

MARCH 2021



March 15th

FALLS NEW

ONAPING

March 17th

How adorable is our 1st O.F.N. KOVER KID?

Toni Landry is nothing but pride and smiles after recieving her Carnival Ribbon and Toque for her participation in the Carnival Virtual Talent Contest!
Toni is the daughter of Craig & Kristy Landry.



Toni won 2nd Place is the Pre K Division with her dancing video.

It was fun to watch this determined young lady keep her ever slipping crown atop her head!

You can watch all of the Virtual Talent Contest videos on the

You can watch all of the Virtual Talent Contest videos on the Onaping Falls Winter Carnival Facebook page.

IN THIS ISSUE

Winter Carnival Photos and Gratitudes



Observation Deck

Moir's Hill

March Garbage Schedule A Moment with Melinda



47 Levack Drive

705-966-3335

CURBSIDE PICKUP

Monday to Saturday 9am to 5pm Sunday CLOSED

www.homehardware.ca









March 4-10 (9209)

March 11-17 (9210)

March 18-24 (9211)

March 25-31 (9212)



Marc G. Serré
MP/Député
Nickel Belt

marcserre.ca 1-800-267-4829

Working hard for YOU! Au travail pour VOUS!

Stay safe and keep following public health measures to help ensure the safety of our communities! I am here to help address your concerns and help you find support during these challenging times.

Restez en sécurité et continuez à suivre les mesures de santé publique pour aider à assurer la sécurité de nos communautés! Je suis ici pour répondre à vos préoccupations et vous aider à trouver du soutien en ces temps difficiles.



Windy Lake Motel & Restaurant

OPEN Monday to Friday at 5am OPEN Saturday & Sunday at 6am CLOSED at 7pm 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!!
- •Banquetroom for your event
- •Gas bar—including premium!

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Proud community supporter for over 20 years!

Highway 144 & Old Cartier Road 705-966-3967 www.windylakemotel.com



Gerry Montpellier

City of Greater Sudbury Councillor ~ Ward 3

Phone 705-698-2759

email: gerry.montpellier@greatersudbury.ca

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68 Pine Street in Onaping

taxtime973@gmail.com

Levack, Onaping 8 Dowling

GARBAGE

Get your garbage out before 7am!!

DAY is FRIDAY

MARCH 2021 SCHEDULE



This WASTEWISE APP is great to get for reminders and information!

You can buy extra garbage tags online at the city website.

You can bring 50kg of residential waste to any landfill once per week for FRÉE.

There are special programs for diapers! You just need to call 311 and register.



Friday, March 5th

This week you can put out unlimited blue box and unlimited green cart.

Friday, March 12th

This week you can put out 2 BAGS of garbage, unlimited leaf & yard trimmings, unlimited blue box and unlimited green cart.

Friday, March 19th

This week you can put out unlimited blue box and unlimited green cart.

Friday, March 26th

This week you can put out 2 BAGS of garbage, unlimited leaf & yard trimmings, unlimited blue box and unlimited green cart.

NO GARBAGE ON GOOD FRIDAY!!

Pick up will be on Saturday, April 3rd





Volunteer for your Community Action Network in 2021

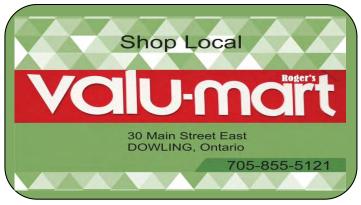
Keep an eye out for our community collaborations. We are hoping to get our community gardens started as soon as we get the green light. We hope you will join us in making our communities stronger for our families.

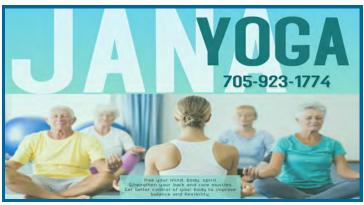


Chair Amanda Linton

Email - onapingfallscan@gmail.com











SERVICES OFFERED AT KIND HEARTS HOME CARE

In-home personal support (ADL's)

Companionship

Care giver relief (Respite) for seniors or adults/children with disabilities

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Home help & home making, including cleaning and meal prep

In-home nursing services such as post surgery care

Palliative care

Advanced and Diabetic Foot care

CALL KIM FOR YOUR FREE CONSULTATION 705-590-2445

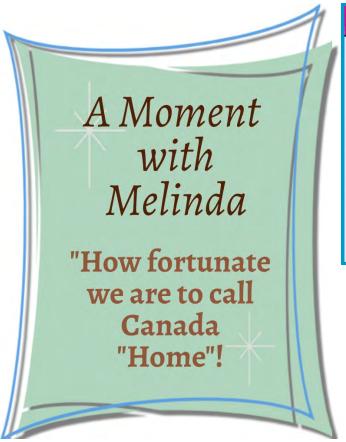


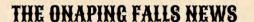


We believe the best mines are the safest mines. We are committed to zero harm to our employees, the communities we operate in and the environment.

Learn more about us as at www.kghm.com







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The Onaping Falls News is a
VOLUNTEER run monthly publication.
Your personal submissions are
always welcome for FREE.
Businesses wishing to advertise
are greatly appreciated.
For more information you can call or
text 705-662-9095 or you can email
to justdolly@persona.ca

Editor ~ Dolly Gordon Online Editor ~ Samantha Brazeau-Wilson





Onaping Falls Pastoral Charge

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

LENT HAS BEGUN! Did you receive your Outreach token 'Lent in a bag'?

Both congregations are worshipping together virtually on Zoom.

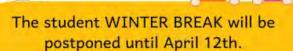
If you'd like to join us, please contact the Charge Office at the above phone number and you will be contacted.

The Board is monitoring just when we can safely return to in-person worship.

Notices will appear.

MARCH BREAK





The new dates are April 12th to the 16th, 2021





The Onaping Falls News has started a new series of On each cover we will feature 2 photos of your child plus a little bit of information about you and them!

Each KOVER will be chosen according to season of photo, quality of photo and Editors Choice. If you are using a photo taken by a professional photographer you must have that professional photographer you will be applied to the profe photo and Editors Undice. If you are using a photo taken by a professionals professionals professionals are using a photographer you must have that professionals

You can text or call Dolly (OFN Editor) 705-662-9095 for more info

Open to all Levack, Onaping, Dowling and Cartier residents.

Christmas Hamper Committee Report for 2020

February 19, 2021

Happy New Year!



I apologize for being so late with our report. The end of 2020 and the beginning of 2021 was crazy. Our Hampers were not delivered this year. Instead, we had to make changes because of Covid 19. We had to come up with a way to still give out Christmas Hampers to those in need and still make sure that we kept everyone safe.

This year we set up registration days so that anyone who needed a hamper could come and register for one. They had to register themselves and their family. No one other than family members that lived in the same household were allowed to register for them. When they registered we set up a time for them to come and pick up their hamper. **Roger's Valu Mart** arranged for us to use a room at the Dowling Plaza for us to work from.

Instead of making up hampers we did things a little different (again because of Covid). We gave everyone a turkey (large families also received a ham), potatoes (donated by Jim Barrett), gravy and stuffing (donated by Roger's Valu Mart) and a voucher. The voucher was made out to Roger's Valu Mart so that the recipient could buy whatever else they would need to make Christmas dinner for their family.

The "hampers" were given out on December 15, 2020. Everyone registered was given a time to pick up their Hamper. We did this so there would not be any line up or congestion around the Plaza which would create a problem for the businesses located there and we could not let anyone into the room that we were working out of. Everything went very smoothly. I would like to thank everyone for following the rules that we set up to keep everyone safe.

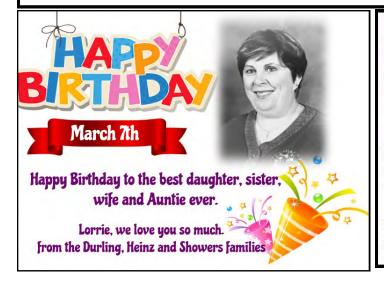
This year we had 55 families sign up for a Christmas hamper. The total cost was \$4,220.64.

A **BIG Thank You** to all of the Local Businesses, Service Clubs and individuals who helped in any way and/or donated. This is truly an awesome community who look after their own. Thank you very much for your generosity! The Communities of Onaping Falls & Cartier are truly blessed to have such caring people living here.

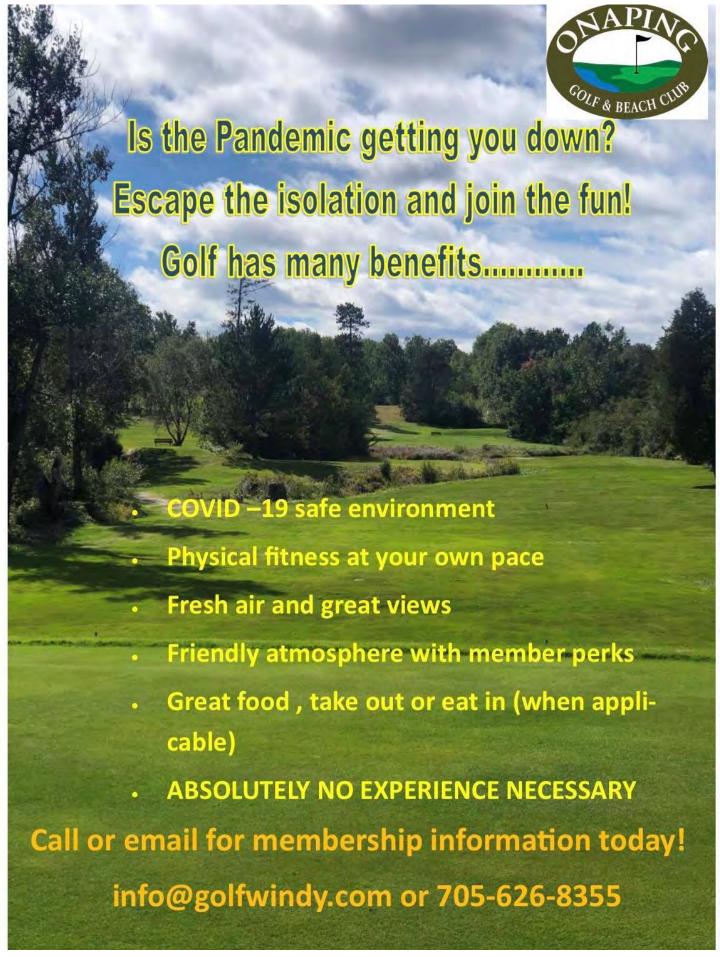
I do have to send out a **BIG Thank You** to the **Knights of Columbus, Levack**. They have been delivering Christmas Hampers since this all began so many years ago. Times have changed and chances are there won't be anymore "deliveries" but we Thank You for all the years that you have served this community in this way.

Thank you for caring everyone! Stay safe!

Karen Luttrell Christmas Hamper Committee Chairman









The Catholic Parishes of Onaping Falls & Cartier

First Communion & First Penance:

If you have a child in grade 2 or older, it is time to register them for these sacraments. Please call the office at 705.966.3762

There will be a meeting and lesson with the candidates and their parents on Wednesday March 3, 2021 at 6pm at St. Bartholomew Church in Levack. Workbook is \$10. If your child registered last year, please bring your work book if possible.

If your child is a student of St. Étienne in Dowling, they will register at the school, you do not need to call the office or attend the above mentioned meeting.



Levack

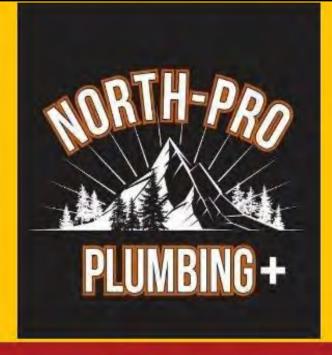
Knights of Columbus

Fr. Don McLellan Council 11565

Catholic Gentlemen dedicated to:
Church Family Community Country

SPRING AHEAD

Set your clocks ahead 1 hour on Sunday, March 14th, 2021



Tim Labelle



AFFORDABLE RATES



ALL WORK GUARANTEED



OVER 20 YEARS
EXPERIENCES



705-626-0866



Thank you to the Onaping Falls Winter Carnival Committee for delivering a fantastic VIRTUAL WINTER CARNIVAL

1st place in the Snow Sculpture goes to the OWL on Wickwas





Community kudos to Sebastion on Nickel Street for his Bonfire Snowsculpture and his large Bonhommme painting in the window!



Our Virtual paint night was a great success!



1st Place in the Primary category of our Virtual Talent Contest goes to the 'Master of Disguise' Austin Kurtis and his excellent performance of David Bowies 'Major Tom'.



Congratulations our big winner of \$500 was ticket number 150

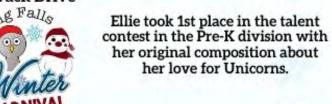


Hearts & Hands on Fir and Yoda on Levack Drive



2nd Place in talent contest in the SK/JK division goes out to Gannon pictured here playing his Harmonica while his Hound Dog Smokey sings along!

All photos and contest winners are available on our Facebook page Onaping Falls Winter Carnival



A BIG CARNIVAL THANK YOU to



for escorting them. These to boys were awesome mascots!

WE WANT YOU TO DECORATE YOUR WINDOWS WITH



Send a text message to 705-662-9095
with WINDOW Decorations, your name,
address and phone number.
We will come by and check out
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ALL Leprechauns who enter will
win a
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Celina Martel



Amanda Holmes

MEMBER SERVICE
REPRESENTATIVE SUPERVISOR



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Onaping Falls Lions Club

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





CONGRATULATIONS!

Our 50/50 winner was ticket number 0463 and it belonged to Lindsay Levesque.

She is now \$2500 richer! Thank you to everyone who bought a ticket.



KEEP AN EYE OUT for our BINGO to start up again!!



DONATION ONLY TAKE OUT SPAGHETTI DINNER



Sunday March 21st 2021 3pm to 6pm Dowling Lions Den 27 Sturgeon St

Place your take out order and pick up time by calling

Lion Nancy @ 705 855 9733

All profits raised this year will be going to help keep the Onaping Falls Lions Club up and running so we can continue to serve our Communities during these difficult times.

"WE SERVE"

FALLS FOOD FOOD BANK





The Onaping Falls Lions Club is sending out a BIG ROAR THANK YOU to the following merchants who sold 50/50 tickets and helped us reach the GOAL of selling out..

Fox Lake Lodge ~Pine Grove Restaurant
Kellys Family Diner ~Levack Mini Mart
Watershed 144 Restaurant
Windy Lake Restaurant
Onaping Kwik Way ~ Dowling Post Office
Dowign I.D.A. ~ Rogers Valu Mart
A & T Automotive
Andys Auto ~ Girard Optical
Al's Automotive ~ Bioped







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
- Quest
- Prime

- Mission
- Diamond
- Bowtech
- Martin
- landao
- Obsession Excalibur
 - Stryker
 - Killer Instinct

www.tenpointarchery.ca info@tenpointarchery.ca

Call us today! 1-705-222-0010





DID YOU KNOW taking 2 minutes to just breathe can change your day? Possibly your health?

Taking deep long breaths through your nose help release Nitric Oxide.

Each cell in your body is capable of producing N.O.

In the body, N.O. is what oxygenates the blood.

Oxygen help to relieve so many health issues.

It regulates blood pressure, improves digestion, immunity and memory. Nitric Oxide is widely considered one of the most important molecules the human body produces and a lot of it is made in the nose and sinus cavity.

N.O. makes your blood vessels supple and flexible. This gives the vessels strength to withstand pressure changes.

When you have more nitric oxide in your bloodstream your blood vessels stay large and dilated.

But when your N.O. is low, your blood pressure suffers as vessels constrict.

YUP

Nitric Oxide is key benefit to the health and appearance fo your skin.



Sit and get comfortable.

Relax.

Inhale through your nose.
Fill your belly. 3 seconds.
Exhale through your mouth.
Empty your belly. 4 seconds.

Put one hand on your chest and one hand on your tummy.it's calming

Try that 7 times or 1 minute.

Be sure you are sitting in case you feel light headed.

Try this breathing exercise 2-3 times per day.

Take a Deep Breath

Small Into Rower

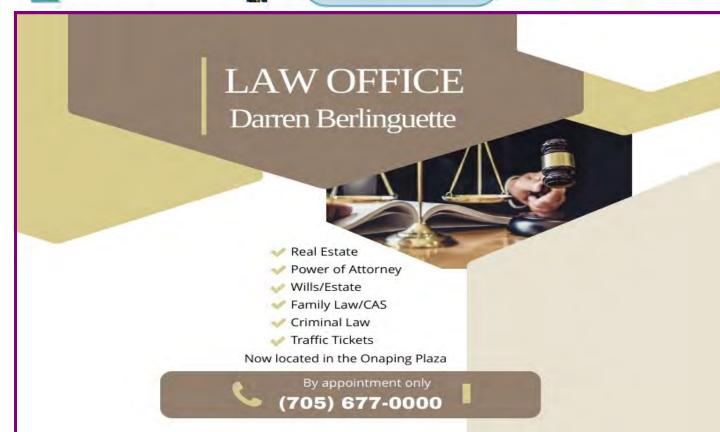




BREATHE



This is a great breathing APP available to Apple Watch wearers. There are many breathing APPS available for your devices. Many are FREE so be sure to find those!





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

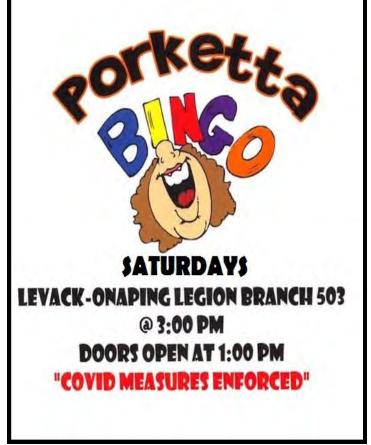


Email: Branch503@eastlink.ca

The Club will be OPEN

Tuesday to Friday from 4pm to 9pm Saturday from 1pm to 9pm Please follow COVID safety measures











EXPANSION OPENING IN 2021

We are excited to share that we will be adding three-storeys of new independent supportive living suites with contemporary one-bedroom layouts to the northwest side of our retirement residence! Additionally, the new wing of our community will feature brand-new amenities that all residents can benefit from, including a welcoming fireplace lounge, bistro for snacks and beverages, and a lovely outdoor terrace.

This new expansion will also include the construction of 14 townhomes available for rent, located along the eastern edge of our property. Ideally suited for independent and active individuals, theses two-bedroom townhomes will offer older adults who are looking to downsize with the freedom to continue to cook and manage their own household, as well as the benefits of 24-hour security, housekeeping services and all social and leisure opportunities in our retirement residence.







MEADOWBROOK retirement community

18 Jacobson Drive **Lively • 705-836-9999**

CHARTWELL.COM





OPEN

Oh!! and you need a colour!

705-595-2150

FOLLOWING COVID GUIDELINES

MASKS ARE MANDATORY

BY APPOINTMENT ONLY



Located in the Onaping Plaza







Located at the WINDY LAKE PROVINCIAL PARK

109 SERVICE ROAD.

ONAPING, ONTARIO

ONAPING FALLS

GOLDEN AGE CLUB

EUCHRE - MARLENE DRAPER CRIB ~ GEORGETTE LEBEL CARD GAMES (31) - ANGIE CHARLEBOIS PAY ME - PATSY LABERGE OR LINDA DUSICK 705-966-2044 YOGA - JANA LAHNALAMPI 705-923-1744 LADIES POOL - CAROL WEBER 705-929-5251

MEN'S POOL - LAWRENCE THIBODEAU (L.T.) 705-966-3979 SHOP - LARRY PURO 705-966-3932

EXERCISE ROOM - LAWRENCE THIBODEAU (L.T.) 705-966-3979

BOWLING - GENE BARKETT 705-966-2251 MUSIC - JIM HOWE 705-966-0137

CLUB BOOKINGS - LINDA DUSICK 705-966-2044

FACEBOOK POSTS - GRACE MCKAY-SARAZIN 705-919-6561 MEDIA REP - GAIL PURO 705-966-3932

FOR ANY INFORMATION CALL CLUB PRESIDENT, JIM HOWE 705-966-0137

Most of the regular activities will be back March 1st, 2021 with restrictions.

JOIN FOR ONLY \$20 A YEAR

Conveners will advise each group of Covid-19 rules.



WE ARE HERE TO HELP!

Help for Small Businesses

If you are the owner of a small business that was affected by the Provincewide Shutdown on December 26, 2020, you can apply for the Ontario Small Business Support Grant.

To be eligible to receive this grant your small business must have:

- been required to close or to significantly restrict services because of the shutdown.
- 2) fewer than 100 employees.
- 3) experienced a minimum of 20 percent revenue decline comparing, April 2020 to April 2019 revenues. If your business was established after April 2019 and you meet the criteria listed above, your business is still eligible to receive this grant.

To find out more, please visit this website:

ontario.ca/page/businesses-get-help-covid-19-costs

During the application process, you will be asked to provide your business registration number and your banking information. Without this information, your application may be delayed.

We hope that your business can benefit from this grant. If you have questions, please call us.





Condolences to everyone who lost loved ones during this Covid-19 disaster.

ONAPING OLDTIMERS ~ The Onaping Oldtimers Hockey consist of two teams: Red & Green.

With the lockdown now over we are able to continue our schedule at the I.J. Coady Arena.

RED TEAM UPDATE via Tim Durling

Alex Rouleau, our #1 Goaltender, underwent heart surgery. Now in recovery mode at home probably admiring all his MVP trophies he has won over the years. His replacemen is John Larkso, after many tryouts at the Onaping Forum (a.k.a. Onaping ODR) and salary negotiations.

The Leading Scorer is Assistant Captain Dave Bishop.

When asked how many goals? He said 'LOTS'.

We are fortunate to have a dedicated arena staff looking after the arena and maintian covid protocols.

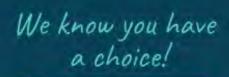
HARDY HOCKEY CLUB update via Chris Kiernan

As the current organizer of the Club I feel pride of our history and hopeful for our future. We celebrated 50 years of successful hockey at the Legion with present and past players. The first half of the season was impacted by Covid 19 but we managed successful and safe hockey. Younger players are joining the ranks to replace those who have hung up their skates.

We look forward to continue the tradition at the immaculately maintained I.J. Coady Arena in Levack.

What a pleasure it is to see our outdoor rinks (O.D.R's) and High falls being used!

100 YEARS YOUNG Happy Birthday to Tynne Hawryluk on March 3rd



Thank you for choosing us!



2 First Avenue N. LEVACK, Ontario

705-966-3612

levackpharmacy@gmail.com



We are OPEN Monday to Friday from 9am to 5pm

- * Masks/face coverings are mandatory when visiting the pharmacy
- * We offer FREE PRESCRIPTION delivery every Tuesday and Friday to residents of Levack & Onaping

March at the Levack IDA

- We are pleased to announce that we are now selling "A-Line" Greeting Cards! A-Line is a Canadian Company from Corner Brook, Newfoundland. They offer unique, every day & seasonal greeting cards, gift wrap and accessories that are the "perfect blend of fresh and innovative design." We have both Easter and Graduation cards in stock!
- Easter is fast approaching! Come in and check out our great selection of Easter Candy and chocolates
- MARCH SPECIAL: Yellow TIDE Simply Clean & Fresh, 1.09L \$3.99 (Regular \$6.29)
- CLEARANCE: All remaining HALLMARK greeting cards are 50% off
- CLEARANCE: All remaining COVERGIRL cosmetics have been reduced to \$0.99.



A little bit about..... MOIR'S HILL by Dolly Cordon

Where is Moir's Hill? It's in Levack. Right behind Pearl & Bruce Moir's old place, where all the kids would go sliding in the winter.

Who is Moir's Hill? Moir's Hill is the folk duo of cousins, Dan and Peter Mallette. Dan and Peter both grew up in Levack. Their muse of fond hometown memories lead to the groups name 'Moir's Hill'. Dan says "We'll always be hometown guys. We tried to compile a list of names that best represented the great memories we had growing up. When I wrote 'Moir's Hill' on the list I got pretty excited because 'it really felt right' and when Peter saw it he looked at me and said, 'This is it!' "

In mid December of 2020, I noticed threads of dialogue among friends and this 'Moir's Hill'. Out of curiousity I 'friended 'Moirs Hill' on Facebook. Soon finding out it was these two awesome guys, who grew up in Levack, formed this musical duo (many years ago) and are playing 'LIVE' via Facebook, for their friends, fans and family.

Dan Mallette grew up on Mountain Street in Levack, Dan's father was a self taught musician, who played piano, in Fred Dolce's band. His Mom, Velma, worked at Palumbo's Drug Store. He has 2 sisters, Jill lives in Levack and Judy lives in Colorado. Dan's wife Angie is their, unofficial, Manager.



Peter grew up on 5th Avenue in Levack. Peter's parent were Pete and Beatrice Mallette. Peter said his Dad coudl play the 'spoons'. He went on to share "We started Moir's Hill in 2019. Dan came up withthe name. Moir's Hill is very meaningful".

After graduating from Levack District High School, the cousins were off to Canadore College. Dan married and joined the military and you will remember Peter as our local news broadcaster. I remember, when I was a teen, my Mom would always call me to the television to come and watch Peter. And I would always come and watch because I thought it was really cool that someone my Mom knew was on TV!

Retirement took the cousins to Kelowna, B.C. It was not planned. It just happened and Peter refers to it as a 'God-Incidence.'

A little more about ... MOIR'S HILL

Prior to the pandemic lockdown, they were performing regularly at retirement resorts around Kelowna. They play a variety of genres and keep their performances upbeat and recognizable. The kind folks love to sing and dance too! They had their first Facebook Live performance on December 23rd, 2020 with over 600 views and 320 comments. So many great songs performed and I recognized so many names, of the people watching, it warmed my heart. Their second LIVE performance was on Valentine's Day. They had over 500 views and about 260 comments.



Page 2

They will have another Facebook LIVE event in early spring. The guys say it takes a few months of practice to get the songs to a point that they are happy with their performance. If you get the chance to watch, you must hit the " performance of the guys know you love

them!



The Seven Sons of Sam Mallette

Dan says, "We're really grateful for and humbled by, all the fantastic support and kindness that everyone has sent our way. Whenever I think of growing up in Levack, I realize how lucky we are to do just that. It takes a village to raise a child and 'our village' did an outstanding job. Be healthy and Be safe."

Peter shares this: "We started playing music together as children. We sing songs that highlight harmony. Music has always brought us a great deal of joy. In our retirement, we are trying to spread that joy to others."

Thank you to Dan and Peter for sharing 'a little bit' of their story with us.

Maybe on your next trip home you can do a Levack Live concert for us..say ...at the ballfield? Or right on Moir's Hill? I know the new homeowner..she's a great gal...I am sure she will let you hook up to her hydro!

Dan & Peter's fathers were brothers. The Mallettes were a big Catholic family. 13 kids in total. 7 boys and 6 girls. At one time all 7 'Sons of Sam Mallette' worked at Inco. The picture on the left is from the May 1951 cover of the Inco Triangle. (Seated is Edgar. From left to right is Alf, Ray, Ernie, Bert, Babe (Aimee) and Pete.