

ONAPING FALLS NEWS

Special points of interest:

- Winter Carnival
- Family Fun Day Nordics Ski Club
- Pancake Breakfast-Shrove Tuesday
- Church News
- Sliding Party Feb. 17th
- Legion Events

THANK YOU

On December 27th 2017 I experienced the tragedy of a house fire. I don't have the words to explain the emotional impact of watching everything I owned and worked for vanish in a blaze, but even more so, finding words to explain the the heart felt urgency, concern, and generosity of family, friends, coworkers, and the community. The overwhelming awe and gratitude of going from nothing but the clothes on my back to a beautifully fully furnished apartment, complete with clothes in the closet and food in the kitchen, within a weeks time, is indescribable.

Each and every donation, from the largest to the smallest, we're all equally appreciated. Although there are far to many to mention individually, my heart goes out to all those people who made it happen. That includes the firemen who battled the bitter cold as well as the fire.

All I have in return is a very sincere Thank You,
Mark Hegan

Onaping Falls Winter Carnival Schedule of Events 2018

SATURDAY, FEBRUARY 3RD, 2018

9 am - 12 noon

**\$3 Pancake Breakfast at the
Onaping Curling Club**

10:30 am - 12 noon

**Free Kids Curling at the
Onaping Curling Club**
(All kids wishing to participate must bring indoor shoes for the ice surface)

12 noon - 4pm

Onaping Community Centre

Wagon Rides

Face Painting

Bouncy Castle

Cake Walk

Slime Lab

Carnival Games and Prizes

Free Hot Chocolate

Snow Sculpture Contest

2x2 Races

Snowshoe Races

Puck Shoot Out Competition

Bonhomme Medal Ceremony

2pm-4pm

Russell Beaudry Open Air Rink

Free Family Skate

SUNDAY, FEBRUARY 4th, 2018

9:30 am - 12 noon

Buffet Breakfast

Windy Lake Motel & Restaurant

\$9 for Adults and \$6 for kids under 10

11am - 2pm

Onaping Falls Nordics Ski Club

Windy Lake Provincial Park

FREE Cross Country and Snowshoeing
mini tour & lesson

Come out and try the trails.
There is no charge for use of equipment
or guide on this day.

There will be two groups available.

First come, first serve basis.

11am - 12:30pm ~ Group 1

12:30pm ~ 2:00pm ~ Group 2

Enjoy the beauty of the trails and the comfort of the chalet.
Take this opportunity to find out more about our ski club
that has been around for over 25 years!

2pm - 9pm

Russell Beaudry Open Air Rink

Free Family Skate

3:00pm - 5:00pm

Carnival Wind Down/ Lock & Key Raffle

~ Adults only ~

Onaping Falls Legion Branch 503

Entertainment by Dave McNab

Come out and see who wins our big raffle.

INSIDE THIS ISSUE:

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Melinda Moments

This month we highlight Fleurs Magiques in our 'Shop Local' series

By Dolly Gordon-Andrews

This month we highlight **Fleurs Magiques**, your locally owned flower shop in the Bonaventure Mall in Chelmsford. With an interest in landscaping, Cathy Parker-Gillis took a Horticultural Course at Cambrian College. After working in a few greenhouses Cathy took her experience and decided to buy Fleurs Magiques 5 years ago. It has been a family business with her Mom, JoAnne and daughter Morri designing flower arrangements and her father, Brian and husband Garnett (both Levack boys) doing deliveries. Regan and Cass, not family but close, also work with the Fleurs Magiques gang.

Cathy has lived in Dowling for most of her life. After graduating from C.V.D.C.S., she worked for Air Ontario for 16 years before moving on into a passion for plants and flowers. Cathy says the largest part of her business is from people who order flowers or plants for someone **'just because'**. Fresh flowers are beautiful and 'lift your spirits' she says. The corsages you saw our 'Guests of Honour' wear at our Levack-Onaping Homecoming opening ceremonies were graciously donated by Fleurs Magiques. With Valentines Day sneaking up on us why don't you give Magic Flowers a call and order a beautiful arrangement of fresh flowers for a loved one or even for yourself. The shop also has teddy bears and chocolates available to add to any arrangement! Delivery is available out to Onaping Falls.

Call 705-855-3321 today .. Bring a little sunshine into someones life...

order a fresh arrangement of pretty bright flowers.

Order online from home
www.homehardware.ca

Shop Local



Please note NEW STORE HOURS
Monday to Saturday from 9am to 5pm
Sunday—CLOSED

47 Levack Drive

705-966-3335

Save up to 50% Most Feb. 2018. Call Store for details.

MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE
7	8	9	10	11	12	13		

Save up to 50% Most Feb. 2018. Call Store for details.

MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE
21	22	23	24	25	26	27		

SAVE NOW!
Home's Move

SAVE 50%
Per Unit

224

Poly Floor Reg Wtts
1.5L (1.5L/1.5L)

Home's Move

SAVE NOW!
Home's Move

SAVE 55
Was 230.95

25.97

Interior Primer Sealer
A high-quality primer for use on walls and ceilings.

SAVE NOW!
Home's Move

SAVE 44%
Per Unit

6.97

4 Pc Microfibre Paint Roller Kit

The Kitchen Event

100% Acrylic Kitchen & Bath

SAVE 55
Was 249.95

36.97

100% Acrylic Kitchen & Bath
For use on kitchen and bathroom cabinets.

SAVE 54%
Per Unit

7.77

18" Gyprok Whitford
Quartz Drymix
Packaging: 1.5L/1.5L

SAVE 40%
Per Unit

17.97

Eddies on Pole
1.5L/1.5L/1.5L
3/4" x 1/2" x 1/2"

SAVE 35%
Per Unit

8.97

Drywall Patch Sand
1.5L/1.5L/1.5L
1.5L/1.5L/1.5L

SAVE 42%
Per Unit

3.47

Dart Tape
1.5L/1.5L/1.5L

SAVE 55
Was 249.95

36.97

100% Acrylic Kitchen & Bath
For use on kitchen and bathroom cabinets.

PACK OF 300

SAVE 50%
Per Unit

7.47

3" Yellow Zinc Plated A1 Purpose Screws

FRIDAY & SATURDAY ONLY!

2 Day Deals
February 8 & 9, 2018

SAVE 50%
Per Unit

11.97

Dimmer Switch
1.5L/1.5L/1.5L

SAVE 50%
Per Unit

2.98

Lavate & Redwood Cleaner
1.5L/1.5L/1.5L

FRIDAY & SATURDAY ONLY!

2 Day Deals
February 23 & 24, 2018

SAVE 40%
Per Unit

26.97

1/4 Sheet Pal'n Sander
2.5L/2.5L/2.5L



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

www.marcserre.ca

Facebook @ Marc Serre

Hiring a student brings new life, energy and ideas into an organization. I encourage all Nickel Belt - Greater Sudbury organizations to submit an application and help shape Canada's future!

Leaders Today

Apply for Canada Summer Jobs funding here :

<https://www.canada.ca/en/employment-social-development/services/funding/canada-summer-jobs.html>

CANADA SUMMER JOBS

Get money
to hire a student
for summer
2018

Application period
for employers
open from

**December 19 -
February 2, 2018**

Canada

Blues Outdoor World

The Necessities of Ice Fishing for Lake Trout

By Sean Gray

I can remember being a young whipper snapper grabbing my fishing rod, some hot dogs, a few pop, bait and heading out to any lake that was frozen and trying my luck for speckle trout.

Today, I am older, wiser and maybe even a little safer. I have since changed my target fish to lakers and have learned a few do's and don'ts. When I head out fishing now, I bring the essential equipment, which always includes safety and survival supplies as well as the latest technology to increase my chances of catching fish.

If I had to pick three things I would always bring with me, it would be a portable ice hut, a power auger, and a sonar unit. The shelter gives you a warm place to hang out, the auger allows you to avoid being lazy and drill LOTS of holes, and the sonar allows you to SEE if you are actually on fish!! Fish can be aroused or spooked, and the sonar unit will tell you and help you slap fish on the ice. Of course a snowmobile or ATV is a bonus, but it is not necessary to ice fish.

Now, I could go on all day talking about lures, line, rods, bait etc., but for the purpose of the article, the above can really be a game changer regardless of how you fish and what you use. If I had to pick a favorite bait, I would always bring emerald shiners and white tube jigs.

I prefer small hooks and light sinkers on the still lines in case the fish are biting light. The magic number for most big lake trout is 40-50 ft, however structure at any depth could produce some big fish. As is for anything, the more you get out, the more you learn.

The more you learn, the more you catch.

Living in Northern Ontario, we have a number of lake trout lakes that are easily accessible. It seems that January has produced a slower start than usual for many anglers, but we have lots of winter left. **So, get off the couch, get on the ice, and get fishing!**

Always remember to dress warm and stay safe!

Order for your Valentine today!!



Fleurs Magiques

Flowers

705-855-3321



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 ~ \$11.00
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

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!



Royal Canadian Legion
Branch 503
1 St James Street, Onaping
Student Public Speaking Contest
Sunday February 11, 2018



Open to ALL Students in the
Onaping, Levack and Dowling school zone area
Including Home Schooled Students.

Annual Student Public Speaking Contest starts at 1:00 pm sharp on
Sunday February 11th, 2018 at Onaping Falls Branch 503 Legion Hall.

Registration for all Grades starts at 12:00 noon and closes at 1:00 pm.

The speech topic selection is open for Students to decide and speeches can be in
either French or English. Time parameters of the speeches are 3 to 5 minutes for
grades 1 to 9, and 5 to 7 minutes for senior grades 10 to 12.

All First Place Winners will advance to the Zone Level Contest, which will also be
held at the Onaping Falls Branch 503 Legion Hall, on Sunday February 25th, 2018.

Entry Forms are available at the Schools or
Contact us by e-mail or phone the Branch:

Ramona Halldorson, Youth Education Chair
Onaping Falls R.C.L. Branch 503
rhalldorson@eastlink.ca
Tel: 705-966-2387

Onaping Falls Minor Hockey Association

Novice Division Playoffs

Watch for the Novice Division Playoffs
at the I.J. Coady Memorial Arena
February 22 ~ 25.



GO TEAM GO

Every weekend the Levack arena is a buzz with games or practices of our local hockey teams. If you see cars at the arena...stop in and watch our up and coming hockey players.

The O.F.M.H.A. would like to wish the best of luck to our teams headed to out of towns tournaments!

P.A. DAY on Friday, February 2nd

The Dowling Youth Centre
will be OPEN from 11am to 4pm

Join the staff for some fun
games in the gym!

Levack Mini-Mart

Your community grocery store

WINTER HOURS

Monday to Thursday 8am-8pm

Friday & Saturday 8am to 9pm

Sunday 9am to 8pm

705-966-2460



5 years down,
forever to go...
Happy Anniversary
Kevin
Love, Rhonda

Alcoholics Anonymous Meetings

Every Tuesday Evening
at 7pm a the
Larchwood United Church
15 Douglas Street
Dowling, Ontario



Attention Youth and Parents:

For the month of February, in collaboration with the Canadian Mental Health Association (CMHA), the Dowling Youth Centre will be collecting donations of gently used or new socks/(new) underwear /gently used and freshly washed lady's and men's clothing. Please note that the shelter participants are in great need of socks and underwear in particular. (These items will be donated for the Homeless in Sudbury).

Thank You, Staff

SALVATION ARMY KETTLE PROGRAM

COLLECTING FOR THE SALVATION ARMY KETTLE PROGRAM IN THE ONAPING FALLS AREA by Lion Jack Hayes

In the past members of the Lions Club attended the kettles, collected the donations and after the collection period ended a donation from the club was added and the resulting total was donated to a Salvation Army representative at a Lions meeting. More recently interested members of the community and other organizations have been helping by attending the kettles. The Chevalier de Coulomb Dowling have recently provided most of the many cold hours required. This year collecting was done only at the Dowling Plaza in front of Rogers Value Mart. The sorting and counting of the donations was handled by the Lions Club. It has been amazing to see the response of our community, **after collecting for 6 times \$3,458.10** had been dropped in the kettles. At the Lions Club meeting January 3rd, 2018 the club voted in favour of a donation that will **increase the total to \$3,500.00**. At a later club meeting a cheque for \$3,500.00 will be presented to a Salvation Army representative. **This has been made possible because of the generosity of both the citizens that donated the money and the people that provided their time to ensure that it all happened.**

Many thanks to you all,
ONAPING FALLS LIONS CLUB

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

IN STORE SPECIALS

for February

MONSTER Energy Drinks

2 for \$5

3 for \$6

CASHMERE

Bathroom Tissue

4 pack

Only \$1.49

Janes Pub Style Chicken

Burgers or Strips

\$8.99

NESTLE

King Size Bars

1 for \$2.69

or

2 for \$2.99

PEPSI

2L

2 for \$5

RESTAURANT SPECIALS

for February

FAMILY DAY SPECIAL

Monday, February 19th

Kids Meal

Hot dog ~ Fries ~ Drink

\$2.50

Free Small Coffee

WINTER CARNIVAL SPECIAL

Saturday, February 3rd

4pm to 6pm

All kids get 1 slice of pepperoni
pizza and a drink for a TOONIE

\$2

With your

ALL DAY FUN CARNIVAL BRACELET

Drink size 355ml only

Stop in at the restaurant for
our daily specials

Restaurant hours Sunday to Wednesday 11am-7pm

Thursday to Saturday 11am-9pm

Orders can be phoned in for pick up to

705-595-3004

Plus all applicable taxes

The Charlebois Family would like to extend a heartfelt Thank You to so many. Our Mom would have been so honoured with all the love and memories that were shared as we celebrated her life.

Thank you to everyone who gave food, donations, flowers, messages and hugs of emotional support.

We would also like to thank all the lovely psw's who cared for her at home and the staff of Pioneer manor.

All the love and support of family and friends has helped make this difficult time much easier.

Thank you, Frank Charlebois and family xo



SLIDING PARTY

Saturday, February 17th
from 2pm to 4pm

Meet at
St. Bartholomews
church at 2pm with
your sled and walk to the
baseball field for sliding.
Cookies and Hot Chocolate
to follow at the church.

"Truly and Humbly: Memories of the first Apology"

Free Community Event

Truly and Humbly traces the contours of Canada's first apology to Indigenous people by a Canadian institution. This documentary captures the remarkable story of those who made the Apology in 2008 by the United Church of Canada at the annual General Meeting in St. John's, Ontario. The first apology is also the first in a series of church history, it is a turning point. Through the reflections of its participants in the historic event, including Alberta Wilby who requested the apology and Right Rev. Bob Smith who led the Church at the General Council in 2008, the film is an intimate production that captures the spirit of reconciliation and the role of the church in the history of the United Church of Canada as a prelude to Canada's journey towards reconciliation.



Sunday, February 25th
at 2:00 p.m.

St. John's United Church,
Levack.

- Discussion to follow.
 - Refreshments will be served.
- ALL ARE WELCOME!

1st Annual JORDAN LANDRY

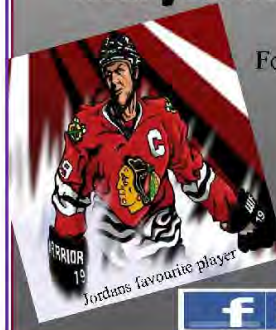
FUNSPIEL

Saturday, February 17th, 2018

\$45 per person

Includes Dinner, Fun and Prizes
at the Onaping Curling Club

Wear your hockey team colours !



For more information or to
sign up please call
Jana Lahmalampi
at
705-923-1774

Monies raised will
be donated to



Follow us on
Facebook

The Catholic Parishes of Onaping Falls & Cartier

First Communion & First Penance:

If you have a child in grade 3 or older, it is
time to register them for these sacraments.

Please call the office at 705.966.3762

**There will be a meeting with the first lesson on
Tuesday Feb. 6th, at 6:00pm at
St. Bartholomew parish hall. Parents and
candidates need to attend this meeting.**

Workbook is \$20

If your child is a student of St. Étienne in
Dowling, they will register at the school, you
do not need to call the office or attend the
above mentioned meeting.

Onaping Falls Pastoral Charge

Larchwood Memorial, Dowling & St. John's, Levack
Rev. Cathy Taylor

Schedule of Services

February 4 th	St. John's	9:30 a.m.
	Annual Meeting followed by a 'Pay what you Choose' Chili Lunch	
	Larchwood Memorial	11:00 a.m.
February 11 th	St. John's	9:30 a.m.
	Larchwood Memorial	11:00 a.m.
	Annual Meeting	
February 18 th	Lent I	St. John's 9:30 a.m.
		Larchwood Memorial 11:00 a.m.
February 25 th	Lent II	St. John's 9:30 a.m.
		Larchwood Memorial 11:00 a.m.

Looking Ahead...

March 4th St. John's Beef Supper - only 1 sitting. Takeouts available

In March 'A Buttermilk Bee' - Orders will be taken - watch for posters with details

Catholic Parishes of Onaping Falls and Cartier

St. Bartholomew

Tuesday 10:00am
Wednesday 7:00pm
Saturday 7:00pm
Sunday 9:45am

30 Church Street, Levack, Ontario

St. Francis Xavier

Thursday 9:00am

Sunday 8:30am

Elm Street in Cartier, Ontario

St. Etienne Martyr/St. Stephen the Martyr

Wednesday 10:00am

Friday 7:00pm

Sunday 11:00am

68 Sturgeon St. Dowling, Ontario

705-966-3762

Office: Wednesday to Friday from 9am-3pm

Father Joseph Ogah

Shop Local



Levack I.D.A. Pharmacy

Mickey Brunelle - Owner/Manager

705-966-3612

2 First Avenue North

The Learning Curve by Kyleen Gray

10 Tips to Help Your Child Succeed in School

Parents are always asking teachers, school administrators and other parents for tips on how to help their kids succeed in school. Based on observing my students over the past 14 years, here are the top 10 tips I can confidently share with you to ensure your child is successful in school.

1. **Read daily with your kids.** Without adequate vocabulary banks and literacy skills, students cannot participate in most classroom activities.
2. **Control and limit access to gaming and technological devices.** Many of my struggling students lose sleep, don't complete homework and can't focus due to the fact that technological devices are not limited in their homes. Parents need to set these limitations.
3. **School attendance is mandatory.** Attendance and school success are directly co-related. If your child is not at school, they can't learn.
4. **Control and limit sugar and processed foods.** Without adequate nutrition, kids brains cannot learn, process and express information. Processed foods have no place in school lunches or kids diets.
5. **Develop a homework routine.** Create a specific place and time for your child to complete their homework; check in regularly with your child's agenda, teacher or Google classroom to ensure they are up to date on assignments.
6. **Communicate with the teacher.** Introduce yourself to your child's teacher early in the school year, and maintain a relationship via email, phone or school drop-ins.
7. **Encourage your child to get involved in school sports and activities.** Studies prove that children who participate in school activities have more of a connection to their school and teachers.
8. **Develop a bedtime routine.** If kids aren't well rested, their brains are not ready to learn when they come to school. Create a school night bedtime and stick to it.
9. **Reward your child for good attendance and achievement.** Make it a habit of celebrating your child's school achievements through words, actions or small treats/gifts.
10. **Encourage daily physical activity.** Physical activity activates student brain cells, and improves their digestion, mood and sleep patterns. Make sure your child has a minimum of 30 minutes of daily activity.

CHELMSFORD VALLEY DISTRICT COMPOSITE SCHOOL



Visit us at our Information Night

Thursday, February 15, 2018 from 7:00 - 8:30 PM



We are thrilled to show you all that Chelmsford Valley District Composite School has to offer!

Participate in engaging activities, tour the school and meet the teachers and current Flyers!

Win a set of Beats Headphones and other prizes!

All parents/guardians and students are invited to this interactive evening regardless of which elementary schools they attend.

Find out more about our **NEW i.T.E.C.H. Program** for Secondary students that will focus on Innovation through technology, experiential learning, community involvement and health/wellness.

We offer:

- English Programs
- Specialist High Skills Major Program in Health and Wellness and our **NEW SHSM in Information and Communication Technology** (pending Ministry approval)
- **21st Century Learning** environments for students to learn in using
- the latest technologies!
- A full range of **Technology** courses that includes: Construction,
- Manufacturing, Automotive, Computer Engineering/Robotics, Green Industries and Communication

Extensive Extra-curricular Program:

- Full Athletics Program that **now include Boys Football and Wrestling**
- Outdoor Education
- Music, Visual Arts and Digital Arts classes
- Fitness and Yoga classes



Dedicated to
Margaret Gordon Cunningham
On the 30th Anniversary of your
passing
February 11th, 1988

If I Still Had My Grandma

If I still had my Grandma
She would still be everyday
She'd know my favourite colour
And the games I like to play

She'd love to hold and cuddle me
No matter how I grow
She'd knit me sweaters, bake me cakes
And never let me "no"

If I still had my Grandma
She'd sing me nursery rhymes
And I would know she loved me
'Cause she'd tell me all the time

I'd whisper her my secrets
She'd keep them to herself
She'd sneak in small surprises
For me and no one else

And even though we miss her
We know she's always there
Watching over all of us
With kindness, love and care

From the Cunningham Cross Family



Cathy's Artistic Cuts
OPEN
Tuesday 9am to 4pm
Wednesday 9am to 4pm
Thursday 1pm to 9pm
Friday 9am to 4pm
Saturday 9am to Noon

705-966-2766



Onaping Falls

Shop Local

Valu-mart Roger's

Now under new management

705-855-5121

30 Main Street East, DOWLING, Ontario

Onaping Falls Recreation Committee
"Believing in Community"



WE ARE BACK!
**ONAPING FALLS
LION'S
CHARITY**



Every Monday
6:30pm - Warm-ups
7pm - Regular Bingo
Cowling Lion's Cen
27 St. George St
Must be 18 years or older to play



Carmen Portelance
Sales Representative
Telephone 705-590-3357
Cell 705-552-8067

RE/MAX
Real Estate Ltd. Brokerage
www.carmenportelance.com



Top 3 hits of 1970

#1 - **Bridge Over Troubled Water**
Simon and Garfunkel

#2 - **Close to You**
The Carpenters

#3 - **American Women**
Guess Who




**France
Gélinas**
La députée/MPP
Nickel Belt

705-969-3621

Home Sweet Home

by Samantha Brazeau-Wilson

Monthly DIYs, home hacks, and organizing tips

How to Clean Your Microwave

Whether you're heating up leftovers or popping some corn for movie night, your microwaves takes on a lot of dirt. Easily clean it by filling a bowl with water and vinegar and microwaving on high until the window fogs up. Allow the interior to cool then wipe down with a sponge.

Valentine's Day Bath Bombs

Give yourself some self-love with homemade bath bombs! Mix $\frac{1}{2}$ cup baking soda, $\frac{1}{2}$ cup citric acid, and $\frac{1}{4}$ cornstarch with a $\frac{1}{4}$ cup melted coconut oil. Add in a few drops of red food dye and a couple of drops of essential oils like lavender or peppermint. Fill heart-shaped silicone molds and let sit overnight. Pop in the bath and enjoy!

Clean Salt Stains from Boots

Winter is notorious for leaving nasty salt stains on winter boots. A good wipe down with water doesn't usually suffice and you're not ready to fork up the dough to buy a new pair. Using vinegar to rub out salt stains on suede and leather boots works like a charm!

SEWING with LEONA

If you are interested in learning how to sew

Please call **LEONA at 705-966-3493**

for more information



ONAPING FALLS NEWS

For more information on advertising please contact

justdolly@persona.ca or call/text to 705-662-9095

Published at the beginning of each month



Kids Korner

Jokes by a little jokester

By Arianna Thibodeau

Q: Why did the broom get married so fast?

A: Because she was swept off her feet

Q: What did Mr Volcano say to Mrs Volcano when they got married?

A: I lava you

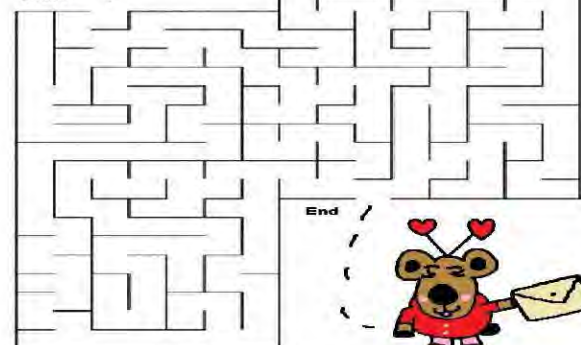
Q: What did the rabbit say to his girlfriend on Valentine's Day?

A: Somebunny loves you!



Get buddy bear to his sweetheart bear

Start



End



Happy Valentine's Day

*What if I told you
a bottle of shampoo could
change your life?*

M O N A T

Call or text me today for your FREE sample
705-207-1624
Dana Kelly,
Your Independent Market Partner

**ONAPING FALLS
Curling Club**

Monday Night ~ Ladies
Tuesday & Thursday Night ~ Mens
Wednesday Morning ~ Seniors
Friday Night ~ Mixed
SPARES NEEDED ~ \$10 per night
COME OUT AND PLAY!
COME OUT AND WATCH!

705-966-2323



Follow us on
Facebook

ART CLUB

The Art Club will be offering a
WATER COLOUR WORKSHOP

Date ~ TBA

Please contact Nevaida Howe
if you are interested .



*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**

Family Fun Ski Day

Monday, February 19th, 2018



Games & Activities
From
10:30am to 12:30pm

Prizes for the Top 3 Crazy Hats

EVERYONE WELCOME!!



Join us by the Fire
from
12:00pm to 2:30pm
for our
**Annual Wiener &
Marshmallow Roast**



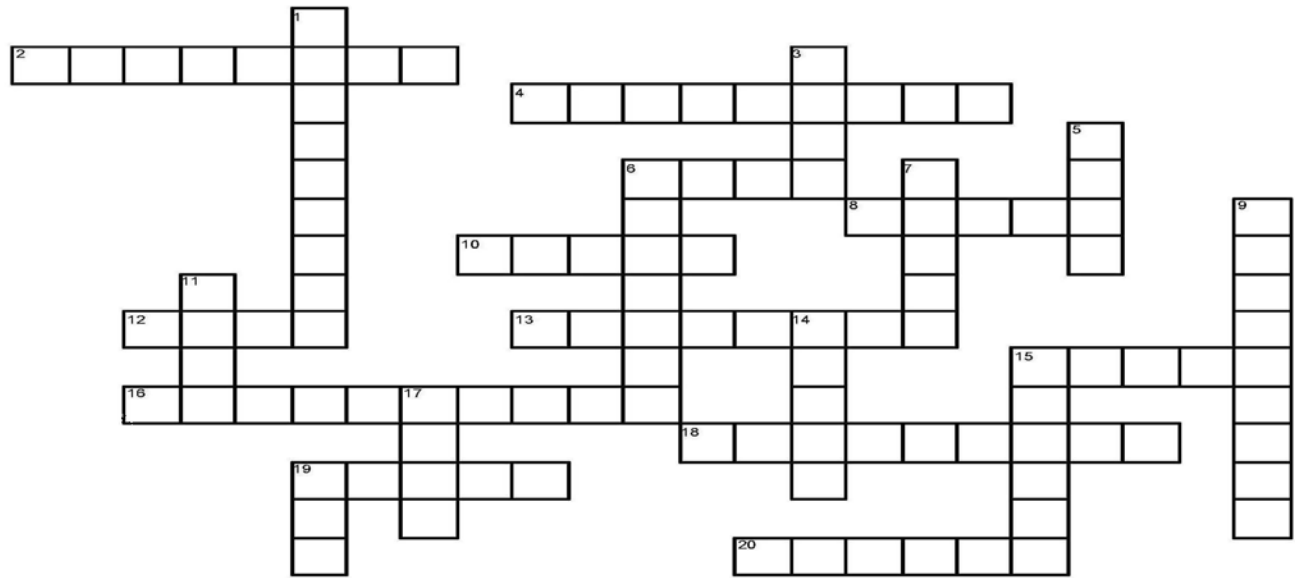
Ski and Snowshoe Rentals Available



**ONAPING
FALLS
NORDICS
SKI CLUB**

Located at the WINDY LAKE PROVINCIAL PARK

Valentine's Day Crossword Fun



ACROSS

- 2 A piece of jewelry worn around one's neck.
- 4 _____ and girlfriend.
- 6 "Be _____."
- 8 School children often exchange these on Valentine's Day.
- 10 He shoots invisible arrows to make people fall in love.
- 12 The most popular flower for Valentine's Day.
- 13 Valentine's Day falls on _____ 14.
- 15 "_____ Valentine's Day!"
- 16 A safe place to store jewelry. (Two words.)
- 18 My friend gave me heart-shaped box full of _____.
- 19 Bees make this substance, which is also a nickname for someone who is loved.
- 20 St. Valentine is known as the patron saint of _____.

DOWN

- 1 "Will you be my _____?"
- 3 Husband and _____.
- 5 In "XOXOXOX," an X represents this action.
- 6 Did the mail carrier leave any Valentines in your _____?
- 7 School children sometimes celebrate with a Valentine's Day _____.
- 9 A stuffed animal often given as a Valentine's gift. (Two words.)
- 11 "I _____ you."
- 14 Bow and _____.
- 15 Children may read and eat candy _____.
- 17 A man usually gives a woman a _____ when he asks her to marry him.
- 19 In "XOXOXOX," an O represents this action.

Library Fun for EVERYONE

- CHILDRENS PROGRAM ~ WEEKLY ~** Tuesday Nights at 6:30 pm DOWLING LIBRARY
- ADULT CRAFTERNOON ~** Monday, February 5th at 6:30pm DOWLING LIBRARY
- STORYTIME ~** Monday, February 12th at 10:30am ONAPING LIBRARY
- STORYTIME ~** Monday, February 26th at 10:30am ONAPING LIBRARY
- KIDS PROGRAM ~** Wednesday, February 7th at 4pm ONAPING LIBRARY



Windy Lake Motel
& Restaurant

First Aid Course

Emergency First Aid & CPR Level C + AED



Where: Windy Lake Motel & Restaurant

Contact: 705-966-3967

When: Saturday March 3 2018

Time: 9am to 5pm

Cost: \$75 per person

Given by Lifesaver 101

A Moment with Melinda
You never know whose path
you light with your smile

Youth Centres

Dowling Youth Centre is OPEN

Monday ~ Wednesday ~ Friday

3pm to 8pm and welcomes all youth ages
10 to 18

Located within the Dowling Leisure Centre

Onaping Youth Centre is OPEN

Tuesdays and Thursdays

3pm to 8pm and welcomes all youth ages
10 to 18

Located at the Onaping Community Centre

WIN

A 36" Retro Red Fridge, Retro Red Clock,
Man Cave sign, Woman Cave sign,
Beer S.W.A.G. and
\$150 Beer Store gift certificate

\$5



\$5

In our Lock and Key Raffle.
Buy a key for \$5...try it in the lock..if
your key opens the lock..you win it all!!!

Join us at the Onaping Legion on Sunday February 4th at
3pm to see whose key opens the lock.

If you can't make it out on Sunday we put your name
on the key and try it that afternoon for you!



Tickets can be purchased at the Mini Mart, the Kwikway and the
Windy Lake Motel or by messaging either Dolly Gordon
or Carrie Morin on Facebook



License #: 793986

Au fil des années

École St-Étienne, Dowling

célèbre son 50e



le 5 mai 2018

Réunion à l'école le 16 janvier à 5h45

Venez si vous avez donné votre nom pour aider
ou si vous êtes intéressés.

50e anniversaire de l'école St-Étienne à Dowling

SENIORS CORNER

ONAPING FALLS GOLDEN AGE CLUB

109 Service Road, Onaping, Ontario P0M 2R0

705-966-2502

February 2018

Thursday, February 8th at 1pm - **Monthly Social**

Friday, February 16th at 1pm - **MUSIC JAM**

Thursday, February 22nd at 2pm - **General meeting POTLUCK**

- Monday - Cribbage at 1pm
- Pool at 1pm
- Tuesday - Pay me Cards at 12:30pm
- Pool at 1pm
- Bingo at 7pm
- Wednesday - Line Dancing at 9:30am
- Thursday - Euchre at 1pm
- Thirty One at 1pm
- Friday - Yoga at 3:30pm
(on the 1st, 2nd and 4th Friday)
- Bowling at Whitewater Lanes

NEW MEMBERS
over 50 are
always welcome
to join.
Join today
for only
\$20 per year

POOL
TOURNEY
March 4th, 2018
Contact
Harvey Picard
705-855-4223

BOWLING
Contact Gene
705-966-2251

Line Dancing
Contact
Lillian Xilon
705-855-9255

MUSIC JAM
Contact Club
President
Jim Howe
705-966-0137

YOGA
Contact
Melinda
705-966-2379

Senior Pool
(over 60)
Contact Larry
705-966-3932



Creating Healthy Babies

This FREE program offers expectant and new mothers the opportunity to receive emotional, educational and nutritional support to assist them in developing a healthy baby during their pregnancy.

LOCATED IN CHELMSFORD
ALSO SERVING THE RESIDENTS
OF ONAPING FALLS

2nd Thursday of the month

Transportation & Childcare may be available.

705-969-4040 ext. 266



BINGO

EVERY TUESDAY
NIGHT
7pm
Golden Age Club
in
Onaping
EVERYONE
WELCOME!!

Pancake Brunch
Golden Age Club
Shrove Tuesday



- Pancakes
- Sausages
- Coffee
- Tea
- Juice

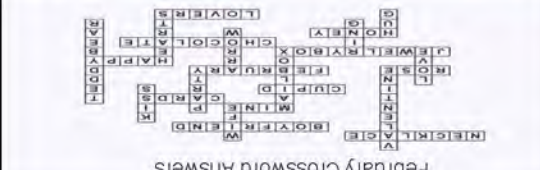
\$ 5.00 person.

Info. Call Carol
705-966-5306
Anita
705-855-3055

TIME: 11 a.m. - 1 p.m.
DATE: February 13, 2018
PLACE: Golden Age Club, 109 Service Rd., Onaping

Come and see your favorite golden age Club MEN Flipping Pancakes, Lard, Jam, Eggs, and help us

February Crossword Answers



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

Community Heart & Soul

A little bit about somebody by Dolly Gordon-Andrews

Meet Sherrie Stewart ~ Landriault

Sherrie has lived most of her life in Onaping Falls. She is married to Yvon Landriault and the couple have 2 gorgeous daughters, Olivia and Emma. Olivia is in her 3rd year of Environmental Biology at Laurentian and Emma, is in her 4th year at Carleton University in International Studies. Sherrie and Yvon will be celebrating 26 years of marriage at the end of February.

If you know Sherrie you know she is a non stop little spitfire . Working fulltime at St. Charles College as the non academic lead for the 'Open Doors' Program she has spent the last 10 years developing non-academic programming for students at risk. Before this Sherrie spent 5 years working with elementary students running a social skills program.

She also studied Psychology at Laurentian University for 3 years.

Sherrie spent 10 years at home raising her 2 girls and running the Co-Op Nursery School in Dowling . 6 years as a teacher and 4 years as the President.

Although she loves what she does her true passion fell into place when she decided to take some Aerobics classes at the Leisure Centre in Dowling . After 3 years of being a student she went on to achieve her Certification for Group Fitness. She was then offered a job at the YMCA, and continued to gain certification in many other areas. And then, **Yoga came into her life** and she hasn't looked back .



Inward Focus Yoga Dowling

133 Arlington Drive

Winter Schedule

Starts November 27th

Mondays: 6-7 pm, 7:30-8:30pm

Tuesdays: 4:30-5:30pm,

6:30-7:30pm, 8-9 pm

\$10 per class 4/6/8 week sessions

You can sign up for a session at any time

Or \$15 per class to drop in

(call up to an hour before to confirm a spot for drop-in classes)

Accommodations for Shift Workers

Call or text to register: 705-698-1039

Beginner to Advanced Posture Instruction



Sherrie is a **Certified Yoga Instructor and also a Reiki Level 1 Practitioner.**

While working full time Sherrie runs her business 'Inward Focus' and offers a variety of locations to take classes with her.

During the week she has classes in Lively at the Lively Golf Course, in Sudbury at the Timberwolf Golf Course, the Y.M.C.A. in Sudbury and also at her zen-like home Studio in Dowling .

She also offers Corporate Wellness Programs to companies who have a commitment to their employees and their wellness mandate.

Sherrie is often found out in our community volunteering her time and special energies .



She gathered crowds for her yoga at the Levack-Onaping Homecoming in August 2017 and at the Annual Cavalcade of Colours in September 2017. She hopes to do the same with her FREE Winter Yoga session offered at the Onaping Falls Nordics Ski Club on Sunday, February 11th from 1pm to 2pm.