

NCC NEXT MEETING:

Monday February 10
@ 7:00pm

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

LSB NEXT MEETING

Tuesday February 25
@ 7:30pm

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

NEST NEXT MEETING

Thursday February 13
@ 7:00pm

At the NCC and open to the
community

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February 2025

Nolalu's GRASSROOTS



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

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

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

Categories
Lake Trout
Pike
Speckled Trout
Pickerel
Kids Perch

March
8 & 9
2025

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

PRIZES
1ST, 2ND, 3RD
MYSTERY FOR ALL CATEGORIES

must abide by mnr regulations



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

terry@therustybucket.org

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

***Parts, Service and Repairs of small engines – including Champion
Power Equipment and Yard Works***

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Quality work on utility, horse, and stock trailers.

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Live Edge Pieces 1-3 inches thick and a variety of widths

Dry 8’ Firewood Slabs sold by the truckload Dry Stove Length

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truckload***

Cedar Fence Posts – peeled and ready 8’ length with 3-6” tops

***Tractor Services – brush hogging, fence post holes, wood
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, February 10, 2025
@ 7:00pm

ALL NCC meetings are open to
the community.

NEST meeting 7:00 pm at NCC
Thursday February 13, 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



AUTOMOTIVE REPAIRS

TIRE REPAIRS

ALUMINUM & STEEL WELDING

Call For Appointment & Quote

**Senior Discount on Shop Labour
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

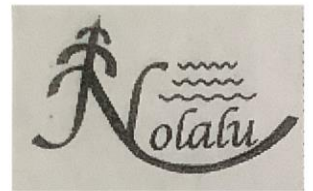
CONSTRUCTION/FLOATING

****FREE QUOTES****



Nolalu Tough Boating Fish Derby

March 8 & 9, 2025



Dear Sir/Madam,

We hope this letter finds you in good health and spirits. The Nolalu Community Centre is excited to announce our annual Family Tough Boating Fish Derby this coming March. As we gear up to host the adult and children's events, we are seeking donations for prizes from generous sponsors like you.

This event draws hundreds of anglers from near and far, and your contribution will be proudly displayed on our sponsors bulletin board, on flyers throughout the event, on social media, and featured on our Fish Derby issue of the Grassroots Newsletter which is delivered to hundreds of mailboxes.

The Nolalu Community Centre is a not-for-profit organization that serves our local area through community activities such as seniors' luncheons, playgroups, and community events. We work hard to provide opportunities for neighbors to come together and engage in activities that foster a deeper sense of community.

We need your help to make the Family Tough Boating Fish Derby a success again this year, and we invite you to support this worthy cause.

Please contact Sue Backstrom our Fish Derby Coordinator,
Sbackstrom24@gmail.com
Cell 807 624 7037

Thank you in advance for your kind consideration and support. We look forward to hearing from you soon.

On behalf of the Nolalu Community Centre.



See Clearly

QHHT PAST LIFE REGRESSION

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

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

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

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

Hoppers Variety Store

Green Acres Variety Store

Suomi Variety Store

Evergreen Pharmacy, Kakabeka

Rural 60 Plus, Kakabeka

GRASSROOTS

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



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From the Nolalu Community Cookbook 1975

Macaroni Salad ~~ Loreen Ranger

3 tsp mayonnaise 1/2 cup pickle juice 1/4 cup whipping cream
Blend together. Then add to macaroni.; 1 small can salmon, 2 dozen small pickles, 1 piece celery, salt & pepper.

Cheese Biscuits ~~ Aili Hyytinen

2 cups sifted flour 1 tbsp shortening
4 tsp baking powder 2/3 cup grated sharp cheese
1/2 tsp salt 7/8 cup milk

Sift flour; measure and add baking powder and salt. Add cheese and shortening to the flour mixture by cutting in with two knives or pastry blender. Add liquid gradually to form a soft dough, stirring as little as possible. Turn the dough on a lightly floured board and pat gently to 3/4 inch thickness. Cut with floured cutter and bake on greased pan in hot oven (450°F) until lightly browned. Bake 12 to 15 minutes.

Cheese Bread ~~ Angela Globensky

1 1/2 cups milk 1/2 cup warm water
1/3 cup sugar 1 beaten egg
1/4 cup butter 1 1/2 cups grated sharp cheddar cheese
1 tbsp salt 2 tbsp yeast

6 cups sifted all purpose flour

Scald milk, add sugar, butter, and salt, cool to lukewarm. Meanwhile soften yeast for 10 minutes in warm water, stir into luke warm milk mixture. Add egg and cheese, beat until smooth. Blend in well about 1/2 the flour, then continue adding flour until dough begins to leave side of bowl. Knead dough until it is elastic and satiny. Let rise twice, make two loaves, let rise in pans a third time, brush with melted butter. Bake at 375°F for 30 minutes. Brush while still hot with butter

Olie Bollen (Dutch Doughnuts) ~~ Loreen Ranger

1 tsp sugar 2 tbsp melted shortening or vegetable oil
1/2 cup warm water 1 tbsp yeast
1/2 tsp vanilla 1 1/2 cups lukewarm milk
1 tsp salt 1/4 cup sugar
4 – 4 1/2 cups flour 2 eggs, well beaten
1 cup raisins 3 small apples, peeled and diced

Dissolve yeast and sugar in water. Heat milk to lukewarm, stir in sugar and yeast. Add eggs, oil, vanilla, and salt. Stir in two cups of flour, then add flour to make a stiff batter. Add apples and raisins. Let rise to double. Heat oil to 365°F. Drop batter by spoonful into fat and fry until brown. Remove and drain on paper. While still hot, roll in sugar. Makes 8 – 9 dozen doughnuts

Hint: HOT BREAD; Cutting hot bread, use a piece of common twine instead of a knife and it will not crumble. Thin slices of bread or cake can be cut if the knife is heated until quite hot, or dipped in boiling water for a few minutes. Wipe the blade dry before cutting.

Country Connections Social Club (18+)

APPETIZERS, SNACKS & GAMES

Sunday, February 16, 2025

12 pm to 3 pm

\$3 per person (to cover hall rental)

Are you looking to connect with like-minded adults, share interests, make new friends, and enjoy a variety of activities? Join the Country Connections Social Club (18+)! There's no membership fee.

Bring an appetizer or a snack to share with the group, plus a game or two, if you wish, (cards, board games, dominoes, etc.), or just come out, hang out and chat.

Please RSVP before Wednesday, February 12.

Kathy (807) 629-0343 (text is best)

countrylivingrocks@hotmail.com

GRASSROOTS DEADLINE
The deadline for submissions is the 15th of each month.
Submit to noballgrassroots@gmail.com

NEW ONTARIO SHOOTERS ASSOCIATION INC.

PRESENTS

2025 SPRING GUN SHOW

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

Sunday, March 9th • 9 a.m. to 3 p.m.

SLOVAK LEGION

801 Atlantic Avenue, Thunder Bay, ON

\$5 Admission

Children 12 & under FREE with paid adult admission

DOOR PRIZES

FOOD & REFRESHMENTS AVAILABLE

BUY • SELL • TRADE • DISPLAY

Guns • Knives • Reloading Supplies • Optics

Ammunition • Cartridges • Club Displays • Accessories • Literature

This show is a fundraiser for the Junior Shooters Program

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

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

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 February 3 & 17

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

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

Hope to see you there.



Interesting Facts About Ice Fishing

No one is quite sure when ice fishing began. Archeologists have found evidence that leads us to believe ice fishing dates back over 2000 years ago. This is the timeframe that most experts agree on, but it is likely that it was many years before that. Ice fishing originated as a survival technique for Indigenous peoples in North America and Canada, and colder European countries. It was a way to catch fish when the water froze over. First Nations and other subarctic and arctic cultures were the first to use ice fishing. Early ice fishers used stone or bone tools to chip holes in the ice.

Spear fishing was the primary method of catching fish. The natives speared the fish with spears tipped with bone or wood. Eventually, the idea was developed to build a structure to place over the hole. They chopped the hole in the ice and placed the structure to block out the light. This made it easier for the fisherman to see down into the water. Then, they came up with the idea to carve baitfish lures out of bone and wood. They would lower the lures down into the water to attract bigger fish. Traps were built with bait inside. Nets were used to supply fish for families and ranches.

Fishing rods and reels were first manufactured in the late 1800s, making ice fishing more recreational. William Clark patented the first ice auger in the United States in 1873. Wooden devices were placed over the holes to hold the line with bait and hook. Fishers walked on clear ice and hit large fish with a club to temporarily paralyze them. Ice fishing is still practiced today by Indigenous communities and is popular in the Great Lakes–St. Lawrence valley region.

Now days, larger, heated structures can make multiple day fishing trips possible. A structure has various names, but often called an ice shanty, ice shack, fish house, shack, icehouse, bobhouse, or ice hut. These are dragged or towed onto the lake using a vehicle such as a snowmobile, ATV or truck. The two most commonly used types are portable and permanent. The portable houses are often made of a heavy material that is usually watertight. The two most common types of portable houses are those with a shelter that flips behind the user when not needed, or pop up shelters with a door as the only way out. The permanent shelters are made of wood or metal and usually have wheels for easy transport. They can be as basic as a bunk heater and holes or have satellite television, bathrooms, stoves, full-size beds and may appear to be more like a mobile home than a fishing house.



Seniors Potluck Lunch



(55+ or "close enough")



Next two (2) lunches taking place:

Monday, February 24

Monday, March 17



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



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



11:00 AM Coffee / Tea

11:30 AM Lunch served

12:30 PM Food service complete



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

Just For Fun – Horoscopes by Grandmama Bear

Aries: March 21 – April 19
Watch out for your big toe, it could send you falling.

Taurus: April 20 – May 20
Now is the time for decluttering, make room for that extravagant plant.

Gemini: May 21 – June 21
Keep that dual personality in check, and live life to the fullest.

Cancer: June 22 – July 22
Be careful around the middle of the month, things could be slippery.

Leo: July 23 – August 22
Keep your roar in check and be calm. Good things are coming.

Virgo: August 23 – September 22
Get out and smell the trees, watch out for Leo, he has eyes on you.

Libra Dates: September 23 – October 22
Try some new colours in your wardrobe, especially luminescent purple.

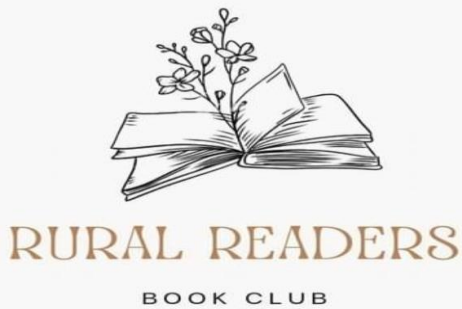
Scorpio: October 23 – November 21
Watch out for Cancer, they want to leave you in the bush.

Sagittarius: November 22 – December 21
A haircut is in the far future, be prepared for dive bombing birds.

Capricorn: December 22 – January 19
Your determination and quick wit will make for interesting tea time.

Aquarius: January 20 – February 18
Start singing whenever and where ever you can. Bring joy to others.

Pisces: February 19 – March 20
Things are heating up for you, be careful of the outcome of the agreement.



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).

February 3rd: "Carry On, Warrior" by Glennon
Doyle Melton

March 3rd: "Catch 22" by Joseph Heller

Join online:

www.facebook.com/groups/ruralreadersbookclub

Be Informed

By Odette Houle

How informed are you regarding your medications, even the over the counter ones? Our doctors or nurse practitioners prescribe medications to help us recover from an illness or to treat a long term disease or maybe even help heal after surgeries. So do you ever question your health care provider? Do you ask questions about the medication and what it will do for you? Do you ask about side effects or how long you should be on the medication before you see results? If you can't ask your health care provider ask your pharmacists. Pharmacists are a wealth of information when it comes to medications and over the counter remedies. Most pharmacists know more than your doctor does regarding medications, after all that is their job.

I learned these important facts the hard way recently, and I am one to ask questions. I was put on a new medication and asked what I could expect the medication to do and about side effects. I was told what to look out for and that I should begin to see improvement in three to four weeks. I was also told the side effects should have stopped by week four or five. So imagine my surprise when at week seven and a half I became very ill. Everyone else in the house was sick too so I didn't think much of it. When it kept lingering on and I wasn't getting any better I began to try and figure out what was wrong with me. I started out online, as it is the easiest to do, though not always the most reliable. You just have to check and double check when it comes to online information. I wasn't finding much information, there were a couple of influenza cases going around but not like my symptoms. So I called my pharmacist, and we discussed my medications, and sure enough the new med I am on can cause you to feel extremely ill, but it doesn't usually happen. We have a saying in our house regarding medical things, "if it is a rare possibility that something can happen, then rest assured it will happen to one of us or has happened already." Hey, we are a family that one of us has had three appendix surgeries, so yes if it can happen it's likely to happen to one of us.

So, the pharmacist recommended getting off the medication, titrating slowly down. Well, I felt so awful and I read up on the medication, and it is supposed to be out of your system in three to four days. I felt like I'd been hit by a truck so my judgement was probably impaired, I thought I can do that "cold turkey", four days and it will be out of my system and I'll feel better. I called the doctor's office and told them what I was doing but of course I couldn't get in to see the doctor right away but I could go to the clinic if I wanted. I was really sick so figured I'd be alright, the faster to get this out of my system the better. Maybe not such a good idea. The first couple days I still felt miserable but by day three I was feeling better and by day five I felt great. Problem solved right, nope! Day seven hit and I felt just as bad as I did before. Maybe it is an influenza bug extreme, I thought. A couple more days in bed, I didn't know one person could sleep so much in the day and still get a full nights sleep, and I had had enough. In amongst my lucid moments I started researching in earnest, after all I had a Grassroots deadline creeping up in a hurry so I needed some answers fast. Found out I was in withdrawal, and the effects could last three to five weeks, I hoping for three but knowing my family it will be five. My options were go back on the medication at a lower dose, tough it out, or try over the counter and herbal remedies. I opted for option three as I do have a large supply of herbs, tinctures, and salves. I've been making simmer pots too, look for the recipes in next month's issue. So between rose petal and lilac tincture, elderberry, chaga, and chamomile tea, I seem to be doing better, not great but better. Oh and one thing that surprised me but has really worked is allergy pills. Hopefully only two more weeks to go.

So my advice to you, do your homework, ask questions of your health care provider and your pharmacist. Tell them how your body reacts to certain medications, be open to alternative suggestions. Most of all remember it's your body and if something doesn't feel right, ask someone, no question is too small.

Celebration of Life
for
Lewis Vincent "Vince" Patcheson
1935 – 2024

Location: Nolalu Community Centre
2266 Highway 588, Nolalu, ON, P0T 2K0
Date: February 15, 2025
Time: 2 – 4 p.m.

Light refreshments will be served.

Vince lived with his wife Teresa on eighty-seven acres of forest in Nolalu. He loved creating trails there and walking with Teresa and their cat, Ginger.



Vince's outstanding desire was to help people and keep them safe. Before forming his company, Thunder Country Construction Safety Training, he taught Construction Safety training courses at the Labourer's Union, Local 601. In Nolalu, he contributed to the community as a volunteer firefighter with NEST for fourteen years. Many people Vince met will remember his generous nature.

He passed away peacefully with his wife of thirty-five years at his side after a brief illness. He was eighty-seven years old.

In memory of Vince, we will ask you for a written anecdote about how you met him. Instead of flowers, these notes will be presented to his widow, Teresa Patcheson.

If you can join us on this special day, RSVP Teresa Patcheson by texting (807) 621-7127, or emailing tpatch@tbaytel.net. You will be most welcome.

Are Fire Blankets Right For Me?

The Office of the Fire Marshal (OFM) is cautioning Ontarians on the purchase and use of fire blankets as an active fire protection device in the home.

While fire blankets are increasingly advertised as an effective way to extinguish, for example, stovetop fires, there are no Canadian standards that apply to fire blankets and the use of fire blankets in Ontario is not required by law. The OFM is concerned that a fire blanket may give a false sense of security and fire safety.

The OFM would like to stress that it does not endorse the use of fire blankets for consumer use, and that fire blankets should only be used by trained professionals. Fire blankets are considered by the OFM to be a non-essential product in the home.

The OFM continues to recommend to the public tried and tested fire safety practices in the home, including:

- **Cooking fires:** Keep a proper fitting lid near the stove when cooking. If a pot catches fire, slide the lid over the pot, turn off the stove and do not move the pot until it has cooled.
- **Smoke alarms:** Install smoke alarms on every storey of the home and outside all sleeping areas. For added protection, the fire service recommends installing a smoke alarm in every bedroom. Test smoke alarms monthly and replace the battery at least once a year. Replace smoke alarms every 10 years.
- **Home fire escape plans:** Develop a home fire escape plan with everyone in the household and discuss how each person will get out of the home in a fire. Practice the home fire escape plan with everyone in the household.

Nolalu Emergency Services Team

Hall 807-475-4441

info@NolaluEST.com

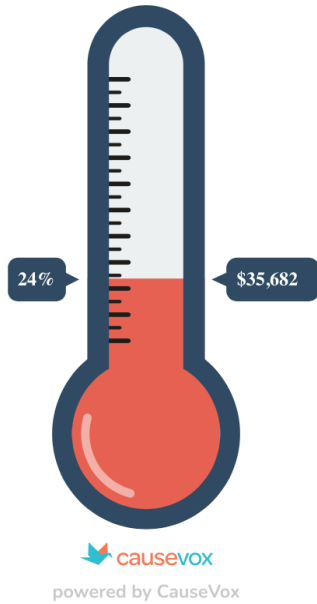
Emergency 807-473-5200

2167 Hwy 588

Nolalu ON P0T 2K0



GOAL: \$150,000



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

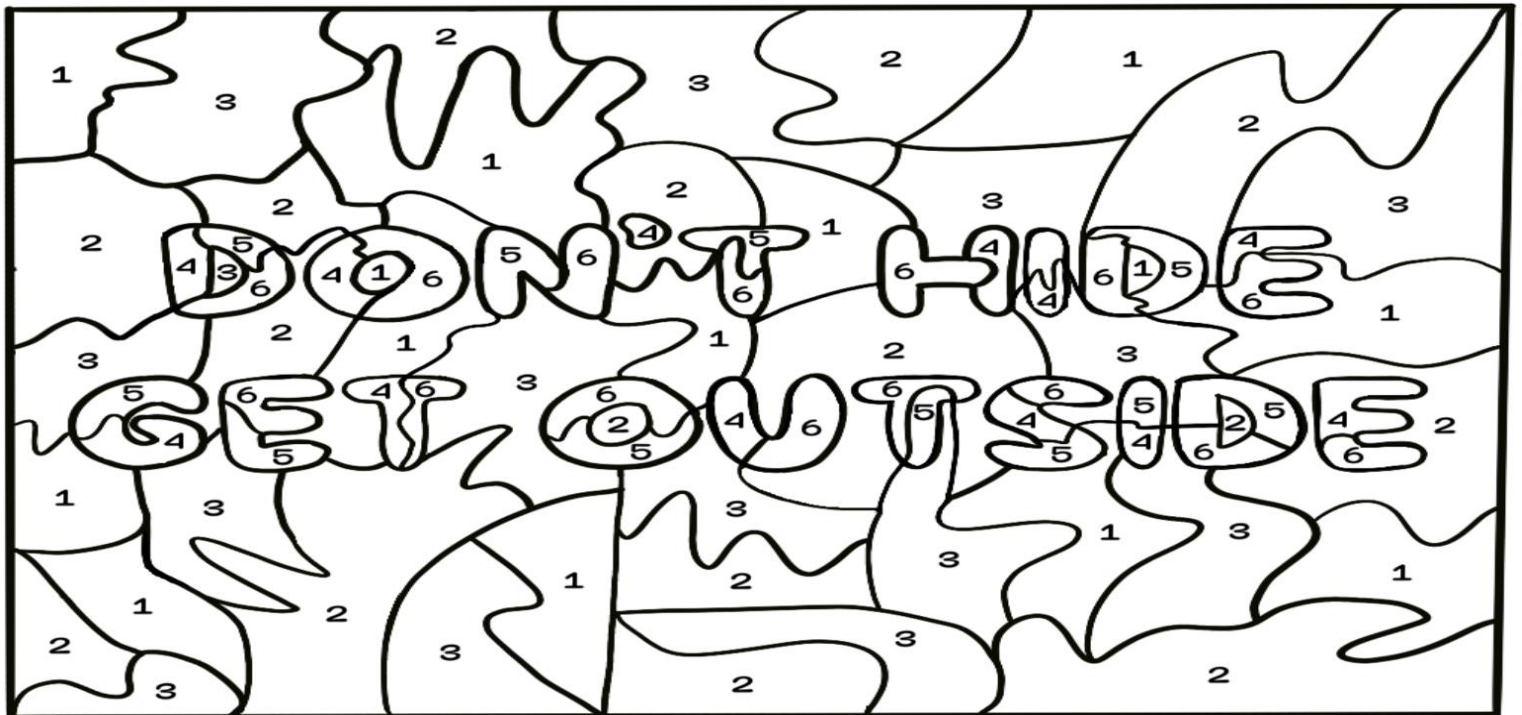
Donation cheques can be mailed to: NEST

2167 Hwy 588

Nolalu ON P0T 2K0

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

Please put **"tanker donation"** on the *memo line* of the cheque \$35,682.00 total so far. Donations received from Meghan Cutler, Ms. Liz Pzczolko, Ute Schuler, Breanne Dumoachelle, Dr. + Mrs. Kozinski, Cathy Mastrangelo, Scott Jacobson, Debbie Skabar, June Hansen, Blaze Fireplace + Stove, Brent Byers, Harold Maki, Andrew Piilo, Cam + Loraine Turcotte, and Cristian Obreja. Thank you so much for your support in our efforts to build funds for the purchase of a new tanker



BEEPA SAYS...

COLOUR the picture using the guide above and reveal the important fire safety message. Remember! IF you hear the smoke alarm sound...'



Thank You

We would like to say a big thank-you to Angela Woodhouse-Wild for stepping into the role of Chair of the Nolalu Community Centre. Angela comes to the table with a great deal of experience, having previously sat on our board of directors. We look forward to her guidance, and tapping into her knowledge of the community and the centre.

Anyone see all the information out on the Fish Derby? A special thank-you to Sue Backstrom for chairing this favourite event. It is one of the biggest fundraisers for the Nolalu Community Centre. She has assembled a team of volunteers that are well organized and knowledgeable. I hope everyone plans on coming out and enjoying this fun filled weekend.

"Fishing is a way to be at peace with the world and oneself." – Unknown

Second Tuesday of Each Month
Next Play Date: February 11, 2025
Nolalu Community Centre
12:00pm to 2:00pm



Come on out and have some fun.

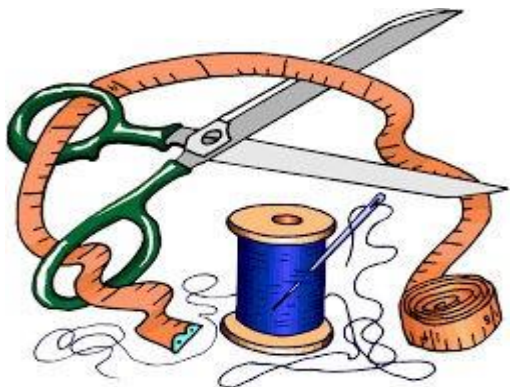
Meet other children and parents in the community.

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

Hope to see you there



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

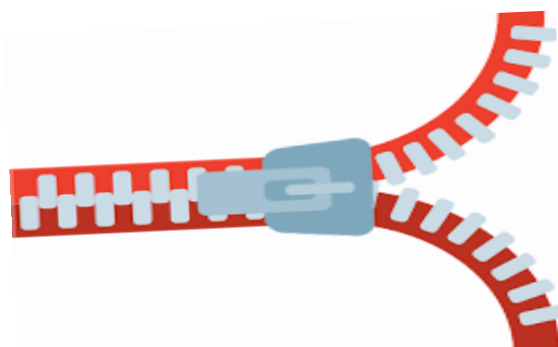
7 years at THE WHOLE NINE YARDS

Doing repairs, alterations, wedding parties

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sewZipZippersKCAT81@gmail.com

807-475-9687



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.

Kakabeka Legion News – Branch 225

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



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

"The living owe it to those who can no longer speak to tell their story for them".

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.

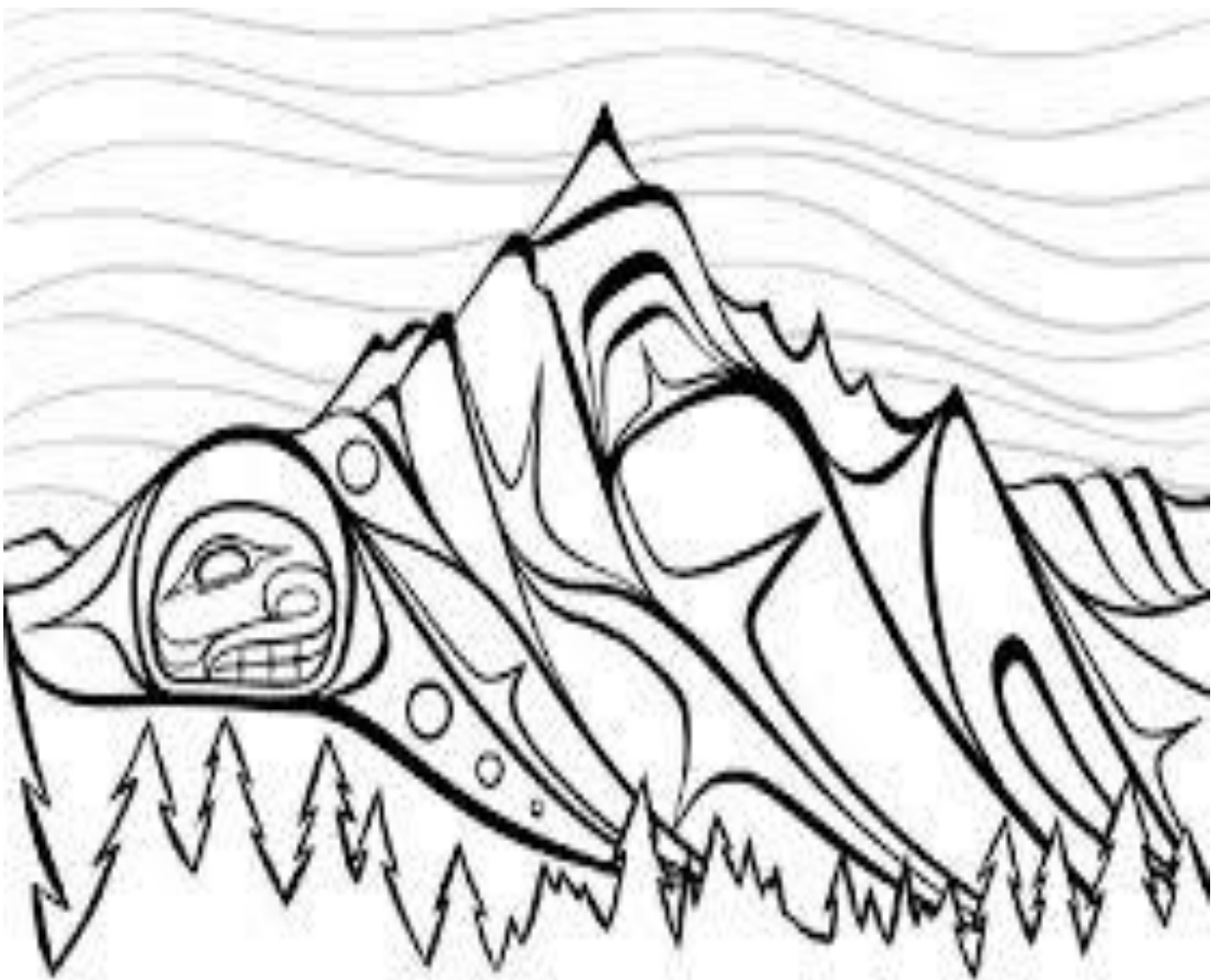
Next Food Bank

Wednesday, February 19, 2025

Registration 9 am to 11 am

Drive-Thru Pick-up

COLOURING PAGE



I SPY



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 starting February 6th
Craft Room open Monday to Friday – 10am to 3pm



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 February 28

Friday March 28

Friday April 25

Friday May 28

Friday June 27

Friday July 25.

Time is 1pm to 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.



NorWest Community
Health Centres
Centres de santé
communautaire NorWest

FEB 2025

MON	TUE	WED	THU	FRI
3 Chair Yoga @ O'Connor C.C 10:00 am	4 Fly the C.O.O.P Walking Group Good Food Box Order Deadline	5 Walk-In Clinic 4:30pm - 8:30pm	6 Fly the C.O.O.P Walking Group LifeLabs	7
10 Chair Yoga @ O'Connor C.C 10:00 am	11 Fly the C.O.O.P Walking Group	12 Good Food Box Pickup at KB Clinic Walk-In Clinic 4:30pm - 8:30pm	13 Fly the C.O.O.P Walking Group Mobile Clinic - Upsala 10am-3:30pm LifeLabs	14
17 Closed for Family Day	18 Fly the C.O.O.P Walking Group	19 Walk-In Clinic 4:30pm - 8:30pm	20 Fly the C.O.O.P Walking Group LifeLabs	21
24 Chair Yoga @ O'Connor C.C 10:00 am	25 Fly the C.O.O.P Walking Group	26 Walk-In Clinic 4:30pm - 8:30pm	27 Fly the C.O.O.P Walking Group LifeLabs	28 *NEW Program* Rural Dementia Cafe 1-3pm

Kakabeka Site



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



(807) 473-5528

PROGRAM INFO

Call KB Clinic Reception at (807)

473-5528 or email Shaun at
speirce@norwestchc.org

to register for all programs

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

Starting at 10am at the KB
Legion

Chair Yoga In Person & Virtual
Hosted at O'Connor C. Centre
at 10am.

NEW - Rural Dementia Cafe

Feb 28th at Rural 60+ @ 5

Pineview Road, Kakabeka

Falls. Come meet new
friends & find support.

Please note we will have an NP
available for clients who will
provide your primary care

Follow us!



NorWest Community
Health Centres -
Kakabeka Falls Clinic

www.norwestchc.org



NOLALU COMMUNITY CENTRE

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

February 10, 2025 7:00pm

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

LOCAL SERVICES BOARD OF NOLALU



February 27, 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).

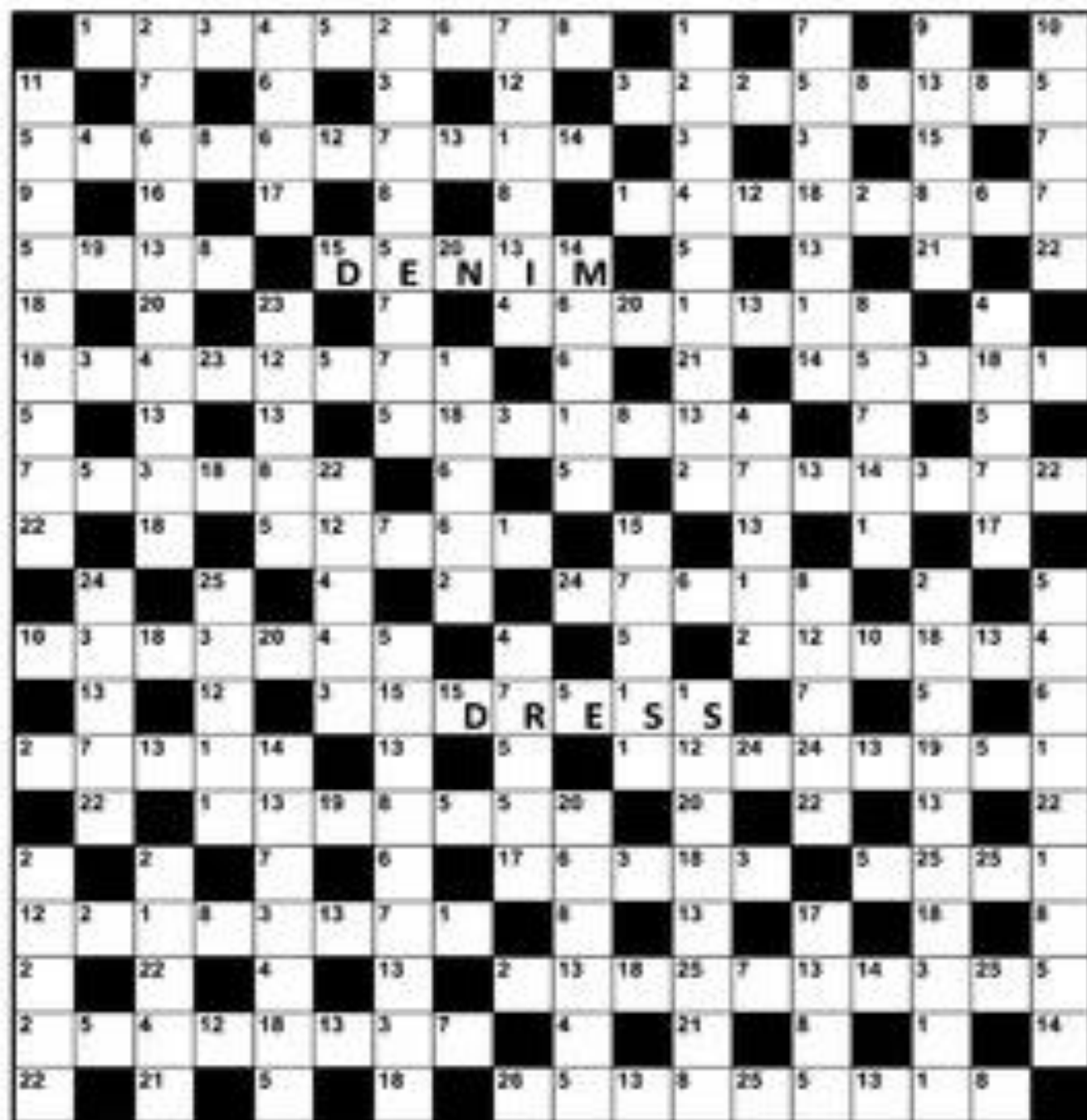
FUN group.

We have extra equipment if needed.

"Happiness is not a goal... it's a byproduct of a life well lived." ~Eleanor Roosevelt~

CODEBREAKER WORD PUZZLE

The same number represents the same letter. Crack the code and fill the grid.
To help you get started some words are already in place.



1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

ANSWER: 1-S, 2-P, 3-A, 4-C, 5-E, 6-O, 7-R, 8-T, 9-W, 10-B, 11-Y, 12-U, 13-L, 14-M, 15-O, 16-V, 17-K, 18-L, 19-X, 20-N, 21-H, 22-Y, 23-Q, 24-F, 25-G, 26-Z.

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

Stop the bus, I want to get off. If this is the 2025 crash bus, it has been an interesting ride but I think I'm good now. I'll be transferring to the 2025 calm and relaxing bus for the remainder of the year. If I get bored I know where to find you, usually parked out back behind my house. All kidding aside, January has been a very busy, very sick, very expensive month for us. In the last month and a half we have had two ambulance rides to the hospital, one airlift to the hospital, numerous tests and more to come, and surgeries booked for future dates. I must say the fire, ambulance, air ambulance, and hospital staff have been amazing. They are so calm, get all the information from you without even seeming to ask. Everyone works together and keeps the patient (and the family) calm. Me and my family have nothing but praise for these amazing people who give so much of their time to the care of others, they are exemplary people and professionals. Since we have had all these visits from emergency care workers, I have become quite adept at what information they need and what I am going to need to bring for the patient. I also learned that I can be a bit of a speed demon when my loved ones are being taken to the hospital. Praying for clear roads, no traffic, and animals staying where they belong really helps for a smooth ride. We have also had the wells go dry a few times and had to have the plumber out to replace the sewage pump, fix two sinks, and replace the shut off valve for one of the wells. My parents have also had to have assessments to get more home care for them. Busy month!

On a positive note, it is getting closer to the birth of my fifth grandchild. The baby is due mid April but they are expecting it to come early. It is already bigger than it is supposed to be. We are a big family though, with Rob being 6'6" (he used to be 6'7" but he is shrinking in his old age), and my son is 6'4", so no chance of a small baby unless it takes after Mom's side. My eldest grandson is only six, and already he is over 4', it won't be long till he is as tall as me. I have been busy making baby booties and blankets. Most nights you can find me crocheting away watching some crime drama or indigenous film.

I suppose many of you have started planning your spring gardens, getting your seed orders done and making sure you have enough pots. I saw an interesting post the other day about using milk jugs to start your seeds in. It doesn't take up as much room as the pots and you can sow more seeds together in one container. I will be giving this a try this year.

Odette

NCC 2023-2024 Financial Summary

Opening Balance (chequing, Oct. 1, 2023)	\$ 18,072.94
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Revenue

Local Service Board	\$ 44,248.16
Seniors	\$ 2,710.00
Children	\$ 580.10
Donations	\$ 2,085.00
Interest	
Events	\$ 11,392.49
Grassroots	\$ 3,114.00
Other, Shirts and Petty Cash	\$ 748.80
Total	\$ 64,878.55
Transfer to Savings	\$ -
Total Revenue	\$ 64,878.55

Expenses

Shirts, merch, petty cash	\$ 423.69
Events	\$ 6,237.27
Seniors	\$ 2,363.04
Children	\$ 770.37
Office	\$ 1,162.70
Utilities	\$ 3,850.18
Equipment	\$ 7,205.57
Building Maintenance/Prop	\$ 18,860.25
Contracts for Maintenance	\$ 6,102.81
Kitchen	\$ 663.31
Propane	\$ 6,489.63
Grassroots	\$ 7,717.66
Other (Bank Fee)	\$ 75.35
Total Expenses	\$ 61,921.83

2024) **\$ 21,029.66**

Emergency Fund	\$ 2,861.94
Interest and Transfer	\$ 279.78
Total Emergency Fund	\$ 3,141.72

Property Fund	\$ 665.34
Interest and Transfer	\$ 257.73
Total Property Fund	\$ 923.07

Total in GICs **\$ 20,000.00**
Total funds available (Sep. 30, 2024) **\$ 45,094.45**

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—February 2025

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