

# FREE

## SPECIAL POINTS OF INTEREST:

- Public Speaking Contest
- Dog Park
- Community Gardens
- Hardy Hockey 50th
- Carnival Fun
- CALL 311
- St. Patricks Day Crossword
- FEEL FREE to Swim
- FEEL FREE to Skate
- Job Opportunity
- Shrove Tuesday Pancake Brunch



### What's in this Issue

- ◆ Community Heart & Soul
- ◆ Onaping Falls Huskies
- ◆ Kids Korner
- ◆ Martial Arts Classes
- ◆ Healthy Living with Danika
- ◆ Lions Club
- ◆ Legion Happenings
- ◆ A Moment with Melinda
- ◆ O.F.C.A.N.
- ◆ Falls Food



# ONAPING FALLS NEWS

VOLUME 18

MARCH 2019

## Onaping Falls Town Hall Meeting



Tuesday, March 5th @ 6:30pm  
DOWLING LEISURE CENTRE

### EVERYONE WELCOME!

Come and find out what is planned out for our community.

Get an update on the Greater City of Sudbury's plan for our communities in the next few months.

Local groups are welcome to come and share what they have going on.

Our efforts to bring our community together is through these meetings.

Please call or text Dolly Gordon for more information  
705-662-9095

The Onaping Falls Soccer Club is a recreation soccer league for children aged 3 and up (born 2016 and earlier). We are sponsored by the Timbits Foundation for all children 8 years and under. Sponsorship includes a jersey, shorts, socks and a soccer ball and medal (at year end). Teams will play two (2) games per week Monday and Thursday. (subject to change) Age groups will be decided based on registration. All games are played at Larchwood Public School in Dowling (43 Main Street).

Please check out the Facebook Page or call Shannon Boyce for information 705-691-7426







# Home hardware

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

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

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

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

**SAVE 55%**  
8" Bypass Pruner  
Drop forged steel blade.  
5067-134  
Was \$8.99  
**3<sup>97</sup>**

**SAVE 60%**  
Poly Tarp  
10' x 12'. 5472-552  
Was \$14.99  
**5<sup>99</sup>**

**SAVE 57%**  
10 L Jerry Can  
6616-227  
Was \$12.49  
**5<sup>37</sup>**

**SAVE 60%**  
Ant B Gon Max® Ant Traps  
Indoor/outdoor use.  
3 traps. 5045-024  
Was \$3.99  
**1<sup>57</sup>**

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

**SAVE 57%**  
High Visibility Tape Measure  
3/4" x 16" or 3/4" x 16/5 m.  
1049-040/041  
Was \$6.99  
**2<sup>97</sup>** Each

**SAVE 49%**  
Multi-Purpose Cleaner  
650 mL.  
4521-880  
Was \$7.99  
**3<sup>77</sup>**

**SAVE 45%**  
Utility Pail  
10.5 L.  
4544-381  
Was \$5.49  
**2<sup>97</sup>**

**SAVE 54%**  
Goo Gone® Cleaner  
236 mL.  
4520-744  
Was \$7.49  
**3<sup>44</sup>**

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

**SAVE 33%**  
Food Wrap Refill  
1000' roll.  
4411-363  
Was \$12.49  
**8<sup>27</sup>**

**SAVE 60%**  
Ratcheting Straps  
1200 lb break strength.  
1" x 15'. 2 straps.  
8770-260  
Was \$16.99  
**6<sup>77</sup>**

**SAVE 41%**  
Downspout Extension  
Flexible, extends to 55". Green or white. 2630-095/291  
Was \$11.49  
**6<sup>77</sup>** Each

**SAVE 40%**  
Window & Door Insulating Sealant  
340 g. 2030-994  
Was \$6.69  
**3<sup>97</sup>**

Feb28toMar3 (9208)

March7to13 (9206)

March21to27 (9207)





# Marc Serré

M.P. / Député

Nickel Belt

2945 Hwy. route 69N

Suite/Bureau 203

Val Caron, Ontario P3N 1N3

**Tel: 705-897-222**

Email:

[marc.serre.parl.gc.ca](mailto:marc.serre.parl.gc.ca)

[marcserre.ca](http://marcserre.ca)

Facebook @ [marcserreMP](https://www.facebook.com/marcserreMP)

## *The Nickel Belt MP stands by Bill C-316 and its efforts to increase organ donor registration rates across Canada*

**NICKEL BELT-GREATER SUDBURY** – Marc Serré, Member of Parliament for Nickel Belt, is proud to support Bill C-316, An Act to amend the Canada Revenue Agency Act (organ donors). The proposed amendment would allow Canadians to use their tax forms as a way of declaring their consent to become an organ and tissue donor in their province. The federal government would then play an active role in the process and disclose the recorded information to provincial donor organizations to assist them in identifying opportunities.

“I fully support and stand by Bill C-316 as organ donation is a matter that is close to my heart. Organ donation and transplantation are important for people like my aunt Claire Horner of Sturgeon Falls who received a kidney in 2005, and my friend André Auger of Sturgeon Falls, who received a lung last year. They’re 2 out of 17,323 Ontarians who have received a life-saving organ transplant since 2003 and I wholeheartedly feel that this Bill has great potential to save more lives across Canada,” Serré said.

### *Quick Facts*

- Bill C-316 was first introduced in the House of Commons on October 16, 2016 by Conservative MP Len Webber.
- As of September 30, 2018, 1,590 Ontarians are waiting for an organ transplant.
- 33% of Ontarians are registered donors. This represents 4.1 million out of an eligible 12.4 million



[beadonor.ca](http://beadonor.ca)



## Windy Lake Motel & Restaurant

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

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

**Northern Hillside Inn- daily, weekly and monthly rates!!**

*Proud community supporter for over 20 years!*

**Highway 144 & Old Cartier Road**

**705-966-3967**

**www.windylakemotel.com**

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

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

**EVERYONE WELCOME**

FREE program runs until  
April 20th, 2019

### **FEEL FREE TO SKATE**

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

**EVERYONE WELCOME**

FREE Program runs until  
March 31st, 2019



## Gerry Montpellier

City of Greater Sudbury  
Councillor ~ Ward 3

Phone : 705-698-2759

Email

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

Facebook @ Gerry Montpellier



# **KOREAN MARTIAL ARTS DOWLING**

Family ~ Fitness ~ Leadership

**Yvon Carriere**  
Master

Phone/text 705-626-1814

yvoncarriere@hotmail.com

ONAPING FALLS MIXED  
SLO PITCH LEAGUE  
PRESENTS:

## **First General Meeting**

Onaping Legion  
Sunday March 31  
at 6:00pm

All team captains must bring  
their \$100 deposit and every  
team must have a rep present



# Valley Driver Training

Your Road to the Future

Ministry approved Beginner Driver  
Education Program  
705-673-6220

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

Shelley Moir ~ Owner/Instructor

## **JOB OPPORTUNITY**

*Our Children, Our Future* is a non-profit agency that provides programs and services for families of young children. We are seeking a caring individual who loves to be around children and would be available the 3<sup>rd</sup> & 4<sup>th</sup> Tuesday morning to provide childcare during our cooking program at Levack Public School. The salary for the Program Support Staff position is \$16 per hour. Please submit your interest by March 15<sup>th</sup>, 2019 to the attention of S. Brazeau; by e-mail [mail@ocof.net](mailto:mail@ocof.net) or by fax at 705-673-3354.





# 1,2,3,FORE!

## *Its Time for Golf*

**Come to Play , Stay for the Day! Join the Fun!**

**Everyone is welcome! No experience Necessary!**

**Homecooking at its finest! Try our homemade Burgers & Fresh Cut Fries**

**Sunday Brunch Served From July long weekend to September long weekend**

**Book now for Parties, meetings, lunches and tournaments! We'll cater your Needs!**

**Inquire about the benefits of our Memberships, 2019 memberships on sale now!**

**Gift Certificates available!**

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

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

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

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

Mark your calendars and join us for league play.

Men's night Hole in One contest jackpot is growing!

\*some restrictions apply



**Men's Night**—Tuesday Evenings    **Sr. Ladies**—Wednesday Mornings

**Sr. Men's**—Thursday Mornings    **Thirsty Nighters**—Open to all Thursday Evenings

**Couple's Night**—Friday Evenings    **Many more Special Events!**

**Residents of Onaping Falls**.....if you have any issues within your township that are of a concern to the Greater City of Sudbury you should be calling 311 to report it.

Your call will then create an **A.C.R. or Active Citizen Request**, also sometimes referred to as a reference number. Your A.C.R. is then forwarded to the proper department.

# CALL 311

The city promises, 'One City ~ One Service', to respond to your A.C.R. Always request your reference number so you can follow up.

Here is the important part of this message.....  
**if you do not call the city to report the problem they will not know that we (our community) have the problem. The more calls received by residents the more action we will receive.**

Talking to your neighbour or complaining about things via social media will not get us the assistance we need. **CALL 311.**

These matters include snow removal from our highways and side streets, garbage issues, street lights. This can also include your opinion on our services such as the arena, pool, leisure centre, playgrounds, etc. There are many facets to our Greater Sudbury which include Parks and Recreation, Road Maintenance, Emergency Services, Senior Services, Housing and the list goes on. If you see a problem or have an issue....**don't hesitate to call 311 !**

To learn more about your community and what you can do to make it better please attend the next town hall meeting on Tuesday , March 5 @ 6:30pm at the Dowling Leisure Centre or Thursday March 28th @ 6:30pm at the



## The Tradition Keeps On! The Tradition Keeps On!

Due to a communication glitch ...  
the continuation of this story will be moved  
to the April issue of the Onaping Falls News.

# Nostalgia



## St. Patrick's Day Party

### ONAPING LEGION

**Sunday , March 17th  
from  
3pm-6pm**

**LIVE MUSIC**

**Wear your green!  
Drink Green Beer!**





# **FRANCE GÉLINAS**

**La députée provinciale de  
NICKEL BELT  
MPP**

**705-969-3621**

**fgelinas-co@ndp.on.ca**

**5085 HWY 69 N, Unit 15,  
Hanmer, ON P3P 1P7**

Hello,

Now that we have all made it through a very cold and snowy month of January and February, I would like to take this opportunity to give you a little more information about a program that could help reduce your electricity bills.

Residents of Ontario are eligible to apply for a grant through the AffordAbility Fund. If you pay an electricity bill, you may qualify for support.

Depending on your combined household income and the amount of your average energy bill, the AffordAbility Fund provides different levels of support.

The fund may provide you with a Home Energy kit with products you can install easily like energy efficient light bulbs, power bars and more. In some cases you may qualify for upgrades that can include energy efficient appliances.

If your home is electrically heated, you may qualify for household upgrades, such as the installation of heat pumps, insulation and weather stripping.

To apply, you will need to provide information on your household income, your average electricity bill, and any late payment or disconnection fees you have paid.

For more information visit their [website](#) or call 1-855-494-3863 or call us at 1-877-280-9990.

Until next month....



My name is **Kim Depatie** and I am a Registered Practical Nurse, I am also the proud owner of **Kind Hearts Home Care.**

I offer non-medical and medical services to the residents of Greater Sudbury and outlying communities.



**Please contact me for more information or to book a free consultation.  
705-920-1861**

## PANCAKE BRUNCH



**SHROVE TUESDAY**  
Tuesday, March 5th  
11am to 1pm  
OPEN TO THE PUBLIC  
**ONAPING FALLS  
GOLDEN AGE CLUB**



Happy St. Patrick's Day.

# Kids Korner

by Arianna Thibodeau

Can you help the leprechaun find the pot of gold??

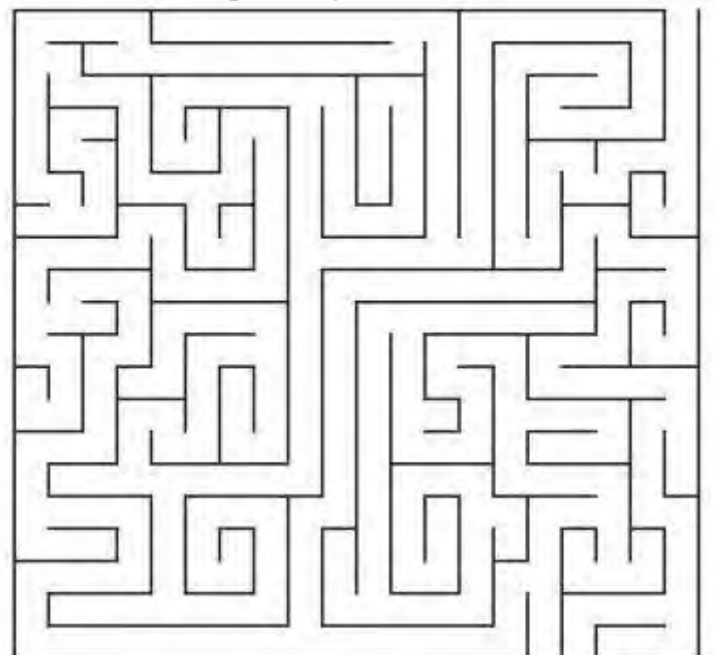


**When is an Irish potato not an Irish potato?**

When it is a French Fry!

**Why do people wear Shamrocks on St. Patrick's Day?**

Because real rocks are too heavy!



# The Learning Curve by Kyleen Gray

## The Essential Reading Skill of ‘Inferencing’

The term ‘inferencing’ may be new to parents, but it’s one that should be discussed and practiced at home with kids to support literacy learning. By definition, inferencing is “a conclusion reached on the basis of evidence and reasoning”.

It is the skill of being able to think analytically and learn to understand ‘implicit’ messages in all kinds of texts (print, digital, advertising, graphic, etc.). We begin to teach students to inference as soon as they begin interactions with text. In the ELK classroom, this could be asking students to explain the meaning of an image in a story book. By the time students reach secondary school, they are expected to be able to read challenging texts and use inferencing skills to interpret meaning that isn’t obvious, such as being able to explain a main idea, or dominant theme.

### How can you help your kids practice inferencing? Here are some easy and practical ideas:

- \* Show an interesting picture/piece of art and ask them to explain the 5 W’s of the text and to defend their choices by pointing to clues in the image.
- \* Ask the meaning of physical and digital signs with little to no text and how they can understand/interpret meaning without words i.e. driving signs (arrows); poison signs (skull); emojis (moods).
- \* Share and explain examples of ‘figures of speech’ with them, such as “I’m so cold I could freeze to death” (metaphor/hyperbole); “Stop yelling like a hyena!” (simile); “The wind is howling” (personification)
- \* When reading non-fiction text with them, ask them to identify and defend themes, main ideas or bias.
- \* If they are reading fictional texts at home, ask them implicit questions (i.e. Tell me about the main character’s personality; Why do you think the author chose their setting?)

**MARCH  
BREAK  
2019**

**March  
11th ~ 15th**



**C.V.D.C.S.  
Flyers**



## SCHOOL NEWS

Congratulations to our eight representatives who participated in the Public Speaking Contest at the Onaping Legion, Branch 503 on Sunday, February 10th. What a wonderful showcase of creativity and passion. **Well done Lasers!!**





Thank you to everyone who supported the St. Bartholomew's Cantata Choir and Youth Choir once again this Christmas, making the performance of "Sing Christmas!" a success.

Thank you to the volunteer choir members and narrators for their hours of practice and contributions of baked goods, to the Knights of Columbus for their generous monetary donation, to Tammy Amyotte (Event Decorator) of The Added Touch for the donation of chair covers, and to the members of the audience who supported us with their donations as well. Thank you the Onaping Falls News for advertising our event and to all the local businesses who allowed us to display our posters. Preparations have begun for our spring performance. Don't miss it!



Front row L-R: Janice Farrow, Carol Nerpin, Shirley Mirka, Emmanuella Doucet, Nicole Rocheleau, Taede Walma  
Second row L-R: Linda Dusick, Claudette Wisniewski, Diane Hykin, Bev Rouleau, Sheena Farrow Nagy, Caitlin Farrow, Brent Farrow, John Lefebvre  
Third Row L-R: Joan Beers, Aila Kelemen, Cathy Fillion, Bonnie Myre, Courtney Farrow, Steve Shinton, Nathan Farrow, Stephane Ostrander, Patrick Fillion

Shop Local



# Cathy's Artistic Cuts

**HOURS**  
Tuesday 9am to 6pm  
Wednesday 9am to 4pm  
Thursday 11am to 9pm  
CLOSED on Fri., Sat., Sun. & Mon.

**705-966-2766**  
Onaping Plaza

**SEWING CLASSES**  
with **LEONA**



Every Tuesday at 10am  
Every Thursday at 6:30pm  
Serge Workshop ~TBA  
Please call Leona if you are interested in joining  
**705-966-3493**

# OFCAN

**Onaping Falls Community Action Network**

*We listen to you and work to create a better community.*

**WHAT DO YOU NEED? WANT?**

*We can help!!*

## CURRENT PROJECTS

- Dog Park
- Community Gardens

### Want to get involved?

We're always looking for new community members who want to make a difference. Our meetings take place on the second Thursday of every month at 6pm at the Onaping Falls Community Centre (north rear doors).

### CONTACT US NOW!!



onapingfallscan@gmail.com



Onaping Falls CAN



@OnapingFallsCAN

 **Flours Magiques**  
Flowers

**Shop local for all your flower needs!**

FREE DELIVERY TO SEVEN ONAPING VILLAGES  
Dowling with an order over \$50

**705-855-3321**

## FALLS FOOD

at the Onaping Community Centre

**MARCH HOURS**  
March 20th and 27th  
from 4pm to 7pm



Contact us via Facebook  
our email  
fallsfood@hotmail.com



**Carmen Portelance**  
Sales Representative  
Telephone 705-560-5650  
Cell 705-562-9067

RE/MAX Crown Realty (1989)  
Inc. Brokerage

[www.carmenportelance.com](http://www.carmenportelance.com)



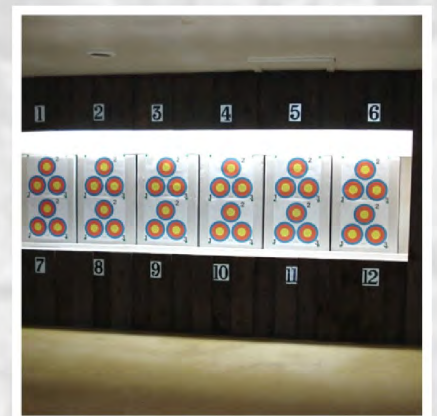




**Ten Point Archery** is your local source for top-quality archery products, including bows, targets, hunting clothing and more.

Located at **3450 Hwy 144 in Chelmsford**, our store also features an air-conditioned range where you can test your aim.

TAKE YOUR **BEST SHOT** AT TEN POINT ARCHERY. VISIT US TODAY!



### Our Services

- Archery Sales and Service
- Indoor Range
- Hunting Equipment
- Game Calls
- Scents & Attractants
- Bow Accessories & Targets
- Hunting Clothing and Apparel
- DVD Rentals

### Our Brands

- Hoyt
- Mathews
- Elite
- PSE
- Bear
- Obsession
- Quest
- Prime
- Mission
- Diamond
- Bowtech
- Martin
- 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**



*Healthy Smiles At Home*



Over  
25 years  
Experience

### *Are you unable to access Preventive Dental Care?*

Lack of Transportation	Fear
Elderly	Busy Schedule
Mobility Concerns	Small Children
Uncooperative Behavior	Special Needs



### *Preventive Dental Service Available*

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

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



### *Paula O'Connor*

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

♥ When you smile .... I smile. ♥

Proudly serving the Great City of  
Sudbury and surrounding areas.

Direct billing to all  
Dental Insurance  
Companies

*Healthy Smiles At Home*




Paula O'Connor  
Registered Dental Hygienist

705-920-5466

healthysmilesathome.ca  
windylake@xplornet.ca




Shop Local



**Levack I.D.A. Pharmacy** 705-966-3612  
Mickey Brunelle - Owner/Manager 2 First Avenue North

Shop Local



30 Main Street East  
DOWLING, Ontario 705-855-5121

## Onaping Falls Pastoral Charge

*Larchwood Memorial, Dowling  
St. John's, Levack, Onaping, Cartier*

### Schedule of Services

Larchwood Memorial, Dowling 9:30 a.m.

St. John's, Levack 11:00 a.m.

*Lent begins on*

*Sunday, March 10<sup>th</sup>*

### Looking Ahead . . .

Saturday, March 23<sup>rd</sup>

Spaghetti Dinner at Larchwood Memorial

Beans & Ham in March at St. John's

Crossword Answers  
1. clover 2. rainbows 3. luck 4. St. Patrick  
5. bagpipes 6. leprechaun 7. Ireland 8.  
coins 9. gold 10. green

## Healthy Living with Danika

by Danika Lavoie-Rochette

After a winter such as this one, with ample amounts of snow and record breaking cold weather, it's easy to start looking forward to the warmer temperatures that usually come with Spring. When we think of this time of year, we picture flowers budding and gardens sprouting. Although gardening season isn't far away, one way to brighten up your space as the snow continues to linger outside, is to add a few plants to your indoor surroundings!

It appears that many are intimidated by the care of a house plant!

Luckily, there are plenty that require very little maintenance, and they have the benefit of adding light and life to your household. Looking for something easy? Try adding an *Aloe Vera* plant! They only need to be watered once every three weeks and the gel that grows inside their leaves have multiple soothing and healing properties when applied topically.

*Peace Lilies, English Ivy* and *Jade Plants* are among a few of the great options that don't require an incredible amount of attention. Not only do their pops of green look great, these beautiful beings will also help filter the air in your home. Don't be afraid to add a few new earthly friends to your living space this month. I promise, you won't be disappointed!

Danika

# Sudbury Credit Union

Community Banking Services



Celina Martel  
Branch Supervisor



David Blackburn  
Branch Manager



## Fast, Affordable Personal Loans

Start the year off right by getting control of your expenses.

Apply Online or In Person

## Tax Free Savings Account

2019 Contribution limit is \$6,000

Contact us for our current  
Investment Specials

37 Levack Drive

705-966-3451

[www.sudburycu.com](http://www.sudburycu.com)





# Onaping Falls Lions Club

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



2019  
Cavalcade of Colors

Snow Capped Trees

*Snap your photos and keep to enter for September 2019 Amateur Photo Contest*

1<sup>st</sup> place prize \$200  
2<sup>nd</sup> place \$100  
and many other cash prizes

Onaping Falls Lions Club

**COMMUNITY INFO  
AFTERNOON**

When: Sunday March 10th

Time: 1pm

Where: Dowling Lions Den  
27 Sturgeon St

Come out, bring a Friend, enjoy a light lunch and find out about the different services that are available in our Communities



## Lions Club Bingo

Every Monday night

Warm ups 6:30pm ~ Regular game starts at 7pm  
Everyone welcome!



**ONAPING FALLS LIONS  
TUESDAY EUCHRE**

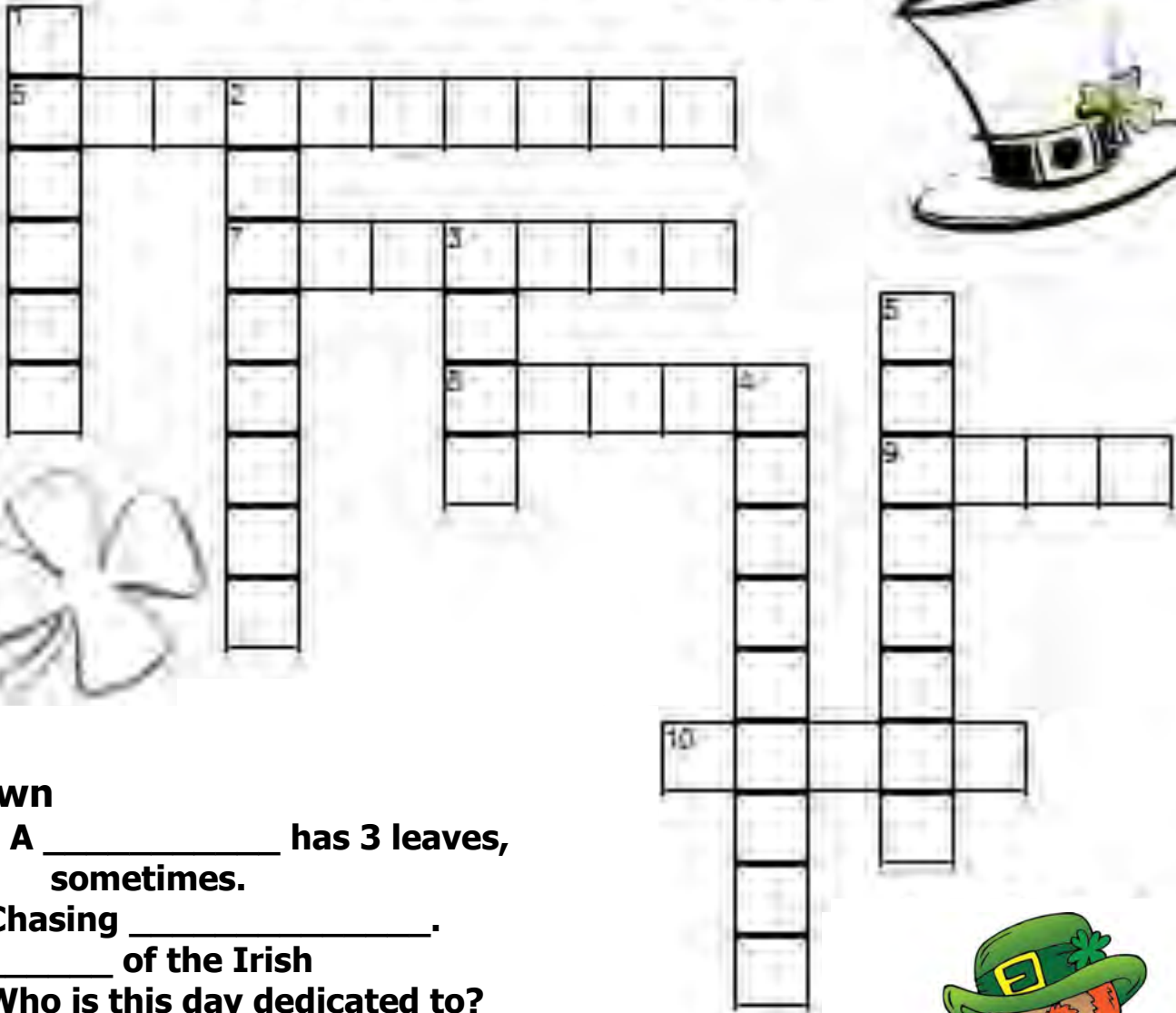
Doors open at 12noon  
WHEN: Every Tuesday  
WHERE: Dowling Lions Den  
27 Sturgeon St  
START TIME: 12:30 pm  
COST: \$1.00

**WE PLAY FOR FUN HERE!**

**FOR  
LION'S DEN  
HALL RENTAL  
PLEASE CALL:  
Carmen Portelance  
@ 705 562 9067**

# St. Patrick's Day

## Crossword Puzzle



### Down

1. A \_\_\_\_\_ has 3 leaves, sometimes.
2. Chasing \_\_\_\_\_.
3. \_\_\_\_\_ of the Irish
4. Who is this day dedicated to?
5. Traditional instrument of Ireland?

### Across

6. A \_\_\_\_\_ is a small person who wears green and loves gold.
7. A country directly west of England
8. Round metal things used a money
9. A pot of \_\_\_\_\_ at the end of the rainbow
10. A colour you wear on St. Patricks Day?



Answers within OFN





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



### Weekly Events at Branch 503

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

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

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

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

**It's Euchre Time**

Branch 503 Plays  
**EUCBRE**  
 every Thursday at 7:30 pm  
 at Branch 503 Legion Hall  
 No Dues or Insurance  
 Please register between 7 and 7:30 pm.

**LEGION DART LEAGUE**  
 PLAYS EVERY THURSDAY  
 at 7:30

**\$7.00 to Play**  
**Everyone is Welcome!**

**YOU CAN JOIN THE LEAGUE**  
 OR JUST COOME OUT AND SPARE IN !!

FOR INFORMATION CALL BRANCH 503  
 AT 705-966-2387 OR 705-966-2387

### Comrade Emily Getchell Receives Volunteer of the Year Honour

Branch 503 Congratulates our own Comrade Emily Getchell who was recently honoured with the Nickelbelt Volunteer of the Year Pin from the Honourable MPP Marc Serre. The Pin and Award Certificate were presented to Comrade Emily at our Legion during the 1<sup>st</sup> Annual Onaping Falls Winter Carnival events in January 2019.



Comrade Emily Getchell with her Daughters and Sons ~ All Branch 503 Members ~ Dan, Sharon, Robert, John and Joanne.

### Annual R.C.L. Student Public Speaking Contest February 10, 2019



Congratulations to All the Students in the Branch 503 Annual Public Speaking Contest on Sunday Feb. 10th. The speeches were terrific, all very well delivered ~ and what a fun variety of topics!! The Legion Thanks all the Students for participating in the Contest, and we also thank all the Executives who came out to help with the contest, and all the Families and Educators for supporting the R.C.L. Public Speaking Contest!

### BOOK YOUR SPECIAL EVENT at

### Onaping Falls Branch 503

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



Weddings, Parties, Anniversary, Fundraisers and Special Occasions ~ The Legion Hall at Branch 503 is an excellent venue for your Special Event. We are **Fully Licensed** and can provide full Bar Service for your event! Contact Branch 503 to book your event and let our friendly staff help you coordinate your special occasion **the way you want it!**



### Join The Royal Canadian Legion



### Onaping Falls Branch 503

**Annual Membership is Only \$50**

Every Member makes a difference in the lives of Veterans, their families, our youth, and our communities! Branch 503 donates thousands of dollars each year for specialized medical equipment, youth organizations, local activities, sports teams and individuals in need of assistance.

**Pick up a Membership Form at the Legion**  
**1 St James in Onaping**  
**or Contact us at 705-966-2387**

**~ THANK YOU for Supporting Branch 503 ~**  
 Members participating in 2019 Legion Activities must have Dues Paid up to date.

### Br. 503 Annual Curling Bonspeil ~ January 26, 2019



Congratulations to the First Place Team ~ Ken Rogerson, Joel Blais, Kris Lariviere and Magalie Blais!! 14 Teams competed this year at the Onaping Curling Club. All day Fun, followed by dinner at the Legion Hall and then prizes for everyone! The Trophy will be on display in the Club Room soon with the 2019 Winners plaque! Thank You Jolene Wheatley, Sports Chair, and her team of organizers for putting on another great event, and Thank You to the Ladies Auxiliary for again serving up a wonderful meal!





# Onaping Falls Minor Hockey Association O.F.M.H.A.



## HUSKIES WIN GOLD....again!

Congratulations to the Onaping Falls Huskies Atom team who placed 1st in the Verner Bulls Tournament Feb. 8-10. Job well done on winning the cup!



Bottom l to r—Evan Deziel, Reegan Purvis, Lucas Morin, Cameron Goudreau, Logan Lesard, Felix Comtois, Carsyn Duguay and Gergory Dusick.  
Top l-to r—Emersson Demers, Owen Bouchard, Lowell Huskinson, Caleb Robillard, Hunter Gagne, Evan Jones, missing Aubry Charron.  
Coaches back row l to r—Shane Duguay, Ryan Huskinson, Bobby Allair, Jeremy Dusick, Dan Lessard. Missing Manager Lori Huskinson

CHAMPS! February 16th was another great weekend of hockey for our Pee wee Huskies bringing home Gold from the Coldwater Classic Tournament!

### Onaping Falls Minor Hockey Association

#### ANNUAL GENERAL MEETING

WHEN: Tuesday, April 2, 2019

TIME: 7:00pm

WHERE: Royal Canadian Legion,  
Branch 503 in Onaping



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

EVERYONE IS WELCOME TO ATTEND

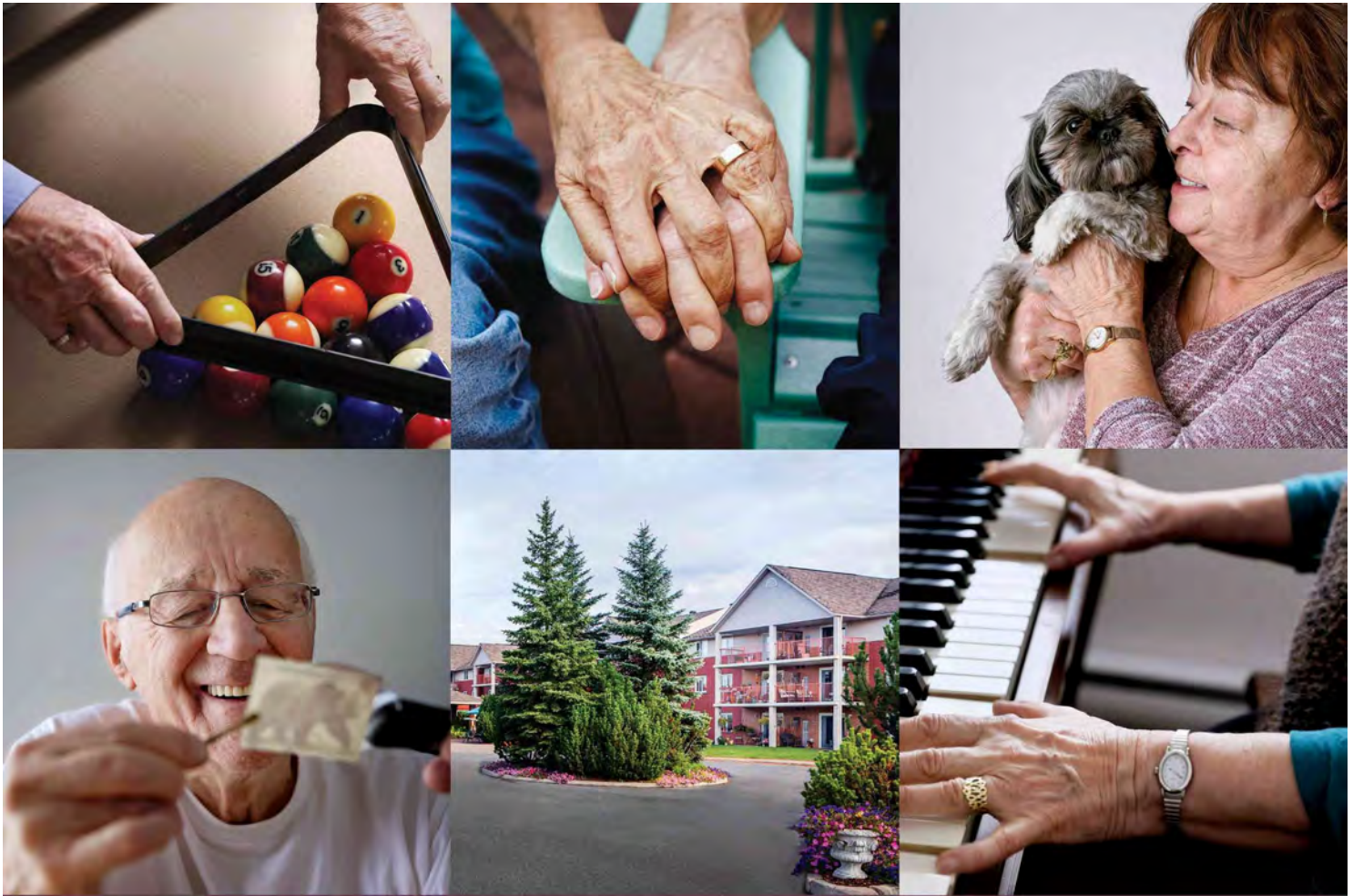


Front ~ Garet LePage  
Middle l to r ~ Alex Turcotte, Drew Macneil, Jack Landry  
Top l to r ~ Max Yarkie, Jacob Rogerson, Ethan Wheatley, Curran Morin, Olivier Drapeau,  
Coaches back l to r Mark Turcotte, Keith Landry, Eric Drapeau and Andre Lepage.  
Missing Manager Sylvie Lavigne.

**HUSKIE HOWL to our NOVICE team who brought home Silver in the Feb 1-3 MGI Collision House League Tournament in Kirkland Lake**

**WAY TO GO HUSKIES!**





# Moments That Matter

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



**CHARTwell**  
retirement residences

# Hardy Hockey Club 50th Anniversary Dinner & Dance

April 27th, 2019

Dowling Leisure Centre

Cocktail hour 6pm

Dinner 7pm

Dress code - Semi formal

**\$50 per person**



(Registration is required for dinner and includes dinner, souvenir, door prizes, photo booth, live entertainment and free bus ride home)

Please contact **Carrie Cook - Morin** 705-918-1978

or

**Chris Kiernan** 705-626-1002

email - [hardyhockeyclub50@gmail.com](mailto:hardyhockeyclub50@gmail.com)

Facebook page - Hardy Hockey Club 50th







**Dorothy Godin**  
Real Estate Broker  
[dorothygodin@remax.net](mailto:dorothygodin@remax.net)

1349 LaSalle Blvd., Suite 208  
Sudbury, ON P3A 1Z2  
Direct: 705-561-2360 Toll Free: 800-601-8601  
Website: [www.dorothygodin.com](http://www.dorothygodin.com)

**705-560-5650**

SRES ABR

RE/MAX HALL OF FAME

Children's Miracle Network Hospitals



ALL ROADS LEAD TO...

**SOUTHSIDE**  
CHEVROLET • BUICK • GMC

**Tim (T.J.) Gordon, Professional** (705) 523-2438  
Sales Consultant x211

Fax: 705-523-0120

Service: 705-523-5235

Cell: 705-670-7856

[tim@southsidechev.com](mailto:tim@southsidechev.com)

2601 Regent Street  
Sudbury, ON P3E 6K6

**A Moment with  
MELINDA**

'Follow your heart.  
But take your  
head with you.'



Levack

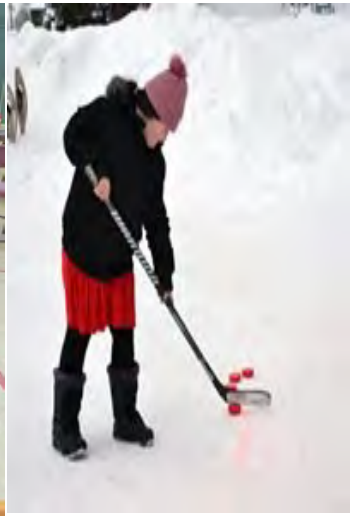
Knights of Columbus

Fr. Don McLellan

Council 11565

Catholic Gentlemen dedicated to:  
Church Family Community Country





# Carnival Fun 2019







Carnival Fun 2019





Carrie Cook Morin  
Sue Miller  
Valerie Besserer  
Reegan Picotte  
Don Cook  
Darlene Gray  
Donna Thibodeau  
Paul Thibodeau  
Dolly Gordon  
Jack Piette  
Karen Lampi  
Sharon Getchell  
Jeff Dane  
Todd Brown  
Guy Morin  
Cody Denault  
Amanda Linton  
Paula O'Conner  
Marilyn Bishop  
Chris Kiernan  
Kelly-Anne O'Conner  
Jody Lamothe  
Carol Levesque  
Nancy Reid  
Susie Parsons  
Nathalie Portelance  
Mary McDonald  
Therese Lefebvre  
Nathalie Portelance  
Dawn Reid  
Chevalier du colombe  
Gilles McDonald  
Jim Belanger  
Jo-Anne Kingston  
Dowling Fire Department

Carmen Portelance  
Marcel Portelance  
Sonja Matiasen  
Annie Chartrand  
Leslie Delnin  
Chantal Goudreau  
Daniel Leclair  
Brenda Lesny  
Jerome Lesny  
Linda Martin  
Wes Martin  
Estelle Mathiasen  
Onaping Falls Nordics Ski Club

Amanda Holmes  
Jayda Spieran  
Ezra Horan  
Maddie Fortier-McMahon  
Lucas, Curran & Raelle Morin  
Gwen Besserer  
Clark Besserer  
Scott (Clarks friends )  
Kieran (Clarks friends)  
Hannah Golden  
John Montpellier  
Tracey Gordon-Traviss  
KMAC ~ Dowling Karate Club

**THANK YOU to these  
amazing volunteers!**  
Our 1st Annual Onaping Falls  
Winter Carnival could not happen  
without you !  
( I hope no one was left out because you are all amazing!)

Jana Lahnalampi  
Tamsen Lahnalampi  
Sharon Leblanc  
Ramona Haldorson  
Paula O'Conner  
Marilyn Bishop  
Chris Kiernan  
Knights of Columbus  
Dave McNab  
Onaping Falls Lions Club  
Kathy Moggy  
Melanie Moggy

Leann Hartson  
Austin Hartson  
Emma Levesque  
The Onaping Falls Leos  
Shannon Findlay  
Coreen Nootchtai  
Leona Dawe  
Onaping Falls Curling Club  
Royal Canadian Legion,  
Branch 503  
Levack Fire Department  
Windy Lake Restaurant  
Sudbury 5 Basketball



# Thank you for your contributions



Knights of Columbus  
Don McLellan Council # 11565



Windy Lake Motel  
& Restaurant



Onaping Falls Legion  
Branch 503



Onaping Falls Curling Club

Onaping Falls Leos Club

Larchwood United Church



## The Onaping Falls News

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

**Editor** ~ Dolly Gordon 705-662-9095

**Website/Facebook Editor** ~ Samantha Brazeau-Wilson

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

Online Newspaper ~ [www.onapingfallsnews.com](http://www.onapingfallsnews.com)

**For more information please email [justdolly@persona.ca](mailto:justdolly@persona.ca)**

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





# Thank you to our sponsors!



## THE ONAPING FALLS NEWS

**Dr. Austin Andrews**



Knights of Columbus  
Don McLellan Council # 11565  
Levack



Onaping Falls Legion  
Branch 503

**Onaping Falls Golden Age Club**



# Community Heart & Soul

A little bit about somebody...

by Jana Niemi-Lahnalampi

## Janice Farrow

Listening to music has been proven to: make you happier; dopamine, “the happy hormone” is released when you listen to music. As well, listening to music lowers the stress hormone, cortisol from being released. Furthermore, listening to certain types of music can help lower depression and improve your sleep.

A result from improved moods can lead to enhancements in our functioning in other activities such as driving; if we are in a better mood driving, our performance improves. The benefits of making music are even greater.

In addition to the above listed advantages, participating in a choir further develops our memory, learning and intelligence.

Physically, singing improves our breathing, posture and muscle tension. Who knew whether listening or participating in music had such a wide range of effects? Our community has been lucky to have numerous musicians enrich our community life through their talents which they generously share. One musician in particular has enhanced the culture of her faith community, educational experience of our young, and our community at large.



**Janice Farrow (nee Hickey)** grew up in a musical family. Her mom Helen was a formally trained pianist, while her dad Len loved to sing, play the harmonica and tap dance. Most of her 6 siblings are musically inclined to various degrees. This musician is a home grown talent. She attended Lindsley Public School, and still remembers the songs taught to her by her grade four teacher, Mrs. Hykin. Janice went on to Levack District High School, where she developed a love of language and literature under the tutelage of Mrs. McMillan. This future teacher attended Laurentian University and Nipissing University for her Bachelor's in Education. Her, music education is as varied as her talents are: piano lessons, guitar lessons and choral direction from Sister Bonnie Jean Chesser.

Through Nipissing University music courses and a Vocal Music Specialist. As well, choral training in earlier years singing in such choirs as Sudbury Chamber Singers, Bel Canto under direction of Dr. Douglas Webb and Four Counties Choir in London, Ont. After post secondary school Janice returned to the community, sharing her expertise with the students of Levack District High School, Levack Public School and Larchwood Public School. Mrs. Farrow, gives of her talents in a variety of capacities. At St. Bartholomew's she has served as a Chorister and guitarist, for over a span of 45 years; bringing music to mass each Sunday. She has directed children's choirs and Cantata choirs for over three decades. Through her musical direction celebrations of faith are deepened; her Christmas Cantatas and Easter musicals are enjoyed by the community at large. The funeral choir she participates in, comforts those in need. A highlight from her years directing at Larchwood Public School was having a choir of her's recommended to compete provincially at the Kiwanis Music Festival. Other fond memories include bringing her Larchwood students to participate in Guitars Alive. Mrs. Farrow's gift of music exposed her students to opportunities they would not have otherwise had. Which further developed their learning and intelligence. Additionally, Janice has volunteered at the Kiwanis Festival, served on her parish council and taught religion classes.

Today, Janice is retired from the Rainbow District School board after 30 years of service. She remains busy with her interests of swimming, bicycling, theatre and of course music! Janice and husband of 38 years, Brent reside in Onaping. Music continues to be a family affair. All of her children and Brent sing in the cantata Choir: Sheena Nagy-Farrow, Nathan Farrow, Caitlin Farrow and her daughter-in-law Courtney Farrow. As well, three of her grandchildren sing in the children's choir: Avery Farrow, Braeden Farrow and Owen Nagy. Her son in law Joe Nagy and other two grandchildren, Aislinn Nagy and Lenna Nagy, form the groupies in the front row! If you are interested in any of the above mentioned benefits, I suggest you seek out a performance of one of Mrs. Farrow's choirs. Or even better, get in touch with her to see about joining one of her talented choirs.

**The Next Cantata Choir performance 'Calvary's Love' will be April 19th at 7pm... Everyone is welcome!**