

NCC NEXT MEETING:

Monday June 9
@ 7:00pm

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

LSB NEXT MEETING

Tuesday June 24
@ 7:30pm

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

NEST NEXT MEETING

Thursday June 12
@ 7:00pm

At the NCC and open to
the community

Contents:

Information	3
Recipes	9
Interest	???
Rural Readers	10
Seniors Lunch	12
Fire Safety	14, 15
Thank-you	16, 19
Legion	20
Food Bank	20, 21
Rural 60+	23
Norwest	23, 26
Fun Pages	22, 24
Meeting Dates	25
Editor's Note	27
Picxtures	28
Hall Rental Info	29
NCC Events	30

June 2025

Nolalu's

GRASSROOTS

June 28th

12:00pm to 3:00pm

Visit us at the Nolalu Community Centre

Ice Cream Social

\$3.00 small \$5.00 large

**All the toppings that you can
fit in the bowl**

Kids crafts

**Bouncy Castle for the kids
(by donation)**

**Looking forward to seeing you
there!**



Yard Sale

**Come check out the
treasures**

**Email Emma:
tritree@outlook.com**

with title 'yard sale table'

**To rent an outdoor spot
with table for \$5.00**





Catherine and Terry Niemi

51 Delints Road, Nolalu

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Emergency Phone Numbers

Nolalu Fire & Ambulance: 807-473-5200

Ontario Provincial Police: 1-888-310-1122

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

For Road information call: 511

NCC Volunteer Board

Chair	Angela Woodhouse-Wild	807-630-6061 Text Only	807-475-8968
Vice Chair	Odette Houle	nolalu.grassroots@gmail.com	807-630-9442
Secretary	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, June 9, 2025
@ 7:00pm***

ALL NCC meetings are open
to the community.

NEST meeting 7:00 pm at NCC
Thursday June 12, 2025

Nolalu Dump SUMMER Hours May 1—September 30

ADRIAN LAKE

Wednesdays 6pm - 8pm

Sundays 2pm - 5pm

HARDWICK

Wednesdays 3pm - 5pm

Sundays 6pm - 8pm



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Open 7 days a week

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Come join a fun, dynamic team at Hoppers Variety delivering quality customer service to a well loved community!!

Experience is a definite must.

STORE CLERK - Part time position

Must be available to work evenings and weekends. Must be 19 years of age to sell alcohol. Must be able to handle a fast paced environment and work well with others. Needed skills for the position include customer service, organization, communication and ability to work independently. Must have exceptional work ethic and ability to work flexible hours.

GOLF COURSE GREENSKEEPER - Seasonal

Previous golf course or landscaping experience is an asset, but not necessary. Responsible for the maintenance, care and overall appearance of the golf course, including operating motorized and walk-behind mowers to cut greens, as well as weed whackers. As work depends on the weather, flexibility is a must.

For more information or to submit resume, please email
Pauline at hoppers@tbaytel.net
or drop off in person at
Hoppers Variety,
2160 Highway 588 in Nolalu.



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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Getting to Know the History of the Area

Silver Mountain

Various Internet Sources

Silver was discovered in the Silver Mountain area in 1884, and between 1884 and 1903 silver was mined from the east and west mines on Silver Mountain. The history of the Silver Mountain area dates back to 1881 when prospector Oliver Daunais discovered silver southwest of Thunder Bay. This discovery became the Rabbit Mountain Mine in 1882, and quickly a number of other mines were opened in the same vicinity. In 1884 Daunais located silver further west of the Rabbit Mine around an 1800-foot hill that would eventually bear the name "Silver Mountain." Two mines were constructed on either side of the mountain; Silver Mountain East End and Silver Mountain West End. In 1889 the Port Arthur, Duluth and Western Railway (PAD&W) came into the area to exploit these mines, as well as iron deposits closer to the Canada–United States border at Gunflint Lake. To serve the workings at Silver Mountain, a station was established on the railway several kilometres north of the mines and 39 miles from the town of Port Arthur, Ontario. This station was a crude log structure that measured 10 x 20 feet.

In 1899 the PAD&W was sold to William Mackenzie and Donald Mann and later became part of Canadian Northern Railway (CNoR). Responding to an increase in business in the area, CNoR decided to construct a larger station at Silver Mountain. Plans were announced in March 1907 and the building was completed shortly thereafter. The new station was a two-storey structure with an attached freight shed that measured 50 x 25. It was a typical Canadian Northern Railway 3rd Class Station build and designed by Ralph Benjamin Pratt. This historic train station was a crucial point of the Port Arthur, Duluth and Western Railway.

In 1910 the station became home to its most colourful and interesting resident. Dorothea Mitchell, affectionately known as the "Lady Lumberjack," who arrived at Silver Mountain just as the silver mines were closing. She convinced Canadian Northern to allow her to stay on as manager and postmistress at the station. When the general store she ran out of the station proved less than profitable, Dorothea purchased a sawmill and waded into the lumber business. Thus was born the legend of the Lady Lumberjack.

In 1919 the bankrupt CNoR was nationalized into the Canadian National Railways (CNR) and the line became known as the CNR-North Lake Sub-Division. The station remained open, but business on the "PD" line continued to decline. In March 1938, the last train ran on the line. After years of operating losses and deteriorating infrastructure, CNR decided to abandon the line and the rails were removed the following year.

For a few years the building housed the Silver Mountain and Area Historical Society, a non-profit organization dedicated to preserving local history, including mining, logging activities, and railways. It had a restaurant and was a point of interest for history and culture enthusiasts. For over 25 years the station served as a private residence. Beginning in the early 1970s, successive owners would alter the existing structure. A basement was added, along with a stone fireplace, and additions to the front, rear and second storey. The renovations transformed the station into a bar, and later a restaurant once again. It is now a personal residence.

Today the area is used as a hiking area. You will need a good 4×4 vehicle to drive to the start of the trail otherwise you can hike the 1.3km uphill. If you get to a gravel pit on the right you have gone too far. The trail is wide and easy to follow and seems to be used most often by horses and quad runners. It leads to a campsite/lookout where you will have beautiful views over the valley. The trail does continue from the lookout all the way to Old Silver Mountain road, but it crosses private land and the owner has posted no trespassing signs. Be very careful hiking in this area as many of the old mine shafts can still be found and only some have been identified and fenced.

Agribusiness in Northwestern Ontario,

Do you operate a farm, riding stable, market garden, greenhouse, apiary, produce products from locally sourced materials or any other valued added Agribusiness? If so, the Oliver Agricultural Society wants to give you an opportunity to promote yourself and products at the 2025 Murillo Fair, August 15-17th.

The Annual Murillo Fair sees an excess of 6000 patrons attend the fair over the 2 ½ day event, providing an excellent opportunity for business exposure!

At this point we are trying to get an understanding of level of interest from Agribusinesses within the community. If you are interested, please send an email to info@Murillofair.ca as an expression of interest, include any ideas you have on what venue/forum you would like to see at the fair.



Follow us on Facebook (facebook.com/murillofair) or our website (<https://oliveragriculturalsociety.com/>)

Large room for rent, with
large 4-piece bath.
111 Thomas Road, Nolalu.
Prefer a single, senior lady.
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(807) 629-5215/632-4381,
or hillphd2@gmail.com

*"Find out who you are and be that
person. That's what your soul was put
on this earth to be.
Find the truth, live
that truth, and
everything else will
come."~~Ellen
DeGeneres~~*



New private boardroom for rent, with
contained kitchen and washroom.
Contact Terry at the
Tylara Institute Seminar Centre,
111 Thomas Road, Nolalu ON P0T 2K0.
(807) 629-5215, or hillphd2@gmail.com

GRASSROOTS DEADLINE

Summer is fast approaching, remember to get your submissions in on time.

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

Submit to nolalu.grassroots@gmail.com

If you are unable to make the deadline we will be happy to accommodate your information on our two Facebook pages.

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>

From the Nolalu Community Cookbook 1975

Pineapple Chicken & Rice ~Pat Maki

4 chicken breasts	3/4 cup rice	1—10oz can pineapple
1 cup diced celery	1 tbsp soy sauce	2 tsp salt
1/4 tsp poultry seasoning		
1 1/2 cups chicken stock or 1 1/2 cups boiling water & 2 chicken boullion cubes		

Brown chicken in butter. In a casserole dish combine rice, pineapple juice, salt, poultry seasoning, soy sauce, & chicken stock. Bake at 350°F for 1 1/2 hours, covered. Uncover and add pineapple and celery for last 15 minutes. Serves four.

Pizza Buns ~Lynda Piilo

8oz can tomato sauce	1 sm can shrimp	1 can mushrooms	chopped olives (optional)
1/2 cup grated cheddar cheese		1/2 cup corn or vegetable oil	

Mix together and spread on buns or even on bread. Broil for 10 minutes and serve.

Sloppy Joe Mix

3 lbs ground beef	1 bottle catsup	1 bottle chili sauce
1 tbsp prepared mustard	2 cups chopped onion	

Season meat with salt and pepper. Brown meat in a skillet. Add other ingredients. Simmer one hour. Skim off excess fat. Add one can of mushrooms if desired. Serve on heated toast or buns. Can be frozen.

Sweet & sour Spareribs ~Pat Maki

3 lbs ribs	2 tbsp soy sauce	1 tbsp vegetable oil
2 tbsp corn starch	1/2 cup sugar	1/2 cup vinegar
1 tbsp soy sauce	1/4 tsp accent	1 green pepper
1/2 cup chopped onion	1 20 oz can pineapple chunks and juice	

Rub ribs with soy sauce & oil. Broil till browned, drain. Combine cornstarch, sugar, vinegar, soy sauce, and accent & cook over medium heat, stirring constantly until thick & clear. Add pepper, pineapple & juice and cook 30 minutes longer, stirring frequently. Add onions and pour over ribs. Bake at 350°F for 1 hour or until done.

Keltajuuri Laatikko (Carrot Casserole) ~Hilkka Ehn

6 lrg carrots, peeled, cooked, and mashed	1/2 cup cooked rice
1 egg, beaten	3 tsp sugar
	salt & pepper to taste

Mix ingredients together and add enough milk to make mixture nice and loose. Pour into a greased oven proof dish. Dot with butter or margarine. Bake at 375°F until golden brown.

Cooking Hint—Fish: Sprinkle a little coffee on the raw fish & it will keep the odour from scenting the refrigerator. The coffee will not discolour the fish and easily wipes off. To prevent fish from sticking to the pan while frying, put a tsp of salt in the hot pan and rub it with waxed paper. If catering with fish allow 1/2 pound of fish for each person, when it is the main course. If simple course, 1/4 pound will be ample. The same applies to fillets, one fillet per person for a simple course, and two fillets per person for a main course.

We are looking to fill the role of ***Events Coordinator or Assistant***. Emma is becoming quite busy and needs some assistance in this position. She is more than willing to share the responsibilities so you wouldn't have to do it all. If you are curious about the role or what we've been up to, don't hesitate to reach out to any board member or join us at a monthly meeting.

Contact Angela if you are interested in helping out.

807-630-6061 Text Only

807-475-8968

Remember you don't have to do it all but any volunteering is greatly appreciated.

If you are available to Volunteer for an event
or help on the board please contact us.

Recommended Books for Summertime Reading from TBPL

My Year of Rest and Relaxation by Ottessa Moshfegh

"Sleep felt productive. Something was getting sorted out. I knew in my heart—this was, perhaps, the only thing my heart knew back then—that when I'd slept enough, I'd be okay. I'd be renewed, reborn. I would be a whole new person, every one of my cells regenerated enough times that the old cells were just distant, foggy memories. My past life would be but a dream, and I could start over without regrets, bolstered by the bliss and serenity that I would have accumulated in my year of rest and relaxation."

Somewhere Beyond the Sea by T.J. Klune

TJ Klune is taking us back to Marsyas Island! Perhaps you read *The House in the Cerulean Sea* - a feel-good fantasy story that followed Linus Baker as he took to Marsyas Island to visit an orphanage for children with magical abilities. Run by Arthur Parnassus, it was Linus' job to check on the wellbeing of the children in a world where not everyone is magical, and not everyone is kind to those who are. Unhappy and dreary at the start of the novel, Linus found love with Arthur and the children, and quit his government job to stay with his found family. In the brand new sequel, *"Somewhere Beyond the Sea"*, we follow Arthur's perspective as the orphanage gets a new child, and Arthur fights for the rights of magical beings.

Don't forget the Spice Club. On the second Wednesday of each month, Spice Club kits are available at each of our TBPL locations for pickup. No registration is necessary, and kits can be picked up on a first come, first served basis. Each kit contains a sample of the month's spice, as well as a brochure which features recipes, facts, and book recommendations!

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*****

Join online:

www.facebook.com/groups/ruralreadersbookclub



RURAL READERS
BOOK CLUB

Experience Your Perfect Summer in Thunder Bay

By Bonnie Schiedel (edited version)

From amethyst hunting to zip lining, boating adventures to paddleboarding, Thunder Bay has tons of safe, family-fun activities to check out this summer.

Amethyst Hunting: Hunting for amethyst at Amethyst Mine Panorama. Grab a bucket and pick out your own sparkly purple stones (Ontario's official gemstone) at one of the area's three amethyst mines. This family-friendly activity is sure to be a hit.

Boating Adventures: Blue skies and blue waters await visitors in Thunder Bay. Pull up a colourful chair at Prince Arthur's Landing to watch the container ships, tugs, and sailboats in the harbour. You can also book a sailboat tour or fishing charter. After months of being cooped up indoors, nothing feels better than getting out on the water! And check out these lighthouses you can visit nearby.

Drum Circles: The music, the singing, the regalia, the food... it's hard to pick a favourite part of a pow wow. Visit Fort William First Nation at the end of June to enjoy and participate in the Pow Wow on the mountain.

Eating, Drinking and Being Merry. Lots of places to eat with varied menus.

Festivals: Thunder Bay is host to a whole season full of great outdoor festivals!

Galleries: Pick up some stunning Indigenous art while browsing the local galleries. Feast your eyes on cool contemporary art at Definitely Superior, works by 150 top northern Ontario artists at Thunder Bay Art Gallery, striking Indigenous art at Ahnishnabe Art Gallery... and more! Be sure to check out the city's outdoor art like the Cooke Street mural.

Hiking: Hiking through the region's beautiful landscapes is a must! Explore the beautiful northwest—and perhaps catch some cool lake or mountain breezes—with a family hike.

Jail: Wait, what? The Thunder Bay Museum, housed in a former police station, has an actual jail cell that's a favourite with kids. A bike with a giant front wheel and Albert the Albertosaurus are also big winners.

Marina Park: Art installation on Thunder Bay's expansive and bustling waterfront. Check out Thunder Bay's historic Marina Park, also known as Prince Arthur's Landing. The lush waterfront space is part of a multi-million dollar investment by the city and it's packed with sculpture art, restaurants, and great views, Marina Park is a great place to spend an afternoon or evening.

Nature: Pristine landscapes and incredibly scenic views await hikers in Thunder Bay. Discover more of Ontario's gorgeous landscapes by getting outside the city and enjoying views like this one! Hike the nearby Sleeping Giant for amazing views.

Persians: The famous pink pastry courtesy of The Persian Man coffee shop. How about a tour to taste-test Thunder Bay's famous pink pastry, the Persian? This bucket list treat was invented here and has been featured on just about every food show imaginable. Other local kid-pleasing fare includes Sally Anns, Finnish pancakes, and Coney dogs.

Rock Climbing: Test your agility and endurance with a guided outdoor climbing session.

For a way-cool family outing, book a rock-climbing lesson! From one-hour sessions to half and full-day trips, indoors or outdoors, there's something for everyone.

Understanding History: Historic performances offer excitement and education for the whole family.

Billed as one of the largest living history attractions in North America, Fort William Historical Park brings a fur trade post circa 1816 to life with in-character interpreters who fire muskets, make birchbark canoes, tend farm animals, and more.

Vickers Park

According to historical documents on file in Thunder Bay, "[Vickers Park] was always a paradise ... but now it has something more. The picture has come to life with the laughter of little children." It's a great spot for kids, along with all the other TBay playgrounds too. Savour the view of the Sleeping Giant at Hillcrest, play tag in the towering trees at Vickers, ride the mini-train at Centennial, and more.

Water

At the splash pad, that is. The city has five splash pads.

Zip-lining: An epic adventure for any daredevil is Canada's longest suspension bridge at Eagle Canyon Adventures. Check out Canada's longest suspension footbridge if you dare!

Have fun and make some memories this summer in scenic Thunder Bay, Ontario!



Seniors Lunch

(55+ or "close enough")



The final lunch before we break for summer:

Monday, June 16



\$10 at the door



11:00 AM Coffee / Tea

11:30 AM Lunch served

12:30 PM Food service complete



The NCC will provide:

soup, entrée, veggie dish
OR salad, buns OR potato
dish, and dessert.



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

**** Please note: we are no longer allowed to have potluck items.
Our apologies for any inconvenience.**

Just For Fun – Horoscopes by Grandmama Bear

Aries: March 21 – April 19

Everything is coming up rainbows, look for your pot of gold.

Taurus: April 20 – May 20

Clouds are forming, take an umbrella with you wherever you go.

Gemini: May 21 – June 21

Patterns are changing. Make some tea and watch the changes.

Cancer: June 22 – July 22

A murder of crows has been flying close to you. Look for trinkets in the sand.

Leo: July 23 – August 22

A visitor is coming, prepare the guest room and break out your fine china.

Virgo: August 23 – September 22

The theatre is calling. Practice your lines but don't be a drama queen.

Libra: September 23 – October 22

Don't put mentos in your pop and expect nothing to happen. Lucky numbers for the month; 7 & 23.

Scorpio: October 23 – November 21

Someone hairy will pay you a visit; be aware of their disguise.

Sagittarius: November 22 – December 21

The past is the past; move forward into your bright future.

Capricorn: December 22 – January 19

Bask in the light of the moon and become illuminated.

Aquarius: January 20 – February 18

Call an old friend you haven't heard from in a while. Take some time to reminisce

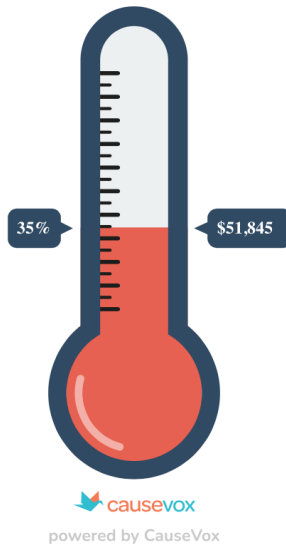
Pisces: February 19 – March 20

Time to start singing; the world needs to hear your voice. Be sure to allow others to join in.

THINGS YOUR MOTHER SHOULD HAVE TOLD YOU

- 1) Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.
- 2) Store your opened chunks of cheese in aluminum foil. It will stay fresh much longer and not mold!
- 3) Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.
- 4) Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking.
- 5) To really make scrambled eggs or omelets rich add a couple of spoonfuls of sour cream, cream cheese, or heavy cream in and then beat them up.
- 6) For a cool brownie treat, make brownies as directed. Melt Andes mints in double broiler and pour over warm brownies. Let set for a wonderful minty frosting.
- 7) Add garlic immediately to a recipe if you want a light taste of garlic, and at the end of the recipe if you want a stronger taste of garlic.
- 8) Leftover snickers bars from Halloween make a delicious dessert. Simply chop them up with the food chopper. Peel, core and slice a few apples. Place them in a baking dish and sprinkle the chopped candy bars over the apples. Bake at 350 for 15 minutes!!! Serve alone or with vanilla ice cream. Yummm!
- 9) Reheat Pizza: Heat up leftover pizza in a nonstick skillet on top of the stove, set heat to med-low and heat till warm. This keeps the crust crispy. No soggy micro pizza. I saw this on the cooking channel and it really works.
- 10) Easy Deviled Eggs: Put cooked egg yolks in a zip lock bag. Seal, mash till they are all broken up. Add remainder of ingredients, reseal, keep mixing it up mixing thoroughly, cut the tip of the baggy, squeeze mixture into egg. Just throw bag away when done easy clean up.
- 11) Expanding Frosting: When you buy a container of cake frosting from the store, whip it with your mixer for a few minutes. You can double it in size. You get to frost more cake/cupcakes with the same amount. You also eat less sugar and calories per serving.
- 12) Reheating refrigerated bread: To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster.
- 13) Newspaper weeds away: Start putting in your plants, work the nutrients in your soil. Wet newspapers, put layers around the plants overlapping as you go. Cover with mulch and forget about weeds. Weeds will get through some gardening plastic but they will not get through wet newspapers.
- 14) Broken Glass: Use a wet cotton ball or Q-tip to pick up the small shards of glass you can't see easily.
- 15) No More Mosquitoes: Place a dryer sheet in your pocket. It will keep the mosquitoes away.
- 16) Squirrel Away: To keep squirrels from eating your plants, sprinkle your plants with cayenne pepper. The cayenne pepper doesn't hurt the plant and the squirrels won't come near it.
- 17) Flexible vacuum: To get something out of a heat register or under the fridge add an empty paper towel roll or empty gift wrap roll to your vacuum. It can be bent or flattened to get in narrow openings.
- 18) Reducing Static Cling: Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. Same thing works with slacks that cling when wearing panty hose. Place pin in seam of slacks and ... guess what! ... static is gone.
- 19) Measuring Cups: Before you pour sticky substances into a measuring cup, fill with hot water. Dump out the hot water, but don't dry cup. Next, add your ingredient, such as peanut butter, and watch how easily it comes right out. (Or spray the measuring cup or spoon with Pam before using)
- 20) Foggy Windshield: Hate foggy windshields? Buy a chalkboard eraser and keep it in the glove box of your car. When the windows fog, rub with the eraser! Works better than a cloth!
- 21) Re-opening envelopes: If you seal an envelope and then realize you forgot to include something inside, just place your sealed envelope in the freezer for an hour or two. Viola! It unseals easily.
- 22) Conditioner: Use your hair conditioner to shave your legs. It's cheaper than shaving cream and leaves your legs really smooth. It's also a great way to use up the conditioner you bought but didn't like when you tried it in your hair.
- 23) Goodbye Fruit Flies: To get rid of pesky fruit flies, take a small glass, fill it 1/2' with Apple Cider Vinegar and 2 drops of dish washing liquid; mix well. You will find those flies drawn to the cup and gone forever!
- 24) Get Rid of Ants: Put small piles of cornmeal where you see ants. They eat it, take it 'home,' can't digest it so it kills them. It may take a week or so, especially if it rains, but it works and you don't have the worry about pets or small children being harmed!

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 \$51,845.00 total so far. Thank you so much for your support in our efforts to build funds for the purchase of a new tanker
Keep those donations rolling in, every dime helps.



Fire Safety! Spread the Word!

In the days of horse-drawn fire carts, Dalmatians did the job of running in front of the horses to clear the path and to guide them to the fire! Today Dalmatians are mascots of firehouses. Sometimes we help to locate people in fires. We also make good guard dogs, watching over the firehouse and the equipment.

Firefighters rush to the rescue when there is a fire. Did you know that they also work hard to spread the word about fire prevention and safety?

Here are 6 ways that we learn about fire safety:

1. Programs are being developed on _____ that will show fake flames and fire situations to help kids learn how to react if they are ever stuck in a fire.
2. Cartoon _____ like Smokey Bear or Marty, the fire explorer, and Jett, his pet turtle (part of the USFA for kids) teach safety.
3. They are mascots at fire houses; some dogs or other _____ are trained to alert people when there is smoke, or to help find people in fires.
4. Firefighters can send _____ by remote control into dangerous fires to fight them.
5. Firehouses have _____ in which firefighters will visit classrooms to speak.
6. _____ travel the country in buses; are set up at schools, malls or fairs.

Family Fire Safety Checklist

- ☐ Only cook in the kitchen when an adult is helping you.
- ☐ Don't touch matches, lighters or candles. They are for adult use only.
- ☐ Do you have smoke detectors on every level of your home? Test them monthly and change the batteries at least once a year.
- ☐ Do you know two or more ways out of the house?
- ☐ Never use elevators if there is a fire (stairs are much safer).
- ☐ Smoke rises. If there is a fire, stay low; crawl under the smoke.
- ☐ Have you picked a place to meet the rest of your family once you are all out of the house?
- ☐ Once you are out of the house, stay out of the house.

Share this checklist with your family.

Fire Prevention & Safety

Spots, the firehouse Dalmatian, is letting me try on his cool helmet.

Pups In Training

Come to join Reading Club Fun
• www.readingclubfun.com
Print out free puzzles and reading log and certificate sets.

Free Stuff

Campfire or brushfire – What's the difference?

Campfire – small fire for the sole purpose of cooking or warmth

No restrictions on the time of day as long as there is no fire ban in place.

Prepare the site by clearing a space for the fire. Scrape the area down to the soil and remove all combustibles such as pine needles, grass, leaves and twigs.

A small fire is safer, easier to put out, and easier to cook on.

Stay nearby – never leave it unattended. If YOU started it, it is YOUR responsibility to tend until it is extinguished.

Put the fire out by pouring on lots of water, and stirring the ashes with a stick. Repeat until no more smoke comes from the ashes, they don't hiss and everything looks wet.

Brushfire – a larger fire used for burning brush or grass

Can only be set 2 hours before sunset and must be out 2 hours after sunrise.

Cannot be larger than 2 meters by 2 meters.

Keep the fire at least 2 meters from any flammable material.

You must have the tools in order to extinguish the fire on hand.

Burn only one pile at a time.

A responsible person must be present at all times to tend the fire.

More information regarding brush fires can be found at: <https://www.ontario.ca/page/outdoor-fire-rules-and-permits>

Nolalu Emergency Services Team

Hall 807-475-4441

2167 Hwy 588

info@NolaluEST.com

Nolalu ON P0T 2K0

Emergency 807-473-5200



KB RURAL AREA STITCH & CRAFT GROUP

Do you like crafts? Are you a knitter or crochet person? Are you good with a glue gun or maybe beading is your talent? Can you draw, paint, or sketch? Would you like a couple of hours to get together with like minded individuals and indulge in your craft? Looking for a place to socialize and enjoy domestic crafts and arts, or maybe learn a new craft or skill? If you answered yes to any of those questions then this is the group for you.



We meet every other week from 7:00pm to 9:00pm



Meetings are held at the O'Connor hall, 330 Highway 595, O'Connor.

Updates can be found on the Facebook page;

KB RURAL AREA STITCH & CRAFT GROUP

Check out the Facebook page for upcoming dates

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



A special thank you to Elaine, Norm, & Tyler for taking on the big task of getting the old bingo board removed from the hall. It was a large task but you made it seem easy.

Thank you to Breanne for taking minutes for the NCC board whenever she attends the meetings. As we are without a secretary, your help is certainly vital.

Larry has once again sprung to our rescue and fixed our broken speaker. Thanks so much for your expertise.

NEEDED IMMEDIATELY!!!

Tender for lawn/yard maintenance this summer.

Spring is almost here! The NCC is looking for bids on lawn maintenance for 2025. This includes cutting the grass and weed whacking.

- must bring own equipment (lawn mower, weed whacker, rake, etc.) No equipment on site
- email bids or questions to nolalu.grassroots@gmail.com or call Angela at 807-475-8968





The Nolalu and Leeper Cemetery Board annual meeting will be held on Saturday, May 24th at 1:00 pm at Piilo's. All are welcome to attend.

Both cemeteries are seeking tender applications for grass cutting. The bids are to be received by 5:00 pm, Friday, May 23rd.

Leeper: Jack Erickson, Leeper Cemetery President, 251 Old Silver Mountain Rd, Nolalu, ON P0T 2K0

Nolalu: Brian Maki, Nolalu Cemetery President, RR1, Nolalu, ON P0T 2K0

If you are interested in submitting a bid, please contact Sharon Corston, Nolalu-Leeper Cemetery Secretary-Treasurer at sjcorston@gmail.com or call

807-355-1549 to receive the tender package.

Both Jack Erickson (Leeper) and Brian Maki (Nolalu) are in charge of care and maintenance of the respective cemeteries. Jack noted that while doing a walkabout it was noticed that several families living in the Nolalu/South Gillies area have loved ones interred at Leeper Cemetery. We are currently seeking donations for up-keep and care of our cemetery. Leeper Cemetery has been there since 1911 and is in need of major work.

Brian has indicated similar issues with Nolalu. This area is different in that it has the long road to the top of the hill, it needs continual work to keep it viable plus it has to be brushed as does the cemetery or the surrounding bush will take over. Stones fall over and need repair especially after a brutal winter.

We do not qualify for any type of funding. Anyone willing to donate what you can, please send your donations to either the Leeper Cemetery or the Nolalu Cemetery, with our thanks, to Sharon Corston, 165 Clarkson Street North, Thunder Bay On. P7A 6G1. Please note that we are not a registered charity.

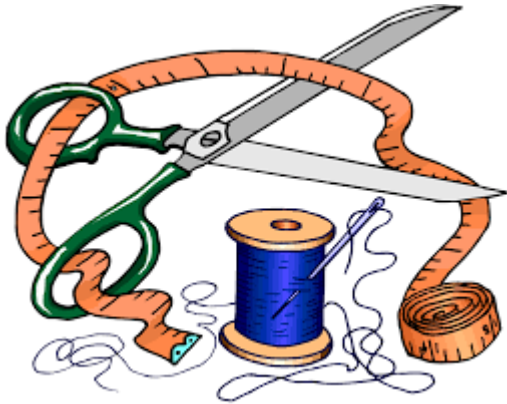
Thank you

Sharon Corston
Nolalu and Leeper Cemeteries Secretary-Treasurer
165 Clarkson St N
Thunder Bay, ON P7A 6G1
807-355-1549



Brian Maki came up with a great idea to raise funds for the cemetery. He had a birthday party fundraiser. Instead of gifts his guests made donations towards the cemetery. He raised \$1500.00, and he plans to use it to start a Maki plot in the new section, across the road from the old sections Maki plot. He had 75 people at the party, and he says it was a great party with generous donations. Thank-you to everyone who attended.

BARB'S PROFESSIONAL SEWING



ZIPPERS ZIPPERS ZIPPERS

Hems on pants, dresses, curtains and more

Alterations, mending, patching

13 years doing alterations at EVA'S BRIDAL

7 years at THE WHOLE NINE YARDS

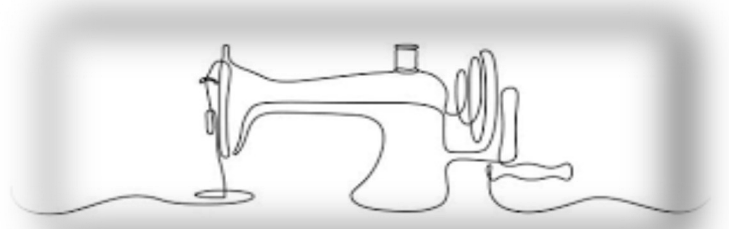
Doing repairs, alterations, wedding parties

QUICK SERVICE

REASONABLE RATES

sewZipZippersKCAT81@gmail.com

807-475-9687



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

We would like to extend our gratitude for all the support due to our house fire.

BIG THANK YOU to Nolalu and O'Connor fire services who worked tirelessly for hours.

Thank you to Hopper's & Green Acres Variety Stores who set up the donation cans. That was so overwhelming and heartfelt. Especially to all the wonderful people who donated. All monies collected at the stores we donated to the Volunteer Fire Teams.

We are also grateful to everyone else who helped in any way.

Neighbours helping Neighbours

Love our rural community

Judy & Bobby Tienhaara



"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow."~~Melody Beattie~~

Third Wednesday of Each Month

Next Play Date: June 18, 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 3rd Wednesday of every month at the Nolalu Community Centre

Kakabeka Legion News

June 8	Breakfast	8:30am to 11:30am
June 14	Executive Mtg	2:00pm
June 14	General Mtg	3:00pm
June 21	Dance with Quest	7:00pm to 10:00pm
June 28	Dance withQuest	7:00pm to 10:00pm
June 29	Sunday Music	2:00pm to 4:00pm

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

To book an event please call Diane at 807-577-6549.

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



**Kakabeka Falls
and
Rural District
Branch 225**

Royal Canadian Legion

Our mission is to serve Veterans, including serving military and RCMP members and their families, to promote Remembrance, and to serve our communities and country.

Show your support—become a member

RURAL CUPBOARD FOOD BANK

Neighbours Helping Neighbours

Conmee Municipal Complex

19 Holland Rd, Kakabeka Falls P0T1W0

807-285-0836

We sincerely thank all those that continue to support us.

Your donations enable the food bank to remain open.

Next Food Bank

Wednesday, June 18, 2025

Registration 9 am to 11 am

Drive-Thru Pick-up

Crows versus Ravens

Various internet sources

Crows and ravens are both members of the Corvid family, but they have distinct characteristics. Ravens are larger, with a more wedge-shaped tail like a diamond shape, and a thicker bill with more of a curve at the end, while crows are smaller with a shorter, more pointed tail like a flat edged fan, and a thinner bill. Ravens also have shaggy throat feathers, which crows lack.

Crows most often have an even caw, caw sound, while ravens have a deeper, throatier, croaking call. If you're able to observe a bird up close, you'll see that ravens have fluffier feathers around their head and especially at their throat.

Ravens are more prone to using the air currents for long, effortless glides, while crows tend to rely more on flapping.

Ravens measure up to 67 cm (26 inches) long with a wingspan of up to 130 (51 inches). Their smaller relatives, the crow are about 46 cm (18 inches) long and have a wingspan of around 95 cm (36 inches).

In Paganism and various spiritual traditions, ravens symbolize a complex mix of meanings, often representing wisdom, knowledge, transformation, and a link between the mortal and divine worlds. They are also associated with change, prophecy, and the mysterious aspects of the unknown. Ravens often represent ancient wisdom, intelligence and transformation. They are spectral messengers, bearing the weight of untold visions and prophetic whispers.

Crows sometimes appear as a method of divination and prophecy. In some mythologies, crows are seen as a sign of bad things to come, but in others, they are considered to be messengers of the Gods. Crows often appear as trickster characters in folklore and legend.

In Celtic mythology, the warrior goddess known as the Morrighan often appears in the form of a crow or raven or is seen accompanied by a group of them. Typically, these birds appear in groups of three, and they are seen as a sign that the Morrighan is watching—or possibly getting ready to pay someone a visit.

RURAL CUPBOARD FOODBANK DROP OFF LOCATIONS

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

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 location for the Rural Cupboard Foodbank, please call Lorna at 807-577-1035



COLOURING PAGE



RURAL 60 PLUS

5 Pineview Road, Kakabeka Falls, ON P7K 0G8

Email: rural60@tbaytel.net Website: rural60plus.ca



Monday Craft Room – 10am to 3pm

Tuesday Craft Room – 10am to 3pm

Tuesday Weaving – 10am to 3pm

Tuesday Knitting – 10am to 3pm

Wednesday Craft Room – 10am to 3pm

Wednesday Beginners Carving – 10am to 3pm

Wednesday Quilting – 10am to 3pm

Wednesday Cribbage – 1pm to 3pm

Thursday Craft Room – 10am to 3pm

Thursday Weaving – 10am to 3pm

Thursday Knitting – 10am to 3pm

Craft Room open Monday to Friday – 10am to 3pm



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



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.

Word Picture Puzzles

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BARBERSHOP
BARBERSHOP
BARBERSHOP

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TEMPORARY

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SITTING
WORLD

17

CHART

18

SHCRYAME



NOLALU COMMUNITY CENTRE

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

Monday June 9, 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



Tuesday June 24, 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.



"Summer is the time when one sheds one's tensions with one's clothes, and the right kind of day is jeweled balm for the battered spirit." ~~~TODAY.com~~~

JUNE 2025



NorWest Community
Health Centres
Centres de santé
communautaire NorWest

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 Walking Group

Meet at Mountain Portage Trail at K Falls Park @ 10:15 or a ride is provided at Evergreen Parking Lot at 10 am

Chair Yoga In Person & Virtual

Hosted at O'Connor & Kam C. Centre at 10am.

Good Food Box Program

Monthly access to a box of affordable fruit and vegetables. For more information visit www.goodfoodboxtb.org or call 473-5528 for more info

Rural Dementia Cafe @ Rural 60+ Centre.

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

Follow us!



NorWest Community
Health Centres -
Kakabeka Falls Clinic

www.norwestchc.org

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

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 nolaluccctreasurer@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, it is the end of May as I write this and my garden still isn't planted. I've only managed to get some sunflowers in, but I need to get those vegetables planted or we will have nothing for fall harvest. This year I am going with just the basics and not trying anything new. I'm hoping to get it all done this weekend, going to spend my anniversary out in the veggie patch. Once that is all planted I'll spend the rest of the time putting in the perennials I have been picking up here and there. I love this time of year, everyone has plants for sale, even your neighbours. I don't need to make the drive into Thunder Bay to visit the greenhouses, but I do anyway, I can just look around my neighbourhood and visit the local greenhouses too.

Our eldest granddaughter is supposed to go home on Friday after her extended visit. It will be a quieter house once she leaves, but she is only in Tbay so visits will still happen often. Our newest granddaughter is growing so fast, and has settled into life with her three sisters, Mommy just wishes she would sleep a little longer but that will happen soon enough.

I have been pondering lately all the wonderful volunteers we have in our community. We have had to make use of the first responders twice this month. They are such a vital part of our community and serve without question or expectation of rewards. We have had some tragic fires in the area and some close calls, and it is these men and women who risk their lives so that our lives can continue as near to normal as possible. They battle fires for hours on end with no rest and no compensation. They arrive out to your house in the middle of the night when you have a medical emergency. They do all this and more and still try to maintain their own lives, but why? Why do they serve our community so faithfully? Some would say it is duty, others would say it is the satisfaction of a job well done, and still others might say it is for the challenge. Whatever their reason is I am so grateful to the role they play in this community. Whether it is fighting fires, saving lives, or educating the young ones on what a firetruck looks like inside, they do all this and more selflessly. They are true heroes in my eyes and I am forever thankful for each and every one of them.

There are other volunteers in this community who go unnoticed, working tirelessly behind the scenes to keep our community full of activities that bring us closer together with fun, fellowship, and lots of good food. To those of you that work in the kitchen during events, or sit on the board so the community centre stays open, or volunteer at one or many of the events we host, I salute you. Thank you for taking time away from your families and friends to volunteer and make our community one that is tight knit, happy, and full of wonderful people.

Odette



**Pictures From
Around The Area
Do You Recognize
Yours?**



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—June 2025

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