FREE

Inside this issue

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- A Moment with Melinda
- Falls Food Hours
- Free BBQ
- A.Y. Jackson 5
- Church News
- Healthy Living with Danika
- Summer Reading Clubs
- Golf Course News
- Stanley Cup



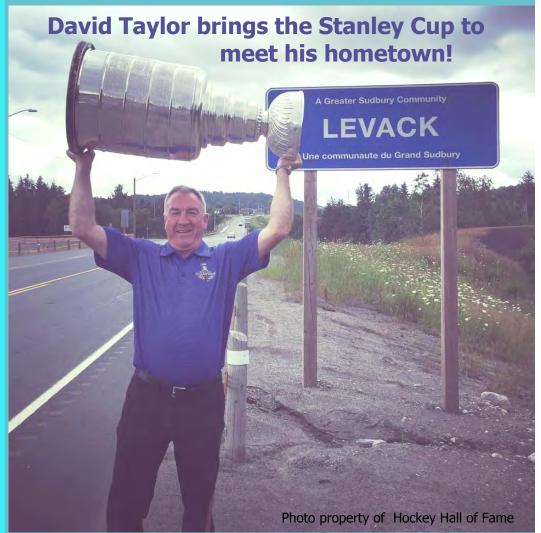
Canoe Club Meeting and Elections August 6th @ 7:30 Onaping Legion

A special meeting has been called to elect a new Board of Directors. If you are interested in a position on the board or becoming a new member please contact Shawn Issac Whalen 705-918-7880



VOLUME 23

AUGUST 2019



Hometown Hockey Hero David Taylors team, the St Louis Blues won the Stanley Cup Playoffs and with true Hometown Heart David brought the Cup home to meet his friends and relatives. On July 11th the I.J. Coady Memorial Arena in Levack was flooded with local hockey fans for an opportunity to congratulate Dave and touch the Stanley Cup. The excitement in the faces of young and old was wonderful to see. A once in a lifetime opportunity.

Dave has been with the National Hockly League for 42 years and never had the opportunity to touch the Stanley Cup. He stood by this superstition until June 12th, 2019 when the Blues beat the Bruins 4-1 for their first ever Stanley Cup win. As the Vice President of Hockey Operations for the Blues, Dave Taylor was granted the opportunity to bring the cup to his hometown.

Daves brother, Mark, worked very hard getting the arena in tip top shape for the event. The arena looked awesome! Everyone who stood in line for a few hours had their photo taken with Dave and the Stanley Cup.

Thank you David !!



STORE HOURS
Monday to Saturday
from 9am to 5pm
CLOSED on Sundays

47 Levack Drive, Levack, Ontario

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Check out our many products online at www.homehardware.ca



August 1 to 7 (9225)









Marc Serré

M.P./ Deputé Nickel Belt

Telephone 705-897-2222

marcserre.ca



Thank you to David Taylor for bringing the Stanley Cup home to Levack for a visit!
His contributions to his community continue to make a difference in Nickel Belt - Greater Sudbury!
Congratulations on a fantastic NHL career and thank you for always remembering your Levack Huskies roots!

(Pictured from left to right
Councillor Gerry Montpellier,
Onaping Falls Recreation
Committee Chair , Carrie Morin,
Raelle Morin, Lucas Morin,
M.P. Marc Serre,
St. Louis Blues V.P. David Taylor and
Kurran Morin.

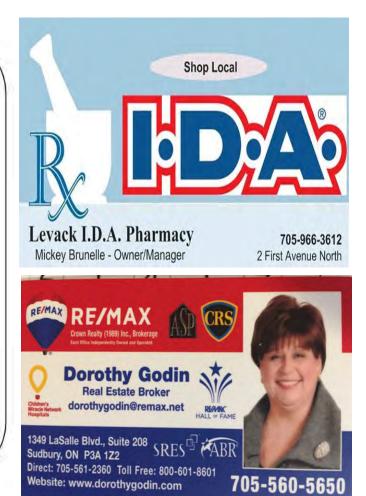
Kim Depatie is a Registered Practical Nurse.

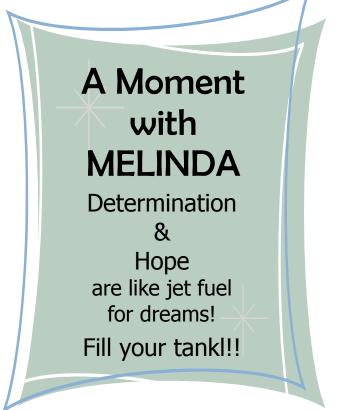
Her business
Kind Hearts Home Care
offers non-medical and medical
services to residents of
Onaping Falls and throughout
Greater Sudbury.

For more information or to book a FREE consultation call **705-920-1861**











July and August 2019

EVERY SUNDAY

from 1pm to 3pm at the

A.Y. Jackson Lookout Pavilion

Bring a lawn chair ~ Wear your sunscreen /bug spray
Finduson Weather permitting ~ Ages 5 and up
Facebook Parents welcome to join in

We will also have Family Fun days!!
To register please call 705-662-9095 for more information





Sponsored by





Heureux 60e anniversaire!

Happy 60th Anniversary to Léopold and Hermance de Lafontaine

It was quite an honour to have Bishop Mgr.
Robert Bourgon celebrating Mass along with
Father Joseph Ogah as they blessed the
happy couple.

Hermance and Leopold are a testimony to the true meaning of love and marriage.

Hermance and Leopold are fervent parissioners of St. Etienne Parish in Dowling . Leopold belongs to the Knights of Columbus #10801 in Dowling and Hermance is Régente of Les fille d'Isabelle, Cercle d'Youville #1377.

Quel plaisir de vous avoir parmi nous! Joie, santé et bohneur pour plusieurs annees encore!

Submitted by Yolande Riopel



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

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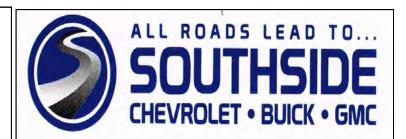


Levack

Knights of Columbus

Fr. Don McLellan Council 11565

Catholic Gentlemen dedicated to: Church Family Community Country



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

Sales Consultant

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2601 Regent Street Sudbury, ON P3E 6K6

UPDATE on the MAPLECREST CEMETERY

If you have been attending our Town Hall meetings you will be aware of the ongoing efforts to get our local cemetery updated and repaired. The struggle is going into its 2nd year but I am looking forward to seeing some work done in the near future.

The most recent update, below, was in late June from the Greater Sudbury Director of Children and Citizens Services, Luisa Valle.

Good morning Dolly,

With regards to the Maplecrest Cemetery project, here is an update since my last email:

- A site meeting has been completed with the City departments and have finalized the design plan
- The design should be ready to tender in approximately 4 weeks
- A meeting will be held with the City's Superintendent of Horticulture to review the garden maintenance
- The goal is to complete this project by the end of October this year Thanks and have a great day,

Luisa

Working together as a community shows the city that there is more than 1 person wanting action. If you are interested in being a part of the actions in upgrading our local cemetery please feel free to either call me or text me at 705-662-9095.

Thank you, **Dolly Gordon**





Gerry Montpellier

City of Greater Sudbury Councillor ~ Ward 3

Phone: 705-698-2759

Email

gerry.montpellier@greatersudbury.ca Facebook @ Gerry Montpellier





TD Summer Reading Club

Dowling

Thursdays @ 1:30 PM

- The Party Magician, August 1st
- The Amazing René, August 8th
- Weave with Nature, August 15th
- Kids Guide to Nature Journaling, August 22nd



Reading fun for kids, from Canada's public libraries tdsummerreadingclub.ca

Onaping

Tuesdays @ 4:30 PM

- Paint with Nature, August 6th
- The Amazing René, August 13th
- Rodney Meilleur, August 20th



SudburyLibraries.ca | SudburyBiblios.ca



Moments That Matter

CHARTWELL MEADOWBROOK

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Healthy Living with Danika

by Danika Lavoie-Rochette

Even though July is regarded as National Berry Month, berries are still within their peak season as August rolls around! Raspberries have recently made their appearance and blueberries are in full swing at this time of year. Not only are these seasonal fruits incredibly tasty and addictive, they also have a multiplicity of health benefits.

Berries are rich in nutrients, vitamins, fibre, are high in antioxidants and also have many cancer fighting properties. A daily intake of these anti-inflammatory fruits have also proven to lower blood pressure and increase levels of "good" cholesterol. Luckily for us, many of these fruits can be found throughout our community. If you're looking for a family bonding idea this month, why not pack a picnic and spend the afternoon picking wild blueberries together? Patches of this summer favourite are found just about everywhere in the communities that consist of Onaping Falls. Just a quick tip: Don't forget to pack a bear whistle as these particular animals love this fruit as well!

Here's a easy recipe for a quick breakfast: 1 cup of Greek yogurt, ½ cup of berries of choice – (such as strawberries, blueberries and/or raspberries), ½ cup of rolled oats, 1 tbsp of honey, ½ tsp of cinnamon. Feel free to adjust portions to your personal preference. Mix together and enjoy! This breakfast is rich in protein, which will give you plenty of energy to start your day!



Confirmation November 2019

Catholic Parishes of Onaping Falls & Cartier

Young adults and students of grades 7 and 8 who wish to receive CONFIRMATION this year, are asked to call and register at the parish office at 705-966-3762.

Classes will begin at St. Bartholomew Parish Hall sometime in September.

If your child is a student at St-Étienne you do **not** need to call and register. You will have the opportunity to register at the school in September.

Onaping Falls Pastoral Charge

Larchwood Memorial, Dowling & St. John's, Levack
Office: 705 966-3823

Schedule of Summer Services

Sundays – August 4, 11, 18, 25– at St. John's at 10:00 a.m

Our Pastoral Charge Celebration at High Falls

will take place on **Sunday**, **September 8that 10:30 a.m.**Larchwood folks will bring salads ~ St. John's folks will bring desserts

There will be an open air worship service followed by a BBQ.

Please spread the word to friends and neighbours and invite them along.

Remember to bring lawn chairs. Everything else is provided.

All are welcome!

We still have a Search Committee in place ... and our Pastoral Charge Supervising Minister is Rev. James Clarke.

Visit our new Website at www.ofpastoralcharge.com







- Mexican Buffet August 2 @ 7 p.m.
- Legion Golf Tournament August 10
- Windy Lake vs. Ministic Lake Tournament

- August 17

- Friday Dinners Reserve to join couples after golf!
- Sunday Brunches until September 1
- All You Can Eat Pasta August 30 @ 7 p.m.
- Home cooked meals all summer long!

We can help you host birthdays, office events, weddings, anniversaries and celebration of life.

Men's Night - Tuesday
SR Ladies Mornings - Wednesday
SR Men's Mornings - Thursday
Couples Night - Friday



Call 705-966-2077

Sudbury Credit Union ??. Community Banking Services



Celina Martel Branch Supervisor

Sue Whealon Branch Manager

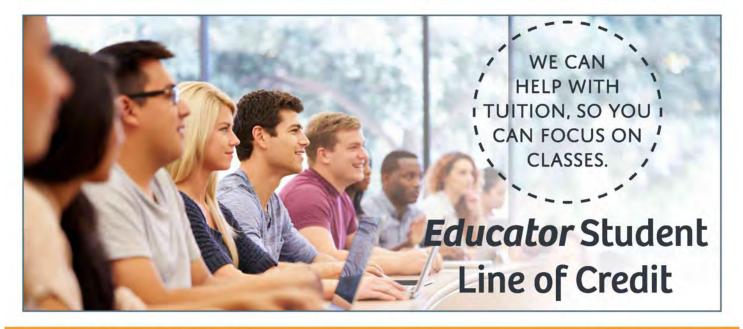




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37 Levack Drive 705.966.3451

www.sudburycu.com





Kids Korner

by Arianna Thibodeau

What is a shark's favorite sandwich?

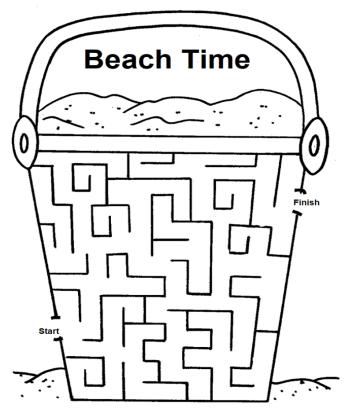
Peanut Butter and Jelly Fish



What do you call a snowman in August?



A Puddle!





France Gélinas MPP/Députée provinciale Nickel Belt

OFFICE HOURS

Monday to Thursday 9:00 a.m. to 5:00 p.m. closed daily for lunch between 12:00 p.m. and 12:30 p.m. Friday By appointment only

fgelinas-co@ndp.on.ca

5085 Hwy 69 North, Unit #15 Hanmer Valley Shopping Centre Hanmer, ON P3P 1P7

Phone / Téléphone **705-969-3621 1-877-280-9990** Fax / Télécopieur **705-969-3538**

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



Onaping Falls Branch 503 1 St James, Onaping, ON 705-966-2387

Email: Branch503@eastlink.ca



Weekly Events at Branch 503

Wednesday Saturday 7:00 pm 3:00 pm FUN Darts ~ in the Club Room
Porquetta Bingo ~ in the Club Room





Everyone is Welcome to Join in

Summer Hours:

Tuesday to Friday ~ 4:00 pm to closing Saturday ~ 1:00 pm to closing Closed on Sundays and Mondays

~ Visit our Facebook Page for Summer Events and Updates! ~

Coming to Branch 503

THE CCR BAND - A CCR/JOHN FOGERTY TRIBUTE-SATURDAY AUGUST $31^{ST} \sim 8:00 \text{ PM}$



The CCR Band captures the sound and look of Creedence Clearwater Revival playing the hits you know and love with an astounding show.

Call the Legion for Ticket information



Join The Royal Canadian Legion Onaping Falls Branch 503 Annual Membership is Only \$50

Every Member makes a difference in the lives of Veterans, their families, our youth, and our communities! Branch 503 donates thousands of dollars each year for specialized medical equipment, youth organizations, local activities, sports teams and individuals in need of assistance.

Pick up a Membership Application at the Legion 1 St James in Onaping or Contact us at 705-966-2387

~ THANK YOU for Supporting Branch 503 ~

Members participating in Legion Sport Leagues must have Dues Paid up to date.



Branch 503's Annual Legion Golf Tournament

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

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

Members & Non-Members Welcome

Call the Legion to Register your Team Or come in and Sign-Up Downstairs in the Club Room





50 LB BAGS ~ only \$12 10 LB BAGS ~ only \$6

Call John at 705-507-4334 and Pick up at the Legion!

Onaping Falls Branch 503 2019 Legion Bursary Presentations June 26th at CVDCS Graduation Ceremony





Branch 503 President John Getchell, M.B. presents Legion Bursaries to Students at the Graduation Ceremony on June 26th at CVDCS. Congratulations to Liza Albrecht, Riley Beaudoin, Alexa Dale, Carla Deslauriers, Lesley Dexter, Preston Lightfoot, Todd McDonald, Adrian Nootchtai and Madison Pulvermacher.

The Br 503 Ladies' Auxiliary Bursary was awarded this year to Alexa Dale, presented by LA Treasurer Melanie Moggy.

Branch 503 Congratulates ALL the Graduates and wish them well in their post secondary endeavours.





Onaping Falls Lions Club

27 Sturgeon Street, Dowling, Ontario 705-855-1765



ONAPING FALLS LIONS TUESDAY EUCHRE

is back

September 3rd 2019

Doors open at 12noon

WHEN: Every Tuesday

WHERE: Dowling Lions Den

27 Sturgeon St

START TIME: 12:30 pm

COST: \$1.00



WE PLAY FOR FUN HERE!

WE ARE BACK MONDAY SEPTEMBER 2nd

ONAPING FALLS LION'S

6:30pm - WARM UPS
7pm - REGUALAR
Dowling Lion's Den
27 Sturgeon St.
Must be 18yrs of age to play

Come out and meet your new Onaping Falls Community Action Network 2019 at a free BBQ!

Congratulations and Thank you to the new committee.

Chair ~ Amanda Linton Treasurer ~ Carrie Morin Secretary ~ Jana Niemi~Lahnalampi



A.Y. Jackson Re-Opening Celebration



Come join us for a BBQ! Where: A.Y. Jackson Lookout When: Sunday August 4/19 Time: 11am to 3pm

Brought to you by:

Onaping Falls





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You can view the full online version at www.onapingfallsnews.com
Join our Facebook page for daily happenings.
For more information please email justdolly@persona.ca
Call or text 705-662-9095

The A.Y.. Jackson 5 are students from Onaping Falls who will now be your tourist liaison at the A.Y. Jackson Lookout on Hwy. 144 between Dowling and Onaping. Their responsibilities include meeting and greeting tourists, sharing some knowledge of High Falls and the renowned Group of Seven painter Alexander Young Jackson and finding out where the tourists may have travelled from. Keeping the trails clean and doing some light maintenance is also on their list of duties. They also host a weekly activity on Sundays from 1 to 4 that will invite kids, families and our Seniors to join in. Activities vary. So far they have taught groups to make friendship bracelets and create tie dye shirts. 17 applicants interviewed for the positions and although all were outstanding **possibilities** these select few made the cut.



Meet Eamon, Seth, Micah, Taylor and Liza. Eamon and Liza will head to post secondary school in the Fall and Taylor, Micah and Seth will head back to finish high school.

Thanks to the Canada Summer Jobs program the Onaping Falls Recreation Committee these Students have a secure 9 week summer job.

A big Thank You to our local M.P. , Marc Serre, who was very helpful with guidance And66 insuring that the O.F.R.C. filled out the 4 hour long Application properly. Funding for the students was

approved in April.

In 4 weeks the Lookout has received over 2000 visitors!!! You will find the students Wednesday thru Sunday walking around the Lookout. If you see them be sure to say 'Hello'. They are easy to spot in their bright yellow tee shirts (On Sunday the wear their tie dye shorts).

You can follow the group on Facebook at A.Y. Jackson Five ~ A.Y. Jackson Lookout Liaisons. This Sunday, August 4th from 11am to 3pm the A.Y. Jackson 5 will be helping our local Onaping Falls Community Action Network as they host a FREE BBQ.

Community members are welcome to come out and have a burger and enjoy the view of High Falls. There is a lovely pavilion with picnic tables.