

May 2022

Nolalu's **GRASSROOTS**

NCC NEXT MEETING:

Monday, May 9

@ 7:00 pm

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

LSB NEXT MEETING

May 24, 2022

@7:30pm at the NCC

NEST NEXT MEETING

Thursday May 12

@7:30pm

All meetings are at the west firehall and open to the public

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The NCC is looking for a co-events coordinator. This position involves planning and running various events at the NCC. The current events coordinator will remain in the position and will be able to assist you as you volunteer for the centre. Please contact Prez.ncc@gmail.com if you are interested.

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	Jacque Sarkissian	Prez.ncc@gmail.com	
Vice President	Angela Woodhouse-Wild		807-475-8968 or text 807-630-6061
Secretary	Mary Ellen Smith		
Treasurer	Elizabeth Pszczolko	Nolalucctreasurer@gmail.com	
Events Coordinator	Emma Allgood	tritree@outlook.com	Text to 519-410-8733
Kitchen Coordinator	Rob Houle		807-632-1922
Volunteer Coordinator	VACANT		
GrassRoots Editor	Odette Houle	grassroots@tbaytel.net	807-630-9442

Do you love the NCC Poker Run?

We are putting together a committee for this event for 2023.

For the 2023 Poker run we are looking for a chair person and members on the committee.

Please text 519-410-8733 or email nolaluevents@outlook.com if interested

NEXT NCC MEETING:

Monday, May 9 @ 7:00

ALL NCC meetings are open to the community.

Nolalu Dump SUMMER Hours May 1— September 30

ADRIAN LAKE

Wednesdays 6pm - 8pm

Sundays 2 pm - 5 pm

HARDWICK

Wednesdays 3pm - 5pm

Sundays 6 pm - 8pm

Blast from the Past

In cleaning up the cupboard at the NCC we found a bunch of Grassroots newsletters from the 70's & 80's. Below are some excerpts from 1974 & 1975

- ◆ Creek to be relocated west of NCC parking lot
- ◆ Unorganized communities conference to take place
- ◆ New bundles of joy born to Cindy & Ray Lehto, Doris & Rodney Kotala, and Colleen & Don Tough
- ◆ Mothers Day tea was a big success
- ◆ Jennie Ashby has been hired as a "resident potter & weaver", as part of the Community Student Services Programme
- ◆ Registrations for the Free University of Nolalu are being accepted
- ◆ Women's Outlet opened a used clothing store
- ◆ Cookbook sales are going well
- ◆ 4H starting soon, register now
- ◆ Bazaar Bingo had a huge crowd of 102 people, great success
- ◆ Nolalu Nursery School in search of new toys and equipment
- ◆ Dance to the music of the Silvaggios on April 19, 1975
- ◆ Engagement party for Lisa Jensen and Gary Nummikoski was held
- ◆ Construction of the new storage shed to begin on May 10th, at 9:30. This will be an all day work party, ladies to bring lunch
- ◆ There has been an increase in dog biting incidences and the chasing of livestock
- ◆ Seniors friendly visiting to begin in April
- ◆ Mother's Day Tea will be held in support of the Pearson Fire Dept. \$2.00/person
- ◆ Play Days, every Tuesday afternoon, come out for crafts & games
- ◆ Happy 40th Birthday to Sandra Hakamaki
- ◆ Book your spring cleaning time early, Seniors Support
- ◆ Thank-you to Brian McDonald for installing the window
- ◆ Inspection of our roads to begin soon. If you have any concerns please contact the Lybster Roads Board

This was an ad in the newsletter;

For Sale: One (only) mint condition, 1972 model, four on the floor, seasonally used, well bumpered, excellent intake-exhaust, Toggenberg Goat. Brown in colour this model will provide lots of mileage and the white stuff (she's a milking goat) and she has a well developed udder. Price: will start at \$90.00 Contact: Ms. Angela or the old goat, Peter at RR1, Nolalu.

Stay tuned for more excerpts of previous Grassroots Newsletters

NCC Hall Rental

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

Please contact NCC Vice President

2022 NCC memberships

Are available for purchase.

Have you packed your 72-hour kit?

May is emergency preparedness month and after last month's extended power outages and wild weather, what better time to pack/repack your 72-hour kit.

Some ideas for inclusion into your kits:

Food for 72 hours. Choose things that are easy to cook and require minimal water to prepare.	Bottled water or a way to purify it. Plan for at least 4 liters/per person/per day
Clothes for all seasons (think layers) – twice a year check to make sure that kids haven't outgrown them.	Entertainment – consider adding new books or games, a new toy, and a charged battery backup pack
At least 3 days worth of essential medications	Batteries and extra gas for your generator
Light source – candles and flashlights	Pet food, medication, and supplies
Copies of essential documents in case you have to leave in a hurry	Garbage bags, sawdust, toilet paper, and 5 gallon pail for a makeshift toilet

Remember - each kit should be tailored to what your family needs. Seniors, children, infants, and pets all have specific needs, and it is important to keep those specific needs in mind as you build your kit.

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

therustybucket@tbaytel.net



Are You READY!!!

The Rusty Bucket is here for you... quadding, boating, generators, chainsaws, if it has an engine, chances are We Can Fix It.

If it can be pulled pushed or hauled around, chances are we can make it safer, horse trailers, boat trailers, flat decks.

Need some fence posts, we got ya covered there too, with cedar posts and a post hole digger.

We are currently taking orders for rough lumber projects so if you are in need please call.

If in doubt just give us a call and let's see if the Rusty Bucket can help you out!!

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

Hello Rural Community!

Wanted: used, old magazines.

Preferably 'National Geographic' or the like; any magazine, pamphlet, booklet, etc. with interesting images.

Will pickup and compensate if needed!

Please contact Marisa at 632-3950 or email wildblueyoga@gmail.com.

Please and thank you!



The GCC is in serious need of volunteers to keep the book swap going.

This will be the LAST swap unless we have more volunteer support to keep this event going.

We need reliable volunteers to set up on Fridays & tear down the swap on Mondays. Boxes of books are heavy, tables are as well so we are looking for people with strength & stability who can follow direction and take initiative. Time commitment is approx. 1hr-1 1/2hrs set up, same for take down. Less if there are lots of helpers:)

Highschool volunteers welcome!

If you can commit some time in the future, even once every other month PLEASE let us know by direct messaging the GCC Facebook page with your availability & contact #

So we can make a schedule for the coming months so this beloved event can continue.

Thanks in advance.

Jessica

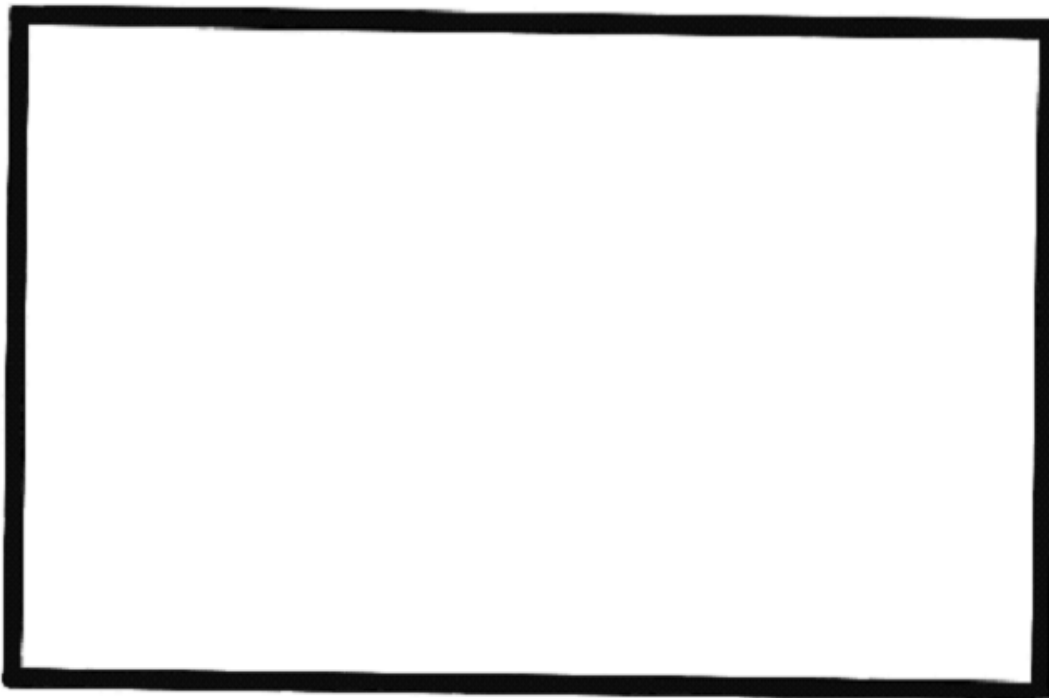
Volunteer Secretary GCC

Do you have a birthday or anniversary you would like to recognize? Maybe the birth of someone special? Maybe a new graduate or promotion or new job, let's celebrate. Let us know here at Grassroots and we will publish your celebrations, contact us at grassroots@tbaytel.net





**Help Us Design
New Nolalu Community Centre Shirts.**



**Make your design and copy or send a picture to
nolaluevents@outlook.com**

Win a \$25 gift card to Painted Turtle Art Shop

Include age and name as well as phone number and mailing address.

Designs will be featured in future Grassroots

Disclaimer: The winning design may be incorporated in full or in part or possibly not at all in the final t-shirt design.

****HELP WANTED****

HOPPER'S VARIETY

CUSTOMER SERVICE CLERK: part time evenings and weekends, must be 18 yrs. of age (LCBO), serve customers in a courteous manner, handling cash, cleaning duties, stocking, lotto, etc.

ST. URHO'S GOLF COURSE: Looking for students for grass cutting, maintenance of golf course/golf carts, etc.

CONSTRUCTION: traffic control, labourer, various other jobs

GARAGE: Licensed mechanic, AZ/DZ truck driver, labourer

WORK WELL AS A TEAM MEMBER AND WORK WELL ALONE?

WILLING TO GIVE 100%?

THEN COME & JOIN OUR FUN DYNAMIC HOPPERS TEAM!!!

*****APPLY IN PERSON WITH RESUME (stating position applying for)**

HOPPER'S VARIETY

The Everything Store



7:00 am to 9:00 pm

Sunday to Saturday

475-8804 OR 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 CLOSING UNLESS
OTHERWISE POSTED**

LAUNDROMAT

ST. URHO'S GOLF COURSE

ANDY'S EATS



BOTTLE RETURN DEPOT



PARCEL PICKUP DEPOT



**CALL TO BOOK YOUR APPOINTMENT
SNOW REMOVAL, SAND & GRAVEL
CONSTRUCTION/FLOATING**

****FREE QUOTES****





PLAY GROUP

Come on out and
have some fun.

Meet other children and parents in the
community.

Play group is open to all on the
2nd Wednesday of every month at the
Nolalu Community Centre
1:00pm to 3:00pm

Hope to see you there



Thank You

Thanks to everyone who helped open the Nolalu Community Centre as a warming centre yesterday in the big power outage. It worked well, and was maybe a good dry run for a more catastrophic emergency.

The fire team worked hard all day checking up on people without power. Glad we were able to feed some of you. I hope you located your missing firefighter!

When we have a situation, the community works well together. It's wonderful to have caring neighbours who are willing to dig in and help one another out.

Big thanks to everyone, including the Hydro One teams....pass it on!

Cheers

Angela Woodhouse-Wild

~ Nolalu ON (807) 475-8968, (807) 630-6061



LICKETY SPLITZ

1226 Hwy 595 (at the junction of Hwy 588 & 595)

Green Acre Variety is happy to announce the re-opening of our Ice Cream Truck Lickety Splitz this spring (hopefully May Long Weekend)

We are looking forward to a longer season with daytime and evening events being planned, there is lots of green space and seating for your family to enjoy the outdoors

All we need is for this snow to melt and the ground to dry up and we can get scrubbing and re-stocking for the season.....

Stay tuned, like our page on Facebook @greenacrevariety for updates, ice cream and food menus!

Scan the QR code on your phone to go to our webpage <https://greenacrevariety.ca>



Hours of operation

Monday - Friday 7am - 9pm

Saturday, Sunday & Holidays 9am - 9pm

(closed Christmas Day)

1226 Hwy 595 Phone 475-5631 Email green.acre@live.com

like us on Facebook @greenacrevariety for updates on new items, announcements, and food contests!!

Visit our Website for pictures of our
food and menu details <https://greenacrevariety.ca>

SPRING - NEW BEGINNINGS
By Marion Urquhart

I've just hung the clothes on the line for the first time this year, oh how I longed for this day through the blizzard of winter. The sun was hot on my hatless head hopefully rejuvenating the roots to new growth as it does to the tulips and daffodils. It was noisy out there. The birds were chirping, singing, calling out, in a multitude of bird languages. The distant crows outdid them all, nagging like old fishwives. A distant tractor chugged along and an airplane dipped and soared for the sheer joy of it.




The rhubarb was up. The crocuses turning their yellow faces skyward, a touch of the sun in the earth below brought a smile to my lips. How very welcomed they are. Soon the purple violets and the mauve magnolia will add a touch of magenta to the scene. Fat robins strut, listening for worms and the mousy goldfinches glow on the feeder in their brilliant golden feathers.

Everything is alive, singing, moving, bursting forth and I am too. Albeit this is my 77th spring, my heart still leaps and my aching knees suddenly seem springier. Gone are those hated winter boots, the heavy coat, the scarves, the knitted hats, the granny's undershirt.

I'm a kid again. It will soon be time to get rid of those itchy lisle stockings and that complicated garter belt. The snuggies have been tossed aside, the snowsuit ready for the younger cousin. Skates put away, toboggan hung up in the garage. Out comes the roller skates, the chalk for hopscotch, we can finally see the sidewalk, and my favourite Indian rubber ball. And let's not forget the double dutch skipping rope. The boys are playing alleys in the school yard and some have brought their bats and gloves.

Soon Dad will take off the storm windows and put up the screens. Our victory garden will be planted, the peonies will push up and neighbours will be out talking over the back fences. I still find the joy of talking to my neighbour as I see him raking his lawn, returned from his winter in the south. Although I don't play hopscotch as much, nor do I skip rope, I can still leap and rejoice in my unfettered body, the accoutrements of winter discarded, my face upturned to be bathed in the warm sun, my wrinkles forgotten. Each season has its own rewards but spring rejuvenates and is especially welcomed more each year for although I am in the autumn of my life, spring brings hope.

A Mother's Thank You

For all your patience day to day,
for every tear you wipe away, 
For little hands you gently hold,
and all the stories you have told
 For your consoling, tender heart,
and all the wisdom you impart,
For silly songs and quiet times,
for peaceful naps & nursery rhymes,
For teaching children how to share,
for being kind & being fair,
For every shoe that you have tied,
and thoughtful words that instill pride,
For all the sweet things that you do,
to help our children all year through
For being there in place of me
**I'M GRATEFUL...AND I'LL
ALWAYS BE!** 



HYMERS FAIR SPRING LOCAL ARTISAN MARKET

SUNDAY MAY 1 2022

CLE HERITAGE
BUILDING

The Municipality of O'Connor partners with the Municipality of Oliver Paipooonge to provide library services to our residents.

Library locations

Oliver-Paipooonge – 4569 Oliver Road, Murillo, ON P0T 2G0, 935-2729

Winter Hours (September to June)

Mondays and Wednesdays from 10:00 am to 8:00 pm, and Saturdays from 9:00 am to 12:00 pm

Summer Hours (July to August)

Mondays and Wednesdays from 10:00 am to 8:00 pm

Rosslyn – 3405 Rosslyn Road, Rosslyn, ON P7K 0P7, 939-2312

Winter Hours (September to June)

Tuesdays and Thursdays from 10:00 am to 8:00 pm and Saturdays from 1:00 pm to 4:00 pm

Summer Hours (July and August)

Tuesdays and Thursdays from 10:00 am to 8:00 pm



Calendar of Events For NCC

Monday May 2:	NW Clinic foot care 9:30 am to 4:00 pm
Tuesday May 3:	Private rental all day
Wednesday May 4:	Private rental all day
Thursday May 5:	NW Clinic Primary Care 9:30 am to 4:00 pm
Monday May 9:	NCC General Meeting 7:00 pm
Wednesday May 11:	Playgroup 1:00pm to 3:00pm
Saturday May 21:	Private rental afternoon to 7 pm
Tuesday May 24:	LSB Meeting 7:30 pm
Monday May 30:	NW Clinic Foot Care 9:30 am to 4:00 pm.
Thursday June 2:	Provincial Election Polling Location.



Gardening In Murillo from CBC News

A gardener and seed supplier from Murillo, Ontario says while the pandemic is having negative impacts on nearly all aspects of life, it is also providing some opportunities for teaching people about growing food.

Wendy O'Connor is one of the suppliers for Superior Seeds, a collective that provide locally adapted, sustainably grown seeds.

O'Connor said initially, she was not optimistic about what the pandemic was going to do to local agriculture gardening. However, O'Connor now believes it has many people looking at their backyards as a potential source of both comfort and sustainable food.

O'Connor said Superior Seed Producers is a collective of Thunder Bay area seed growers. The members promote the saving and distribution of locally adapted, sustainably grown, open-pollinated, non-GMO seeds in Northwestern Ontario. The group does this through educating and supporting those who want to learn more about saving seeds, and by making locally grown seed available to gardeners in the region. Northwestern gardeners only have from 100 to 110 frost free days. (Wendy O'Connor)

O'Connor said she has definitely noticed an increase in interest in vegetable gardening this spring. She said for new gardeners in the northwest, a key thing to keep in mind is the short growing season.

O'Connor said the frost free time in the northwest, by Ontario standards, is pretty short; and according to the Ontario Ministry of Agriculture and Food, is 100 to 110 days. She said when you go to your hardware store or you go online and are ordering seeds, you want to look at the days to maturity for those seeds. If you pick anything that's under 100 days and get it planted out at the end of May beginning of June that variety will have time to produce its vegetable or fruit within that time period.

"So generally we're going from beginning of June to just within the first third of September for a frost free time here in Thunder Bay," she said. "So don't get a seed packet for something that says one hundred and thirty days because unless we have an exceptional season that's not going to produce."

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



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

More snow! Everyone keeps telling us this is an unusual winter, that you don't normally get this much snow. Well, for our first winter up here it sure has been interesting. After that last dumping of snow and the power outage that followed, our neighbours, Sonya and Brad, came to our rescue yet again. They were kind enough to loan us one of their generators and an electric hot plate. We had been managing with extra clothes and blankets to keep warm. We even got creative and used four candles and a pot to heat up water for coffee, and some wieners and beans. It sure was nice to get the generator and have some heat in the house and cook supper. We have since purchased our own generator and we're ready for the next power outage. Just in time as they are calling for another 10cm on Wednesday. If we keep getting all this snow I think the new chickens will have to go in the basement as the coop isn't built yet. We are waiting for the snow to melt to get it done.

On a funny note, our new deck furniture arrived today. Now unfortunately our deck is still covered in snow, and getting to the shed isn't easy either. So into the bathtub it went to wait for warmer weather. Thank goodness we have two bathrooms in this house or we would have been crammed with boxes in the living room.

We read the report on Facebook about a bear sighting so we have emptied our bird feeders and stopped putting peanuts out. The deer will have to forage somewhere else.

We are hoping to put in a garden this year. Does anyone have any tips for gardening up here? We would like to do vegetables; tomatoes, carrots, potatoes, pumpkins, onions, and cucumbers. We would also like to put in a herb garden, and maybe some garlic. We figured we would have to plant seedlings not seeds. Do we need to fence the garden off to protect it from critters? Any tips would be appreciated, and also where to buy seedlings.

As always if you have anything you would like to add to the Grassroots newsletter I would love to hear from you. grassroots@tbaytel.net

Odetta

Local Lawyer Olivia Pietrangelo Moves to Nolalu & Does House Calls For Wills & Estates

As a Nolalu local, Lawyer Olivia Pietrangelo now offers house calls for Wills, Powers of Attorney & Estate Administration from Murillo to Hymers, South Gillies & Nolalu.

I Do House Calls In Nolalu!

You Deserve Peace Of Mind.

Let's Talk About Your Estate Plan & Create a Will and Powers of Attorney Today.



Olivia Pietrangelo

Text: 807-356-6714

Call: 807-285-7777 x155

www.larsonlawyers.com



Olivia's practice areas:

Wills & Powers of Attorney • Estate Planning
• Estate Administration • Real Estate

Why Make a Will & Powers of Attorney?

If you don't have a will, your family won't have instructions to deal with your body or assets when you pass. As a result, they are more likely to fight after you pass away, and may become estranged. If there is a family fight over assets, your estate may be depleted during litigation.

**DISCOUNT
COUPON**

5% OFF
Wills For You
& Your Family

***Must Live In NOLALU To
Claim**

Making a Will & Powers of Attorney will give loved ones of your choosing the legal authority to deal with your estate and assets according to your specific directions.

"I have seen far too many families torn apart by not properly planning their estates. Contact me today to make your plan."

Let's secure your family's inheritance together"

- Olivia Pietrangelo

LOCAL SERVICES BOARD OF NOLALU



2022

Tuesday, May 24, 2022

7:30 PM

Nolalu Community Centre

Kids Colouring Page



Foraging

Harvesting edible wild plants can be a fun, educational and sustainable activity for all ages if it is done properly. Ontario Nature has identified some basic rules for harvesting wild plants to ensure the safety of participants and the sustainability of plants involved.

Be sure you know what you are harvesting, and eat only plants you can positively identify as edible. Learning about plants from a local expert, consulting books and taking courses or workshops are recommended.

Harvest plants in areas where you know the risk of contamination from industrial and other pollution is low.

Eat only a small quantity of any plant you have not eaten before and assess how it affects you before eating more.

Although foraging for edible plants is permitted on most public land in Ontario, obtain permission from the owner before collecting plants on private property. Another best practice is to obtain permission from the local First Nation community before harvesting on traditional territory.

Most importantly, take only what you can use and use what you take. Edible wild plants are a shared resource. Users of them must take responsibility for ensuring that they will continue to thrive year after year.

Ground Rules of Foraging

Never harvest more than 10% of the crop.

If you're not after the root of the plant, say fiddleheads for example, don't take the root.

Know what you're picking and know it well, especially with mushrooms, but this goes for sumac, fiddlehead look-a-likes, and more. Do your research.

Bring your fillet knife, snips, or pocket knife.



Spring Foraging

Fiddleheads: These scrumptious greens are incredible fried in a pan with a bit butter of bread crumbs. **Warning:** Fiddleheads can cause sore stomachs when they aren't blanched (boiled lightly) before roasting/frying or cooking them otherwise. There are also different types of ferns that look similar; make sure you do a full identification before setting off.

Morels: These mushrooms are a favourite amongst foragers and for good reason. **Warning:** Do not eat morels raw, and remember the old saying: "There are old mushroom pickers and there are bold mushroom pickers, but there are no old, bold mushroom pickers." In other words, know what you're picking.

Antlers: A fun scavenger hunt for "white gold" while you're out and about is never a waste of time. If you find one, look for its mate nearby; you may just get lucky.

Wild Leeks (Ramps): These garlicky-onion tasting greens are great additions to camp breakfasts and dinners. Save the harvesting area some stress by cutting wild leeks off above the bulb. You'll have to dig a bit, but it's worth it, especially if you want to continue coming back to the patch you've found!

Taken from Northern Ontario Travel

Volunteers Needed

The NCC is looking for your help. Whether its for an hour or a day, we need you. Would you like to help out at an event or maybe you're good a phoning other volunteers, whatever your skills are we can use you. Please consider helping out in the kitchen or helping with cleanup after an event. Volunteers are what keeps the centre running and events are what make us a thriving community.

Currently we are seeking a volunteer coordinator as well as volunteers for various events. The volunteer coordinator position involves contacting people to volunteer at various events at the NCC. There is a list of previous volunteers to make the job easier. Please contact Prez.ncc@gmail.com if you are interested. Remember this is your community and you make it great.



Kakabeka Legion News—May

Saturday, May 7th Executive Meeting -- 2:30 pm

Saturday, May 7th General Meeting -- 3:00 pm

Sunday, May 8th BUFFET BREAKFAST 8:30- 12:00 noon.

All you can eat, Canadian and Finn Pancakes, bacon, sausages, scrambled eggs, hash browns, coffee, tea, juice, toast and jam or try our "Made just for you" omelette, adults \$15 ,seniors \$12, and children under 10, \$8. Join the breakfast club and after 10 paid breakfasts you get a free breakfast.

Saturday, May 14th DANCE to the music of Quest 7 p.m.-10 p.m.
Admission \$8 per person includes Sandwiches, desserts and coffee and tea.

Saturday, May 21st DANCE to the music of Quest 7 p.m.-10 p.m.
Admission \$8 per person includes Sandwiches, desserts and coffee and tea.

Tuesday, May 24th to Saturday, May 28th

Advance Poll Ontario Provincial Election

Sunday, May 29th Afternoon of Music 2 - 4 p.m.
Admission by donation

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, April 20th

Registration 9 am to 11 am

Drive-Thru Pick-up

RURAL CUPBOARD FOOD BANK MONTHLY GENERAL MEETING

May 4th, 2022

If you would like to attend our virtual meeting,
please email

Mark Halabecki at ruralcupboardfoodbank@gmail.com

by May 2nd at 4 pm

You will be issued a link to attend the meeting.

Would you like to take part in the conversation?

Love to hear from you!!!!

Name: _____

Date: _____

SPRING TIME

T J O Q R L Z E N B P O Y Y L F N O G A R D Z A
O Y X J P B G P Y T R A C K M E E T P J O D P A
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bees

end of school

garden

outside

rain

Spring

blossom

family

grass

parade

running

sunny

butterfly

flowers

hanging out

park

sleepover

swimming

dragonfly

friends

hot

picnics

soil

track meet

Easter

fun

no homework

pool

sports

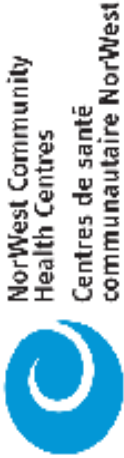
water



PLEASE NOTE

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

NORWEST COMMUNITY HEALTH CENTRES – MOBILE HEALTH SERVICES



May 2022

Mon	Tues	Wed	Thurs	Fri
2 NOLALU -Footcare 9:30am-4pm Community Centre	3	4	5 NOLALU - PCare 9:30am-4pm Community Centre O'CONNOR-PCare 10:30am-5pm Community Centre	6
9	10 SHEBANDOWAN-Footcare 9:30am-4pm Community Centre NEEBING-PCare 11am-5pm Blake Hall	11	12 UPSALA -Footcare 10am-3:30pm Community Centre	13
16 KAMINISTIQUIA-PCare 9am-3:30pm Community Centre KAMINISTIQUIA-Footcare 9am-3:30pm Community Centre	17 NEEBING-Footcare 11am-5pm Blake Hall	18	19 O'CONNOR-PCare 10:30am-5pm Community Centre UPSALA -PCare 10am-3:30pm Community Centre	20
23 VICTORIA DAY	24 ARMSTRONG 1-6pm NorWest CHC Clinic	25 ARMSTRONG 8:30-Noon NorWest CHC Clinic	26 O'CONNOR-Footcare 10am-4:30pm Community Centre	27
30 NOLALU -Footcare 9:30am-4pm Community Centre	31	For more information or to book an appointment, call 807-622-8235		

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 Day	Of Month	Birth Year	Sex (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