712. 713. 714. 715. 716. 717. 718. 719. 720. 721. 722. 723. 724. 725. 726. 727. 728. 729. 730. 731. 732. 733. 734. 735. 736. 737. 738. 739. 740. 741. 742. 743. 744. 745. 746. 747. 748. 749. 750. 751. 752. 753. 754. 755. 756. 757. 758. 759. 760. 761. 762. 763. 764. 765. 766. 767. 768. 769. 770. 771. 772. 773. 774. 775. 776. 777. 778. 779. 780. 781. 782. 783. 784. 785. 786. 787. 788. 789. 790. 791. 792. 793. 794. 795. 796. 797. 798. 799. 800. 801. 802. 803. 804. 805. 806. 807. 808. 809. 810. 811. 812. 813. 814. 815. 816. 817. 818. 819. 820. 821. 822. 823. 824. 825. 826. 827. 828. 829. 830. 831. 832. 833. 834. 835. 836. 837. 838. 839. 840. 841. 842. 843. 844. 845. 846. 847. 848. 849. 850. 851. 852. 853. 854. 855. 856. 857. 858. 859. 860. 861. 862. 863. 864. 865. 866. 867. 868. 869. 870. 871. 872. 873. 874. 875. 876. 877. 878. 879. 880. 881. 882. 883. 884. 885. 886. 887. 888. 889. 890. 891. 892. 893. 894. 895. 896. 897. 898. 899. 900. 901. 902. 903. 904. 905. 906. 907. 908. 909. 910. 911. 912. 913. 914. 915. 916. 917. 918. 919. 920. 921. 922. 923. 924. 925. 926. 927. 928. 929. 930. 931. 932. 933. 934. 935. 936. 937. 938. 939. 940. 941. 942. 943. 944. 945. 946. 947. 948. 949. 950. 951. 952. 953. 954. 955. 956. 957. 958. 959. 960. 961. 962. 963. 964. 965. 966. 967. 968. 969. 970. 971. 972. 973. 974. 975. 976. 977. 978. 979. 980. 981. 982. 983. 984. 985. 986. 987. 988. 989. 990. 991. 992. 993. 994. 995. 996. 997. 998. 999. 1000.



# 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**

Locally Grown  
Hand Crafted  
Locally Sourced  
Tasty Treats



- **Dedrick Homestead** - Handmade natural bath and body products (possibly some plants)
- **BN Crafts** - Jewelry and felting
- **Earth Circle Apiary Products & Fibre Art** - Honey, homemade lotions, hair, home products and fibre art
- **Mood Lighting** - Art and crafts created using elements locally gleaned
- **Nor'East Apothecary** - Products from the apothecary
- **Superior Seed Producers** - Locally grown and regionally adapted seeds
- **Root Cellar Gardens** - Certified organic seeds
- **Canadian Red Cross** - Emergency preparedness resources - for flood, fire, and general preparedness
- **Nolalu Emergency Services Team (NEST)** - Emergency preparedness and meet the team

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

Table rental proceeds  
will support the NCC.

## ***Recommended Books***

### ***Barnes & Noble Best Sellers List***

#### *Mona's Eyes by Thomas Schlessler*

Ten—year—old Mona and her beloved grandfather have only fifty—two Wednesdays to visit fifty—two works of art and commit to memory “all that is beautiful in the world” before Mona loses her sight forever. While the doctors can find no explanation for Mona’s brief episode of blindness, they agree that the threat of permanent vision loss cannot be ruled out. The girl’s grandfather, Henry, may not be able to stop his granddaughter from losing her sight, but he can fill the encroaching darkness with beauty. Every Wednesday for a year, the pair abscond together and visit a single masterpiece in one of Paris’s renowned museums. From Botticelli to Basquiat, Mona learns how each artist’s work shaped the world around them. In turn, the young girl’s world is changed forever by the power of their art. Under the kind and careful tutelage of her grandfather, Mona learns the true meaning of generosity, melancholy, love, loss, and revolution. Her perspective will never be the same—nor will the reader’s.

#### *Alchemised by SenLinYu*

Once a promising alchemist, Helena Marino is now a prisoner—of war and of her own mind. Her Resistance friends and allies have been brutally murdered, her abilities suppressed, and the world she knew destroyed. In the aftermath of a long war, Paladia’s new ruling class of corrupt guild families and depraved necromancers, whose vile undead creatures helped bring about their victory, holds Helena captive. According to Resistance records, she was a healer of little importance within their ranks. But Helena has inexplicable memory loss of the months leading up to her capture, making her enemies wonder: Is she truly as insignificant as she appears, or are her lost memories hiding some vital piece of the Resistance’s final gambit? To uncover the memories buried deep within her mind, Helena is sent to the High Reeve, one of the most powerful and ruthless necromancers in this new world. Trapped on his crumbling estate, Helena’s fight—to protect her lost history and to preserve the last remaining shreds of her former self—is just beginning. For her prison and captor have secrets of their own . . . secrets Helena must unearth, whatever the cost.



**RURAL READERS**

BOOK CLUB

## ***Rural Readers Book Club***

Monthly meetings—at the Nolulu 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 May 11th: "Earth to Moon" by Moon Unit Zappa

Join online:

[www.facebook.com/groups/ruralreadersbookclub](http://www.facebook.com/groups/ruralreadersbookclub)

Questions or queries, contact:

Marisa (807-632-3950)

wildblueyoga@gmail.com

## National Paramedic Services Week (May 17–23)

This month, we celebrate our frontline medical experts under the 2026 theme: **“Improving Outcomes, Together.”**

When seconds count, paramedics don't just provide transportation; they provide high-level, life-saving medical care. From administering critical medications to utilizing advanced stroke recognition tools, they are the vital link that improves patient outcomes before they even reach the hospital.

### Did you know?

Ontario is home to more than 11,000 paramedics and 1,200 communications officers who handle nearly 1.75 million emergency calls every year. They are our neighbours, our lifelines, and our heroes in uniform.

### Join the celebration:

Learn more about how paramedics are expanding their roles through community paramedicine. Turn your care into action. Sign up for a First Aid and CPR class this month and gain the confidence to step up in those critical first moments of an emergency.

There's nothing like a friendly face to recharge a paramedic's spirit. If you spot them out and about, don't hesitate to share a kind word and let them know they're appreciated.

To all our local paramedics: thank you for your skill, your steady hands, and your tireless dedication to our communities.

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## May is Emergency Services Month: Honouring Those Who Answer the Call.

From the first ring of the dispatcher's phone to the final recovery at the scene, May is the month we recognize the entire “Chain of Survival” in our community.

This month, we aren't just celebrating one day; we are honoring the collective strength of our police, fire, paramedic, and emergency management teams who work 24/7 to keep us safe.

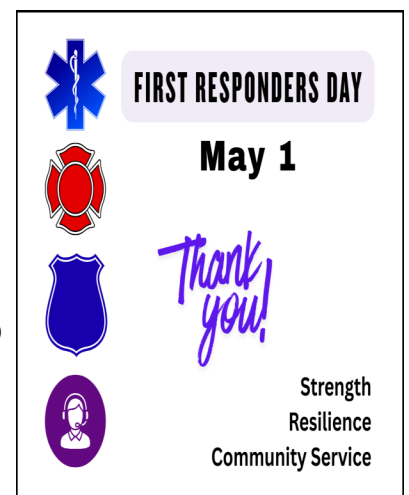
### Mark your calendars for this month's milestones:

**May 1: First Responders Day** – A provincial day of gratitude for all who protect and preserve life.

**May 3–9: Emergency Preparedness Week** – Empowering you to “Know Your Risks” and build your 72-hour kit.

**May 4: International Firefighters' Day** – Wearing red and blue to honour our local fire crews.

**May 17–23: Paramedic Services Week** – Celebrating the advanced clinical care and life-saving skill of our paramedics.



### How can you participate?

Our local responders are more than just professionals; they are our neighbours. This month, look for opportunities to engage with them at station open houses, community events, or simply by offering a friendly “hello” when you see them out in the community.

Helping our community stay resilient is a team effort. Let's spend this month showing our gratitude and getting ourselves prepared.

# Stay informed, stay ready

## Hydro One Outages (map + reporting)

**Outage map, updates & download the Hydro One app:** [www.hydroone.com/power-outages-and-safety](http://www.hydroone.com/power-outages-and-safety)

**Report an outage:** 1-800-434-1235

**Emergency hazard line (downed lines/hydro equipment):** 1-800-434-1235

## Ontario 511 – Road Conditions & Closures

**Live highway conditions:** <https://511on.ca>

**Phone (hands-free):** 5-1-1

## Report a Wildfire (MNR)

**310-FIRE (3473)** — no area code needed in Ontario

For fires outside the forest zone or emergencies threatening life/property, call 9-1-1.

## Northwestern Ontario Forest Fire Info (interactive fire map)

**Daily fire updates & restrictions:** [www.ontario.ca/page/forest-fires](http://www.ontario.ca/page/forest-fires)

# Emergency Preparedness Week

May 3 - 9, 2026



- ✓ Build a 72-hour kit with water, shelf-stable food, medications, flashlights, and chargers.
- ✓ Know your local risks — wildfire smoke, flooding, long outages, road washouts, and limited cell service.
- ✓ Make a simple plan for how your household will communicate and where you'll meet if you get separated.
- ✓ Check on neighbours — especially seniors, folks living alone, and anyone without reliable transportation.

**Emergency Preparedness Week** is a reminder that disasters don't wait and being ready doesn't have to be complicated. Some basic prep today means peace of mind tomorrow.

[www.facebook.com/NolaluEmergencyServicesTeam](http://www.facebook.com/NolaluEmergencyServicesTeam)

## Nolalu Emergency Services Team

Hall 807-475-4441

2167 Hwy 588

info@NolaluEST.com

Nolalu ON P0T 2K0

Emergency 807-473-5200



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



## **Mental Health Week: Stronger Connections. Better Mental Health.**

May 4–10 is **Canadian Mental Health Association's Mental Health Week**, and the message is simple: We need each other.

In a world where many of us feel increasingly isolated, this year's theme — **"Come Together, Canada"** — is a call to spark small, everyday actions of connection. Whether it's a quick check-in with a neighbor or a coffee with a colleague, these moments build the resilience we all need to thrive.

### **How to "Come Together" during this week:**

**Start a Conversation:** Reach out to someone you haven't spoken to in a while. A simple "How are you *really* doing?" can be a lifeline.

**Connect Locally:** Join a community event or visit a local CMHA branch to see what supports are available in our own backyard.

**Prioritize You:** Remember that connecting with yourself is just as important. Take a walk, practice mindfulness, or set a boundary that protects your peace.

Mental health isn't just an individual journey — it's a community one. Let's look out for one another and ensure no one has to struggle in silence.

Visit **MentalHealthWeek.ca** for tools, resources, and more ways to get involved.

Follow our Facebook page: [www.facebook.com/NolaluEmergencyServicesTeam](https://www.facebook.com/NolaluEmergencyServicesTeam)

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## ***Red Dress Day***

Various Internet Sources

Red Dress Day is observed annually on May 5th in Canada. It is the National Day of Awareness for Missing and Murdered Indigenous Women, Girls, and 2SLGBTQI+ people (MMIWG2S). It honors victims and their families while raising awareness of the disproportionately high rates of violence against Indigenous people, often symbolized by hanging empty red dresses in public spaces.

It was initiated in 2010 by Métis artist Jaime Black through the REDress Project, which used red dresses as an aesthetic response to the crisis. It serves as a day of remembrance and action, calling for justice and an end to gender-based violence against Indigenous people. The Red Dresses represent the "presence through the marking of absence" of those lost.

Indigenous women and girls in Canada are 12 times more likely to go missing or be murdered than non-Indigenous women. Canadians are encouraged to wear red, display red dresses, and learn about the 231 calls for justice from the National Inquiry into Missing and Murdered Indigenous Women and Girls. The day aligns with calls for action to address the ongoing crisis, which is a direct result of colonization and systemic issues.

On this day, red dresses will be draped in trees, hanging from windows, pinned to jackets, worn as earrings and red hands painted across faces, people will be partaking in rally's and ceremonies to honour their loved ones, participating as ally's and fighting for justice.

Summary of 2026  
Fish Derby Financials  
Revenue

Cash Donations	\$	4,100.00
Fish Ticket sales	\$	1,360.00
Kids Raffle	\$	1,185.00
Adult Raffle	\$	3,010.00
Food Sales	\$	1,183.00
Alcohol Sales	\$	1,840.00

**Gross Revenue**        \$        12,678.00

**Expenses**

Cash Prizes	\$	4,100.00
Food	\$	695.10
Alcohol	\$	987.50
LCBO licence	\$	300.00
Misc.(paper etc.)	\$	237.65

**Total Expenses**        \$        6,320.25

**Net Revenue**            \$        **6,357.75**

***Tender for lawn/yard  
maintenance this summer.***



Spring is almost here!  
The NCC is looking  
for bids on lawn  
maintenance for  
2026.

This includes cutting the grass and weed whacking.

- must bring own equipment (lawn mower, weed whacker, rake, etc.) No equipment on site
- deadline for tenders is May 15, 2026
- email bids or questions to [nolalu.grassroots@gmail.com](mailto:nolalu.grassroots@gmail.com)

**National AccessAbility Week**

In 1985, Rick Hansen set out on the Man In Motion World Tour; a 26 month, 34 country, 40,000 km wheelchair marathon to create awareness of the potential of people with disabilities and to raise money to remove barriers. Gathering global attention and incredible support, the Tour changed the way people with disabilities are perceived. The Rick Hansen Foundation (RHF), established in 1988, is part of the Tour's legacy. For almost four decades, RHF has removed barriers, changed attitudes, and funded spinal cord injury research and care.

National AccessAbility Week (NAAW) 2026 in Canada runs from May 31 to June 6, 2026. This annual initiative celebrates the contributions of people with disabilities, highlights efforts to remove systemic barriers, and promotes inclusion. Founded in 1988 as National Access Awareness Week and inspired by Rick Hansen's Man In Motion World Tour, National AccessAbility Week is a time to recognize the important contributions of people with disabilities and promote accessibility and inclusion in our communities and workplaces.

1.3 billion adults globally currently live with a disability, according to the World Health Organization. These individuals struggle every day to grab coffee with a friend or interview for a job because of physical barriers to accessibility. This number is growing every day as our population ages. Whether disability is caused by the natural effects of aging, or by an accident or injury, the simple truth is that each of us will experience disability at some point in our lives and will need our communities to be accessible so that we can continue to participate and live full lives. Providing universal access to safe, inclusive and accessible public spaces ensures that everyone is able to participate and live to their full potential, and is an important part of the United Nation's "Envision2030" sustainable development goals that our program supports.

## Kakabeka Falls Legion Branch 225

May 1	Dance by Quest	7:00pm to 10:00pm
May 9	Executive Meeting	2:00pm
May 9	General Meeting	3:00pm
May 10	Mothers Day Breakfast	8:30am to 11:00am
May 23	Dance by Quest	7:00pm to 10:00pm
May 29	International Buying Auction	9:00am to 4:30pm
May 30	Dance by Quest	7:00pm to 10:00pm
Apr 26	Sunday Music Together Again	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.

*"We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value"~~Maya Angelo~~*



**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	Weaving 10-3	Arthritis Society Friday May 8th 1pm
Carving 10-3	Knitting 10-3	Quilting 10-3	Knitting 10-3	Friendship Café Fri. May 22nd 1-3
Disking 1-3		Cribbage 1-3	Games Day Euchre 1-3	

Next **Friendship Café** is Friday May 22nd– Contact Shaun or Elaine for more information at **807-473-5528**

Games Day is now every Thursday at 1pm

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

**Phone: (807) 475-5779 Email: [rural60@tbaytel.net](mailto:rural60@tbaytel.net)**

**Website: [www.rural60plus.ca](http://www.rural60plus.ca)**



Earth Circle Celebrations Presents:

### Fibre Art-Nature Fusion Needle Felting Workshop

with Shannon

Come with friends or make new ones while creating your masterpieces to take home!

WHEN: May 7, 2026 @ 6:30-8:30pm

WHERE: Gillies Community Centre 1835 Hwy 595, South Gillies

COST: \$40 except kids under 13 yrs \$20 (with parent) and returning participants \$30

HOW: Register by emailing Shannon at [dariasmith1942@gmail.com](mailto:dariasmith1942@gmail.com).

All materials included. No experience necessary. Group Pricing available for charming & beautiful "Make & Take" workshops for Bachelorettes, Showers, Birthdays, Fundraisers, Community Programming, Homeschoolers (educational), etc.

[www.earthcircle.ca](http://www.earthcircle.ca) coming soon!

## WEEKLY GARBAGE COLLECTION

ONLY \$10 PER WEEK

Tax Included



Locking Lid Drums Available to weekly customers! Ask for Details

### WHO WE ARE

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## WE BUY SCRAP VEHICLES

REACH OUT FOR A QUOTE TODAY



PROUD SUPPORTER OF THE NORTHERN REACH NETWORK ONGOING BOTTLE DRIVE, ASK HOW YOU CAN HELP!



Tickets can be purchased starting May 1, 2026 and will run until April 2027  
Draw will be held last Friday of each month.  
Tickets are for sale online: <https://nolalu5050.ca>  
Get your tickets now and support your local NEST  
Stay tuned for winner announcements!!

# GrassRoots Business & Ad Fees, As of January 2023

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



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

Please email submissions to: [nolalu.grassroots@gmail.com](mailto:nolalu.grassroots@gmail.com) in PDF or WORD format.

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

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

## From the Editor's Desk

As I look out my window I see so many signs of Spring and my heart is glad. So many birds are returning or have come out of the forest. Did you know that not all robins fly south for the winter? If there is enough food for them they stay here they do, but in the forest where they are more sheltered from the winter winds. I can also see parts of my lawn, and although it is still mostly brown I know within a few weeks it will need cutting. We try to leave the first cut as long as possible to allow the bees and other insects a chance to come out of the lawn and feast on the dandelions. I also see a few brave sprouts in my flower garden. The iris, tulips, daffodils, crocus, and hyacinths are reaching for the sun. I also noticed that the amaranth seems to have greatly spread. It was only one plant last year but there seems to be an awful lot of little seedlings popping up all over the front garden. I didn't realize it was so prolific. I might have to change its location as when it was full grown last year we had to go off of our regular path to the house just to get around it.

Rob and I were fortunate to go on an amazing trip at the beginning of the month. We hadn't been on vacation in 15 years, well we did do some camping and a couple weekends to the states, but nothing far away. Now don't get me wrong, I loved our camping time and our weekends away, and I actually miss not going camping every summer. But we are fortunate to be able to camp right in our backyard now, I know it is not the same thing but it is close. The only difference is that when you are home you still end up doing chores around the house, which cuts into the relaxing time. At any rate, our time away earlier this month was so relaxing, the sunshine did us good. We went to the Dominican Republic for the first time. We toured the town and went to a spider monkey habitat. The food was really good and I decided to be brave and try new foods. I am usually a very bland eater, I'm not into spicy things and prefer just basic meals, but why not try the local cuisine. So while away I had octopus, squid, conch, quacamole, eggplant, guava, goat, mussels, lots of different fish, and a fruit loops loaf. None of them were awful, some I wouldn't eat again like the octopus. It was way too chewy, very little flavour, was basically like eating a piece of rubber. My girlfriend's grandson loved it and the squid was his favourite, that and the fresh mangos. Now some of it though I really liked, the guacamole was really good and my daughter says she has an excellent recipe to make it at home. I was surprised but I actually really enjoyed the mussels, and the goat wasn't bad either. I'm going to learn how to make the fruit loops loaf as I think my grandson would love it. We've decided to go back for New Years. You only live once so enjoy it.

Odette

## Harry Potter Word Search



r p h o e n i x j h  
m a q y l l t o c p  
l y v m p o t t e r  
r r n u n d i a z q  
o q k k d c r a x c  
o i w i g v l h n q  
m w u q p m v a u t  
f q x c f d j o w l  
v o l d e m o r t s

Harry Potter Word Search:  
9 questions, find the answers in the word search.

1. Slytherin, Gryffindor, Hufflepuff are three of the Hogwarts houses, what is the fourth?
2. Harry's favourite sport.
3. What is Harry's last name?
4. Who is "He Who should Not Be Named"?
5. What type of bird does Dumbledore have?
6. What must every Quidditch player have?
7. Wizards use these to send letters and parcels.
8. What type of animal is Scabbers?
9. Hagrid's mum was one of these.

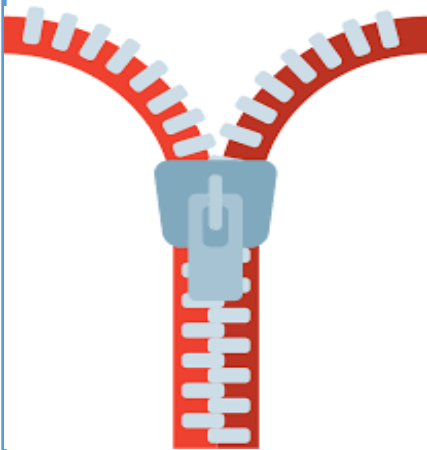


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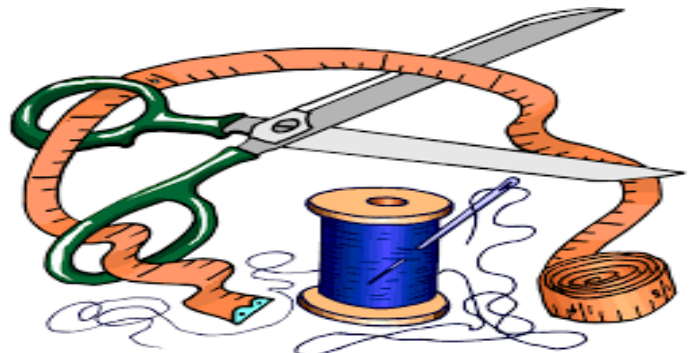
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**Upcoming Events at the NCC**

**June 27**, Ice Cream Social, BBQ, Yard Sale, and Bouncy Castle for the kids. 1:00pm to 4:00pm  
Details to follow

**July 10**, 80th birthday party for Nolalu residents, cake, coffee & tea and something for the 80+ crowd. Register for an invite for you and family and friends. 6:00pm to 7:00pm

**August 22**, Family potluck picnic, hot dogs and juice supplied by NCC, games for the kids and adults to if they want to play. 11:00am to 2:00pm

Other events in the works are a golf tournament and maybe an auction, plus the possibility of an ice rink and a small playground if all goes well. Why not come out to the NCC meetings and see what is going on or if you can lend a hand, the smallest hand can make great things happen. Stay tuned to Grassroots for updates on all these interesting happenings.



**Community Baseball Notice!**

The Alf Olsen Baseball Diamond in Pearson Township (Hwy 597 near Wamsley Rd, Neebing) will be up and running in May! The community welcomes families near and far to **come with a glove (and helmet if possible)**



**on May 15, May 29, June 5 and June 19**

for some old fashioned, all ages, fun baseball (slo-pitch).

**6:30pm (or when you can) – until you feel done!**

This is totally casual and at everyone's own risk, so plan on staying/playing with your kids. :)

**At least one family is bringing a BBQ, chips and many hotdogs to share! Feel free to bring things to share.**

\*If enough interest, this can be formalized into something more through summer or annually.

**Your Nolalu Local Services Board**

Local services boards in Ontario are volunteer run organizations that provide essential services such as fire and recreation to residents in unincorporated areas of northern Ontario. Established under the Northern Services Board Act, LSB's operate in regions without municipal government funded by local tax levies.

The Nolalu LSB consists of five elected volunteer members serving a three-year term. We receive our funds by collecting a tax levy from each property in the Nolalu services board area. This includes Marks, Lybster, Strange, Lismore and Hardwick townships (excluding Pete's Lake and Arrow Lake). While we operate independently, we are overseen by the Ministry of Northern Development. In the Thunder Bay district there are 9 LSB's: Armstrong, East Gorham, Hurkett, Kaministiquia, Lappe and Area, Nolalu, Rosspport, Shebandowan and Upsala.

The Nolalu LSB can be described as a funding body that funnels funds to the Nolalu Community Centre and the Nolalu Emergency Services Team. A small percentage of the budget goes to the LSB itself to pay for administration. We operate at arms length from the NCC and NEST. We have a contract with them for their services that is reviewed on a regular basis.

Members of the public are welcome to attend any of our meetings. You can find out more about your Nolalu LSB, NEST and the NCC on our website Nolalu.ca.

All of these organizations are run by volunteers. Volunteers are the gears that keep our community running smoothly.

Debra Hitz,  
LSB board member



## NOLALU COMMUNITY CENTRE

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

Thursday, May 21, 2026

7:00pm

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

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## LOCAL SERVICES BOARD OF NOLALU



Tuesday, May 26, 2026

7:30pm

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

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## Drop-in Exercise

(Pilates/weights type)

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

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

FUN group.

We have extra equipment if needed.



*"Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate and value into your life."~~Northrup Christiane~~*

**COLOURING PAGE**

Firstly  
Parenting



# MAY 2026



NorWest Community Health Centres  
Centres de santé communautaire NorWest



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



(807) 473-5528

MON	TUE	WED	THU	FRI
				1
4 Chair Yoga @ O'Connor CC	5 Fly the C.O.O.P Walking Group	6 NP available for those without an MD or NP  Walk-In Clinic 4:30pm - 7:30pm	7 Fly the C.O.O.P Walking Group  LifeLabs	8
11 Chair Yoga @ O'Connor CC Good Food Box Order Deadline	12 Fly the C.O.O.P Walking Group	13 NP available for those without an MD or NP Mobile Clinic - Upsala Nursing Station (No NP Today) Walk-In Clinic 4:30pm - 7:30pm	14 Fly the C.O.O.P Walking Group  LifeLabs	15
18 Closed for Victoria Day	19 Fly the C.O.O.P Walking Group	20 NP available for those without an MD or NP Good Food Box Pickup at KB Clinic Walk-In Clinic 4:30pm - 7:30pm	21 Fly the C.O.O.P Walking Group  LifeLabs	22 *NEW Program* Friendship Cafe 1-3pm. Theme - "Our Community Our Stories"
25 Chair Yoga @ O'Connor CC	26 Fly the C.O.O.P Walking Group	27  Walk-In Clinic 4:30pm - 7:30pm	28 Fly the C.O.O.P Walking Group  LifeLabs	29

## PROGRAM INFO

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

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

Meet at Kakabeka Legion @10am or a ride is provided at Evergreen Pharmacy Parking Lot at 9:45am

**Chair Yoga In Person & Virtual**  
Hosted at O'Connor, Kam, and Rural 60+ Centre at 10am.

### Good Food Box Program

Monthly access to a box of affordable fruit and vegetables. For more information visit [www.goodfoodboxtb.org](http://www.goodfoodboxtb.org) or call 473-5528 for more info

### Friendship Cafe @ Rural 60+ Centre.

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



## Follow us!

NorWest Community Health Centres - Kakabeka Falls Clinic

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

# Friendship Café

Food, Fun & Games!

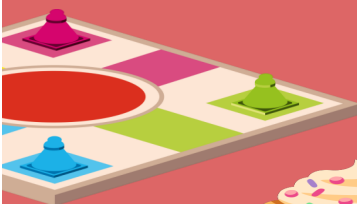
May 22, 2026

| 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



## **NOLALU COMMUNITY CENTRE: HALL RENTAL**

\*\*\*\*Contact NCC Treasurer for hall availability and bookings. \*\*\*\*

Email [nolalucctreasurer@gmail.com](mailto:nolalucctreasurer@gmail.com)

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

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

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

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

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

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

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

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

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

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

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

- ◆ At the discretion of the NCC Board
- ◆ **\$5/table, \$2/chair** for the event. 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](mailto:nolalucctreasurer@gmail.com) with a brief description of what the payment is for.**

# NCC Events—May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> Drop-in Exercise 9:30am to 10:30am	<b>2</b> HIGH TEA and GARDEN GOODIES 2:00pm to 4:00pm
<b>3</b>	<b>4</b> Drop-in Exercise 9:30am to 10:30am	<b>5</b> AA MEETING 6:30pm	<b>6</b>	<b>7</b>	<b>8</b> Drop-in Exercise 9:30am to 10:30am	<b>9</b>
<b>10</b>	<b>11</b> Drop-in Exercise 9:30am to 10:30am SENIORS LUNCH 11:00am to 1:00pm RURAL READERS 7:00pm to 9:00pm	<b>12</b> AA MEETING 6:30pm	<b>13</b>	<b>14</b> NEST MEETING at NCC 7:00pm	<b>15</b> Drop-in Exercise 9:30am to 10:30am	<b>16</b>
<b>17</b>	<b>18</b> Drop-in Exercise 9:30am to 10:30am	<b>19</b> AA MEETING 6:30pm	<b>20</b> PLAY GROUP 12:00pm to 2:00pm	<b>21</b> NCC MEETING 7:00pm	<b>22</b> Drop-in Exercise 9:30am to 10:30am	<b>23</b>
<b>24</b>	<b>25</b> Drop-in Exercise 9:30am to 10:30am	<b>26</b> LSB MEETING 7:30pm	<b>27</b>	<b>28</b>	<b>29</b> Drop-in Exercise 9:30am to 10:30am	<b>30</b>
<b>31</b>						