



THE ONAPING FALLS NEWS

FREE

April 2018

Volume 8

PLAYOFF CHAMPS

INSIDE THIS ISSUE:

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Melinda Moments

School News

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Home Sweet Home

A little bit about.....



On April 3rd be sure to wish our friend and neighbour Jack Lahnalampi a very Happy Birthday!

Special points of interest:

- Onaping Falls Soccer Club
- Did you know???
- Ten Point Archery
- Spend Your Tax Refund Wisely
- RCMP Musical Ride & Family Festival
- Legion happenings
- Do you Knit or Crochet??
- Local Pet Peeve of the Month



Congratulations to the Onaping Falls Huskies Major Midgets in their victory against The Walden Mechanical Devils to skate away as Champions of the North Eastern House League Midget A 2017-2018 season. Pictured here L to R ~ Coach Mike Young, Jack Cormier, Ethan Young, Chris Denault, Nick Charron, Ethan O'Bumsawin, Brian O'Connor, behind Brian is Asst. Coach Derek Charron, Tyler Roy, Cameron Oakes, Trainer Marcel Brosseau and Asst. Coach Jody Crossman Front row L to R ~ Danyka Crossman, Jason Ethier, Daylan Leroux, Soulon Sader-Wragg, Denver Roney and Owen Guse .

50 ANNÉES - YEARS SOUPER et DANSE

Centre récréatif de DOWLING Community Centre
79, rue Main Ouest

SAMEDI 5 mai - SATURDAY, May 5
17 h - 5 p.m.

SOUPER et DANSE - 30\$ - SUPPER & DANCE
DANSE - 15\$ - DANCE

Les billets seront en vente jusqu'au 20 Avril à
l'école St. Etienne, Roger's Valu-mart
et Klazone (Place Bonaventure, Chelmsford)
Aucun billet pour le souper sera disponible à la porte
No tickets for supper will be available at the door

UNE PARTIE des profits ira à NEO KIDS

École St-Etienne 79, av. Houle  705 855.4333
nouvelon.ca



Home hardware

SAVE NOW!
Here's How.

Premium 3 Ply Garden Hose 5/8" x 50' 3028-539

SAVE 51%
Was \$44.99
21.97

16" Solar Garden Light 3023-424

SAVE 45%
Was \$10.99
5.97

Hose Nozzle 3042-802

SAVE 45%
Was \$6.99
3.77

While supplies last. No cashbacks. No other offers. We reserve the right to limit quantities.



SAVE NOW!
Here's How.

Jerry Can 5 L capacity 640-238

SAVE 48%
Was \$29.99
4.27

Poly Tarp Tear resistant, rust resistant grommets on sides and corners 7'6" x 9'3" 5472-543

SAVE 55%
Was \$16.99
4.87

24" Poly Lawn Rake Wide sweeping action with flexible tines 5082-3444

SAVE 54%
Was \$17.99
7.97

While supplies last. No cashbacks. No other offers. We reserve the right to limit quantities.



The Spring Clean-up Event

Lawn Recovery 10-2-4
Combination grass seed, fertilizer and compost with added iron. Covers 158 m². 7 kg 5045-188

ONLY 39.97



FRIDAY & SATURDAY ONLY!

2 Day Deals

IRON+ Lawn Fertilizer 18-0-8 50L more iron for the fastest deep green lawn, visible results in 72 hrs. Covers 400 m² 11 kg 3024-902

SAVE 25%
Was \$74.97
18.67

Zero Gravity Chair Set
Steel powder coated frame, sling top material. Includes 2 chairs and 2 trays 400-016

SAVE 20%
Was \$109.99
89.97

While supplies last. No cashbacks. No other offers. We reserve the right to limit quantities.

April 25th to May 1st, 2018

March 28 to April 3rd (9207)

NEW STORE HOURS
Monday to Saturday
From 9am to 5pm
Sunday ~ CLOSED

47 Levack Drive
705-966-3335

Check our many products online at
www.homehardware.ca

SAVE NOW!
Here's How.

Angled Broom with Dustpan Flowered end and bristles for better dust removal 455-568

SAVE 52%
Was \$10.49
4.97

2 Pc. Paint Brush Set Includes 1 1/2" and 2" brushes 3611-401

SAVE 65%
Was \$11.99
3.97

35" x 50" Garbage Bags Heavy duty, 13 mil thickness. Black. 446-6346

SAVE 45%
Was \$9.99
5.47

PACK OF 30

While supplies last. No cashbacks. No other offers. We reserve the right to limit quantities.

The Spring Clean-up Event

Interior Acrylic Paint 3.78 L

SAVE \$5
Was \$41.99
36.97 Each

Semi-Gloss
A smooth finish. 1853-505/514/516/519

Velvet Kitchen & Bath
Low sheen finish. 1854-713/714/715

FRIDAY & SATURDAY ONLY!

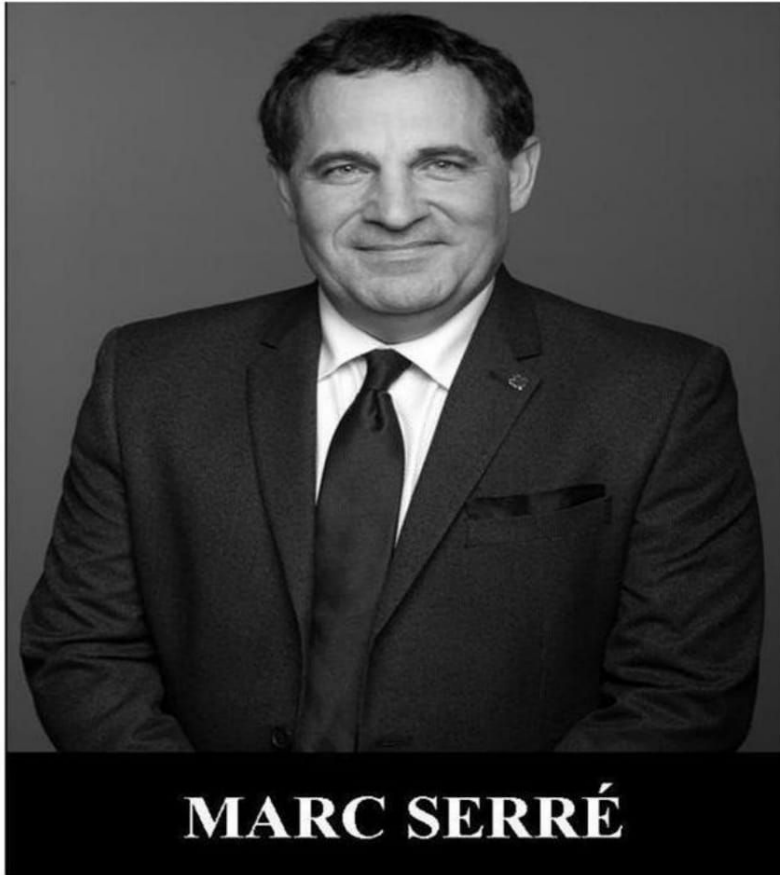
2 Day Deals

Solar LED Deck/Step Light 3602-2198

SAVE 60%
Was \$8.99
3.37

While supplies last. No cashbacks. No other offers. We reserve the right to limit quantities.

April 11th to April 17th, 2018 (9208)



Marc Serré

M.P./Député

Nickel Belt

2945 Hwy/route 69N

Suite/Bureau 203

Val Caron, Ontario P3N 1N3

Tel: 705-897-2222

Email :

marc.serre@parl.gc.ca

www.marcserre.ca

Facebook @ Marc Serre

Paul Yuzyk Youth Initiative for Multiculturalism

Youth in Nickel Belt-Greater Sudbury between 18-24 can now apply for micro-grants of up to \$1000 through the new Paul Yuzyk Youth Initiative for Multiculturalism, for projects that promote diversity and inclusion! Apply today!

YOUTH and DIVERSITY

Deadline to submit an application is April 20, 2018.

Apply now by going to

www.canada.ca/en/canadian-heritage/services/funding/interaction/paul-yuzyk-initiative.html

Canada's diversity is a strength and a source of great pride. Young leaders play a critical role in shaping our country's future and fostering a

stronger more prosperous Canada.

This is your opportunity to make a positive difference in your community.

P a n t h n i n g

Perfect for an early
Mother's Day gift!
Bring along Mom and
enjoy a fun night out .

Funds raised from this event will go towards
the purchase of a bench in
Memory of Graham Pratt

Tuesday, May 1st at 6pm

Onaping Legion Hall

\$45 per person ~ Light lunch included

Bar will be open

Onaping Falls Recreation Committee
"Believing in Community"



Please come out and support us.
Please register by contacting via text or call
Carrie Cook-Morin at 705-918-1978 or
Dolly Gordon-Andrews at 705-662-9095

Are you looking for
something
to do on the P.A. Day?
**Come and join us to
watch the
FERDINAND movie
screening**

followed by a fun craft.
Dowling Leisure Centre Library
Monday, April 16th at 2pm

Local Pet Peeve of the Month

With the snow melting it is very
obvious that many dog owners
DO NOT pickup after their dogs.
PICK UP AFTER YOUR DOG!
Keep our sidewalks and
grassy area clean.
Be a good neighbour!



Happy 70th
Birthday
Dennis "Papa"
Purvis
Love,
Your
Granddaughter
Mackenzie

Interesting facts about the year 1948 when Dennis was born!

Top 3 songs were
Twelfth Street Rag by Pee Wee Hunt
Manana by Peggy Lee
Now is the hour by Bing Crosby

Our Prime Ministers were
William Lyon McKenzie King until
November 15, 1948 and then
Louis St. Laurent from November 15th til 1957

Shop Local

Cathy's Artistic Cuts

Buy a Gift Certificate for Mother's Day

Win a Gift Basket

Anyone spending over \$25 will receive a ballot to win
the Mother's Day gift basket. Draw will be held
Friday, May 11th, 2018.

705-966-2766

Onaping Plaza



France Gélinas

La députée/MPP
Nickel Belt

705-969-3621

We have a provincial election on **Thursday June 7, 2018**.
Are you registered to vote?

e-Registration is an online tool you can use to make
sure your information is up to date

Visit **eregistration.elections.on.ca/en/home** or
call Elections Ontario 1-866-714-2808

You will need identification that shows your
name and address.

DID YOU KNOW????



About Eye See...Eye Learn®

The Eye See...Eye Learn® program is dedicated to making sure that parents across Ontario understand the importance of regular comprehensive eye exams for children. It is important to note that vision screenings and sight tests that are sometimes done at a child's school are not the same as a **comprehensive eye exam**.

How it works

The program encourages parents to book a comprehensive eye exam for their junior kindergarten child (born in 2013) with a local, participating optometrist. The eye exam is covered by OHIP. All children are entitled to yearly OHIP-covered eye exams until they turn 20. If a child needs glasses, they will receive a **complimentary** pair donated by Nikon Lenswear, OGI and the participating optometrist. The estimated value of the glasses is over \$250.

Only children born in 2013 can participate in the program until June 30, 2018. Children born in 2014 will be eligible as of July 1, 2018

To participate, find a participating optometrist near you and let them know you are booking an Eye See...Eye Learn eye exam. When searching for an optometrist, **please note that participating optometrists will have Eye See...Eye Learn doctor beside their name.** www.optom.on.ca

Why junior kindergarten children?

The Eye See...Eye Learn® program was developed to teach parents the importance of having their children's eyes checked before starting school.

Each year, thousands of children start school without ever having an eye exam, even though 80 per cent of learning comes directly through vision. In fact, children who cannot see the board, focus on a picture or follow words in a book may struggle to achieve their full learning potential. Sadly, one in four school-aged children has an undetected vision problem that is affecting their learning.

Vision problems can also impact a child's social development and hand-eye coordination for physical activities. That is why the Ontario Association of Optometrists (OAO) recommends comprehensive eye examinations for children entering junior kindergarten.

There is an important link between eye health and education, and the Eye See...Eye Learn® program helps ensure junior kindergarten students get the best start to learning.

Does my child need an eye exam?

Each year, thousands of children start school without ever having an eye exam. Parent often believe that their child will let them know that they cannot see well, but children are rarely able to tell that they have poor vision because they have nothing to compare it to. That's why we recommend that all children have their first eye exam at 6 months old, again at 2-3 years old, and every year after that. **People 65 years and older and those younger than 20, are covered by OHIP for a routine eye examination provided by either an optometrist or physician once every 12 months plus any follow-up assessments that may be required.** Specified ophthalmology services for patients of any age with specified medical conditions or diseases affecting the eyes are insured. **Call 1-800-540-3837 for more information.**



Gerry Montpellier

City of Greater Sudbury
Councillor ~ Ward 3

Phone : 705-698-2759

Email

gerry.montpellier@greatersudbury.ca

The Learning Curve by Kyleen Gray

What's Inquiry Based Learning?

Like all professions, teaching has its trends: differentiated instruction, 21st century classroom, streaming then de-streaming, etc. The current 'hot' teaching trend finding its way into many classrooms across Ontario is **Inquiry Based Learning**.

IBL (for short) is essentially a method of learning that is student centered. Teachers guide students through the process of questioning, researching, analyzing, interpreting, creating, sharing and re-thinking. This type of learning is often project based or focuses on an overarching question that dominates a particular unit of study.

At first glance, teachers, students and parents may be wary of IBL as it seem to lack structure and specific learning outcomes, but in reality that is its' strength. Inquiry Based Learning doesn't limit students interests, learning capacities or styles to a dictated methodology. It allows them to explore learning about a question, curiosity or topic at their own pace, in their own way with their teacher as their guide, mentor and sounding board.

Your child may already be taking part in IBL projects in their classroom, as the method of teaching has many pseudonyms: passion projects, genius hour, questioning, project based learning, etc.

If you are interested in how to support them in their learning, ask their classroom teacher for the strategies they are using to guide students so that you can mimic them at home. But whatever you do: don't influence or dictate what they should be learning and how they should go about doing it! It's tough to take the roll of the observer and guide, but that is the key to successful Inquiry Based Learning.

If you are interested in learning more about Inquiry Based Learning, there are oodles of resources online and via the Ontario Ministry of Education. Just Google it!

The CVDCS Flyers Intermediate Boys basketball Team won the North Star Basketball Classic defeating Alexander Public School 33 to 11 in the Gold Medal final. The boys went undefeated in the tournament.

Great jobs boys and good luck at the Rainbow District School Board tournament this month.



Back row l to r ~ Ian Ker, Caleb St. John, Andrews Sissons, Travis Annett, Justin Meilleur, Donald Meilleur, Coach Hopkin, Dev Patel, Xander Ellis and Nick Theriault
Front row l to r ~ Tatum Ostroski, Matthew Hunt and Hunter McLean

SCHOOL NEWS



Hurry! If you want a copy of our 2017-2018 yearbook you should order quickly while quantities last.

Yearbooks are 32 page, full colour and are \$24 each.

Please get your order form at the office or via our Facebook page to print out.

Cheques should be made payable to LeVack Public School.

Yearbooks will be delivered to the school in June.



RUBE GOLDBERG was a cartoonist, engineer and inventors. Of the nearly 50,000 cartoons he drew in his lifetime, Rubes was best know for his cartoon Professor Butts. His inventions, also known as Rube Goldberg Machines, solves a simple task in the most overcomplicated, inefficient and hilarious way possible.

These inventions have inspired millions to use their creativity, problem solving and cooperative skills as well as perseverance as the strive to build their own functioning machines, This includes or Grade 5/6 students who created a few. Check out the young inventors on our **Face book** page!



Branch 503 Plays



EUCHRE

every Thursday at 7:30 pm
at Branch 503 Legion Hall

No Partner is required!

Please register between 7 and 7:30 pm.

Come out and join us
at the Legion on
Thursday nights for a
fun-filled evening of
Euchre.



See Ya There !!

Giant Yard Sale and BBQ

St. Johns United Church is having a giant indoor yard sale on Saturday April 21st from 9am to 1pm with a wide variety of interesting items. Our merry **Bar BQ Guys** will be happy to serve you burgers and more and we will have refreshments downstairs as well. We will take most items, except baby cribs and car seats etc. which are illegal to resell. **Call Chris Allen at 705-966-3321** to arrange pick up. Pick up will be available after Easter Sunday, April 1st. If you have a lot of clothing items **New 2U** in the Onaping Community Centre is always pleased to receive them. Gently used dresses suits and pants are welcome at the yard sale, as well as any other treasures you have to share.

THANK YOU

Thank you all for the many wonderful 50th Anniversary wishes.

We were quite overwhelmed by all of them and the surprise Family Supper.

We hope to enjoy quite a few more anniversaries in this great community.

Happy Easter, Happy Spring!

Jim & Chris Allen



STORYTIME

Nurture your child's love for books and reading by joining us for an interactive program with stories, games and activities

Monday April 9th at 10:30 am

Monday April 23rd at 10:30 am

Dowling Leisure Centre Library

Volunteers Needed

The Onaping Falls Community Action Network (O.F.C.A.N.) in conjunction with the Greater City of Sudbury are considering the following new projects for Levack and/or Onaping and/or Dowling:

- ~ Community Gardens (edible or floral)
- ~ Community Bike Path (s)
- ~ Dog Park (s)
- ~ Greater Sudbury Community Centre User fee Cost Parity
- ~ Basic Computer Skills Training
- ~ Community Park benches
- ~ Seniors Rapport (Fall avoidance seminars, etc)
- ~ Community garage Sale
- ~ Community Beautification Committee

If any of these projects appeal to you and you would look to assist in making them happen in your community please contact Michael Armstrong at 705-966-2767 or email us a onapingfallscan@gmail.com.

If you have another project in mind that could help improve our community please contact us and we can help make it happen. We can provide liaison with appropriate city officials, help arrange release of city resources and can help arrange funding **but without volunteers, projects will be shelved until resources become available.**

Community Action Network

www.ofcan.ca

Contact

Chair: Michael Armstrong
(705)929-1547

Secretary: Chris Allen
Treasurer: Sharon Leblanc
Communications Coordinator: Scott Sagle

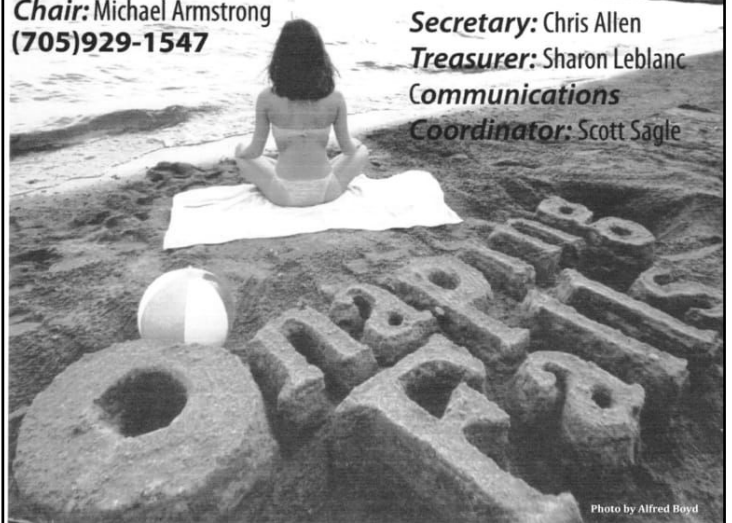


Photo by Alfred Boyd

Mike E's Siding

Since 1992

WINDOWS ~ DOORS ~ ALUMINUM & VINYL SIDING



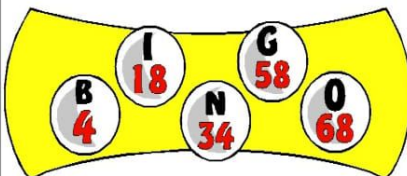
Soffit/Fascia ~ Shingles ~ Patio Doors/Decks



WORKMANSHIP GUARANTEED

705~855~3858

WE ARE BACK!
ONAPING FALLS
LION'S
CHARITY



Every Monday

6:30pm - Warm-ups

7pm - Regular Bingo

Dowling Lion's Den

27 Sturgeon St

Must be 18 years or older to play



Come out and Have Fun
 with all your friends at the Branch
 Downstairs in the Club Room !



See Ya There !!

Branch 503 Plays

Porquetta BINGO
 every Saturday
 at 3:00 pm

~ Four rounds of Games with
 3 Meat Prizes each Round !
 Name Draw Prizes for
 tasty treats between draws !



I would like to take a moment and thank everyone who helped me recently with anything from food to rides and everything in between, while I went through my total knee replacement, back at the beginning of March. Thank you to my wonderful family for your care, compassion, love and patience. With everything everyone did for me, I am able to continue to heal. Thank you to Dr Eric Robinson, and all of my nurses, who made my stay at the hospital be an easy one. Have to get better for the next knee in June!!

Thanks again everyone!
 Love Sherry Quinn



Carmen Portelance
 Sales Representative
 Telephone 705-855-7171
 Toll Free 866-577-7653
 Facsimile 705-855-7676



RE/MAX Crown Realty (1989) Inc.
 Brokerage—Chelmsford
 Place Bonaventure Mall,
 4764-6A Regional Road 15
 Chelmsford, Ontario P0M 1L0



Windy Lake Motel & Restaurant

Open Monday through Friday at 5am
Open Saturday & Sunday at 6am
Closed at 10pm everyday

- Licensed Family Restaurant-order in or take out!
- Breakfast>Burgers>Pizza>Home Baking on Request
- Clean, modern, and economical rooms
- Ontario Northland Bus Stop & BPX service
- We now sell Bus tickets!!
- Banquet room for your event
- Gas bar—including premium!

Northern Hillside Inn- daily, weekly and monthly rates!!

Proud community supporter for over 20 years!

Highway 144 & Old Cartier Road
705-966-3967
www.windylakemotel.com

Onaping Falls Youth Soccer Club

Season Kicks Off Tuesday, May 22nd, 2018

Registration is open until April 13th, 2018

Follow them on Facebook at Onaping Falls Soccer Club

Contact Shannon @ 705-691-7426 or Nora @ 705-562-3914

if you are interested in registering your child

ONAPING FALLS NEWS

For more information on advertising or
volunteering please call or text
Dolly Gordon-Andrews at 705-662-9095 or via
email at justdolly@persona.ca
Published at the beginning of each month
Online issue www.onleoracle.ca

The Added Touch - Event Rentals & Decor

CHAIR COVERS

1-99 (\$3.00 EACH)

100-199 (\$2.50 EACH)

200+ (\$2.00 EACH)

ADD: COLOURED SASH (\$1.00 EACH)

GUEST TABLES

\$40 EACH

(INCLUDES LINENS - COLOURED RUNNER
& CENTERPIECE OF CHOICE)

ARCHES \$125

LIGHT UP TREES \$200

TABLE LINENS - CENTER PIECES \$15 EACH

SET UP \$250 TEAR DOWN \$250

FREE SETUP/TEAR DOWN WITH Min. \$1500 Rental

SPECIALTY TABLES

MAIN TABLE - \$250

(INCLUDES TABLE CLOTH - SKIRTING -
LIGHTING - CENTERPIECES)

GIFT TABLE \$100

(INCLUDES LINEN - CENTERPIECES
CARD BOX - ACCENT FLOWERS)

CAKE TABLE \$100

(INCLUDES LINENS - MIRRORED DISPLAY
ACCENT DECOR & TIERED CAKE DISPLAY)

CANDY BUFFET \$100

(INCLUDES SKIRTING - TABLE CLOTH
JARS, SCOOPS, ACCENT DECOR)

*PACKAGE DEAL - ALL 4 TABLES \$500



Tammy Amyotte
49 Pine St. Onaping, ON
TammyLynnAmyotte@gmail.com

(705) 923-1583

ONAPING

KWIK-WAY

705-595-3003

or

705-966-2066

OPEN EVERYDAY

5:30am to 11:00pm

...more than a convenience store!

Located in the Onaping Plaza



**Stop in at the restaurant for
our daily specials**

Restaurant hours

Sunday to Wednesday ~ 11am to 7pm

Thursday to Saturday ~ 11am to 9pm

**Order can be placed by phone
and picked up
by calling the restaurant direct at**

705-595-3004

Blues Outdoor World

THE SPRING BEAR HUNT by Sean 'Blue' Gray

Although it seems as though winter isn't going to end and the snow will never melt, inevitably it will. We will then have a short time to enjoy the last few weeks before the annoying black flies and mosquitoes begin. Most of us get very excited for summer and forget to enjoy the spring weather. My favorite activity in the spring is the black bear hunt.

After a 15-year closure, many avid hunters had to find other activities in the spring that didn't include hunting, but now that the hunt is back, we have a big game season again. The spring bear hunt has plated many of tasty meals in my household so I will give you a few hints on how to get started.

Many hunters believe the spring bear hunt to be easy, especially if the hunter is using bait. However, black bears are extremely smart and have a keen sense of smell and hearing which can make a hunt very difficult depending on spring food sources. Here are 10 quick tips that can help make a spring bear hunt successful if you are baiting.

- Find a stand location with good cover and close to water (bears need water and feel comfortable in good cover such as pines).
- Bears usually approach baits at dawn and dusk, but all day sits can prove successful especially if more than one bear is on the bait site.
- Be sure you are about 40yds away from the bait to avoid being noticed.
- Most bears prefer sweets over meats. However, a separate stink bait of rotting meat/fish is a sure way to get a bears attention.
- Always be sure you are down wind from the bait or you will be sitting for nothing. A bear will smell you from kilometers away.
- Try to remain motionless. Although bears do not have excellent site, they can spot sudden movements.
- Be sure you have a clear lane for a clean kill shot as bears are super powerful animals and can travel long distances if a shot is not great.
- After your shot always wait 20 minutes or so which will prevent the animal from moving.
- As it is a spring hunt, ALWAYS wear a mosquito net and ALWAYS use a Thermacell. If you do not have a Thermacell, get one as they will keep the bugs at bay. Never use fly repellent.
- Be sure to have a pack-sack with all of your supplies such as knives, gloves, rope, flashlights etc. Many times you will have to track in the dark so a good light is a must.

Spring bear hunting can be frustrating, but these simple tips will certainly give you a chance. Good luck and have fun!!



Onaping Falls Branch 503
1 St James, Onaping, ON
705-966-2387
Email: Branch503@eastlink.ca



Join in our Weekly Events at Branch 503

Mondays	7:00 pm	Pool ~ in the Club Room ~ \$5.00
Tuesdays	7:00 pm	Bean Bags ~ in the Club Room ~ \$5.00
Thursdays	7:30 pm	Euchre – Upstairs in the Hall ~ \$10.00
Thursdays	7:30 pm	Dart League ~ Join the League or Spare in ~ \$7.00
Saturdays	3:00 pm	Porquetta Bingo ~ in the Club Room ~ \$15.00
Sundays	1:00 pm *new time	Open Singles Darts ~ in the Club Room ~ \$5.00

THE ONAPING FALLS
LION'S CLUB
**COMMUNITY
LUNCHEON**

Sunday April 15th
11am - 2pm
Dowling Lions Den
27 Sturgeon Street

The Onaping Falls Lions Club would like to thank our Communities for their many years of support!
Come out and enjoy Lunch,
with lots of fun and friendship!
It's on us!

EVERYONE WELCOME!

A MOMENT
WITH
MELINDA

I have many faults
but being wrong is
NOT one of them!



Now located in Dowling!

Fleurs Magiques
Flowers

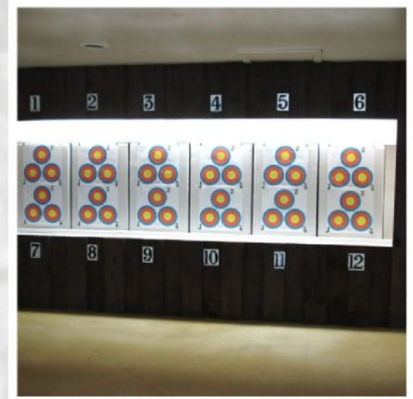
705-855-3321



Ten Point Archery is your local source for top-quality archery products, including bows, targets, hunting clothing and more.

Located at **3450 Hwy 144 in Chelmsford**, our store also features an air-conditioned range where you can test your aim.

TAKE YOUR **BEST SHOT** AT TEN POINT ARCHERY. VISIT US TODAY!



Our Services

- Archery Sales and Service
- Indoor Range
- Hunting Equipment
- Game Calls
- Scents & Attractants
- Bow Accessories & Targets
- Hunting Clothing and Apparel
- DVD Rentals

Our Brands

- Hoyt
- Mathews
- Elite
- PSE
- Bear
- Obsession
- Quest
- Prime
- Mission
- Diamond
- Bowtech
- Martin
- Jandao
- Excalibur
- Stryker
- Killer Instinct

www.tenpointarchery.ca
info@tenpointarchery.ca

Call us today! **1-705-222-0010**

Home Sweet Home

By: Samantha Brazeau-Wilson

Monthly DIYs, home hacks, and organizing tips.

Be Earth-Friendly

April 22 is Earth Day. A day where we're reminded to be caring towards the environment and to continue our eco-friendly habits all year round. While many students will be picking up litter in their schoolyards, you can adapt this in your neighbourhood by grabbing a trash bag and gloves and picking up any garbage the snow has uncovered. Every little effort helps to keep our community clean.

Test Your Smoke Alarms

Can you remember the last time you changed the batteries in your smoke detectors? If it's been a while, spring is the perfect time to grab your step stool and make sure your alarms have fresh batteries and are in working order. If you have carbon monoxide detectors, make sure they're working, too.

Clean Your Windows

As the temperature slowly rises, you'll soon want to crack open your windows and air out your home. Before you do this, run a lint roller along the inside and outside of the screens to remove dust and debris that's collected over winter. Spritzing your windows with a mixture of vinegar, Dawn soap, rubbing alcohol and water will also keep them crystal clear and bring in more light - streak free!

Feed The Birds

Putting out a spring bird feeder will bring new feathered friends to your backyard. As the birds come back from their long migration, natural sources of food like insects and plant seeds may not be available yet so helping them reenergize with a clean mixture of seeds ensures they'll stay healthy and strong.

Shop Local

Rx I.D.A.

Levack I.D.A. Pharmacy
Mickey Brunelle - Owner/Manager

705-966-3612
2 First Avenue North

Join today - \$20 a year - age 50 plus

Onaping Falls

.....

Golden Age Club

705-966-2502

109 Service Road, Onaping, Ontario P0M 1L0

ONAPING POOL

January 8th to April 21st, 2018

RECREATIONAL SWIMS

Adult Swim

Monday & Wednesday	2:30pm
Tuesday/Thursday/Friday	8:00pm
Saturday	12:00pm

Public Swim

Monday to Friday	3:30pm
Tuesday/Thursday/Friday	7:00pm

Family Swim
(Children under 16 must be accompanied by parents in the pool)

Monday & Wednesday	1:30pm
Friday	6:00pm

Free Swim
(NO CHARGE "Feel Free To Feel Fit")

Saturday 1:00-2:55 pm

	1 Visit	10 visit Card	3 Month Pass
Student/ Child	\$4.00	\$39.00	\$78.00
Senior	\$5.50	\$45.00	\$103.00
Family	\$11.00	\$91.00	\$181.00

Child Rate is for ages 0-16 yrs. Senior Rate is 65+ yrs. Students must show valid student I.D.



Moments That Matter

CHARTWELL MEADOWBROOK
18 Jacobson Drive, Lively
705-836-9999 • **CHARTWELL.COM**



CHARTwell
retirement residences

Dowling & Chelmsford

Beauty Den

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Dowling Plaza 705-855-1344

Bonaventure Mall 705-590-1344

Onaping Falls Pastoral Charge

Larchwood Memorial, Dowling & St. Johns, Levack

Rev. Cathy Taylor

Schedule of Services

Sundays

St. John's @ 9:30am

Larchwood @ 11:00am

Our news ~ Rev. Cathy Taylor is retiring!

Our wonderful minister for the last 12 years, Reverend Cathy Taylor will be retiring on June 30th.

How we will miss her and her husband, Lorne.

A special retirement celebration is in the planning stages. A dinner and reception will be held on June 2nd at the Onaping Falls Legion.

More details to follow!

Do you KNIT or CROCHET??

Every new patient receiving chemotherapy treatment at the Northeast Cancer Centre receives a present ~ a beautiful afghan or quilt hand-made by a volunteer. The blankets keep the patients warm during their treatments ~ the drugs feel cold as they're going through their system, and the chemotherapy room itself can be a little chilly at times. **Unfortunately**, the cupboard at the Northern Cancer Foundation where the blankets are kept is currently a bit bare.

That's why Northern Cancer Foundation volunteer adviser Angela Corsi-Raso, who co-ordinates the blanket donation program, is putting a call-out to the community. She's asking for people to knit or crochet afghans with a minimum size of 40 inches by 56 inches (enough to cover an adult from shoulders to toes). **Be sure to pay attention to this requirement, as smaller blankets aren't useable.**

They can also knit **eight-inch squares** that are later sewn into blankets — it takes about 35 of these squares to make a blanket.

Anyone interested in getting involved in the program or making a donation is asked to contact

Angela Corsi-Raso at 705-523-7179, ext. 5 or acorsiraso@hsnsudbury.ca.

Donations can be dropped off in the Northern Cancer Foundation office, which is located near the welcome desk at the cancer centre.

You can read more about this story written by Heidi Ulrichson at sudbury.com

**LOSING HAIR?
DO YOU SEE CLUMPS
OF HAIR IN THE SHOWER,**

**ON THE PILLOW, OR
THE HAIR BRUSH?
AGE HAS CREPT INTO**

THOSE FOLLICLES!

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Sudbury Credit Union

We are pleased to introduce **David Blackburn** as the Branch Manager of our Levack branch!

David has been a part of Sudbury Credit Union for 4 years and has 26 years of experience in the financial services industry. You may have already met him at the local branch but if not, David invites you to stop by and say hello. He's happy to be a part of the community and looks forward to helping members with all of their financial goals.



37 Levack Drive
705-966-3451

www.sudburycu.com

Spend Your Tax Refund Wisely

By David Blackburn, Branch Manager at Sudbury Credit Union

Sometimes spending money wisely can be a challenge - especially tax refunds, which can seem like free money. If you're lucky enough to get a tax refund this year, take a moment to consider how you could put that money to work for you instead of squandering it on a big screen TV or a new wardrobe.

Here are some smart ways to spend your refund:

- Add to your emergency fund. Set aside enough cash to cover six months of expenses — just in case the unexpected happens.
- Pay down credit cards and other high interest debt. You'll save money on interest charges and increase your monthly cash flow.
- Jump start next year's RRSP. Contributing early allows you to take advantage of all those extra months of tax-free growth. At retirement time this can mean thousands more in your pocket.
- Invest in a Tax-Free Savings Account. Growth or earnings in a TFSA are 100% tax-free, and you're allowed to contribute up to \$5,500 per year.
- Pay down your mortgage. Lump sum payments on your outstanding principal will save significant dollars in interest charges over the long term. It also means you'll own your home mortgage-free that much sooner.
- Save for a child's education. Invest in a Registered Education Savings Plan on behalf of a child or grandchild and you'll qualify for a government-sponsored Canada Education Savings Grant

Remember, how you spend your money today will have a significant impact on your future. For advice on how to get your tax refund working better for you give me a call at the Levack branch of Sudbury Credit Union, 705-966-3451.

The RCMP Musical Ride & FAMILY FESTIVAL



Don't miss out!

Join us:

JUNE 9, 10 2018
12 NOON – 5 PM

688 PANACHE LAKE RD. WHITEFISH, ON
 OLD PANACHE GOLF COURSE
AT NORTHERN LEGACY FARMS



Onaping Falls Recreation Committee



Capreol Centennial Committee, Onaping Falls Recreation Committee and Northern Legacy Horse Farms is proud to present the Royal Canadian Mounted Police Musical Ride & Family Festival.

A Canadian tradition since 1876, a troop of 32 scarlet coated "Mounties" on majestic black horses present a 30 minute show of intricate figures and cavalry drills choreographed to music.

Take advantage of this truly Canadian experience and see one of our national treasures perform live.



FOR MORE INFORMATION PLEASE CONTACT CARRIE AT 705-918-1978 OR RANDY AT 705-919-2413

Tickets for this fun family event are \$15 each.

FREE Bussing provided from the Levack Arena, Onaping Plaza and the Dowling Leisure Centre to Northern Legacy Horse Farms. There will be 3 bus departures on both days. 11am, 12pm and 1pm (subject to change ~ please follow our Facebook page or call coordinator for updates) Return busses will be at 5pm, 5:30pm and 6pm The Musical Ride is inclusive of a Family Festival with face painters and bounce houses, lazer tag, Northern Exotics, Science North, a food court and vendors, the Capreol Centennial Train. Musical entertainment by our very own Dave McNab and Sudbury group JoPo and the Rize and Capreols 'Low Key'.

Your \$15 ticket includes all of the excitement! (Food is not FREE)

Musical Ride Showtime each day is at 3pm.

The Onaping Falls Recreation Committee and the Capreol 100 Committee are sponsoring your bus ride from our three community locations so all you will need to get a FREE bus ride is your tickets/bracelet for the show!

Tickets go on sale April 1st at the following locations in Onaping Falls at the Levack Mini Mart, Kwikway in Onaping and the Dowling IDA .

There will also be an online purchasing site available at www.sudbury.snapd.com

If you have any questions please do not hesitate to contact Carrie Morin at 705-918-1978.

Kids Korner

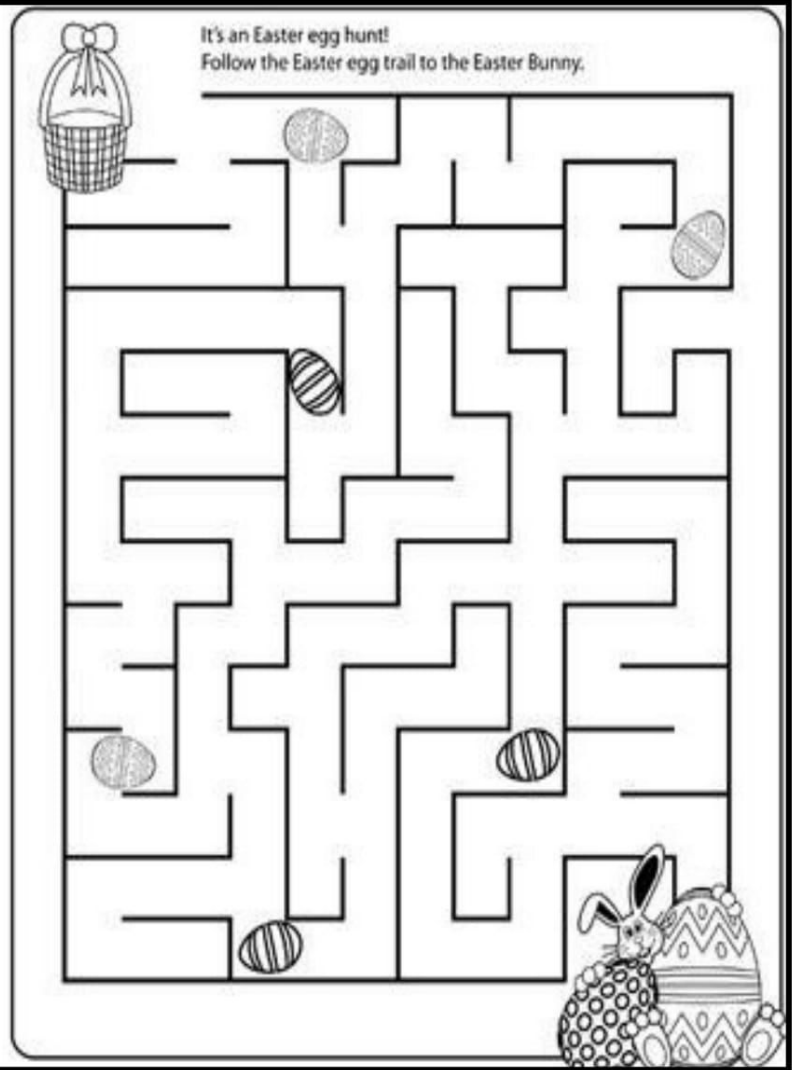
by Arianna Thibodeau



Why shouldn't you tell an Easter egg a joke?
Because it might crack up!

What kind of stories do rabbits like best?
Ones with hoppy endings!

Why did the Easter egg hide?
Because he was chicken



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Community Heart & Soul

A little bit about

Written by Jana Niemi –Lahnalampi

LEONA DAWE

Townfolk describe her as: **talented, inspirational, helpful, wonderful, spirited, regal, beautiful inside and out.** She is a teacher, an angel and our Princess! Few people invoke such warm thoughts from others. Indeed we in Onaping Falls are blessed to have had such a generous individual in our midst for the past 65 years.

You may know Leona from one of her many athletic pursuits: In the summer you will find her on the links of the Windy Lake Golf Course, in the winter she swims at the local pool. Perhaps you were lucky enough to be taught by her how to use a serger, sew, crotchet or knit! She has generously shared her gifted craftsmanship with the community for over 47 years.

Leona also taught in Dowling, Chelmsford and Sudbury.

I recently joined Leona's sewing class, over the sewing machine she shared a number of her memories with me. Leona's earliest years were spent in Sudbury. Her mom Saimi, father Len, and brother Bobby lived in a variety of neighbourhoods through out the city. She remembers living on Frood Rd. while her father went and fought in WW2 and how her mother worked as a seamstress during this time. Leona remembers how her mom "kept everything going" during this time period. While we often recognize the bravery and sacrifice of those who went and fought in wars, the

sacrifices made by family members of those who served are usually overlooked. Leona's family moved to Onaping in 1953 they were one of the first 9 pioneering families. While Leona stayed in Sudbury to finish her schooling, one weekend she decided to come out and visit. Without any phones or regular transportation Leona was dropped off at the Hardy Mine Site close to midnight, she recalls carrying her suitcase up to the house on Campbell Street to the sounds of wolves howling. How surprised her mother was to answer the door to Leona in the middle of the night. Leona was hired by Falconbridge Nickel Mines after finishing school, she worked in the townsite office which was located in the apartment building on Service Road, until the building was finished beside the Mine Rescue station. Here Leona proved to be an expert typer in short order.



She married Norm Dawe in 1958. Most people know Norm as a fixture in the Levack arena, cheering their son Robert as he led his teams to many victories throughout the years. Both Leona and Norm continue to cheer on local youngsters in Hockey and Figure skating.

While Leona was born with a natural talent, she took many courses to hone and develop it.

She continues to quote and give credit to her teachers today with the wisdom they bestowed upon her: Mrs. Marttila, Mrs. Pinder, and Madame Dibelo from Montreal. In 1970 Leona started sewing classes in her basement until Mr. Gibb encouraged her to offer night classes at the High School. Incredibly enough, two of her first students continue under her tutelage 47 years later!

They have been with her through the years making, fur coats to lingerie, denim vests to duffle coats. (Hudson's Bay coats)

In the few short lessons I have had with Leona, I could add another long list of adjectives to describe her.

Smart, fearless, patient, she tackled my new computerized machine without batting an eye.

Encouraging me to "just try it - see what happens".

Many lessons that I will take with me to my own students!

What is the secret to Leona's success?

"I enjoy what I do, to me it is not a job, it is a pleasure" I think it is fitting that Leona's birthday is 'the real first day of spring is her birthday ~ March 21.'

There is a **Finnish word SISU** which translated means:
determination, strength, perseverance and resilience.

Leona not only inherited her mother's creative skills but also her **SISU!**

Just think if all community members were ¼ as giving as Leona!

What a difference it would make!

SEWING with LEONA

If you are interested in learning how to sew or would like to join the

SEWING CLUB please call
LEONA at 705-966-3493

for more information.