



April 2025

King Charles III Coronation Medal recipients 2025

by Dolly Gordon

Look at these two girls! They have only known each other for sixty some years. Flora Wilson Chartrand and Martha Cunningham Closs grew up just a street away from each other in Onaping (and just a street away from me :) Who could have envisioned that they would receive the same award for their decades of community volunteer work in many varied organizations. Flora and Martha have both received the great honour of the King Charles III Coronation Medal for their contributions to the community.

Flora and Martha had great role models growing up! Their parents and others of that generation worked hard but also volunteered regularly to make Onaping a great town to work and play in. It is easy to surmise that their parents' great example, made these women who they are today. Flora's mother and father were Ruby and Lawrence (Peanut) Wilson. Martha's parents were Margaret and Ted Cunningham. Their parent's generation, coming out of WWII (in which both their fathers served), became dedicated volunteers who created a community with amazing recreational opportunities and valuable social service clubs. The many volunteers of the past founded the Royal Canadian Legion, Branch 503, the Curling Club, outdoor rink, the Art Club, community centre, churches, Pipe Band, Elk's Club, Canoe Club, Golden Age Club, Carnivals, ballfests, Lions Club, after school coffee houses and teen centres.



In the 60's and 70's these men and women raised families and ran the Boys Scouts and Girl Scouts, sent their kids to Falcona Camp, hiked High Falls and swam in Windy lake. They dedicated their time, effort and commitment to these endeavours because they cared about their fellow citizens and contributed whenever they could. Those that came before obviously made an impression on these two women, who now, exemplify what it means to care about community!

story continued.....



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SAVE 50%

Scrypto

Disposable Lighter
Assorted colours.
6310-271
Was \$5.49
3²⁷
Each

SAVE 40%

The Ultimate

Angled Broom with Dustpan
4515-568
Was \$12.99
4⁹⁷

SAVE 61%

Here's How.

Plastic Pail
15 L. 4544-001
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3⁶⁷

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March 27 to April 9 (9213)

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50' Hybrid Pro Grade Water Hose
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Acrylic Driveway Crack Filler
300 mL. 2060-101
Was \$7.69
3⁷⁷

SAVE 50%

BIC

Child Guard Lighters
Assorted colours.
5410-548
Was \$7.29
4³⁷
Pack

PACK OF 5

SAVE 40%

HOME ESSENTIALS

24" Poly Lawn Rake
5062-344
Was \$22.99
8⁹⁷

SAVE 60%

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4470-100
Was \$6.99
2⁷⁷

April 10 to 23 (9215)

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RBW - new image, please CC

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RainFresh

5 Micron Fine Pore Sediment Filter Cartridges
3115-211
Was \$16.49
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Resin Whiskey Barrel Planter
15-1/2". 5055-173
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HOME ESSENTIALS

Weed Barrier
3' x 50'. 5010-447
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7⁹⁷
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April 24 to May 7 (9217)

Canadian Dental Care Plan

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Eligibility

To qualify, you must:

- ✓ not have access to dental insurance
- ✓ be a Canadian resident for tax purposes
- ✓ have an adjusted family net income of less than \$90,000
- ✓ have filed your tax return in the previous year

The Canadian Dental Care Plan (CDCP) will help make the cost of dental care more affordable for up to **9 million** eligible Canadian residents.



How to Apply

CDCP Application Phases	
Group	Online applications open
Seniors aged 65 or older	Now
Adults with a valid Disability Tax Credit certificate	
Children under the age of 18	
All remaining eligible Canadian residents	May 2025: <ul style="list-style-type: none"> • May 1: 55 to 64 years old • May 15: 18 to 34 years old • May 29: 35 to 54 years old

Oral health care is important to your overall health and well-being. Regular visits reduce the risk of health problems.



In 2022, 1 in 4 Canadians reported avoiding visiting an oral health professional due to the cost.

Every Canadian deserves accessible, affordable and essential dental care.



For more details on the CDCP and eligibility criteria, visit Canada.ca/dental




2025
INCOME TAX CLINIC

April 23rd - 9am-3pm

FREE Income Tax Clinics

CONTACT US 

(705) 562-8358
Brenda Lesny

Learn about your income tax and have your tax return done in this FREE clinic offered at through the Onaping Falls Lions Club and the United Way. This valuable information clinic is FREE of charge to low income families.

KEIRS

Motivational thoughts with Doug Keir

Korner


If you want to run with the big dogs you have to get off the porch.

Furthermore, if you are not the lead dog then the view is always the same!



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Levack

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*Catholic Parishes of Onaping Falls & Cartier
The Catholic women's league
SPRING RUMMAGE SALE*



LOCATION:

**ST. BARTHOLOMEW PARISH
30 CHURCH STREET, LEVACK**

DATE:

**SATURDAY and SUNDAY, April 26-27
from 8:00 a.m. to 1:00 p.m.**



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Regional Canada Pageant 2025



In an industry where hard hats and steel toe boots often come with barriers, Crystal Godin is proving women belong in every space including mining and trades. This May she will proudly represent Levack-Onaping in the Regional Canada Pageant.

Crystal will be competing in the Ms. Category. Women from all over Canada vye for this title. Her platform: to inspire and empower women in male dominated fields.

"Lace up those boots, stand up tall and let's break stereotypes" says Godin. Her goal is to motivate and encourage the next generation to chase their dreams!

14 year old Raelle Morin will be competing in the Regional Canada Pageant also.

Raelle will be representing Onaping Falls in the Teen division.

As a regular community volunteer it is not surprising that Raelle's platform is on Volunteerism and the benefits it has to our communities.

Raelle will be hosting a Porketta Bingo fundraiser on April 12th at the Onaping Falls Legion. All are welcome!



The Regional Canada Pageant is a 3 day event filled with interviews and guest speakers with the finale held at College Boreal on May 3rd. Doors open at 6pm

Tickets are \$25 and available at the door.

Go one out and support these two lovely young ladies.



Michel Brabant

Ward 3 Councillor

City of Greater Sudbury

michel.brabant@greatersudbury.ca

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Serving Onaping Falls and Cartier

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3pm to 6pm

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September 7th, 2024*

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Onaping
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APRIL 4 & 5 | 10 AM - 4 PM

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Onaping Falls News April 2025



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Located in the Place Bonaventure Mall in Chelmsford

The Onaping Falls Golden Age Club offers many forms of arts and crafts. Quilting, sewing, crocheting and knitting and art art classes are available every Thursday from September thru to May.

This season our sewing club members have hemmed pants to sewing boat seat covers! It is a busy place and keeps our Seniors active throughout the year!!



705-966-0137



Craft Group convenor Wendy Gauvreau (left) working with her 1947 Singer Featherweight sewing machine.

Beverly Rouleau(right)with one of her many Diamond Art bead work pictures. Bev teaches bead art to members.



Onaping Falls Golden Age Club member, Pat Winn displays one of her many hand made quilts. A lot of Pat's work is done by hand and what is not done by hand is done on a treadle machine.

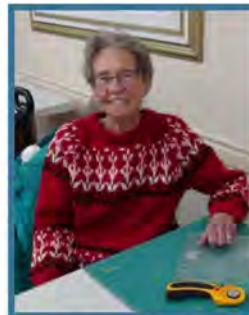


Sheila Haggart (left) is pictured here working on a quilt with her very modern sewing machine.

Bonnie Ducharme (right) sews everything on her vintage 1940 featherweight sewing machine.



Linda James (left) working on quilting squares with her heavy duty, state of the art Janome sewing machine.



Diane Purdue (left) instructs quilting with the group and is very talented at embroidery sewing. Diane personally owns many machines.



CHEVALIERS DE COLOMB

**Réunion 1er Mardi de
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April 2025

Onaping Falls Lions Club

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



Everyone is welcome to join us this year for our
Walk for Guide Dogs on Sunday, June 1st.

The Lions A5 Walk will be held in Dowling this year!
Join us and support a great cause!

For more details on how to join us please contact
Marcel Portelance at 705-626-3782 for details!!



More information to follow in the May issue of the Onaping Falls News

ONAPING FALLS LIONS CHARITY



Monday nights
with warm ups
starting
at 6:30pm

FREE
Breakfast with
the
EASTER BUNNY

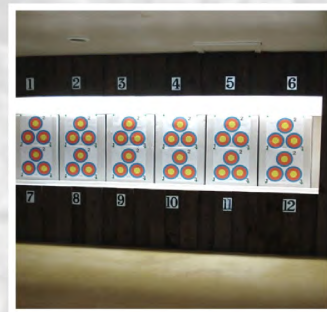
Everyone welcome!
Saturday, April 5th
10am to 1pm



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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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OBSERVATION DECK

APRIL 2025 WITH ELLARD

Condolences to the families of Gilles Audette, Brook Hyatt, Brigitte Landry, Bernadete (Bernie) Dwyer, Mark Roussel, Maurice and Jeannette Trepanier, Linda Laberge Shofield and Isabel Mihajic

Let's give a big Onaping Falls Welcome to Doctor Ruairi Laski! Our newest Dr. who is now a resident to our community and is expecting the rest of his family to arrive in June. We are so grateful to have you here Ruairi! Welcome, Welcome, Welcome!!

Hippity Hop just around the block is the Easter Bunny. Hide your eggs and go to Church!

As true Canadians we support our political and community leaders. There is no such thing as "My Way or No Way". It is the "Canadian Way" We are internationally renowned for garnering respect, trust, admiration and esteem from other countries. No one can take that from us, not even the Great Dissembler. Together we are stronger! Elbows Up!

Congratulations to two locals who were awarded the King Charles III Coronation Medals for accomplishing outstanding objectives in our community. Flora Wilson Chartrand and Martha Cunningham Closs are deserving of this outstanding award!

Hockey file: Another year passed and The Red Team has once again won the overall Red/Green Championship. We will travel to Toronto for our induction to the Hockey Hall of Fame. Our induction ceremony is on April 1st. LOL

Ellie bits

April Birthstone is The Diamond and it is also Make America Beautiful month which should go hand in hand with April's Fools and National Humour month. Right!!

HAPPY EASTER !!

Ellard

2025 SEASON!



We hope everyone had a safe and healthy winter. We're excited to have everyone back for another wonderful season. Clubhouse will be open weather depending and will be communicated on Facebook!

As a reminder, league play will return and everyone is welcome!

Our clubhouse and course grounds are still open for event bookings!

BOOK EVENTS:

- **Golf Tournaments**
- **Baby Showers**
- **Weddings**
- **Retirement Parties**
- **Birthdays**

Memberships are still available.

Please contact for more information or to book:

- **Info@golfwindy.com**
- **705-966-2077 – Please leave a voicemail, your call will be returned**

King Charles III Coronation Medals con'td

by Dolly Jordan



Flora is pictured here with Ken Faubert, District H Commander. While attending the Legion convention on the weekend of March 15th five District Commanders recieved the Coronation Medal from their Provincial President.

Flora is Chair of Falls Food (the Food Bank located in the Onaping Community Centre that services Onaping Falls residents) and has volunteered with the Royal Canadian Legion for over 40 years. She is currently First Deputy Commander of District H of the Royal Canadian Legion and has worked tirelessly at both the Zone H3 and District H level. At her home Branch 503, Flora has served as Membership Chair, Poppy Chair, Second and First Vice President and has been involved in the organization of Legion Special Events, BBQ's and the famous Porketta Bingo.

Martha has volunteered with many organizations and institutions over the years including being the founding chair of the Onaping Falls Community Action Network (23 years ago), she served for many years on the Parent Council at Levack Public School and Provincially with the Ontario Parent Council. She also represented Onaping Falls as a member of the Community Solutions Team for the City of Greater Sudbury.

Martha continues to be heavily involved in Legion Youth Education and the outreach team at St. Johns United Church.

Martha is pictured with MPP France Gelinas. France presented Martha with her Coronation Medal on March 11th at the Onaping Library where Martha works!.



**Congrats to our longtime Onaping Falls residents Martha and Flora.
Many thanks to those who came before!
Kudos to all our dedicated volunteers who continue to work hard to
keep Onaping Falls a great place to live!**

*We know you have
a choice!*

*Thank you for
choosing us!*

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April Sales

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***Don't forget about Easter Chocolate
and goodies!!***



It's never too late to take up the habit of reading. The Library is a good place to start! And audiobooks count! The Greater Sudbury Public Library has a large selection of audio books that you can listen to while walking, working out, cleaning or just relaxing. All you need is a library card! Reading is much more than a pleasant pastime. Recent research shows that reading can significantly benefit mental health by reducing stress while improving focus and concentration. Reading makes you curious and interested in other people and places, fostering empathy and emotional understanding.



There's a strong connection between reading and mental well-being. First there is the experience of being immersed or engaged while reading a story. This is called narrative absorption. It means you are taken away to diverse storylines but it is more than that. Researchers believe that mentally transporting ourselves away from our physical surroundings can provide an escape or opportunity for meaningful contemplation. In one neuroimaging study, participants who read more narrative fiction had greater activation of the parts of the prefrontal cortex involved in perspective-taking. They could imagine other outlooks and life experiences. This may help explain the recently discovered correlation between lifetime reading and the ability to understand how people are thinking.

Other research shows reductions in depression. And even better reading can be associated with living longer. One study found that older adults who regularly read books had a 20% reduction in mortality compared to those who did not read.

LET'S RECAP READING BENEFITS:

- Reading can lower heart rate and ease muscle tension, leading to relaxation.
- Reading can improve sleep quality by calming the mind and reducing stress.
- Reading can help reduce symptoms of depression and anxiety.
- Reading can be a form of self-care and a way to connect with others.
- Reading can help improve your overall mental well-being and quality of life.
- Reading is connected to living longer!



Time to visit the Levack Onaping Library so you can find out all the amazing ways you can start the reading habit. Audio books, ebooks, graphic novels, board books for beginners, how-to books, large print and so much more! Let me show you!

April Brings a fresh new program to the Levack Onaping Library:

DIY NATURAL CLEANER - SOCIAL EXCHANGE

APRIL PROGRAM!

SATURDAY, APRIL 12, 2025 -11:00 AM - 12:00 PM

Join us for a hands-on discussion on sustainability, where we'll explore eco-friendly living and create your own natural cleaner. Learn about the benefits of green alternatives, share ideas with like-minded individuals and take home a cleaner that's good for both your home and the planet! Register by calling the library at 705-688-3951 or online at:

<https://events.sudburylibraries.ca/default/Register/2025-04-12-1100-DIY-natural-cleaner-social-exchange>



You can find Martha at the Levack Onaping Library in the Onaping Community Centre wondering if she will ever make the cover of the Onaping Falls News.

The Levack Onaping Library is OPEN:
Mon 9 – 2, Tue 2 – 7, Wed 10 – 2, Thu 2 – 7 & Sat 10 – 2*
 *Closed Saturdays in the summer



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1 St. James Street, Onaping, Ont.
705-966-2387 - branch503@eastlink.ca



Annual Branch 503 Curling Bonspiel Champions 2025

Congratulations to this year championship team.

The 2025 Winners are Joanne Martel, Yvon Martel, Sharon Dane and Jeff Dane



This years event had 16 teams!
Another successful day and grand time
was had by all.

Bonspiel Organizer, Sharon Dane, would
like to Thank the Levack Pharmacy,
Levack Home Hardware and
Levack Credit Union for their donations.

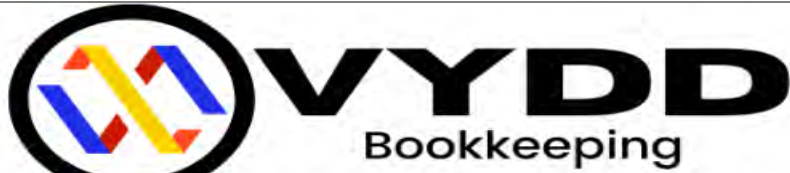
A delicious meal was served by the
wonderful Branch Ladies Auxiliary.

Thank you to Kathy, Marlene,
Claudette, Shelly, Brenda for your
fantastic meal!

Legion 	
Onaping Falls Branch 503 Poppy Trust Fund Report 2024	
December 31, 2024 Balance Forward	\$ 14,217.08
Deposits:	
in Memory Of	\$ 390.00
Worship Sales	\$ 8,555.00
Poppy Sales	\$ 2,826.90
Donations	\$ 456.00
Total Deposits	\$ 7,027.90
Cheques:	
Donations	\$ 1,500.00
Poppy & Welfare Supplies	\$ 4,855.56
Youth & Literacy	\$ 507.20
Poppy Chair Expenses	\$ 45.97
Bursary	\$ 250.00
Veterans Comforts	\$ 1,335.25
Total Cheques	\$ 10,093.98
Ledger Balance December 31, 2024	\$ 8,151.00
Outstanding Cheques	\$ 4,398.13
Bank Balance December 31, 2024	\$ 12,549.13

**Porketta
BINGO**

SATURDAYS
LEVACK-ONAPING LEGION BRANCH 503
@ 3:00 PM
DOORS OPEN AT 1:00 PM



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Onaping Falls High Riders SNOWMOBILE CLUB

Onaping Falls High Riders are proud to present Falls Food Bank with a donation of \$1,100.00. This contribution is the result of a successful Ride the North Poker Run. Thank you to all our supporters, you the riders and non riders who purchased poker hands, sponsors and volunteers.

For more information
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volunteer@ofhr.ca

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Back row - Scott Huzij, Pierre Prince, Kathy Judd, Jesse Hayes, Dave Santi, Colin Mandy, Cody Denault and Gord Prince.
Middle Row - Cameron McKay, Ray Lacroix, Karen Morley and Jim Lejambre
Front row - Doug Reynolds, Paul Dalpe, Amanda Linton and Denis Tranchemontagne
Photographer - Dave Keir

Next General Member
Meeting

"Look forward
to seeing you
in the Fall"

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WWW.SUDBURYCU.COM

The Onaping Falls Art Club News

Contact Information

President: Janice Farrow 705-919-5971

Vice President: Lucie Mainville 705-988-6355

Treasurer: Elise Charron 705-923-0094

Facebook page "The Onaping Falls Art Club"

Sue Laframboise

Owl Face

Acrylic



Artist of the Month

Sue Laframboise

will display her paintings in
the Levack Onaping Library
for the whole month of April.

Stop by and see her work!

Demonstrations and Workshops 60th Anniversary Art Show

Brigitte Bere was teaching some club members about *felting* in March!

Members of the art club are able to work on projects of their own choosing and/or participate in workshops. They learn about and create with a variety of media. Why don't you come and join us?!

Did you know the Onaping Falls Art Club has been around for 60 years?

Art club members are planning an Art Show and 60th Anniversary Celebration!

Stay tuned for more details...

"Creativity takes courage"



France Gélinas

La députée de Nickel Belt - MPP for Nickel Belt

NICKEL BELT BULLETIN

APRIL / AVRIL 2025

Hello,

In Ontario, the month of April is designated as “BeADonor Month” to raise awareness and encourage registration for organ and tissue donation.

April 7th is recognized as National Green Shirt Day, to acknowledge the importance of organ and tissue donation.

There is a significant need for organ and tissue donation in Ontario, with many people waiting for life-saving transplants.

To register, you need to be at least 16 years old, provide your date of birth and your health card. Here is how you can register as a donor:

Online at beadonor.ca

In person at any Service Ontario by completing a Gift of Life Consent form and sending it to 435 South James Street, Suite 113, Thunder Bay, ON P7E 6T1.

The Trillium Gift of Life Network is Ontario’s organ and tissue donation agency, responsible for planning, promoting, coordinating, and supporting donation efforts across the province.

For more information call them at 1-800-263-2833 or visit online at giftoflife.on.ca.

If you have any questions, call us and we would be happy to help you 705-969-3621 or 1-877-280-9990.

Until next month...

Bonjour,

En Ontario, le mois d’avril est désigné « Soyezundonneur » pour sensibiliser la population et encourager l’inscription au don d’organes et de tissus.

Le 7 avril est reconnu comme la Journée nationale de la chemise verte, pour souligner l’importance du don d’organes et de tissus.

Il y a un besoin important de dons d’organes et de tissus en Ontario, où beaucoup de gens attendent une greffe qui peut leur sauver la vie.

Pour vous inscrire, vous devez avoir au moins 16 ans, fournir votre date de naissance et votre carte de Santé. Voici comment vous inscrire en tant que donneur :

En ligne à soyezundonneur.ca

En personne à n’importe quel bureau de Service Ontario en complétant un formulaire de consentement au don de vie et en l’envoyant au 435, rue James sud, bureau 113, Thunder Bay, (Ontario) P7E 6T1.

Le Réseau Trillium pour le don de vie est l’organisme responsable de la planification, de la promotion, de la coordination et du soutien des activités de don d’organes et de tissus dans toute la province.

Pour plus de renseignements, composez le 1-800-263-2833 ou visitez le site Web giftoflife.on.ca/fr/.

Si vous avez des questions, vous pouvez nous appeler et nous serons heureuses de vous aider 1-877-280-9990 ou 705-969-3621.

Au mois prochain...



705-969-3621
1-877-280-9990
www.francegellinas.ca
fgelinas-co@ndp.on.ca

**WE ARE
HERE TO HELP**

CALL US FOR MORE INFORMATION
705-590-2445

HOME CARE SERVICES WE OFFER

- ♥ PERSONAL CARE
- ♥ COMPANIONSHIP
- ♥ RESPITE
- ♥ ADVANCED AND DIABETIC FOOT CARE
- ♥ HAIR CARE
- ♥ LIGHT HOUSEKEEPING
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- ♥ MEAL PREPARATION

GET IN TOUCH FOR PERSONAL CARE ADVICE
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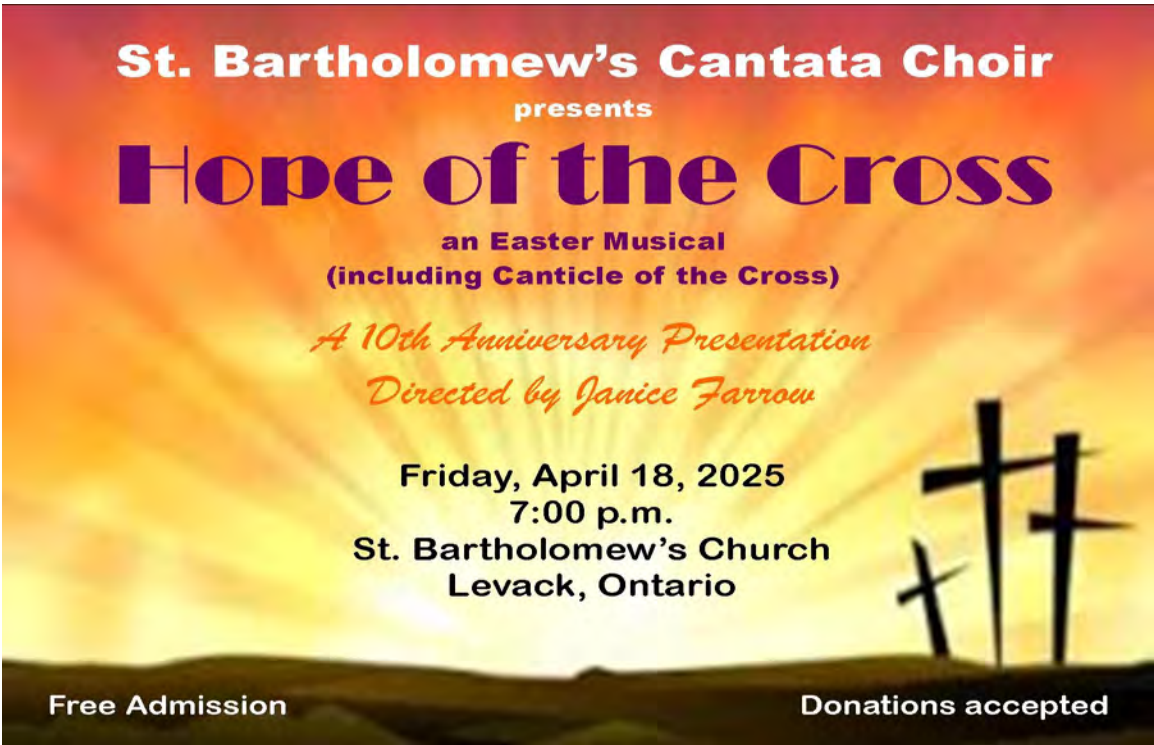
St. Bartholomew's Cantata Choir
presents

Hope of the Cross
an Easter Musical
(including Canticle of the Cross)

A 10th Anniversary Presentation
Directed by Janice Farrow

**Friday, April 18, 2025
7:00 p.m.**
**St. Bartholomew's Church
Levack, Ontario**

Free Admission **Donations accepted**



Memorium

Reflections on a Life: Part 2

Janet Hedderson

October 10, 1951 - April 9th, 2023

Hello Easter people, this April 9th it will be two whole years since myself, Will, her family and friends bid Godspeed to Janet. God rest her soul. Thank you, Onaping Falls News, for giving me time and space to remind friends and family of her time with us and for allowing me the opportunity for sharing some introspection and confession.

She passed away April 9, 2023 which was an Easter Sunday that year.

Since that time I have become reconciled to living as long as I can without her. Obviously, I'm not alone in grieving for the lost loved ones and people's experience may vary but personally, for me, some days are harder than others and sometimes I am haunted by stuff I didn't do, or times I wish I would have behaved differently, or better.

I have regrets about how my actions, or lack of action, may have caused her emotional or psychological distress. I find myself praying to Jesus to get word to her about how sorry I am, how guilty I feel, for those occasions. In spite of those awkward times,

I thank the Lord for her life with all of us, especially with me.

She was a blessing and inspiration to me and to those life's she touched.

I won't bare my soul too much but this act of writing and sharing helps with my grieving journey somewhat. I hope it's not too boring for the reader. I'll end by sharing a poignant poem that you may know. I believe it's an accurate reflection of the feelings for many who have lost loved ones. Becky Hemsley could have been reading many minds when she wrote it!

Quietly by Becky Hemsley

I missed you quietly today.
So quietly no one noticed.

I missed you as I climbed out of bed and
as I brushed my teeth; when I waited
at the lights on the drive into work and
as I heard the rain outside my window.

I missed you as I ordered lunch and as I
kicked off my shoes when I got home; as I
switched off the lights and climbed into
bed for the night.

I missed you without tears or noise or fanfare.

FREE Vitals Clinic

Hosted by



Thursday, April 3rd
1pm to 3pm

Onaping Falls Lions Club
27 Sturgeon Street, Dowling

Everyone welcome!



FREE

Indoor Walking

Onaping Community Centre

Monday - Tuesday - Wednesday

10am to 1pm

Thank you to

MAGNA MINING INC.

for supporting the
Onaping Falls News

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705-662-9095*

Go Huskies Go!!



Go Huskies Go!!

Congratulations to our U11 Huskies!
North Eastern Hockey League 2024-2025
Division Orange Champions



Coaching Staff: R. Sarazin, R. Lamothe, D. Luoma, L. Sarazin (Missing C. Cunningham, M. MacDonald)

Top row (left to right): J. Luoma, P. Waddington, E. Judd, D. Brouse, L. Lamothe, L. Sarazin, B. Dmytriw, H. Peacock

Bottom row (left to right): L. Velanoff, T. Rouleau, K. Evoy, CJ Cunningham, W. Legault, I. Picotte, B. Labrash, B. Dundas, S. Beaugard (Goalie)

Our U11 Huskies are Division Champions! They went 3-1 in the playoff round robin to take 2nd place in their division. Facing the daunting task of trying to beat a team they lost to 4 times during the season, these little warriors played their best showing incredible heart and resilience to win the Championship!

During the season the team also took in a Senators NHL game during their trip to Ottawa in December. Our U11s were also well represented at the SMHA House League Classic Skills Competition where Lucas Lamothe won in the Best Shooter Competition, Blake Dundas placed 2nd in Fastest Skater, Sawyer Beaugard stopped 2 of 3 shots in the Best Goalie, and Brody Dmitriw dazzled the crowd with his thunderous snapshots in the Hardest Shot Competition where he was the clear winner, but a faulty radar gun resulted in only 3 of the shooters' shots being registered.

Great season Huskies!!

COMMUNITY ACTIONS NETWORKS C.A.N.

Volunteers needed! Please join the next meeting!



Follow their Facebook page
for information and
meeting updates.

Join Us!

FILL A BUS



ZONE 47 North LIONS CLUBS FOOD DRIVE

April 26th
Starting at 1pm

Collecting Items

- ✓ Non-Perishable Food Items
- ✓ Healthy Snacks
- ✓ Beverages
- ✓ Personal Care Items
- ☐ Boxed Meals
- ☐ Nut Butters
- ☐ Grains and Cereals
- ☐ Canned Fruits and Vegetables

HELP US STOCK YOUR LOCAL FOOD BANK!!

**Onaping Falls
Pastoral Charge**

Larchwood Memorial, Dowling
St. John's, Levack, Onaping & Cartier
705-966-3823

Minister : *Rev. Diane Tait*

Schedule of Lenten Services

Palm Sunday April 13th

Please bring a branch of Cedar to wave.
Larchwood Memorial, Dowling 9:30am
St. John's, Levack 11:00am

HOLY WEEK SERVICES

Maundy Thursday April 17th

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

Good Friday April 18th

Larchwood Memorial 7pm

**Easter Sunday April 20th
"He is Risen"**

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

PALM SUNDAY BRUNCH

Sunday, April 13th at 12:30pm
Baked Ham - Baked Beans - Pancakes
Sausages - Egg Casserole - Assorted Salad
Fresh Fruit Salad - Sweets

ADULTS \$15.00 CHILDREN (under 10) \$5.00

Tickets available - Call 705-966-3823,
leave a message

Catholic Parishes of Onaping Falls & Cartier

Messes pendant la saison du Carême

Masses during Lenten Season 2025

April 13 – 13 avril Palm Sunday Dimanche des rameaux Levack (Sat.) 4:00 pm Cartier 8:30 am Levack 9:45 am Dowling 11:00 am	April 18 – 18 avril Good Friday Vendredi saint Cartier 9:00 am Dowling 11:00am Levack 3:00 pm
April 17 – 17 avril Holy Thursday / Jeudi saint Dowling 6:00 pm Levack 4:00pm Exposition of the Blessed Sacrament after Mass. Exposition du St Sacrement après la messe.	April 19 – 19 avril Vigil / Veillée Pascale Dowling 5:00pm Levack 7:00pm
	April 20 – 20 avril Easter / Pâques Cartier 8:30am Levack 9:45am Dowling 11:00 am

Stations of the Cross

Levack : St. Bartholemews Parish
 Wednesday at 6pm with confession
Dowling: St. Stephen/Etienne Martyr
 Friday at 6pm with confession



Nikki Massage

I'VE GOT YOUR BACK

44 Third Ave N
 Levack ON
 P0M 2C0

Nikki Cook, RMT

(705)561-5617

nikkidrmt@yahoo.com



**ONAPING FALLS LION'S
BREAKFAST
WITH THE
EASTER BUNNY
SATURDAY
APRIL 5th
2025**

**10am till 1pm
Dowling Lion's Den
27 Sturgeon St.**

**Come out and enjoy a Free Pancake Breakfast
with lots of Goodies, Fun and Friendship!**



EVERYONE IS WELCOME!