FREE

Inside this issue:

- A Moment with Melinda
- Club updates Lions~Legion~G.A.C.
- Food Bank Days
- Caring beyond Prescriptions
- Summertime
 Breakfast Club
- 50/50 Draw ~ win up to \$5000
- Ona-Lac Canoe Club
- Clean Community
- Father's Day Contest Winners
- New Kids Playground

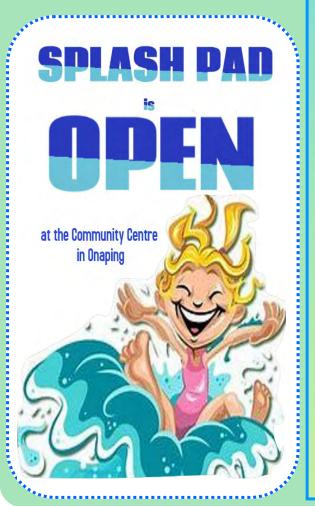
GORGEOUS GRANDMA DAY



July 23rd







A.Y. JACKSON LOOKOUT

Summer Program

BECOME A JUNIOR LIAISON PART 1
12:30pm

BECOME A JUNIOR LIAISON PART 1
2:00pm

BECOME A JUNIOR LIAISON PART 2

BECOME A JUNIOR LIAISON PART 2

ROCK PAINTING
12:30pm

ROCK PAINTING 2:00pm

TYE DYE FUN - T SHIRTS
12:30pm

TYE DYE FUN - T SHIRTS
2:00pm

This is a FREE Summer Program

This year you must register your child or group

All measures will be in place with COVID 19 safety.

Please text Program Coordinators for more info or to register Carrie 705-918-1978 or Dolly 705-662-9095



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

47 Levack Drive, Levack, Ontario

705-966-3335

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July 2 to 8 (9224)







July 9 to 15 (9225)

July 16 to 22 (9226)



Marc G. Serré
MP/Député
Nickel Belt

marcserre.ca 1-800-267-4829

Working hard for YOU!

For information related to supportive measures announced due to COVID-19 visit

Canada.ca/coronavirus



MarcSerreMP



MarcSerreMP



marcserre



France Gélinas MPP/Députée provinciale Nickel Belt

OFFICE HOURS

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

fgelinas-co@ndp.on.ca

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

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

COVID-19



Helpful INFO utiles

MINDSPACE Sudbury Mental Health Services for children & youth under 18

1-800-815-7126 or/ou 705-525-1008

<u>ESPRITOUVERT</u> Sudbury Services de santé mentale pour les enfants et les jeunes de moins de 18 ans

COVID-19



Helpful INFO utiles

Public Health Sudbury & Districts
Santé publique Sudbury et districts

705-522-9200

COVID-19 Helpful INFO utiles



Mental Health - santé mentale

<u>Good2Talk</u> for Post-Secondary Students in Ontario

1-866-925-5454

<u>Allo J'écoute</u> pour les étudiants-es de niveau postsecondaire en Ontario





New Play Structure

at the Russell Beaudry Open Air Rink



As promised, the Greater City of Sudbury has built a new play structure at the Open Air Rink in Onaping At the time of print there was still an element of the structure yet to be delivered. Project Playground Revitilization was funded in partnership with the United Way.

Keep our Community Clean

Thank you to those daily walkers who continue to pick up trash along their route.

Onaping has always been a showcase for its beauty and cleanliness, which entices people to reside here.

Lately, some individuals have been tossing their trash throughout the neighbourhood instead of taking it home and disposing it in their bins.

Please do your part to help maintain our community showcase so we can all continue to be proud to reside here.

Thank you, Ellard Durling



Rick & Dan McDonald Memorial Foundation

50/50 Raffle

PANDEMIC GOT US GOING VIRTUAL FOR OUR
ANNUAL RICK & DAN MCDONALD FOUNDATION GOLF TOURNAMENT
PLEASE SUPPORT US BY BUYING A TICKET

50/50 Draw will be held LIVE on the evening of our LOCAL Peace Officers
Memorial Run, Monday, September 7th at 6pm from Rick McDonald Memorial Park in Azilda.

You could win up to \$5000

License # M844473

Play & Win!

HOW DOES THIS WORK ????

Buy a ticket from any of our Board Members or you can purchase virtually also. We will put your name and number on the tickets and send you a text photo or an email of your ticket with ticket number. \$2

PER TICKET

FOR MORE INFORMATION CALL/TEXT US AT

705-662-9095

OR VISIT US ON FACEBOOK AT VIRTUAL 50/50 RICK & DAN 2020





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



Email: Branch503@eastlink.ca

Our PATIO is now OPEN

Wed to Fri 4pm to 9pm Sat from 1pm to 9pm **Join us !!!**

The Club is selling ICE at this time.

If you are in need

of ICE you can call or text

John at 705-507-4334 or

Angele at 705-221-3675



Are you looking for a TUPPERWARE consultant?

Need to place an order??

Look no further! Contact me today!

Jodee Desbiens at 705-561-1010

Find me on Facebook ~ Tupperware with Jodee

Get in touch if you would like to host an online or an in home party!
Fundraising? I can help! Maybe you would like to join my team?
It's fun! It's rewarding! It's TUPPERWARE!



Gerry Montpellier

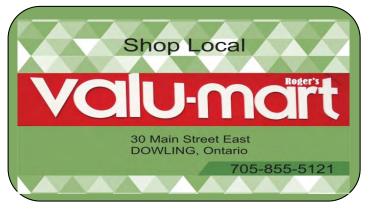
City of Greater Sudbury Councillor ~ Ward 3

Phone: 705-698-2759

Email

gerry.montpellier@greatersudbury.ca Facebook @ Gerry Montpellier









Kim Depatie is a Registered Practical Nurse.

Her business
Kind Hearts Home Care
offers non-medical and medical
services to residents of
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705-662-9095 Dolly



If you are a family with children and would like to participate in this Free program

Please send a text message saying
"Yes! We would like to participate in the
Summertime Breakfast Club' to
Lions President Jerome Lesny at 705-919-6053



Onaping Falls Pastoral Charge

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

It has been a strange 4 months for Churches. We have not worshipped in our congregations since March 15th. We miss seeing one another and singing together and gathering for our special Fundraising activities. We know that things are changing and we have a **Transition Committee** who is seeking what the options will before coming back together again and when.

Welcome Rev. Pev. And we are excited and pleased to be welcoming our new minister, the Rev. Susan Peverley who is joining us as we go forward. Volunteers have been busy preparing for her arrival. Rev Pev will live in the Pastoral Charge Manse in Levack. She is a northern Ontario gal who was ordained last June and has been ministering in the South River – Trout Creek area.

Please give her a great Onaping Falls welcome!

A Moment with Melinda

Positivity is a super power that has real life wonder!

Caring beyond PrescriptionS

From the Pharmacists: Tips for Staying Safe in the Sun

With the lazy, hazy, beautiful summer days upon us, it is great to get outside and enjoy the sun. While some sun is beneficial to our health (think vitamin D), too much sun is not good. The rays of the sun, called "UV" rays, can hurt your skin. UVB rays mostly cause sunburn, while UVA rays can cause early skin aging and skin cancer. The best way to stay safe in the sun is to limit your time outside when the sun's rays are the strongest, which is between 10AM and 2PM. If you must be outside, wear sunscreen and find some shade or cover your skin with dry, tightly woven clothing. Wear a wide-brimmed hat and sunglasses that block the UV rays from the sun.

Things to consider when buying a sunscreen:

Choose one with a sun protection factor (SPF) of 15 to 30 or higher. In general, the higher the number, the better the sunburn protection.

Choose one that is "broad spectrum," as these protect against both UVA and UVB rays.

Choose a "water-resistant" sunscreen. These stay on your skin longer if you are wet or sweating. No sunscreen is "waterproof."

Avoid products that have both a sunscreen and bug repellent in one bottle, as sunscreen usually needs to be applied more often than bug repellent.

Tips for using sunscreen:

Apply generously, about a handful to cover your body, 15-30 minutes before going out in the sun. Apply on all skin not covered by clothes. Don't forget your nose, ears, neck, backs of hands, tops of feet, and top of head (if you don't have much hair!)

Apply more sunscreen at least every 2 hours, or more often if you are swimming or sweating (even if it's water-resistant).

Think about sun safety every day, not just when you're at the pool or beach. Use sunscreen daily to help reduce early skin aging and protect you from skin cancer.

Your Levack Pharmacy Team, Amanda and Norm



Moments That Matter

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Levack Knights of Columbus Fr. Don McLellan Council 11565

Catholic Gentlemen dedicated to: Church Family Community Country



Community Action Networks

Volunteers needed for our Community Gardens and other Community projects! Please text /email

Community Action Network
Chair Amanda at
705-391-9972

onapingfallscan@gmail.com if you are interested.

Onaping Falls Golden Age Club

The Club remains Closed until we receive the OK to re-open from the Department of Health. We are maintaining the Club and continue to pay regular monthly bills.

Paying your Annual Membership Dues is one way to help. Club Membership is open to any person 50 plus & is still only \$20.00. You may mail your dues to O.F.G.A. Club

Box 125, Levack On., P0M2C0
President Jim Howe would like to
"Thank" Ben Demore for looking after
the Grounds. "Thanks" to Larry Puro,
Linda Dusick and Nevaida Howe for
regular checking of the Club. Carol
Weber, Bev. Rouleau along with our
regular cleaning staff during
COVID 19 Club Closure.
Info. Call Jim 705-966-0137



NOW OPEN TO THE PUBLIC! COLF & BEACH CLUTE

COVID-19 POLICIES & PROCEDURES:

- TEE TIMES MUST BE BOOKED & CARTS MUST BE RESERVED
- MODIFIED LEAGUE PLAY WILL BE STARTING SOON – CALL FOR DETAILS
- OUR KITCHEN WILL BE OPENING SOON FOR TAKE OUT
- BOAT LAUNCH AVAILABLE MUST CALL AHEAD
- BEACH IS NOT OPEN TO THE PUBLIC

THANK YOU FOR YOUR PATIENCE AND UNDERSTANDING!

For all booking and inquiries please call the clubhouse – voicemails for bookings will not be accepted!

705 966 2077

STATES 2020

This year for father's day we asked you to send in a picture of you and your Dad with a few words that describe him best!

We had 3 winners with submission from kids aged 4 to 60.

Each winner received an 'AWESOME DAD' mug filled with some Dad goodies!



ELLARD DURLING

Submitted by his daughter Lorrie Pictured to the left with his son Tim, and daughters Sandra and Lorrie

Here is our DAD
- MR Ellard Durling! He is LOVING - CARING &
FUN and many
more words like
LOYAL - ONE OF
A KIND &
SMART and the
list goes on !!!



KYLE PEACOCK

Submitted by his sons Hunter and Bennett. The cute trio is pictured to the right!

Hunter, loving, fun



GUY MORIN
Submitted by his son, Lucas.
Guy and Lucas are pictured above in this great selfie!

The three best words are Hard working He's caring Kind

Thank you to everyone that participated! You make our community the BEST!



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- PSE
- Bear
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- Prime

- Mission
- Diamond
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- landao
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Celina Martel
BRANCH SUPERVISOR

Sue Whealon BRANCH MANAGER



37 LEVACK DRIVE 705.966.3451 WWW.SUDBURYCU.COM



OPEN Monday to Friday at 5am OPEN Saturday & Sunday CLOSED at 7pm daily

2 Eggs with Bacon, Ham, Sausage (patty or link) or Bologna 2 Eggs with Peameal I Egg with Peameal 1 Egg any style with toast Egg with Bacon, Ham, Sausage or Bologna The above includes Home Fries or Hash Browns, toast and a coffee or a tea. Served All Day BREAKFAST 4.35 2 Eggs any style with toast 5.25 8.05 7.50

3 EGG OMLETTES

6.95 Cheese

7.95

Mushrooms, Cheddar or Mozza Cheese,

Build your own:

7.25	ch)	ch) 7.25	Pancakes (3 each)
	The above include Home Fries or Hash Browns, toast and a coffee or a tea.	above include Home Fries	The
14.75	Steak & Eggs - 6 oz striploin (grilled with slight dusting of steak spice)	6 oz striploin (grilled wit	steak & Eggs -
12.69	Sportsman's Breakfast (2 French toast, 3 eggs, I Peameal, 1 Sausage patty, 2 bacon) 12.69	reakfast (2 French toast, 3 e	Sportsman's Br
10.55	Hungry Woman's (1 pancake or French toast, 3 eggs, 2 bacon, 1 ham)	n's (1 pancake or French toa:	Jungry Woman
10.55	Spanish Omelette (red & green peppers, ham, green onions and salsa)	tte (red & green peppers, han	Spanish Omele
	ich	Extra items-1.00 each	
n, Salsa	Ham, Green Onion, Bacon, Salsa	Any 2 item Omelette 9.25	Any 2 iter

Iguso Muttin With Sausage (trasted with egg, and cheese)	reakfast Bagel (toasted with sausage patty, egg, and cheese)	incakes (3 each) 7.25 French Toast (3 each)
3.95	4.95	7.25

En Br

Bagel Cereal, I

I Pancake, French Toast or Waffle

Loast

1.90

Texas Toast 2.15

Rye or Cinnamon Raisin 2.35 2 Slices Tomato

0.95 1.95

with cream cheese Extra cheese

3.75 4.30 4.95 2.80

Taxes Not Included

Ask our servers	Fruit (subject to availability)	Ice Cream (per scoop)	Banana Split (3 scoops ice cream, toppings, banana)	Ice Cream Sundae	Ice Cream Cones	Assorted Desserts (squares, muffins etc.)	Homebaked Pies 3.75, Lemon or Coconut Crème Pie 4.25, with Ice Cream 4.85	DESSERTS
Ask our servers about the dessert of the day			toppings, banana)		1 Scoop 1.75 2 Scoops	ns etc.)	Coconut Crème Pie 4.25,	
lav					2 Scoops		with Ice Cream	
The second second	1.10(tax free)	1.15	6.70	5.75	2.95	2.25	4.85	

BEVERAGES

	Soft Drinks (can)	luices	Chocolate Milk	White Milk	Hot Chocolate	Tea or Coffee	Car transcript
Specia		Glass	small2.15	small1.85		small 1.43	
Specialty Teas 1.65	1.85 Milk Shakes Cr	2.25 Bottle	arge2.95 Carton	large2.80 Carton	1.75 Loaded with cr	Tea or Coffee small, 1.43 med, 1.62 large / bottomless 1.92	
	ocolate, vanilla, strawberr			The same of the same	eam & chocolate	ottomless 1.92	
A A second	y. cherry 4.65	2.30	3,45	3.20	2.50		

Medium \$ 13.85	Large \$16.25
1.05	1.30
1.25	1.75
1.75	2.25
1.25	1.75
Northern Special (Tex Mex cheese, bacon, mushrooms, green peppers, onions, sausage, pepperoni) 17.35 19.65	ge, pepperoni) 23.15
18.50	21 95
Toppings available: bacon, ground beef, ham, pepperoni, sausage, black olives, Extra sauce, green peppers, hot peppers, mushrooms, pineapple, onions.	ge, black olives, ople, onions.
grem peppers. am. pepper	1.05 1.25 1.75 1.25 onions, sauss, 19.65 18.50 oni, sauss, 19.65

FROM THE BAR

8.25 9.95

Premium Brand Liquor 1 oz (Crown Royal, Tequila, Drambuie, Sambucca, etc), Caesar Domestic Beer (see display above bar cooler), Coolers, Wine (3 oz. and 5 oz.)
House Brand Liquor 1 oz (Rum, Rye, Yodka, Gin, Scotch) Ask server for prices or see at bar.

Taxes Not Included



OPEN Monday to Friday at 5am & Sunday m daily

705-996-3967	**************************************	Entr	OPEN Monday to Friday at OPEN Saturday & Sunda at 6am CLOSED at 7pm dai
Home made soup Fries – sm 4.35 lrg 6.10 family 8.75 Poutine -sm 6.90 lrg 8.75 family 10.25 2 Garlic Bread 4.20	Mushroom caps Sm onion rings 6.75 Lrg Dino Buddies (6) Chicken Finger (each)	6.95 Chicken Grilled Breast 4 oz grilled pure breast 3 Piece Breaded touch of spice for added flavor 4.75 Parmesan on a bed of rice or noodles, with marinara Breaded Fingers 3 portions with dipping sauce	14.55 14.55 14.55 14.55
With cheese and bacon 6.90 Mozza Stix, Poppers, or Snake Bites (ea) 1.60	1 Piece Battered Haddock Perogies (ea)	With French Fries 14.25 With Onion Rings 15.95 Veggie Sitx included	Garlie, BBQ, House, Hot or Suicide n Rings 15.95 Veggie Stix included

4	1	
Chicken Wings (ea) 1.30	COMBO PLATTER	Mushroom Caps, Crosscuts, Mozza Stix, Nuggets, Snake Bites, Poppers & Onion Rings (22 pre-packaged items) No substitutions 13.95
		Σ

	5.50 5.50	6.40
CHES	Egg, Turkey, Tuna or Salmon Salad 5.50 Western 5.30	Corn Beef on Rye 6.40
SANDWICHES	Fried Egg 3.75 With Bacon 4.95	Koast Beet, Pork, Chicken, Bacon or Ham 5.25 (add cheese or tomatoes) 5.80 Clubhouse or Wran (ries not incl.) 0 05

	B.L.T	Corn Beef on Rye	S Reuben Corned Beef, Swiss, Sauerkraut)
3.75 vith Bacon 4.95	en, Bacon or	r tomatoes) 5.80	s not incl 9.9

	Hot Sandwiches 13.85	Perogies 13.	.35
_	Choice of: Turkey, Beef, Pork, Hamburger,	5 cheese and potato perogies	with
	Or Chicken with: Vegetable, choice of potatoes	Caesar Salad, and Veggie Stir	ix or Sauerki
16		-	

8.40

Famous Windy Lake Burger

BURGERS

Big Fish Burger Hot Dog Chicken Burger

> 6.30 6.75 3.25

> > Bacon Cheeseburger

Pogo _

Cheeseburger Hamburger

Whistle Dog

15.65

Pickerel fingers 'N Fries

Accompanied by dipping sauce and veggie stix

Finger Foods Popcorn Chicken 'N Fries 12,75

Fish English breaded with fries 14.55 Pickerel grilled with tartar or lemon 17.97

Hamburg Steak (add onions or mushrooms) 14.55 Liver 'n' Onions (with bacon) 14.55

Striploin Steak (grilled, with a hint of steak spice)

6 oz. (add onions or mushrooms) 16.50 8 oz. (add onions or mushrooms) 19,40 Choice of Potato (Fries, Mashed, Baked or Rice), weggies and soup Substitute Side Salud (with above entrees) Additional 2.00

2 chops - 17.25

Grilled Chops 1 chop - 14.55

Pork

All above, with French fries add	3.95	Salads	.9	50	
With tossed or Caesar salad	4.85	Taco Salad	8.55	11.75	
With home fries or hash brown		Greek Salad	8.40	6.65	S
With Poutine (fries, cheese & gravy incl)	5.75	Julienne Salad	8.40	6.65	
With Onion Rings or Cross Cuts	465	Caesar Salad	4.95	8.95	
	1	Add chicken	3.50		
Extra Servings/Sides -cheese, gravy, fried onions, mushrooms, mayo or ranch, aa	mayo or ranch, add 1.00	Tossed Salad	4.95	8.95	

Pasta		Spaghetti homemade meat sauce add meatballs					
	11.75	6.65	666	8.95		8.95	
9	8.55	8.40	8.40	4.95	3.50	4.95	
Salads	Taco Salad	Greek Salad	Julienne Salad	Caesar Salad	Add chicken	Tossed Salad	

Taxes Not Included

13.75

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