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A little bit about somebody

Community Heart & Soul

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# ONAPING FALLS NEWS

August 2018

Volume 11

FREE

## Come visit us at our new home



**L to R Back standing** Pat Trahan and Bob Sabourin **3rd Row** Helen Zielenewski, Claire Laberge, Julie Sabourin, Emmet O'Bumsawin, Pat Stamplecoski, Ed Kaitola and Milton McKee **2nd Row** Anne Unwin, Rae Matte, Lorna Beland, Jeff Beland, Jeannette Gaydos, Vic Larsen and Pearl Thompson **Front Row** Doreen McAnulty, Joyce Hurley, Rolly Watier, Shirley Mirka, Jackie Ladoucer & Greta Koski **Missing from the photo are** Bertha Palumbo, Marg Guthrie, Sophie McLean and Evelyn Crichton, Mary Jane Landry and Anita and Leonard Niemela.

Thank you to Meadowbrook Retirement Home for taking care of our Golden Ones.

Oh, the stories you could tell of our little township!

Thank you to each and everyone of you for your footprint on our community.



### This month our 'shop local' highlights Cathy's Artistic Cuts

Cathy Hartling has been cutting hair in Onaping for 20 years. For 10 years she worked at 'Nickys' in the Onaping Plaza and then a few years on her own in Levack. Most recently you may have noticed the shop hours have changed? Cathy has recently started teaching 'hairstyling' 2 days a week at Modern College. She is enjoying this new adventure and the opportunity to share her knowledge and experience. **Cathy's Artistic Cuts is located in the Onaping Plaza offers highlights, perms, colours and, of course, cuts.** Along with her assistant Tammy, they are busy working 3 days a week to keep our residents looking good!

The middle child to Laura and, the late, Dave Hartling of Onaping and grand daughter to Ray and, the late, Roger Crepeau of Levack, Cathy's roots grow deep in our township of Onaping Falls.

**Support your local Hair Salon, owned by a local, really cool gal!**

You can book your hair appointment by calling 705-966-2766



# Home hardware

**Levack Home Hardware**

47 Levack Drive

**705-966-3335**

**Store hours**

Monday to Saturday 9am to 5pm

Closed on Sundays

**SAVE NOW!**  
Here's How.

**Angled Broom with Duetpan**  
Was \$5.99  
**SAVE \$2**  
**4<sup>97</sup>**

**8" Bypass Pruning Shears**  
Clear blades with red handle  
Was \$12.99  
**SAVE \$3**  
**6<sup>97</sup>**

**10 ft Outdoor Extension Cord**  
10 ft single outlet  
Was \$11.99  
**SAVE \$3**  
**8<sup>97</sup>**

**AA Alkaline Batteries**  
PACK OF 30  
Was \$11.99  
**SAVE \$3**  
**8<sup>97</sup>**

**20V Li-Ion 1/2" Cordless Drill/Driver Kit**  
Includes 20V Lithium-Ion, 1.3Ah and bonus 2.0Ah battery, charger and bag

**SAVE \$40**  
Was \$189.99  
**149<sup>97</sup>** Kit



**SAVE \$40 OFF the regular price plus get a bonus 2.0 Ah battery retail value \$99.99 for a total combined value of \$140**

**50 Qt. Victory Cooler**  
Light fit with high handles  
Was \$44.99  
**SAVE \$15**  
**29<sup>97</sup>**

**100% Hardwood Lump Charcoal**  
4 kg net wt.

**ONLY 15<sup>77</sup>**

**FRIDAY & SATURDAY ONLY!**

**48" Wrap Around LED Fixture**  
40W, 4000K, 3000 Lumens, 100% dimmable, white finish  
Was \$44.99  
**SAVE \$10**  
**34<sup>97</sup>**

**Cracks & CrEVices Insect Killer**  
Prevents and kills termites, household spray  
40 g, 400 ml

**SAVE \$45**  
Was \$19.99  
**4<sup>37</sup>**

August 1-7 (9220)

Check out our products online at [www.homehardware.ca](http://www.homehardware.ca)

**SAVE NOW!**  
Here's How.

**100% Silicone**  
White or clear, 299 mL  
2034-47/4264

**SAVE \$4**  
Was \$7.99  
**4<sup>47</sup>** Each

**Leak Stop Crack Sealer**  
White, black or clear, 425 g  
1623-375/376/377

**SAVE \$6**  
Was \$11.49  
**4<sup>97</sup>** Each

**Concrete Patch**  
For concrete, stucco, concrete block and mortar, 300 mL  
2034-430

**SAVE \$6**  
Was \$5.99  
**2<sup>37</sup>**



**100% Acrylic Pearl Porch & Floor**

Tough, durable self-priming finish. For wood and concrete floors. Interior/exterior. \*3.78 L. 1853-594 to 665#

**SAVE \$5**  
Was \$41.99  
**36<sup>97</sup>**

**FRIDAY & SATURDAY ONLY!**

**Super Heavy Duty Construction Bags**  
3 mil plastic, 35" x 48", Black, 4440-083#

**SAVE \$40**  
Was \$14.99  
**8<sup>97</sup>** Pack

**FRIDAY & SATURDAY ONLY!**

**Laundry Basket**  
17" x 24" 4428-340

**SAVE \$8**  
Was \$5.99  
**3<sup>27</sup>**

August 15-21 (9221)

**SAVE NOW!**  
Here's How.

**Jet Foam Wasp & Hornet Killer**  
450 g, 5045-907

**SAVE \$4**  
Was \$4.99  
**5<sup>27</sup>**

**Can Opener**  
450-108

**SAVE \$6**  
Was \$11.99  
**5<sup>47</sup>**

**3.5 Cu. Ft. Compact Fridge**

Adjustable thermostat, interior light, full width freezer compartment. White. 3760-344

**SAVE \$40**  
Was \$239.00  
**199<sup>00</sup>**



**FRIDAY & SATURDAY ONLY!**

**10" Frypan**  
Whitford Quantum 2 non-stick coating, 4942-500

**SAVE \$6**  
Was \$16.99  
**6<sup>97</sup>**

**FRIDAY & SATURDAY ONLY!**

**7 Cu. Ft. Microwave Oven**  
700W, with LED screen. Black or white. 3740-034/035

**SAVE \$20**  
Was \$149.99  
**74<sup>97</sup>** Each



August 22-28 (9222)



**MARC SERRÉ**

**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](mailto:marc.serre@parl.gc.ca)

[www.marcserre.ca](http://www.marcserre.ca)

Facebook @ Marc Serre

Did you know that from July 2017 to June 2018, the Canada Child Benefit provided over \$53 million in support for families in Nickel Belt Greater Sudbury which benefited 17,060 children? As of July 20, 2018, the CCB is increasing to keep up with the costs of living in Canada and better support middle class families, 2 years earlier than we had planned!



**GREAT NEWS, PARENTS:**

**Canada Child Benefit  
cheques are getting  
BIGGER!**

# THE LEARNING CURVE by Kyleen Gray

## What do Kids REALLY Need for Back to School?

**August is upon us – eek!** Just like that, summer zooms by and another school year is at our doorstep. Just yesterday, as I perused our local Walmart, their sales associates were transitioning their summer seasonal area into a full fledged back to school shopping zone. But what do kids really need for back to school? Read on to save yourself some money and avoid the clichéd back to school marketing traps!

### School Supplies

In August, back to school supplies shine in every storefront window and promotion aisle, but what do your kids really need? Often, in the first week of school it's next to nothing, other than a basic writing utensil. Most teachers send a letter home before or during the first week of the school year informing parents of what students actually 'need'. Often, this list is quite short and simple. Moreover, since you probably won't get around to buying 'list' items until mid-September, the focus of stores will have then turned to Halloween and you'll most likely **get all the 'back to school' supplies on clearance!**

### Backpacks and Lunch Bags

Do your kids really need a new backpack and lunch bag each school year? Even the grimmest lunch bags in June can be washed and dried to be fully functional in September (trust me on this one – my kids were really gross). Moreover, as long as your kids' backpack physically fits them and isn't falling apart, there is also no need for a new one. **If they DO absolutely need these items, try to hold out until mid-September when they will all be half price.**

### Clothing and Shoes

I really, really love shopping for clothes and shoes so this is tough for me to say, but other than 'inside' running shoes for elementary students, kids don't need any new clothes for September. First of all, summer-like temperatures usually continue until nearly the end of the month, so even if you buy the new jeans and sweaters they'll be roasting in them. If you do want to purchase a special back to school outfit, and have access to online shopping you'll find the best deals there in clearance sections of websites. Popular online kids stores such as The Children's Place, Gap and Old Navy often have great sales; if you're into children's designer clothes, Canadian online retailer Moncouturier also has fantastic online clearance deals.

### Labels for Supplies and Clothing

I've fallen in this trap more than once and have purchased specialized labels for my kids clothing, supplies and shoes. I think it's all fine and dandy until I realize I've paid \$60 for two packs of stickers. **Do you need to label your kids stuff? Yes ~** but you'll be able to do that by purchasing a \$3.00 fabric marker from any local department store.

 **ONAPING FALLS  
POWER SKATING**

**Sunday, September 23rd to  
Thursday, September 27th**

**Only \$ 100 for 5 sessions**

*Ages 5 to 15 years old  
(Initiation to Bantam)*

**To Register:**  
Contact Carrie Morin at (705) 918-1978 or  
E-mail: [ofpowerskating@gmail.com](mailto:ofpowerskating@gmail.com)

**Registration due by September 10th**  
(Refundable only if program is cancelled)

*Cash, Cheque or E-Transfer accepted*

**SCHOOL  
STARTS on  
Wednesday,  
September 5th.**

**Enjoy your  
summer kids!**





## Northern Corner Run Onaping Falls

### X-Country Run:

1K Kid's Run ~ 5K Family Run/Walk ~ 8K Run ~ 16K Run

### X-Country Mountain Bike:

5K Kid's Bike ~ 8K Bike ~ 16K Bike ~ 24K Bike

**Date: Sunday, September 16th**

**Location: Onaping Falls Nordics Ski Club at Windy Lake**

**Pick up your Registration Form and Waiver at:**

**Levack Mini-Mart**

**Dowling Leisure Centre (bulletin board)**

**Available online at [www.ofrecreationcommittee.com](http://www.ofrecreationcommittee.com)**

**Email: [northerncornerrun@gmail.com](mailto:northerncornerrun@gmail.com)**

For more info:

For more information please call Carrie Morin at 705-918-1978 or Dolly Gordon 705-662-9095

**Proudly brought to you by**



## THANK YOU

Onaping Falls continues to be a wonderful and awesome place to live. Thank you for all the cards, flowers, mass cards, food and all your love during this time of sorrow for my dear Norm.

I am overwhelmed and truly blessed with your support.

*Love, Leona*



Levack

Knights of Columbus

Fr. Don McLellan

Council 11565

Catholic Gentlemen dedicated to:  
Church Family Community Country

**BLUESOUTDOORWORLD**

is on vacation for August but will return!  
Instead, we bring you an exciting venture with former local Jason Gordon. Jason is married with 4 kids and is a career firefighter living in Alberta. Both of Jason's parents, Tim Gordon and Christine Holmes were born and bred in Onaping Falls !

[www.huntready.ca](http://www.huntready.ca)

Check out Jason's new venture! This new adventure has Jason working alongside Terry Grant, the 'Real' Mantracker .

**ONAPING**

**KWIK-WAY**



705-595-3004

**705-595-3003**

or

**705-966-2066**

**OPEN EVERYDAY**

**4:30am to 11:00pm**

**...more than a convenience store!**

Located in the Onaping Plaza

**Looking for Ladies who want to  
play pool/billiards!**

We are looking to set up a league for the Fall /Winter 2018/2019 season. If you are interested in joining our league please call Carol for more information at 705-929 -5251





**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](http://www.tenpointarchery.ca)  
[info@tenpointarchery.ca](mailto:info@tenpointarchery.ca)

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

# Onaping Golf & Beach Club

Ask yourself a couple of questions?

Do You..... Love being in the outdoors and Picturesque Views?  
Have an event or party you wish to host?  
Love Home cooking and want to dine close to home?  
Like to meet people?  
Love Sandy Beaches?  
Like to have fun with friends and family?  
Have free time that you don't know what to do?



.....Then join us at the Onaping Golf & Beach Club, fun is just minutes away  
from your own backyard!

## Sunday Brunch Buffet

from July 1st to September 3rd

\$15 per person ~ Kids under 10 are half price

## Join us for league play

Mens Night ~ Tuesday at 5pm  
Senior Ladies ~ Wednesday at 9am  
Senior Mens ~ Thursday at 9am  
Couples Night ~ Friday at 5pm



Please call for tee off times

**705-966-2077**





**Have a safe and happy long weekend!**

**Gerry Montpelier**

**Councillor Ward 3**

**Phone 705-698-2759**

**Email [gerry.montpelier@sudbury.ca](mailto:gerry.montpelier@sudbury.ca)**

**Monday, August 6th, 2018  
is a Civic Holiday**

Hockey registration dates in AUGUST  
Tuesday, Aug. 21st  
Thursday Aug. 23rd  
Tuesday, Aug. 28th  
Dowling Leisure Centre 6-8pm

Thursday, Aug. 30th  
Onaping - location TBD 😊 6-8pm

2018-2019 OFMHA Registration fees  
INITIATION - \$375

NOVICE - \$540

ATOM - \$565

PEEWEE - \$650

BANTAM - \$650

MIDGET - \$725

\*Please note: 4 yuk yuk tickets per family to sell (\$180) is to be paid at registration. Also late registration fee \$50 after September 15th.



## Falls Food News

Though things are going well at Falls Food, we are finding it difficult to get volunteers for our opening days. Our hope is to get more folks for each of the positions in order to prevent burnout and to help take some 'jobs' off the Executive and Directors. It's getting harder each month to get people to sign up and we need to encourage new members to keep us going smoothly. If you can spare 3 or 4 hours once a month to help out our less fortunate residents, and have some fun and maybe make a few new friends along the way, come out and see what we are all about and what keeps your food bank going. Join us on the 3rd or 4th Wednesday of any month  
**no experience necessary**

*Your Falls Food Executive*

You can contact us via our Facebook Page 'Falls Food' or contact our Chairperson Flora Chartrand at 705-207-6462

Falls Food, our local community food bank is located at the Onaping Community Centre and is OPEN on the 3rd and 4th Wednesday of each month from

## A Moment with Melinda

'Most people do not listen with the intent to understand; they listen with the intent to reply'

# Pay attention when you are driving!

The existing fines and penalties for distracted driving will increase on January 1, 2019.

## Drivers with A to G licences

If you have an A, B, C, D, E, F and/or G licence, starting January 1, 2019 you'll face:

### For your first conviction:

- a fine of up to \$1,000
- three demerit points
- a three-day driver's licence suspension

### For your second conviction within 5 years:

- a fine of up to \$2,000
- six demerit points
- a seven-day driver's licence suspension

### For your third and all subsequent convictions within 5 years:

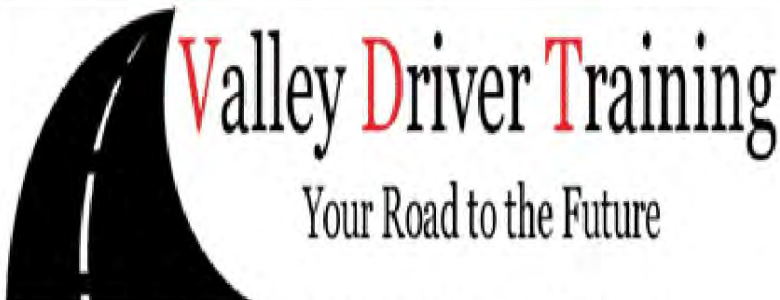
- a fine of up to \$3,000
- six demerit points
- a 30-day driver's licence suspension

### Novice drivers

Effective January 1, 2019, if you hold a G1, G2, M1 or M2 licence, and are convicted of distracted driving, you'll face the same escalating fines as drivers with A to G licences but you won't receive any demerit points.

### Instead of demerit points you'll face:

- a 30-day licence suspension for a first conviction
- a 90-day licence suspension for a second conviction
- cancellation of your licence and removal from the Graduated Licensing System (GLS) for a third conviction



Ministry approved Beginner Driver  
Education Program  
705-673-6220

[www.valleydrivertraining.ca](http://www.valleydrivertraining.ca)

Local owner ~ Shelley Moir



Tim (T.J.) Gordon, Professional (705) 523-2438  
Sales Consultant x211

Fax: 705-523-0120

Service: 705-523-5235

Cell: 705-670-7856

2601 Regent Street  
Sudbury, ON P3E 6K6

[tim@southsidechev.com](mailto:tim@southsidechev.com)



- Free Consultation
- Transitional Services
- Downsizing
- Move Management
- Resettlement
- Cleaning Services

Bonjour Hello We offer bilingual services.

Find us on  [facebook.com/callithomesudbury](https://facebook.com/callithomesudbury)

705.207.2730  
[callithomeservices@gmail.com](mailto:callithomeservices@gmail.com)

Sudbury, ON



**SMOKEY**

Always hold matches 'til cold  
Be sure to drown all fires  
Crush all smokes dead out

follow Smokey's ABC's...  
Please! only you can prevent forest fires!

Shop Local



# Cathy's Artistic Cuts

**NEW HOURS**  
 Tuesday from 9am to 6pm  
 Wednesday from 9am to 4pm  
 Thursday from 11am to 9pm  
 CLOSED Fri~Sat~Sun~Mon

**705-966-2766**  
 Onaping Plaza

**YOU'RE INVITED!**

to a



**Splash Party®**

The new Splash Pad located at the Onaping Community Centre is open for fun!

**Please join us for a grand opening party**  
 Wednesday, August 15th  
 from 4pm to 7pm

**Fun and Games**  
**B.B.Q.**

Don't forget your lawn chairs, towels and sunscreen

Onaping Falls Recreation Committee  
*"Believing in Community"*



Splash pads are open from June 1st to September 24th (weather permitting) from 10am to 9pm everyday

[www.greatersudbury.ca/play/parks-and-playgrounds](http://www.greatersudbury.ca/play/parks-and-playgrounds) or 311

(There is still some work to be done on the splash pad area so please be mindful of the grass areas that are fenced off.)



## *Windy Lake Motel & Restaurant*

**OPEN Monday to Friday at 5am  
Saturday and Sunday at 6am  
New Closing Hour  
CLOSED at 9pm 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**

## **Home Sweet Home**

### **Morning Rituals You Should Try This Month**

by Samantha Brazeau-Wilson / Originally published in Makeful

**Mornings can be tough. Your alarm sounds at the break of dawn, and you hit snooze. Once you find the energy to drag yourself out of bed, you rush to get out the door. You feel groggy all day and struggle to stay awake. Is it the end of the day yet?**

**Mornings don't have to suck. Here are some easy morning rituals that will boost your mood.**

#### **Do some light stretching or meditation**

Whether you're on a yoga mat or still in bed, starting your day off with some light stretching or meditation can help your body, mind, and soul feel energized. You can follow a routine or keep it interesting by starting with something new each day.

#### **Make your bed**

It might sound simple, but making your bed in the morning is a great way to boost productivity. You're completing a task before you've even started your day; giving you a feeling of accomplishment that will inspire you all day long.

#### **Sit down for breakfast**

How many times have you grabbed a half-toasted bagel and a banana while you're running out the door, or opted for the fast food drive-thru for breakfast? Probably more than you'd like to admit.

Taking an extra ten minutes to sit down and enjoy your breakfast (even if it's still that half-toasted bagel) is a lot better than eating junk — or nothing at all.



## Summer is here and the living is easy...

With the beautiful weather here and many of us enjoying holidays, it is easy to let our minds wander away from some of our day-to-day responsibilities and live in the moment.

What better time to relax and think about your financial situation when not stressed with the hustle and bustle of work and errands? With a calm and uncluttered mind, you can think more clearly about the following:

- Am I planning well for my financial future?
- When will I retire and will I be able to do so in comfort?
- Have I set up a savings plan for those unexpected situations?
- Can I consolidate my current debts into a more manageable payment with a lower interest rate?
- Could my family benefit from an education savings plan whereby the federal government adds an extra \$200 for every \$1,000 that I contribute?
- Am I adequately insured for life's emergencies? What would happen if I had to take time off work and have a reduced income?
- Have I reviewed my portfolio and investments recently to see how they have been performing? Should I get a 2nd opinion from another advisor?
- Am I living within my means? Have I reviewed my budget recently to see how and where my money is being spent?



David Blackburn  
Branch Manager



Celina Vachon  
Branch Supervisor

Sudbury Credit Union is pleased to help you answer any of the above questions. Celina Vachon and David Blackburn are happy to invest time in you to come up with a solution that fits your lifestyle and budget.

Come talk to us today or give us a call at 705-966-3451.

37 Levack Drive  
705-966-3451

Community  
**MINDED**  
...Just Like You

[www.sudburycu.com](http://www.sudburycu.com)

# THE DAY GROUP

## 15<sup>th</sup> Annual Tri-Sport



*September 21 - 23, 2018*

- 2 Hockey Games
- 2 Slo-Pitch Games
- 9 Holes of Scramble Golf

**\$1000.00 per Team**

**Open, 40 & Over and Women's Divisions**

**Accepting the First 24 Paid Teams**

**Hole in One - Win a Car**



EVENT TAKING PLACE in ONAPING FALLS

**Come out and support your community**

**For more Information Call:**

**Kristy Paolini 705-561-4498**



**Carmen Portelance**  
Sales Representative  
Telephone 705-560-5650  
Cell 705-562-9067

RE/MAX Crown Realty (1989)  
Inc. Brokerage

[www.carmenportelance.com](http://www.carmenportelance.com)



Shop Local

**valu-mart** Roger's

Now under new management

**705-855-5121**

30 Main Street East, DOWLING, Ontario



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



## LEGION WEEK 2018



### Decoration Day Sunday September 16, 2018

Join Branch 503 as we Honour our Veterans with a Remembrance Ceremony at the Maplecrest Cemetery in Dowling ~ 1:00 pm - Everyone is Welcome

#### Legion Week Events:

Saturday September 15<sup>th</sup>

**FAMILY DAY !!** ~ All Ages ~ Free  
 Corn Cob and Fixins Dinner at 6:00 pm ~ \$5.00

Sunday September 16<sup>th</sup>

**\*\* Decoration Day ~ Honouring our Veterans Ceremony, in Dowling 1:00 pm \*\***  
 Ukranian Dinner ~ 5:00 pm in the Legion Hall ~ \$15.00 per Person  
 Children up to Age 12 ~ \$ 7.00

Monday September 17<sup>th</sup>

Movie Night ~ All Ages ~ 7:00 pm in the Legion Hall ~ Free  
 Pool Tournament ~ Adults ~ 7:00 pm in the Club Room ~ \$5.00  
 All proceeds going to the Winners

Tuesday September 18<sup>th</sup>

Bocce Ball !! ~ Adults ~ 7:00 pm in the Back Yard ~ \$5.00  
 \*\* Rain out event is Bean Bags in the Club Room ~ \$5.00

Wednesday September 19<sup>th</sup>

Cribbage Tournament ~ Adults ~ 7:00 pm in the Legion Hall ~ \$5.00  
 All proceeds going to the Winners

Thursday September 20<sup>th</sup>

Euchre ~ Adults ~ 7:00 pm in the Legion Hall ~ \$10.00  
 Fun Darts Tournament ~ Adults ~ 7:00 pm in the Club Room ~ \$5.00

Friday September 23<sup>rd</sup>

Social Evening ~ Adults ~ Club Room Opens at 4:00 pm

### Weekly Events at Branch 503

Tuesdays	7:00 pm	Bean Bags ~ in the Club Room ~ \$5.00 OR Horseshoes ~ in the Back Yard ~ \$5.00 *Weather Permitting
Thursdays	7:30 pm	Euchre ~ Upstairs in the Hall ~ \$10.00
Saturdays	3:00 pm	Porquetta Bingo ~ in the Club Room ~ \$15.00

**Club Room Summer Hours:** Monday to Friday ~ 4:00 pm to closing  
 Saturday ~ 1:00 pm to closing  
 Sunday ~ Closed until September.

### Renew Your Membership With



**The Royal Canadian Legion**  
**Onaping Falls Branch 503**

2019 Membership Dues are only \$50.00

**EARLY BIRD Renewals start in September**

**Enter to Win**

**ONE YEAR FREE MEMBERSHIP in 2020**

*Dues Paid by November 30<sup>th</sup> 2018 are Entered to WIN !*

\*Members participating in 2019 Legion Activities must have Dues Paid by December 31<sup>st</sup>, 2018.



### 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 !

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



See Ya There !!



**Annual Legion**  
**Golf Tournament**  
 Saturday August 11th, 2018  
 At the Onaping Golf & Beach Club

Registration at 10:30 AM ~ Shot Gun Start @ 11:30 AM

\$35.00 per Person ~ Includes Dinner and Prizes at the Legion Hall

Open to Members and Non-Members

Call the Legion @ 705-966-2387 to Register your Team

~ Sign-Up Board is Downstairs in the Club Room on the bulletin board ~

# Onaping Plaza

The Onaping Plaza is now under new management.

This fantastic location offers an LCBO, Subway, Kwik Way Convenience Store and a full service Hair salon.

Conveniently located between Levack and Onaping on Regional Road 8

This location can't be missed.

Great traffic flow into plaza, prime location near gas station and mining lots.

Commercial Units now available for lease.

A blank canvas for the artistic mind. A bar, a pool hall, a clothing store? Rent is based on per sq. ft. Units can be combined up to 8000 sq. ft.

Each unit has a two piece washroom/multiple washrooms. Available May 1st.

## Endless ideas for your next business.

Lots of windows and parking for customers and employees. The sky is the limit.

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## Volunteers are needed to join our

### Onaping Falls Community Action Network (OFCAN).

Meetings will begin in September. If you are interested in building a strong community please get in touch with our Chairperson Michael Armstrong at 705-929-1547

The CAN have many projects they would like to see happen in our communities but it takes people power!

Join in and help us get our dog parks, community gardens or bring your own ideas to the table!

# Community Action Network

[www.ofcan.ca](http://www.ofcan.ca)

#### Contact

**Chair:** Michael Armstrong  
(705)929-1547

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



Photo by Alfred Boyd



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Mickey Brunelle - Owner/Manager

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## Fun at the Library

### Onaping Library

Tuesday, August 7th @ 4:30 - **Travelling Makerspace**

Tuesday, August 14th @ 4:30 - **Cindy Cook from the Polka Dot Door**

Tuesday, August 21st @ 4:30 - **Ventriloquist Yvette Locke**

Thursday, August 9th @ 4:30 **Kids Learning Code (technology)** must be 9+

**Please register on library website or by calling  
705-688-3951**

### Dowling Library

**Movie Night Under the Stars in DOWLING**

**August 16th at dusk - Avengers Infinity War**

## The Onaping Falls News

Published on the 1st day of each month

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# **FRANCE GÉLINAS**

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NICKEL BELT  
MPP**

**705-969-3621**

**fgelinas-co@ndp.on.ca**

**5085 HWY 69 N, Unit 15,  
Hanmer, ON P3P 1P7**

## **WE ARE HERE TO HELP!**

**Our Community Office Team is available to help residents of Nickel Belt in areas such as:**

- **Birth Certificates and Certificates of Marriage**
- **Commissioner of Oath Stamp**
- **Congratulatory Messages (Birthdays, Anniversaries, Special Accomplishments)**
- **Family Responsibility Office**
- **Health Services (Home Care, Ontario Drug Benefit, Travel Grants)**
- **Ministry of Transportation (Licensing, Medical Review)**
- **Social Services**



Levack kids having fun and sending a message of thanks to the water bombers putting out the fire in the back of Levack on July 19th, 2018. Good job kids! Pictured here are Avery Roney (Supergirl), Kolby Dusick and Hannah Brooks. Not pictured but assisted with chalk creation were Jayden Dusick and Braedon Roney)

# Kids

## Korner

by Arianna Thibodeau

**What is a pilot's favourite donut??**

**A 'plane' donut!**

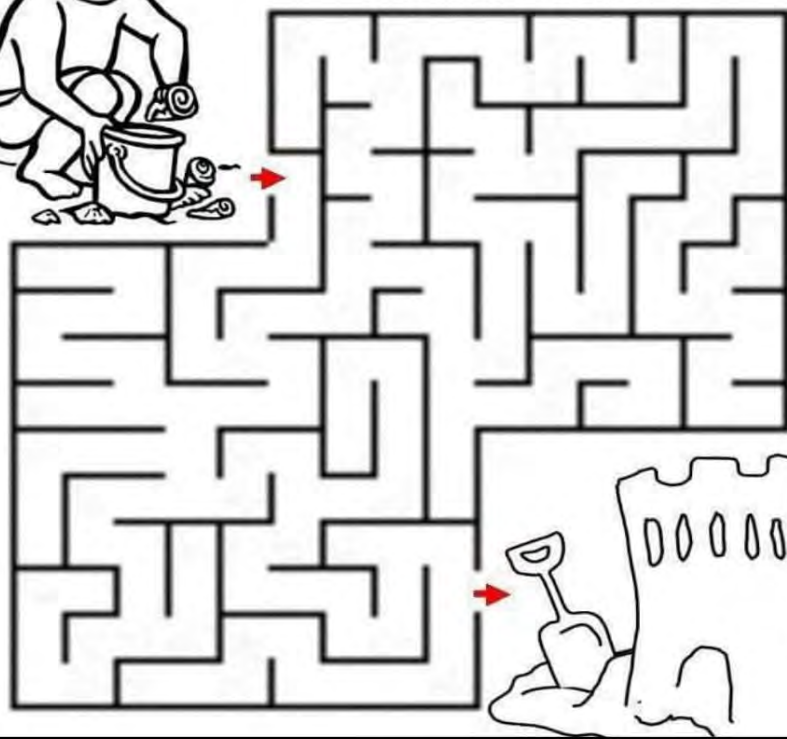
**What did the dentist give to the marching band?**

**A "TUBA" toothpaste!**

## Summer at the Beach Maze



Help this little boy find the sand castle.



# Community Heart & Soul

## A little bit about

### Paula O'Connor

By Jana Lahnalampi

Many of you may know her as Timmy O'Connor's wife, others may know her as Michelle or Brian's mom. Perhaps you know her as the youngest of the lovable Charlebois family. Still others may know Paula in her role as a volunteer in the community. There are a lucky number of community members who know Paula as their dental health professional, helping them care for their teeth.

Paula grew up on Marina Road, the youngest child of Frank and the late Fran Charlebois. She attended local schools: Lindsley Public, Levack Public and Levack District High School. At LDHS she excelled in any sport she joined. A highlight was winning a silver medal at OFSAA with her routine on bars. After high school Paula attended Cambrian College; becoming a dental hygienist. After a number of years working for dentists, Paula recognized the need for home dental care.

For many a job is simply a job, a necessity in order to live. A lucky few find their niche in their chosen employment, and in doing so discover their calling. Paula O'Connor is one of the few who have found their calling in providing dental services in the comfort of a patient's home. Her care goes beyond simply meeting people in their homes, she makes an emotional connection with her patients. Her patients attest to her reassuring and gentle nature which alleviates their anxiety.



Paula provides care to all, including those individuals who for a variety of mental health reasons or developmental challenges, are not able to seek service in an office. She willingly drives to isolated clients with mobility issues who would otherwise not be able to obtain dental attention. .

Today, Paula and Tim, a long time employee of VALE, reside on Windy Lake, where they are soon to be "empty-nesters".

Their daughter Michelle resides in Dowling and has begun working as a Developmental Social Worker at Sudbury Community Living. Brian, a recent CVDCS graduate is off to Humber College and the golf management program.

**A visit from Paula puts a smile on everyone's face!**



*Healthy Smiles at Home*  
*Paula O'Connor*

705-920-5466