



# ONAPING FALLS NEWS

### Special points of interest:

- Father's Day Contest Winners
- Onaping Golf & Beach Club
- Art Clubs News
- #NoHotPets
- Legion Event page



## Congratulations Hayley !!



**Haylee Verdon**, a 14 year old grade 9 student at Champlain Secondary School was awarded the **Ontario Volunteer Service Award** for her years of volunteering with the Onaping Falls Lions Club. She is currently Vice-President of the **Onaping Falls Leo Club** where she continues her hard work and dedication. We recognize Haylee for all her hard work with helping others! Hayley is pictured on the right with our Nickel Belt MPP, **France Gelin** and on the right with **Lion Carmen Portelance**.

### This month our 'shop local' highlights the Onaping Golf & Beach Club

by Dolly Gordon-Andrews

**Have you been to the golf course lately? If not, you must get down there!** They offer a fabulous Sunday Brunch for \$15 (kids under 10 are 1/2 price). The golf course is owned by the Cornett family ~ Sharon, Rob, Cindy, Dan, Mary and Sarah. The club is managed daily by Rob and Cindy who met in 1989 in Manitowage in the bottom of a mine shaft while working on a sump! They moved to Flin Flon, Manitoba and married 'on a Tuesday in our living room', says Cindy, in 1994. They have 2 children who are now 24 and 21 years of age.

Another move took them back home for Rob and they have been managing the Onaping Falls Golf Course for 8 years (with a 1 year hiatus where sister Sarah stepped in )

The golf course has a full restaurant and enclosed air conditioned deck. They serve all home made food and run a full bar. Don't forget the awesome beach that they have there. They charge \$15 per car to go to the beach and it can become your own private little oasis!

A cabin rental is available, located above the old canoe club. A minimum 2 night stay is all that is required and you have the use of the private beach just a short walk from the cabin.

**Support our local golf club , owned by a local family!** I have such fond memories of growing up and spending a lot of time at the golf course swimming at the beach and playing on the thing that used to spin us around and make us real dizzy :) **You can reach the golf course by calling 705-966-2077.**

### Inside this issue:

Kids Korner

Home Sweet Home

Blues Outdoor World

The Learning Curve

A Moment with Melinda

Falls Food

Church News

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

**ALCAN ALCAN** 25

**SAVE \$1\*** Was \$4.97 **2.27**

18" x 25" Heavy Strength Aluminum Foil (40-40)

RBL - new mgt. please CC.

**Spiral LED Solar Lantern** Assorted colours (2017-01)

**SAVE \$0\*** Was \$1.97 **8.97**

**Propane Barbecue** 12,000 BTU side burner (4-0-20)

**SAVE \$100** Was \$399.99 **299.97**

**3-in-1 Portable Air Conditioner** (303-018)

**SAVE \$100** Was \$499.99 **399.97**

**FRIDAY & SATURDAY ONLY!**

**2 Day Deals** July 4 & 7, 2018

**Bernardin** PACK OF 12

**SAVE \$1\*** Was \$1.99 **6.97**

Jelly Jars 250 ml capacity (440-30)

**SAVE \$1\*** Was \$1.99 **3.77**

Foaming Wasp & Hornet killer Outdoor use (473 g) (400-400)

**SAVE \$2\*** Was \$5.99 **3.77**

July 4 to 10 (9217)

# Home hardware

**NEW STORE HOURS**  
Monday to Saturday  
From 9am to 5pm  
Sunday ~ CLOSED

47 Levack Drive  
705-966-3335

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

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

**Toilet Brush Cleaner with Holder** (2017-01)

**SAVE \$0\*** Was \$4.97 **4.97**

**Low Expansion Foam Insulation** (2017-01)

**SAVE \$0\*** Was \$6.47 **6.47**

**Handheld Shower** (2017-01)

**SAVE \$2\*** Was \$11.77 **11.77**

**Kitchen & Bath Silicone** (2017-01)

**SAVE \$5\*** Was \$3.27 **3.27**

**43 Pint Portable Dehumidifier** (2017-01)

**SAVE \$50** Was \$199.97 **199.97**

**7 Day Lyric Programmable Thermostat** (2017-01)

**SAVE \$40** Was \$139.97 **139.97**

**28" Box Fan** (2017-01)

**SAVE \$7** Was \$33.99 **26.97**

**Space Saving Vanity with China Top** (2017-01)

**SAVE \$50** Was \$149.97 **99.97**

**Ravenna® 3 Complete Lined Toilet** (2017-01)

**SAVE \$40** Was \$249.97 **209.97**

**FRIDAY & SATURDAY ONLY!**

**2 Day Deals** July 11 & 14, 2018

**75 Metres NMD-90 14/2 Household Wire** (2017-01)

**SAVE \$12** Was \$69.99 **57.99**

July 11 to 17 (9218)

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

**Garlic Glue** (2017-01)

**SAVE \$5\*** Was \$5.97 **5.97**

**25 Pk. Sponges and Sponges** (2017-01)

**SAVE \$0\*** Was \$9.97 **9.97**

**ALEX PLUS® Acrylic Latex Caulk** (2017-01)

**SAVE \$1\*** Was \$1.77 **1.77**

**WEATHER SHIELD DRIVEWAY SEALER** (2017-01)

**SAVE \$9** Was \$21.97 **21.97**

**Advanced Formula Wood Protector** (2017-01)

**SAVE \$20** Was \$19.97 **19.97**

**Nu Finish® Car Polish** (2017-01)

**SAVE \$5\*** Was \$9.97 **9.97**

**Exterior 100% Acrylic Velvet** (2017-01)

**SAVE \$6** Was \$42.99 **36.97**

**FRIDAY & SATURDAY ONLY!**

**2 Day Deals** July 18 & 21, 2018

**Cleaning Vinegar** (2017-01)

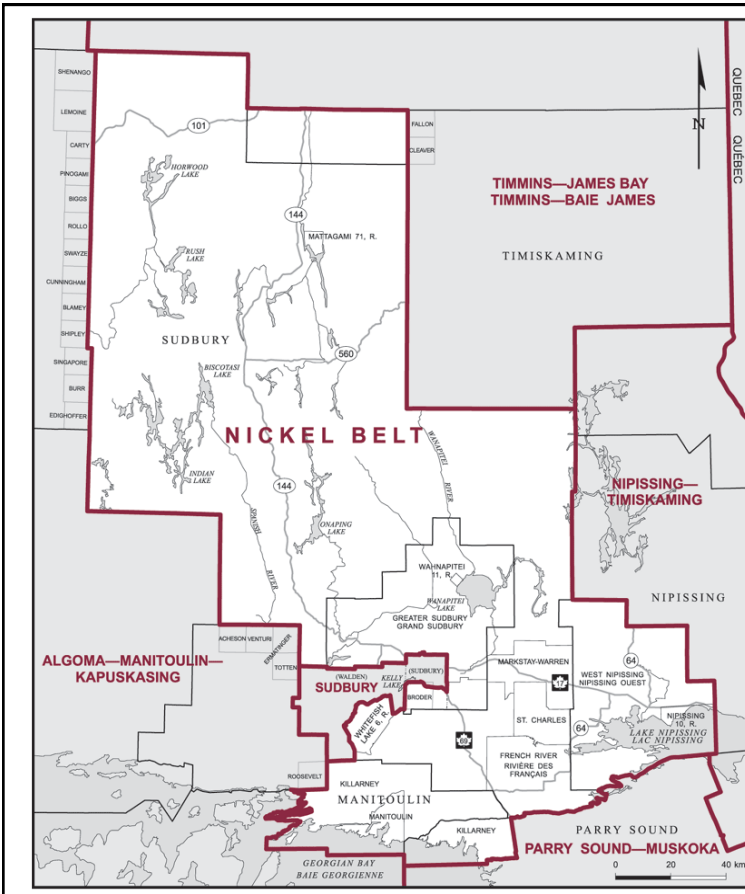
**SAVE 44%** Was \$4.49 **2.47**

July 18 to 24 (9219)



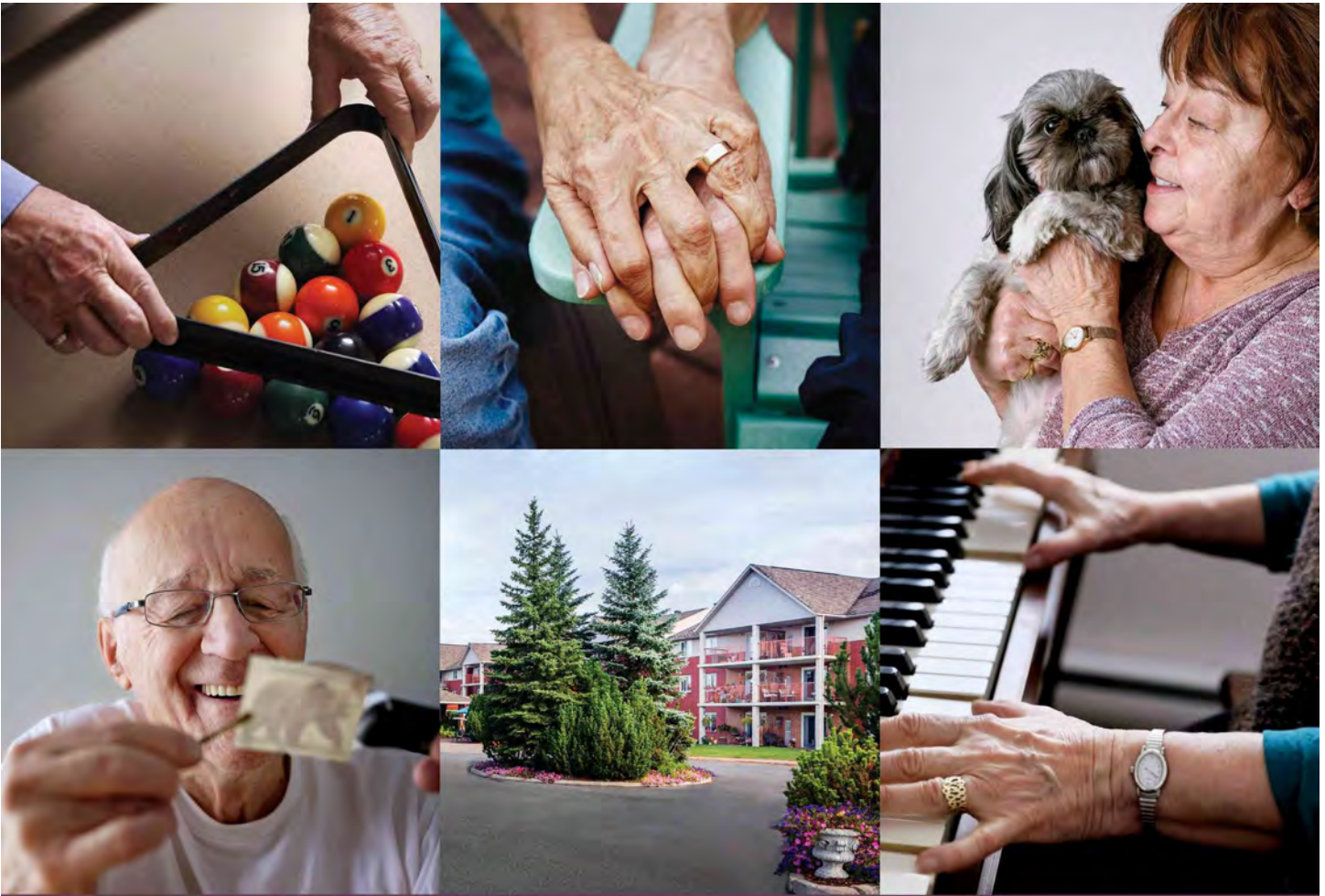
**Celebration wishes from MP Marc Serré and his wife, Lynn**

Marc Serré, M.P. Nickel Belt 705-897-2222 [www.marcserre.ca](http://www.marcserre.ca)



**Nickel Belt** is a rural riding in Northern Ontario which comprises **48 communities** and **3 First Nations**. The riding of approximately 30,490 km is home to many lakes, parks, greenery and wild life. The 90,000 + residents who live in Nickel Belt can enjoy outdoors activities years round, whether it's fishing, kayaking, biking, hunting, sightseeing, skating, and more.

**Nickel Belt** encompasses 45% of the City of Greater Sudbury and represents residents from West Nipissing to Capreol, and all the way to Gogama.



# Moments That Matter

**CHARTWELL MEADOWBROOK**  
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retirement residences

# Father's Day Contest Winners

**1st Place of a #1 Dad Mug and a \$25 Tim Horton's card goes to the Gunby children for each of their submissions. Here is Madelines entry!**

'Hi, my name is Madeline Gunby. I am 11 years old. I would like to enter my dad in the contest please. He is a good Dad to me and my brother and sister. He spends time with us . He takes me to Ten Point Archery without my brother and sister which gives me a break from them :) '

(Pictured right with their proud Dad are Madeline, Walter and Olive)



**2nd place went to Skyler Anderson . He won a Worlds Greatest Dad Mug and a \$10 Tim Hortons Card.**

'Why is my dad great?? There are a few reasons why MY dad is great! He became my dad when I was 5, so technically he is my "step dad". He stepped up when my real dad stepped out... But he deserves the tag Dad because he accepted me as his own from day 1. He is a hard worker and teaches me to be the same. He shows me strength, honesty, and love. I am glad I have him as MY DAD!'

**3rd Prize went to Carrie Cook-Morin for her submission describing her awesome Dad, Don Cook as a fantastic father and the best Grandfather !**

She also won a Worlds Best Dad Mug and a \$10 Tim Hortons Card!

**Thank you to everyone that entered!**

## Community Action Network

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

### Contact

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

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



Photo by Alfred Boyd



# Windy Lake Motel & Restaurant

**OPEN Monday to Friday at 5am  
Saturday & Sunday at 6am  
New Closing Hour  
Closed at 9pm everyday**

- Licensed Family Restaurant-order in or take out!
- Breakfast>Burgers>Pizza>Home Baking on Request
- Clean, modern, and economical rooms
- Ontario Northland Bus Stop & BPX service
- We now sell Bus tickets!!
- Banquet room for your event
- Gas bar—including premium!

**Northern Hillside Inn- daily, weekly and monthly rates!!**  
*Proud community supporter for over 20 years!*

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

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with  
MELINDAS  
Grandson Carson**  
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or anything  
define your own  
happiness!’*



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Sudbury, ON



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## **ONAPING FALLS ART CLUB**

Another Season starts September 2018 and promises to be an exciting year. The members are willing to share their creative talents. The Club also received some Grant money from the Greater City to further Club members Art Studies this season.

Did you ever think you might like to learn to draw or paint. "**Well you can.**"

We will help you learn from basic Art in what ever medium you choose. Oil, Acrylic, or Water.

**Club membership is only \$25.00 per year.** This entitles you to access all Club privileges. If you think you might like to paint. Call Nevaida 705-966-0137 or Rita – 705-966 2623 for info. Experienced artists will start you on your way. You won't be asked to spend money on supplies until you try. **See if ART is for you.**

We all started some where. Some of us thought we could not draw a straight line, well that is good because **ART is not straight lines.**

We would start an evening group if there is enough interest.

We now have three groups painting Monday, Tuesday and Wednesday from 10am to usually around 3pm. Keep watching for more Art Club News.

**If you are an Artist, enter your painting in the Cavalcade of Colours Art Show  
September 28,29 &30. Over \$900.00 in prizes**

**For information call Sheila Chevarie 705-966-3808 or Rita Bigelow 705-966-2623**

Shop Local

**Cathy's Artistic Cuts**

**New 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

# Onaping Plaza

**The Onaping Plaza is now under new management.**

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

Conveniently located between Levack and Onaping on Regional Road 8

This location can't be missed.

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

Commercial Units now available for lease.

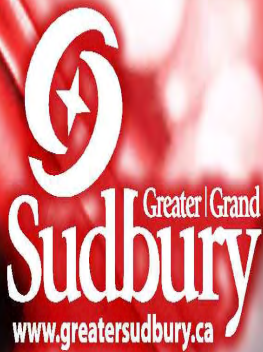
A blank canvas for the artistic mind. A bar, a pool hall, a clothing store? Rent is based on per sq. ft. Units can be combined up to 8000 sq. ft.

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

## **Endless ideas for your next business.**

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

**Please call 1-647-212-4477 or email [balbaljit@hotmail.com](mailto:balbaljit@hotmail.com) for more information!**



**Gerry Montpellier**  
Councillor Ward 3/  
conseiller quartier 3  
Phone 705.698.2759

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

**Faisons le | Celebrate**  
**CANADA | CANADA**



**ONAPING FALLS  
PASTORAL CHARGE**

Larchwood Memorial , Dowling & St. Johns, Levack  
Office # 705-966-3832

**PLEASE NOTE:**

**No Worship on July 1st**

SUMMER SERVICES start on July 8th.  
Service for the month of July will be Sunday  
Mornings at St. Johns in Levack at 10am  
(July 8th, 15th, 22nd, & 29th)

Service for the month of August will be  
Wednesday evening at Larchwood in Dowling  
at 7pm ( August 8th, 15th, 22nd and 29th)

**EVERYONE IS WELCOME**

**ONA-LAC Canoe Club**  
*JOIN TODAY!!!*

Family Membership is \$40 per year

**Canoes, Kayaks,  
Paddle/SUP Boards and  
Paddle Boats  
Floating Dock, Sauna, BBQ.  
A beautiful beach sheltered  
from the wind.**

**Located on Windy Lake  
close to Tower Bay**

Call Rae McLaren 705-966-2532  
Or Marlene Draper 705-595-2074  
for membership information.



**FALLS FOOD**

Our local food bank is  
open on the 3rd and 4th  
Wednesday of the month  
from 4pm to 7pm and is  
located at the Onaping  
Community Centre



*Now located in DOWLING*

**Fleurs Magiques**  
Flowers

**705-855-3321**

**NO**

**EXCUSES**

**NO**

**HOT PETS**

There is **no** excuse for leaving a pet unattended in a vehicle.  
This summer we need your help to share this important message.

**#NoHotPets**

**See an animal unattended in a vehicle? Report it!**  
**Call 310-SPCA (7722), if in Ontario or your local Police.**



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



**Branch 503 Honours and Awards Ceremony** this year made presentations to many Members - and we were thrilled to award a 60 Year Pin to Nevaida Howe, 35 Year Pins to John Getchell and Peter Duffus, and a 30 Year Pin to Joanne Dane, who also received a 60 Year Award from the Ladies Auxiliary!



Nevaida Howe receives 60 Year Ordinary Member Pin



Joanne Dane is presented with 50 Year Medal from Ladies Auxiliary



Rae Swan receives Legion Media Award

The Media Award was presented to Rae Swan for her Legion support in the Cartier Community News, and Certificates of Merit were awarded to Branch Members Emily Getchell and Ron Getchell for their many years of participation in Legion projects and dedication to the service of our Branch.

We congratulate all our Members for achieving landmark Years of Service with Branch 503:

**Weekly Events at Branch 503**

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

**Club Room Summer Hours:** Monday to Friday ~ 4:00 pm to closing  
 Saturday ~ 1:00 pm to closing  
 Sunday ~ 3:00 pm to 7:00 pm until end of June, then closed on Sundays until September.

**Horseshoes ~ OR ~ Bean Bags !!**

**Tuesdays at 7:00 pm**  
 ~ Backyard Pits or Downstairs In the Club Room ~  
**There's a Game Every Tuesday!!**



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

**Annual Legion**

**Golf Tournament**

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

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

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

*Open to Members and Non-Members*

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

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

**BOOK YOUR SPECIAL EVENT at**  
**Onaping Falls Branch 503**

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



**Legion Bursary Presentations from Onaping Falls Branch 503**



Branch Bursaries were awarded to Graduating Students at Chelmsford Valley District Composite School, CVDCS, at their Graduation Ceremony on June 14th ~ Congratulations to Brian O'Connor, Emily Woudenberg, Michaela Bouffard, Kendra Brenton-Levesque ~ Valedictorian, Noah Bourgeois, Victoria Burke, and Gabrielle Rivet.

Our Branch also issued bursaries to Britney Belanger and Valerie Breault.

We wish ALL the Students the best in their post secondary education and career choices!

The Br 503 Ladies' Auxiliary Bursary was awarded this year to Gabrielle Rivet, Graduating Student from CVDCS, shown here with Branch 503 President John Getchell M.B.



# Home Sweet Home

by Samantha Brazeau-Wilson

*Monthly DIYs, home hacks, and organizing tips.*

## **DIY Weed Killer**

Dreaming of a lush lawn free of weeds? Try this make-at-home weed killer: a gallon of vinegar, a cup of salt or borax, and a tablespoon of dish soap. To apply, use a spray bottle and spritz away wherever weeds are present. This method works best on a sunny day, as the natural acid will burn the plant and the salt will shrivel it up by sundown (the dish soaps helps the solution stick to the weeds).

## **Beach Car Kit for Kids**

When adventure calls, be prepared with a beach car kit! Pack a clear Rubbermaid bin with beach toys, a swimsuit, towel, waterproof and regular diapers (depending on your kiddo's age), sunscreen, snacks (think raisins, granola bars, juice boxes), baby wipes, a hat and a pair of sunglasses. You'll always be prepared for an impromptu beach visit to Vermillion or Windy Lake!

## **Doggy Ice Pops**

Humans aren't the only ones who need to stay cool in the summer. These dog-friendly popsicles are a fun treat for your pooch with only three ingredients you likely already have in your fridge!

**Ingredients:** 1 cup plain Greek yogurt, 1 banana, chopped, 1 tablespoon peanut butter

**Instructions:** Mix all of the ingredients in a food processor or blender until smooth. Divide the mixture into four paper cups.

Position a Milkbone into the middle of the cup (for the stick.) Place the cups in the freezer for at least 4 hours.

Peel the paper cup away from the pop and let your pup enjoy!



## FRANCE GÉLINAS

La députée provinciale de  
NICKEL BELT  
MPP

**705-969-3621**

5085 Hwy 69 N., Unit 15,  
Hanmer, ON P3P 1P7

# **The Learning Curve** by Kyleen Gray

## **How to Curb Summer Learning Loss**

Summer is near! But alas, so are the dangers of summer learning loss. Yes, this is a real 'thing'. Statistics point to summer learning loss as most problematic in the areas of: literacy, mathematics and physical activity. How can you bridge the gap for your kids this summer? Read on for some easy ideas to keep the learning fire going at home over the summer months.

**Read** – there are so many summer opportunities to read if the skill is modeled by parents and/or at least scheduled regularly. Visit a library, read travel or camping guides for an upcoming vacation, borrow a couple books from school and read them over the break.

**Write**– write a daily journal or travelogue if on the road. A great idea I've asked my own kids to do is create a scrapbook of their summer that includes mementos, images, as well as writing. Don't worry about making the writing 'perfect', just get your kids to write. As for the more creative types, poetry or fictional writing can also be a great outlet either by hand or via technology applications, such as Storybird or Wattpad.

**Play Games** – games are a great source of summer learning. Many card and board games support basic mathematical skills such as patterning, counting, predicting, analyzing, etc. Other games also could support topic specific learning in other subject areas depending on the game selected.

**Get Outside** – summer is time for outside play, which increases physical activity for kids, but it's also a great opportunity to learn about the great outdoors and geography/science. Get outside and get physical this summer: run, bike, swim, play games, hike, etc. Take time learning about types of lakes, fauna or rock formations on a camping trip. Or, while viewing the stars at night start conversations about the atmosphere, constellations and space. Growing a garden this summer? Let your kids take care of and monitor its growth.

**Educational Apps** – if you allow screen time during the summer, why not use it wisely? There are a plethora of educational apps out there for any subject area. Some of my favourites include: Habitat (environmental consciousness), Balloony Word (reading), Storybird (writing), Prodigy (mathematics) and Learning A-Z (reading).

The most important thing to curb summer reading loss is to have a plan in place. Focus on what your child needs in terms of learning and build a regular activity plan from there.

**SCHOOL NEWS is on SUMMER BREAK!**  
**School is back on Wednesday, September 5th, 2018**  
**ENJOY the SUMMER KIDS!!**

## **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/FACEBOOK EDITOR** ~ Samantha Brazeau-Wilson

**CONTRIBUTORS** ~ Sean 'Blue' Gray, Kyleen Gray, Arianna Thibodeau, Jana Niemi - Lahnalampi, Samantha Brazeau-Wilson and Melinda Mott

**WEBSITE** [www.onleoracle.ca](http://www.onleoracle.ca)

**For more information please email**

**justdolly@persona.ca**

**Call or text to 705-662-9095**

*ONAPING*

# KWIK-WAY

**705-595-3003**

**NEW  
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or

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

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## **KIDS KORNER**

by Arianna Thibodeau

**Who's in charge for the  
summer at school?**

*The rulers!*

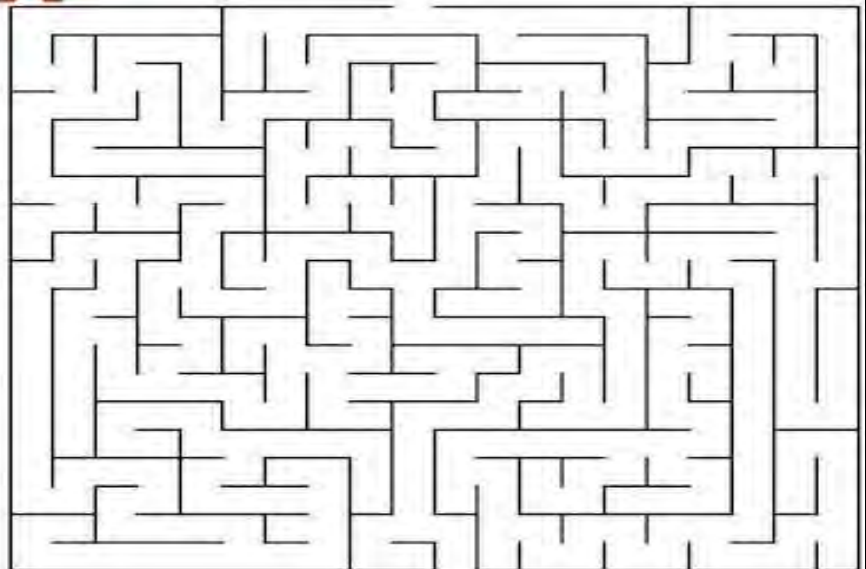
**What did the student say  
when his teacher asked  
him to pay a little attention  
on the last day of school?**

*"But, I am paying as little  
attention as I can"*



**Happy Canada Day**

Can you help the Mountie find his way through the maze to the Canadian flag?



# BLUES OUTDOOR WORLD

## Tips to Avoid Ticks! by Sean 'Blue' Gray

Ticks used to be something we didn't have to worry about here in Northern Ontario, but with climate change they have been slowly coming our way. Although uncommon, ticks have tested positive for Lyme disease in the Greater Sudbury area, and as a result outdoors people should be aware of the risks associated with playing outdoors during tick season.

Ticks can attach to both humans and animals, so prudence needs to be taken with both two and four legged members of your household.

### Here are some tips to avoid ticks this summer!

- Use a chemical bug repellent (DEET)
- Essential oils such as lavender, lemongrass and eucalyptus have also been known to deter ticks (better for use on 4 legged friends or kids)
- If walking in fields or bush, wear long pants and shirts, as well as socks and boots; tuck pant legs into your socks
- Wear light coloured clothing and a hat
- Stay in direct sunlight
- Be vigilant at home as well – many people let down their guard in backyards, but ticks can exist anywhere in the wild
- Check animals, and each other when coming in from the outdoors
- To be safe, shower after a day outdoors

If you find a tick embedded in your skin or that of your animal, remove the tick immediately with tweezers or forceps and keep it in a ziplock bag. Bring the tick to your local health unit to be tested, and seek medical treatment if required.




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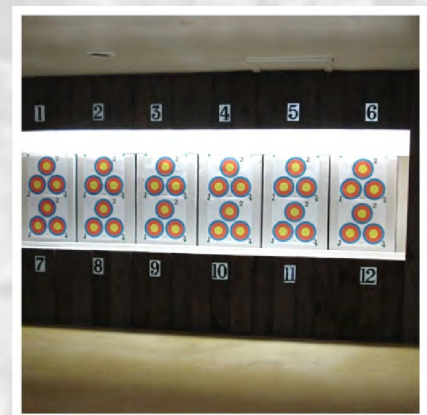
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- Bow Accessories & Targets
- Hunting Clothing and Apparel
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- Quest
- Prime
- Mission
- Diamond
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- Jandao
- Excalibur
- Stryker
- Killer Instinct

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

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

# Onaping Golf & Beach Club

Ask yourself a couple of questions!

Do You..... Love being in the outdoors and Picturesque Views?

Have an event or party you wish to host?

Love Home cooking and want to dine close to home?

Like to meet people?

Love Sandy Beaches?

Like to have fun with friends and family?

Have free time that you don't know what to do?

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



## Sunday Brunch Buffet

from July 1st to September 3rd

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

## Join us for league play

Mens Night ~ Tuesday at 5pm

Senior Ladies ~ Wednesday at 9am

Senior Mens ~ Thursday at 9am

Couples Night ~ Friday at 5pm



Please call for tee off times

**705-966-2077**