

March 2022

NCC NEXT MEETING:
Thursday, March 10
@ 7:00 pm
ALL NCC meetings are
open to the
community.

LSB NEXT MEETING
March 22, 2022
@7:30pm

Nolalu's **GRASSROOTS**



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Be sure to attend our next meeting on March 10, 2022 as we will be electing a new president. Kitty will be resigning from her position as President in March. We thank her for her dedicated service to the NCC.

If you are interested in this position or the positions of secretary, vice-president, volunteer coordinator, kitchen coordinator, please contact us for a job description and to state your interest.

Nolaluccpresident@gmail.com

NCC General Meeting

March 10, 2022
7:00 pm
NCC

The NCC Board will be holding a general meeting on March 10.

In addition to discussion of regular business, we will talk about some current plans in the community regarding the possibility of a new building combining a new community centre with NEST facilities. These are ambitious plans and we need feedback from community members on the path forward.

Also, we MUST fill several board vacancies. Kitty Pawlak will be stepping down as president. Therefore, we will need to fill the President's position as well as the other positions that are currently vacant: Vice President and Secretary. The Board cannot continue to serve the community effectively when it is chronically short staffed. According to our constitution, these vacancies can be filled at a regular general meeting by a simple majority vote.

We will need a full, strong board to move forward with any future plans which include keeping the current building in useful condition. So PLEASE come out and support your community.

We have some exciting plans for future events, thanks to the hard work of our Programme Coordinator, Emma Allgood. (Who is always looking for event volunteers esp. for 2023 Fish Derby and Poker Run.) We would like to continue bringing you events to look forward to.

So please come out on March 10 and help your NCC spring forward.

The NCC is seeking a President. Main Functions:

The President shall chair all meetings of the corporation and of the board, when present in person, and able, have general supervision of the affairs of the corporation; sign all by-laws, and execute any documents with the secretary; perform any other duties which the board, from time-to-time, may assign.

Duties:

- ◆ Maintain good working relationship with Local Services Board;
- ◆ Maintain good working relationship with other board members;
- ◆ Greets and liaises with visiting dignitaries;
- ◆ Promote good relationships with community and centre members;
- ◆ With other board members, reviewing submission of contracts or transactions to members for approval;
- ◆ With other board members, reviewing by-laws annually;
- ◆ With other board members, reviewing strategic plan annually;
- ◆ In case of a tie in voting of the directors, the President shall have a casting vote in addition to his or her original vote;
- ◆ Attending some (not all) programs and functions of the centre as the Board representative;
- ◆ Acting as liaison with government agencies unless delegated to another director of the board;
- ◆ Sign all bylaws and be secondary signing officer of all accounts.
- ◆ Acting as liaison with government agencies unless delegated to another director of the board;
- ◆ Completing paper work and making submission for the Red Cross Seniors' Lunch program;
- ◆ Complete training in First Aid and CPR through NEST.
- ◆ Performing other duties which the board may, from time to time, assign.

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

President	Kitty Pawlok	Nolaluccpresident@gmail.com	613-618-8055
Vice President	VACANT		
Secretary	VACANT		
Treasurer	Elizabeth Pszczoko	Nolalutreasurer@gmail.com	
Events Coordinator	Emma Allgood	tritree@outlook.com	519-410-8733
Kitchen Coordinator	VACANT		
Volunteer Coordinator	VACANT		
GrassRoots Editor	Odette Houle	grassroots@tbytel.net	807-630-9442

The NCC is seeking a Vice President. Main Functions:

The Vice-President shall exercise any or all of the duties of the President in the absence of the President or if the President is unable for any reason to perform those duties, and perform any other duties which the board may, from time-to-time assign.

Duties:

- ◆ Maintain good working relationship with Local Services Board;
- ◆ Attending regular meetings and maintain good working relationship with other board members;
- ◆ Greets and liaises with visiting dignitaries when required;
- ◆ Promotes good relationships with community and centre members;
- ◆ With other board members, reviewing submission of contracts or transactions to members for approval;
- ◆ With other board members, reviewing by-laws annually;
- ◆ With other board members, reviewing strategic plan annually;
- ◆ Attending some (not all) programs and functions of the centre as the Board Representative;
- ◆ Acting as liaison with government agencies unless delegated to another director of the board;
- ◆ Completing paper work and making submission for the Red Cross Seniors' Lunch program; Complete training in First Aid and CPR through NEST.
- ◆ Performing other duties which the board may, from time to time, assign.

NEXT MEETING:

Thursday, March 10 @ 7:00

ALL NCC meetings are open to the community.

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

ADRIAN LAKE
Sundays 12 pm - 3 pm

HARDWICK
Sundays 4 pm - 6pm

2022 Meeting Dates for the LSB

March 22, 2022

April 26, 2022

May 24, 2022

June 28, 2022

July No Meeting

August 23, 2022

September 27, 2022 at 7:00 pm (Elections)

October 25, 2022 (Budget Meeting)

November 22, 2022 (Levy Meeting)

December No Meeting

All meetings begin at 7:30 pm unless
specified as above.

Sheryl Halverson

Secretary/Treasurer

Local Services Board of Nolalu

1878 Hwy 608 South Gillies ON P0T 2V0

Tel: (807)577-3255

email:lsbnolalu@live.com

webpage: www.nolalu.ca/lbsb

Please mark these dates on your
calendar for reference.

Premium Membership Versus Basic Membership

Premium Members

1. Premium paid voting membership shall be available to all persons who have applied and have paid the annual membership fee.
2. The term of membership of a Premium paid voting member shall be annual, subject to renewal in accordance with the policies of the Corporation,
As set out in the articles, each Premium paid voting member is entitled to receive notice of, attend and vote at all meetings of members and each such Premium voting member shall be entitled to one (1) vote at such meetings. Premium paid voting membership shall entitle persons to any and all member discounts and specials that may from time to time be offered by the Corporation.

Basic Members

1. Basic complimentary voting membership shall be available to all persons who are residents and/or taxpayers in the area(s) encompassed by the Nolalu Local Services Board.
2. The term of membership of a Basic voting member shall be annual, subject to renewal in accordance with the policies of the Corporation.
Subject to the Act and the articles, a Basic voting member shall be entitled to receive notice of, attend or vote at meetings of the members of the Corporation.



NCC Hall Rental

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

DID YOU KNOW...it's only \$30 to rent the hall for a
Premium Member?

Premium NCC Memberships

2022 NCC memberships are
available for purchase.

Thank You

High Tea For Two

We hope everyone who ordered their high tea for two to go box enjoyed all the teas, cheese and many other goodies.

A special thanks to Kenny for making the fresh mini bread loaf and Patrick for helping with all the baking. Our goal is for next year's high tea to be a sit down community center event.

Thank-you Everyone

Nolalu Community Centre

Parade of Lights

A big belated Thank-you to *Alvin Warner* who came in and helped detail the truck for the Parade of Lights.

Thank-you

Nolalu Emergency Services



Fire Safety for Older Adults



Ontario adults 65 years and older are at higher risk of dying by fire than any other age group.

Common fire scenarios involving adults 65 years and older:

1. People smoking in their living area or bedroom while sleepy. Burning cigarettes or ashes ignite furniture/bedding or clothing.
2. People reaching over a hot burner on the stove and igniting clothing.

Make sure a fire never starts by following these simple tips:

- ♦ If you smoke use large, deep ashtrays. If anyone in the home smokes, smoke outside. Never smoke in bed.
- ♦ Don't reach for danger! Wear tight-fitting or rolled-up sleeves when cooking and don't reach over a hot burner. Always stay in the kitchen when you are cooking.
- ♦ Always blow out candles before leaving the room.
- ♦ Ensure items that can burn are one metre away from space heaters.
- ♦ Avoid overloading the electrical outlets. Extension cords should be used only as a temporary connection.
- ♦ Avoid running cords under rugs, which can damage the cord and cause a fire.
- ♦ Install a smoke alarm on every storey of your home and outside all sleeping areas. Test smoke alarms once a month and replace the battery once a year, or whenever the low-battery warning sounds.
- ♦ Know exactly what to do and where to go if there is a fire. Plan and practice your escape! Develop a home fire escape plan or refer to your building's fire safety plan.
- ♦ Know your local emergency number. It may be 9-1-1 or the fire department's phone number

Don't let your dreams go up in smoke – practice fire safety.

Nolalu Emergency Services Team

Hall 807-475-4441

NolaluFPO@gmail.com

RR1 Nolalu ON

POT 2K0





Catherine and Terry Niemi

51 Delints Road, Nolalu

768-5357 or 633-2949

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

The Rusty Bucket is a Multifaceted Home-Based Business Providing Mechanical Services for snowmachines, ATV's and small engines. We do trailer repairs. Added to our list of chores is a new sawmill providing rough lumber/timbers using locally sourced trees, give us a call for your next building project. In the Spring we will once again offer post hole digging for your fencing needs.

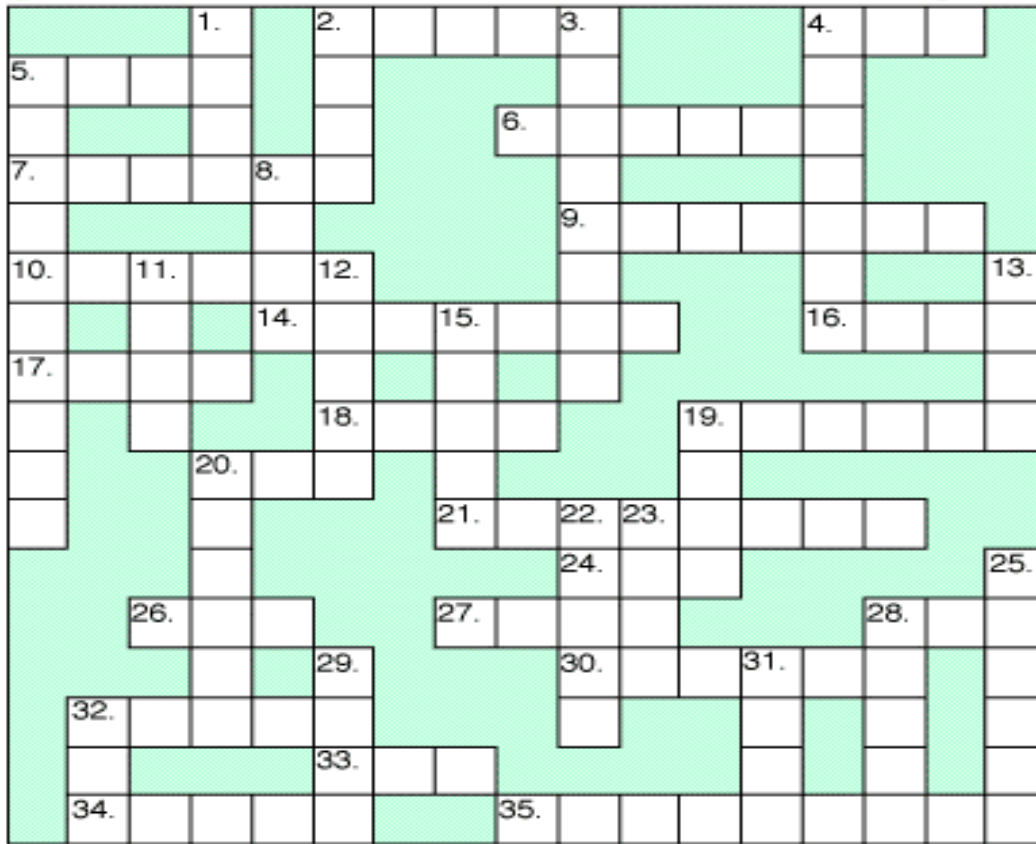
"WE ARE EXCITED TO ANNOUNCE A NEW SERVICE"

Reiki is a simple technique to relieve stress and pain and promote wellness. It promotes the flow of energy in the human body which in turns allows the body to function in a more holistic manner. Please give me a call and let's discuss what Reiki can do for YOU!





Crossword



Down

1. Body covering?
2. Heal
3. 3 leaved clover
4. St. Patrick was a missionary there
5. Mystical being
8. Short form for corporal
11. Actor's part
12. _____ Patrick
13. X marks the _____
15. Peels of fruits
19. Layer
20. Procession or march
22. To arrive at a final destination
23. Walkway
25. Wrist or ankle injury
28. Household task
29. Measurement
31. Destroy
32. Valuable stone

Across

2. Loose change
4. Pens need this
5. Good _____
6. Conditional release
7. King's son
9. Let go
10. Mistakes
14. Saint _____
16. Let fall, rain _____

17. Give aid
18. Number less than 10
19. Leprechaun's head wear
20. _____ of gold
21. St. Patrick rid Ireland of these
24. Hearing organ
26. Opposite of good

27. One of the food groups
28. Drink container
30. God's house
32. St. Patrick's Day colour
33. Feline
34. St. Patrick's month
35. St. Patrick's day #



Funny Specialty Days In March

- March 1: National Peanut Butter Lover's Day
- March 6: National Oreo Cookie Day
- March 9: National Get Over it Day
- March 11: National Worship of Tools Day
- March 18: National Awkward Moments Day
- March 20: National Ravioli Day
- March 24: National Chocolate Covered Raisin Day
- March 31: National Crayon Day

HATS

by Marion Urquhart Charkow

I am known in my circle of friends and relatives as "the hat lady". I have a hat for every occasion and season. I would not be seen in church without a hat although it is the only one visible in the pews. I do not garden without my orange straw which is filled with holes but has a handy tie under the chin to keep it secure on windy days. I knit my own berets for the winter and make matching tams for various woolen outfits. As a youngster, it was a big occasion to go downtown to Eaton's Annex and buy a new straw hat with grosgrain streamers for Easter Sunday, a new organza dress and white gloves to complete the ensemble. My father wore a black homburg with a white silk scarf with fringes. Uncle George from London always wore a derby. . And who can forget Greta Garbo in her slouched fedora, saying "I want to be alone".

When my mother felt she needed a new hat we would visit the various millinery stores along St Clair Avenue. Here she would try on many, many hats until I got bored . Some had veils with sequins, others were off the face, many with long plumes stroking the air above her head "to give her a feeling of height " said the salesclerk. With two or three set aside, they then began to barter. "Three fifty" said the shop owner. "I'm not paying that for a hat" my mother would reply indignantly. This was a game and was expected. A price under \$3. would be settled on. Of course in every women's wardrobe was the "little black hat" saved especially for wakes and funerals. If too many had been attended in a short period of time, a friend would gladly loan one of hers so one was not seen too many times in the same hat. People noticed. Of course, at weddings that's when caution was thrown to the wind and truly fantastic creations were seen, as at Royal weddings today. I mourn the loss of this brilliant display of femininity. However, I still wear my two wedding hats with gay abandon at any special function where in my black straw, I often receive the remark, "You look just like the Queen Mother". I am flattered not insulted.

My hats number close to one hundred. There are felts and straws, knitted and furry ones, sun hats and bonnets, wide brims and fedoras, military caps and fun tams, black, brown, red, navy, blue and pink, I wear and enjoy every one of them with equanimity. I have told my daughter when I die, I want a large box filled with my hats at the funeral parlour one each to be given to all women who attend, including little girls. Perhaps that will help to bring back some class into our surroundings when women wore a hat whenever she was seen in public and gentlemen removed their hats indoors. How offensive it is to see a young man in a restaurant with a backward baseball cap perched atop his head. Is there no decorum left?

My obituary shall read "Hats off to a Classy Broad"!!!!

St. Patrick's Day Origins

St. Patrick's Day, feast day (March 17) of St. Patrick, patron saint of Ireland. Born in Roman Britain in the late 4th century, he was kidnapped at the age of 16 and taken to Ireland as a slave. He escaped but returned about 432 CE to convert the Irish to Christianity. By the time of his death on March 17, 461, he had established monasteries, churches, and schools. Many legends grew up around him—for example, that he drove the snakes out of Ireland and used the shamrock to explain the Trinity. Ireland came to celebrate his day with religious services and feasts. Saint Patrick's Day is celebrated on Thursday, March 17, 2022.

HOPPER'S VARIETY



The Everything Store



7:00 am to 9:00 pm Sunday to Thursday

7:00 am to 10:00 pm Friday & Saturday

475-8804 OR 475-8814



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TIRE REPAIRS
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OTHERWISE POSTED



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WINTER WORK**

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SAND & GRAVEL

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Call 475-8804 OR 628-9648

Call now to book your Fall/Winter work



***Attention all Kids
Under 16
Kids Fish Derby at
the Nolalu
Community Centre***



2266 Hwy 588, Nolalu

Saturday March 19, 2022

Weigh In from 4:00pm to 5:00pm

Prizes 5:30pm

There will be chips and refreshment available to purchase at the community centre.

\$5.00 per child to register. People can etransfer the registration money for the kids derby to NolaluCCTreasurer@gmail.com or you can pay at Hoppers with exact cash. Please be sure to include the first and last names of the kids they you are paying for.

Any questions about this event or to register contact Emma at nccevents@outlook.com

or

by TEXTING to
519-410-8733



Nolalu Community Center

Kids Fishing Derby Registration/Release & Waiver Form
March 19 2022



Contestant Information:

Contestant Name: _____ Contestant Age: _____ Relation: _____

Parent/Guardian Information:

Parent/Guardian Name: _____

Parent/Guardian Work Phone: _____ Home Phone: _____

Parent/Guardian Email Address: _____

In consideration of receiving permission from the Nolalu Community Center to participate in a one day fishing derby at any lake near by to undersigned hereby releases the instructors, servants, and/or employees; and the Nolalu Community Center, its officers and members from any and all liabilities, claims, demands, actions, and causes of actions whatsoever arising out of or relating to any loss, damage or injury and including death, which may be sustained by the undersigned or of any property of the undersigned while engaged in the activities of the NCC Kids Fishing Derby.

This release and waiver shall be binding upon distributees, heirs, next of kin, executors and administrators of the undersigned. In signing the foregoing release and waiver; the undersigned hereby acknowledges and represents:

A: Has read the foregoing release & waiver, understand it, and signs it voluntarily. The person understands that they are completely responsible for the minors participating in this event.

B: Will follow Derby rules, regulations, safety guidelines and understands them.

C: Is over 21 years of age and is of sound mind.

D: The NCC kids Fishing Derby will be held all day March 19 with weigh in at the Center 4-5pm. prizes to be handed out at 5:30pm

D: The cost per youth is \$5, per fish, cash due at weigh in

In Witness Whereof, the undersigned has hereunto set his or her hand and seal this day.

X_____ for X_____ X_____
Parent/Guardian Signature Contestant Name (PRINT) Date

Registration forms can be dropped at the Nolalu
Community Center drop box or a picture of the
completed form can be e mailed to
Nolaluevents@outlook.com

GrassRoots Business & Ad Fees

☑ **Business card ad:** \$5.00

☑ **¼ page ad:** \$10.00

☑ **½ page ad:** \$15.00

☑ **Full page ad:** \$25.00

☑ **Community notices:** Free

☑ **Non-business classified ads:** Free for premium members



The GrassRoots submission deadline is the 15th of the month prior to your ad appearing in an issue of Grassroots.

Please email submissions to: grassroots@tbaytel.net in PDF or WORD format

Please make all cheques payable to Nolalu Community Centre.

Invoices will be issued for payments not received up front.

From the Editor's Desk

Well, this is my second issue of the Grassroots and I hope you enjoy it. It has certainly been a learning experience and I am glad to have tackled the obstacles. I went to my first NCC meeting and enjoyed meeting everyone. You have a dedicated group of individuals working hard on your NCC board. It was great to find out how the monies are spent, how the building is kept up, and how the programming gets done. It is amazing how you have had some great programs running even in the midst of the COVID restrictions. Next up is the kids fishing derby, which sounds like great fun.

This week I was away visiting friends, with my daughter and grandson. While gone the pipes underneath the kitchen sink decided to give way. My poor husband was stuck doing dishes in the bathtub until Tuesday, as that was when the plumber could get there. I am pleased to say that he did arrive and not only fixed the pipes underneath the sink but he got our washing machine hooked up too. It will be nice to do our laundry at home instead of running to the laundromat. We will still have to be careful as both our wells ran dry this summer, so we don't want to tax the water system too much. But it is good to be back home and have everything running smoothly. We even got to see our visiting deer last night as they took a stroll across the front yard. The birds won't be happy to see they have returned as they eat all the peanuts we leave out for the birds. I never knew that deer liked peanuts.

I am still looking for articles for the Grassroots. Do you know of something interesting happening in the area? Are you new to the area and want to tell us about yourself and why you picked the area? Have you lived here all your life and have great history about the area to share with us? Do you like to write? The Grassroots needs you. We need to hear from you. We need your input to make Grassroots great.

I look forward to hearing from you. grassroots@tbaytel.net

THE SEVEN WONDERS OF MY WORLD

By Marion Urquhart Charkow

There are seven wonders of the world and now to be seven wonders of Canada but in the Sacred Seven Writers' Group there will be seven wonders times seven.

My seven wonders are not physical, that one can touch or see or smell but they can be felt, not by touch but within my heart and spirit.

The first wonder was holding my new born daughter in my arms, trying to connect the knowledge that she had only hours prior been part of my body, that she was created by just a few moments of ecstatic love and here she was a living, breathing human being that would always be part of me but whose mind and spirituality would belong only to her.

The second wonder was the breathtaking moment when I was told I had become a grandmother. The ache, the emptiness, that dark, dark void of having lost a son, was suddenly drifting away and my heart thumped and I gasped for breath at such world shattering news. My heart did fairly burst with joy.

The third wonder was the birth of my granddaughter, a beautiful spurt of pure delight easing with all the lightheartedness that she still possesses, the heaviness of having lost her sister just a short sixteen months prior.

The fourth wonder was connected with one of the wonders of Canada, the tide at the Bay of Fundy. It was sitting up until 2 A. M. at a hotel in Truro, Nova Scotia with that special grandson and watch as the tide filled the dry river bed.

The fifth was likewise on the other coast of Canada, watching our granddaughter's complete amazement at her first glimpse of the grandeur of the Canadian Rockies as we motored to Jasper.

The sixth wonder is the cohesiveness of our family, holding tight to one another for support as we have weathered many tragedies, just as we do when we fly to heights of boundless joy.

And lastly the seventh wonder is the love and friendship I have found in the Sacred Seven Group who have sustained me through so many ups and downs, put up with my foibles, listened patiently to all my writing and encouraged me to higher endeavours and most of all who have loved me unconditionally. That is a wonder in itself.

May I add an eighth wonder which is truly miraculous. It is the nearly 40 years of sobriety for both Paul and I and the wonder of wonders, my over 20 years without a smoke. Miracles really do happen.

Nolalu History

Around 1900, Archie Bishop owned and operated a sawmill and a small store. The name 'Nolalu' originates from the name of Archie's sawmill business --'The NORthern LAND & LUMBER Co. '. The term "Nolalu" is also used to describe a wide area around the village, as well as the local service board that oversees roads and services in much of the valley. The Whitefish River flows through the village on its way toward the Kaministiquia River. In 1909 a group of Finnish farmers, feeling that a co-operative store would be to their benefit, formed the 'Farmers' Mercantile'. Finnish settlers, a railway and a silver mines were the reason that Nolalu came into existence. The rail way is long gone, Nolalu today is left with its colourful history, its northern lights, hills and lakes. The resorts, the snowmobile trails, the fishing and hunting possibilities attract people today.

LOCAL SERVICES BOARD OF NOLALU



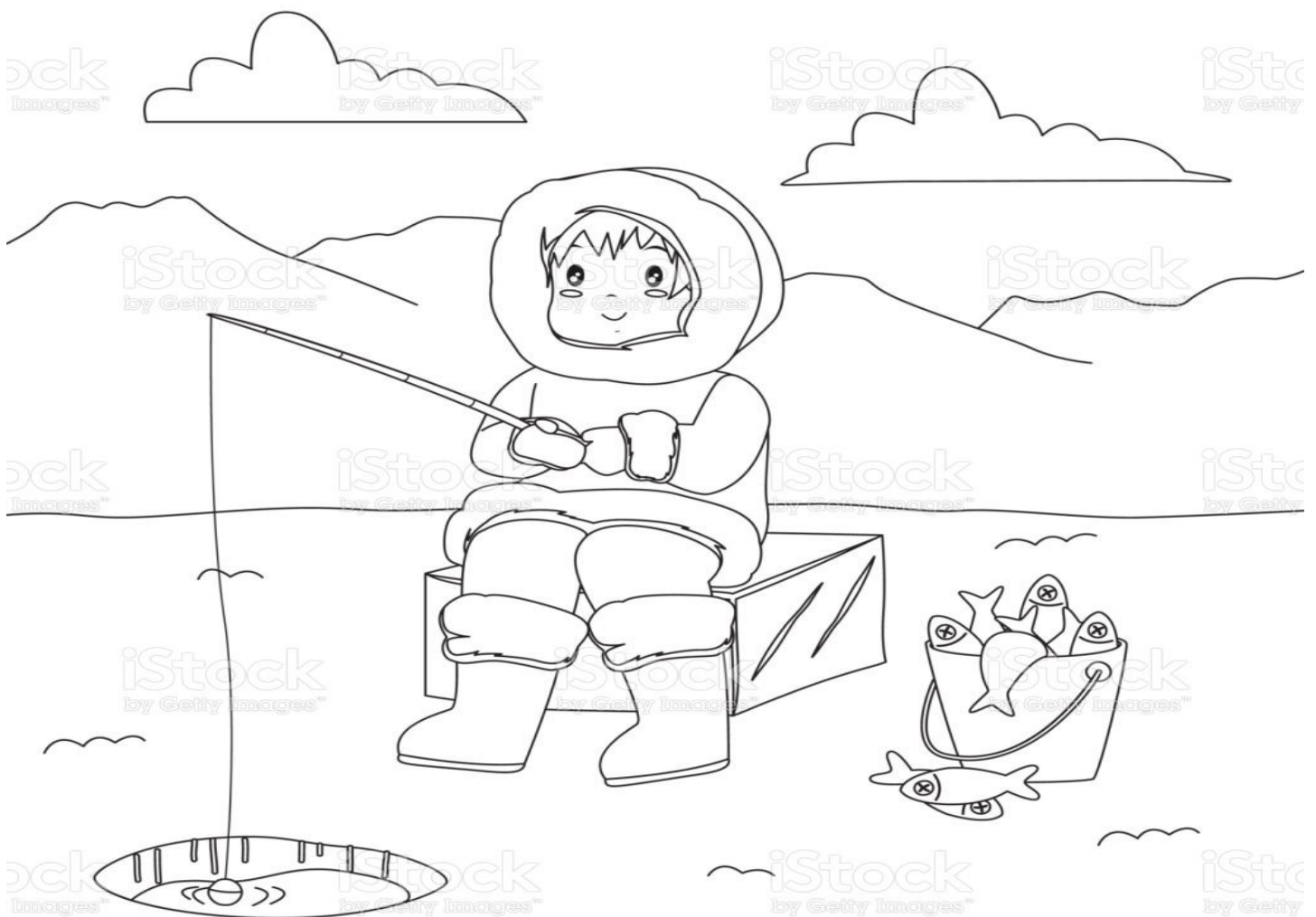
2022

Tuesday, March 22, 2022

730 PM

Nolalu Community Centre

Kids Colouring Page





LAND AND WILDLIFE MANAGEMENT

Our mission is to provide land owners with the tools, resources and knowledge for the land and wildlife managed.

FOLLOW US @INNANENOUTDOORS

SERVICES

Trail Design
& Build

Food Plots

Pasture
Restoration

Garden Tilling

ATV Discing,
Cultipacking
& Spreading
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Snow Removal, Salting & Sanding

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Mechanical Thumb, Post Hole
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JEREMY INNANEN

(807) 621-7219

WWW.INNANENOUTDOORS.COM

INNANENOUTDOORS@GMAIL.COM



GREEN ACRE VARIETY MOBILE MEALS

On Wednesdays, we will be out and about delivering our homemade food, from our freezer and fridge to yours!

Our intention is to reach out to those who cannot reach us, for people who have a hard time getting out of the house due to a disability and/or seniors with limited abilities and resources. The meals are affordable, and delivery is free with a \$30 minimum purchase, or if you live in a group setting home with multiple orders. If you don't have a minimum order of \$30 then delivery is \$5.

Some meals will come frozen for example lasagnas, shepherd's pies, chili's, pizzas, and soups; and some will come fresh & ready for your fridge for example: salads, sub sandwiches, quesadilla's, chimichanga burritos & baking.

Here's how it works; you give us a call on Monday to give us your order and we will deliver it to you on Wednesday! Program starts January 24th with our first delivery on the 26th. Please give us a call if you are interested in joining our program 475-5631

See our website for food options, <https://greenacrevariety.ca>

Krista Silvaggio & Chris Matson

MOBILE MEALS MENU 475-5631

Lasagna/Shepherd's Pie; take 'n' bake: \$13 frozen (feeds 2 people or 2 meals for 1 person) \$6.50 for single serving ready to heat up in the microwave.

Soup & Biscuit: \$11.50 (serves 2) \$5.50 (single serve) Cream of Broccoli & Bacon, Zuppa Toscana, Hamburger Soup

Chili: \$10 for double serving (with 2 tea biscuits) \$5.50 for single serving (with 1 tea biscuit)

Salads: Made with our in-house dressings Caesar Salad \$6.50 Gramma Simon's Greek Salad \$7

Quesadilla's: \$7.50 single serve and comes with salsa & sour cream (will be cold and require re-heat in toaster oven or microwave)

Chimichanga Burrito: \$8 chicken, onions, mushrooms, peppers sauteed and rolled up with rice and cheese in a tortilla shell, served burrito style

Pizza: frozen Take 'n' bake: 16" \$26 14" thin crust \$22 10" gluten free \$15.75 (see website for full topping list <https://greenacrevariety.ca>)

Sub Sandwiches: Meatball \$5.75, Pizza Sub \$5, Assorted \$6, smoked ham & Swiss on Ciabatta bun \$6.50, smoked turkey & jalapeno Havarti on rosemary focaccia bun \$6.75, The Works smoked beef & habanero cheese on Ciabatta bun \$9 (spicy!)

Baking: Roy's Carrot Cake \$5, Lemon Loaf or Banana Bread \$4.5, Peanut Butter Confetti Square \$2.95, Chocolate chip cookies 5 for \$5, Apple Crisp \$4.5, Assorted Baking Box 15 pieces for \$15

All prices subject to applicable taxes.

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 during COVID-19.

Your donations enable the food bank
to remain open

Next Food Bank

Wednesday, March 16th

Registration 9 am to 11 am

RURAL CUPBOARD FOOD BANK

ANNUAL GENERAL MEETING

APRIL 13, 2022

If you would like to attend this meeting, please email

Mark Halabecki at mhalabecki@gmail.com

by April 8th at 4 pm

Would you like to be a part of our Board?

Love to hear from you!!!!

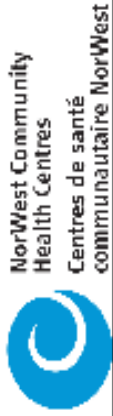
If you have not received your 2021 tax receipt by mid

March please contact us at 285-0836

PLEASE NOTE

** ALL MEETINGS will follow face mask/cover and social distancing protocols**

NORWEST COMMUNITY HEALTH CENTRES – MOBILE HEALTH SERVICES



March 2022

Mon	Tues	Wed	Thurs	Fri
	1 ARMSTRONG 8:30—Noon NorWest CHC Clinic	2	3 O'CONNOR—Footcare 10am-4:30pm Community Centre	4
7 NOLALU -Footcare 9:30am-4pm Community Centre	8	9	10 NOLALU - PCare 9:30am-4pm Community Centre O'CONNOR—PCare 10:30am-5pm Community Centre	11
14	15 SHEBANDOWAN—Footcare 9:30am-4pm Community Centre NEEBING—PCare 11am-5pm Blake Hall	16	17 UPSALA -Footcare 10am-3:30pm Community Centre	18
21 KAMINISTIQUIA-PCare 9am-3:30pm Community Centre KAMINISTIQUIA-Footcare 9am-3:30pm Community Centre	22 NEEBING - Footcare 10:00am—4:00pm Blake Hall	23	24 O'CONNOR—PCare 10:30am-5pm Community Centre UPSALA -PCare 10am-3:30pm Community Centre	25
28 ARMSTRONG 1-6pm NorWest CHC Clinic	29 ARMSTRONG 8:30—Noon NorWest CHC Clinic	30	31 O'CONNOR—Footcare 10am-4:30pm Community Centre	

Mobile Services
622-8235

Main Site
622-8235

Toll Free
1.866.357.5454

NorWest CHCs
525 Simpson St
Thunder Bay, ON
P7C 3J6
www.norwestchc.org



NOTE
All Clinics Are By Appointment Only
all 622-8235 for more info

NCC Membership Form

Name: _____ Date: (D/M/Y): _____

Mailing Address: _____

Telephone Number: _____

Email Address: _____

Anniversary Date: _____

Individual Membership \$10.00

Family Membership \$25.00

Existing Member?: () or New Member: () Please check one.

	First Name	Last Name	Date	Of	Birth	Sex
			Day	Month	Year	(M/F)
1						
2						
3						
4						
5						
6						
7						
8						

Available to Volunteer: Y() or N()

Suggestions are welcomed:

RECEIPT for 20__ NCC Membership Date: _____, 20____

Received from: _____

Family Membership \$25.00 Individual Membership \$10.00