

NCC NEXT MEETING:

Monday April 14
@ 7:00pm

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

LSB NEXT MEETING

Tuesday April 22
@ 7:30pm

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

NEST NEXT MEETING

Thursday April 10
@ 7:00pm

At the NCC and open to the
community

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April 2025

Nolalu's GRASSROOTS

April Fools' Day

From the various sources on the Internet

Some historians speculate that April Fools' Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563. In the Julian Calendar, as in the Hindu calendar, the new year began with the spring equinox around April 1.

Historians have also linked April Fools' Day to festivals such as Hilaria (Latin for joyful), which was celebrated in ancient Rome at the end of March by followers of the cult of Cybele. It involved people dressing up in disguises and mocking fellow citizens and even magistrates and was said to be inspired by the Egyptian legend of Isis, Osiris and Seth.

There's also speculation that April Fools' Day was tied to the vernal equinox, or first day of spring in the Northern Hemisphere, when Mother Nature fooled people with changing, unpredictable weather.

In modern times, people have gone to great lengths to create elaborate April Fools' Day hoaxes. Newspapers, radio and TV "stations" and websites have participated in the April 1 tradition of reporting outrageous fictional claims that have fooled their audiences. In 1957, the BBC reported that Swiss farmers were experiencing a record spaghetti crop and showed footage of people harvesting noodles from trees. In 1985, Sports Illustrated writer George Plimpton tricked many readers when he ran a made-up article about a rookie pitcher named Sidd Finch who could throw a fastball over 168 miles per hour. In 1992, National Public Radio ran a spot with former President Richard Nixon saying he was running for president again... only it was an actor, not Nixon, and the segment was all an April Fools' Day prank that caught the country by surprise. In 1996, Taco Bell, the fast-food restaurant chain, duped people when it announced it had agreed to purchase Philadelphia's Liberty Bell and intended to rename it the Taco Liberty Bell. In 1998, after Burger King advertised a "Left-Handed Whopper," scores of clueless customers requested the fake sandwich. Google notoriously hosts an annual April Fools' Day prank that has included everything from "telepathic search" to the ability to play Pac Man on Google Maps. For the average trickster, there is always the classic April Fools' Day prank of covering the toilet with plastic wrap or swapping the contents of sugar and salt containers.



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chipping...***

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	VACANT		
Treasurer	Elizabeth Pszczolko	nolalucctreasurer@gmail.com	807-623-6800
Events Coordinator	Emma Allgood	tritree@outlook.com	Text to 519-410-8733
Kitchen Coordinator	VACANT		
Volunteer Coordinator	VACANT		
Media Coordinator	Kathy McGowan	Via Facebook	
Grassroots Editor	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442

NEXT NCC MEETING:

Monday, April 14, 2025

@ 7:00pm

ALL NCC meetings are open to the
community.

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

NEST meeting 7:00 pm at NCC

Thursday April 10, 2025

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

ADRIAN LAKE

Sundays 12pm - 3pm

HARDWICK

Sundays 4pm - 6pm

HOPPER'S VARIETY

The Everything Store



7:00 am to 9:00 pm

Sunday to Saturday

807-475-8804 OR 807-475-8814



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Call For Appointment & Quote

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for Age 55+



LCBO CONVENIENCE OUTLET

7:00 AM TO 9:00 PM

LAUNDROMAT

ST. URHO'S GOLF COURSE

9 HOLE 36 PAR

GOLF CART RENTALS



BOTTLE RETURN DEPOT



CALL TO BOOK YOUR APPOINTMENT

SNOW REMOVAL, SAND & GRAVEL

CONSTRUCTION/FLOATING

****FREE QUOTES****



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>

Spring Weeds – Various Internet Sources

While most spring weeds are considered unwanted in gardens, some, like dandelions and chickweed, can be beneficial, offering edible parts, attracting pollinators, and even acting as a natural soil cover. Dandelion flowers provide food for bears, bees and other pollinators, and their leaves are used as a foodplant by the garden tiger moth.

Chickweed can be used as a living mulch or a decomposing mulch in the summertime.

Yarrow is a perennial plant with finely divided leaves and clusters of small, daisy-like flowers. Yarrow can attract beneficial insects to the garden. Yarrow is also known for its medicinal properties.

Mulch: Mulching can help prevent weeds from germinating by blocking sunlight.

Weed Barrier Fabric: Using weed barrier fabric can prevent weeds from growing in flowerbeds.

Hand-Pulling: Hand-pulling weeds, especially when they are young, can be an effective way to control them.

Gillies Community Centre



April Events

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

April 11th

Playgroup

From 10am-12pm.

A fun place to play and socialize.

Coffee and tea provided.

Bring your own snacks.

Free to attend! Donations accepted.

April 30th

Waldorf Playgroup

Join us in a calm and beautiful environment that invites the children to immerse themselves in play.

At noon we enjoy a wholesome lunch together, please bring something to contribute.

For children Birth - 6
From 10am-12:30pm

Mondays

Ping-Pong

Group rates available or \$5 drop in. Contact

Gertrud at 807-626-4285 or

gboeckermann55@gmail.com

Every Monday From 2-4pm

Tuesdays

Cornhole

Starting at 7pm

\$5 per person

Prize to be won

April 5th

Chili Cook-off

Prizes for best veggie, meat, and spicy chili.

\$15 adults

\$10 kids 6-10yrs

FREE 5yrs and under

Register your chili by email to Vera at

veramcdonald1513@gmail.com

April 13th

Hip, Hop, Hurray Easter Is On The Way

Spring is on the way and that means Easter!

Bring your littles out for some fun Easter activities and a visit from the Easter Bunny!

2-4pm

\$5 per child

Save The Date

May 9th: Playgroup

May 10th: Mom's Night Out

May 24th & 25th: Book Swap and Games Day

May 29th: Waldorf Playgroup

June 21st & 22nd: Book Swap and Games Day

July 7-11th: Drama Camp

August 25-29th: Drama Camp

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!





See Clearly

QHHT PAST LIFE REGRESSION

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

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

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

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

Hoppers Variety Store

Green Acres Variety Store

Suomi Variety Store

Evergreen Pharmacy, Kakabeka

Rural 60 Plus, Kakabeka

GRASSROOTS

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Hey There

Does community mean something to you? Good, because if it does then you should think about how you contribute to your community. ZZZZZZZ Oops are you snoring already? Does this topic bore you? It shouldn't.

The Nolalu Community Centre is available for all community members to use. Do you need somewhere to hold a wedding? A celebration of life? An exercise class? a meeting? A training site? An emergency shelter? A birthday party? A children's playgroup? A place to vote? A movie night? A Fish Derby? A Seniors Lunch? A Christmas Pancake Breakfast? **The Nolalu Community Centre** is available and used by your community members.

N.E.S.T., the Nolalu Emergency Services Team, exists and happens because people in your community volunteer to "make it happen". The emergency response provided is available to all and much appreciated when needed. **N.E.S.T** services are used by your community members.

Have you been enjoying the benefits of these services? Do you appreciate those who volunteer to keep these services happening? A great way to ensure that these services continue is to show your appreciation with a thank you

..... BUT the BEST Way to ensure that these services continue is to volunteer your time.

Not sure what you have to offer? Or how much time you can share? Everyone has something that they can contribute and you can decide how much time you can contribute. Every additional community member that helps out reduces the amount of work of the current volunteers. Do you need a lot of skills to volunteer? Heck no! Come out to a meeting or contact anyone on the **Nolalu Community Centre** or the **N.E.S.T.** board(s) to find out how you can help out.

Second Tuesday of Each Month
Next Play Date: April 8, 2025
Nolalu Community Centre
12:00pm to 2:00pm



Come on out and have some fun.

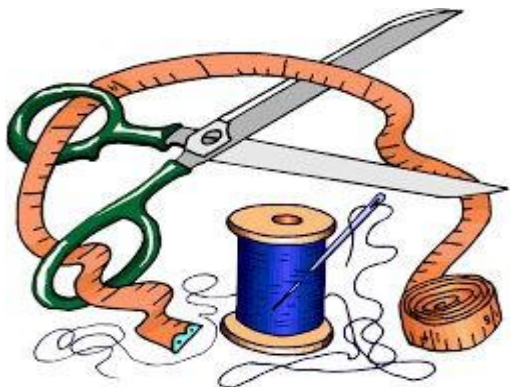
Meet other children and parents in the community.

Play group is open to all on the 2nd Tuesday of every month at the Nolalu Community Centre



Hope to see you there

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

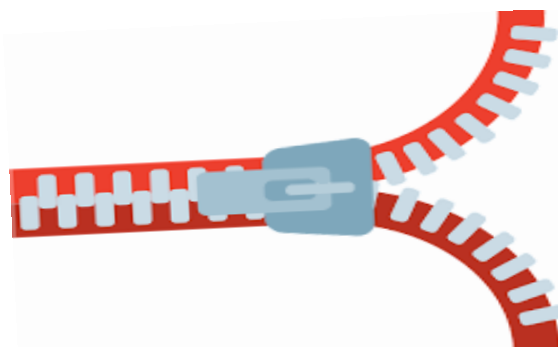
7 years at THE WHOLE NINE YARDS

Doing repairs, alterations, wedding parties

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Are you experiencing a louse-y situation? Let me make this Lice'N'Easy for you! Hi, I'm Irene and I am here to help you alleviate the stress of a nit- picky circumstance. As a fully licensed Head Lice Technician, through the Lice Treatment Center, I have been trained to search for and eliminate the unwelcomed guests residing in your hair and on your scalp. Using my trained techniques, I will ensure your satisfaction guaranteed. I will achieve this by coming to the comfort of your home and meticulously combing through every inch of your hair and scalp while using 100% natural products.

LICE N EASY

Thunder Bay , Ontario

Lice Removal Service

Call or Text 807-708-6950

Irene Levesque

Professional Head Lice Technician

Fees: - \$75*/first hour (one hour minimum) - \$50/every additional hour - Additional charges may apply for out of boundary destinations

Call or text me today to make your life Lice'N'Easy!!To give you an idea of how much time it may take, here are some common examples of what my services have seen:

- 1 hour for short hair - 1.5 - 2 hours for medium length hair - 2 hours for long hair - 2.5 + hours for exceptionally long hair

All of these times may vary, depending on thickness of hair and how severe the infestation may be.

KB RURAL AREA STITCH & CRAFT GROUP

Meetings every other week on Monday nights.

7:00pm to 9:00pm

O'Connor hall

330 Highway 595, O'Connor.

Updates can be found on the Facebook page;

KB RURAL AREA STITCH & CRAFT GROUP

Our next get together is April 14 & 28

Bring your yarn, your sketch pad, your rock art,
your beading, or whatever project you are currently working on.

Hope to see you there.



BINGO
BINGO
BINGO



Starting on Wednesday, April 2, 2025
and continuing weekly on Wednesdays

At St. Theresa's Parish

10 Porter Street (in the basement)

Kakabeka Falls, Ontario

(NO WHEELCHAIR ACCESS)

MUST BE 18 OR OLDER TO PLAY

CASH ONLY

Doors open at 6:30 p.m.; Bingo starts at 7:00 p.m.



Proceeds towards St. Theresa and St. Augustine Parishes.

Fish Derby Donations and Prizes

GREEN ACRES VARIETY
 RYDEN'S BORDER STORE
 OLD DUTCH • K.B. ESSO
 RYDEN'S GAS BAR • JOEY'S SEAFOOD
 ECLIPSE HAIR SALON (K.B.)
 EVERGREEN PHARMACY K.B.
 SPORTS CHEK • BOSTON PIZZA
 THUNDER BAY Co-op • LIUNA
 PINES HARDWARE K.B. • DNR SPORTS
 THE EDDY K.B. • MAKI'S RESORT
 RED PINE CANOE OUTFITTERS
 GRAND PORTAGE LODGE • CASINO
 MARIO'S BOWL • PIZZA HUT
 FALLS BAITS K.B. • MERAKI

WHITEFISH LK RESORT
 GFL • NOSA
 TESKEY FAMILY
 SMITH'S RV
 NORTH COUNTRY CYCLE • SPORT
 HALFWAY MOTORS POWER SPORTS
 J+J SPORTS • MALLONS
 THE POWER CENTRE • ODENA
 SUPER STORE • NAPA
 ROCKY'S RESORT • WOODY'S
 A.A. TIMBER • RUSTY BUCKET
 VANDERWEES • HOPPERS VARIETY
 MADE IN SUOMI • METRO
 COME BY CHANCE • PEPSICO

M+M PLATNICK TIMBER LTD
 EXCALIBUR • CHALTREK
 CANADIAN TIRE ARTHUR ST
 AUNT SARAH'S 588 CAFE
 MAVKO SERVICES (DILLON KATALA)
 WHITE CAP (DANA DONALDSON) • TRITREE
 SOUTH NEEBING VARIETY
 WOOLLY STEER RANCH
 CHOCOLATE COW
 METLER TOLEDO • NADIN
 PARTS SOURCE
 MERVIN • FRAN PLATNICK
 MIKE • CATHY STEVENS
 MARG CLIFF • CAL EYJOLFSON

RON BACKSTROM
 BRIAN MAKI • SANDRA PEACOCK
 DOREEN RODGERS • JOY ROY
 LORNA • HARRY KREIG • MURRAY SCOTT
 MARISA NASCIMBEN • JEFF HUNNAKKO
 MARK DEAN'S FAMILY
 JUDY TIENHAARA • LARRY CHARNEY
 STEVE • SHELLEY ROBINSON
 REBECCA'S WATER SERVICE
 SHARON SCOTT • COLLEEN TOUGH
 BEV SYRJANEN
 SUE BACKSTROM
 ANGELA WOODHOUSE WILD • BOB KATAJAMAKI
 MIKE MICELI • DENISE OWENS



THANK YOU SPONSORS!

WHITEFISH LAKE RESORTS
 GFL • NOSA
 TESKEY FAMILY • SMITH'S RV
 NORTH COUNTRY CYCLE & SPORTS
 HALFWAY MOTORS POWER SPORTS
 J+J SPORTS • MALLONS
 THE POWER CENTRE • ODENA
 SUPER STORE • A.A. TIMBER
 ROCKY'S RESORT • RUSTY BUCKET
 VANDERWEES • NAPA
 MADE IN SUOMI • HOPPER'S VARIETY
 WOODY'S • COME BY CHANCE
 GREENACRE VARIETY • METRO (T. BAY MALL)
 RYDEN'S BORDER STORE • PEPSI CO.
 OLD DUTCH • RYDEN'S GAS BAR
 KAKABEKA ESSO • JOEY'S SEAFOOD
 ECLIPSE HAIR SALON K.B. • EVERGREEN PHARMACY K.B.
 SPORT CHEK • BOSTON PIZZA ARTHUR ST.
 THUNDER BAY CO-OP • LIUNA
 PINES HARDWARE K.B. • THE EDDY - K.B.
 MAKI RESORT • DNR SPORTS
 RED PINE CANOE OUTFITTERS
 GRAND PORTAGE LODGE • CASINO

MARIO'S BOWL • PIZZA HUT - CENTER AVE.
 THE FALLS BAITS AG. • MERAKI
 M+M PLATNICK TIMBER LTD • EXCALIBUR
 CANADIAN TIRE - ARTHUR ST. • CHALTREK
 AUNT SARAH'S 588 CAFE • MAVKO SERVICES - DILLON KATALA
 WHITE CAP - DANA DONALDSON • TRITREE
 SOUTH NEEBING VARIETY • WOOLLY STEER RANCH
 CHOCOLATE COW • METLER TOLEDO
 PART SERVICE • MIKE & CATHY STEVENS
 MARG CLIFF • CAL EYJOLFSON • RON BACKSTROM
 BRIAN MAKI • SANDRA PEACOCK • DOREEN RODGERS
 LORNA • HARRY KRIEG • MERVIN & FRAN PLATNICK
 JOY ROY • MARISA NASCIMBEN & JEFF HUNNAKKO
 MURRAY SCOTT • MARK DEAN'S FAMILY
 JUDY TIENHAARA • STEVE & SHELLEY ROBINSON
 REBECCA'S WATER SERVICE • SHARON SCOTT
 LARRY CHARNEY • MIKE MICELI & DENISE OWENS
 BEV SYRJANEN • COLLEEN TOUGH
 SUE BACKSTROM • NADIN
 ANGELA WOODHOUSE WILD • BOB KATAJAMAKI

KIDS RAFFLE
 #1.00 EACH OR 6 FOR \$5.00
 1. TELESCOPE
 2. SKI JACKET
 3. LEGO TRACTOR
 4. VARIETY BASKET
 5. CHARGER LAMP & HEADPHONES
 6. TEAM MERAKI & TENSUE
 7. LIFE JACKET
 8. BACKPACK & ATE
 9. COOLER BAG & MISC. ITEMS
 10. GAMES ETC.
 11. FISHING ROD, MISC. BAIT & TACKLE
 12. PRIMO CASAL CASE, STUFF TOY
 13. BACKPACK & ATE
 14. THE DNR KIT

ADULTS RAFFLE
 #5.00 EACH OR 6 FOR \$20.00
 1. CHAINSAW
 2. SLED & ACCESSORIES
 3. GFL SEPTIC PUMP
 4. GRAND PORTAGE CASINO STAY & PLAY
 5. SKI JACKET FOR
 6. BUDDY HEATER & PIC.
 7. SHOP VAC.
 8. THAI MASSAGE
 9. SERVING TRAY, SAWNA LADLE, FISH PLAUKE
 10. MEAT PACK (VALUE \$100.00)
 11. \$200.00 LUMBER GIFT CARD
 12. UMBRELLA LIGHT WITH BLUETOOTH SPEAKER
 13. SNOW BLOWING GIFT CARD, MOOSE BOTTLE HOLDER
 14. HAIRCUT GIFT CARD, SHAMPOO, PICNIC PACK
 15. SKI JACKET
 16. THAI MASSAGE
 17. CORDLESS MINI CHAINSAW
 18. GARDEN SOLAR LIGHT, HANGING BIRD FEEDER







Thank you to everyone who helped to make this year's 33rd annual Tough Boating Fish Derby, a huge success.

To the organizers, people picking up donations, sponsors, workers, clean up crew, and of course all the fishermen. We had a record of 277 fish entered. Great job everyone.

We would like to thank Sue Backstrom, Judy Tienhaara, Marg Cliff, Cal Eyjolfson, Barb Harju, Shelley Robinson, Karen Wylie, Bev Syrjanen, Sherree O'Malley, Mary Ellen Scott, Shirley Legros, Kayla Houle, Liz Pszczolko, Odette Houle, Cathy Lebrun, Brenda Wuola, Angela Woodhouse-Wild, Debra Hitz, Pauline Kelly, Lynette Carlson, Bobbi Kivi, Krista Silvaggio, Tarynn Vanlenthe, Lucas Hamilton, Emma Allgood, Patrick Buchanan, Kathy McGowan, Marisa Nascimben, Roxanne Moore, and Mike & Cathy Stevens.

Over \$10,000.00 worth of prizes were collected & donated. Thank you again to all our sponsors.

Nolalu Community Centre Tough Boating Fish Derby Sponsors

Doreen Rogers	Ryden's Gas Bar	Lorna & Harry Krieg
Kakabeka Ezzo	Eclips Hair Salon	Evergreen Pharmacy
Joey's Seafood	Boston Pizza	Thunder Bay Co-op
Sport Chek	Liuna	Pines Hardware
The Eddy	Mario's Bowl	Red Pine Canoe Outfitters
Pizza Hut	The Falls Bait	Mervin & Fran Platnick
Joy Roy	Meraki	Canadian Tire
Excalibur	Nosa	Metler Toledo
Murray Scott	Maki Resort	Marisa Nascimben & Jeff Hunnakko
Chaltrek	Mark Deans' family	Grand Portage Lodge & Casino
DNR Sports	Smith's RV	North Country Cycle & Sports
The Power Centre	Mallons	Halfway Motors Power Sports
J & J Sports	Judy Tienhaara	Steve & Shelley Robinson
Super Store	A & A Timber	Sharon Scott
Rocky's Resort	Pepsi Co	Rebecca's Water Service
Rusty Bucket	Larry Charney	Green Acre Variety
GFL	Ryden's Border Store	Mike Miceli & Deise Owens
Colleen Tough	Bev Syrjanen	Vanderwees
Nadin	Metro	Whitefish Lake Resorts
Odena	Woody's	Hoppers Variety
Made in Suomi	Come By Chance	Angela Woodhouse-Wild & Bob Katajamaki
Napa	Sue Backstrom	Aunt Sarah's 588 Café
Part Source	Mike & Cathy Stevens	Mavko Services – Dillan Kotala
Ron Backstrom	Teskey family	Marg Cliff & Cal Eyjolfson
Tritree	Woolly Steer Ranch	White Cap – Dana Donaldson
South Neebing Variety	Chocolate Cow	Brian Maki & Sandra Peacock
Afonso Creations	M & M Platnick Timberland Ltd	





Check out the full colour pictures on our Facebook page: Nolalu Online Grassroots



Fish Derby Winners

ADULTS

LK TROUT

- 1 STEVE KRYSKO 14.085
 - 2 STEVE KRYSKO 12.720
 - 3 KIM WALSH 10.910
- M. TRAVIS SMITH

PIKE

- 1 TRAVIS SMITH 12.970
 - 2 JANET deLint 10.080
 - 3 TIM WEISFLOCK 9.720
- M. EVELYN GORDON

PICKEREL

- 1 STEVE ROBINSON 6.205
 - 2 ROB HECKLEY 5.400
 - 3 CHARLES PRONOST 4.435
- M. ROBBIE GRAVES

SP TROUT

- 1 TAYLOR LAFRAMBOISE 4.040
 - 2 ADAM LANKINEN 1.310
 - 3 MURRAY SCOTT 1.175
- M. MARK DEANS

KIDS

LK TROUT

- 1 SCARLETT SMITH 6.075
 - 2 TOIVO LEVANEN 5.670
 - 3 MAYLA LEVANEN 5.435
- MYSTERY
BRYNLEE HUBERT

15 + UNDER

PIKE

- 1 LUCAS HAMILTON 12.990
 - 2 COLLEN + RENLY VIS 11.720
 - 3 CHARLIE HECKLEY 5.500
- MYSTERY TOIVO LEVANEN

PICKEREL

- 1 NOAH BELDA 4.945
 - 2 SCARLETT SMITH 4.290
 - 3 JACK LAPORTE 3.930
- MYSTERY MAYLA LEVANEN

SP TROUT

- 1 SEBASTION BELDA 1.255
 - 2 ALLY COCKERTON 0.700
 - 3 IZZY COCKERTON 0.535
- MYSTERY SEBASTION BELDA

PERCH

- 1 EMILY NIEMI 0.895
 - 2 GUS NIEMI 0.840
 - 3 RENLY VIS 0.485
- MYSTERY
MYA KOTALA

Summary of 2025 Fish Derby Financials

Revenue

Cash Donations	\$	1,300.00
Fish Ticket sales	\$	1,471.00
Kids Raffle	\$	535.00
Adult Raffle	\$	3,600.00
Food Sales	\$	1,308.00
Alcohol Sales	\$	2,247.10
Total Revenue	\$	10,461.10



Expenses

Cash Prizes	\$	1,300.00
Food	\$	566.57
Alcohol	\$	844.90
LCBO licence	\$	150.00
Misc.(paper etc.)	\$	33.75
Total Expenses	\$	2,895.22



Net Revenue \$ 7,565.88





RURAL READERS

BOOK CLUB

Rural Readers Book Club

Meet in person, the first Monday of the month

7:00pm - 9:00pm at the Nolalu Community Centre
(2266 Hwy. 588).

*****Rural readers book club will be on hiatus until
September 2025*****

September 8th: "Yiddish For Pirates" by Gary Barwin

Join online:

www.facebook.com/groups/ruralreadersbookclub

Obituary

October 13, 2024

Judy O'Gorman died in North Bay. We were on, what was to be, her last road trip. Kind of fitting as she loved to travel. Judy was born and raised in Pembroke. She has 3 siblings, Dan/Debbie, Karen/Gaetan, and Terry/good friend Claire.

After graduating with a degree in Social Work, Judy's quest for employment took her west to Sioux Lookout, Kenora and Fort Frances. In those places she put down roots for a number of years and made many good friendships.

Eventually a larger centre looked appealing for health reasons and the draw of living closer to her sister, so Hwy 588 became her new home. It was there that she met her soulmate and we had 22 wonderful years together before Judy's health deteriorated.

We will celebrate Judy's life on April 13, 2025 from 1 to 4 pm. at the Nolalu Community Centre. If you wish to come and would like to, bring a flower for the memory table. Judy so enjoyed them. Lunch will be served.

About Loss

By Odette Houle

We danced in the kitchen not knowing it would be the last
The leaves are changing to their brilliant colours
You did everything right but still you are gone
The veil thins and I talk to you one last time
You were the chosen one, we chose you, God chose you
So much left undone, left unsaid
Beautiful memories
So much to share but you're not there
Coins for your journey
A solitary rose falling
A child born
I feel your smile
Always here, I see it now
You are the protector now
Watching me grow old as you stay young
Forever

Edible Weeds— Various Internet Sources

Dandelion: All parts of the dandelion plant, including the leaves, flowers, and roots, are edible and nutritious.

Young dandelion leaves can be added to salads, while the flowers can be used to make wine or fritters. Dandelion roots can be roasted and used as a coffee substitute.

Chickweed: Chickweed is a low-growing plant with small, star-shaped white flowers and fleshy, egg-like leaves. Young chickweed leaves and stems can be added to salads or used as a garnish. Chickweed is also a good source of vitamins and minerals.

Garlic Mustard: Garlic mustard is a biennial plant with a distinctive garlic-like smell when crushed. The leaves and young shoots can be used in salads or as a pesto ingredient. The flowers are edible and can be used to make a tea.

It's that time of year again – Fire season April 1 – October 31
If there is no fire ban in place a *small* campfire for cooking or warmth is allowed at any time provided the general rules below are followed.

General rules for any open burning during fire season:

conditions allow it to burn safely until extinguished
you take all necessary steps to tend, control and extinguish the fire
have tools or water adequate to contain the fire at the fire site
you are not having an open fire in a restricted fire zone
and a responsible person tends the fire until it is extinguished
If you don't burn safely, you can be fined and held responsible for the cost of putting out the fire and for any property damage.

Additional rules to burn wood, brush, leaves or wood by-products

ignite the fire no sooner than 2 hours before sunset and extinguish it no later than 2 hours after sunrise **AND** burn only a single pile at any one time
ensure the pile is less than 2 metres in diameter and less than 2 metres high
keep the fire at least 2 metres from any flammable materials

Additional rules for using an incinerator

ensure the incinerator is an enclosed device constructed of non-combustible material, and sits on a non-combustible surface
cover the incinerator with a screen having a mesh size of not more than 5 millimetres
keep the incinerator at least 5 metres from any forest area and 2 metres from any flammable material

Additional rules to burn grass or leaf litter

ignite the fire no sooner than 2 hours before sunset and extinguish it no later than 2 hours after sunrise
keep the total area to be burned under one hectare
ensure the flaming edge of the fire does not exceed 30 metres in length

Nolalu Emergency Services Team

Hall 807-475-4441

info@NolaluEST.com

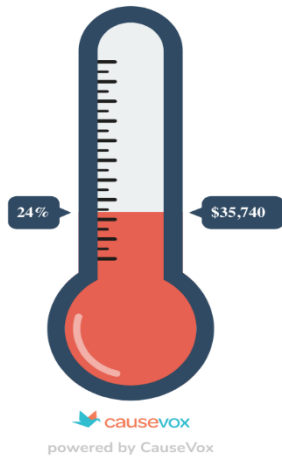
Emergency 807-473-5200

2167 Hwy 588

Nolalu ON P0T 2K0



GOAL: \$150,000



Individual and business donors will be acknowledged in Grassroots, or can choose to be anonymous. Etransfer accepted at treasurer@nolaluest.com

Donation cheques can be mailed to: NEST

2167 Hwy 588

Nolalu ON P0T 2K0

Or dropped off at Hoppers store, at the corner of Hwy 590 and Hwy 588

Please put **"tanker donation"** on the *memo line* of the cheque \$35,740.00 total so far. Thank you so much for your support in our efforts to build funds for the purchase of a new tanker

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

YOGI BERRA'S TOP 35 QUOTES

1. "It ain't over till it's over."
2. "It's deja vu all over again."
3. "I usually take a two-hour nap from 1 to 4."
4. "Never answer an anonymous letter."
5. "We made too many wrong mistakes."
6. "You can observe a lot by watching."
7. "The future ain't what it used to be."
8. "If you don't know where you are going, you might wind up someplace else."
9. "It gets late early out here."
10. "If the people don't want to come out to the ballpark, nobody's going to stop them."
11. "Baseball is 90 percent mental. The other half is physical."
12. "Pair up in threes."
13. "Why buy good luggage, you only use it when you travel."
14. "Nobody goes there anymore. It's too crowded."
15. "All pitchers are liars or crybabies."
16. "A nickel ain't worth a dime anymore."
17. "Bill Dickey is learning me his experience."
18. "He hits from both sides of the plate. He's amphibious."
19. "I always thought that record would stand until it was broken."
20. "I can see how he (Sandy Koufax) won 25 games. What I don't understand is how he lost five." Modal Trigger Joe DiMaggio and Yogi Berra in 1955.
21. "I don't know (if they were men or women fans running naked across the field). They had bags over their heads."
22. "I'm a lucky guy and I'm happy to be with the Yankees. And I want to thank everyone for making this night necessary."
23. "I'm not going to buy my kids an encyclopedia. Let them walk to school like I did."
24. "In baseball, you don't know nothing."
25. "I never blame myself when I'm not hitting. I just blame the bat and if it keeps up, I change bats. After all, if I know it isn't my fault that I'm not hitting, how can I get mad at myself?"
26. "I never said most of the things I said."
27. "It ain't the heat, it's the humility."
28. "I think Little League is wonderful. It keeps the kids out of the house."
29. "I wish everybody had the drive he (Joe DiMaggio) had. He never did anything wrong on the field. I'd never seen him dive for a ball, everything was a chest-high catch, and he never walked off the field."
30. "So I'm ugly. I never saw anyone hit with his face."
31. "Take it with a grin of salt."
32. (On the 1973 Mets) "We were overwhelming underdogs."
33. "The towels were so thick there I could hardly close my suitcase."
34. "You should always go to other people's funerals, otherwise, they won't come to yours."
35. "When you come to a fork in the road, take it."

Kakabeka Legion News – Branch 225

Apr 1-4	Closed for Renovations	All Day
Apr 5	Dance with Quest	7:00pm to 10:00pm
Apr 8	International Auction	8:00am to 5:00pm
Apr 12	Executive Mtg	2:00pm
Apr 12	Members Mtg	3:00pm
Apr 13	Buffet Breakfast	8:30am to 11:30am
Apr 26	Trappers Event	10:00am to 5:00pm
Apr 26	Dance with Quest	7:00pm to 10:00pm
Apr 27	Sunday Music – Just 4 You	2:00pm to 4:00pm



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

To book an event please call Alice at 807-629-2409.

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.

RURAL CUPBOARD FOOD BANK

Neighbours Helping Neighbours

Conmee Municipal Complex

19 Holland Rd, Kakabeka Falls

POT1W0 807-285-0836

We sincerely thank all those that continue to support us.

Your donations enable the food bank to remain open.

Next Food Bank

Wednesday, April 16, 2025

Registration 9 am to 11 am

Drive-Thru Pick-up

RURAL CUPBOARD FOODBANK 25TH ANNIVERSARY

**SATURDAY, MAY 24TH
5 PM TIL 11 PM**

Doors open at 5 pm
Dinner at 6 pm
Dinner & Dance tickets \$40.00
Cash Bar

Tickets available by calling Lorna at 807-577-1035
Or
At the O'Conner Township Office 807-476-1451

Available until May 14th

Dance - doors open at 8
Dance only tickets \$10.00 (at the door)
Music by Ted Von

"Happiness doesn't result from what we get, but from what we give."~~Ben Carson~~

RURAL CUPBOARD FOODBANK DROP OFF LOCATIONS

Nolalu: Hoppers Variety
Whitefish School (Sept to June)

O'Connor: O'Connor Municipal Office
Whitefish School (Sept to June)
Hoppers Variety

Neebing: Neebing Newsletter - Municipal Building

Note: Rural Cupboard Foodbank needs recyclable bags.

If you would like to be a drop off for the Rural Cupboard Foodbank, please call Lorna at 807-577-1035



RURAL 60 PLUS

Monday Carving – 10am to 3pm
Monday Disking – 1pm to 3pm
Tuesday Weaving – 10am to 3pm
Tuesday Knitting – 10am to 3pm
Tuesday Choir – 1pm to 2:30pm
Wednesday Quilting – 10am to 3pm
Wednesday Beginners Carving — 10am to 3pm
Wednesday Cribbage – 1pm to 3pm
Thursday Weaving – 10am to 3pm
Thursday Knitting – 10am to 3pm
Thursday Yoga – 10am to 11 am
Craft Room open Monday to Friday – 10am to 3pm



Rural 60 Plus will be holding a Wool and Material Sale on Saturday April 5 & 12 from 10am to 1:00pm



O'Connor Free Methodist Church

Family Movie Night!

Please join us for an evening of
family entertainment and fun.

Friday, April 11th at 6:30 p.m.

Popcorn and refreshments provided!

293 Sitch Road

Call 807-624-6579 for more information.



NorWest Community
Health Centres
Centres de santé
communautaire NorWest

Rural Dementia Cafe

The Dementia Café is a monthly gathering for individuals affected by memory problems or dementia, along with their families, caregivers, and friends. Join us for music, games, and snacks in a safe and welcoming environment.

- February 28, 2025
- Friday, March 28, 2025
- Friday, April 25, 2025
- Friday, May 23, 2025
- Friday, June 27, 2025
- Friday, July 25, 2025

1:00 PM – 3:00 PM

60+ in Kakabeka Falls (5 Pineview Road)

No fee or eligibility criteria to attend rural cafe



Société Alzheimer Society
THUNDER BAY

For more information:

Contact Shaun or Elaine at (807) 473-5528

The Rural Dementia Café is a monthly gathering for people impacted with a memory problem or dementia. Designed to help support families, care givers and friends to create a sense of belonging and community in a warm and safe welcoming environment.

Come out and enjoy music, games, snacks in a relaxing atmosphere. There is no fee and no eligibility criteria to attend our rural café.

Dates are Friday April 25, Friday May 28, Friday June 27 and Friday July 25.

Time is 1-3 pm and the location is Rural 60 Plus 5 Pineview Road Kakabeka Falls.

Contact Shaun or Elaine for more information at 807-473-5528.



Seniors Potluck Lunch



(55+ or “close enough”)



Next two (2) lunches taking place:

Monday, March 24 (**NEW DATE)

Monday, April 14



\$10 at the door, OR bring a small side dish, veggie or dessert.



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



The NCC will provide the soup and entrée, as well as a veggie OR salad, and buns OR potato dish.



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

Just For Fun – Horoscopes by Grandmama Bear

Aries: March 21 – April 19

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

Taurus: April 20 – May 20

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

Gemini: May 21 – June 21

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

Cancer: June 22 – July 22

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

Leo: July 23 – August 22

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

Virgo: August 23 – September 22

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

Libra: September 23 – October 22

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

Scorpio: October 23 – November 21

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

Sagittarius: November 22 – December 21

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

Capricorn: December 22 – January 19

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

Aquarius: January 20 – February 18

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

Pisces: February 19 – March 20

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

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

Well, I've learned that in the north, March thunderstorms do not bring May flowers, as the poem April showers bring May flowers goes, up here they bring snow storms. As I write this big wet flakes of snow are falling, and the kids have the day off school. It snowed all yesterday and is supposed to stop shortly, and I'm sure it will melt in a week or so. My husband's birthday is the beginning of April and we just never know what the weather will bring for that day.

We've had the first day of Spring and I'm sure many of you are looking forward to gardening season, walking through grass, hiking in the forest, and visits to the water. I, myself can't wait to get out and start foraging for spring growth. To see all the buds begin to open, the bulbs pushing through the dirt, the perennials start to leaf out, it brings many smiles to my face. I can't wait to get out on the deck, curled up in my hammock with a good book to read. I'll be able to enjoy all the sights, smells, and sounds of Spring in the coming weeks as I roam the countryside looking for herbs and plants for my selves.

I had a great time at this year's tough boating fish derby. It is so wonderful to see this community come together for this event. It takes so many volunteers to make it happen and everyone pitches in and the work gets done. Volunteering is so important whether you live in a big city or a small village, it is the glue that keeps us going forward and builds strength in our community. Volunteering is a way to get to know your neighbours better, especially if you are new to the area. Just as important as volunteering is participating in the event. The overwhelming support the fish derby saw was amazing. The attendance on Sunday was unbelievable, with vehicles parked all up the road and standing room only in the centre. Thank-you so much for supporting the community centre. Without you, the volunteers and participants, the community centre wouldn't be able to run programs for everyone.

So as Spring approaches in full bloom (pun intended), remember to appreciate the little things life has to offer. Get out and enjoy the weather when it is nice out and when it is raining appreciate what the rain has to offer, making our gardens grow and nourishing the ground and animals who live here with us. I love watching a good thunderstorm from my deck. To feel the rain on my skin, listen to the thunder roar, and watch the beautiful lightning is invigorating to me. Find what makes you happy in nature and pursue it.

Odette

COLOURING PAGE



PUZZLES

MUSIC WORD SEARCH

124 HIDDEN
WORDS TO FIND

NOTATIONS JVVTVIOLINISTQYWFUNVJKSRZSQJP
FORTEADRUUMERPXLNLBLNRECORDINGVOJYCHUO
GOORATORIOS SXCODDIJXPBBEATVFRMZNYTAZJP
IYPHKB BINTONATIONVAGUITARISTEOYGJVLTVX
GXULGERROMANTICMIECRESCENDOSFIQRNNEVJK
TXSDDAJJNSRSARRANGEMENTRFRWCTRPRODUCERE
RDGRMTYEMTGISBBGTCBASSCLEFHUAUFUGUEXNY
UKAUGBILVBMJKOREHAORCHESTRADIOVERTURER
MWXMFOZEGROOVEINEMBHOOKIBBQINGHMBAHWRU
PMMSGXHCSPWBODDRA LNTUNEZTDYOHVOCALISTF
EEIYGTOTEPKKCNGEVYOKCTGCCYUTYXFCSGVJFJ
TLUMQXLRTCBRSWEGYAUDITIONAWKJTIHSGONAU
FOCHOIRIMPIANISTMSOUNDJNMCPTHEYOZXCIAY
SDNLCGKCTEXTUREUEIKCDAUDKODFTMFRISANFP
RYALBUMVJXNSREPFTSSHPPMUXUUACPOUHLTW R
HKIYIVACAPELLASLA AOORMFCMSEDOODSLISEBA
YMGHGITKCZCYXJYULXPRLSZTITTEMDANCEJNSC
TSELUOEUEHOHDLTZORAYMDOXIDHPUSTAFFSFT
HAGPZLSTHGOOYCAIBPALMCYRICUSOMOSCDRI LI
MXCNHIALVVRTMZRS GHNECADENCECSUWPLSETUC
LOEBBNENJPDANVGTVOOWDIWYG CQOEGUITARYTE
DPVXJBHLAUDIOTOZLNCVAIQNMCNFRWEBBMNKEQ
YHRBVUMYZCONCERTREHEARSALHXNFSSIQCPBO
NODCNJVRXFOCTAVEA IKYUMSCDPDVERSEBX YEGG
ANGARIAILYVSHEETMUSICLOAXRNDOMTCDNRPE
MIJSOLOCQPKJIHFJAZZOTNUDACAPPELLAJEFVX
ISLFRZDSQFUYNEQYHOWKHOLEQTRUMPETERROMP
CTGJFWGJKMINSQAQWVYUNTLNHONYETVOICERAO
SSONATATKANUTSONGWRITERZOXSYMPHONYIMSS
JMBASSISTFSPRBANDMATEPIANOEPHARMONYATI
AXTOINKGGPTRUBGGHDVVUIMPROVISATIONENET
MHEXZNOEHAROMBHI PHOPUNXDKHVISINGERGCR I
OTTIMBRETCUPEQSCCONCERTOCZUJYBFVPACEIO
GVZQMUSICEMENYMUSICVIDEOPRCLEFYTIBNRNN
TZBNYJAPDXERTDGUSEMITONEKGOSPELATUEIGL
UZUNISONVSNAAZXRVENSEMBLEQKVNGIDCQSBWN
BACKBEATWWTYLBQADIOJDISCJOCKEYNHHC FXBU
ZLUTMBBANDDEERWBPJRINCHANTEJCRYMUSICIAN

Music	Dance
Jam	Opera
Mixing	Audition
Live	Disc Jockey
Trumpeter	Producer
Gig	Choir
Chorus	Drummer
Voice	Improvisation
Scale	Composer
Hip Hop	Drums
Notation	Note
Chant	Violin
Cadenza	Solo
Bass	Oratorio
Tempo	Crescendo
Pace	Dynamics
Sheet music	Tune
Fade	Instrumental
Audio	Beatbox
Electric	Songwriter
Saxophonist	Bandmate
Concert	Pianist
Verse	Duet
Trumpet	Conductor
Key	Instrument
Exposition	Chord
Intensity	Aria
Chorale	Soul
Romantic	Heavy Metal
Piano	Rondo
Harmony	Guitar
Jazz	Singer
Practice	Vocals
Backbeat	Music video
Sound	Album
Acoustic	Flutist
Bassist	Vocalist
Performance	Refrain
Lyrics	Ensemble
Saxophone	Timbre
Clef	Beat
Bass Clef	Pop
Concerto	Sonata
Octave	Soprano
Semitone	Fugue
Texture	Genre
Cadence	Rhythm
Acapella	Hook
Rehearsal	Mastering
Groove	Recording
Studio	Violinist
A cappella	Musician
Guitarist	Bridge
Arrangement	Band
Song	Pitch
Flute	Melody
Staff	Opus
Gospel	Forte
Overture	Largo
Intonation	Rap
Unison	Hymn
Symphony	Orchestra



NOLALU COMMUNITY CENTRE

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

April 14, 2025 7:00pm

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

LOCAL SERVICES BOARD OF NOLALU



April 22, 2025 7:30pm

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

Drop-in Exercise

(Pilates/weights type)

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

Bring mats, weights, stretchy band.

FREE, all welcome.

Open to men and women (and kids on PA days).

FUN group.

We have extra equipment if needed.

"You are never too old to set another goal or to dream a new dream."~~Les Brown~~

NOLALU COMMUNITY CENTRE: HALL RENTAL

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

Email nolalucctreasurer@gmail.com

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

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

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

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

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

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

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

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

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

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

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

- ♦ At the discretion of the NCC Board
- ♦ **\$5/table, \$2/chair** for the event.
- ♦ Renter provides transportation and returns in clean condition.
- ♦ Chairs are upholstered, therefore cannot get wet

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

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

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

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

NCC Events—April 2025

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