



Mailing Address:

Nolalu Community Centre
2266 Hwy 588
RR 1
Nolalu, ON P0T 2K0
T: 807-475-8806

Message from NCC President

Hi again everyone,

Since I am writing this message a week before our Volunteer Appreciation Supper I am being positive and thinking that everything went well, and the supper was delicious, and everyone went home happy and with full bellies.

Except for the July 1st celebrations at the Nolalu Community Centre, all our activities are now finished until September. The health clinic will continue through the summer months. We've been busy at the centre in recent days doing some spring/summer cleaning inside and outside the centre. One more clean-up day should do it.

If anyone has noticed, the snake population is definitely down this year, or they just left early. Removing the two large females from the kitchen and releasing them outside certainly made a difference with the males leaving as they followed the females to parts unknown.

For those of you who read the GrassRoots we just want you to know that it has been evolving with a new look and new format. Amy is doing a wonderful job and we appreciate all the work she is doing with it. And she is not finished yet! You might notice changes in each publication, all for the added enjoyment of our readers. The content is expanding, and we hope everyone is pleased with the results so far. If anyone wants to see added content or changes, you can contact me, and I will pass the information along to our editor. With that being said, on behalf of the board, we wish everyone a safe and happy summer and see you all again in the fall.

Phyllis Garton,
President

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**Emergency phone number for
Nolalu Fire & Ambulance: 473-5200**

The NCC Board is seeking a new Kitchen Coordinator. Please contact Sharon, if you're interested in learning more about this volunteer position.

NCC Board Members

President	Phyllis Garton	phylsfrills@gmail.com	473-9819
Vice President	Mike Stevens	mcstevens@tbaytel.net	939-2279
Secretary	Kami Bishop	mrsbishop2u@gmail.com	356-1056
Treasurer	Rhonda Heerschap	rhonda.heer@gmail.com	935-2399
Kitchen Coordinator	Vacant		
Events Coordinator	Cathy Stevens	mcstevens@tbaytel.net	939-2279
Volunteer Coordinator	Sharon Low	phone calls preferred	577-8296
GrassRoots Editor	Amy Silvaggio	grassroots@tbaytel.net	473-4623

NCC Financials

Per June NCC Board Meeting

Chequing	
Opening Balance:	\$ 7,982.38
Credits:	\$ 5,082.00
Debits:	<u>- \$ 1,729.22</u>
Total:	\$11,335.16

Emergency Fund	
Opening Balance:	\$10,016.89
Credits:	<u>\$ 6.81</u>
Total:	\$10,023.70

Business & Ad Fees



Ad Pricing

Business card ad: \$5.00

¼ page ad: \$10.00

½ page ad: \$15.00

Full page ad: \$25.00

Community notices: Free

Non-business classified ads:

Free for premium members

*Graphic charges may apply.

The GrassRoots monthly submission deadline is the 15th.

Please email submissions to grassroots@tbaytel.net

Please make all cheques payable to Nolalu Community Centre.

Other Business

NCC Hall Rental

Interested in renting the NCC Hall for a celebration or event?

Please contact Phyllis at 473-9819 for more information.

NCC Memberships

2018 NCC memberships are available for purchase. Please contact Kami at 356-1056 to order yours.

Summer Dump Hours

Effective May 1st

Adrian Lake

Wed.: 6 pm to 8 pm

Sun.: 2 pm to 5 pm

Hardwick

Wed.: 3 pm to 5 pm

Sun.: 6 pm to 8 pm



Gateway Nolaſu

by Leo Hunnako

Issue # 12

Nolaſu and Silver Mountain Post Office -- Laina Maki and the Thomas Family

When the Silver Mountain mine opened at the west end in the late 1800's, it resulted in the need for a local post office. At the time, Archie Bishop's sister, Julia Sandor, became the post-mistress. She was married to Richard Sandor, a miner. Other notables to serve as post-masters in Nolaſu were Oliver Daunais 'The Silver King' and William W. Wilson (1904-1910) among others until about 1930.

However, the formation and growth of the Nolaſu post office owes a debt of gratitude to Laina Maki (née Pakka). She was the postmistress from March 28, 1931 to August 29, 1969, an astounding 38 years. The News-Chronicle paid tribute to Laina Maki in part, as follows –

Mrs. Maki Retires As Postmistress. "F.J. Biloski, assistant district director of postal services from Winnipeg was in Nolaſu on September 9 to present a testimonial to the retiring postmistress, Mrs. Laina Maki. Mr. Biloski, remarked that 'it was not often that a presentation was made to a postmistress who had been in service that length of time.' The post office was in the same building where Mrs. Maki had lived for the previous 18 years."

In Silver Mountain, a noteworthy post-mistress was Dorothea Mitchell, Silver Mountain Station manager and lumber entrepreneur (1910-1921). To follow were George Walker (1920-1922), **Ruth Thomas** for an impressive 21 years (1922-1943), Laura Ranta (1943-1952), Helen Tienhaara (1952-1956), Bambi Hyyryla (1956-1962) and again my aunt Helen Nummikoski (Tienhaara) (1960-1967). In the summer of 1967, the Silver Mountain Post Office was closed. Nolaſu became the central post office.

On May 27 of 2017, a car pulled in the yard and a lady came to my door. She asked if I remembered anything about the Thomas family who lived just up the road at the old Ranta place until the late forties. I mentioned that my parents had talked about them often and that they operated a small store and post office there. She then said that her mother was a Thomas and was in the car and wanted to meet me in that she enjoyed reading my Chronicle-Journal articles.

I went to the car and introduced myself and invited them in. The daughter said her mother had trouble walking. So we chatted for some time there at the car. Her name is Josephine. My sister Violet, who knew them well and was about the same age, confirmed it. Violet said she had a sister Isabel married to Eddie Hautanen with a daughter Patricia Towell and two brothers.

Harold Alanen knew Josephine and interviewed her for his book. Harold said he knew her as Jo Byce. "Jo was a secretary at Crawford School and Pat Towell is a friend of mine. We went through high school together." It's heartening to know that there continue to be those current day links to the past.

Rural post offices such as Nolaſu and Silver Mountain were a critical communication link as well as a gathering place. These days we tend to stay at home, send and receive emails and gather via Facebook.

Leo Hunnako is an historian and author. Contact Leo at -- leoh@tbaytel.net or 577-7484.

Volunteers Needed

Painters Wanted: Seeking volunteer(s) to paint the outdoor Nolalu Community Centre sign. Sign is approximately 9' x 3'. Paint will be provided. If interested, please call Sharon Low, Volunteer Coordinator, at 577-8296.



Nolalu Community Centre is Seeking a Volunteer Kitchen Coordinator

As a Volunteer Kitchen Coordinator, you will:

- Plan meals for small to large groups, make grocery lists and grocery shop for the Nolalu Community Centre.
- Keep an eye on the regular pantry items and buy, as needed.
- Organize lunches once a month from September - June.
- Organize meals for special occasion events, as needed.
- Liaise with the Volunteer Coordinator to schedule volunteers to cook for various lunches, dinners and events.
- Ensure the kitchen area is clean and maintained.
- Some kitchen experience preferred.
- Attend monthly NCC Board Meeting.

Regular events resume in September. For more information about the position, please contact Volunteer Coordinator, Sharon Low, at 577-8296.

Interested applicants are asked to submit a résumé via email to NCC President, Phyllis Garton at phylsfrills@gmail.com on or before August 1, 2018.

GrassRoots Volunteers Wanted:

Volunteers needed to help fold the GrassRoots newsletters once a month. Newsletter is printed the last week of each month and we're seeking volunteers to help fold and bundle the newsletters that get distributed by the Post Office. It's approximately a 2 - 3 hour commitment per month, depending on the number of people folding. If you're interested in learning more about this task, please call Sharon Low at 577-8296.



Oliver Paipoonge Public Library

Murillo Branch
4569 Oliver Rd.
Murillo, ON
T: 807-935-2729

Rosslyn Branch
3405 Rosslyn Rd.
Rosslyn, ON
T: 807-939-2312

E: oplibrary@tbaytel.net

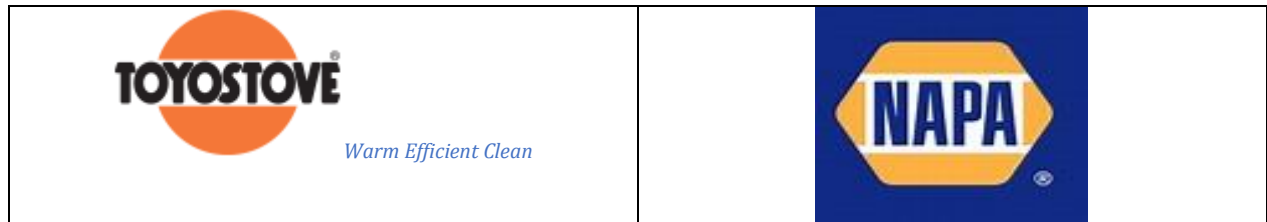
Branch Hours of Operation

	Murillo Branch	Rosslyn Branch
Sunday	closed	closed
Monday	10 am – 8 pm	closed
Tuesday	closed	10 am – 8 pm
Wednesday	10 am – 8 pm	closed
Thursday	closed	10 am – 8 pm
Friday	closed	closed
Saturday	10 am – 2 pm	1 pm – 5 pm

The libraries will be closed July 1.



Catherine and Terry Niemi
51 Delints Road, Nolalu
768-5357 or 633-2949



Proudly Servicing our Rural Area with Quality Workmanship and Service at a Fair Price!

We are your new **dealer and service provider** for Toyostoves providing you with Toyotomi Laser Direct Vented Heaters that have an 87% Efficiency/AFUE Rating and can be used in your home, garage or cottage. Water Heaters that boast an 87-88% Efficiency Rating. Whisper quiet, safe and dependable.

- Do you require **mechanical work** on your vehicle, farm equipment, outboard motors, atv, chainsaw etc.?
- Perhaps you need **diagnostics** done on your skidoo, can-am or sea-doo; We Do That!
- Is there a new chicken coop, shed or tack room in your farm dream plan? The Rusty Bucket has you covered with **carpentry work**.
- Have tractor and willing to travel to dig post holes. We will **dig the holes** and **set your posts** and you can do the rest. Need a garden tilled, we can certainly help with that!
- We do **black iron designs** and **custom wood projects** to satisfy your more rustic side.

The Rusty Bucket is a Multifaceted Home-Based Business
Working Hard to Be What You Need Us to Be

Please check us out on Facebook and then give us a call at 768-5357 or 633-2949.

From the NEST

NEST Secretary Needed

Are you interested in being a part of your emergency team, but don't want the responsibility of a fire fighter or first responder?

We are in need of a Secretary. This involves taking minutes at one meeting per month and dealing with any correspondence. Time involved is 3 hours per month at the most.

If you can help us out please contact John O'Malley at 475-3640.

For information on local fire safety and outdoor burning, contact:



Nolalu Emergency Services Team
RR1
Nolalu, ON P0T 2K0

Hall 807-475-4441
Nolalufirechief@gmail.com

Raffle

Get your tickets early for the raffle being held on September 30th at Conmee Hall. Proceeds raised in support of the Rural Cupboard Food Bank.

Tickets are \$5.00 each or 3 for \$10.00.

1st Prize: 2 tickets to anywhere West Jet Flies

2nd Prize: \$500 Meat Package from Stoney Ridge Farm

3rd Prize: 2 Nights at Red Pine Canoe Outfitters (prize includes boat, motor & gas)

Call the Rural Cupboard Food Bank at 807-285-0836 to find out where you can purchase tickets! You can also call Lorna Kreig at 577-1035 or Gladys Grant 935-2202 for tickets.

Have You Heard?

You can write out all the numbers from 1 to 999 and never write down this letter. Do you know the answer? I'll give you some time to think about it and share the answer after the other jokes & riddles.

Q: What goes through towns, up hills, and down hills but never moves?

A: The road!

Q: What has one head, one foot, and four legs?

A: A bed.

Answer:

If you write out all the numbers from 1 to 999 you'll never write down the letter 'a'. All other vowels appear in the first 999 numbers including 'y'. One thousand is the first time the 'a' appears keeping in mind the numbers are written one hundred one, not one hundred and one.

Riddles found online at Reader's Digest magazine www.rd.com.

Birthdays & Anniversaries

Happy birthday to NCC member:

Jaden Piilo

July 11



Barbecue Safety

Grilled to Perfection Every Time!



USE BBQS OUTDOORS ONLY! They produce **carbon monoxide**, a poisonous gas that can lead to unconsciousness and even death. Never use or store propane cylinders inside any structure, including garages.

Take these steps when starting a BBQ:

- Open the hood.
- Turn on the gas release valve on the tank.
- Turn on the grill controls or heat settings.
- Take a step back.
- Push the igniter button.
- If there is no igniter button, insert a long match or BBQ lighter through the side burner hole first, then turn on the heat control knob.
- If the burner does not ignite right away, turn the gas off and wait five minutes, keeping the hood open, before repeating the procedure.

At the start of the BBQ season, do this **THREE-STEP SAFETY CHECK** of your BBQ:

- 1 CLEAN** Use a pipe cleaner or wire to ensure burner ports are free of rust, dirt, spider webs or other debris.
- 2 CHECK** Examine the hose leading from the tank to the burners. Replace it if cracked or damaged.
- 3 TEST** Find leaks by applying a 50/50 solution of water and dish soap to propane cylinder connections and hoses. If bubbles appear, tighten the connection and/or replace the damaged parts and retest.

Stay Fire Safe!

Never leave the BBQ unattended when in use.

Make sure grease does not build up on the burners or at the base of the BBQ. This could cause a grease fire.

Never throw water on a grease fire – this will only spread the flame.

DO NOT place the BBQ close to wooden fences or walls, vinyl siding, or anything that can burn. The area behind your BBQ must be free of anything that can ignite – this is where hot gases escape.

Keep loose clothing away from a hot BBQ.

Keep children and pets at least one metre (three feet) away from a hot BBQ.

When finished barbecuing, turn the gas valve off first, then turn off the burner controls so no gas is left in the connecting hose.

Allow the BBQ to cool completely before closing the cover.

If you live in an apartment or condo building, check with the building owner or property manager, or the Condominium Act of your building, regarding the use of BBQs on your building's balconies.

* SAFETY TIPS COURTESY OF THE TECHNICAL STANDARDS AND SAFETY AUTHORITY / WWW.SAFETYINFO.CA

Office of the Fire Marshal
and Emergency Management
ontario.ca/firemarshal

Kakabeka Legion Events - July

BINGO

- Every Wednesday - Payout to a maximum of \$1,555.00
- Doors open at 5 pm. Early birds begin at 6:45 pm
- For more information call Gary at 473-9631.

KAKABEKA FARMERS MARKET

- Every Saturday 9:30 am – Noon
- Market Breakfast 9:00 am – Noon
- Meet your neighbours and friends at the market - have breakfast then shop for 'everything made local' at your neighbourhood farmers' market. Interested in becoming a vendor?
- For more information email contact@kakabekafarmersmarket.ca

Saturday, July 7th

- Executive Meeting - 2:00 pm
- Next General Meeting September 8th

Sunday, July 8th

- Breakfast 8:30 am – Noon
- All you can eat, Canadian and Finn Pancakes, bacon, sausages, scrambled eggs, hash browns, coffee, tea, juice, toast and jam or try our "Made for you" Omelette.
- Adults \$12, seniors \$11 and children's pricing as well. Join the breakfast club and after 10 paid breakfasts you get a free breakfast.

Sunday, July 8th

- Gymkhana 9 am - ?

Thursday, July 12th

- Strawberry Social 6:30 pm to 8:30 pm

Saturday, July 14th

- DANCE to the music of Quest 8 pm- 11 pm
- Admission \$8 per person includes Sandwiches, desserts and coffee and tea.

Saturday, July 21st

- DANCE with Jack Nelson 8 pm- 11 pm
- Admission \$8 per person includes Sandwiches, desserts and coffee and tea.

Saturday, July 28th

- DANCE to the music of Quest 8 pm- 11 pm
- Admission \$8 per person includes Sandwiches, desserts and coffee and tea.

Sunday, July 29th

- Gymkhana 9 am - ?

Students needing volunteer hours can earn them at any Legion event. Please call Gary for more details, 473-9631.

Community Spotlight: Nolalu & Leeper Cemeteries

Nolalu Cemetery Board

The Nolalu Cemetery Board is seeking volunteers to help with regular grounds maintenance. Please note the grass cutting is taken care of; however, the Board is seeking volunteers to help clear out brush and grown over areas. Volunteer hours are flexible and can accommodate your schedule. The Nolalu Cemetery Board is also looking to set up a working bee to level headstones. A kind reminder that donations are welcome to help maintain the cemetery grounds. **If you're interested in making a donation or learning more about how you can volunteer to help with ground's care and maintenance, please contact Brian Maki at 475-8742.**

Leeper Cemetery

There are a few changes happening at the Leeper Cemetery. Joan Saario has been mowing the lawn at Leeper Cemetery for 30 years and will be retiring as the resident volunteer lawn mower. The community extends warmest thanks and appreciation to Joan for her dedicated years of service to the cemetery. Her daughter, Viola Saarinen, who has helped with ground's maintenance in the past will be taking over for Joan. Jack Erickson has transferred from the Nolalu Cemetery Board to the Leeper Cemetery. A kind reminder to residents with loved ones at Leeper that donations are greatly appreciated to help with care and maintenance around the cemetery grounds. **Please call Jack Erickson at 577-1366, if you're interested in making a donation or interested in learning more about how you can volunteer to help with ground's care and maintenance.**

Free Piano

Piano is no longer tuneable but is perfect for staging in your home to make company think you're a trained pianist. Will also make a great DIY project and could be repurposed as a bookcase, desk, cupboard, bar, outdoor table, or planter. The possibilities are endless! Bench not available. Pick up only. Piano is at the NCC. **Please call Mike Stevens at 939-2279 to schedule pick up.**



Wanted

We are looking for additional content for GrassRoots and are encouraging community members to contribute. There will be no charge for non-advertising submissions. Ideas for content include:

- favourite recipe, sewing, gardening, home, auto maintenance or DIY tip
- a scanned or high-quality photo of a child's drawing or artwork (.jpg format preferred)
- information about a community group or club & how others can become involved

Submissions don't need to be long, but please include a phone # and/or email so we can contact you prior to printing. Please be sure to credit all sources, if applicable.

Submissions can be sent to GrassRoots at grassroots@tbaytel.net or given to a member of the NCC Board. Thank you!

RURAL CUPBOARD FOOD BANK NEIGHBOURS HELPING NEIGHBOURS

By Gladys Grant, Public Relations

HAPPY CANADA DAY!

Hope you can get out and take in some of the wonderful activities offered to celebrate our great Country of Canada with family and Friends! It is too bad that Food Banks are a necessary part of lives for a lot of people in Canada. Our food bank strives to help keep people in their homes well, supplying them with enough food for one week of the month. Without all the generous donations of everyone involved with either money or grocery items and of course our wonderful volunteers we would not be able to help out our clients every month.

Over 300 Hampers have already been distributed to our clients this year!

FOOD BANK HOURS

Volunteers will be at the food bank Monday, July 16th from 6:15 p.m. to 7:45 p.m. preparing for food bank day. You're welcome to bring items to the food bank at this time. Please note, veggies are not done up during the summer months.

The food bank will be open on Wednesday, July 18th with (intake) registration from 9 a.m. to 11 a.m. and hampers being handed out starting at 10 a.m. Clients must be there to register between 9 a.m. and 11 a.m. or they will have to phone for an emergency hamper, which is only given out once a year! Volunteers will stay until all hampers are distributed.

PLEASE NOTE

We are in need of items for the **Birthday Bags** which are given out to children up to 14 years old who are registered with the food bank. Cake mixes, icing, candles, serviettes, & medium sized bags are appreciated.

Plastic and reusable bags are always welcome. Food and bags can be dropped off at the Rapport Credit Union in Kakabeka Falls Village, both the Rosslyn and Murillo Oliver Paipoonge Library, Odena Foods, The Neebing Municipal Office and The O'Connor Municipal Office during business hours.

Please check to see that the donated food items are not expired as we cannot give them to our clients.

A BIG THANK YOU to the following for your recent support of the Rural Cupboard Food Bank. Your support is greatly appreciated!

Tim Janssens for his donation of over 500 lbs of meat that was ground up as hamburger for our clients. This will certainly help to provide meat for their hampers and cut our costs down. We only had to pay for the processing of the meat and wrapping.

Kayla Myllyniemi with her family yard sale and raising funds for our food bank.

Organizers of the **Rural Health Fair** held at the Kakabeka Legion and was well attended.

A huge amount of groceries and some cash donations were generously donated by attendees. The Health Fair this year was in Memory of our own Judy Fleck who represented the food bank at the Health Fair since its inception a few years ago. I attended this year to promote the food bank and & to share info about our service area. We also promoted the raffle.

The **Kakabeka Legion** for hosting an afternoon of music on Sunday, June 24th with JUST 4 YOU (Brian Grant, Jerry Wark, Rob Dowaniuk, Vince & Lois Lofts and Harold Zweep) also OLD BONES with Charlotte Hutton and Leo Paddis. Proceeds were raised in support of the Food Bank's School Lunch Program. Thank you to all those who came out to support this event. **Afternoons of music will resume in September.**

A TAX RECEIPT will be issued for donations of \$10.00 or more for as we are a registered Non - Profit Charity!

There are no meetings in July & August.

CHECK US OUT ON FACEBOOK!
Our Web site is
raisethefoodbank.com.

Rural Cupboard Food Bank
Conmee Municipal Complex
19 Holland Road West
RR 1
Kakabeka Falls, ON POT 1W0
T: 807-285-0836

July 2018 Nolalu Community Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
NEST Canada Day Free BBQ!		Fire Team Training				
8	9	10	11	12	13	14
		Fire Team Training		NCHC Mobile Diabetes Clinic		
				NCC Board Meeting		
15	16	17	18	19	20	21
		Fire Team Training				
22	23	24	25	26	27	28
		Fire Team Training		NCHC Mobile Health Clinic		
29	30	31				
		Fire Team Training				

Nolalu Community Events Calendar

July 1: NEST Canada Day Celebrations BBQ, 1:00 pm – 4:00 pm, FREE

July 3: Fire Team Training, 7:00 pm at the East Fire Hall

July 10: Fire Team Training, 7:00 pm at the East Fire Hall

July 12: NCHC Mobile Diabetes Clinic, 9:30 am – 4:00 pm at the NCC

July 12: NCC Board Meeting, 7:00 pm at the NCC

July 17: Fire Team Training, 7:00 pm at the East Fire Hall

July 24: Fire Team Training, 7:00 pm at the East Fire Hall

July 26: NCHC Mobile Health Clinic, 9:30 am – 4:00 pm at the NCC

July 31: Fire Team Training, 7:00 pm at the East Fire Hall

If you have a community event taking place in August you'd like advertised, please email your submission to grassroots@tbaytel.net by July 15th, 2018.

Diner's Club

Please note there will not be Diner's Club Lunches or Suppers in July.

Diner's Club Lunches & Suppers will resume in September.

NORWEST COMMUNITY HEALTH CENTRES – MOBILE HEALTH SERVICES



July 2018

= Regular Mobile

= Diabetes Mobile

NorWest CHCs is located at 525 Simpson St Thunder Bay, ON P7C 3J6

Tele: 807.622.8235
TF: 1.866.357.5454
www.norwestchc.org

Find us on facebook

Note

July 5th - Upsala NP, Footcare and CHW Services Available

July 19th - Upsala Footcare and CHW Services Available

Mon	Tue	Wed	Thu	Fri
2 Closed for Canada Day Stat	3 KAMINISTIQUIA 9am—3:30pm Community Centre	4	5 UPSALA 10am-3:30pm Community Centre O'CONNOR 12-6pm Community Centre	6
9	10 NEEBING 12-6pm Municipal Office (NP, Footcare Nurse & CHW) Blake Hall (CHW & Dietitian)	11	12 NOLALU 9.30am-4pm Community Centre DORION 9:30am-3:30pm <i>Municipal Office (foot care only)</i>	13
16 KAMINISTIQUIA 9am—3:30pm Community Centre	17 SHEBANDOWAN 9.30am-4pm Community Centre	18	19 O'CONNOR 12-6pm Community Centre UPSALA 10am-3:30pm Community Centre	20
23 ARMSTRONG 1-7pm NorWest CHC Clinic	24 MURILLO 9.30am-4pm Community Centre (CHW and foot care only) ARMSTRONG 8:30am-12:30pm	25	26 NOLALU 9.30am-4pm Community Centre	27
30 KAMINISTIQUIA 9am—3:30pm Community Centre	31	Nurse Practitioner: We accept walk-in's based on availability of appointments. For more information or to book an appointment, call 807.626.8474		

