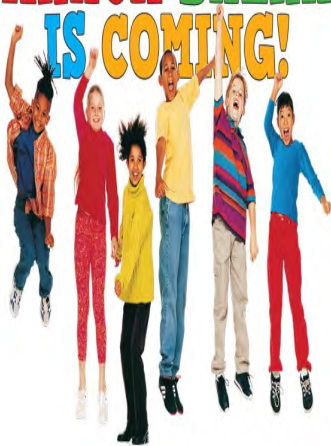


MARCH BREAK IS COMING!



March 12 to 18, 2018

ONAPING FALLS NEWS

Volume 7

FREE

March 2018

Inside this issue:

- Seniors Corner
- The Learning Curve
- Home Sweet Home
- Kids Korner
- Melinda Moments
- Blues Outdoor World
- Church News



Special points of interest:

- ◆ "Moments that Matter"
- ◆ Carnival Photos
- ◆ Legion , Branch 503
- ◆ St. Etienne 50th
Anniversary Dinner & Dance
- ◆ BINGO
- ◆ March Break Fun
- ◆ Youth Soccer Club
- ◆ Slo Pitch General Meeting
- ◆ Crossword

Do you need to see a doctor but have no way of getting there? No problem! St George Medical is filling one more gap in the accessibility of health care in Ontario. A nurse will come to your home, you will then see the doctor through video conference and the doctor will make a plan for your care. We are available Monday to Friday 9am to 6pm, with some availabilities evenings and weekends. Call (705) 626-7733 and you'll speak to the nurse directly. There is no charge for this service but you must have a valid OHIP card.



**Mobile
Telemedicine
Clinic**

**Can't make it to your doctor's office?
No problem! Call (705) 626-7733
stgeorgemedical.ca | Find Us On Facebook**

This month we highlight the Levack Mini Mart in our Shop Local Series By Dolly Gordon-Andrews

Ron and Mary Martel have owned the Levack Mini Mart since 1998. They are a community oriented couple who work very hard . I remember the Mini Mart when I was a kid over 40 years ago. The store is important in our series of 'shop local' because it is important for all of us to remember to support what we have. The Mini Mart has fresh milk, eggs and bread. They sell phone cards and lotto tickets. You can purchase a wonderful birthday or anniversary card. There is an ATM machine and it is the Levack Local Purolator drop and pick up location.

A lot packed into this little store!

Ron, from Cartier and Mary, from Pembroke met while working together at the Northland in Chelmsford. The two worked hard to purchase the store and it has been the community corner store that stocks what we need.

Twenty years later the couple has a daughter who is engaged to be married next summer. Mary can be found volunteering at events like the Homecoming and our Breakfast with Santa. While chatting with Mary on the phone she had to put me on hold. While on hold I overheard her making coffee for one customer and being asked how to cook a roast by another. Mary says that is what she loves about her job. Stop by ..say hello... buy a greeting card ... it's about community and loving your small town. Friends and neighbours! **Support Local.**



Home hardware

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

47 Levack Drive
705-966-3335

Order online from home
www.homehardware.ca

Savings available until March 13, 2018. Cash & carry pricing.

WED 07	THUR 08	FRI 09	SAT 10	SUN 11	MON 12	TUE 13
--------	---------	--------	--------	--------	--------	--------

Savings available until March 27, 2018. Cash & carry pricing.

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

Savings available until April 3, 2018. Cash & carry pricing.

WED 28	THUR 29	FRI 30	SAT 31	SUN 1	MON 2	TUE 3
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SAVE NOW!

Here's How.

Magnetic Bumper Broom
Brooms to prevent wall markings. PET bristle with flagged ends. 45x107

SAVE 40%

Was \$7.99
4.77

The Kitchen Event

SAVE \$50

SAVE NOW!

Here's How.

8" Pruner
Drop forged steel blade. Lock button. 587764

SAVE 60%

Was \$9.99
3.57

The Spring Clean-up Event **ON NOW!**

Buy more Save more

SAVE \$10 EACH CAN, WHEN YOU BUY 1 OR 2
SAVE \$11 EACH CAN, WHEN YOU BUY 3 TO 5
SAVE \$12 EACH CAN, WHEN YOU BUY 6 OR MORE

100% ACRYLIC PAINT

Acrylic Suede
An exceptional low sheen finish. *13.7L L. US\$ 40.99 (42.97) 39.99

Trim & Door Silk
Scrub and stain resistant. Interior/Exterior. *13.7L L. US\$ 40.99 (42.97) 39.99

SEE PAGE 3 FOR MORE SAVINGS ON DESIGNER SERIES PAINT.

SAVE NOW!

Here's How.

Jerry Can
5 L capacity. 889-289

SAVE 40%

Was \$6.29
4.27

The Spring Clean-up Event

Golfgreen
IRON+
4-1-1 LAWN RECOVERY
RENTALISANT DE PELOUSE 4-1-1

Lawn Recovery 10-2-4

Combination grass seed, fertilizer and compost with added iron. Covers 58 m². 7 kg. 546-88

ONLY 39.97

SAVE 62%

Was \$25.99
5.97

3.5" Paring Knife
German steel blade with gemini-depressions from slip handle. 457-527

Granitek Double Sink
Black, anthracite or espresso. 21" x 33". 324-464/462/464

**Was \$229.97
279.97**

MOEN Terrace™ Kitchen Faucet With Pull Down Spout
1 or 3 hole installation. Spot Resist™ stainless finish. 327-016

**Was \$229.99
209.97**

Painters Mate Green™ Masking Tape
48 mm x 25 m. 875-765

SAVE 40%

Was \$5.99
3.77

Poly Tarp
Tear resistant, rust resistant polypropylene on sides and corners. 7'6" x 9'8". 542-548

SAVE 55%

Was \$9.99
4.87

BEAUFINE TORONTO BLUE JAYS

Beaufine® steps up to the plate as the Official Paint of the Toronto Blue Jays™ 895-916

DURACELL 9 Volt Alkaline Batteries
675-475

SAVE 44%

Was \$25.49
5.77

PACK OF 2

FRIDAY & SATURDAY ONLY!

2 Day Deals

SAVE 50%

Was \$29.99
14.97

Cordless Electric Kettle
Immersed heating element, boil-dry protection and auto off. 1.7 L. White or black. 3846-226/227

Downspout Extension
Flexible, extends to 57". Assorted colours. 540-495 (29) 578/579

SAVE 36%

Was \$10.99
6.97

FRIDAY & SATURDAY ONLY!

2 Day Deals

SAVE 60%

Was \$19.99
7.57

Heavy Duty Broom
100% Coir Fibres. 2 wire. 2-rolling. 495-289

24" Poly Lawn Rake
Wide sweeping action with flexible tines. 262-314

SAVE 54%

Was \$17.49
7.97

LED Galaxy Spotlight
Support the Toronto Blue Jays™! Can be used indoors or outdoors to project the Team's logo. 546-640

SAVE \$20

Was \$59.99
39.97

Interior Acrylic Eggshell
*1.7L L. 882-493/494/888

SAVE \$6

Was \$38.99
32.97



MARC SERRÉ

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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



Having fun at the Onaping Falls Winter Carnival with MP Marc Serre, Bonhomme Carnival, Councillor Gerry Montpellier and Inspector Mousseault.

Community Action Network

www.ofcan.ca

Contact

Chair: Michael Armstrong
(705)929-1547

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

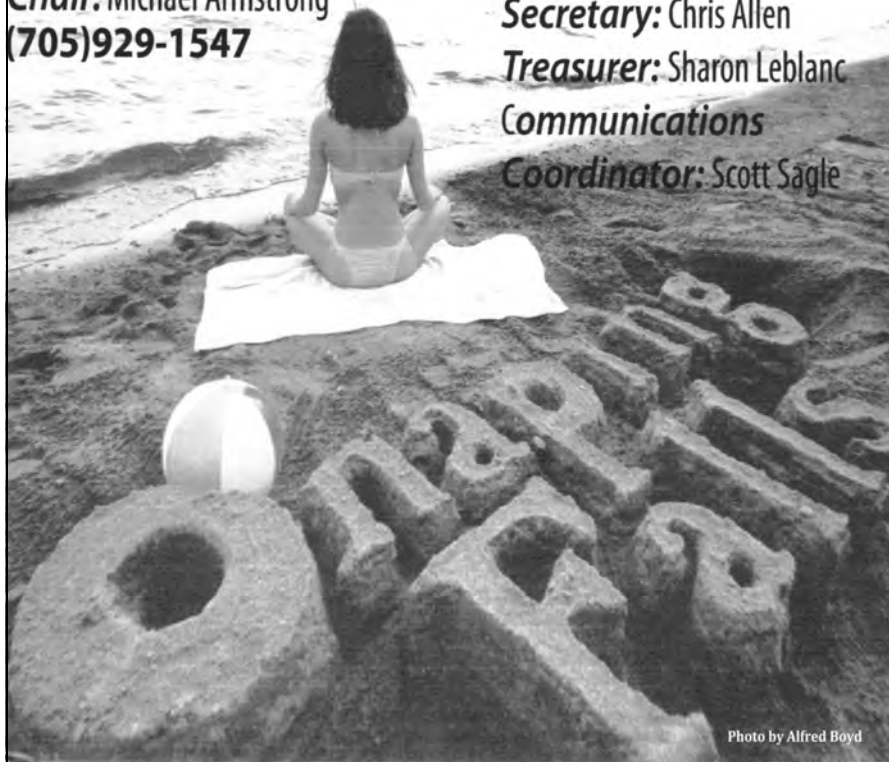


Photo by Alfred Boyd

3rd Annual Baskets & Bunnies
Sunday, March 25th 10am - 3pm
Dowling Leisure Centre
79 Main Street West
Dowling, ON
Hosted by **Prestigious Parties & Events**
705-207-9400

Vendor Fair
Door Prize Baskets
Easter Bunny
And MORE!!

A MOMENT WITH MELINDA

Today is like a gift card.

YOU decide how you spend it!

The next **OFCAN** meeting will be held on Thursday, March 1st at 6pm at the Onaping Community Centre in the Rio Encore meeting room.
Everyone welcome!



Carmen Portelance
Sales Representative
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Cell 705-562-9067

RE/MAX Crown Realty (1989)
Inc. Brokerage

www.carmenportelance.com



ONAPING POOL

January 8th to April 21st, 2018
RECREATIONAL SWIMS

<u>Adult Swim</u>		
Monday & Wednesday	Tuesday/Thursday/Friday	2:30pm 5:00pm
Saturday		12:00pm
<u>Public Swim</u>		
Monday to Friday	Tuesday/Thursday/Friday	3:30pm 7:00pm
<u>Family Swim</u>		
<small>(Children under 16 must be accompanied by parents in the pool)</small>		
Monday & Wednesday	Friday	1:30pm 6:00pm

Free Swim
(NO CHARGE 'Feel Free To Feel Fit')
Saturday 1:00-2:55 pm

	1 Visit	10 visit Card	3 Month Pass
Student/ Child	\$4.00	\$39.00	\$78.00
Senior	\$5.50	\$45.00	\$103.00
Family	\$11.00	\$91.00	\$181.00

Child Rate is for ages 0-16 yrs. Senior Rate is 65+ yrs. Students must show valid student I.D.

Seniors Corner

ONAPING FALLS GOLDEN AGE CLUB

109 Service Road, Onaping, Ontario P0M 2R0

705-966-2502

NEW MEMBERS

over 50 always
welcome
Join today for only
\$20 per year

March 2018

Monthly Social March 8th at 1pm
Music Jam March 16th at 1pm
Executive Meeting March 15th
General Meeting POTLUCK March 24th at 2pm

Line Dancing

Contact Lillian
705-855-9255

BOWLING

Contact Gene
705-966-2251

YOGA

Contact
Melinda
705-966-2379

POOL TOURNEY

March 4th
Contact
Harvey Picard
705-855-4223

SENIOR POOL

(over 60)
Contact Larry
705-966-3932

MUSIC JAM

Contact President
Jim Howe
705-966-0137



R.C.L. Branch 503 Annual Student Public Speaking Contest

The 2018 Public Speaking Contest on Sunday, February 11th was Great! 12 Students competed this year and presented a fun and interesting variety of speeches. Congratulations to every Student for participating and delivering excellent speeches!

The First Place Winning Students are advancing to the Zone Contest on Sunday February 25th and we'll be rooting for them as they compete with Students from the various Legions in our Zone! Good Luck to Everyone!!



Branch 503 Executives Ramona Halldorson Youth Ed Chair,
John Getchell MB President, Jeff Dane 1st Vice and Sharon Getchell 3rd Vice
with the Students in the 2018 Branch 503
Annual Student Public Speaking Contest.



Happy Easter!



At Onaping Falls BRANCH 503

1 St James, Onaping

~ Saturday March 10th ~ 3:00 pm ~

4 Rounds of Meat Draws Plus Special Draw Prizes

Everyone has a Chance to WIN an Easter Treat

Come out and Have Fun

50 ANNÉES - YEARS
St-Étienne

SOUPER et DANSE

Centre récréatif de DOWLING Community Centre
79, rue Main Ouest

SAMEDI 5 mai - SATURDAY, May 5
17 h - 5 p.m.

SOUPER et DANSE - 30\$ - SUPPER & DANCE
DANSE - 15\$ - DANCE

Les billets seront en vente jusqu'au 20 avril à :
Tickets will be on sale until April 20th at:
l'École St-Étienne, Roger's Valu-mart
et Klazine Products (Place Renaissance, Chetumford)

Aucun billet pour le souper sera disponible à la porte
No tickets for supper will be available at the door

UNE PARTIE des profits ira à NEO KIDS

École St-Étienne
79, av. Houle
705 855.4333
nouvelon.ca



France **Gélinas**

La députée/MPP
Nickel Belt

705-969-3621

If you would like to receive our
Monthly E-Newsletter
please send us an email at

fgelinas-co@ndp.on.ca

It's free and informative

MARCH BREAK FUN

ONAPING LIBRARY

March 12th @10:30am

Learn to make movies using Pizza Box Green Screens

March 13th @ 6:00pm

Family Game Night

CHILDREN'S PROGRAM

Learn How to Sew Monster Sleep Masks

March 29th at 6:30pm (Onaping)

DOWLING LIBRARY

March 14th @ 4:00pm

All Ages Dance Party

with Special Guest

Ventriloquist Comedian

Mark Crocker



DOWLING YOUTH CENTRE

Friday March 2nd is a P.A. Day.

The Youth Centre will be open
from 11am to 4pm.

Crossword answers
A3. parade A5.pot A6.luck A9.Ireland
A10. March A11.leprechaun
A12. shamrock D1.bagpipes
D2. St Patrick D4. gold
D7. coins D8. green

Easter 2018

Sunday April 1st

Good Friday

March 30th

Kids Korner

By Arianna Thibodeau



Start



Happy St. Patrick's Day

End



Knock Knock

Who's there?

Irish

Irish Who?

**Irish you a Happy
St. Patrick's Day**



What do you get when you
cross poison ivy and a four
leaf clover??

A good luck rash



The Learning Curve by Kyleen Gray

Report Card Conversations

This week, most elementary students received their term 1 report cards. For some, this time of year is a celebration; for others, it holds disappointment and frustration.

Regardless of the outcome of your child's report card, you should take time to discuss it with them, and make a game plan for term 2. Here are some tips for talking to your child about their report card:

- Allow your child to read their report card; if they can't read yet, read it for them (paraphrasing to support understanding as required).
- Start the conversation on a positive note, by asking them to point out something on the report card that they are proud of.
- Then, tell them something on the report card that you are proud of.
- Next, ask them to identify 1-3 skills or behaviours that they would like to improve on; they may need help refining specific skills/behaviours.
- Talk about how you both will know that they are improving on their chosen skills or behaviours as the term progresses; you could even come up with some kind of tracking system to gauge improvement.

You may also want to have a meeting with your child's teacher about the report card, especially if you don't feel like it reflects your child's capabilities or work submissions. Here are some tips for parent-teacher conversations about mid-term report cards:

- Schedule a meeting with the teacher.
- Before the meeting, make jot notes or highlight parts of the report card that you'd like to discuss. Try to focus on 1-3 key items.
- If you are curious about grading, you can ask to see the teacher's grade book, as well as grading tools (rubrics, checklists, etc) and examples of your child's graded work.
- Create an action plan with the teacher to address the concerns you've discussed with them. Ensure that you have established good communication methods to carry out this action plan.

Report card time should be an opportunity for growth. Encourage your child to view it from this perspective, by focusing on goals for improvement. A positive parent-teacher relationship should also support your child in setting and tracking realistic, achievable gains as the term progresses. Positive conversations about report cards are key to supporting your child in their educational journey.

C.V.D.C.S. Junior Girls Volleyball S.D.S.S.A.A. Silver Medal Finalists



Back L to R -Cameron Piette, Elizabeth Pratt, Marissa MacDonald, Daphne Laframboise, Hannah Dagg-Chenier and Coach Glenn Murray
Front L to R—Melody Knight, Ellis Albrecht, Emma Brenton-Levesque, Alexis Blake and Skylar Dale



50th

Anniversary

Tickets are now on sale for the celebration on May 5th, 2018.

Dinner & Dance

You can purchase tickets at the school or the Dowling Valumart.

MARCH BREAK
March 12th to 16th, 2018

Levack Public School received a \$1000 donation from Walmart, Canada for the purchase of books for the school library. A big thanks goes out to parent, Ms. Reina Holmes, for completing the grant application that resulted in the financial contribution. The new books will be circulated in the Spring of 2018. Way to go Leopards!



Congratulations to Larchwood Laser students who took part in the Legion's Pubic Speaking Contest on Sunday, February 25th. This was the Zone Level where 12 other branches participated. Two honourable mentions and a bronze medal!!

Way to go Paige, Ethan and Willow!

Mike E's Siding

Since 1992

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Soffit/Fascia ~ Shingles ~ Patio Doors/Decks



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Legion THE ROYAL CANADIAN LEGION
ONTARIO COMMAND
Service Bureau
510 Main Street East, Suite 203, North Bay, ON P1B 1B8
1-888-207-2206 Tel: 705-472-8650 Fax: 705-472-1969
Email: scullling@on.legion.ca Website: www.on.legion.ca

ATTENTION
Anyone who has served in the military
(including WW11, Korea, SDA, Militia/Reserve Forces and dependants)

**THE ROYAL CANADIAN LEGION
SERVICE BUREAU OFFICER**

SHERRY CULLING
203-510 Main St. E
North Bay, ON P1B 1B8

**Will be visiting Branches in your area
during the week of March 26th, 2018**

Anyone wishing information, advice or assistance regarding:

- Veterans Affairs Canada Disability Pensions/Awards
- Treatment for Entitled Veterans
- Application for Poppy/Benevolent Funds
- Appeals against unfavourable VAC decisions
- Widows

is requested to contact the
Branch Service Officer or Secretary of the local Branch,
whose name appears below to book an appointment.

Karen Lathall
Branch Service Officer
Telephone#
705-966-3651

Branch Secretary
Telephone#

A free service offered by the Legion.

"They served till death! Why not we?"



FREE
Come out and try
anyone can paint

Art Class
Friday March 23 at 10:am
Golden Age Club
Onaping

Water Colour & Pen Technique
NOTE
Open to all the Community
FREE- Sign up at the Club
Call Nevalda 705-966-0137

Call
Alta 705-966-7637
Trish Nevalda 705-266-1998

Supplies will be provided

Every Tuesday Night
7:p.m.

**BINGO
NIGHT**

Golden Age Club Onaping
Open 5: PM Main
BINGO STARTS AT
8:30 PM

COME HAVE FUN WITH US!

Information Call Jim at 705 966-0137

Blues Outdoor World

The Royal York Trout/Salmon Recipe by Sean Gray

As we reach the mid-way point of ice fishing season, I am sure that anglers have been catching and cooking fish; if they are anything like me, they are always trying different recipes.

Depending on what kind of fish you are cooking, it will influence how you cook it. Since we live in Northern Ontario and have good access to a variety of trout, I would like to share a trout recipe that I came across a few years back. This recipe has been my go to as it is easy, super fast, and it tastes delicious.

About 15 years ago I was visiting a camp in Manitowaning Bay and I happened to meet a chef who used to cook at the Royal York Hotel in Toronto. We were fishing for rainbow trout. After being very successful, he cooked up a delicious meal using the recipe he had used at the hotel and it was amazing. Since then, I have used it several times and it has never failed me. Most everyone I cook for comes around for seconds and YES thirds.

Here it is:

Any size trout fillets de-boned with skin on
 Fresh or dried dill
 Paprika
 Montreal Steak Spice (optional)
 Salt to taste
 Pepper
 Olive Oil
 Fresh Lemon
 Garlic powder

Instructions:

Pre heat oven to about 370 degrees or light the BBQ on medium.
 Lay out the fillets skin side down. Rub a generous layer of olive oil over each fillet, then cover the fillet with paprika until you cannot see the flesh of the fish. Next, sprinkle the fillets with salt, pepper, Montreal Steak Spice and garlic, and cover with fresh dill.
 If you use dry dill, use LOTS. You may want to cut the fillets into thirds depending on the size of the fish. Place the fish on the grill or the oven rack skin down and bake for about 20 minutes in the oven or 15 minutes on the grill. If you use the grill you can flip for the last couple minutes. **Enjoy!! I prefer the grill!!**

Free delivery in Onaping Falls ion orders \$50 and over

Now located in DOWLING



Fleurs Magiques

Flowers

NEW LOCATION ~ SAME PHONE NUMBER

705-855-3321



First Aid Course

Emergency First Aid & CPR Level C + AED



Where: Windy Lake Motel & Restaurant

Contact: 705-966-3967

When: Saturday March 3 2018

Time: 9am to 5pm

Cost: \$75 per person

Given by Lifesaver 101

ONAPING FALLS LIONS CHARITY



MONDAY MARCH 19TH 2018

We are asking the Communities of Onaping Falls and surrounding areas to come out to the bingo and help support

THE ALZHEIMER'S SOCIETY DAY PROGRAM

6:30pm - Warm ups

7pm - Regulars

Dowling Lions Den

27 Sturgeon Street

All profits raised will help fund the DAY PROGRAM which offers a safe, structured and stimulating environment that provides each client with meaningful activities and basic personal care while respecting their life history, culture and spiritual beliefs.

For more information visit: www.alzheimersudbury.ca

Must be 18 years of age to play

Shop Local



Levack I.D.A. Pharmacy

Mickey Brunelle - Owner/Manager

705-966-3612

2 First Avenue North

Onaping Falls Minor Hockey Association

ANNUAL GENERAL MEETING

WHEN: Tuesday, March 27, 2018

TIME: 7:30pm

WHERE: Royal Canadian Legion,
Branch 503 in Onaping



- ♦ **Ballot draw** for Huskie parents who attend (\$100 off 1 players registration)
- ♦ **Elections** for Association Committee Members
- ♦ **General Information** ~ Questions, Concerns and Suggestions

EVERYONE IS WELCOME TO ATTEND



A message from a proud parent!

So proud of our Huskies for bringing home the gold in the Novice division!! All our Huskies fought until the end winning 3-2 into the second overtime. What a great year with some amazing kids and their awesome families. This year is definitely one to remember. Thanks also to our amazing (and very entertaining to watch) coaching staff! You guys rock and our kids wouldn't be where they are today if it wasn't for you!

ONAPING FALLS SOCCER CLUB

The Onaping Falls Soccer Club season will run from May 22nd to June 28th, 2018

Fees are \$30 per child Ages 3+ (players must be turning 3 by the end of June 2018)

Teams will play two (2) nights per week (Monday & Thursday)

Shin pads are mandatory

All game swill be played at the Larchwood Public School in Dowling

To register please visit the facebook page and scroll down to find the link to register.

OFSC 2018 Contact

Shannon Boyce 705-691-7426 or Nora Keir at 705-562-3914



Catholic Parishes
of
Onaping Falls and Cartier
Masses during Lenten Season 2018

Penitential Services
Friday March 9th at 7pm

Palm Sunday
Saturday March 24th
Levack at 7pm
Sunday March 25th
Cartier at 8:30am
Levack at 9:45am
Dowling at 11:15am

Easter/Paques
April 1st
Cartier at 8:30am
Levack at 9:45am
Dowling at 11:15am

Good Friday/Vendredi Salut
March 30th
Cartier at 9:30am
Dowling at Noon
Levack at 3:00pm

Vigil / Veillee Pascale
March 31st
Dowling at 7:00pm

Holy Thursday/Jeudi Saint
March 29th
Levack at 7pm
Exposition of the Blessed
Sacrament after Mass

Home Sweet Home

By Samantha Brazeau-Wilson

Monthly DIYs, home hacks, and organizing tips

Spring Clean Your Freezer

Because your freezer may not fall into your usual cleaning routines, it's good to set aside some time to freshen it up (and dispose of some unlabeled mysteries). Start by unloading your freezer. Take everything out and wipe down the inside, the doors, handles and shelves. Toss anything that's freezer burnt or older than 6-12 months old.

All-Natural Easter Egg Dye

Skip the store-bought food dye and create your own unique Easter egg colours with ingredients you likely already have in your kitchen! Try using red cabbage, beets, turmeric and spinach to create beautiful naturally-coloured eggs by soaking each ingredient in water and vinegar. The longer you let the eggs soak, the more intense each colour will appear.

Recycle Outdated Technology

It's one thing to keep an old TV that works perfectly fine, but keeping broken technology that is taking up space and collecting dust is another. Donate old CDs and VHS tapes, and properly recycle other items like old computers, printers, radio and stereo equipment and so on. The closest landfill diversion station for Onaping Falls residents is in Azilda off Highway 144 on Montee Rouleau in Azilda.

In Loving Memory of
Amy Stewart
February 26th, 1937 to February 2, 2018



You left us beautiful memories,
Your love is still our guide.
And though we cannot see you,
You are always by our sides.

Shelly, Sharon, Scot, Sandy & Shari Jo
Stephanie, Chelsea, Mathew, Cole,
Alphonse, Gavin, Leah, Kash & Kase

Onaping Falls Pastoral Charge

Rev. Cathy Taylor
Office: 705 966-3823

Schedule of Services

March 4th Lent III

St. John's 9:30 a.m.
Larchwood Memorial 11:00 a.m.

March 11th Lent IV

St. John's 9:30 a.m.
Larchwood Memorial 11:00 a.m.

March 18th Lent V

St. John's 9:30 a.m.
Larchwood Memorial 11:00 a.m.

March 25th Palm Sunday

St. John's 9:30 a.m.
*Palm Sunday Brunch following
Worship*

Larchwood Memorial 11:00 a.m.

Holy Week Services

Maundy Thursday March 29th

Service & Pot Luck Supper
at St. John's 5:30 p.m.

Remembering the last evening in the
Upper Room, we will
Worship and eat together.

*This is a service for the
Pastoral Charge.*

Please join with us

Come and Go in the daylight!

Good Friday March 30th

Larchwood Memorial 7:00 p.m.
*This is a service for the Pastoral
Charge. Please join with us*

Easter Sunday

"He is Risen"

St. John's 9:30 a.m.
Larchwood Memorial 11:00 a.m.

Shop Local



Cathy's Artistic Cuts

OPEN

Tuesday 9am to 4pm
 Wednesday 9am to 4pm
 Thursday 1pm to 9pm
 Friday 9am to 4pm
 Saturday 9am to Noon

705-966-2766

Onaping Plaza




Onaping Falls Mixed Slo-pitch League
 Presents



FIRST GENERAL MEETING

Sun March 25th 6PM

Each team must have a representative and their \$100 deposit.

Onaping Falls Legion

PosenMyWall.com

Don't forget.....
March 4th St. John's Church
Roast Beef Supper
 only 1 sitting
Take out tickets available
 Please contact Melinda Mott,
 Marg Rabson or Chris Allen

March 25th St. Johns Church
Palm Sunday Brunch
 at 10:30am following worship
**'Baked Ham, Sausages,
 Eggs, Pancakes and more'**

March 8th St. Johns Church is having a
'ButtertartBee'... Yummy tarts..
 with or without raisins
 Butter tarts \$12 per dozen or \$6 per 1/2 dozen
 Contact Sharon Leblanc 705-677-4585 or
 Jean Duffus 705-966-3375

**LOSING HAIR?
 DO YOU SEE CLUMPS
 OF HAIR IN THE SHOWER,
 ON THE PILLOW, OR
 THE HAIR BRUSH?
 AGE HAS CREPT INTO
 THOSE FOLLICLES!
 GROW YOUR HAIR WITH
 AWESOME MONAT!
 -SAVE YOUR HAIR!**

**Call or Text me
 for your
 FREE
 sample.**

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or
705-966-2066

OPEN EVERYDAY
5:30am to 11:00pm

...more than a convenience store!

Located in the Onaping Plaza

IN STORE SPECIALS **for MARCH**

MONSTER Energy Drinks
2 for \$5
3 for \$6

McCain Fries
or
Hashbrowns
\$2.29

Hungryman Dinner
\$4.99

Schnieder
RED HOTS
\$4.49

**Stop in at the
restaurant for
our daily specials**

Restaurant hours
Sunday to Wednesday
11am-7pm
Thursday to Saturday
11am-9pm
Orders can be phoned in
for pick up also

705-595-3004

Direct phone # to restaurant

Plus all applicable taxes



Onaping Falls
WINTER CARNIVAL
2018



Thank you to everyone that came out to the Winter Carnival! It was an absolute success ! Thank you to our participating community volunteers, groups and sponsors. We cannot do these events without you! Looking forward to next year!

Onaping Falls Recreation Committee
Advancing in Community



Thank you to our BONHOMME, Jack Lahnalampi ...you made a lot of people smile!
And our Photographer, Kim Moir-Sherman ...you also made a lot of people smile !





ANNUAL LEGION FISH FRY

ONAPING BRANCH 503

GOOD FRIDAY ~ MARCH 30TH ~ 5:00 PM

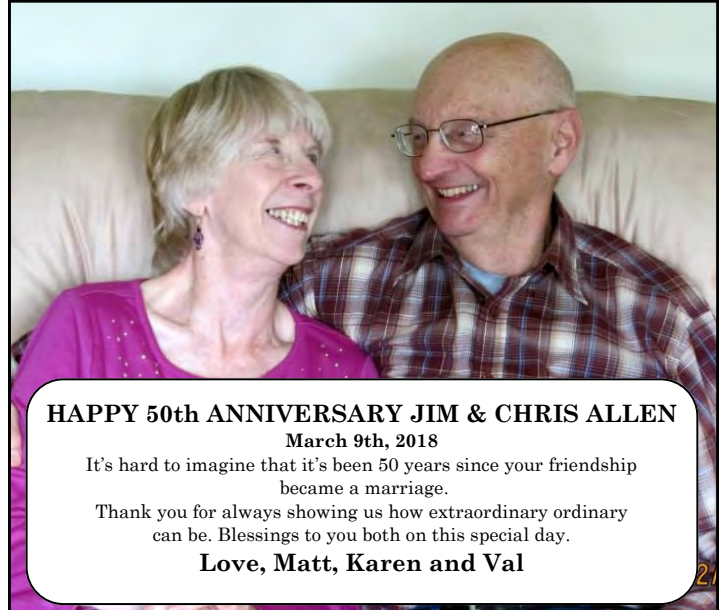
~ ADVANCE TICKETS ONLY ~

Available at the Downstairs Bar
Call the Legion at 705-966-2387 or
Emily Getchell at 705-966-2166

ADULTS – \$15.00

CHILDREN 6 to 10 years - \$7.00

CHILDREN 5 & UNDER - FREE



HAPPY 50th ANNIVERSARY JIM & CHRIS ALLEN

March 9th, 2018

It's hard to imagine that it's been 50 years since your friendship became a marriage.

Thank you for always showing us how extraordinary ordinary can be. Blessings to you both on this special day.

Love, Matt, Karen and Val



Gerry Montpellier

City of Greater Sudbury
Councillor ~ Ward 3

Phone : 705-698-2759

Email

gerry.montpellier@greatersudbury.ca

Facebook @ Gerry Montpellier

SEWING with LEONA

If you are interested in learning how to sew or would like to join the SEWING CLUB please

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

For more information.

ONAPING FALLS

Curling Club

Monday Night ~ Ladies
Tuesday & Thursday Night ~ Mens
Wednesday Morning ~ Seniors
Friday Night ~ Mixed

SPARES NEEDED ~ \$10 per night

**COME OUT AND PLAY!
COME OUT AND WATCH!**

705-966-2323





Moments That Matter

CHARTWELL MEADOWBROOK
18 Jacobson Drive, Lively
705-836-9999 • CHARTWELL.COM



CHARTwell
retirement residences



*Windy Lake Motel
& Restaurant*

Spaghetti Dinner

with:

a Dinner Roll

Caesar Salad

and your choice of Dessert Square

Only \$10.50



Thursday March 8/18
From 4pm to 8pm
At Windy Lake Motel & Restaurant
705-966-3967

Come Dine with us!

EVERYBODY'S
IRISH
ON
ST. PATRICK'S
DAY



ADULT CRAFTERNOON

March 22nd at 6:30pm
WINE GLASS PAINTING
OnapingLibrary

Inward Focus

Yoga ~ Meditation ~ Reiki

Private Studio in Dowling

Sherrie Landriault

Certified Instructor

705-698-1039



Follow us on
Facebook

Hope in the Shadows

An Easter Musical

Presented by

St. Bartholomew's Cantata Choir

Directed by Janice Farrow

Friday, March 30, 2018

7:00 p.m.

St. Bartholomew's Church

Levack, Ontario

Free admission

Donations accepted

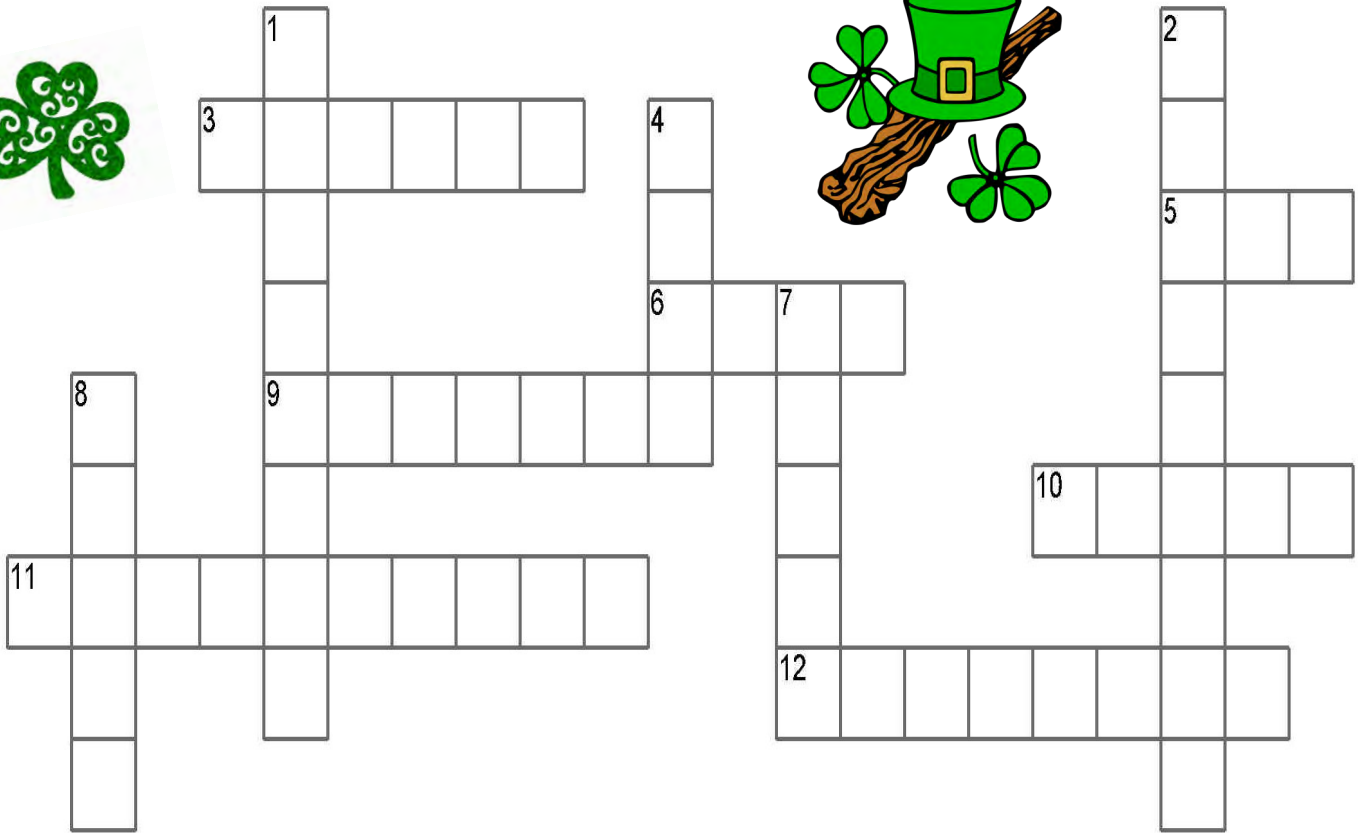


**ONAPING FALLS LION'S
BREAKFAST
WITH THE
EASTER BUNNY**

Saturday March 24th
10am till 2pm
Dowling Lion's Den
27 Sturgeon St.

Come out and visit with the Easter Bunny
and have Breakfast
with lots of Goodies, Fun and Friendship!
EVERYONE IS WELCOME!

St. Patrick's Day Crossword



ACROSS

- 3. Lots of people marching at the street
- 5. Is filled with gold
- 6. The chance happening of fortunate or adverse events
- 9. A country at west of England
- 10. Month St. Patrick's Day is celebrated
- 11. A small little person
- 12. A trifoliate plant that is a national emblem of Ireland

DOWN

- 1. Traditional musical instrument of Ireland
- 2. Who the day is dedicated to?
- 4. You can find a pot of this at the end of a rainbow
- 7. Round metal used as money
- 8. A color you wear on St. Patrick's Day



ONAPING FALLS NEWS

For more information on advertising or volunteering
 please call or text Dolly Gordon-Andrews at
 705-662-9095 or via email to justdolly@persona.ca
 Published at the beginning of each month.

Community Heart & Soul

A little bit about..... The Onaping Falls News

Having such fond memories of the Onaping falls News from years back I had this great idea to bring it back to life after Don Henwood, our tireless Editor of the ORACLE, retired.

It has been a fun adventure getting to reconnect with friends I grew up with and haven't seen many years. The support has been wonderful. It has been a fun and youthful venture. But this venture is not alone and at this time it is a bit of a 'family affair'. Without the help of our writers the paper might just be boring ?!

My nephew, Sean Gray Jr, was born and raised in Onaping. An avid outdoorsman he writes the articles '**Blues Outdoor World**'. The nickname Blue came to him via his cousin Kory because Sean used to drive an old blue truck. Kory called him 'Blue Gray', if my memory serves me well?! Sean is the grandson of May and Don Gray from Levack and the late Johnny and Fay Gordon of Onaping.



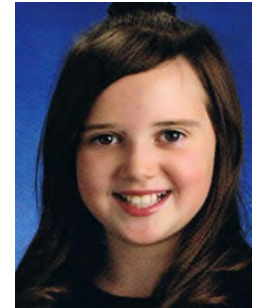
Sean & Kyleen

My niece, by marriage, Kyleen Gray, is an avid writer and creates '**The Learning Curve**', a monthly article you can find in the 'SCHOOL NEWS' section. Kyleen's father, Ken Sonoski, was a police officer in the township of Onaping Falls back in the 70's. As a school teacher she has a very modern teaching approach to her highschool students. You can follow Kyleens blog at www.teacherevolution.me



Samantha

My grand neice, Samantha Brazeau-Wilson, is also an avid writer and blogger. She is a wizard at social media maneuvers. Samantha writes the article '**Home Sweet Home**' for the Onaping Falls News. She is the grand daughter of Norm and Yvonne Brazeau of Levack and the late Bruce and Debbie Wilson of Onaping. Sam is very creative and artistic. She owns a company called www.birchjewellery.com and designs wonderful pieces inspired by nature. Check out Samantha's website for some very unique pieces.



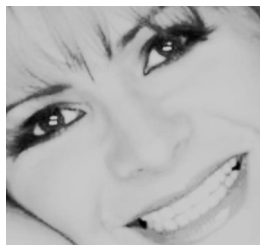
Arianna

My great grand niece, Arianna Thibodeau creates the monthly '**Kids Korner**.' She is a very enthusiastic 10 year old with creativity and kindness in her soul. She is the granddaughter of Paul and Donna Thibodeau. Great Grand daughter to the late Maurice and Keen Thibodeau and the late Johnny and Fay Gordon. If you were lucky enough to attend our Winter Carnival this year, you would have seen Arianna running the Slime Lab. She spent weeks leading up to the Carnival making posters and creating a safe recipe for our SLIME.



Melinda

She is not family but I have known her my whole life and she has been an encouraging light . Melinda Mott shares a '**Moment**' each month with us. I asked her to do this because throughtout my life she is always inspirational in her little quips and saying and I appreciate her for that . Melinda lived down the street on Fraser and raised 3 beautiful girls whom I remain friends with today. Jana and Cori still live in Onaping Falls and Marti lives down in Stittsville. Thank you Melinda for your monthly contribution.



And then there is me! Dolly Gordon-Andrews. I grew up at 5 Fraser Avenue in Onaping. I had the best childhood in the best town ever. I loved that we could run the streets, until the street lights came on. And that when you were up to mischief someone knew who you were and would pick up the phone and call your parents or better yet just yell out the window "Dolly Gordon...you get home"! These are my memories. I love my old hometown and I thoroughly enjoy producing the Onaping Falls News. I have also been active with the Onaping Falls Recreation Committee, bringing fun activities to the community. I am the youngest of 7Debbie, Stewy, Timmy, Darlene, Donna, Leonard and Dolly. The magnificent 7. Johnny or J.T., as he was known by many, and Fay Gordon were my folks. I write the '**Shop Local**' article and the '**Community Heart and Soul**' article, and of course piece the paper together as best I can . If you are wondering why I am sharing who my parents were or who someones grandparents are it is just to share the connection to the community. Our O.F.N. family is all related to our community.

BUT.....you don't have to be related to me if you would like to volunteer by writing an article or tracking down advertisers or delivering the paper please contact me. We would love to have you. Ideas are always welcome!

Feel free to text me at **705-662-9095** or email me at justdolly@persona.ca