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FALLS FOOD

Our local food bank will only be open on December 19th . For more information on our local food bank please email fallsfood@hotmail.com or message them on Facebook



VOLUME 15

DECEMBER 2018



43rd Annual Carolfest

Cathy Hartling.

with John Getchell, M.B., Branch 503 President and her mother.



Sunday, December 9th, 2018
7pm at St. John's Church in Levack
Featuring the vocal duo of Faye 'n' Val
Community and Children's Choirs

Silent offering for Christmas Food Hampers









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

Legion

Email: Branch503@eastlink.ca



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 Form at the Legion or Contact us at 705-966-2387

THANK YOU for Supporting Branch 503 ~

Members participating in 2019 Legion Activities must have Dues Paid by December 31st, 2018.

BOOK YOUR SPECIAL EVENT at Onaping Falls Branch 503

1 St James Street, Onaping, Ontario 705-966-2387 ~ Email: branch503@eastlink.ca



Weddings, Parties, Anniversary, Fundraisers and Special Occasions ~ The Legion Hall at Branch 503 is an excellent venue for your Special Event. We are Fully Licensed and can provide full Bar Service for your event! Contact Branch 503 to book your event and let our friendly staff help you coordinate your special occasion

the way you want it!



2018/2019 Annual Student Poster & Literary Competitions



Congratulations to the Students who entered the Annual Remembrance Poster & Literary Contest. The Awards Luncheon was held on Sunday November 25th for the Students that placed 1st, 2nd and 3rd. The Students received their Medals, Certificates and Prizes for their winning entries. Shown here are the Branch 503 Winners from Levack Public, Larchwood Public, Ecole St Etienne and CVDCS.

> The 1st Place entries advanced to the Zone Level and we wish them every success advancing in the contest!



Weekly Events at Branch 503

Monday 7:00 pm Mixed Pool ~ in the Club Room ~ \$5.00 7:00 pm Bean Bags ~ in the Club Room ~ \$5.00 Tuesday 7:00 pm Dart League ~ - in the Club Room ~ \$7.00 Thursday Join the League or Spare In 7:30 pm Euchre - Upstairs in the Hall ~ \$10.00 Thursday Saturday 3:00 pm Porquetta Bingo ~ in the Club Room ~ \$15.00

Club Room Hours: Monday to Friday ~ 4:00 pm to closing

Rean Bag Horseshoes

Saturday ~ 1:00 pm to closing Sunday ~ 3:00 pm to 7:00 pm













Come out for Christmas Bingo! at Branch 503 ~ 1 St. James in Onaping Downstairs in the Club Room!

CHRISTMAS POROUETTA BINGO

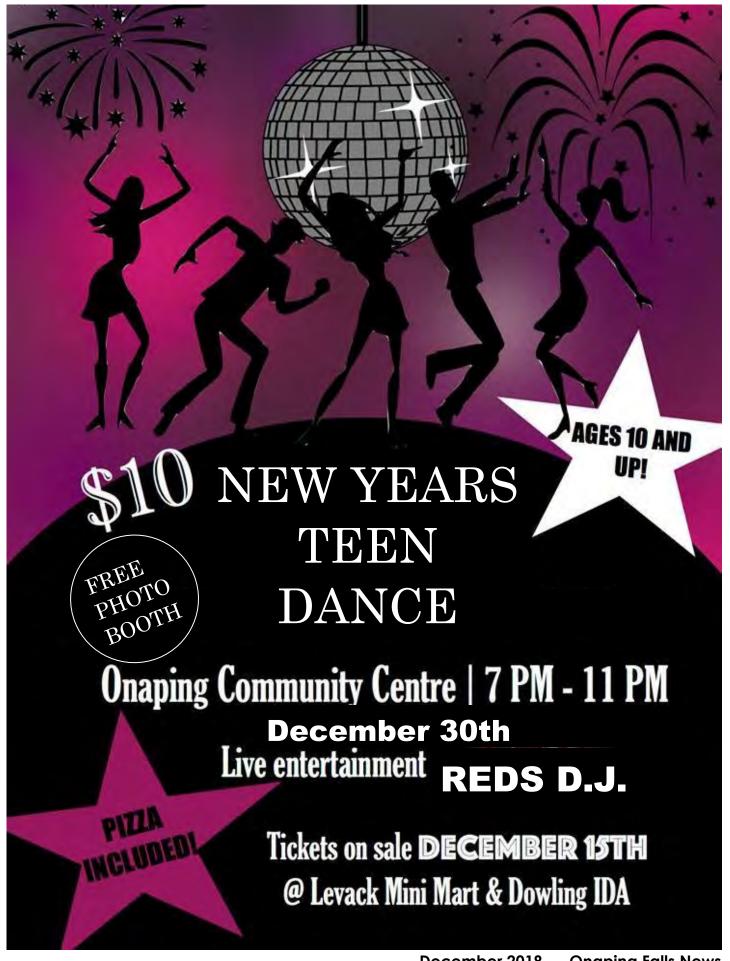
Saturday December 15th at 3:00 pm

We play 4 Rounds of Games with 3 Games Each Round!

Plus Draws for Prizes & Treats between Rounds!



** Seating is Limited so Come Early **





OPEN Monday to Friday at 5am OPEN Saturday & Sunday at 6am Closed at 9pm daily

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- •Breakfast>Burgers>Pizza>Home Baking on Request
- ·Clean, modern, and economical rooms
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- We now sell Bus tickets!!
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- ·Gas bar—including premium!

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

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

FREE PUBLIC SWIMMING

At the Onaping pool every Saturday from 1pm to 2:55pm

EVERYONE WELCOME Closed December 25& 26 and also January1st



Friday, December 21 from 7pm to 8pm Friday December 28th from 7pm to 8pm Wednesday January 2 from 4:30pm to 6pm Saturday January 4th from 7pm to 8pm



Happy Holidays one and all!

Gerry Montpellier

Councillor Ward 3 Phone 705-698-2759 Email gerry.montpellier@sudbury.ca









Onaping Falls Lions Club

27 Sturgeon Street, Dowling Ontario 705-855-1765





Join the Lions Club!

New members always welcome!

If you are interested in joining us please call

705-562-9067











Wishing the community a safe and Happy Christmas and New Year.

Thank you for your support.

Ron & Mary and the staff from the
The Levack Mini Mart



ONAPING FALLS COMMUNITY PAGES



THANK YOU

We would like to share our thanks for all the expressions of support and care over the last few months. A special thanks to the St. John's United Church, the Onaping Legion and Golden Age Club in helping us celebrate Dawn Marie.

It is a blessing to be part of such a caring community,

Hartley, Nancy, Jack and
families.





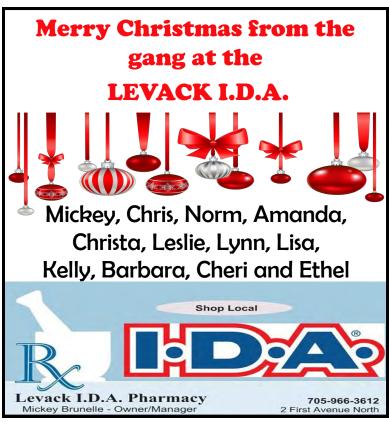


and Reggie



ONAPING FALLS COMMUNITY PAGES









Moments That Matter

CHARTWELL MEADOWBROOK

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ONAPING FALLS GOLDEN AGE CLUB 705-966-2502

- Saturday, December 8th. Christmas Dinner Catered Tickets \$15.00 ea.
- New Years Eve ~ There will be an open house party. No Charge just Come and bring your friends and a dish to pass.
- January (Date to be announced) Roger and Friends are hosting a 50's Dance.
 - These are just a few things coming up along with the regular weekly events.
- Ladies pool has become a very popular addition to weekly events. Thursday and Sunday at 6pm Free
- Friday evening pool is now open to any member and not restricted to 60 and over. 7pm
- Bingo player numbers are increasing. (Club now giving 80.3% away)
- The Fun Card game of 31 is hosting around 15 players a week. Come Tuesday or Thursday at 1pm as well as a group playing other card games.
- Men's open Pool ~ Monday and Tuesday at 1pm
- Cribbage ~ Monday at 1pm and Euchre Wednesday at 1pm
- Free Equipped Exercise Room, Wood Working shop and Computer room
- Hall Rentals available and our bar prices remain the lowest in town.

Come and Join the group 50 and over for \$20.00 a year.



ONAPING FALLS MINOR HOCKEY ASSOCIATION O.F.M.H.A.



Merry Christmas from the Huskies and their families.

Thank you for your continued support!



Just an fyi...HOME GAMES for the Huskies are most Sundays from 2pm to 7pm

Come on out and cheer them on!

O.F.M.H.A.

2nd Annual Onaping Falls IP Jamboree

Saturday December 15th

I.J. Coady Arena

Come cheer on our Initiation Huskies and visitors.

Games start at 8:30am until1:00pm



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

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Blues Quidoor World

HUNTING ETHICS by Sean 'Blue' Gray

As I begin to close the door on another hunting season, I have come to the conclusion that some hunters may have forgotten a few of the very important hunting ethics that we were all taught when we received our hunting license. Ethics are a set of moral principles that guide a person's behavior. So, the term hunting ethics specifically refers to a code of conduct that ALL hunters should abide by.

Since the beginning of the big game season, I have bumped into fellow hunters, friends and family members who have had some disturbing stories in terms of "hunting ethics". I would like to remind all hunters of a few very important principals that we should all remember before we get out into the outdoors.

Obey All Laws— First and foremost, we need to be sure that we are always in compliance with all current hunting rules and regulations. Hunting out of season, using another person's property without permission, and exceeding limits are all examples of behavior that are illegal and unethical.

Take Shots At A Reasonable Range- With increased technology many hunters feel that long range shots are ethical, but remember that we as hunters should get as close to our target as possible before shooting. I am not going to discuss what distance is a long range......but be sure you have a good clear shot. Shorter distance leaves margin for error.

Respect Others – This is just common sense. DO NOT use other hunters stands, and DO NOT set up in another groups area. This is becoming a real problem. DO NOT litter and always be courteous to anyone you encounter. If you make a kill, you should discreetly transport it to your home out of respect for non-hunters and the animal.

Practice Fair Chase Principles- Fair chase is the pursuit of an animal in such a way that does not give the hunter an unfair advantage. Author, Jim Posewitz describes fair chase as the balance between the hunter and the hunted. It is a balance that allows hunters to occasionally succeed while animals generally avoid being taken.

Fully Use the Animal – Firstly, it is imperative that you as a hunter make every effort to find any animal that you may have wounded. Once you find the animal, you should harvest all edible portions of meat. Any portions of the animal you may not use, you can always give to local fur barns, trappers, or people that may use what you generally discard.

All in all, we as hunters must hunt sustainably to ensure that future generations have the great opportunities we have. With increased technology, more hunters, and better equipment to access more areas, we must remember that ethical hunting will ensure that we can enjoy what we love to do!



Tim (T.J.) Gordon, Professional Sales Consultant

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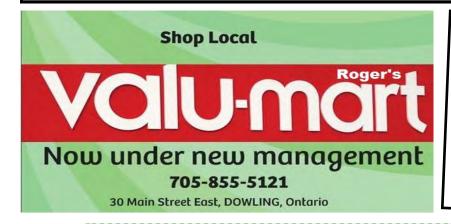
O.F.C.A.N.

Onaping Falls Community Action Network

Your Community Action Network is always looking for new volunteer members. Please contact Michael Armstrong at 705-966-2767 or email us at onapingfallscan@gmail.com.

O.F.C.A.N. meets the 1st Thursday of each month at the RIO Encore theatre .

Please join us!



100 years young!! BIRTHDAY PARTY!!

Come celebrate
Angie Charlebois birthday!
Angie has been a Levack resident for 70 years!
Open house at The Golden Age Club,
December 15, 1-4 pm.

Healthy Living with Danika

by Danika Lavoie-Rochette

The holiday season is upon us! It's a time filled with giving, eating, celebrating and making memories that'll last a lifetime.

Who could ask for a better season? It does seem, however, that over the past decade or so, this time of year and all of the busy-ness that comes with it, has created higher levels of stress for many. How can we give to others if we have nothing left to pour from our own cup? It's especially important to take a moment for ourselves, to decompress and reset, in order to continue appreciating the beauty of the holidays.

Studies consistently show a direct link between exercise and stress reduction.

So, if you're feeling particularly anxious one evening, why not call up a few friends, prepare your preferred warm beverage and head out for a nice evening stroll in your neighbourhood to check out the holiday lights?

This is especially effective to unwind on a mild night after a fresh layer of snow has blanketed the yards, bringing the brightness of the lights to full effect.

It makes for an inexpensive, calming and relaxing evening. Plus, you're getting in a bit of exercise!

Enjoy your leisurely strolls this December and Happy Holidays to all!

Danika



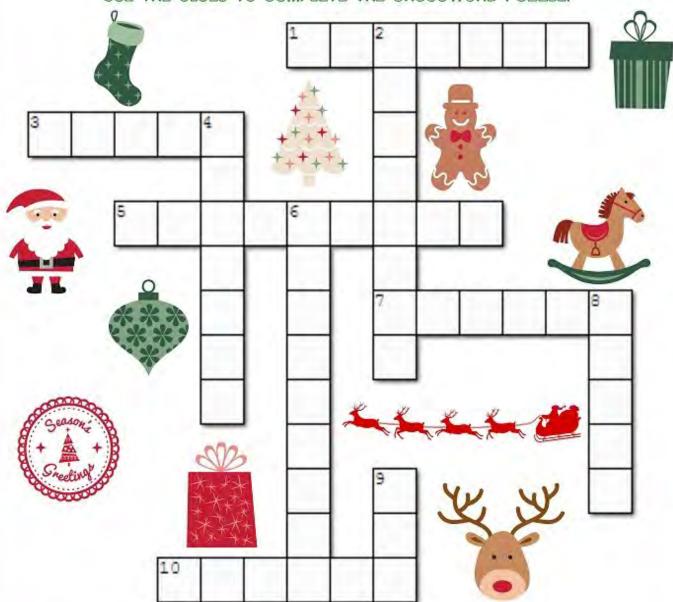
Catholic Parishes of Onaping Falls & Cartier
Messes pendant les Fêtes / Masses during the Holidays 2018

Services pénitentiels / Penitential Services St. Bartholomew Levack, Dec. 19th at 7pm Cartier: Before Sunday mass during Advent

Cartier. Before Stillday mass during Advent		
	24 décembre / Dec. 24 th	31 décembre / Dec.31st
Levack	5:00 p.m.	Levack 7:00 p.m.
Cartier	7:00 p.m.	
Dowling	9:00 p.m.	
Levack	10:30 p.m.	
	25 décembre / Dec. 25 th	1 janvier / Jan. 1 st
Cartier	8:30 a.m.	Cartier 8:30 a.m.
Levack	9:45 a.m.	Levack 9:45 a.m.
Dowling	11:00 a.m.	Dowling 11:00 a.m.

CHRISTMAS CROSSWORD PUZZLE

USE THE CLUES TO COMPLETE THE CROSSWORD PUZZLE.



Across

- 1. One of Santa's Reindeer
- 3. Santa's Helpers
- 5. December 25th is _____.
- 7. Christmas Drink
- 10. The name of a popular snowman.

Down

- 2. Christmas Month
- 4. He hates Christmas!
- 6. You hang them by the chimney.
- 8. On Christmas morning we unwrap our

9. ___ to the world!



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Wicked White is a unique tooth whitening system that provides you with a much brighter smile without the sensitivity. Whether you choose our Wicked White HOME or PRO our systems deliver results that are sure to make you smile.

Wicked White PRO -\$200

Get the immediate results you have been looking for from our WICKED WHITE PRO. This is a chair side whitening system that allows us to help you achieve your brightest and whitest smile in just under 2 hours. No trays, sensitivity, or spending money on systems you don't follow through with. Your smile is something to be proud of so share it with others.



Wicked White HOME

Wicked White HOME is a system that can whiten your teeth from the comfort of your own home. When and where you want. We have 3 options for home whitening ranging in price so there is sure to be one to meet your budget. They all work to assist you in achieving that beautiful smile you are looking for but each option varies in the time it takes and price. All of our gels contain the finest ingredients without any harsh chemicals, preservatives or animal bi products.

Extender Pen \$20



recommended after your in-office treatment

Tray System

\$75



Whitens teeth 3-5 shades in 2 weeks

LED Light Tray
System \$120



Whitens teeth 3-5 shades in only 5 days.





Paula O'Connor Registered Dental Hygienist

705-920-5466

healthysmilesathome.ca windylake@xplomet.ca



The Learning Curve by Kyleen Gray

Meaningful and Economical Holiday Gifts for Teachers and Education Support Staff

The holiday season is upon us. It's the time of year where the scramble for gifts begins and our pocket books start shrinking. Hopefully this short article will give you some easy, meaningful and economical gift giving ideas for those in education this year.

School Program Donations

Our public schools in Ontario are always looking for funds to run better programming for students. Many schools run breakfast programs, athletic teams that compete in out of town tournaments or expensive sports, drama/music programs that require materials, robotics clubs that need funding and even clothes closets for disadvantaged students. I know that my school also runs a program that purchases fresh fruit and vegetables to be on hand daily in our main office. All of these programs require funds, and unfortunately there never seems enough to go around. Why not ask at your school's front office and make a donation to a school program in your child's teacher's name? This way, your gift will support teachers, students and the school community.

Homemade Food/Baking

I don't know about other teachers, but my favourite part of the holidays involves homemade foods and baking. This is an economical and meaningful gift that goes a long way for any teacher — especially one like me with young kids. I'll take a homemade meat pie over a scented candle any day of the week! To make it extra special, have your kids help with making the homemade item.

Student Crafts/Art

Similar to homemade food, teachers and educational staff love when students make us special mementos like crafts and art. I've kept many homemade gifts from students and because of the time and effort that went into creating them; they are very special to me. This year, my own kids will be making their teachers door decorations/wreaths made out of antique skates. They are very excited about this, it's economical and in turn their teachers will have a beautiful holiday decoration to display on their classroom or home door.

Philanthropic Gifts

Another meaningful and economical gift idea for those in education is philanthropic gifts. Our local Salvation Army sells holiday cards whose purchase equates to a gift of a meal to a homeless member of our community. The cards can be purchased, and then given as a gift to teachers in lieu of something materialist. A second option is purchasing a philanthropic gift from a company such as Unicef that sells gifts for children in third world or war torn countries, such as warm clothing, food, educational supplies, athletic equipment or books. I have both received and given this type of gift and it is incredibly meaningful for both the giver and recipient. This also leads to some great conversations and teaching moments about the 'real' meaning of gift giving and the holiday season.

SCHOOL NEWS

Christmas Break

Last day is Friday, December 21st.

Kids go back to school on

Monday, January 7th, 2019











Merry Christmas from the Staff at the ONAPING

VIK-WAY

Fergies Pizzeria & Grill



FERGIES PIZZERIA & GRILL 705-595-3004

From our family to ours, Merry Christmas



Fleurs Magiques

For all your holiday floral arrangements! 705-855-3321

KIDS KORNER

By Arianna Thibodeau

Jokes by a lil jokester

What do Snowmen eat for breakfast?

Frosted Flakes

How do you know Santa Claus is good at karate?

He has a black belt





1,2,3,FORE!

Its Time for Golf

Come to Play, Stay for the Day! Join the Fun!

Everyone is welcome! No experience Necessary!

Homecooking at its finest! Try our homemade Burgers & Fresh Cut Fries

Sunday Brunch Served From July long weekend to September long weekend

Book now for Parties, meetings, lunches and tournaments! We'll cater your Needs!

Inquire about the benefits of our Memberships, 2019 memberships on sale now!

Gift Certificates available!

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Mark your calendars and join us for league play.

Men's night Hole in One contest jackpot is growing!

*some restrictions apply

Men's Night—Tuesday Evenings Sr. Ladies—Wednesday Mornings

Sr. Men's—Thursday Mornings Thirsty Nighters—Open to all Thursday Evenings

Couple's Night—Friday Evenings Many more Special Events!





Onaping Falls Pastoral Charge

Larchwood Memorial, Dowling & St. John's, Levack Schedule of Advent-Christmas Services

 $\label{eq:december 2nd} \mbox{December 2} \mbox{\sc nd} \mbox{$Advent I$} \mbox{ St. John's Levack } 9:30 \mbox{ a.m.}$

Larchwood Memorial 11:00 a.m.

December 9th Advent II St. John's Levack 9:30 a.m.

Larchwood Memorial 11:00 a.m.

December 16thAdvent III St. John's Levack 9:30 a.m.

Larchwood Memorial 11:00 a.m.

December 23rd Advent IV St. John's Levack 9:30 a.m.

Larchwood Memorial 11:00 a.m.

CHRISTMAS EVE December 24th

Larchwood Memorial 7:00 p.m. St. John's, Levack 9:00 p.m.

No services at either Church on December 30th

SHORTBREAD PICK UP: at St. John's

on Sun. $Dec.2^{nd}$ noon -1:00 p.m. or Tues.. $Dec.4^{th}$ between 10:a.m. and Noon

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This location accepts cash only. Sorry for the inconvenience

DECEMBER AVAILABILITY:

SUNDAY DEC. 2nd 9:30 - 2:30

FRIDAY DEC. 21* 9:30 - 2:30

SUNDAY DEC. 23rd 9:30 - 2:30

FRIDAY DEC 28th 9:30 - 2:30

Rates: 90 Minutes: \$125, 60 Minutes: \$90, 45 Minutes: \$70, 30 Minutes: \$60 HST Included

Registered Massage Therapy is covered under most health insurance plans!

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Marcel & Carmen Portelance

Community Heart & Soul

A little bit about somebody...... By Jana Niemi-Lahnalampi

John Getchell, M.B.

Onaping Falls 503 - Royal Canadian Legion is much more than an organization dedicated to war veterans and Remembrance Day. Although that in itself is a noble cause. In the words of John Getchell, current President of the branch, "We are not just about helping Veterans. We dedicate funds to hockey teams, ski clubs, choirs, the Onaping Falls News and work with other organizations in our area to help them fundraise. We also work with our youth, educating them about the Legion and what we stand for. Poster and literary contests for Remembrance Day, and public speaking for the younger students and bursaries for those who want to continue their education. The Legion provides valuable support to multiple organizations in our community." Recently the Legion collaborated with Kristy Paolini the organizer of the Tri Sport weekend, which helps bring people and



money into our community facilities, supporting both private and public entities. This event in turn also supported numerous worthwhile organizations such as Onaping Falls Minor Hockey, as well as our local Softball league, Winter Carnival, Food bank, Christmas hampers, Kids with medical needs, Cartier kids club and Power Skating. The Legion is much more than just a local hang out.

It provides support to many organizations that make this community a better place to live in.

A key person in the branch that oversees this good work is John Getchell. A branch member for 35 years, he has held various positions within the branch; the most recent being president. John embodies the mission of the Legion as he has dedicated himself to service to the community.

A long time leader of the Scouts Canada (Wolf Cubs) he has guided and educated the youth of our community for 18 years. John's roots in our community run deep. He attended Hardy Public School, Lindsley Public School and went on to be a proud CVDCS Flyer before attending Cambrian College



From the volunteers of the Onaping Falls News

Samantha Brazeau Wilson, Kyleen Gray, Sean Gray, Danika Lavoie-Rochette, Arianna Thibodeau, Jana Lahnalampi, Melinda Mott and Dolly Gordon

www.onapingfallsnews.com

John worked locally at Falconbridge Nickel mines as a mechanic and trainer before retiring after 28 years of service. He and his late wife Laurie raised their three daughters, Jolene, Christine and Valerie in Levack. When he is not busy with Legion business, John loves spending time with his four grandsons: Matthew, Noah, Ethan, Ryan.

You may notice the initial M.B. after Johns name. John was awarded the Medal of Bravery in late 2000 by the honourable Governor General, Adrian Clarkson. He wears these letters proud. The life he saved was of his own daughter, Christine. While at a snowmobile rally in Sault Ste. Marie one rider lost control. John pushed Christine out of the way of the oncoming sled. He suffered two broken legs.

Well deserving of such an award.

Thank you John for being such a valuable member to our community!