

August 2022

NCC NEXT MEETING:

Monday August 8

@7:30pm

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

LSB NEXT MEETING

Tuesday August 23

@7:30pm at the NCC

NEST NEXT MEETING

Thursday August 11

@7:30pm

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

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Nolalu's

GRASSROOTS

News & Events



Ice Cream Social

Saturday August 13

12:00pm to 3:00pm

At the NCC

Ice cream with unlimited toppings

\$3 small & \$5 large

Bouncy Castle (by donation)!





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!

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		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	tritree@outlook.com	Text to 519-410-8733
	Breanne Neufeld	breanne.neufeld@lakeheadu.ca	
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 , August 8 @ 7:30 pm

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



~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.

Blast from the Past

Below are some excerpts from past Grassroots editions; 1974, 1976, 1978

- ◆ Hall rental \$25.00 and \$10.00 deposit for cleaning for members and non members
- ◆ Birthday wishes to Waino Wink
- ◆ Social on October 23 will have the Jousimaki Band playing
- ◆ A lamp raffle will be held at the Halloween Family Night
- ◆ Congratulations to Mr. & Mrs. Peter Globensky on their marriage
- ◆ Ceramics and pottery course. Learn how to make dishes and ornaments
- ◆ Bingo jackpot at \$80.00
- ◆ Cubs bottle drive earned \$128.00
- ◆ Bruno and Bernice Niemi celebrated their 25th Wedding Anniversary
- ◆ Bunny & Reino Salo lost their steam bath, shed, and wood supply to a fire
- ◆ New Years Eve dinner & dance tickets \$10.00
- ◆ The Vic Arnone Combo will play at the dance on Nov 11th
- ◆ Record crowd of 80 people at the Kids Halloween Party
- ◆ Congratulations to Margaretha & Roger Hunnako on the arrival of their son, Jeffrey
- ◆ 25 out of 27 eligible voted in agreement to start a volunteer fire department. A grant of \$76, 070.00 to be applied for to erect a new building and purchase a 700 gallon pumper truck
- ◆ Northland Lumber Lagers ladies ball team was formed
- ◆ Congratulations to six year old Suzanne Uusitalo who graduated from Lakehead Modeling School as a Tiny Miss Fashion model.
- ◆ Congratulations to Linda & Don Tienhaara on the arrival of their son, Ryan John
- ◆ 4H Achievement Day on May 7
- ◆ Happy Birthday to Joanne Karilla on her 18th birthday
- ◆ Visitors Linda & Jerry Heinsma, formally of Nolalu, were visiting this Easter
- ◆ Nolalu Community Cookbooks available for \$2.50
- ◆ Congratulations to Linda & Dennis Nummikoski on the birth of their son, Dec. 20th
- ◆ Congratulations to Loratta & Terry Hill on the birth of their daughter, Thunder Bay's first baby in 1977
- ◆ Carnival Prizes: For nail driving—Men—Urho Piilo, Women—Julia Wuola, Children—Charles Allen. For Water boiling—Men—Oiva Hyytinen, Women—Collen Tough. For egg throwing—Adults—Elmer Maki & Don Tienhaara, Children—Shelley Jacobson & Monica Aho
- ◆ Wanted Butter Churn & Baby Carriage
- ◆ Walkathon held April 1976, mystery prize to Lynn Piilo, who pushed the baby in the carriage the whole five mile loop

Stay tuned for more excerpts of previous Grassroots Newsletters

Coming Soon...

Book Reviews. Have you read a good book lately? Maybe you are looking for something new to read. Stay tuned for reviews on books and suggestions for reading lists. In the meantime, why not pick up a good book and lose yourself in it's pages.

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

RVs, Trailers and Campers: Propane and Barbecue Safety Tips

When Transporting Cylinders:

- ◆ Ensure propane cylinders are upright and secure during transport.
- ◆ Keep cylinder valves closed and protected during transport.
- ◆ Plug or cap cylinder outlets during transport.

When Using Cylinders:

- ◆ Ensure cylinders are upright and secure on a firm footing.
- ◆ Check cylinder connections and hoses for leaks by brushing a 50/50 mix of liquid soap and water onto all connections and hoses. Rising bubbles when you turn on the valve indicate a leak. Tighten connections or repair the hose until there are no bubbles.
- ◆ Keep cylinders away from flame, heat, and exits.

Using Propane in your RV or Camper:

- ◆ Keep all combustion exhaust vents on the exterior wall of your RV or camper clear of obstructions.
- ◆ Use stovetop burners or ovens only for cooking and not as a source of heat.
- ◆ Propane appliances require an adequate supply of fresh air for proper combustion. Ensure your RV or camper is properly ventilated to prevent build-up of carbon monoxide.
- ◆ Install a carbon monoxide alarm and propane leak detector.

Barbecue Safety:

- ◆ Ensure barbecues are on firm, level footing.
- ◆ Keep barbecues well away from the side of your RV, camper or tent, and other combustibles.
- ◆ Make sure igniter buttons work properly before turning the gas on. If there is no igniter, insert a long match or barbecue lighter through the side burner hole before you turn on the grill controls.
- ◆ Keep barbecues clean of grease to prevent flare-ups.
- ◆ Stay by the grill when cooking and keep kids and pets at a safe distance.
- ◆ Turn off all burner controls and tank valves after each use.

Nolalu Emergency Services Team

Hall 807-475-4441

RR1 Nolalu ON

Nolalufirechief@gmail.com

POT 2K0

Emergency 807-473-5200



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****



We are looking for volunteers to help out at the Ice Cream social on August 13, 2022
If you can help out with this project please text Emma at 519-410-8733

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.



CHUCK IT OR FIX IT?

By Angela Woodhouse-Wild

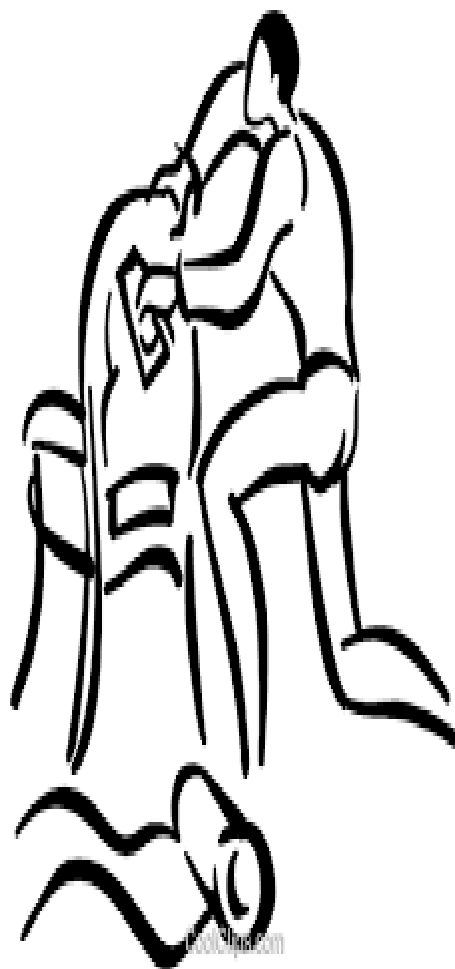
Recently, the Nolalu Community Centre benefited from a clean-up day. Volunteers worked outside and in to spruce up the building and grounds after the Covid hiatus.

Sadly, we found that 17 chairs had been chucked outside or put in the corner. The seats are made of particle board, and some had broken in two from old age and (maybe) too many good NCC lunches and dinners. The cost to replace 17 chairs was Googled at nearly \$2000.

The Executive decided to tackle repairing the chairs, as they have good metal frames. Angela Woodhouse-Wild purchased the materials, Larry Watson cut stronger plywood seats, and figured out a good way to reattach them, Nigel Jackson from Hymers loaned his magic staple gun and insider knowledge (psst! Use spray adhesive to attach the foam to the plywood).

So with the help of Larry, Angela, Jacquie Sarkissian (NCC Prez), Mary Ellen Scott (NCC Secretary), Bob Katajamaki (chair chauffeur) and Larry's wonderful woodworking shop, 17 chairs were given a new life! We may find more that need repair in the future, and we still have some leftover materials to use.

So win-win! No chairs to the landfill, saves the NCC about \$1800, and brings our total chair count back up to over 100. Big thanks to all the helpers!



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?

A blue square graphic with a gold border. Inside, the text reads: "DISCOUNT COUPON" in white, followed by "5% OFF" in large white font, "Wills For You & Your Family" in a smaller white font, and "*Must Live In NOLALU To Claim" in white at the bottom.

**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

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>

Nolalu and Leeper Cemetery Update

The Nolalu and Leeper Cemetery Board held their annual meeting on Saturday, June 11th at 1:00 pm at Hopper's Variety.

Leeper Cemetery is now a registered cemetery with the Bereavement Authority of Ontario (BAO). The long and short explanation of this is that it is now protected land under the BAO as is the Nolalu Cemetery.

We are happy to announce that Arvo Kivi was the successful bidder for the lawn cutting contracts for both cemeteries. Thank you Arvo for your continued support.

The Nolalu Cemetery is in need of some TLC. Lynda Piilo has offered to organize a work party to get some of the work done. If you have some spare time and would like to spend some time on the hill, please contact Lynda at 475-8787. She has the full list of what needs to be done. Thanks in advance for your volunteering and thank you Lynda for being so community spirited.

Sharon Corston,
Nolalu-Leeper Cemetery Secretary-Treasurer
sjcorston@gmail.com
807-355-1549

Leeper: Jack Erickson, Ph: 577-1366

Nolalu: Brian Maki, Ph: 627-6891

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 small scale hobby farm in Marks Township. They produce piglets & lambs and do farm gate eggs. They also order, grow & sell the meat chickens & turkeys.

Their email is MarriahLBelcher@gmail.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

Please check out our regular supporters in the Grassroots such as; The Rusty Bucket.

LICKETY SPLITZ SNACK SHACK MENU

All prices include taxes

**Green Acre Variety 1226 Hwy 595
(corner of hwy 595 & 588)**

Hamburger; Pickles, onions, lettuce	\$6.00
Cheese burger; Pickles, onions, lettuce, cheese.....	\$6.50
Schnack Mac; 2 patties, cheese, lettuce, pickle, onions, Special Snack Shack sauce	\$8.00
Needing Nip; Fries, Hamburger & gravy.....	\$14.00
Fries	\$6.00
Side Gravy; 3.5oz.....	\$1.50
Poutine; fries, gravy, shredded mozzarella.....	\$8.75
Pogo	\$3.00
Hot Dog; plain.....	\$3.00
Smokie; Hot or Mild with onions & Sauerkraut.....	\$6.75
Chicken Fingers; 5 strips + plum sauce.....	\$10.00

ALL PRICES INCLUDE TAX



Snack Shack Open Monday – Sunday 11am – 8pm
Lickety Splitz open until 9pm daily
1226 Hwy 595 Corner of Hwy 595 & 588

Thank You

Thank-you to NEST and all their helpers for a wonderful BBQ and for bringing all their trucks and equipment. The community had great fun and learned a lot about fire prevention in the home and while out and about. The kids got lots of freebies to take home and help them be good fire preventors.

Thank-you to the volunteers from NCC that came out and helped set-up, cook, serve, and clean-up after.

Thank-you to the community for coming out and supporting all of us .It was a great Canada Day BBQ.

Thank you to Hoppers and Andrew Piilo for grading the NCC parking lot. With Arvo Kivi's grass cutting, the yard looks great!

We hope that everyone had a good time at our annual yard sale at the centre. We had lots of sellers and so many people got to go home with treasures. We could not have had this event without our incredible volunteers. Thank you to Rob for running the BBQ, and Marisa, Jeff, Barb, Patrick , Odette, and Kayla for all the set up, cash, and take down.

Due to unforeseen circumstances our NCC President has had to resign. We would like to thank Jacquie Sarkissian for her dedication to the centre and her position as president. Her innovative ideas and bubbly personality will be greatly missed. Thank-you Jacquie.

Word Puzzles Brain Teasers

MEREPEAT	_ read _	time time	ICE³
stefrankin	##### WEIGHT	history history history	Arrest You're
Chimadena	BIG BIG ignore ignore	pants pants	BIRD
land time	ban ana	222 Day	lang4uage
F FIRE E	GO IT IT IT	SITTING THE WORLD	ME 10NE11

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, August 17th

Registration 9 am to 11 am

Drive-Thru Pick-up

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

As I look back on the month I wonder where the time has gone. It has been nearly a year since we moved here. We have learned a lot since we moved in on August 10th, 2021. Number one being, you need a generator for the monthly power outages. Our grandson thinks it is great fun when the power goes out and he gets to play with the flashlight. We've learned about the history of the property. Stories about the old store and post office are interesting, and apparently the house we are in was once divided into apartments. We have also learned that whatever the weather is it isn't what normally happens up here. When we came in the summer we were told it isn't usually this hot and when winter came we were told it isn't usually this cold for so long and there isn't usually as much snow. Whatever the weather has been we have made the most of it, enjoying the seasons as they come.

We bought a lawn tractor as cutting the 3 acres with the push mower was a bit much. It has been handy too for all the yard clean up and tree trimming. We finally have chickens again and our grandson has been selling his eggs at the roadside. We only have 6 chickens right now so selling the eggs is sporadic, depending on whether the family has used them all or not.

As of yesterday we have two fluffy bunnies. We were at the garage sale at the NCC and there were bunnies for sale, so of course we had to bring two home. My daughter said we had to get two so they would keep each other company. Our grandson named them Bread and Ellie. Please don't ask me where he got those names because I have no idea, but he was quite serious about naming them.

We spend a great deal of time out on the deck or at the fire pit. It has been quite a change coming to the smaller three bedroom house from our five bedroom farm house down south, but we are adapting. Everyone has been so friendly and helpful up here that it has made the transition so much easier. Our extended family is in Thunder Bay now so that makes it easier too. Having family nearby is such a blessing. Being able to watch our granddaughter grow up, and care for my aging parents is important. We really love it up here and are quite happy we moved.

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 SERVICES BOARD OF NOLALU



2022

August 23, 2022

7:30 pm

Nolalu Community Centre

Kids Colouring Page



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 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.



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



Old Fashioned Strawberry Jam—From Grassroots June, 1974

5 cups strawberries

5 cups sugar

1/2 cup lemon juice

Wash the strawberries, hull and drain thoroughly. Heat the sugar in a 325F degree oven, 15 to 20 minutes.

Place the strawberries in a large saucepan. Crush slightly to extract some juices. Cook 10 minutes over low heat, stirring occasionally. Pour the hot sugar over the hot strawberries. Add the lemon juice. Bring to a boil, stirring often. Boil 8 minutes over high heat. Put into hot sterilized jars, cool and seal.

Did you know that Canada is the only country in the world that has had a continuous series of birth records for more than 3 centuries, dating from the code of laws in Quebec in 1621.

Wildflowers

As I settle into life in the North, I am in awe of all it has to offer. This year I have learned more about plant life than I have in my whole life. I am amazed at the wildflowers that grow in the fields and ditches, the edible plants and berries, and so many herbal uses for it all. I am a budding herbalist and make my own tinctures and salves. Retiring has allowed me the freedom to pursue this interest and learn so much more about what plants can do for you.

I was surprised when I saw wild lupins growing in the ditch. The colours so vibrant and the plants so healthy. I have since found daisies, campanula, black eyed Susan, fireweed, blessed thistle, and huge ferns. Of course I picked some for my table, went back and dug some up for my garden around the house, and marked the area and went back and gathered seeds. I wanted to make sure I had native plants in my garden as it makes growing so much easier. I can't wait to see what this next month brings.

Wildflowers have many benefits to both us and the environment. The most important reason to grow wildflowers is they tend to be more resilient than exotic garden plants, requiring less water and maintenance once established. They also attract beneficial pollinators such as bees and butterflies. And...they are beautiful! A wildflower is a plant that grows in wild spaces like forests and meadows. However, it's important to know that many wildflowers native to northern Ontario can be grown successfully in your own garden as well.

I have been fortunate to have good teachers in herblore, and of course there are many books available and the internet is easy for searching up information. I am currently drying spearmint, catnip, clover, and chamomile. I found all of these while out walking on our property. I was able to make a dandelion syrup for the first time this year. It is sweet but tangy. I have also made chamomile tincture, daisy tincture, catnip tincture, and a clover tincture. With the cold infused oils I have made I was able to make a bug balm for my grandson. The bugs really like him and he swells up something awful. The bug balm soothes the itch so it doesn't get as bad. I have also made cold infused oils of peppermint, lavender, arnica, and St. Johns Wort. I combined the peppermint and lavender oils to make a salve for sore muscles. I am truly blessed to be able to follow this passion for herbal remedies, and to have so much available in my own backyard. If you have herbal remedies you'd like to share I'd love to hear from you, grassroots@tbaytel.net

Odette

NOLALU COMMUNITY CENTRE: HALL RENTAL

July 2022 Contact any NCC Executive for hall availability and bookings.

- Package A: **Occasional daytime functions**
e.g., birthday parties, showers
Minimal use of kitchen e.g. fridge, **\$30**
Full use of kitchen, e.g. burgers on stove, **\$50**
- Package B: **Meetings of Community/Service groups**
Minimal use of kitchen
\$25 part day / **\$50** full day
- Package C: **Major day or evening functions**
e.g., weddings, family reunions
With liquor if required, plus full use of kitchen
Renter is responsible for obtaining and posting liquor license if required
\$100 (and up, at the discretion of the NCC, depending on function, risk, familiarity with kitchen equipment)
- Package D: **Memorial Service for community member**
Refreshments (sandwiches, pickles, desserts, tea, coffee) can be provided
Specialty foods, e.g. suolakala, not included
\$40 plus the cost of food supplies
- Package E: **Businesses/Vendors Use**
e.g., Craft Fair, Marketplace, indoor/outdoor Yard Sale
Minimal use of kitchen, e.g. fridges
Use of washrooms for patrons
\$10 per table rental
\$5 per parking lot space rental

Table/Chair rental available: (max 17 8' tables, max 101 chairs)

At the discretion of the NCC Board
\$5/table, \$2/chair for the event.

Renter provides transportation and returns in clean condition

Set-up charge for tables and chairs, if requested, additional **\$25**.

Clean-up charge, **if necessary**, additional **\$25+** at the discretion of the NCC.

The facility is to be left in a clean, tidy condition

August 2022—NCC Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8 NCC General Meeting 7:30pm	9	10 Play Group 1:00—3:00pm	11 NEST Meeting 7:30pm At West Fire Hall	12	13 Ice Cream Social 12:00 – 3:00pm
14	15	16	17	18	19	20 Rain Date for Ice Cream Social
21	22 NW Clinic Foot Care 9:30am—4:00pm By Appointment	23 LSB Meeting 7:30pm	24	25 NW Clinic Primary Care 9:30am—4:00pm	26	27
28	29	30	31			



NorWest Community
Health Centres
Centres de santé
communautaire NorWest

Transition of Care



NorWest Community Health Centres are transitioning clients from the following Communities to the Evergreen Site in Kakabeka starting in September 2022.

NorWest Community Health Centres will continue to serve clients and address any needs through this hybrid model which includes receiving care at the Kakabeka site.

Municipality of Oliver
Paipoonge

Municipality of Neebing

Township of Conmee

Township of O'Connor



@NorWestCHC



facebook.com/NorWestCHC

NorWest Community Health Centres
525 Simpson Street
Thunder Bay, ON P7A3J6

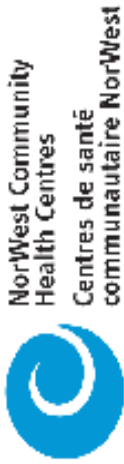
www.norwestchc.org



PLEASE NOTE

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

NORWEST COMMUNITY HEALTH CENTRES – MOBILE HEALTH SERVICES



August 2022

Mon	Tues	Wed	Thurs	Fri
1 CIVIC HOLIDAY	2 SHEBANDOWAN—Footcare 9:30am-4pm Community Centre NEEBING—PCare 11am-5pm Blake Hall	3	4 UPSALA -Footcare 10am-3:30pm Community Centre O'CONNOR— PCare 10:30am-5pm Community Centre	5
8 KAMINISTIQUIA-PCare 9am-3:30pm Community Centre KAMINISTIQUIA-Footcare 9am-3:30pm Community Centre	9	10	11 UPSALA — PCare 10am-3:30pm Community Centre	12
15 ARMSTRONG 1-6pm NorWest CHC Clinic	16 ARMSTRONG 8:30-Noon NorWest CHC Clinic	17	18 O'CONNOR—Footcare 10am-4:30pm Community Centre O'CONNOR—PCare 10:30am-5pm Community Centre	19
22 NOLALU -Footcare 9:30am-4pm Community Centre	23	24	25 NOLALU - PCare 9:30am-4pm Community Centre	26
29	30 SHEBANDOWAN—Footcare 9:30am-4pm Community Centre SHEBANDOWAN— PCare 9:30am-4pm Community Centre	31 NEEBING—PCare 11am-5pm Blake Hall	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
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