

July 2022

NCC NEXT MEETING:

No meeting in July

LSB NEXT MEETING

No meeting in July

NEST NEXT MEETING

Thursday July 14

@7:30pm

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

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Nolalu's **GRASSROOTS**



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.

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 Scott		
Treasurer	Elizabeth Pszczolko	Nolalucctreasurer@gmail.com	
Events Coordinators	Emma Allgood Breanne Neufeld	tritree@outlook.com breanne.neufeld@lakeheadu.ca	Text to 519-410-8733
Kitchen Coordinator	Rob Houle	roberthoule66@gmail.com	807-632-1922
Volunteer Coordinator	VACANT		
GrassRoots Editor	Odette Houle	grassroots@tbaytel.net	807-630-9442

NEXT NCC MEETING:

Monday, July 11 @ 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

Below are some excerpts from past Grassroots editions; 1974,1975,

- ◆ Accepting sealed tenders for a toilet and wash basin
- ◆ Lucky Lorne Maki was the winner of the medicinal spirits at the Texas pub
- ◆ Our snowplow driver covers over 70 miles of roads
- ◆ Community Centre was finished being painted
- ◆ Free university of Nolalu open for people interested in taking craft or leisure courses this winter
- ◆ 50 hardy souls turned up for the Turkey shoot, in sub zero weather
- ◆ Congratulations to Martin & Marilyn Hynnes on the birth of their son, and to Adrienne & Keith Spring on the birth of their son.
- ◆ CBC national radio to carry a program on October 14, an hour and a half about Nolalu
- ◆ 30people gathered to make 7 tables for the community centre
- ◆ First Bingo night a big success, a profit of \$110.00 was realized
- ◆ Grand opening dance to be held on Nov. 23, \$3.00 per couple, refreshments of all kinds will be served
- ◆ Wanted milk cans, Contact Ruth LaHaye
- ◆ Nolalu Fish Derby seeking committee members
- ◆ Nolalu to have dial phones by early summer, May 1975
- ◆ Free Christmas concert on Dec. 20, please bring baked goods and cushions or fishing stools for the little ones to sit on
- ◆ Congratulations to Neil & Vicki deLint on their marriage
- ◆ Booking charter flights to Finland for \$100.00 per person, this includes doing some fundraising and a grant from International Travel and Exchange
- ◆ Orchestra practice is scheduled for Saturday
- ◆ Brownies and Cubs now meeting in the hall. Looking for a Brownie leader
- ◆ Field Day on August 21. Consisting of sack races, circle games, Pin in the Jug, Broom throw, balloon race, hop skip, chair hop, and ball through the tire
- ◆ For sale treadle sewing machine in good working order, contact Janet Goertz
- ◆ Community picnic was a success. Everyone joined in on the activities
- ◆ Playground at the centre in full swing
- ◆ Congratulations to Mr. & Mrs. John Goertz on the birth of their son
- ◆ Congratulations to Mr. & Mrs. Raymond Scott on their marriage
- ◆ Congratulations to Mr. & Mrs. Don Annala on the birth of their son

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.



More and more people are living where wildfires are a real risk. But by working together, residents can make their own property - and their neighbourhood - much safer from wildfires.

Action Items to Improve Your Home's Survivability:

- **REMOVE** leaves, pine needles, and other flammable material from the roof, gutters, and on and under the deck to help prevent embers from igniting your home.
- **SCREEN** areas below decks and porches with 1/8" wire mesh to help prevent material from accumulating underneath.
- **COVER** exterior attic and soffit vents with 1/8" wire mesh to help prevent sparks from entering your home.
- **ENCLOSE** eaves to help prevent ember entry.
- **INSPECT** shingles or roof tiles. **REPLACE** missing shingles or tiles. **COVER** ends of tiles with bird stops or cement to help prevent ember penetration during a wildfire.

Tips for Landscaping Around Your Home

- **REMOVE** dead vegetation and other flammable materials, especially within the first 5 feet of the home.
- **KEEP** your lawn hydrated and maintained. If it is brown, cut it down to help reduce fire intensity.
- **PRUNE** tree limbs so the lowest branches are 6 to 10 feet above the ground to help reduce the chance of fire getting into the crowns of the trees.
- **MOVE** construction material, trash, and woodpiles at least 30 feet away from the home and other outbuildings.
- **DISPOSE** of branches, weeds, leaves, pine needles, and grass clippings that you have cut to reduce fuel for fire.

YOU CAN MAKE A DIFFERENCE!

Increase your wildfire safety. Make simple low-cost changes to your home and landscape starting today.



Visit www.firewise.org for more information.



IT'S A BIG WORLD. LET'S PROTECT IT TOGETHER!

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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!

Calling all high school students! Do you need your community service hours? We are looking for one or two individuals to help out at the Nolalu Community Centre. The first project is to dig a trench around the centre. The second project is to paint the sign at the front of the property.

We are also looking for volunteers to help out at the Ice Cream social on August 13, 2022

If you can help out with any of these projects please text Emma at 519-410-8733



Coming soon!
Ice cream Social
August 13, 2022

Build your own ice cream sundae with
unlimited toppings

Bouncy Castle

Stay tuned for more information



Hope you both have a wonderful
birthday

Patrick Buchanan, July 5

Nova Allgood Buchanan, July 13

Contact us at grassroots@tbaytel.net to celebrate
your special occasion

ARTESIAN WELLS & SUOMI STORE



Present the 1st annual

QUAD FUN RUN

AUGUST 20/2022

- ◆ POKER HANDS/FOOD/BEVERAGES
- ◆ COST: \$30.00 PER PERSON
- ◆ SIGN UP @ SUOMI STORE
- ◆ QUAD RUN STARTS AT ARTESIAN WELLS AT 11:00 AM
- ◆ *MEETING STARTS AT 10:30 AM*

PLAYING BEST POKER HAND, 2ND BEST HAND & 3RD BEST

TICKETS AVAILABLE FOR DOOR PRIZES



ADDITIONAL HANDS AVAILABLE



VENDORS WANTED

Calling for vendors for our village wide
Garage Sale hosted at the

Nolalu Community Centre

Bring a trunk full of your unwanted treasures
and sell from our parking lot

or

get your address added to our map of yard sales.

Parking spots are \$5.00 per vehicle or
\$10 with a table to sell your stuff.

SATURDAY July 23, 2022

10:00am to 3:00pm

Add your address to our town wide yard sale map for only \$10.00.

Maps available at the NCC on the day of the yard sale for free pick up.



Reserve your spot via email by *July 16th*
with subject line "*NCC yard sale vendor*"

Mention in the email if it is for your home,

be sure to include your address,

or if you want a spot at the centre

To: ncevents@outlook.com

We accept e-transfer

Contact for further details

Let's declutter!

And support the community centre

at the same time





~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.

NOTICE TO PUBLIC: Call for Nominations

Attn: Residents and property owners in the Territory without Municipal Organization (TWOMO) within the District of Thunder Bay: TBDSSAB is seeking nominations for representation of the TWOMO to sit on our Board of Directors. Nomination period ends August 19, 2022. Election day is October 24, 2022.

TWOMO includes any area in the District of Thunder Bay that is in between incorporated municipalities and that is not a First Nations community.

For more info about the #TWOMO22 election, the geographic area covered, or eligibility for nomination and voting, please visit <http://tbdssab.ca/twomo22>

The difference between washed vs unwashed eggs

Before a hen lays an egg, her body creates a protective layer called the "bloom" over the shell. The bloom protects the egg from any bacteria getting inside by sealing the 6,000-8,000 shell pores.

Large commercial egg producers spray their eggs with a chemical sanitizer before they package them, to reduce the risk of bacteria like salmonella contaminating the egg. When eggs are washed, the "bloom" is removed, leaving the egg pores open to potential new bacteria. Without that protective layer, it's recommended that you refrigerate washed eggs at a temperature around 45 degrees to prevent any bacteria growth.

If eggs are left unwashed with the bloom intact, you can place them on your kitchen counter. Unwashed, room temperature eggs should keep for about two weeks. If you aren't planning to eat your eggs for a while, we recommend refrigerating them. The cooler temperatures increase the shelf life, with eggs keeping for up to three months in the fridge.

Did Ya Know?

Want to find out what local people in the area or what your neighbours have to offer?

Did you know that we have a farm that does vegetable boxes. It is called Pitch Creek Farms and their program is called CSA (community supported agriculture). Check them out online for some awesome vegetables ready for you to pick up. They are based in Nolalu and their website is <https://pitchcreekfarm.locallinesites.com/>

Did you know that Jason and Rachel and their family run the Woollysteer Ranch where you can purchase beef and pork boxes. They are based in Nolalu and raise the sturdy but gentle highland cattle and pigs. Their website is <https://woollysteer.com/>

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

Is there any interest in doing a "cooks corner" with recipes from local people? If so please send me your recipes.

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



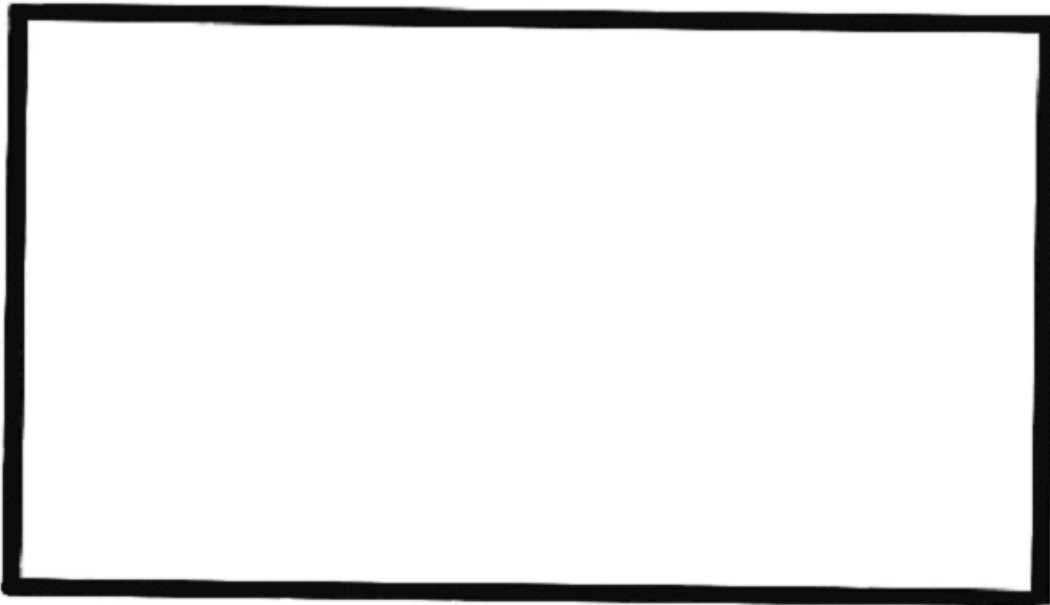
**CALL TO BOOK YOUR APPOINTMENT
SNOW REMOVAL, SAND & GRAVEL
CONSTRUCTION/FLOATING**

****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**

There is still time to get your design in before the end of the month

This contest is open to all age groups

Have some fun and design your shirt

You never know if you might get chosen for the new design

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

Thank You

Thank-you to all the wonderful volunteers who helped out with the clean-up of the NCC. Special thanks to Angela who stayed late to make sure the trimming was all done. Thank-you to Jacquie and Paul, Breanne and her two children, Emma and Nova and Orion, Rob, Odette, Kayla and Mason. We couldn't have gotten it all done without all your help.

Thank-you to Marisa for your help at the Movie night. You made everything easier to set up.

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



Firehall Sponsored Community BBQ

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



Bring your own chair

Fun for Kids and Adults alike
This is a Free Event



At the Nolalu Community Centre
2266 Hwy 588



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

It has been an interesting month, as it always seems to be in our household. No floods this month though. We have been busy cutting and burning all the dead branches around the front of the house. We still have a lot to do to get things all cleaned up on the whole property but we have all summer. My daughter's chickens arrived a month ago and we finally have the coop for them. It took four of them to load it on the truck, weighing about 600lbs. It is well insulated and nicely built so should do great for the winter. It is so nice to have fresh eggs. We mainly use them ourselves and for the rest of the family but occasionally we will have a couple extra dozen for sale.

This month I had the wonderful opportunity to meet a lovely lady that lives out on backroad in Nolalu. She contacted me through the Grassroots and offered to show me her gardens. She said she had lots of herbs and I could come and get some for my garden. I was thrilled at the prospect of meeting someone new and being able to get some herbs for my own garden. My daughter came with me and we set off to find the house. We went the wrong way on the road thanks to the GPS, they are not always right you know. But it is nice to go places you haven't been before, and as a bonus we found a tree that had some Chaga. We have been looking all winter for Chaga to harvest and now we have found a spot to come back to in the early winter. We finally made it to the house and we were overwhelmed by the beauty of the place. It was a beautiful log home nestled in the woods beside a river and not far from a waterfall. We spent almost two hours touring the gardens and the property. My daughter is a photography buff and loved taking pictures of the area especially the waterfalls and river. I was astonished at the plant lore this lady knew. She could identify all of the flowers and greenery, not only in her gardens but in the wild areas around her home. She told me of plants that were edible, some that were medicinal, and some that were just there for beauty's sake. I had brought my trowel along so I was able to dig up some of her herbs for my own garden. She invited me back later in the season when more plants are in bloom. It is a visit I am looking forward to.

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.

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

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

No meeting in July

Nolalu Community Centre

Kids Colouring Page



COMMUNITY-WIDE GARAGE SALE!



SATURDAY July 23, 2022
10:00am to 3:00pm

Village wide yard sale crawl in Nolalu
hosted by the Nolalu Community Centre.

We will have a trunk sale of vendors and a BBQ at
the community centre on Hwy 588

While you are there pick up your free map of all the
other yard sales in our Nolalu Community yard sale
crawl.



Foraging

Beyond the blueberries, strawberries and raspberries that grow wild on roadsides and in forest meadows, Ontario is rich with wild, edible plants that can elevate almost any meal, from salads to creamy soups and locally-inspired cheese and charcuterie boards. We walk by many of these species everyday, oblivious to their rich history of use as food and medicine. Have you tried maple blossoms, Japanese knotweed, wild leeks, fiddleheads, or stinging nettle. Or maybe you would like to try wild mint, wild ginger, cattail, dandelion, or black trumpet mushrooms. Do your research, talk to other foragers, learn what is available in your area, enjoy all that the north has to offer.

Must-Have Tools of the Trade

Bug hat and veil — essential to maintaining sanity in the worst of blackfly or mosquito season.

Trowel — for uprooting tubers, leeks and garlic, or quickly transplanting rhizomes.

Two knives — knives get dirty and get dropped, even by the best of us, so it is good to have a backup. If you are planning to go deep into the bush, a machete can be helpful.

Wicker baskets — these will allow the dirt and spores from your harvest to fall out and are stiff enough to prevent what you pick from becoming badly bruised.

Paper bags — to keep the odd and strange things you find separate for identification at home.

Empty yogurt containers — for storing berries to avoid damage.

Coolers and ice packs

A few tips for wild harvesting wild edibles:

Tip #1: Be sure you know the species you are picking, and that it's safe for consumption and has come from reliable sources.

Tip #2: Be a sustainable harvester, never over-picking an area or digging entire roots of plants.

Tip #3: Wear protective clothing because the land is rugged and you can lose your footing easily and find yourself with scraped shins. Safety is important too—a hat and SPF 30 are recommended.

Tip #4: Use the right kind of containers for the type of forage. Mushrooms require large woven styles with handles and keeping them out of bright light is important, so special containers with lids are helpful. Also, spilling a basket over is not funny, so always bring handled containers for your berries and lots of them.

Tip #5: Bring a dog. They're good company and can alert you to the presence of a bear or other wild animal. But keep an eye on your berries—some dogs love eating them and can cut into your harvest!

Tip #6: Wild foods and the places they grow should be treated with care and respect. Never take the whole plant, be careful where you step and don't trespass on private property. Pick species that are invasive or recover easily.

Lastly, if you don't know what it is – don't eat it



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. We are looking for someone to dig a trench around the centre as well as someone to paint the sign at the front of the property. Also we will need volunteers for the Ice Cream Social on August 13, 2022. Volunteers are what keeps the centre running and events are what make us a thriving community.



Kakabeka Legion News—June

Saturday, July 2nd

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

Sunday, July 10th

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.

Thursday, July 14th

Strawberry Social

Saturday, July 16th

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

Saturday, July 30th

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

Have a safe and enjoyable summer.

RURAL CUPBOARD FOOD BANK

Neighbours Helping Neighbours

Conmee Municipal Complex
19 Holland Rd, Kakabeka Falls P0T1W0
807-285-0836

Next Food Bank

Wednesday, July 20th

Registration 9 am to 11 am

Thank you to all those that
continue to support the
Rural Cupboard Food Bank



**ARE YOU
UP TO DATE
ON YOUR COVID-19
VACCINE DOSES?**

Community Pop-up Clinics!

June 30, 12-4pm -

Nolalu Community Centre

July 7, 1-5 pm -

O'Connor Community Centre

tbdhu.com/covidclinics

Canada Day



Act
 America
 Britain
 British
 Canada Day
 Celebrate
 Fireworks
 First
 Holiday
 July
 New Brunswick
 North
 Nova Scotia
 Ontario
 Parliament
 Picnic
 Quebec
 Unity

Canada Day is celebrated on July 1st. It is a national holiday which commemorates the creation of the Independent Dominion of Canada under the British North America Act. This act united Ontario, Quebec, New Brunswick and Nova Scotia in 1867.

Q	N	O	V	A	S	C	O	T	I	A	E	P	F	I
W	U	P	O	T	N	E	M	A	I	L	R	A	P	H
Z	O	E	F	I	R	E	W	O	R	K	S	C	O	B
A	S	I	B	B	I	C	N	T	C	A	I	L	R	N
Y	C	O	R	E	V	B	T	M	Z	N	I	I	E	D
C	A	I	Y	A	C	P	S	A	C	D	T	W	V	Y
E	J	D	R	H	T	N	P	I	A	A	B	K	S	A
L	U	V	N	E	S	N	P	Y	I	R	O	G	P	D
E	L	P	Q	O	M	I	O	N	U	Q	J	S	Y	A
B	Y	J	S	U	I	A	T	N	N	W	C	L	T	D
R	Q	J	H	B	F	N	S	I	G	H	I	D	I	A
A	Y	H	B	I	X	W	I	T	R	G	T	J	N	N
T	A	I	R	M	I	V	G	M	M	B	V	R	U	A
E	I	S	A	C	T	Z	G	N	O	D	T	G	O	C
I	T	Y	K	N	H	J	V	G	H	D	L	I	C	N

Canada Day used to be called..(hint.. the answer is hidden in the word search.)





Congratulations to
 M. E. and Raymond Scott
 on their wedding

NCC — July 2022

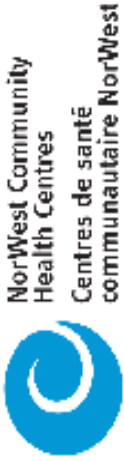
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 NEST Community BBQ 1:00PM—4:00PM	2
3	4	5	6	7	8	9
10	11 NCC No Meeting	12	13	14	15 Tables and Chairs rented	16 Tables and Chairs rented
17 Tables and Chairs rented	18	19	20	21	22	23 NCC & Community Yard Sale 10:00AM—3:00PM
24	25 NWCHC Footcare 9:30AM—4:00PM	26	27	28 NWCHC PCare 9:30AM—4:00PM	29	30
31						



PLEASE NOTE

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

NORWEST COMMUNITY HEALTH CENTRES – MOBILE HEALTH SERVICES



July 2022

Mon	Tues	Wed	Thurs	Fri
For more information or to book an appointment, call 807-622-8235				
4	5 SHEBANDOWAN—Footcare/ PCare 9:30am-4pm Community Centre NEEBING—PCare 11am-5pm Blake Hall	6	7 UPSALA - Footcare /PCare 10am-3:30pm Community Centre O'CONNOR— PCare 10:30am-5pm Community Centre	8 1 CANADA DAY
11 KAMINISTIQUIA- Footcare/PCare 9am-3:30pm Community Centre	12 NEEBING—Footcare 11am-5pm Blake Hall	13	14	15
18 ARMSTRONG 1-6pm NorWest CHC Clinic	19 ARMSTRONG 8:30-Noon NorWest CHC Clinic	20	21 O'CONNOR—Footcare 10am-4:30pm Community Centre O'CONNOR—PCare 10:30am-5pm Community Centre	22
25 NOLALU -Footcare 9:30am-4pm Community Centre	26	27	28 NOLALU - PCare 9:30am-4pm Community Centre	29

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