Grass Roots

News & Events

June 2018

Nolalu Community Centre (NCC): www.nolalu.ca

Local & Surrounding Area



Mailing Address:

Nolalu Community Centre 2266 Hwy 588 RR 1 Nolalu, ON POT 2K0 T: 807-475-8806

Message from NCC President

Here it is, a cold and gloomy day outside but inside there's a pot of soup simmering on the stove and supper is happily cooking in the slow cooker on the counter. I hope to get in my craft room later to do some much needed mending and sewing. I love my craft room because I can go in there and get lost in so many projects. With a large TV and plenty of movies to watch, I am in good company.

With the arrival of spring we are having our first actual rain day, which we really need. I will be out in the vegetable garden tomorrow checking on my garlic. From the kitchen window it looks like it's coming up so time to remove the mulch that protected the rows during the winter. I just hope the weather warms up so I can get the garden planted soon. My tomatoes are getting taller every day and I hate to see them get all leggy from searching for the sun. I have several flats of tomatoes scattered on tables, the floor and my mini greenhouse in the dining room, along with an assortment of herbs and flowers.

Speaking of rain, that reminds me of our Volunteer Fire Fighters who have been so busy as their grass fire season has started up quickly. They do one heck of a job as first responders as well as fire fighters and I would like to say a big THANK YOU to each and every one of them. They make many sacrifices for their jobs in keeping our community and its residents safe. So, if you see them out and about, take the time to say hello and thank them for the good job they are doing. As well, I would like to take this opportunity to thank all our Nolalu Community Centre Volunteers who help so much with all the activities we have going throughout the year. If not for their hard work, we would not be able to have these events etc. at the centre. So, another big THANK YOU to you as well. And remember, you can't put a price on their value as they are priceless.

With that said, I would just like to remind everyone to get out to vote in the Provincial Elections in June. Take care everyone and have a wonderful, happy and carefree summer.

Phyllis Garton, President

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Emergency phone number for Nolalu Fire & Ambulance: 473-5200

NCC Board Members

President	Phyllis Garton	phylsfrills@gmail.com	473-9819
Vice President	Mike Stevens	mcstevens@tbaytel.net	939-2279
Secretary	Kami Bishop	mrsbishop2u@gmail.com	356-1056
Treasurer	Rhonda Heerschap	rhonda.heer@gmail.com	935-2399
Kitchen Coordinator	Rob Kitson	rikrals@gmail.com	623-2236
Events Coordinator	Cathy Stevens	mcstevens@tbaytel.net	939-2279
GrassRoots Editor	Amy Silvaggio	aasilvaggio@gmail.com	473-4623

Please join the NCC

Board in welcoming our

newest member,

Cathy Stevens,

Events Coordinator.

Welcome to the team

Cathy!

NCC Financials

Per May NCC Board Meeting

Chequing

 Opening Balance:
 \$ 9,823.64

 Credits:
 \$ 357.75

 Debits:
 - \$ 2,199.01

 Total:
 \$ 7,982.38

Emergency Fund

 Opening Balance:
 \$10,010.31

 Credits:
 \$6.58

 Total:
 \$10,006.89

Business & Ad Fees



Ad Pricing

Business card ad: \$5.00

1/4 page ad: \$10.00

1/2 page ad: \$15.00

Full page ad: \$25.00

Community notices: Free

Non-business classified ads:

Free for premium members

*Graphic charges may apply.

The GrassRoots monthly submission deadline is the 15th.

Please email submissions to grassroots@tbaytel.net

Please make all cheques payable to Nolalu Community Centre.

Other Business

NCC Hall Rental

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

Please contact Phyllis at 473-9819 for more information.

NCC Memberships

2018 NCC memberships are available for purchase. Please contact Kami at 356-1056 to order yours.

Summer Dump Hours

Effective May 1st

Adrian Lake

Wed.: 6 pm to 8 pm Sun.: 2 pm to 5 pm

Hardwick

Wed.: 3 pm to 5 pm Sun.: 6 pm to 8 pm



Issue #11

The Pee Dee opens up the Nolalu region

In 1882-'83, the Canadian Pacific Railway arrived in northwestern Ontario. Port Arthur, on the north shore of Lake Superior, became an important gateway. The influx of immigrants who settled in the Thunder Bay rural areas started around 1876 and grew dramatically from 1900 to 1930. Rail access in and out of the interior became vital for tapping into resources such as minerals (silver and iron), forest products (lumber) and to establish farms and rural settlements.

Between 1889 and early 1890's, the firm of Middleton and Conmee constructed what was officially called the Port Arthur, Duluth and Western Railway, commonly known as the "Pee-Dee" or simply the "P.D." The railway was officially opened on June 1, 1893. Its 85 miles (137 kms) of track began in Port Arthur, followed a south-westerly course through Fort William, Neebing, Paipoonge, O'Connor, Gillies, Lybster and Strange Townships. It continued as far as Gunflint Lake, six miles beyond the American border. The link up with Duluth was ultimately never completed. Back then, there was regular train service once a week as far as North Lake on the U.S. border and a daily run as far as Mackie's Siding, on the north shore of Whitefish Lake.

Greater numbers of immigrants and non-immigrants could access remote regions. Eventually they would ride the rails through up to 27 stations. These were, Port Arthur, Fort William, Westfort, Twin City Junction, Slate River, Stanley, Harstone, Flint, Silver Creek, Murdock (Hymers), Sellars, Leeper, Nolalu, Hillside, Silver Mountain, Whitefish, Wolfe Siding (Suomi), Mackies, Round/Gravel Lake, Sand Lake (Sandstone), Iron Range, Addie Lake, North Lake, Leeblain, Gunflint, Round Lake (U.S.A.), and finally Gunflint/Paulson Mine. In 1915, all the rails west of North Lake were removed. In 1920, the writing was on the wall. In 1923, the railway abandoned the section of line between Round Lake and North Lake.

My father Walter (Valde) Hunnakko (1906 – 1989) came from Finland by ship in December, 1928. Upon arrival in Saint John N.B., he then travelled by C P R train westbound through Montreal and northwest through Sudbury and into the Shield country through White River. Then along the north shore of Lake Superior through Nipigon and south-west to what is now Thunder Bay. He then took the Port Arthur, Duluth and Western Railway to the Whitefish Lake/Silver Mountain region where as an early settler he felled trees for pulpwood and lumber and cleared the fields of stumps and rocks for farming. My mother Mamie was never far, doing her part.

The depression thirties were not the time for more bad news. In 1937, unsustainable financial losses forced the railway to abandon more track from Mackie's Siding to Round Lake. In March 1938, Canadian National gave the order to halt all operations. Over the next year, work began in removing the now badly deteriorated rails. And even after the rails were lifted, for years to come, many along the PD line could still hear the fading clatter in the distance. Today, only the ribbon of bushed in railway right-of-way serves as a memorial to a time when train travel would open up the Great North-West. Only three km from where I live, the refurbished Silver Mountain Station still stands as a monument to this era.

This issue of *Gateway Nolalu* is drawn from my latest book, 'Piercing the Shield'.

Leo Hunnakko is an historian and author. Contact Leo at -- leoh@tbaytel.net or 577-7484.



Nolalu Cemetery

Request for Tender for 2018 Nolalu Cemetery Grass Cutting Contract

The Nolalu Cemetery is accepting tender applications for grass cutting for the entrance, road leading to and cemetery proper.

If you are interested in submitting a bid, please contact Sharon Corston, Nolalu Cemetery Secretary-Treasurer at sicorston@gmail.com or call 807-355-1549 to receive the tender package.

The closing date of the tender process will be Friday, June 8th, 2018 at 5:00 pm, local time. The Tender will be awarded on Saturday, June 9th, 2018.

Notice of Annual Meeting of the Nolalu Cemetery Board

Saturday, June 9th, 2018 1:00 pm Piilo's Coffee Bar All are welcome!



Oliver Paipoonge Public Library

Murillo BranchRosslyn Branch4569 Oliver Rd.3405 Rosslyn Rd.Murillo, ONRosslyn, ONT: 807-935-2729T: 807-939-2312

E: oplibrary@tbaytel.net

Branch Hours of Operation

	Murillo Branch	Rosslyn Branch
Sunday	closed	closed
Monday	10 am - 8 pm	closed
Tuesday	closed	10 am – 8 pm
Wednesday	10 am - 8 pm	closed
Thursday	closed	10 am – 8 pm
Friday	closed	closed
Saturday	10 am - 2 pm	1 pm – 5 pm

The libraries will be closed July 1.



Catherine and Terry Niemi 51 Delints Road, Nolalu 768-5357 or 633-2949





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

We are your new **dealer and service provider** for Toyostoves providing you with Toyotomi Laser Direct Vented Heaters that have an 87% Efficiency/AFUE Rating and can be used in your home, garage or cottage. Water Heaters that boast an 87-88% Efficiency Rating. Whisper quiet, safe and dependable.

- Do you require mechanical work on your vehicle, farm equipment, outboard motors, atv, chainsaw etc.?
- Perhaps you need **diagnostics** done on your skidoo, can-am or sea-doo; We Do That!
- Is there a new chicken coop, shed or tack room in your farm dream plan? The Rusty Bucket has you covered with **carpentry work.**
- Have tractor and willing to travel to dig post holes. We will dig the holes and set your
 posts and you can do the rest. Need a garden tilled, we can certainly help with that!
- We do **black iron designs** and **custom wood projects** to satisfy your more rustic side.

The Rusty Bucket is a Multifaceted Home-Based Business Working Hard to Be What You Need Us to Be

Please check us out on Facebook and then give us a call at 768-5357 or 633-2949.

From the NFST

The NEST Annual Meeting and Auxiliary Elections were held in the West Fire Hall on April 12, 2018.

The NEST Auxiliary Executive Elected for 2018/2019 are:

President: John O'Malley
Vice-President: Cal Eyjolfson
Secretary: Vacant

Treasurer: Director:Teresa Patcheson

Harold Maki

Vince Patcheson

NEST Secretary Needed

Are you interested in being a part of your emergency team, but don't want the responsibility of a fire fighter or first responder?

We are in need of a Secretary. This involves taking minutes at one meeting per month and dealing with any correspondence. Time involved is 3 hours per month at the most.

If you can help us out please contact John O'Malley at 475-3640.

Have You Heard?

The NCC Board is hosting a

VOLUNTEER APPRECIATION SUPPER

Saturday, June 23, 2018 at the

Nolalu Community Centre

Everyone who has volunteered at the Nolalu Community Centre from September of 2017 to present is invited (accompanied by their spouse/partner).

Menu

Please RSVP to Kami Bishop at 475-7654 by Saturday, June 9th.

Special Thanks

If you've driven by the NCC lately, you may have noticed some new picnic tables on the lawn. The NCC Board is sending thanks to a local carpenter who volunteered time to build new picnic tables for the centre.

This volunteering carpenter would like to remain anonymous, but we'd still like to share our thanks and

appreciation for your kind gesture.

Thank you!



Birthdays & Anniversaries

Happy birthday to NCC member:

June Hansen June 24 Bob Katagamaki June 26



NOLALU EMERGENCY SERVICES TEAM CANADA DAY CELEBRATIONS

JULY 1 2018

FROM 1:00PM-4:00PM

AT THE NOLALU COMMUNITY CENTER

Come join members of your local fire rescue and first response team at the Nolalu Community Center as we celebrate Canada Day with a free BBQ, games for the kids, fire truck rides, fire extinguisher training, and much more.

Pick up some handouts, enter our draws, and talk to our team about how you can become FireSmart, and help reduce the risk of forest fires in our community.

Wildfire Preparedness Day

National Wildfire Community Preparedness Day events help raise awareness of wildfires, and bring residents of all ages together to learn more about projects and tips to protect their homes, neighbourhoods and communities. FireSmart Canada in collaboration with the National Fire Protection Association, the Institute for Catastrophic Loss Reduction, and The Co-operators are pleased to support this third annual event in Canada.

Free BBQ

Games

Fire truck rides

Giveaways

Sponsored in part by FireSmart Canada, NFPA, ICLR and the Co-operators.

NOLALU FIRE RESCUE

RR1 Nolalu ON P0T2K0 807-475-4441

Find us on Facebook: Nolalu Fire Rescue and First Response

July 1 2018 from 1:00-4:00 Nolalu Community Center

REQUEST FOR PROPOSAL Website Redesign and Management

This Request for Proposal ("RFP") is being issued to identify a vendor or individual qualified to redesign and manage the website for the community of Nolalu. This project requires someone who has experience in website design and management.

Project Goals: The Local Services Board of Nolalu (LSB) is the owner of "Nolalu.ca" hosted by WordPress. The successful webmaster will:

- redesign the website which will contain 4 to 6 core pages with general information about the community and its service organizations;
- implement the redesigned website no later than August 1, 2018;
- update content on a monthly basis at the direction of the LSB (upload approximately 3 documents monthly and 5 annually)

Evaluation: Proposals will be evaluated equally on cost and experience of the webmaster.

Contract: The anticipated award date is June 26, 2018. The successful proponent will enter into contract with the LSB for the website redesign and content management for the period of July 1, 2018 to September 30, 2019. After this, a contract for content management will be considered on an annual basis October 1st to September 30th.

Proposal Submissions: Submit one copy of the following information to the below noted mailing address or email no later than June 22, 2018, 5:00 PM local time.

- Name and contact information of vendor or individual;
- Webmaster's experience in website design and management;
- Cost to redesign and manage the website for the period July 1, 2018 to September 30, 2019;
- Cost to manage the website for the period October 1, 2019 to September 30, 2020.

Local Services Board of Nolalu

c/o Karen Caren – Secretary/Treasurer RR 1, Kakabeka Falls ON P0T 1W0 Tel: (807) 577-3043

Email: lsbnolalu@live.com

Late Proposals will not be accepted. The LSB reserves the right to reject all or any proposals, and to not necessarily accept the lowest proposal. The LSB may accept any proposal or any portion of any proposal that may be considered to be in the best interests of the LSB. The LSB reserves the right to negotiate, after the RFP Submission Due Date, with any proposer to finalize service arrangements in the best interests of the LSB.

Remember Fire Safety this summer, Urges Local Fire Service

Nolalu – June, 2018 - June is when many Ontarians get a jump on summer by opening their cottages and other seasonal homes. Nolalu Emergency Services Team is urging residents to add safety and prevention to their cottage plans.

"Cottages and other seasonal homes are vulnerable to unsafe conditions that can arise over the winter such as smoke and carbon monoxide alarms that no longer work, and chimneys that have become blocked," said Chief Shoemaker. "Those travelling to cottages, cabins and seasonal homes should take new smoke and carbon monoxide alarms and batteries in case they need replacing when you arrive. We want everyone to enjoy the summer, and that includes staying safe."

Other cottage fire safety tips include:

- Install smoke alarms on every storey and outside all sleeping areas of homes, cottages, cabins, trailers, RVs, and seasonal homes.
- Install carbon monoxide alarms outside all sleeping areas if your home, cottage, cabin, trailer, or RV has a fuel-burning appliance, fireplace or attached garage.
- Test smoke and carbon monoxide alarms at least monthly or each time you return to the cottage. Pack a new smoke and carbon monoxide alarm and extra batteries in case they need replacing.
- Develop and practice a home escape plan to ensure everyone knows what to do if the smoke or carbon monoxide alarm sounds.
- Know the telephone number for the local fire department and your cottage's emergency sign number, in case of emergency.
- Clean barbecues before using them. Keep an eye on lit barbecues and ensure all combustibles, as well as children and pets, are kept well away from them. Fires can happen when barbecues are left unattended.
- Keep barbecue lighters and matches out of sight and reach of children.
- Remember to bring a flashlight with extra batteries.
- Inspect heating appliances and chimneys before using them.
- Check with your local fire department to determine whether open air burning is permitted before having a campfire or burning brush. Always keep a bucket of water or sand and a shovel close by and supervise the fire at all times.
- If you must smoke, do so outside. Keep a large can with water nearby so cigarette butts can be safely discarded.
- If you drink, do so responsibly. Tobacco use and excessive alcohol consumption are contributing factors in many fires and can lead to serious injuries.
- Burn candles in sturdy candleholders that will not tip and are covered with a glass shade. When you go out, blow out!

For more information, please contact:

Nolalu Emergency Services Team

Hall 807-475-4441 Nolalufirechief@gmail.com RR1 Nolalu ON P0T 2K0



Kakabeka Legion Events - June

BINGO

- Every Wednesday Payout to a maximum of \$1,555
- Doors open at 5 pm, Early Birds begin at 6:45 pm
- For more information call Gary at 473-9631

Saturday, June 2nd

- DANCE to the music of Quest 8 pm 11 pm
- Admission \$8 per person includes Sandwiches, desserts and coffee and tea.

Thursday, June 7th

Provincial Election

Friday, June 8th

- DANCE Dance with Crystal River 8 pm 11pm
- Admission \$8 per person includes Sandwiches, desserts and coffee and tea.

Saturday, June 9th

Executive Meeting - 2:00 pm

Saturday, June 9th

General Meeting - 3:00 pm

Sunday, June 10th

- BUFFET BREAKFAST 8:30 am 12:00 pm
- 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" omelet.
- Adults \$12, seniors \$11 and children's pricing as well. Join the breakfast club and after 10 paid breakfasts you get a free breakfast.

Tuesday, June 12th

Municipal candidates meeting 6:30 pm - 8:30 pm

Friday, June 15th

- DANCE to the music of Quest 8 pm -11pm
- Admission \$8 per person includes Sandwiches, desserts and coffee and tea.

Saturday, June 16th

- KAKABEKA FARMERS MARKET
- Every Saturday 9:30 am 12 pm
- Market Breakfast 9 am Noon

Saturday, June 23rd

- DANCE with Jack Nelson 8 am -11pm
- Admission \$8 per person includes Sandwiches, desserts and coffee and tea.

Sunday, June 24th

An Afternoon of Music 2 pm - 4 pm

Students needing volunteer hours can get them at any of the Legion events. Call Gary for more details, 473-9631.

Celebrating 100 Years of History 1920 to 2020

The 100th Year of the Incorporation of the Township of Gillies is being commemorated with a History Book featuring the stories and photos about the people, families and events that shaped the Township

Share your Stories and Events

Submit your Family and Special Interest Stories Now until April 2019

- People who lived in Gillies Township at any time between 1920 to current
- Pioneer families
- Generational families
- Newcomers
- Special interest or knowledge of historical
- Electronic, handwritten or verbal stories and articles, as well as scans or photographs of original phots are accepted



More Information



Find us on Facebook: facebook.com/GilliesHistoryBook





Township of Gillies Office 807-475-3185

gilliestownship.com/history.php

Book Available for Purchase in 2019

Hymers Fall Fair Labour Day Weekend 2019

Township of Gillies Office September 2019

Community Spotlight: Support Needed

On May 5th Michelle Hickmans suffered a stroke. For those of you who don't know, Michelle is a member of our community and her partner, Thomas, was on the Nolalu fire department. Michelle is 30 years old and the mother of two small children. She is also a school bus driver. "To assist with Michelle's recovery and with caring for their children, Thomas has taken an indefinite leave from his work, as Michelle's recovery potential, and duration, is as of yet unknown."

A gofund me page has been created to ask the community for support. Please take a moment to visit <u>www.helpmichelle.com</u> to learn more about Michelle, her recovery and how you can help. "Donations will be contributing to any necessary physiotherapy, medical bills, safety equipment, travel, caregivers, etc. Any and every donation will make a huge difference for this family, and we all as a community are extremely appreciative of your consideration and generosity."

If you have already made a donation for Michelle's recovery and shared the link, thank you. If you are unable to donate at this time, please share the following link www.helpmichelle.com.

RURAL CUPBOARD FOOD BANK NEIGHBOURS HELPING NEIGHBOURS

By Gladys Grant, Public Relations

With the flowers and everything being late this year I wanted to remind everyone who plants a garden, and is able, to plant an extra row of vegetables for the Food Bank. The donation of fresh produce in the fall certainly is appreciated by the clients of the food bank.

ATTENTION: Get your tickets early for the RAFFLE being held on September 30th in support of the Rural Cupboard Food Bank. 1st Prize is 2- West Jet Tickets (Anywhere they Fly), 2nd prize is \$500 Meat Package from Stoney Ridge Farm, and 3rd Prize is 2 Nights at Red Pine Outfitters (Includes Canoe Boat, Motor & Gas). **Tickets** are \$5.00 each or 3 for \$10.00. Call the food bank number 285-0836 to find out where you can purchase tickets! You can also call Lorna Kreig at 577-1035 or Gladys Grant 935-2202 for Draw is Sunday, tickets. September 30th at Conmee Hall!

ATTENTION: We are in need of items for the Birthday bags which are given out to the children registered with the food bank up to 14 years old. Cake Mixes, Icing, Candles, Serviettes and Medium Sized Bags.

Plastic and reusable bags are always welcome. Food and bags can be dropped off at the Rapport Credit Union in Kakabeka Falls Village, both the Rosslyn and Murillo Oliver Paipoonge Library, Odena Foods, The Neebing Municipal Office and The O'Connor

Municipal Office during business hours.

The food bank will be open on Wednesday, June 20th with (Intake) Registration from 9 a.m. to 11 a.m. and hampers being handed out starting at 10 a.m. Clients must be there to register between 9 a.m. and 11 a.m. or they will have to phone for an emergency hamper, which is only given out once a year!! Volunteers will stay until all hampers are distributed.

Our School Lunch program is still running and we would appreciate donations for this much need effort!

On Monday, June 18th volunteers will be at the food bank from 6:15 p.m. to 7:45 p.m. preparing for food bank day and Tuesday, June 19th from 1 p.m. to 2 p.m. You're welcome to bring items to the food bank at these times.

A BIG THANK YOU to the Kakabeka Legion for hosting an afternoon of music on Sunday, May 27th with RIPPLING WATERS (Ralph Holland, Muriel Merritt, Ted Kopachynski, Irvin Heney & Murray Peters) also KENNY KONNECTION.

A large sum of money was raised for the Food Banks School Lunch Program. Thank you to all those who came out to support this worthwhile cause and listen or dance to great music.

The last one is on Sunday, June 24th from 2 P.M. to 4 P.M. with

JUST 4 YOU (Brian Grant, Jerry Wark, Rob, Harold Zweep, Vince and Lois Lofts). There will be another group but no sure who it is yet, but will be great! Cash donation at the door! Dancing is Welcome! Come out for an afternoon of fun and fellowship!!

Just a reminder that food items needed right now at the food bank are canned tomatoes, canned potatoes (great for singles), canned meats, tuna, chicken, ham, peanut butter, canned fruit, pork & beans, vegetables, pasta and spaghetti sauce. Please check to see that the items are not expired as we cannot give them to our clients! Thank You.

A TAX RECEIPT will be issued for \$10.00 or more for any donation to the food bank as we are a registered Non -Profit Charity! The Building Fund is always accepting donations also to help pay off our mortgage on the new building!

CHECK US OUT ON FACEBOOK!

Our Web site is raisethefoodbank.com.

Next meeting is Wednesday, June 6th at 6:30 p.m. in the Council Chambers at Conmee Complex!

Rural Cupboard Food Bank Conmee Municipal Complex 19 Holland Road West RR 1 Kakabeka Falls, ON POT 1WO T: 807-285-0836

June 2018 Nolalu Community Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
		Fire Team Training		NCC General Meeting NEST Meeting	Youth Games Night	
10	11	12	13	14	15	16
		Diner's Club Lunch Fire Team Training		NCHC Mobile Diabetes Clinic		
17	18	19	20	21	22	23
Father's Day		Fire Team Training LSB Meeting				
24	25	26	27	28	29	30
		Fire Team Training		NCHC Mobile Health Clinic		

Nolalu Community Events Calendar

June 5: Fire Team Training, 7:00 pm at the East Fire Hall

June 7: NCC General Meeting 7:00 pm at the NCC

June 7: NEST Meeting, 7:30 pm at the West Fire Hall

June 8: Youth Games Night, 7:00 pm - 9:30 pm at the NCC

June 12: Diner's Club Lunch, 12:30 pm at the NCC

June 12: Fire Team Training, 7:00 pm at the East Fire Hall

June 14: NCHC Mobile Diabetes Clinic, 9:30 am - 4:00 pm at the NCC

June 19: Fire Team Training, 7:00 pm at the East Fire Hall

June 19: LSB Meeting, 7:30 pm at the NCC

June 26: Fire Team Training, 7:00 pm at the East Fire Hall

June 28: NCHC Mobile Health Clinic, 9:30 am - 4:00 pm at the NCC

If you have a community event taking place in July you'd like advertised, please email your submission to qrassroots@tbaytel.net by June 15th, 2018.

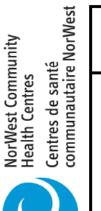
Diner's Club Suppers

Please note there will not be Diner's Club Suppers in June.

Diner's Club Suppers will resume in September. ★ = Regular
 Mobile

NORWEST COMMUNITY HEALTH CENTRES - MOBILE HEALTH SERVICES

June 2018



= Diabetes Mobile	Norwest CHCs is located at 525 Simpson St Thunder Bay, ON P7C 3J6	Tele:807.622.8235 TF: 1.866.357.5454 www.norwestchc.org	Note June 7th- Upsala NP, CHW, & Footcare Services	Available June 21st—Upsala CHW, & Footcare Services Available	June 21st - O'Connor NP, CHW, Footcare & Dietitian Services Available
Fri	1	8	15	22	29
Thu		7 UPSALA 10am-3:30pm Community Centre	14 NOLALU 9.30am-4pm Community Centre	21 O'CONNOR 12-6pm Community Centre UPSALA 10am-3:30pm	28 NOLALU 9.30am-4pm Community Centre
Wed	on availability of an appointment,	9	13	20 O'CONNOR 10am—3pm Community Centre (Booked Appointments Only)	27
Tue	Nurse Practitioner: We accept walk-in's based on availability of appointments. For more information or to book an appointment, call 807.626.8474	5 O'CONNOR 12-6pm Community Centre	12 NEEBING	19 SHEBANDOWAN 9.30am-4pm Community Centre	26 MURILLO 9.30am-4pm Community Centre (CHW and foot care only) ARMSTRONG 8:30am-12:30pm
Mon	Nurse Practitioner: Wappointments. For mor call 807.626.8474	4 KAMINISTIQUIA 9am—3:30pm Community Centre	11	KAMINISTIQUIA 9am—3:30pm Community Centre	25 ARMSTRONG 1 – 7pm NorWest CHC Clinic