



# ONAPING FALLS NEWS

## WHAT'S HAPPENING IN THIS ISSUE

- OUTSTANDING CITIZENS
- Free Skating
- Free Swimming
- Legion Events
- Kids Korner
- Healthy Living
- Melinda Moments
- Lions Club Events
- Onaping Falls Huskies
- Golden Age Club
- Library Fun



**February 1st, 2nd and 3rd, 2019**



The Onaping Falls News volunteers were on holidays! Thank you for your patience with the late release of January's edition.

Some of our regular articles will be back in February and we will also have some new highlights! Keep your eyes open for our February issue

If you would like to contribute or have something to share please feel free to call 705-662-9095 and let us know!



OOK PIK is back...YES! The original OOKPIK will be out and about along with Bonhomme Carnival! Snowmobile Show, Puck Shoot Out, Bounce Houses, Face Painter, Photo Booth, Specialty Bingo, Snow Shoe Races, 2x2 Races, Cake Walk, Pancake Breakfast and the Malamute Saloon!

**GET your CARNIVAL Button for \$5**

**Friday February 1st ~ Opening Ceremonies**

**Dowling Leisure Centre 6pm**

**Saturday February 2nd ~ Onaping Curling Club, Onaping Community Centre and the Russell Beaudry Open Air Rink**

**Saturday February 2nd ~ Join us at the Malamute Saloon**

**Dowling Leisure Centre 8pm \$10 entry**

**Music by 'OUTSIDER'**

**Sunday February 3rd ~ Dowling Leisure Centre**

**Just like old times!!!!**







# Home hardware

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

47 Levack Drive, Levack, Ontario  
**705-966-3335**

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

**EXTRA BIG SAVINGS HURRY IN!**  
WHILE SUPPLIES LAST.  
No rainchecks. No online orders. We reserve the right to limit quantities.

**SAVE 43%**  
**All Purpose Cleaner**  
650 mL. 4520-071  
Was \$6.99  
**3<sup>97</sup>**

**SAVE 55%**  
**Ultra Gel™ Control Super Glue**  
4 mL. 2010-177  
Was \$8.99  
**3<sup>97</sup>**

**SAVE 50%**  
**24AA Premium Alkaline Batteries**  
5314-216  
Was \$10.99  
**5<sup>47</sup>** Pack

**EXTRA BIG SAVINGS HURRY IN!**  
WHILE SUPPLIES LAST.  
No rainchecks. No online orders. We reserve the right to limit quantities.

**SAVE 60%**  
**Stainless Steel Hydration Bottle**  
Assorted colours. 750 mL. 4423-009/01/012  
Was \$19.99  
**7<sup>97</sup>** Each

**SAVE 52%**  
**Omni Storage Boxes**  
Clear. 14" x 8" x 5". 4410-070  
Was \$10.99  
**5<sup>27</sup>** Pack

**SAVE 43%**  
**21" Poly Snow Pusher**  
Quality hardwood handle. 5533-3628  
Was \$21.99  
**12<sup>47</sup>** Each

**SAVE 40%**  
**Carbon Monoxide & Smoke Alarm**  
Hard-wired, battery backup, interconnectable. 3616-714  
Was \$44.99  
**38<sup>97</sup>** Each

**EXTRA BIG SAVINGS HURRY IN!**  
WHILE SUPPLIES LAST.  
No rainchecks. No online orders. We reserve the right to limit quantities.

**SAVE 54%**  
**O'Keeffe's® Cream Working Hands® or Healthy Feet™**  
4670-090/1004  
Was \$10.99  
**4<sup>99</sup>** Each

**SAVE 40%**  
**Super Heavy Duty Construction Bags**  
3 mil plastic. 35" x 48". Black. 4440-0834  
Was \$14.99  
**8<sup>97</sup>** Pack  
Clear 4440-0834 Was \$10.99 9.57 Pack

**SAVE 48%**  
**Powerball® Dishwasher Detergent Tabs**  
25 tabs. 4510-641  
Was \$10.49  
**5<sup>44</sup>**

**SAVE 58%**  
**Heavy Duty Work Gloves**  
Assorted colours. Winter lined. 8325-194  
Was \$12.99  
**5<sup>44</sup>** Pair

**SAVE 45%**  
**Kitchen & Bath Silicone**  
Waterproof, mildew resistant. White, clear or translucent. 300 mL. 2034-462/480/3754  
Was \$5.99  
**3<sup>27</sup>** Each

Jan. 3 to 9 (9248)

Jan. 10 to 16 (9201)

Jan. 24 to Feb 6 (9202)





# Marc Serré

M.P./Deputé

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

## Nickel Belt Outstanding Citizens have been announced!

Every year 20 Nickel Belt– Greater Sudbury residents are selected to highlight their outstanding contribution to our community. On December 18th, 2018 the following Onaping Falls Residents were selected to receive this honourable award.

Congratulations to Emily Getchell of Onaping and Carmen Portelance of Dowling. Both of these women have been strong and respected community members who have given many years their time to help in community events.





# 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!**

**NEVER GOLFED? Join for the fun of it**

**TRIAL Memberships -Try out the beach & course**

**for the month of July for \$200\***

For more information call 705-966-2077 or check online  
at [www.golfwindy.com](http://www.golfwindy.com)

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!***





**Our Huskies have been busy so far this season.**

**Thank you** to the community support with all of the OFMHA Team fundraisers and business donations.

All divisions have a couple of tournaments already complete.



# Onaping Falls Minor Hockey Association



Good job Onaping Falls Peewee Huskies. On December 18th they volunteered at Falls Food . Learning about our local food bank, how it works and what our volunteers do every month at the food bank. Thank you to the Food Bank volunteers for all their hard work.

The Peewee Huskies (Below) have competed in the Rayside Tournament and were finalists. They also competed in the Steel Blades Tournament in the Sault They played hard but lost in the semi final game. This team has 2 more tournaments this winter. Sturgeon Falls in January and Coldwater in February. Good Luck!



The Novice Huskies (above) have done 2 local tournaments so far. The Rayside Tournament they were finalists and in Coniston they were

**Tournament Champs!**  
**CONGRATULATIONS!**

One more tournament this winter! First time in Kirkland Lake. Good Luck!

O.F.M.H.A. News ~ The Atom Huskies competed in the Coniston tournament as well. They played hard but did not move on to the finals. They have the Sturgeon Falls tournament in January and another tournament in the Sault in February. **LET'S GO HUSKIES!**

The Bantam Huskies also competed in the Rayside Tournament and have the Coniston Tournament to look forward to!  
**GOOD LUCK!**



## *Windy Lake Motel & Restaurant*

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

- 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](http://www.windylakemotel.com)**

### **FEEL FREE TO *SWIM***

at the ONAPING POOL every  
Saturday from 1pm to 2:55pm

**EVERYONE WELCOME**

FREE program runs until  
April 20th, 2019

### **FEEL FREE TO SKATE**

at the LEVACK ARENA  
Friday Nights from 7pm to 8pm

**EVERYONE WELCOME**

FREE Program runs until  
March 31st, 2019



## **Gerry Montpellier**

**City of Greater Sudbury  
Councillor ~ Ward 3**

**Phone : 705-698-2759**

**Email**

**[gerry.montpellier@greatersudbury.ca](mailto:gerry.montpellier@greatersudbury.ca)**

**Facebook @ Gerry Montpellier**





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



*Happy New Year!*

**Legion**

**Happy New Year from the Executives and Staff at Onaping Falls Branch 503**

On behalf of Branch 503, I extend a heartfelt Thank You to all our Members, our Ladies' Auxiliary, and our Patrons for a busy and successful 2018. With your support we were able to contribute to many Veteran and community needs, our local youth and sport programs, and to do much needed building upgrades. Our Branch looks forward to serving our Veterans and our community in 2019!

Sincerely, John Getchell M.B. ~ President

### Weekly Events at Branch 503

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

**Club Room Hours:** Monday to Friday ~ 4:00 pm to closing  
 Saturday ~ 1:00 pm to closing  
 Sunday ~ 3:00 pm to 7:00 pm

**MIXED POOL EVERY MONDAY NIGHT**  
 Games start at 7:00 pm ~ \$5.00

Members and Non-Members ~  
 Everyone is Welcome to Join In!

**Bean Bag Horseshoes**  
 Tuesdays at 7:00 pm  
 ~ Downstairs in the Club Room ~

Everyone is Welcome  
 \$5.00 ~ No Partner required ~ Just come out and Have FUN!

**LEGION DART LEAGUE PLAYS EVERY THURSDAY at 7:30**  
**\$7.00 to Play**  
**Everyone is Welcome!**  
 YOU CAN JOIN THE LEAGUE OR JUST COME OUT AND SPARE IN!!  
 For Information Call Martine Draper at 705-966-2378 or the Legion at 705-966-2387

**ANNUAL 2019**  
**BRANCH 503 LEGION**

**CURLING BONSPIEL**  
**AT THE ONAPING CURLING CLUB**  
**SATURDAY, JANUARY 26, 2019**  
**TEAMS OF 4 - \$35.00 PER PERSON**  
**CALL TO REGISTER YOUR TEAM**  
**705-966-2387**  
 OR  
**SIGN UP BY JANUARY 21ST**  
**IN THE CLUB ROOM**

**BOOK YOUR SPECIAL EVENT at Onaping Falls Branch 503**  
 1 St James Street, Onaping, Ontario  
 705-966-2387 ~ Email: branch503@eastlink.ca

**Legion**

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!

**Legion**

**Johnny CASH night in Onaping**  
**Friday April 12, 2019**

Canada's most critically acclaimed tribute to Johnny Cash!  
**The Ring Of Fire: A Johnny Cash Experience**  
 It doesn't get any better than cheap beers, a friendly atmosphere, dancing with friends and 2 hours of Johnny Cash greatest hits!

The band is currently on tour to specifically support Royal Canadian Legion Halls. The young generation of today need to know the importance of our Legions and the community benefits they offer to our Veterans & their families. Every year 11 Branches close their doors forever due to lack of funding and support. That is 11 doors that close on our Canadian Military Veterans. Our mission is to prevent that from happening.

Tickets available ONLINE - [www.experiencecash.com](http://www.experiencecash.com) or in person at the Legion Hall.  
 \$20 ea. in advance or \$25 ea. at the door.  
 Sound System, Lighting & Stage Production is fully sponsored by expert island. [www.expertisland.com](http://www.expertisland.com)

**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 31<sup>st</sup>, 2018.





# **FRANCE GÉLINAS**

**La députée provinciale de  
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**



# Volunteers Needed

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

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

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

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

# Community Action Network

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

## Contact

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

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

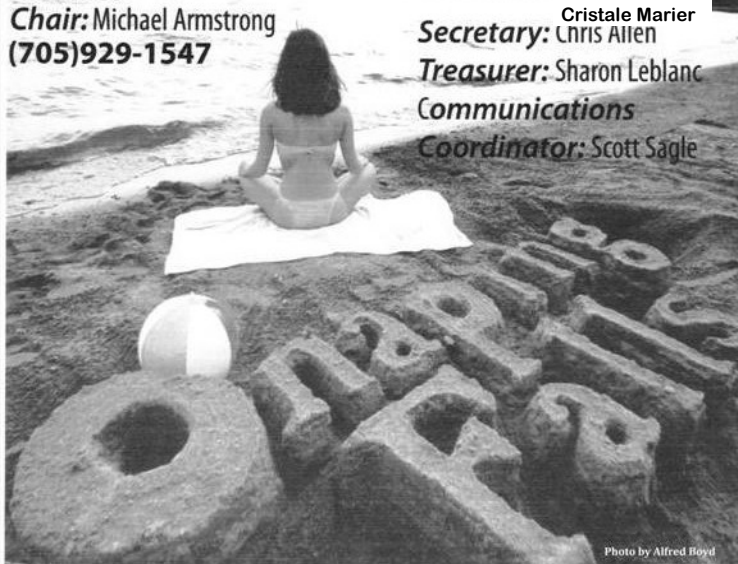


Photo by Alfred Boyd

# KIDS KORNER

by Arianna Thibodeau



**Happy New Year!**

**Why don't you give Elsa a balloon?**

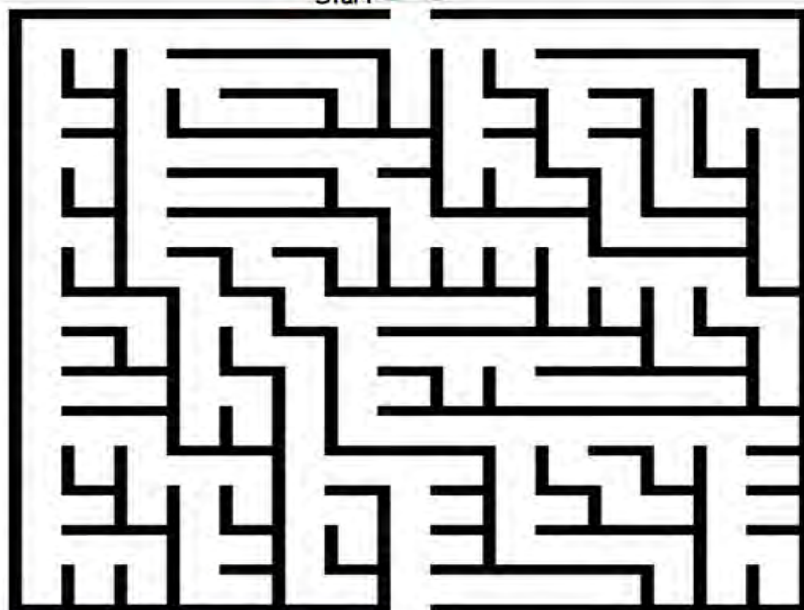
*Cuz she will Let It Go !*



**What do Snowmen like to do on the weekend?**



*CHILL OUT!*



Finish





# Moments That Matter

**CHARTWELL MEADOWBROOK**  
18 Jacobson Drive, Lively  
705-836-9999 • [CHARTWELL.COM](http://CHARTWELL.COM)



**CHARTwell**  
retirement residences



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

# Onaping Falls

## Golden Age Club

705-966-2502

109 Service Road, Onaping, Ontario PoM 1Lo

### Monday:

**CRIBBAGE** - 1:00 pm- Open

**POOL**- 1:pm Call -Harvey 705-855-4223

**YOGA**with Jana 6:pm free to members

non members \$5.00

Contact Melinda 705-966 2379

### Tuesday:

**CARDS** Pay me & 31- 12:30 pm - Open

**POOL** 1:pm Open

### Wednesday:

**LINE DANCING** - 10:am

Contact- Lillian Xilon 705-855-9255

**Euchre** 1:00 pm -Open

### Thursday:

**CARDS** 1:00 pm – Open

**POOL** 1:pm- 6 Ball Snooker (new to Club)

**POOL** 6:30 pm Ladies Pool

### Friday:

**OPEN MUSIC JAM** -Every third Friday

Contact Jim 705-966-0137

**POOL – OPEN** 7:pm

Contact - Larry 705-966-3932

**Friday Bowling** White Water Lanes- please

Contact Gene -705-966-2251

### Saturday

**GAMES NIGHT** – Second Saturday of the month. open- Call Sharon 705-966-2260

### Sunday

**POOL** Ladies Open Pool night 6:30 pm

Free to members . Non members \$3.00

## 60's Dance

January 19th Tickets on sale now!


\$10 advance—\$12 at the door

Live music with

*Joe Campbell and Walter 'Beaver' Sarazin*

Costume prizes!

Lots of fun...come on out!



**ONAPING FALLS GOLDEN AGE CLUB**

**RUMMOLI** - with Sharon & friends

You may also bring your OWN GROUP & GAME OF Choice - Also Cards- Pool - Shuffleboard

CALL - 705-677-4585 for information

OPEN TO EVERYONE LEGAL AGE

Members FREE -Non Members \$5.00

Second Saturday of each month  
Starting January 12th, 2019  
TIME: 6:30 p.m.

**Club Rentals  
with Kitchen  
Facilities  
& Fully Licensed  
Bar available  
Call – Linda  
705-966-2044**

**Club phone  
705-966-2502**

Membership open to everyone age 50 or over Couples, one spouse must be 50.

**Yearly fee \$20.00  
More information  
call  
Jim or Nevaida  
Howe  
705-966-0137**

### Line Dancing for Beginners

Great exercise, dance off those extra pounds from all the Festive goodies. If you are interested in this program

Monday mornings at **10am**

Please call Lillian

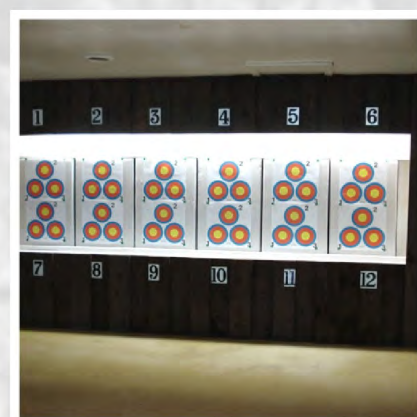
**705 855-9255**



**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
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- Scents & Attractants
- Bow Accessories & Targets
- Hunting Clothing and Apparel
- DVD Rentals

### Our Brands

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

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

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





### THANK YOU!

The Knights of Columbus Council #11565 would like to thank everyone who sold and purchased early bird tickets, volunteered, donated or participated in our 4th Annual Turkey Raffle. It was our most successful and well attended raffle to date! Special thanks to the following people and

community groups: Catholic Parishes of Onaping Falls & Cartier Church Bulletin, Catholic Parishes of Onaping Falls & Cartier Social Planning Committee, Cartier Community News, Joey Campbell, Robbie Campbell & Walter Sarazin, Onaping Falls Golden Age Club, Onaping Falls News, Roger's Value Mart & the Royal Canadian Legion, Branch 503. Our success would not have been possible without your continued support. We look forward to the next one. Here is a list of the winners!

#### Winners:

Kelly Norad	Carmen Portelance	Joe MacDonald
Lynn Larouche	Marcel Portelance	Claude Landry
Mathew Deslauriers	Kevin Whynott	Germain Belanger
David Belec	Lorne Kuchma	Isabel Mihajic
Terry Allair	Walker Coe	Maryann Darraugh
Jerry Dempsey	Keith Landry	Rob Tuomi
Samantha McIntosh	Chris McIntosh	Dale Kohan
Al Wilkins	Troy Tessier	Ethel Maisonneuve
K.J. Rogerson	Robert Campbell (2)	Knights of Columbus (4)
Carrie Morin	Camille Gaudreau	Clyde Weslake
Berry	Yolande Riopel	Sharon Leblanc
Elaine Spicer	Megan Tremblay	Bobbie-Jo Oakes
Gerard Mainville	Steph Jacques	Joe Campbell
S. Dawson	John Cole	H. Dawson
E. Dawson	Cathy Lingen	Darren Tegel
Mark Mooney	Cliff Dusick	Lenna Nagy
Edna Rapski	Dario Venturi	Joan Beers
Ken Foreshow	Rachelle Regis	Cathy Hartling
Pat Kaulbach	Tanya Patry	

Shop Local

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

705-966-3612  
2 First Avenue North

## Warming Hearts with Blessing Bags

The Onaping Falls Leos are preparing Blessing Bags for the Homeless. Your donation of the following items would be greatly appreciated!

**Things we need**

- Tooth Paste
- Tooth Brush
- Mini Shampoo
- Mints, gum, candy
- Hair brush
- Hand warmers
- Socks, Mitts, Hats
- Water bottles
- Wet Wipes
- Deodorant
- Chapstick
- Blanket

Please contact Shannon Findlay at 705-920-1840 or email at [shannonfindlay8@gmail.com](mailto:shannonfindlay8@gmail.com)

You can also drop off items at the following locations

- Dowling Lions Den every Monday night or Tuesday Afternoon.
- Dowling Leisure Centre
- Levack Mini Mart

or call Shannon for pickup

• Items will be collected during the month of January and Blessing Bags will be delivered in February

"It's not how much we give but how much love we put into giving."  
- Mother Theresa

## A moment with Melinda

'Let's strive to make this new year the best ever... with Kindness, Understanding and Grace.'



## Onaping Falls Lions Club

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



### ONAPING FALLS LIONS CHARITY



**MONDAY JANUARY 21st 2019**

The Onaping Falls Lions Charity Bingo is asking the communities of Onaping Falls and surrounding areas to come out to the bingo and help support

### THE ONAPING FALLS NORDICS SKI CLUB

Lets help the Ski Club keep the trails open and the beauty of Onaping Falls available for Generations to come!

6:30pm - WARM UPS

7pm - REGULARS

Dowling Lions Den

27 Sturgeon St

Must be 18 years of age to play

Onaping Falls Lions Club

## HOB0 SUPPER

Saturday January 12th 2019

Dowling Lions Den

27 Sturgeon St.

\* Tickets: \$10.00

\* Cash Bar

\* Cocktails @ 5pm

\* Supper @ 6pm

Come dressed the Part. Prizes for the best costume.

Come out and enjoy an evening of

Fun, Friendship and Laughter!

Only 60 tickets available so call

Carmen Portelance @ 705 562 9067 and get your ticket.



## LADIES AFTERNOON TEA

Sunday January 20th

1pm - 4pm

Dowling Lion's Den

27 Sturgeon St

limited tickets available

\$5.00 each

call Carmen Portelance

@ 705 562 9067



Come out and meet and support some of  
our Local Business Ladies

Theme for 2019 Cavalcade of Colors

'Snow Capped Trees'

1st place \$200

2nd place \$100

3rd place \$75

The forms with rules will be available

online in January to download from

onapingfallslions.webs.com and photos

can be dropped off at the Dowling IDA,

on main st in Dowling

Good Luck



# Learn, Play, Create

Onaping Library  
January 24th @ 6:30 pm  
Ages 4 to 12

# Storytime

at the Onaping Library  
January 14th and January 28th



10:30am

EVERYONE WELCOME



## Onaping Library Hours

Monday 10am to 2pm  
Tuesday, Wednesday & Thursday  
3pm to 8pm  
Saturday 10m to 2pm

## The Onaping Falls News

Published on the 1st day of each month  
Submission deadline is the 25th of each month by noon

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**WEBSITE [www.onapingfallsnews.com](http://www.onapingfallsnews.com)**

For more information please email  
[justdolly@persona.ca](mailto:justdolly@persona.ca)  
Call or text to 705-662-9095

Shop Local



## Cathy's Artistic Cuts

### HOURS

Tuesday from 9am to 6pm  
Wednesday from 9am to 4pm  
Thursday from 11am to 9pm  
CLOSED on  
Friday, Saturday, Sunday & Monday

**705-966-2766**

Onaping Plaza



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)





*Healthy Smiles At Home*



*Over  
25 years  
Experience*

*Are you unable to access  
Preventive Dental Care?*

Lack of Transportation  
Elderly  
Mobility Concerns  
Uncooperative Behavior

Fear  
Busy Schedule  
Small Children  
Special Needs



*Preventive Dental Service Available*

Dental Cleaning  
Periodontal Therapy  
Oral Assessments  
Whitening: Wicked White  
Desensitizing  
Denture Cleaning  
Oral Hygiene Instruction  
Canadian Cancer Screening

*Did you know your Oral Health  
is the Gateway to your Overall Health?*



Onaping Falls News January 2019



*Paula O'Connor*

I am excited to provide mobile dental hygiene care for you right in the comfort of your own home, office or retirement home. I have over 25 years experience, this combined with a friendly and personal approach will ensure you will be treated with utmost care. Whether you're fearful of trips to the dentist, have difficulty getting around or are simply too busy to fit in a typical appointment I can provide you with the opportunity to experience dental hygiene care in a comfortable and convenient way.

♥ When you smile .... I smile. ♥

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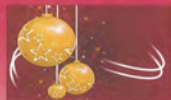
## Healthy Living with Danika

By Danika Lavoie-Rochette

January is here and with it comes the added pressure to stick to our New Year Resolutions. We are all familiar with the routine; you set goals for yourself and within weeks, we begin to beat ourselves up for not following through. One of the most important aspects of keeping a New Year Resolution, is writing down your objectives. This helps to holdy ourself accountable for what you'd like to accomplish. Secondly, be realistic. If you are striving towards healthier habits; commence slowly. It is so easy to tell ourselves we will start working out five times a week, cut out all sweets, read plenty of new books, etc. But, what we fail to acknowledge, is the fact that we haven't been taking part in any of these habits over the past few months, and expect ourselves to turn over a very heavy leaf in the New Year. The best way for us to actually accomplish these goals? Baby steps. Set your bar low and work your way up. Aim for where you'd like to be months after your start date; that way, you can implement small monthly changes in order to obtain alife-style you're happy with.

**I'm wishing ou all a year full of health and happiness! *Danika***

Thank You



Thank You

*Christmas Spirit Community Supper*

*December 16, 2018*

*A special THANK YOU to*

*All Residents of Dowling, Levack, Onaping and Cartier*

*For the generosity in preparation for our supper*

*Thank you to all who participated*

*Onaping Falls Lions and Leo's hosted the event with the following groups*

*Chevalier de Colomb Conseil 10801, Dowling*

*Knights of Columbus, Levack,*

*Onaping Golden Age Club*

*Falls Food,*

*Canadian Legion, Onaping*

*Dame du Sanctuaire,*

*Levack United Church,*

*Larchwood United Church,*

*Catholic Parish of Dowling, Levack, Cartier,*

*Cartier, Kelly's Restaurant,*

*Roger's Value Mart*

*Cartier News and Cartier Community*

*Onaping Falls News*

*Onaping Community Center*

*All residents of Dowling, Levack, Onaping, Cartier*

*WHAT A COMMUNITY THANK YOU !!!!!!!!!!!*



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**SCHOOL NEWS** will be back next month!!



Next Professional Activity Day  
is Friday, February 1st, 2019

### **Inward Focus Yoga Dowling – Winter Schedule**

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# CARNIVAL NOSTALGIA



**The Sudbury Star**  
64th Year — No. 21 THURSDAY, FEBRUARY 17, 1972 Pages 17 to 28



Debbie Gordon



**Taking Peek at Carnival Mask**

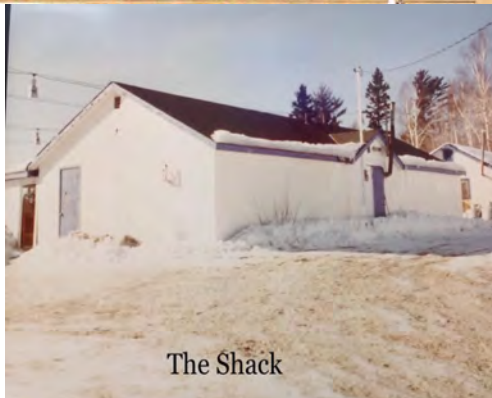
Six-year-old Darren Russell, 46 Leonard St., Dowling, takes a peek into the head of a costume which will be a giant Oskapi and the symbol of the Dowling Winter Carnival being held this weekend. The carnival gets under way Friday at 7 p.m. with the judging of the carnival queen who will be chosen on the basis of personality and looks.

This will be followed by a teen dance. Between 9 p.m. and 11 p.m., there will be free skating at the rink. Saturday morning a parade will assemble at the rink at 10 a.m. and parade from the rink to the community centre via Grand Ave., Arlington Dr. and Pine Cr. In the afternoon there are minor hockey games, snowmobile races, cross-country

skiing, a log-sawing contest, ringette, and a log-jousting contest. A carnival dance at the community centre begins at 9 p.m. Activities on Sunday begin at noon with ringette, snowmobile races, indoor games, sleigh rides, Levack-Dowling broomball game, free skating and at 7:30 p.m. a broomball game between council - recreation and the fire.



**Snowmobile Races**



**The Shack**



Andrea Leberge, Jr. Athlete of the Year, congratulated by Lori Maskell, Dowling Carnival Queen.

**Bringing it all back!!  
February 1st to the 3rd, 2019!  
Come out and join in the fun!**



# Community Heart & Soul

A little bit about somebody...

## Clarence (Clancy) Vowels

When you look up community service in the dictionary, you should find a picture of Clarence Vowels. From the curling club, to the hockey clubs, to the Levack ski hill, to scouts, and St. John's United, many have benefitted from Clarence's commitment, generosity and skill.

Clarence Vowels grew up in Parry Sound, where as a youngster he enjoyed hockey and baseball. Clarence attended Victory Public School and Parry Sound High School. It was here at high school that Clarence met the love of his life Bernice. Clarence went on to attend Haileybury Mining school after graduating high school. He and Bernice married and moved to Levack in 1960. Since then has taken a leadership role in athletics and other community organizations in Onaping Falls for decades.



Winter living in Onaping Falls has been enriched by having Clarence as an active member in our community. While a curling club member for 40 years, he served in various capacities of the club executive for 35 years. First, as Vice president for 6 years and later, President for 9 years. Clarence started working with hockey teams in 1970.

He worked as a manager and coach developing the skills of many of our young players. Clarence coached a variety of levels in hockey, from road teams to the High School team to a few years with the Jr. B Miners.

Clarence fondly remembers many talented teams. In particular he had most fun coaching the High school team who played their hearts out every game. "The challenges of any coach or manager is to motivate the players, that is the hard part, so you have to make it fun and interesting." One former player describes him as, "Competitive- he wanted to win, but he was fair and positive with everyone." His ability to maintain order while motivating his players led him to be a well-liked and respected coach. Additionally, Clarence helped maintain the Ski Hill in Levack for many years. In warmer months he could be found on the baseball diamond, with the Little League. His service to the community was not limited to athletics. He has been a long time active member of St. John's United Church, and in earlier years helped out with the Scouts.



**Recently, Clarence's athletic abilities were recognized as he was inducted into the Bobby Orr Hall of Fame. He was a member of the first Jr. Team from Parry Sound who won the All Ontario.**

Today he and Bernice continue to make their home in Levack. Both remain actively involved in recreational activities at the pool and the Golden Age Club. It should be noted that, Clarence's many contributions to our community would not have been possible without Bernice's support. They have celebrated 58 years of wedded bliss, and in doing so have provided wonderful role models for younger generations. They are proud parents of Deanna, Stephen and Penny, and prouder grandparents of Emma and Ben.

**As we head into a New Year, perhaps we could reflect on the dedication Mr. Vowels has had to community service. May we all find some inspiration in his generosity. Imagine the community we could have if we all took a small step towards improving upon, what earlier generations have built.**