

NCC NEXT MEETING:

Monday, June 13

@ 7:30 pm

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

LSB NEXT MEETING

Tuesday, June 28

@7:30pm at the NCC

NEST NEXT MEETING

Thursday June 9

@7:30pm

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

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# Nolalu's GRASSROOTS



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](mailto:nolaluevents@outlook.com) if 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

<b>President</b>	Jacquie Sarkissian	Prez.ncc@gmail.com	
<b>Vice President</b>	Angela Woodhouse-Wild		807-475-8968 or text 807-630-6061
<b>Secretary</b>	Mary Ellen Smith		
<b>Treasurer</b>	Elizabeth Pszczolko	Nolalucctreasurer@gmail.com	
<b>Events Coordinators</b>	Emma Allgood	tritree@outlook.com	Text to 519-410-8733
	Breanne Neufeld	breanne.neufeld@lakeheadu.ca	
<b>Kitchen Coordinator</b>	Rob Houle	roberthoule66@gmail.com	807-632-1922
<b>Volunteer Coordinator</b>	VACANT		
<b>GrassRoots Editor</b>	Odette Houle	grassroots@tbaytel.net	807-630-9442

***NEXT NCC MEETING:  
Monday, June 13 @ 7:30***

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 and beyond. Below are some excerpts from 1983, 1984, 1993, 1994,

- ◆ April 8 - Sandra Hakamaki turned 40
- ◆ August 27 - Camper Special Dance, admission \$5.00
- ◆ Wanted wild game and fish recipes for a cookbook to be sold at the Tough Boating Derby
- ◆ Sunday afternoon races are on at Mosquito Raceway
- ◆ Volunteers needed to clean up the playground, fix the swing, sandbox, and make a tee-totter
- ◆ There was a lumberjack contest
- ◆ Halloween dance prizes to Randy Nummikoski & Sharon Wrigley for the best couple, and Ruby Hautala & Betty Cook for the best animals
- ◆ Community Cookbook for just \$4.00
- ◆ Talent Contest winners, 0 to 12yrs, Crystal Dennhardt, Melanie Giles, Candace & Tracy Wuola
- ◆ Tall Tales Contest Winners, Roy Hill & Pat Dennhardt
- ◆ Dancercise is starting October 9
- ◆ Power Skating and Hockey School registration opens September 17
- ◆ King and Queen of the Spring Carnival, Lee Maenpaa & Tracy Niemi
- ◆ Second Annual Gopher Days, June 8,9,10
- ◆ For sale manure spreader \$100.00
- ◆ For sale 45 gal. plastic lined water barrels, \$15.00 each
- ◆ Lybster residents to pay \$3.00 to contribute to the veterinary fund. To ensure we get veterinarians at a reasonable cost in our area for all our animals and livestock
- ◆ Stress awareness training April 1
- ◆ Notice to parents: Anyone found on NCC property involved in damage or drinking will be sought by the OPP. You Police your children, it is not our job
- ◆ Congratulations to Arlene Jones who won the afghan draw at the dance
- ◆ Come out for crib night on January 15, \$3.00 per person
- ◆ Thanks to Wes Hunnako who made and donated a much needed coat rack to the NCC
- ◆ Many teen dances, Bingos, and regular dances were held
- ◆ The ice rink is open for public skating and hockey
- ◆ Overeaters Anonymous are holding their first meeting

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.

## **Fire Safety Tips For Your Camp or RV Site**

As the summer is finally here and camps are opening for the season we would like to remind you of the following safety tips to minimize the risk of fire and burn injury.

Install smoke alarms on every storey and outside all sleeping areas. It's the law for all Ontario homes, cottages, cabins and seasonal homes to have working smoke alarms on every storey and outside all sleeping areas.

- ◆ Test smoke alarms at least monthly or each time you return.
- ◆ Install carbon monoxide alarms if it has a fuel-burning appliance.
- ◆ Develop and practice a home fire escape plan to ensure everyone knows what to do if the smoke alarm sounds.
- ◆ Know the telephone number for the local fire department and your fire number, in case of emergency. Ours is 911 or 473-5200
- ◆ Clean barbecues before using them. Keep barbecue lighters and matches out of sight and reach of children.
- ◆ Remember to bring a flashlight with extra batteries.
- ◆ Check heating appliances and chimneys before using them.
- ◆ Check with your local fire department, municipality, or Ministry of Natural Resources to determine whether open air burning is permitted before having a campfire or burning brush.
- ◆ If you must smoke, do so outside. Keep a large can with water nearby so cigarette butts can be safely discarded.

# **Nolalu Emergency Services Team**

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**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!***

# MOVIE NIGHT

**6:00pm to 9:00pm**  
**June 10, 2022**



\$5.00 admission

Kids under 5 years are free

Fun for all ages

Showing "Isle of Dog"

*Popcorn, snacks and beverages available*

Bring your own chairs  
if you like  
or use the centre's



**At Nolalu Community Centre**

Needed: by a responsible, retired individual, used to country living.

A private, unfurnished, modest home to rent.

Near the forest, with running water, electricity, heat and gardening space.

Contact by e-mail:

kristeldorsa@live.com



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***The Nolalu and Leeper Cemetery Board*** annual meeting will be held on Saturday, June 11th at 1:00 pm at Piilo's. Please bring a lawn chair. All social distance protocols will be followed.

If you are interested in submitting a bid, please contact Sharon Corston, Nolalu-Leeper Cemetery Secretary-Treasurer at [sjcorston@gmail.com](mailto:sjcorston@gmail.com) or call 807-355-1549 to receive the tender package.

Both cemeteries are seeking tender applications for grass cutting. The bids are to be received by 5:00 pm, Friday, June 10th.

Send to:

Leeper: Jack Erickson, Leeper Cemetery President, 250 Old Silver Mountain Rd,  
Nolalu, ON P0T 2K0 Ph: 577-1366

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



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### ***Happy Summer Solstice!***

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](mailto:grassroots@tbaytel.net)





*~Announcing that we are now your go to for Dirt Track*

***Race Car Parts !***



4 X 10 Coloured Aluminum Sheets

Steering/Suspension Parts

Transmission/Differentials

Can Repair or Rebuild Bert or Chevy Power Glide Trans

Hoosier Tires

***If we don't stock it we Can get it – call Wayne 629-4888***

**\*\*We are a Local Amsoil Distributer with huge Inventory \*\***



***"The First in Synthetics"®***

***Also note: We now have a Gold Certified Polaris Technician on Site for your toy Repairs! Call our Service Dept to book your appointment or for more info 622-2829.***



*Gillies Community Centre*

# Tailgate Seedling SWAP & SALE!

*Sunday, June 5  
12-4pm*

← →

This is an outdoor event!  
Please bring your extra seedlings, perennial divisions, bulbs, corms, tubers, cuttings- even direct sow seeds to swap or sell! If you have extra gently used garden tools, books, décor, pots etc. those are great too!

**Please register for a vehicle spot by emailing:  
alegriafarmandgarden@gmail.com**

Spaces are limited, consider sharing with a friend!  
A \$10 donation to the Gillies Community Centre is encouraged for each vehicle- FREE TO ATTEND!

**GCC #1835 HWY 595 ----- > Follow us on FACEBOOK for updates & info**

Made with PosterMyWall.com

***Did Ya Know?***

I would like to start a column for local people in the area to find out what their neighbours have to offer.

For example:

Did you know that we have two new massage therapists in the area? It is called Duotherapy and is just a few doors down from Green Acres at 1620 hwy 588. Their website is [www.duotherapy.com](http://www.duotherapy.com)

Did you know that Rebecca Crawford Bell sells water from her home at very reasonable prices. Comes in handy when the well runs dry as ours did. It is down the road to the left, across from Leeper road, 1981 Hwy 588.

I'm sure there are many people like this that run businesses out of their home.

If you would like to have your home business mentioned just drop me a line.

[grassroots@tbaytel.net](mailto:grassroots@tbaytel.net)

# 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**



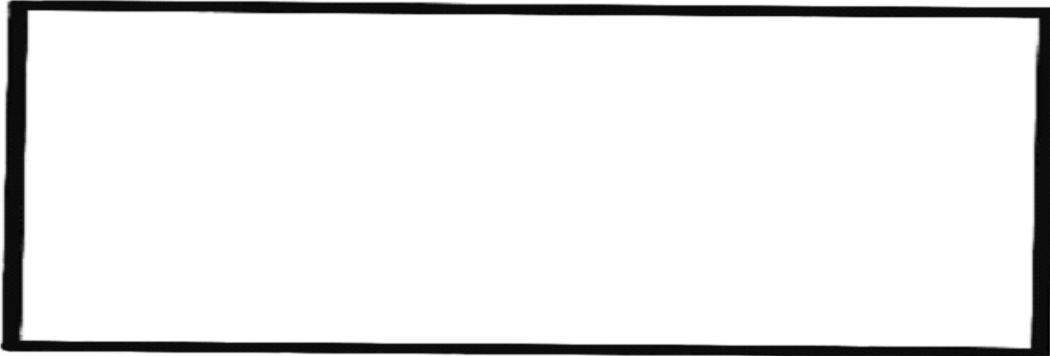
**CALL TO BOOK YOUR APPOINTMENT  
SNOW REMOVAL, SAND & GRAVEL  
CONSTRUCTION/FLOATING**

**\*\*FREE QUOTES\*\***





**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.

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## ***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



# Thank You

**The Rural Cupboard Food Bank** would like to recognize the contributors that have so generously responded with funds to the Rural Cupboard Food Bank

Conmee Comedy Night Donations - Issu Rautsalainen and Ron Kamutski  
St. James Vestry

Every donation makes it possible to provide food to those in our communities that need assistance.

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

Library locations

**Oliver-Paipoonge** – 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



# LICKETY SPLITZ

Ice Cream Truck 1226 Hwy 595 (at the junction of Hwy 588 & 595)

Hours of operation (May 19 - June 20)

Mon - Fri 430pm - 9pm Sat/Sun 11am - 9pm

June 20 - Sept something

Monday - Sunday 11am - 9pm

COMING SOON! Stay tuned for updates on our “Snack Shack” – burgers, fries, pogo’s, chicken strips, poutine, hot dogs, smokies & wings!!

like our page on Facebook @greenacrevariety for updates, ice cream and food menu’s!

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](mailto: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>

# *Volunteers Needed*



## **Clean Up Day at the Nolalu Community Centre**

The Community Centre is in need of a little spring cleaning, inside and out. We are looking for volunteers to help out!

Chili, juice and coffee will be provided for all volunteers!  
Come pop by and help your community centre!

**BYOS&R -Bring Your Own Shovels & Rakes Recommended!**

**JUNE 11, 2022**

**11:00AM - 4:00PM**

2266 Highway 588

# Firehall Sponsored Community BBQ

July 1, 2022  
1:00pm to 4:00pm



Bring your own chair

Fun for Kids and Adults alike



At the Nolalu Community Centre  
2266 Hwy 588



## Calendar of Events For NCC

- Thurs June 2:** All day and evening, Provincial election polling place.
- Wed June 8:** Playgroup, 1:00 to 3:00 pm., parents and young children
- Fri June 10:** Movie Night, 6:00 to 9:00 pm, all ages
- Sat June 11:** Spring Clean-Up at the NCC, inside and out. Bring your own rakes, shovels etc., 11:00 am to 4:00 pm. Chili, buns, coffee etc. for all volunteers. Food prep at 10:00 am.
- Mon June 13:** NCC General Meeting, public welcome, 7:30 pm
- Sun June 26:** NCC private booking afternoon.
- Mon June 27:** NW Clinic foot care, 9:30 am to 4:00 pm
- Tues June 28:** Local Services Board, public welcome, 7:30 pm
- Thurs June 30:** NW Clinic Primary Care, 9:30 am to 4:00 pm.

### Chickens in Your Backyard

**Provide Shelter:** Prepare adequate shelter for your birds before you bring them home. It should be predator-proof and offer sufficient nests, roosts and floor space to accommodate your flock. Think about winter accommodation—a heat source isn't necessary but the coop will need to be draft-free, with sufficient light, and way to keep drinking water from freezing. A garden shed can be easily re-fitted for a chicken coop.

An outdoor run area is needed, and this should be fenced on the sides as well as the top, to keep hens in and wild birds out.

**Choose Your Birds:** Purchase the birds from a reputable supplier. Ready-to-lay pullets (about 5 months old) are easiest; day-old chicks will require several weeks of special care and a heated environment. There are more different chicken breeds than there are dog breeds, with an endless variety of colours, shapes and sizes. There are breeds meant for eggs or for meat, or dual-purpose breeds for both, as well as many ornamental breeds for exhibition or just fancy pets! Different breeds lay different colours of eggs too— brown, cream, white, or even green or blue! For backyard birds, make sure the supplier can give you sexed birds so you can request hens only, as most municipalities don't allow roosters.

**Be Diligent with Maintenance:** Clean the coop on a regular basis and have a plan for dealing with the manure. It should be composted for several months before being added to gardens. A clean coop and secure feed storage will prevent issues with odours or rodents, and will also keep hens healthy and free from pests and parasites.

There is also a Facebook site called Nolalu Chickens if you would like to connect with other chicken owners





# 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](mailto: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.**

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## From the Editor's Desk

Well it is 2:30am and I can't sleep so what better time to put the finishing touches on the newsletter. I have so many projects running through my head about what we would like to do with the property now that Spring is finally upon us. Gardens, yes but where to put them, and what to put in them, and do I have time to do them this year?

Property clean up will be the big one for us this year. The previous owners left many items around the property. So far we have found two boats, an old wringer washer (I think I may put plants in that one), an old car engine and a bumper, and piles of brush to burn off. There is an old bathtub under the trees which I might use for plants, as well as two tires turned inside out and painted to look like sunflowers. I think they were used for a small flower garden. We have also found lots of building supplies, lots of scrap wood and the floor for a shed or something. We found an old kids car and my grandson is now having lots of fun pretending to be driving in it. All this is around the property and we haven't even begun to go through the old store or shed. Going to be a lot of hauling and burning going on, and if anyone wants a boat let me know. On a good note we found a good supply of raspberry bushes, so we will be enjoying them when they are in season.

My daughter has got her chickens and they should start laying soon. I can't wait for fresh eggs. She has built the run for them on her own and has a temporary coop for them. We are hoping the bigger coop will arrive soon. Something with a little more room and more secure. If not we will have to get building one ourselves.

We are enjoying living here, we enjoy spending time on the deck in the nice weather, when we aren't cleaning out under the trees. We have a campfire most every night and relax after our days work. If you are ever driving by stop in and say Hi, there is always room for more at the campfire.

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](mailto: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.

Lets Talk About Your Estate Plan & Create a Will and Powers of Attorney Today.

### Olivia's Practice Areas:

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



### Olivia Pietrangelo

Text: 807-356-6714  
Call: 807-285-7777 x 155  
[www.larsonlawyers.com](http://www.larsonlawyers.com)

## Why Make a Will & Powers of Attorney?

**DISCOUNT  
COUPON**

-----

**5% OFF**  
Wills For You  
& Your Family

-----

**\*Must Live In NOLALU To  
Claim**

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.

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, June 28, 2022**

**7:30 PM**

**Nolalu Community Centre**

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## **Kids Colouring Page**



© 2019  
Nolalu

## Foraging

There is a vast array of spring growth that can be sustainably harvested and utilized. Here are five spring plants:

- ♦ Wild onion also known as chives - these are a definite spring excitement in my house. Chives will be the first thing that pops up even when there is patches of snow left. Their aroma and flavor is so welcomed. Pick the fresh green stems and enjoy the spice or toss a few flowers into a salad. The root bulb at the end can be used as a fresh spring onion.
- ♦ Dandelions – in the spring the leaves are great in salad, before it flowers the roots can make a nutritious warm drink and once those beautiful yellow flowers pop out they can be made into so many different things from pancakes to jelly. After cold winters dandelions can be a great boost of readily available vitamins and minerals.
- ♦ Labrador tea – although my family harvests Labrador year round, a warm Labrador tea from spring harvest is a refreshing treat for the senses. Utilize the leaves for tea high in vitamin C or throw a couple leaves into a stew instead of bay leaves.
- ♦ Mint – the beauty of accidentally walking through a mint patch and having your senses filled with refreshing aroma. Mint is another early spring growth that can be used for tea or dry a handful and mix it into your hummus.
- ♦ Spruce – spring spruce tips can be a tasty treat when hiking in the spring or add them into tea or salad. The high vitamin C content make a great spring boost.



Foraging can be an empowering experience for us and our children. We can always consider personal health, wellbeing and safety when foraging. Thankfully we have great resources in Thunder Bay to help us navigate when to pick for optimal nutrition and flavour, how to pick sustainably and safely and what to pick for our own personal health. [www.ontarionature.org](http://www.ontarionature.org) runs amazing educational walks by local professionals giving us hands on experience and has a guide to introduce you to foraging. Books like "The Boreal Herbal" by Beverley Gray give us a wealth of knowledge. If you are on Facebook there is a great support group called "Thunder Bay Foragers" that allows us to connect and ask questions. We are fortunate to have knowledgeable elders in our community who are a great resource.

### *Coming up Summer foraging*

One of the most common foods to forage for in our area is .....Berries! Wild raspberries, strawberries and blueberries abound in summer. The boreal forest has everything from Labrador tea to chanterelle mushrooms, from cattails to currants. Most of us however are only familiar with a few things that the boreal forest has to offer. We are fortunate in our community to have access to knowledgeable elders, organizations and working groups that can help us expand our knowledge base.

## **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—June**

### *Saturday June 4th*

DANCE to the music of Quest 7 p.m.-10 p.m.

Admission \$8 per person includes Sandwiches, desserts and coffee and tea.

### *Sunday June 5th*

Horse Gymkhana 10:30-finished

### *Sunday June 12th*

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.

### *Sunday June 12th*

Horse Gymkhana 10:30-finished

### *Sunday June 12th*

Farmers Market plant sale

### *Saturday June 18th*

DANCE to the music of Quest 7 p.m.-10 p.m.

Admission \$8 per person includes Sandwiches, desserts and coffee and tea.

### *Sunday June 19th*

Horse Gymkhana 10:30-finished

### *Sunday June 19th*

Jam Session 7-9:30 pm

### *Monday June 20th*

All Municipal Election Candidates Meeting 6:30-8 pm

### *Friday June 24th*

DANCE to the music of Quest 7 p.m.-10 p.m.

Admission \$8 per person includes Sandwiches, desserts and coffee and tea.

# 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, June 15th  
Registration 9 am to 11 am  
Drive-Thru Pick-up



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### Summer Word Scramble

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Where do you learn to make ice cream?

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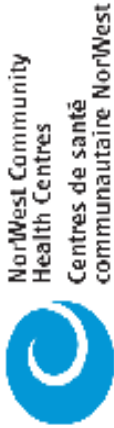
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PLEASE NOTE

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

NORWEST COMMUNITY HEALTH CENTRES – MOBILE HEALTH SERVICES



June 2022

Mon	Tues	Wed	Thurs	Fri
		1	2 NOLALU - PCare (Virtual Appts) 9:30am-4pm Community Centre O'CONNOR—PCare (Virtual Appts) 10:30am-5pm Community Centre	3
6	7 SHEBANDOWAN—Footcare 9:30am-4pm Community Centre NEEBING—PCare Noon – 6pm Blake Hall	8	9 UPSALA -Footcare 10am-3:30pm Community Centre	10
13 KAMINISTIQUIA-PCare 9am-3:30pm Community Centre KAMINISTIQUIA-Footcare 9am-3:30pm Community Centre	14	15	16 O'CONNOR— PCare 10:30am-5pm Community Centre UPSALA -PCare 10am-3:30pm Community Centre	17
20 ARMSTRONG 1-6pm NorWest CHC Clinic	21 ARMSTRONG 8:30-Noon NorWest CHC Clinic	22	23 O'CONNOR—Footcare 10am-4:30pm Community Centre	24
27 NOLALU -Footcare 9:30am-4pm Community Centre	28	29	30 NOLALU - PCare 9:30am-4pm 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](http://www.norwestchc.org)



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