

NCC NEXT MEETING:

No Meeting in July

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

LSB NEXT MEETING

No Meeting in July

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

NEST NEXT MEETING

No Meeting in July & August

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

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July 2026

Nolalu's **GRASSROOTS**



JULY 10TH, 2026
Nolalu Community
Centre
6:00pm to 7:00pm

Registration Required

Please contact Emma at tritree@outlook.com to register, so we know how much cake to make, and get your invitation for you and your family and friends.



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Emergency Phone Numbers

Nolalu Fire & Ambulance: 807-473-5200

Ontario Provincial Police: 1-888-310-1122

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

For Road information call: 511

NCC Volunteer Board

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

NEXT NCC MEETING:

No Meeting in July

ALL NCC meetings are open
to the community.

NEST meeting

No Meeting in July & August

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 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

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Evergreen Pharmacy, Kakabeka

Rural 60 Plus, Kakabeka

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July gardening in Zones 2–3: thriving through the hottest month

July in Northwestern Ontario is when the garden hits full stride. The days are long, the sun is strong, and everything seems to grow twice as fast, including the weeds. It's a month of maintenance, harvesting, and keeping plants happy through heat, pests, and the occasional angry thunderstorm that waters everything except the beds that actually need it.

Whether you're a seasoned grower or a new gardener, July is all about staying ahead of the curve.

Keep soil moist, cool, and alive

By July, soil can dry out faster than you'd think, especially in raised beds. That's why mulch is your best friend. If it's thinning out, top it up with chopped straw, shredded leaves, or grass clippings. This helps:

- ♦ Reduce evaporation
- ♦ Keep roots cool
- ♦ Suppress weeds
- ♦ Support soil microbes that hate heat as much as you do

If you dig a few inches down and the soil is dry, it's time to water deeply.

Watering wisely in hot weather

July heat can sneak up on northern gardens. To keep plants thriving:

- ♦ Water early in the morning so leaves dry quickly.
- ♦ Aim for the base, not the foliage.
- ♦ Give long, deep soaks instead of quick sprinkles.
- ♦ Use drip hoses if you have a larger garden—they save time and water.

If your lettuce is bolting, don't take it personally. It's not you—it's the heat.

Pest patrol: the summer edition

July brings out the full cast of garden troublemakers. A few to watch for:

Cabbage Moths & Caterpillars

They're in their prime now. Check brassicas daily and remove caterpillars before they turn your kale into lace.

Beetles

Japanese beetles, flea beetles, and leaf-chewers love July. Shake them into soapy water in the cool morning hours.

Aphids

If you see clusters of tiny bugs, blast them off with water or let ladybugs handle the cleanup.

Ticks

Keep grass trimmed around garden edges and avoid working in tall weeds at dusk. Healthy plants bounce back from minor damage, so don't panic at the first hole you see.

Harvesting & feeding

July is when the garden starts giving back. Pick:

- ♦ Lettuce
- ♦ Herbs
- ♦ Peas
- ♦ Radishes
- ♦ Early potatoes
- ♦ Strawberries and raspberries

Harvesting regularly encourages more growth, especially with peas, beans, and herbs.

Heavy feeders such as tomatoes, squash, and cucumbers appreciate a mid-summer boost. A light application of compost tea or a balanced fertilizer keeps them producing through August. Most garden centres carry easy-to-read numerical fertilizers such as 10-10-10 or 5-10-10 (N=Nitrogen, P=Phosphorus, K=Potassium). Some are specifically suited for vining vegetable plants.

Beginner tips for July success

- ♦ Don't overthink watering. Stick your finger in the soil. If it's dry past your first knuckle, water.
 - ♦ Start small. Focus on a few crops you enjoy eating.
 - ♦ Use mulch generously. It solves half of a beginner's problems.
 - ♦ Take notes. What worked this year will help you next year.
 - ♦ Don't compare your garden to anyone else's. Microclimates are real, and so is beginner's luck.
- Kathy normally spends July in the garden armed with sunscreen, a spray bottle, and questionable optimism while battling beetles, dodging thunderstorms, and negotiating with plants that wilt dramatically at the slightest hint of heat.



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**DRAW DATE
END OF THE MONTH**

NolaluEmergencyServicesTeam






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!!

Family Picnic Day

August 22, 2026

11:00am to 2:00pm

Potluck

Nolalu Community Centre

Hotdogs and punch provided



We can eat inside or bring a blanket and have a real picnic outside.

Kids games, Adults can join in too. We'll have games such as who can hammer a nail in the fastest, kick the shoe, egg on a spoon race, sack race, paper airplane flying, fill the water bucket relay, and more.

If you know of some fun old fashioned family games send me a message.



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.

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

GRASSROOTS DEADLINE

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

Submit to nolalu.grassroots@gmail.com

If you are unable to make the deadline we will be happy to accommodate your information on our two Facebook pages; Nolalu Community Centre, Nolalu ONLINE GRASSROOTS

Online Mutual Respect Policy

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

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

It's that time of year again.
Join us for our yearly
Yard Sale

Sat. July 4, Sun. July 5
9:00 to 4:00

7 Hume Rd. West, Conmee
4 km west of Kakabeka
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Third Wednesday of Each Month

Next Play Date: July 15, 2026

Nolalu Community Centre

12:00pm to 2:00pm



Come on out and have some fun.

Meet other children and parents in the community.

Play group is open to all on the 3rd Wednesday of
every month at the Nolalu Community Centre

Hope to see you there

Photography Contest Alert!!

Open to all ages—Age categories are;

- * 10 and under (Children under 5 years old may have help from an assistant to get the camera ready)
- * 18 and under
- * Adults

Requirements

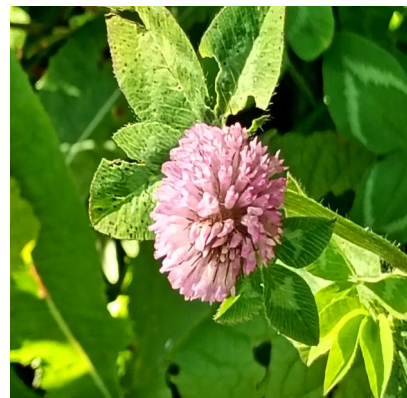
- ♦ Deadline for submissions—October 1, 2026
- ♦ Subjects—nature, wildlife, local events, family fun
- ♦ Must be original photos and unaltered, can be electronically delivered.
- ♦ Must give permission for photos to be duplicated and published in the Grassroots and online on both of our media pages.
- ♦ Must have a permanent residence in Nolalu, O'Connor, Kakabeka Falls, Gillies, Lybster twp, Marks twp, Lismore twp, and Hardwick twp (Nolalu Local Service Board area).
- ♦ Photos must be taken in the above listed areas.
- ♦ Only photos taken by the photographer may be submitted.
- ♦ Five (5) photos per photographer may be submitted, so pick your best photos.
- ♦ Photos must be submitted via email to nolalu.grassroots@gmail.com or hand delivered. NO submissions will be accepted from other venues such as Facebook, Messenger, etc.
- ♦ Once the photo is posted online, the photographer must refrain from commenting on their photo. The photo will be disqualified if this happens, as it allows people to vote for the person and not necessarily the photo.
- ♦ No photos shall have the entrants name on them.



Prizes for first, second, and third in all age categories. There will also be a prize for the readers choice award, see below for details. Winners to be announced in the November issue of the Grassroots. Photographs will be judged by one of our sponsors. I will not be involved in any judging as I would give everyone prizes, especially after seeing all the entries from last year.

Readers choice will be judged online. All submissions will be posted on the Nolalu ONLINE GRASSROOTS Facebook page. The photo with the most 'likes' will win. Submit as soon as you can to give

everyone a chance to vote on your photo. Make sure to keep checking the page and vote for your favourite. Votes will be tabulated October 15, 2026. Judge's (facebook tabulator of votes) decision will be final.



KB Rural Area Stitch and Craft Group

Bring your project & Join our Needle & Natter Crew

Upcoming Meeting Dates

May 26
June 9
June 23
July 14
July 28

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



"I am a Canadian, free to speak without fear, free to worship in my own way, free to stand for what I think right, free to oppose what I believe wrong, or free to choose those who shall govern my country. This heritage of freedom I pledge to uphold for myself and all mankind."~~John Diefenbaker~~

Just For Fun – Horoscopes by Grandmama Bear

Aries: March 21 – April 19

It is summer and you're hot. Next time don't complain about the snow drifts.

Taurus: April 20 – May 20

You're just a big teddy bear, all soft and cuddly. So it is time for a picnic.

Gemini: May 21 – June 21

Has anyone ever talked to you about toes? No, well that's a good thing then.

Cancer: June 22 – July 22

Have you bought a lottery ticket lately? If not don't bother; you have no lucky numbers this month.

Leo: July 23 – August 22

So did you like all the puppies? Just wait the kittens are coming next.

Virgo: August 23 – September 22

Peanut butter and jam is a quick snack; just make sure to use bread not your hand for spreading it on.

Libra: September 23 – October 22

Smarties, rainbows, and oranges. Sorry that's all I'm picking up on for you.

Scorpio: October 23 – November 21

School is out, time to keep the kids busy. Try reliving your childhood and make macaroni necklaces.

Sagittarius: November 22 – December 21

It is storytime. What tales can you tell round the campfire? Try not to scare everyone.

Capricorn: December 22 – January 19

When someone said you need to light a fire under your butt, they didn't mean literally. Get out the extinguisher, then get to work.

Aquarius: January 20 – February 18

Shopping and lots of it, is in your future. It's mostly for chicken supplies but have fun anyway.

Pisces: February 19 – March 20

Your horoscope says Not Today! Go back to bed.

Health in a Hurry

Health in a Hurry #4

Movement

I think we all know that most of the world is in an epidemic of inactivity. Most of us who don't work outside are just not moving enough. So for this month, I wanted to give you some tips on how to incorporate more movement into your days, whether you are four or 104!

1. Little steps.

Start with making a mindful habit of moving your body a bit more than you did yesterday. It could be with a step tracker (I found one for \$30 and I set a goal on it, and it helps motivate me to reach or exceed the step count every day) or just keeping track in your head how long you are moving for daily. This might mean parking your car farther down the lot when you go shopping, or taking the stairs instead of an elevator. Every bit counts! You may have heard that you should be getting 10 000 steps per day and if this works for you, great! However, it is not about the number per se, but the fact that you are moving your body regularly throughout the day, every day.

2. Mobility.

Mobility is hugely important, so if you are moving more, why not incorporate some mobility work as well? Some easy ways to do this include stretching before bed, or a few deep squats to open up your hips. Yoga is another wonderful way to incorporate strength and stretching and we are lucky enough to have Wild Blue Yoga (AKA Marisa N.) in our community holding classes at the NCC (Highly recommended; her classes are so inclusive and she can help those with mobility challenges as well!). Another functional move is trying to sit on the floor (or to sit on a stable stool) daily so that your hips get more movement. If possible, can you get to sitting on the floor and then getting up, without using your hands? If you can, your mobility and strength is better than average. If you can't, work on it, with the help of a railing or other aid if needed. Being able to get up on your own is hugely important, especially for those of us who are older.

3. A morning walk.

Try taking a morning walk daily, even if it is just for 5 minutes. Getting some sun in the morning also helps with melatonin production later in the day, so this is another helpful tip for your sleep hygiene too! Or, if that doesn't work for your schedule, try an after dinner walk. I am finding it so much easier to be outside now that Summer is here!

4. Squats

Did you know that doing as few as 10 squats can help with lowering blood sugar levels? This is especially true in those who have diabetes, but these are a great exercise for anyone. There are so many variations to make them easier if needed (such as squatting back into a chair) or harder (pistol squats!) but regular old squats help build leg muscle mass, which means more stability and better blood sugar regulation as well. Try doing a set of 10 three times a day for best effect.

I hope that gives you some ideas on how to be more active. As always, any feedback or ideas for the next article are always welcome!

Yours,

Amrita

"There are no limits to the majestic future which lies before the mighty expanse of Canada with its virile, aspiring, cultured, and generous-hearted people."~~Winston Churchill~~



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Rural Water Done Right

All-natural Bug Repellent Recipes

Submitted by Kathy McGowan

Vanilla–Lavender Clothing Spray (Mosquitoes + Deer Flies)

Ingredients

1 tbsp pure vanilla extract 10 drops lavender oil ½ cup water 1 tbsp witch hazel

Instructions

1. Add water and witch hazel to a spray bottle.
 2. Add vanilla and lavender.
 3. Shake well.
 4. Spray on clothing, hats, and hair (avoid eyes).
- Reapply every 1–2 hours.

Notes: Gentle scent, won't attract bears. Safe for fabrics and tents.

Citrus–Mint Fly Spray (Deer Flies + Horseflies)

Ingredients

10 drops peppermint oil 10 drops lemongrass oil ½ cup water 2 tbsp white vinegar

Instructions

1. Combine water and vinegar in a spray bottle.
 2. Add peppermint and lemongrass oils.
 3. Shake well.
 4. Spray on hats, shirts, and outer layers.
- Reapply every 45–60 minutes.

Notes: Water-based, won't melt synthetic fabrics. No alcohol, no aerosols.

Lemon-Eucalyptus + Witch Hazel Spray (Mosquitoes + Black Flies)

Ingredients

12 drops lemon-eucalyptus oil ¼ cup witch hazel ¼ cup boiled-then-cooled water
1 tsp glycerin (*helps it stay on skin*)

Instructions

1. Add witch hazel, water, and glycerin to a small spray bottle.
 2. Add lemon-eucalyptus oil.
 3. Shake before each use.
 4. Spray on exposed skin and outer clothing.
- Reapply every 1–2 hours.

Notes: No alcohol (less flammable near campfires). Witch hazel is gentle on skin and gear.

Natural Tick-Guard Spray

Ingredients

20 drops rose geranium oil (*the most effective natural tick repellent*) 10 drops lemongrass oil
¼ cup witch hazel ¼ cup boiled-then-cooled water
Optional: 1 tsp glycerin (helps it stay on skin longer)

Instructions

1. Add witch hazel and water to a small spray bottle.
 2. Add rose geranium and lemongrass oils.
 3. Shake well before each use.
 4. Spray on ankles, socks, pant legs, waistline, and outer clothing.
- Reapply every 90 minutes or after heavy sweating.

Notes: Rose geranium oil is widely used by hikers and dog owners because ticks avoid its scent. Lemongrass boosts effectiveness without irritating skin. Witch hazel base is gentle, non-flammable, and safe for tents and synthetic fabrics.



July & August 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

July 8th & August 12th

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.
Check out our Facebook page for summer outing locations!

Volunteer

If you would like to get involved and volunteer please email us at gilliescommunitycentre@gmail.com

Thank you!

Thank you to all our volunteers for all your support and help.
We are truly grateful for all of you.

August 24-28th

Drama Camp!

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

Save The Date

September 20th-

Gillies Day

October 24th-

Family Halloween Party

November 28th -

Christmas Market

November 29th-

Milk & Cookies with Santa

December 6th-

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!



NCC Needs a New Media Coordinator!



Volunteer • Starts Immediately

The **Nolalu Community Centre (NCC)** is looking for a creative, community-minded volunteer to help keep our Facebook presence engaging, friendly, and up to date.

What You'll Do

- Create NCC posts for our public Facebook page
- Share event info. from the **Grassroots** community newsletter
- Respond to comments and community questions
- Liaise with board members and update event info. when details change
- Use Meta Business Suite (or learn as you go)
- Promote NCC events across local pages and groups

If you enjoy social media, community spirit, and keeping people in the loop, we'd love to hear from you. Interested? Please send us an email: nolalu.grassroots@gmail.com. Your creativity could be exactly what keeps our community connected — don't be shy, apply! ✨

Low Sugar Fruit Popsicles

by Kathy McGowan

Strawberry–Banana Smooth Pops

Naturally sweet and creamy from the banana.

Ingredients

2 cups strawberries (fresh or frozen) 1 ripe banana 2 tbsp water

Optional: 1 tsp honey if berries are very tart

Instructions

Blend strawberries, banana, and water until smooth. Taste and adjust sweetness if needed.

Pour into molds and freeze 4–6 hours.

Pineapple–Mango Sunshine Pops

Bright, tropical, and naturally sweet.

Ingredients

1 ½ cups pineapple chunks 1 cup mango chunks 2 tbsp water or coconut water

Optional: squeeze of lime

Instructions

Blend pineapple, mango, and water until silky. Add lime if you want extra brightness.

Freeze in molds 4–6 hours.

Watermelon–Berry Ice Pops

Hydrating and refreshing — perfect for hot days.

Ingredients

3 cups watermelon cubes 1 cup mixed berries (strawberries, raspberries, or blueberries)

Optional: 1 tbsp lemon juice

Instructions

Blend watermelon and berries until smooth. Add lemon juice if you want a little tang.

Pour into molds and freeze 4 hours.

Peach–Orange Freezer Pops

Soft, sweet, and citrusy — great for kids.

Ingredients

3 ripe peaches, sliced ½ cup orange juice (no sugar added)

Optional: 1 tsp honey if peaches aren't very ripe

Instructions

Blend peaches and orange juice until smooth. Taste and adjust sweetness if needed.

Freeze 4–5 hours.

Blueberry–Peach Ice Pops

Deep berry flavour with a soft peach finish.

Ingredients

1 ½ cups blueberries (fresh or frozen) 2 ripe peaches, sliced 2–3 tbsp water

Optional: ½ tsp lemon juice for brightness

Instructions

Blend blueberries, peaches, and water until smooth. Add lemon juice if you want a little tang.

Pour into molds and freeze 4–6 hours.

Green Apple–Kiwi Popsicles

Tart, refreshing, and naturally low-sugar.

Ingredients

2 green apples, peeled and chopped 3 kiwis, peeled 2 tbsp water

Optional: 1 tsp honey if you prefer less tartness

Instructions

Blend apples, kiwis, and water until smooth. Taste — add a touch of honey only if needed.

Pour into molds and freeze 4–5 hours.

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 July 15, 2026

Registration 9 am to 11 am

Drive-Thru Pick-up

A BIG THANK YOU to Odena Foods for their ongoing support for the Foodbank and hosting our Fill the Cruiser event
A BIG THANK YOU to Metropolitan Moose in Kakabeka for the donation of coffee for our volunteers at our Fill the Cruiser event
A BIG THANK YOU to the Kam River Fighting Walleye hockey team for their ongoing support
ANNUAL GENERAL MEETING was held May 13, 2026 , Board positions are as follows:
Chair: Marian Makkinga
Vice Chair: Penny Kramer
Secretary: Lucy Kloosterhuis
Treasurer: Kimm White
Public Relations: Penny Kramer
Conmee Liaison: Chris Kresack
Lakehead Regional Municipal Coalition Liaison: Lucy Kloosterhuis
Director at Large: Mark Halabecki
Director at Large: Lorna Krieg
Fundraising Chair: Lorna Krieg
Fundraising Committee: Lorna, Marian, and Kimm

RURAL CUPBOARD FOODBANK DROP OFF LOCATIONS

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

Nolalu: Hoppers Variety

Gillies: Whitefish School
(Sept to June)

O'Connor: O'Connor Municipal Office

Neebing: Neebing Municipal Building

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

A BIG THANK YOU to the THUNDER BAY GROWING PROJECT for the donation of beef again to the Food Bank



Recommended Books

Indigo Best Sellers List

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.

10 Days That Shaped Modern Canada by Aaron Hughes

Revisiting ten notable days from recent history, Aaron W. Hughes invites readers to think about the tensions, events, and personalities that make Canada distinct. These indelible dates interweave to offer an account of the political, social, cultural, and demographic forces that have shaped the modern nation. The diverse episodes include the enactment of the War Measures Act, hockey's Summit Series, the patriation of the Constitution, the Multiculturalism Act, the École Polytechnique Massacre, victories for gay rights, Quebec's second referendum on secession, The Tragically Hip's farewell concert, the Truth and Reconciliation Commission, and ongoing Black equality struggles. Each day represents a window on contemporary Canada, jumpstarting reflection and conversation about who we are as a nation and how we got here. *Ten Days That Shaped Modern Canada* is the perfect guide for all those curious about the forces that shape our country and about how we understand our place in the world.



RURAL READERS
BOOK CLUB

Rural Readers Book Club

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

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

Next meeting: "Ministry of Utmost Happiness" by
Arundhati Row
Monday July 13th @ 7:00pm

Next Month: "The Dispossessed" by Ursula K. Leguin
Monday August 10th @ 7:00pm

Join online:

www.facebook.com/groups/ruralreadersbookclub

Questions or queries, contact:
Marisa (807-632-3950)
wildblueyoga@gmail.com

Be Holiday Smart – Fire Doesn't Take the Summer Off

- ♦ Stay in the kitchen or near your barbeque when cooking.
- ♦ Install smoke alarms on every storey and outside all sleeping areas of your home and cottage.
- ♦ Install carbon monoxide alarms outside all sleeping areas of your home and cottage.
- ♦ Test smoke and carbon monoxide alarms every month to ensure they are working.
- ♦ Change batteries in smoke and carbon monoxide alarms at least once a year.
- ♦ Develop and practice a home fire escape plan at home and at your camp/cottage.

Be Holiday Smart.

Fire doesn't take the summer off!





Cooking is the leading cause of home fires.



Always watch what's cooking on the stove.



Test smoke and carbon monoxide alarms in your home and cottage.

For more information contact your local fire department.



NolaluEmergencyServicesTeam
(807) 475-4441 (non-emergency)
info@nolaluest.com



Office of the Fire Marshal
and Emergency Management

Heat Is A Battery Killer

Lithium-ion batteries in phones and power tools fail when they get too hot. Leaving them in direct sun on a deck or in a parked car causes the internal chemistry to break down, leading to swelling and fire risks.

- **Tools:** Keep them in the shade on the job site.
- **Phones:** Take them with you. A parked car is an oven.
- **Charging:** If the device is hot, let it cool before plugging it in.

Stay safe with lithium-ion batteries
www.chargedforlife.ca



Heat-Related Emergencies

Source: Canadian Red Cross — *Heat Stroke & Heat Exhaustion* public safety guidance
www.redcross.ca

What Heat Stroke Is

Heat stroke is a **life-threatening emergency** where the body can no longer cool itself. The person may stop sweating, become confused, collapse, or have seizures. Immediate first aid is required.

Key Warning Signs

- Hot, dry, or very red skin
- Confusion or unusual behaviour
- Rapid breathing
- Possible loss of responsiveness
- No longer sweating despite the heat

These symptoms indicate the body's cooling system has failed.

What To Do

- **Call 911 immediately**
- Move the person to a **cooler location**
- **Cool the body quickly:** apply cool water, fan them, or use covered ice packs on the neck and armpits
- Give **sips of cool water** only if fully conscious
- Stay with the person until help arrives

Prevention

- Drink plenty of cool fluids
- Avoid peak heat hours
- Wear loose, light clothing
- Take frequent breaks in shade
- Apply sunscreen
- Know the humidex and heat warnings





CAMPING SAFETY



1 KEEP TABS ON THE WEATHER

- ✓ Keep an eye on the weather forecast prior to your trip
- ✓ Pack for inclement weather regardless of forecasts.
- ✓ Only 33% of campers plan their trips at least one month in advance - practice being a proactive camper.



2 CHOOSE YOUR SHELTER AND SITE

- ✓ Determine what gear you need based on your site choice
- ✓ Consider your age, physical limitations and medical needs, as well as those of your group.
- ✓ Determine what amenities are necessary and whether you should stay in a tent, cabin or RV.



3 BE AWARE OF WILDLIFE

- ✓ Store food in your car, a bear-safe canister or a food storage locker so as not to attract animals
- ✓ Avoid touching and feeding wild animals
- ✓ If you do touch wildlife, wash your hands or use a hand sanitizer with an alcohol concentration that contains at least 60% alcohol



Sources: KQA ; Outdoor Industry Association ; Smokey Bear ; Centers for Disease Control and Prevention

Nolalu Emergency Services Team

Hall 807-475-4441

info@NolaluEST.com

Emergency 807-473-5200

2167 Hwy 588

Nolalu ON P0T 2K0



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health &
wellness
products for
your family?



Nor
East

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*Herbal & Mushroom
Supplements*

Home Wellness Kits



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**& MUCH
more!!**

Simple. Clean. Fresh.

No petrochemicals. No sulfates.

No harsh preservatives. No compromises.

Ingredients you can trust and handcrafted quality you can expect.
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www.thepowerofplants.ca



GrassRoots Business & Ad Fees, As of January 2023

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



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

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

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

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

From the Editor's Desk

As I write this it is the summer solstice today, the longest day of the year and the shortest night. A time for reflection and appreciating all that we have. A time to get outside and be thankful for the earth and all its splendor. It is also Father's Day. A time to appreciate the fathers and caregivers in our lives who have taken the time to nurture, support, and love us. Expecting nothing in return, just giving of themselves and their time to help create a wonderful life for us. Happy Father's Day to all the Dads, Caregivers, Grandparents, and special people who love us unconditionally and support our wildest dreams. I feel privileged to share this day with you.

This month our beef order came in so it meant scrambling for freezer space. As a result I had to defrost a bunch of my frozen fruits. So that meant a jam making day when I wasn't expecting one, I needed to be working on the Grassroots, but thawed fruit will not wait. So 20 jars of bumble berry jam were made, along with 4 litres of fruit juice. I also made Christmas jam with the cranberries. I had never heard of it before but it was recommended to use the cranberries up, and let me tell you I'll be making this every year from now on. I ran out of jars with sealers and had to scramble around in the basement looking for more. It made me think of Lillian and the offer she had made over a year ago to come pick up some jars from her, but life got ahead of me with surgeries, and my mother, and things in general, and I just never got there. I certainly appreciated her offer, as she doesn't know me and was just a community member reaching out when I said I needed canning jars, I sure wish I had taken the time then to go get the jars. That is what life is all about in Nolalu, the community coming together whenever they see a need, it is such a wonderful place to live.

I'd like to thank Debra Hitz for her wonderful donation of two books to the Grassroots. We now have a copy of Lady Lumberjack, Dorothea Mitchell at Silver Mountain, and a copy of Against All Odds, How the remote village of Nolalu came to be, and survived to become a thriving, innovative community. Stay tuned to the Grassroots for excerpts from these interesting books. My husband has dived into Against All Odds and is enjoying it. He keeps telling me I need to put this or that in the newsletter. I will when he's finished reading it all and can tell me the best parts to include. I like to include parts of the local history, or interesting tidbits that people have learned from living in the area, or local recipes. So if you have anything you'd like to share with the Grassroots please send it along and I'll be sure to get it into the newsletter.

Odette

Kakabeka Falls Legion Branch 225

July 4	Vetrans Drop In	9:00am
July 4	Dance by Quest	7:00pm to 10:00pm
July 9	Strawberry Social	5:00pm to 8:00pm
July 12	Breakfast	8:30am to 11:00am
July 25	Dance by Quest	7:00pm to 10:00pm

NOTE: Sunday music is cancelled for July and August

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.

"When I'm in Canada, I feel this is what the world should be like."~~Jane Fonda~~

"My dream is for people around the world to look up and to see Canada like a little jewel sitting at the top of the continent."~~Tommy Douglas~~

"Wishing you a day filled with joy, laughter, and everything that makes you proud to be Canadian."



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	
	Weaving 10-3	Beginners Carving 10-3	Weaving 10-3	
	Knitting 10-3	Quilting 10-3	Knitting 10-3	
		Cribbage 1-3		

Rural 60 Plus will be CLOSED Wednesday July 1st for Canada Day.

Rural 60 Plus will be going to summer hours of Tuesday, Wednesday and Thursday from 10am to 3pm for the months of July and August.

There will be no Monday chair yoga, Games Day or Friendship Café for July and August. They will all resume again in the fall.

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

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

Website: www.rural60plus.ca



Upcoming Events **at the NCC**

August 22, 2026

11:00am to 2:00pm

Family potluck picnic, hot dogs and juice supplied by NCC.

Games for the kids, and adults to if they want to play.

Aug 15 to Oct 1, 2026 Photography contest. All ages. Must be a local resident and all photos must be taken locally. Check out the "Contest Alert" page in this issue for the guidelines.

Other events in the works are a golf tournament and maybe an auction. 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.



**DO YOU HAVE FANCY
TEA CUPS AND
SAUCERS FROM YOUR
GRANDMOTHER OR
MOTHER THAT ARE
NO LONGER IN USE?**

THE **KAKABEKA LEGION** WOULD BE HAPPY TO ACCEPT ANY DONATIONS OF TEA CUPS AND SAUCERS AND GIVE YOUR COLLECTION A NEW HOME.

**PLEASE CONTACT
MONIQUE TO
ARRANGE FOR
PICK-UP OR DROP
OFF. 807-631-4375**

**THANKING YOU IN ADVANCE FOR
ANY DONATIONS.**



Make At Camp (or home) **Hot And Cold Beverages**

by Kathy McGowan

Hot Drinks

Campfire Cinnamon Cocoa • 1 tbsp cocoa powder • 1 tsp powdered milk • ½ tsp cinnamon • Sweetener optional • Add hot water.

Ginger Honey Tea • ¼ tsp ground ginger • black tea bag • 1 tsp honey Steep 3–5 min. Add honey.

Instant Mocha Mix • 1 tsp instant coffee • 1 tsp cocoa • 1 tbsp powdered milk • Add hot water.

Maple Camp Latte • 1 tsp instant coffee • 1 tbsp powdered milk • 1 tsp maple syrup or maple sugar • Add hot water.

Vanilla Camp Steamer • 1 tbsp powdered milk • ½ tsp vanilla extract or vanilla sugar • Sweetener optional • Add hot water.



Cold Drinks

Sun-Steeped Iced Tea • 2 tea bags • 1L water Steep in sun 2–3 hrs. Chill.

Cucumber Mint Cooler • 1L cold water • 4–6 cucumber slices • 4–5 mint leaves • Shake • Rest 10 min.

Citrus Electrolyte Refresher • 1L water • Juice ½ lemon • Pinch salt • Shake well.

Mint Tea Cooler • 1 mint tea bag • 1 cup hot water • 1–2 cups cold water • Steep hot, dilute cold • Add lemon or cucumber.



"Today is our day to celebrate our existence, embrace our journey and find pride in all that we are. Happy Canada Day!"

PUZZLES

Canadian Animals

Z W C O M M O N G A R T E R S N A K E Z I Y R R
 B L A C K C A P P E D C H I C K A D E E A Z A E
 Y L F R E T T U B H C R A N O M W W K J Q E U H
 H P I K B H Z M O O S E I U U F W R E M B N O T
 W P W T S K S W X Z P H Y L A D G U O Y B B T G
 W E H T Q C U Q I K U B Y S O E L U L E F E L O
 T E M S N H P M U L E D E E R B N Z N L F L R D
 G H N L W O Y E R G T A E R G T Z G O W E U A E
 O S I N R A C C O O N G A M A I D W K V X G E I
 G D Z K S N O W Y O W L F I R I Y A A Q J A B R
 Z E B Y I H T E X C T N N G O E D U F T O W R I
 K N P C H C L U M Q L L Q K R E Y N N B G H A A
 Y R T K W A U B L W I E M G R X R B D L Q A L R
 G O E N I R E V L O W O M E C H R A S V H L O P
 W H X Q Y I C H N R F O V M B A V F H M C E P Y
 N G H J W B O X M Y V A S L I Y N D J C A V M Q
 O I I O U O Y G F D E H H N F N L A L T I S E I
 S B G Y L U Q F K B B S D Y W B G M D I L T Q Q
 I U R K G G C Y S T E L L E R S J A Y A L A R V
 B K U E T K A T L A N T I C P U F F I N L S W A
 F A N W D R C A N A D A G O O S E M R P J Y I J
 I S X X T F Q O T A Q N T R I K U T S R A S N A
 E J S N J X O V N H C E B C A A F Y R P B C F X
 B M S H B L L X J F C C W T M N J B C S T W I L

Black capped chickadee

Common garter snake

Monarch butterfly

Big horned sheep

Atlantic puffin

Great grey owl

Steller's jay

Mountain lion

Beluga whale

Grizzly bear

Canada goose

Prairie dog

Canada lynx

Arctic hare

Polar bear

Mule deer

Grey wolf

Wolverine

Snowy owl

Blue jay

Lemming

Red fox

Raccoon

Caribou

Beaver

Moose

Bison

Loon





NOLALU COMMUNITY CENTRE

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

No Meeting in July

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



No Meeting in July

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.

Open All Summer

We have extra equipment if needed.

"The world needs more Canada."~~Barack Obama~~



Thank you to Dustin Piché, who has been doing maintenance work on the NCC, and to Jody Buttman, who has agreed to continue with NCC maintenance going forward.

Thank you too to Marisa Nascimben, who held 2 yoga classes a week over the winter, and also organized Rural Readers book club.

Thank you also to Breanne Neufeld and her sous chefs, Liz Pszczolko and Sherri Halverson, for their amazingly delicious \$10 lunches every month, and the exercise group set-up crew, and Phyllis Poirier, Eileen Hurley and Andrew Warren and others who clean up afterwards. Next lunch Monday, September 14. Bring your friends!

Thanks to Emma Allgood for organizing events coming up, the ice cream social/yard sale on June 27, and the 80+ birthday party on July 10.

Angela Woodhouse-Wild

"It is wonderful to feel the grandness of Canada in the raw, not because she is Canada but because she's something sublime that you were born into, some great rugged power that you are a part of."~~Emily Carr~~

"You can't buy happiness, but you can live in Canada. And that's pretty much the same thing"

"Feeling a bit Superior today"

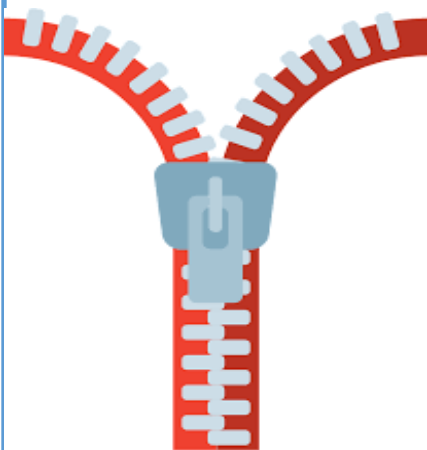


PhD in musicology available for music lessons: guitar (beginner to advanced), piano (beginner), jazz improvisation, music history and theory.



Tutoring also available for history, geography, English (literature, writing, grammar) & French. Professional writer & editor. Piano tuning. Call 807-939-2765.

BARB'S PROFESSIONAL SEWING



ZIPPERS ZIPPERS ZIPPERS

Hems on pants, dresses, curtains and more

Alterations, mending, patching

13 years doing alterations at EVA'S BRIDAL

7 years at THE WHOLE NINE YARDS

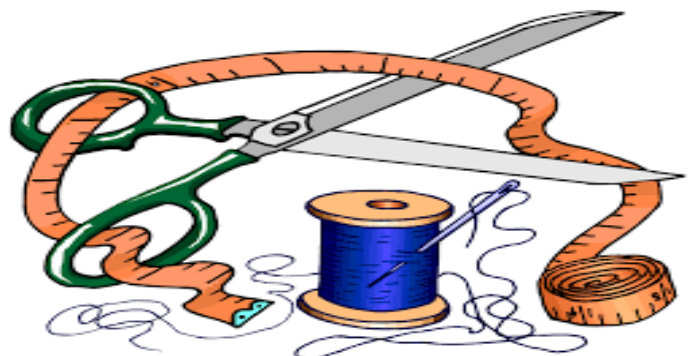
Doing repairs, alterations, wedding parties

QUICK SERVICE

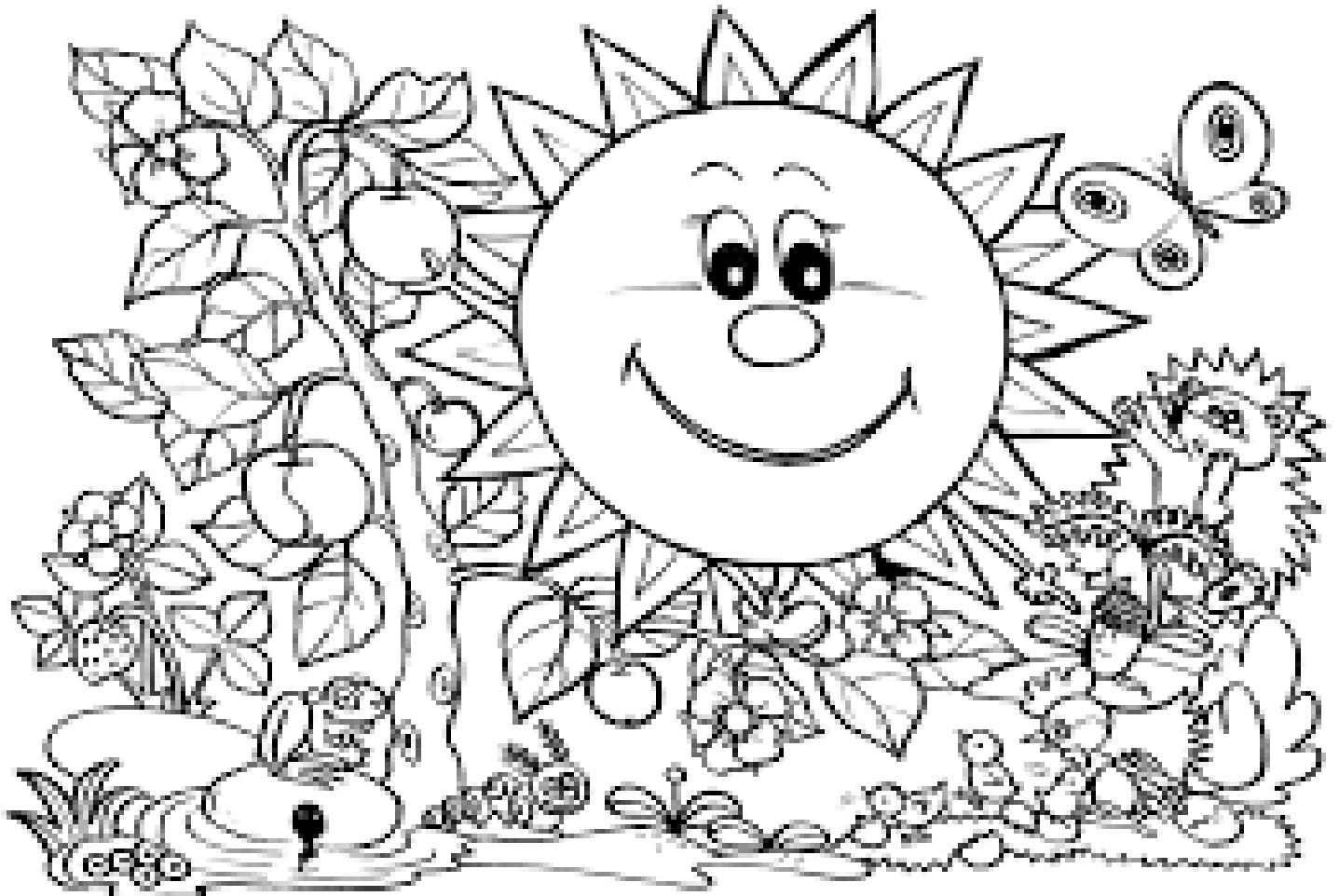
REASONABLE RATES

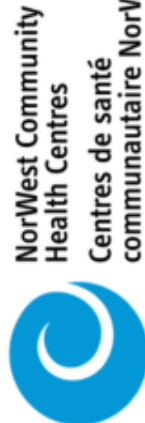
sewZipZippersKCAT81@gmail.com

807-475-9687



COLOURING PAGE





NorWest Community
Health Centres
Centres de santé
communautaire NorWest



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



(807) 473-5528

JULY 2026

MON	TUE	WED	THU	FRI
		1 Closed for Canada Day	2 Fly the C.O.O.P Walking Group LifeLabs	3 NP available for those without an MD or NP
6 Chair Yoga @ O'Connor CC Good Food Box Order Deadline	7 Fly the C.O.O.P Walking Group	8 Mobile Clinic - Upsala Nursing Station (Footcare) NP available for those without an MD or NP Walk-In Clinic 4:30pm - 7:30pm	9 Fly the C.O.O.P Walking Group LifeLabs	10
13 Chair Yoga @ O'Connor CC	14 Fly the C.O.O.P Walking Group	15 Good Food Box Pickup at KB Clinic NP available for those without an MD or NP Walk-In Clinic 4:30pm - 7:30pm	16 Fly the C.O.O.P Walking Group LifeLabs	17
20 Chair Yoga @ O'Connor CC	21 Fly the C.O.O.P Walking Group	22 Walk-In Clinic 4:30pm - 7:30pm	23 Fly the C.O.O.P Walking Group LifeLabs	24
27 Chair Yoga @ O'Connor CC	28 Fly the C.O.O.P Walking Group	28 Walk-In Clinic 4:30pm - 7:30pm	29 Fly the C.O.O.P Walking Group LifeLabs	31

PROGRAM INFO

Call KB Clinic Reception at (807)
473-5528 for further program
information.

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

Meet at KB Park at 9:45am

Chair Yoga In Person & Virtual
Hosted at O'Connor, Kam, at
10am.

Good Food Box Program

Monthly access to a box of
affordable fruit and
vegetables. For more
information visit

www.goodfoodboxtb.org or
call 473-5528 for more info

*Friendship Cafe @ Rural 60+
Centre.*

Come socialize and meet new
people, make friends and lifelong
connections. Program will resume
in September

Follow us!



NorWest Community
Health Centres -
Kakabeka Falls Clinic

www.norwestchc.org

NOLALU COMMUNITY CENTRE: HALL RENTAL

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

Email nolalucctreasurer@gmail.com

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

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

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

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

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

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

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

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

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

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

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

- ♦ At the discretion of the NCC Board
- ♦ **\$5/table, \$2/chair** for the event. Weekend rentals: pick up Friday, return Monday. Any rental longer than 3 days will be subject to a 20% surcharge per extra day
- ♦ Renter provides transportation and returns in clean condition.
- ♦ Some chairs are upholstered, therefore cannot get wet

Set-up charge for tables and chairs, if requested, additional **\$25**.

Clean-up charge, **if necessary**, additional **\$25+** at the discretion of the NCC.

The facility is to be left in a clean, tidy condition.

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

NCC Events—July 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Drop-in Exercise 9:30am to 10:30am	4
5	6 Drop-in Exercise 9:30am to 10:30am	7 AA MEETING 6:30pm	8	9	10 Drop-in Exercise 9:30am to 10:30am 80th Birthday Party 6:00pm to 7:00pm	11
12	13 Drop-in Exercise 9:30am to 10:30am RURAL READERS 7:00pm to 9:00pm	14 AA MEETING 6:30pm	15 PLAY GROUP 12:00pm to 2:00pm	16	17 Drop-in Exercise 9:30am to 10:30am	18
19	20 Drop-in Exercise 9:30am to 10:30am	21 AA MEETING 6:30pm	22	23	24 Drop-in Exercise 9:30am to 10:30am	25
26	27 Drop-in Exercise 9:30am to 10:30am	28 AA MEETING 6:30pm	29	30	31 Drop-in Exercise 9:30am to 10:30am	