Serving the townships of Dowling, Levack and Onaping



Inside this issue:

- A Moment with Melinda
- Kids Korner
- Golden Age Club
- Home Sweet Home
- Blues Outdoor World
- The Learning Curve



New 2 U Your community closet

FREE to local residents. OPEN Mon. to Thurs. ~ 10am-1pm Wed. evenings ~ 4pm-7pm

Special points of Interest

- Father's Day Contest
- RCMP Musical Ride
- St. Etienne 50th
- Church Service
- Legion Branch 503 Monthly Happenings
- School News
- Keep our Community Clean
- A little bit about somebody



Back row ~ Lyse-Anne Papineau (Directrice de L'éducation), Kevin Jensen, Charles De La Riva (Directeur), Richard Prouxl, Raymond Marion, Nicole McCallister, Suzanne Bourque, Lucie Hurtibuse, Roger Laurin, Monique Smith, Rachel Dubois, Yolande Riopel, Helene Lalonde, Solange Berthiaume, Jamie Lachapelle et Manon Berthiaume
 Middle row ~ Gisèle Morin, Cécile Girard, Irène Beausoleil, Hélène Miron, Michelle Dawson, Jeannine Piette et Joanne Vallières
 Front row -Julie Punkinen, Serika Arsenault, Lindsay Lemieux et Mireille Dignard

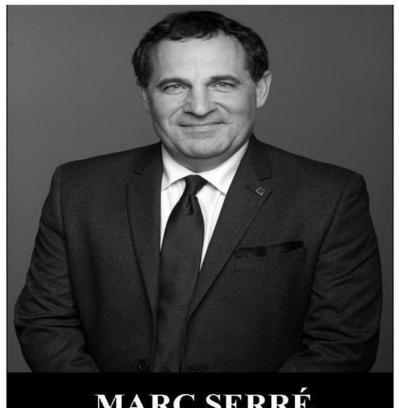
Action Network www.ofcan.ca Contact Chair: Michael Armstrong 705)929-1547 Secretary: Chris Allen Treasurer: Sharon Leblanc Communications Coordinator: Scott Sagle

Community Your Onaping Falls Community Action Network Action Network (OFCAN)

is in need of volunteers and members.

With many projects in the works for our community your help is greatly needed! If you have an interest in gardening, community beautification, helping within your community, park benches, garage sales, seniors rapport, etc. we would love to have your help. Many projects are under consideration but a team of local residents is needed to help make them happen. Please contact Michael Armstrong at 705-966-2767 or email him at onapingfallscan@gmail.com with your name and phone number and what your interest is or idea you have for our community.





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

MARC SERRÉ

Congrats Access2all on winning NORCAT's **Innovation Mill** Start Up 101 **Competition!** Thank you for all that you do to actively remove barriers to accessibility in our community and to promote an inclusive and accessible Canada.

National AccessAbility

From May 27 to June 2, 2018

Week





Princess Lily's Adventures Written by Nanny Grace Sarazin

The **NOFCC** invites children affected by cancer to come out to walk the catwalk at the final show with the delegates of the **Miss North Ontario Pageant**.

Each delegate is required to complete a fundraiser. As a cancer survivor 3 year old **Lily Sarazin**, daughter of Aila Kelemen and Tim Sarazin was invited to attend the event which was held on April 28, 2018 at Sudbury Secondary School. She was so excited to be able to do the catwalk with last year's Crowned Princess, Miss Emma Morrison. She could not have been more happier that evening all dressed up in her gown and gloves as she told me,

"Nanny you can not be a Princess without gloves".

Father's Day Contest

Win your dad a \$15 Tim Horton Card with a **World's Greatest Dad Coffee Mug** by telling us why you think your Dad is GREAT! This contest is open to all residents of Onaping Falls !

Please drop off your entry at the Levack Mini Mart or email it to justdolly@persona.ca. You can also text it with your name and age to 705-662-9095.

All entrants will be entered into a draw and randomly selected.

1st Prize \$15 Tim Hortons card and World Greatest Dad Mug 2nd Prize Worlds Greatest Dad Mug 3rdPrize Best Dad Ever Mug Contest ends on June 15th, 2018

FALLS FOOD ANNUAL MEETING

The Annual Falls Food Meeting will be held on June 11, 2018, beginning at 7 pm. Voters will need to have either at least 10 hours of volunteering or pay \$25 for the right to vote at the meeting. The meeting will take place in the Rio Meeting Room in the Onaping Community Centre at the far end, library side of building.

The Election of Officers (Executive and Directors) will take place at this meeting and everyone is invited to come and see what we are about and what we have planned for the future of your food bank.

We hope to see familiar and some new faces, as volunteers are always needed. Thank you!



103 Service Road, Onaping, Ontario POM 1L0

705-966-2502

The closing BBQ Party will be on Thursday June 14th. The club will supply the hamburgers and hotdogs. All members are asked to bring a desert or salad. The public is welcome to attend in hopes you will consider joining the club next season!

Club membership is \$20 per year.

The club will be open all summer and activities will continue on an unscheduled basis. Each group will gather as they decide.

Organize Pool will be Tuesday evening at 6pm The club is looking for someone to organize a Bocce and Horseshoe Tournament.

Bingo is finished for the summer and will resume on Tuesday, September 11th

The **Onaping Falls News** is published monthly by volunteers .

Thank you to the advertisers in this months issue . Advertising dollars help us to publish the paper. If you would like to advertise and support our community paper please contact Dolly Gordon-Andrews at 705-662-9095 or email just dolly@persona.ca

Community input is welcome and always FREE.

The Learning Curve by Kyleen Gray READ! The (not so) Secret to Success in School

As a parent and a teacher, I'm often asked about 'keys' to success in education. Although there are many factors to discuss, including daily attendance, positive relationships with teachers and peers, being engaged in classroom activities, etc. in reality none of these matter if students don't have basic literacy skills.

In short, research has noted again and again that early literacy (more specifically vocabulary acquisition) is the key to long-term academic achievement: "Many research studies show that vocabulary is the best single indicator of intellectual ability and an accurate predictor of success in school." (Elley, W. B. 1988)

But how do children (especially young children) acquire vocabulary? According to the article,

"What Research Tells us About Teaching Vocabulary" (education.com), there are three key methods: Listening and taking part in oral conversations with adults using a large range of vocabulary Being read to (i.e. by an adult or older reader) Reading independently

Notice how reading comes up in two of those methods? Essentially, the habit of reading needs to be emulated by parents/guardians at an early age, then slowly transferred to the child when they are ready for independent reading.

But how often should you read with your child or ask them to read independently? Daily – or as often as you can, for at least 20 minutes. "Starting in kindergarten, if a student reads 20 minutes a day at home, they will hear 1.8 million words per year. They will have read for 851 hours by 6th grade and on standardized tests, they will likely score better than 90% of their peers." (read20minutes.com) Although reading may not seem like the most important thing in your family's schedule next to the packed calendar of activities and responsibilities, it is the single most important thing you can do to ensure your childrens educational success.

Setting a regular time daily (early morning, after school, before bed) to read will ensure that the entire family acknowledges the importance of reading and establishes the habit in your household. Remember! Children look to their parents and/or older members of the family for guidance and leadership. If reading is not modelled at home, kids won't see it as important either.

Final word? Set aside 20 minutes/day to read to (or beside) your child today.....and tomorrow......and the next day!

SCHOOL NEWS

We are coming to the end of our current school year and many celebrations and ceremonies are held in honour of our students accomplishments. Pre Schoolers have 'Guiding Forward Ceremonies', Elementary Schools have 'Stepping Up Ceremonies' and High Schools host 'Sports and Academic Awards Banquets alongside their Graduation Ceremonies.

June is a fun and exciting month at our schools. Enjoy them with your children.

September 2018 will find changes at some of our schools.

Levack Public will get a new Principal. Mrs. Enza McEachern will take over for Mr. Winkle. She is a school oriented Principal who has worked at Chelmsford Public School for the last few years. Chelmsford Valley District Composite School will see the departure of Mrs. Potvin , who is off to Lo-Ellen Park Secondary School and Mr. Hopkin, who is off to Lockerby Composite School. I am sad to see them go but I am very happy with the replacement Principal. Mrs. Danielle Williamson will be taking over CVDCS in September. Having worked with Danielle as a parent council member at Chelmsford Public I know that she is a dynamic and school driven Principal that will bring everything she has to the table for the success of our Higschool. The new Vice Principal hails from Lo-Ellen and her name is Mrs. Sheila James. Exciting news on the high school front!!



Chelmsford Valley District Composite School 'GO FLYERS'



Levack Public School 'GO LEOPARDS'



Larchwood Public School 'GO LASERS'



É'cole St. Étienne 'GO TIGERS'



BEAR TIPS by Sean 'Blue' Gray

Now that the snow has finally melted, the lakes have opened up, and the black flies are out, we know that spring is here. Living in Northern Ontario, "spring" also allows black bears to leave the den and begin their search for food.

Because bears are hungry, many of us usually have the opportunity to see these magnificent creatures wandering around looking high and low for a tasty treat. As an outdoorsman and hunter, I have had many encounters with black bears and have learned to appreciate their beauty and strength, but more importantly respect them. In most of my experiences, bears want nothing to do with humans and speed off at the smell or sight of us. Black bears have a sense of smell that is seven times better than a bloodhound and can reach speeds of 70km/h. Usually it is their keen sense of smell that brings them into our yards, camps, or tent sights, so I want to review a few behaviours and tips that may help you avoid this.

Bears respond to people like they do with other bears. Therefore, understanding the way bears communicate can help us if we encounter one. Bears are relatively quiet creatures, but do communicate on occasion:

Females often communicate with their cubs by moans to send the cubs in trees for safety, or to have them follow her. Most bears that sense danger do not roar, growl or moan. They often slap the ground, "huff" and blow air forcefully through their nose or mouth. They also "snap" or "pop" their teeth. If a bear is still feeling threatened after all of this, they will bluff charge, running toward the source of danger than veer away.

A truly aggressive bear will stalk, and most likely not make any sounds. They will stare you down, protrude their lower lip and flatten their ears. They may also salivate more than usual.

To "try" and prevent conflicts with black bears, try and follow the following:

Put garbage out the morning of garbage day and not the night before.

Take bird feeders down in the early spring.

Keep all pet food indoors. fallen fruit such as apples, cherries, plums, pears etc. clear from your yard.

Keep your Barbeque in a garage or shed if you have one. If not, keep your barbeque clean and clear of grease or drippings.

These are only a few of the simple tips communities should be practicing. For more detailed information, go to the Ontario.ca website and type in bear wise. In the meantime, be safe and continue to enjoy the outdoors and what nature has to offer!





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.

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705-897-7626

francegelinas2018@outlook.com Facebook: Nickel Belt NDP Mailing Address: NDP Box 3010, Hanmer, ON, P3P 1J6

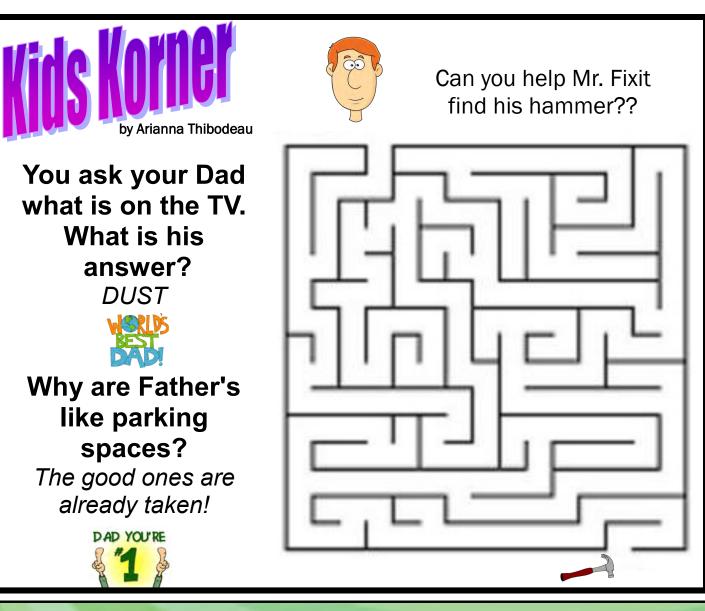
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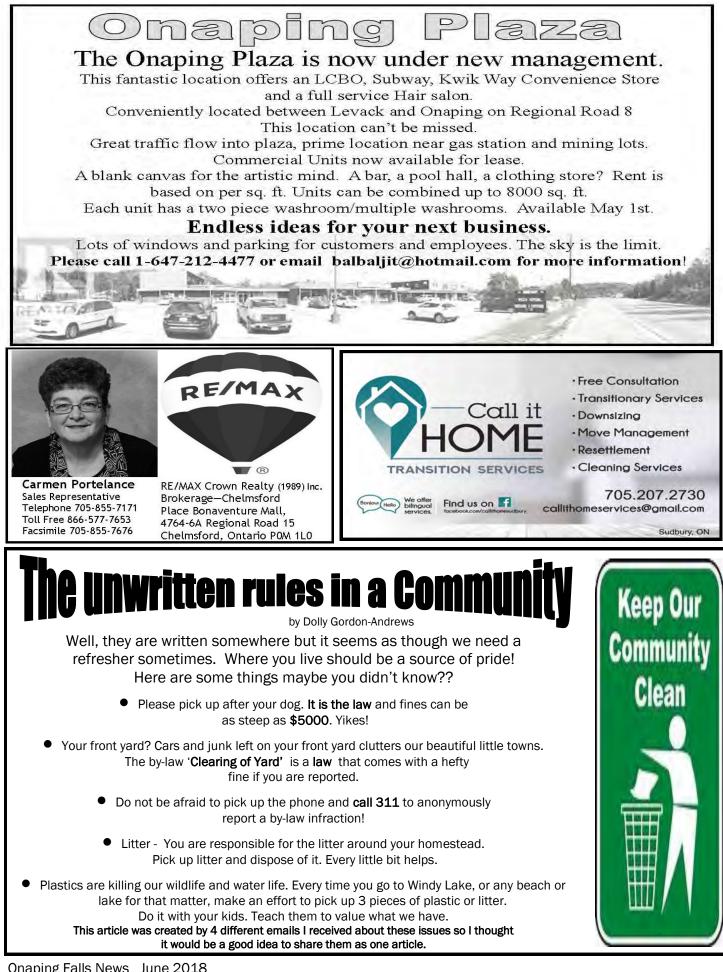
France is an effective representative for Nickel Belt residents on important local issues such as health and long-term care, small and rural schools, road safety and helping our communities thrive.

FIVE CHANGES FOR THE BETTER

- Provide drug and dental coverage for all Ontarians
- End hallway medicine and fix seniors care
- Cut hydro bills by 30% and bring Hydro One back into public hands
- Provide financial help for students,
- Provide childcare and protect middle class families









By Samantha Brazeau-Wilson

Monthly DIYs, home hacks, and organizing tips.

Make Your BBQ Sparkle

Use this easy cleaning hack to make your BBQ look and feel brand new. Simply spray white vinegar onto the grill, ensuring the heat is off and the grill is cool. Let the vinegar sit for a few minutes allowing it to cut through grease and cooked on food. Using crumpled up aluminum foil, scrub the cooking surface and watch the grime away! Wipe clean with paper town.

DIY Natural Bug Repellant

In a 4 oz spray bottle, add 2 oz of Witch Hazel, 2 oz of distilled water, 10 drops of geranium essential oil, 15 drops of lavender essential oil, 5 drops of patchouli essential oil, 10 drops of lemongrass essential oil, and 10 drops of citronella essential oil. Shake the bottle well before each use and spray away! Safe for kids ages 10 and up.

Easy Summer Sangria Recipe

If you're hosting a pool party or hosting friends at the cottage, this classic red sangria recipe is the perfect go-to and will quickly become a summer favourite.

What you'll need:

A large pitcher Wooden spoon 1/2 apple, cored, skin on, chopped into small pieces 1/2 orange, rind on, sliced into small pieces 3-4 Tbsp brown sugar 3/4 cup orange juice 1/3 cup brandy 1 750 ml bottle dry Spanish red wine*

How to make it:

Add apples, oranges, and sugar to a large pitcher and muddle with a wooden spoon. Add orange juice and brandy and combine.

Add red wine and stir then taste and adjust flavour as needed. Add ice and chill.

Store leftovers covered in the refrigerator for up to 48 hours, though best when fresh.

Un 50e Anniversaire pour St. Etienne en Dowling

Quelle belle célébration nous avons eu le 4 et 5 mai, à **l'école St Étienne de Dowling**! Le vendredi 4 mai, les élèves se réunissent pour visionner un montage de photo accompagné d'une présentation de l'historique de l'école. La dégustation d'un gâteau suivi du spectacle de l'Ami Alain sont aussi très appréciés. En plus, tous s'amusent avec un immense ballon gonflable au gymnase.

Malgré la pluie, les Chevaliers de Colomb de Dowling, toujours aussi dévoués, viennent servir un bon dîner BBQ.

Le samedi 5 mai, c'est au tour des anciens, anciennes de se présenter à l'école où les accolades sont de mise. Environ 190 personnes partagent leurs souvenirs en faisant le tour des corridors en s'émerveillant des changements dont jouissent présentement les élèves.

Grâce à Roger's Valu-Mart, tous peuvent se réjouir en prenant un bon verre de vin non alcoolisé avant le départ pour la salle communautaire. Ici les décors et l'atmosphère font revivre les succès d'un travail toujours si bien partagé par les anciens, anciennes de notre école catholique française. Notre maîtresse de cérémonie, Caroline Bourdua, ancienne élève, débute la veillée .

Le directeur de l'école, M. Charles De La Riva partage sa fierté de pouvoir œuvrer dans une petite communauté si vivante. Il reconnaît les services de Mme Gisèle Beauregard, bénévole à l'école depuis 30 ans. Les invités d'honneur, Mme Lise-Anne Papineau, directrice en éducation, M. Gerry Montpellier, conseiller municipal, M. Robert Mayer ,surintendant, n'ont que des éloges à offrir au comité organisateur ainsi qu'aux participants de cette belle fête.

Mme. Yolande Riopel est heureuse de présenter l'historique de l'école avec montage de photos démontrant les débuts de la première école Catholique française de Dowling située sur la route 144 vers les années 1940.

Il faut dire que la chorale avec son chant à répondre . L'arbre est dans ses feuilles fut un précieux rappel de notre héritage.

Les retrouvailles se poursuivent pendant un excellent souper préparé par Mme Diana Young. Le tout se termine par une danse. **C'est un succès!**

A Successful 50th Anniversary for St-Etienne School in Dowling

A wonderful reunion of past and present teachers and students was made possible by the donations received from the following organizations. Thank you : Lions Club of Onaping Falls, Chevaliers de Colomb from Dowling, Caisse populaire Vermillion, Filles d'Isabelle and Rayside Senior Craft. Thank you to all that gave prizes for the evening: Canadian Tire, Diana's Catering, Esprit Spa, Filles d'Isabelle, Fleurs Magics, Flo Beausoleil, Home Hardware, Johnny's Towing, Josée Morin, Klazine Products, Tim Hortons and Toppers.

Many attractions marked the evening such as a presentation of the school history by a retired teacher accompanied by pictures dating back to 1940s. Mrs Yolande Riopel, a former student, teacher, mother of 3 girls and grand mother of 2 girls who all attended St-Étienne School, was happy to make this presentation.

The many praises received go out to all 190+ participants . You made this happen!



When to Choose a TFSA vs. RRSP

You may already use an RRSP to invest for the future. But did you know there's another option – the Tax-Free Savings Account, or TFSA. It's a great complement to your RRSP but the challenge is deciding when it's best to choose a TFSA over an RRSP. Here are some general guidelines.

Want easy and frequent access to your money - By using a TFSA you'll be able to withdraw funds tax-free at any time and re-contribute the same amount in the future. Keep your RRSP for long-term retirement savings.

Earn a low income - You may benefit more from the tax-free growth and withdrawal flexibility of a TFSA than from the modest tax deduction of an RRSP.

Starting your career - Invest in a TFSA before an RRSP. Over the years you'll accumulate RRSP contribution room that you can eventually take advantage of when your income is higher and when claiming the RRSP tax deduction has a bigger impact.

Saving for a house or education - A TFSA may be a better option than the RRSP's Home Buyers Plan or Life Long Learning Plan. That's because TFSA withdrawals don't have to be paid back, money doesn't have to be kept in the account for 90 days before withdrawing, and if you decide to use your money for another purpose, you don't have to pay tax.

Have interest-bearing investments - If you currently have GICs, money market mutual funds, term deposits, or bonds, which are taxed at higher rates, put them in a TFSA where they are tax sheltered.

Own high risk/high return investments - A TFSA might be better than an RRSP or non-registered account. If your \$5K grows to \$50K it could be withdrawn tax-free. The downside — you can't claim a capital loss if your investments lose value.

Have a pension plan at work - If you're left with limited opportunities to contribute to an RRSP, use a TFSA to augment your retirement savings.

Retiring in 10-20 years - Use a TFSA to complement your RRSP and grow your nest egg more aggressively.

Making maximum RRSP contributions - Put additional savings in a TFSA before a non-registered plan so your money can grow tax-free.

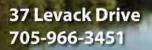
Need to reduce taxable income in retirement - Use a TFSA in addition to your RRSP. After you convert your RRSP into a RRIF at age 71, RRIF withdrawals are taxed, and more money you withdraw the higher your marginal tax rate. But by also withdrawing tax-free funds from a TFSA you can reduce your RRIF withdrawals, potentially lowering the overall tax you pay.

Don't need all your RRIF/LIF withdrawal cash - Move it to a TFSA where it can grow tax-free until you need them later.

For more help determining whether a TFSA or RRSP is a better fit for you, please give me a call at the Levack branch of Sudbury Credit Union, 705-966-3451.

David Blackburn, Branch Manager

1-1-1-1







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



Email: Branch503@eastlink.ca



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 OR			
		Horseshoes ~ in the Back Yard ~ \$5.00 *Weather Permitting			
Thursdays	7:30 pm	Euchre – Upstairs in the Hall ~ \$10.00 ** Finals is Thursday June 14 th , then Finished for the Summer			
Saturdays	3:00 pm	Porquetta Bingo ~ 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.



2018 HONOURS AND AWARDS CEREMONY

At the GENERAL MEMBERSHIP MEETING

Wednesday June 13th ~ 7:00 pm

Each year we recognize comrades who have achieved milestones in their Legion membership and those comrades and groups whose efforts contributed to the well being of the Branch.

This year we are excited to have quite a number of Members in line to receive their Membership Bars and Pins, and also other special individuals in our community who will receive Legion Honours.

Please plan to attend and Celebrate your Membership with the Royal Canadian Legion. **For Information if You are an Honours and Awards Recipient Contact Myrna DeCou, Honours & Awards ~ 705-966-2525 Or Kathy Moggy, Treasurer ~ 705-966-3884

The General Membership Meeting will follow the ceremony, and your input will be appreciated to vote on upcoming Branch 503 issues ~ sending Executives to the Dominion Convention and Summer Events and projects.



Community Heart & Soul

A little bit about somebody

by Jana Lahnalampi

Reverend Cathy Taylor

We are not losing a Minister, we have gained a **lifelong friend**. How lucky we were to have been guided for the past 12 years by such a wise, thoughtful and caring individual. Our lives have been enriched, by having had Cathy in them.

It was a bright, sunny and warm July day in 2006 when Cathy and Lorne arrived in Levack. Cathy had recently graduated with her Master of Divinity; and was ordained by Alberta-Northwest Conference of the United Church in May 2006. Fortunately for us, she had accepted 'settlement' which means that she agreed to go wherever the church needed her. Cathy was settled in Manitou Conference and in Onaping Falls because the charge had agreed to 'go to settlement' rather than search for a candidate on our own. How challenging it must have been to start out later in life, on a new career path, thousands of miles from home? In a province she knew little about, but learned soon enough about black flies! Lorne and Cathy literally took to Northern Ontario like ducks to water. They purchased a sail boat to enjoy our numerous lakes while Lorne led our Community Action Network for years, spearheading initiatives and maintaining our voice at the city level.

Cathy has brought forward many outreach ideas which have improved the lives of people in our faith community, in the larger Greater City of Sudbury and globally. From Messy Church, to funding initiatives in developing countries through KEVA, strengthening ties to other churches through our work with the "Out of the Cold" at St. Andrews. Cathy built bridges. While it was a mandate of the United Church to "reconcile with our First Nations, it was difficult to do. Where did one start? How did a church community reach out? We are in uncharted waters. Cathy made many connections and she supported numerous Indigenous initiatives. By first informing herself, she was in the process of furthering our understanding of Indigenous people. Thus, spurring spiritual growth within many of us.

Onaping Falls Pastoral Charge

Larchwood Memorial, Dowling & St. John's, Levack Rev. Cathy Taylor Office: 705 966-3823 Schedule of Services for June St. John's 9:30 a.m. Larchwood Memorial 11:00 a.m.

Schedule of Summer Services Sundays - July 8, 15, 22, 29 at St. John's at 10:00a.m. Wednesdays – August 8, 15, 22, 29 at Larchwood Memorial at 7:00 p.m.

> Sailing Into the Future Rev. Cathy Taylor is Retiring!

On **Sunday, June 24th, at 10:00 a.m., at St. John's, Levack,** we will be holding a Service of Thanksgiving and Celebration for our Ministry with Rev. Cathy Taylor. The service will be followed by a BBQ luncheon. **All are Welcome to Join Us!** Cathy's guiding hand has steadied us through some difficult and sad times, offering comfort and helping those in need of healing. As well she has celebrated with us through joyous times. We will miss your calm and caring nature as we move into the future. We are thankful for our time spent with you and wish you

and Lorne smooth sailing into the next chapter of your lives.





FREE BUS

RCMP MUSICAL RIDE & FAMILY FESTIVAL

Saturday, June 9th to Sunday, June 10th - - - - Full Shuttle Bus Schedule

Onaping Falls to Whitefish								
Levack Arena	Onaping Plaza	Dowling Leisure Ctr	Chelmsford VDCS	TM Davies Arena	Venue			
11:00 AM	11:05 AM	11:15 AM	11:30 AM	11:40 AM	12 noon			
12 noon	12:05 PM	12:15 PM	12:30 PM	12:40 AM	1:00 PM			
1:00 PM	1:05 PM	1:15 PM	1:30 PM	1:40 AM	2:00 PM			

TICKETS/BRACELETS WILL BE AVAILABLE FOR PURCHASE AT THE DOOR BUT WE PREFER YOU PRE-PURCHASE SO WE KNOW OUR NUMBERS FOR BUSSES AND FOR OUR FOOD VENDORS.

RCMP MUSICAL RIDE & FAMILY FESTIVAL

Saturday, June 9th to Sunday, June 10th ---- Full Shuttle Bus Schedule

Whitefish to Onaping Falls									
Venue	TM Davies Arena	Chelmsford VDCS	Dowling Leisure Ctr	Onaping Plaza	Levack Arena				
5:00 PM	5:20 PM	5:30 PM	5:45 PM	5:55 PM	6:00 PM				
5:30 PM	5:50 PM	6:00 PM	6:15 PM	6:25 PM	6:30 PM				
6:00 PM	6:20 PM	6:30 PM	6:45 PM	6:55 PM	7:00 PM				