## FREE



## What's inside??

- Carnival Photos
- Melinda Moments
- 50/50 Winner
- School News
- OFCAN Meeting
- Free Swim
- Free Skate
- March Break
- What the Internet taught me!
- Huskie Pride
- Kids Korner
- Sewing with Leona
- Caribbean Event
- Church News
- Calling 311
- Carnival Thank You



## HELP WANTED

Part time help wanted Serving, cooking and housekeeping Windy Lake Motel & Restaurant Please call Oscar or Amanda

705-966-3967



MARCH 2020

## Royalty , Howler and Winter Carnival



A fantastic weekend was had by all! Thank you to our 2020 Onaping Falls Royalty who attended the events of the weekend. Proudly wearing their sashes and crowns. Everyone was all smiles posing with the Sudbury Wolves Mascot 'Howler'.

## What an amazing group of young ladies!

The Dowling Leisure Centre was standing room only the night of the pageant. Pictured here back row I to r ~ Teen Princess, Elizabeth Pratt, Teen Princess and Miss Fundrasier ~ Alyssa Dusick , Teen Princess, Abby Pitre, Howler, Junior Miss Onaping Falls ~ Mackenzie Purvis,

Miss Teen Onaping Falls ~ Kianna Kelly, Teen Princess & Miss Congeniality, Honey Lacroix. Middle row I to r ~ Junior Princess & Miss Congeniality ~ Tyla Macleod, Little Miss Princess & Miss Congeniality ~ Alexis Rattu, Little Miss Princess Raelle Morin, Little Miss Queen ~ Miia Tuomi and Junior Miss Princess and Junior Fundraiser, Adonia Dunwell.

Front row I to r ~ Little Miss Princess and Little Miss Fundraiser, Alyvia Norrad

and Little Miss Queen ~ Willow Lamy.



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

47 Levack Drive, Levack, Ontario

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Check out our many products online at www.homehardware.ca



9207 (March 5 to 11)



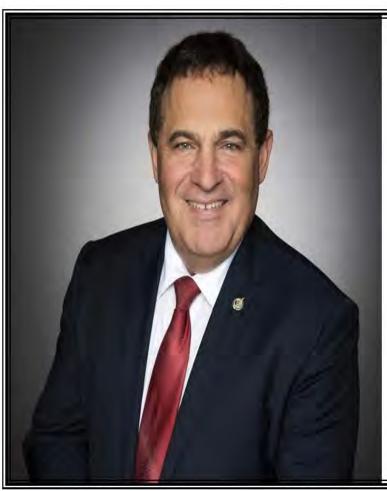




9208 (March 12 to 18)

9209 (March 19 to 25)

9210 (March 26 to April 1)



## Marc G. Serré

MP/Député Nickel Belt 2914 Hwy. 69N, Unit 5 Val Caron, Ontario P3N 1E3

We've moved!

1-800-267-4829

marcserre.ca

Facebook @ marcserreMP



## Did you know?

Nickel Belt is comprised of over 48 communities and 3 First Nations!
The riding is approximately 30,490km large and encompasses 45% of the Greater City of Sudbury.
MP Serré represents over 90,000 residents and loves visiting all corners of the riding to find out what matters to constituents!

Find out more about your riding at marcserre.ca



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

- ·Licensed Family Restaurant-order in or take out!
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- ·Banquetroom for your event
- ·Gas bar-including premium!

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## FEEL FREE TO SWIM

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

**EVERYONE WELCOME** 

FREE program runs until May 17th, 2020

## march Break 2020

March 16 to 20 Check out your www.greatersudbury.ca

for fun things to do!



# Gerry Montpellier

City of Greater Sudbury Councillor ~ Ward 3

Phone: 705-698-2759

Email

gerry.montpellier@greatersudbury.ca Facebook @ Gerry Montpellier



MARCH BREAK
FUN
at the library

Lots of fun things to do next week at both of our local libraries!

For more information on what is happening call to find out!!

ONAPING LIBRARY 705-688-3951

DOWLING LIBRARY 705-688-3956

# Dash Adventures: Snow Plow with Robots Onaping Library March 3rd at 6:30pm

## **STORYTIME**

at the Onaping Library
March 9 & March 23 at 10:30am



# What the internet taught me

## What is LENT?? by Dolly Gordon

**Lent is** the period of 40 days which comes before Easter on the Christian calendar. Beginning on Ash Wednesday (this year February 26th), **Lent is** a season of reflection and preparation before the celebrations of Easter. Traditionally Lent ends 3 days before Easter.

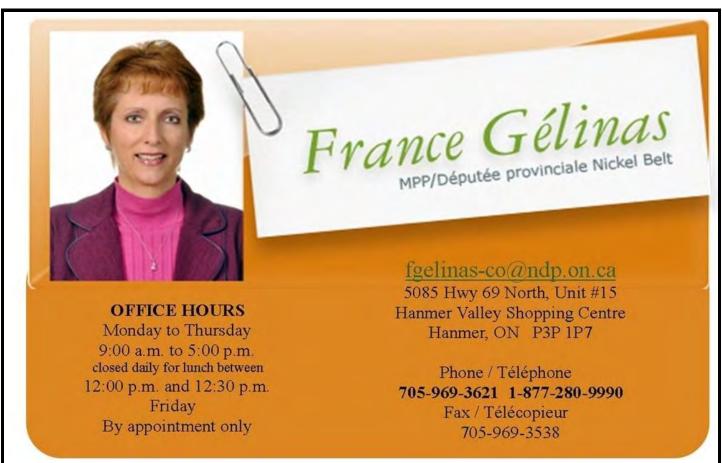
Most people give up a favourite food product or beverage during Lent, and many Catholics still abstain from meat on Lenten Fridays. Others may give up something they enjoy or something that distracts them from reflection like video games, television, or even social media.

'Lent' is a shortened version of the Old English word 'lencten', a word which simply means spring (in relation to the season). Seems likely to have been used to describe the season when the days began to lengthen, signifying new life and renewal. Over time, the word Lent came to be linked specifically to the Christian tradition of fasting before Easter, which always coincided with the spring."

For me, the point isn't really about what exactly I give up or what I choose to do differently. It's about forcing myself to make new habits. SPRING is the season of rebirth and re growth.... I feel that Springtime or 'Lent' for some, is a better time to make new year resolution. Looking forward to warmer temperatures and longer sunshine. The rebirth of flowers, trees and grass lighten the soul.

I don't know about you, but I often need refocusing. I have to purge distractions and force awareness of what is important. Life gets crazy. All of us have family responsibilities, work duties, and everyday life tasks. We become so wrapped up in the *right now*, that we need to be reminded to take time for ourselves.

Participating in Lent is a personal choice and you don't have to be religious to take 40 days and challenge yourself but it may be an awakening for you!



Hello,

If you have a physical disability or a medical condition, the **Assistive Devices Program** can help pay for part of the equipment and supplies that you may need.

Customized equipment, like wheelchairs, hearing aids, home oxygen or specialized supplies, such as those used with ostomies, are just a few of the things that are covered by this program.

If you are an Ontario resident, have a valid Ontario health card and have a disability requiring the equipment or supplies for six months or longer, you may qualify. You must apply in order to qualify to receive the financial help this program offers.

The Assistive Devices Program covers 75% of the cost for your equipment or your supplies. These items are billed directly by the supplier and you only pay for 25% of the cost of the item. In some cases, you receive a series of payments throughout the year to help cover the cost of supplies.

To learn more about this program, you can visit the <u>website</u> or call **1-800-268-6021** You can also call us and we would be happy to help you.

Until next month....















# Korean Martial Arts

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## Kim Depatie is a Registered Practical Nurse.

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Kind Hearts Home Care
offers non-medical and medical
services to residents of
Onaping Falls and throughout
Greater Sudbury.
For more information or to book a
FREE consultation call
705-920-1861





The Onaping Falls News is a volunteer produced newsletter printed at the beginning of each and distributed throughout the communities in Onaping Falls and online @ www.onapingfallsnews.com

There is a charge for advertising. Advertising pays for the paper to be produced. Without our local support we would not be able to print this informative community newsletter. However, we do support our local businesses and if you feel you would like to promote your business please contact us to discuss how we can benefit your business.

Thank you to our monthly input from the following volunteers who never let the OFN down. Samantha Brazeau Wilson ~ Online Editor, Jana Niemi-Lahnalampi ~ Writer, Arianna Thibodeau ~ Kids Korner, Danika Lavoie-Rochette ~ Healthy Living with Danika

Please feel free to contact me if you have input for the Onaping Falls News.

Column writers are always welcome to join in!

Dolly Gordon ~ Editor 705-662-9095 justdolly@persona.ca

# Russell Beaudry Outdoor Rink

The Onaping outdoor rink will be open for use over the March Break, weather permitting!

The shack will be open from 10 o'clock am until 9 o'clock pm all week, and may be open later if the ice is being used.

If the lights are not on they can be turned on using the button on the exterior of the shack.

Please mind the signs – the rink will only be closed if absolutely necessary to protect skaters or the ice surface.

We are still looking for volunteers for this season or next to help with rink maintenance and snow clearing – if interested please contact Regan Picotte at (705)919-0312 or email rbneighbourhoodassociation@gmail.com

**COME ON OUT AND ENJOY!** 

## Dr. Kealy's Retirement

March 31,2020

There has been some concern and discussion in recent weeks around the subject of Dr. Walter Kealy's retirement, and how it would affect his patients and what they would need to 'do' to ensure continued good medical care.

Apparently there was no such concern needed as the situation has been very well handled for us all. I would like to express my personal appreciation to everyone involved in this smooth, compassionate and easy transition.

Dr. Kealy, Dr. Laski, their staff, along with medical staff at Land o' Lakes Medical Centre in Chelmsford, and the folks at Levack Pharmacy have been most professional and caring during this time.

The entire process to date (and I'm sure ongoing) has been and will continue to be very well handled and particularly well publicized to us all.

The personal letter and phone call from Dr. Kealy has been most appreciated by his patients; it was yet another example of his caring and gracious handling of any situation.

Dr. Kealy's receptionist, Renee has been hired by the Chelmsford Medical Centre, which will be an asset to everyone there, a well known smile for folks transferring there from here.

Thank you Dr. Kealy for many years of concern, caring and advice; you will be missed, but we wish you many happy years of retirement, wherever it takes you.

Thank you Dr. Laski, Barb and all the folks at Levack Pharmacy for your part in making this experience so pleasant, simple and understandable.

Sincerely, Christine Allen

# DID YOU KNOW?



- The course has been around since 1957, new ownership took over in 2009
- The OGBC has a main beach behind the clubhouse; free for members, fee for public users
- Kids 12 and under are free to golf, kids 13 to
   18 are \$10 to golf
- You can golf all day with a cart for \$40 till end of season
- We have a cabin for rent with a sauna and beach
- We are able to host weddings, tournaments, showers, and any kind of party or celebration

WINTER CONTACT ~ Cindy Cornett 705-626-8355

Support your local course!



## **Onaping Falls Lions Club**

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





Congratulations to our 50/50 draw winner **Melissa Dunwell pictured** here with her daughter Adonia and **Lions Club President,** Jerome Lesny and Lion **Annie Chartrand.** Thank you to every one who bought tickets. The draw was help on Sunday, February 9th at our annual Spaghetti Dinner.

**Onaping Falls Lions Club** 



## **COMMUNITY INFO AFTERNOON**

When: Sunday March 29th



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







Families participate in 45 minutes of active yoga sequences, energizing music, yoga-inspired games, mindfulness and relaxation, followed by a healthy snack.

February 6<sup>th</sup> to June 18<sup>th</sup> 2020 (ongoing registration)

1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month from 10:00am-11:30am

Levack Public School, 100 High Street



For more information and to register, call 705-969-4040 x266



We believe the best mines are the safest mines. We are committed to zero harm to our employees, the communities we operate in and the environment.

Learn more about us as at www.kghm.com



## SPRING BOTTLE DRIVE SAVE YOUR EMPTIES!!

### SUNDAY APRIL 19, 2020 12PM-3PM

The Onaping Falls Huskies Teams will be out in the community doing a bottle drive to raise funds for our local hockey association.

We would like to thank our community in advance for all of the support you continue to show our hockey league!





Sign your kids up for Youth Soccer!

## Only \$35 per player

Follow the group and find the registration link on



League starts in late May!

If you would like to volunteer as a COACH please contact the league via Facebook also.



**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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Levack

**Knights of Columbus** 

Fr. Don McLellan

Council 11565

Catholic Gentlemen dedicated to:

Church Family Community Country



# **MEETING**

Thursday, March 26th at 6:30pm Dowling Leisure Centre

Come on out and volunteer for your community!

Everyone welcome!





Tim (T.J.) Gordon, Professional Sales Consultant

2601 Regent Street Sudbury, ON P3E 6K6 (705) 523-2438

Fax: 705-523-0120

Service: 705-523-5235 Cell: 705-670-7856

tim@southsidechev.com



## ONAPING FALLS BRANCH 503



1 St. James, Onaping 705-966-2387



## **Congratulations**

to Jeff Dane, Bryan Clance and Todd Spicer! These guys are headed to St. Joes Island on May 2nd f or the Zone 9 Ball Tournament.

Thank you to Glen Geeza, Zone Sports Officer for making this day happen.

Special Thank You to the ladies in the kitchen, Emily and Kathy for making a wonderful lunch.





# Onaping Falls Minor Hockey Association



# Huskies Hockey! Congratulations to the Novice Huskies! They took February tournaments by storm!

On the February 2nd they were Champs in the Valley East Novice Tournament. Then travelling to Verner the following weekend and bringing home the Verner Bulls Cup. The nail biting, final game, score was 5-4.

The MVP's for the Verner Bulls Cup weekend were Sam Jessup, Evan Sarazin, Cedrick Gagnon, Holden Oxley and the final game MVP went to Todd Landry.

This incredible team of young athletes is supported by amazing families and great coaches. Thank You to the Coaches that give their time to see these boys practice and play!

## Onaping Falls Novice Huskies

Photo on right ~ Bottom L to R
Gavin Landry, Gavin Mitchell,
Emrik Perron, Evan Sarazin,
Camden Demers,
Holden Oxley, Todd Landry,
Brody Campbell,
Cedrik Gagnon, Sam Jessup
and Landen Gorham
Coaches at the back,:
Bill Oxley, Emilie Jessup
(Manager), Keith Landry,
Jay Gorham, Kevin Gagnon
and Joe Campbell





## BANTAM MVP's

Congratulations to these 5 boys and their team mates who played great hockey in the Porcupine Minor Hockey Association Winter Carnival Tournament in early February.

The team placed 1st in the B Divison but

The team placed 1st in the B Divison but were defeated 5-3 in the semi finals.

Their smiles show their pride in the jersey they wear!

Good job to (1 to r) Tyler Roney (hat trick too), Evan MacNeil, Troy Tessier, Colton Bernas and Curran Morin.



# Moments That Matter

**CHARTWELL MEADOWBROOK** 

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





## **SEWING CLASSES**

**LEONA** 



2020 is 50 years of true enjoyment teaching sewing, serger and knitting in Onaping Falls to men, women and children.

### TIME TO GIVE BACK!

Classes, patterns and material will be provided to anyone joining my classes listed below at the Onaping Community Centre.

I am very grateful to everyone who participated in my classes. Fond memories forever! Thank you!

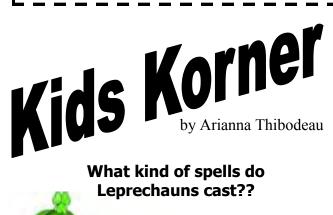
Affectionately, Leona

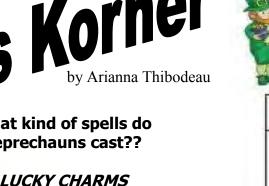
Monday 6:30pm ~ Tuesday 10am~Wednesday 6:30pm

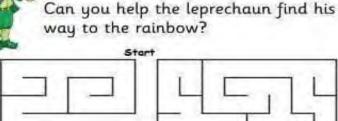
Serger Workshop ~TBA Please call Leona if you are interested in joining

705-966-3493



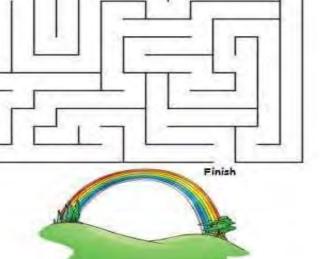






Happy St. Patrick's Day!





# Sudbury Credit Union The Community Banking Services



Eligible
vehicles include:
Camping trailers, ATVs,
boats, motorcycles,
jet skis, etc.

\*On approved credit (OAC). Rates subject to change without notice.

# Income Property Financing

THINKING ABOUT INVESTING IN AN INCOME PROPERTY?

SPEAK TO ONE OF OUR INCOME PROPERTY FINANCING

SPECIALISTS.





## **Onaping Falls Pastoral Charge**

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

The Onaping Falls Pastoral Charge is very pleased to announce that we have 'called' a new minister to the United Churches in Levack – Onaping - Cartier and Dowling.

The Rev. Susan Peverley will begin her ministry on July 1, 2020.

## **Schedule of Services**

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

Lent begins on Sunday, March 1st

#### Looking Ahead . . .

April 5th St. John's Palm Sunday Brunch
10:30 a.m. following worship
'Baked Ham, Sausages, Eggs, Pancakes,
Assorted Salads and more'...
Tickets: \$15.00, Children under 10 \$5.00
from Chris, Bill, Marg, Sharon





## FREE PUBLIC SKATING

Every Friday night from 7-8pm at the Levack Arena

Free skating runs until March 13th.

Everyone welcome!!

## **CALLING 311**

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.

Always request your reference number so you can follow up. Do not share ACR's with your neighbours.

Each resident should acquire an ACR of their own.

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. And if no action is taken by the city and someone gets hurt or a property is damaged the negligence will fall upon them .

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, etc.

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...

The city promises, 'One City ~ One Service'

Don't hesitate to call 311!



# KOREAN MARTIAL ARTS

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## **Yvon Carriere**

Master

Phone/text 705-626-1814

yvoncarriere@hotmail.com

# Community Consultation









It has been a few years but the consolidation of Chelmsford Public School and Chelmsford Valley District Composite School is finally happening!

Join us on Tuesday, March 10th at 6:30pm for an information session. Come and have a look at how the new school will look!

So many great things are happening with this transition/consolodation you don't want to miss out!

CVDCS is currently being retrofitted to create a JK to 12 school offering JK to 8 (English and French Immersion) and Grades 9 to 12 (English Program)

The school will welcome French Immersion Students from Levack Public School and students from Larchwood Public School.

Come see what the new super school will look like!

It is an exciting time for all of us!

Chelmsford Public School will be consolidated into the newly renovated building on September 1st, 2020.

## SCHOOL NEWS

## Congratulations C.V.D.C.S. Junior Boys Basketball



February was a great month at Chelmsford Valley District Composite School. The Boys Junior Basketball Teambrought home a **Division II Championship Banner**.

Congratulations Boys!

L to R ~ Riley West,
Carter Oakes, Anthony
Campbell, Justin Meilleur,
Ashley, Damian, Tyler,
Donald Meilleur,
Athen Nelson and
Cameron Roy.

Front ~ Caleb St. John

Thank you to
Coach Mike and
Coach Alex for your
dedication and for
volunteering your time
to coach the boys!

The Onaping Falls Winter Carnival Committee appreciates the Volunteers, Sponsors and Contributors who help us make the Carnival weekend happen! Without them we could not do it. THANK YOU to EVERYONE for their support!

# Thank you for your contributions











## THE ONAPING FALLS NEWS











Onaping Falls Curling Club Onaping Falls Loos Club

**Larchwood United Church** 

# Thank you to our sponsors!













Desjardins

























Sunday

#### Onaping Falls Golden Age Club

109 Service Road Onaping, ON Tel: 705-966-2502

#### Visit us on FaceBook

#### Regular Weekly Activities

Monday 10:00 am Crafts with Wendy 12:30 pm Men's Pool Cribbage 1:00 pm 6:00 pm Yoga with Jana Tuesday 12:30 pm Cards ~ Pay Me Cards - 31 1:00 pm Men's Pool 1:00pm Wednesday Line Dancing 10:00am 1:00pm Euchre Thursday 1:00pm Cards ~ 31 1:00 pm Men's Pool 6:30pm Women's Pool Friday Men's Pool 7:00 pm 1:00 pm Open Music Jam - third Friday of month Rumolli - second Saturday of month Ladies Pool Saturday 6:30 pm

6:30 pm

The GAC hosts many Special Events ~ festive seasonal dinners and dances, monthly Euchre or Cribbage tournaments, and community fundraising.

Book our Hall for YOUR SPECIAL OCCASION ~we have complete kitchen facilities, bar services, handicap accessibility, abundant parking ~ Contact Linda Dusick at 705-929-5285

Onaping Falls Golden Age Club is a not for profit corporation where seniors gather for Friendship. Membership is \$20.00 per year. General Membership meetings are at 2:00pm on last Thursday of the month.

## A moment with Melinda

"The Real you is the best You!"



ONAPING FALLS NEWS MARCH 2020



ONAPING FALLS NEWS MARCH 2020



ONAPING FALLS NEWS MARCH 2020