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 Your Community Connection

June 25, 2013 Issue 26 - Volume 17
www.aroundandabout.ca

Espanola Presents Strategic Plan and Budget

By *Chloe Kneer* - Espanola Deputy Mayor Jill Beer presented and explained the accepted 2013 budget as well as the strategic plan during a public forum at the Espanola Recreational Complex on June 12. The crowd at this public meeting was noticeably much smaller than the last, which was held in February. Back then, Beer said, "Yes, there will be higher taxes." Her statement was based on the just handed-down decision of the Assessment Review Board to award Domtar's Espanola mill \$4.9 million in back taxes from the years 2008-2012.

At the original meeting, Beer explained that the town had tucked away approximately \$1.7 million in a "rainy day fund" in anticipation of having to pay Domtar retroactively. When questioned at the June 12 meeting, Mayor Lehoux admitted that the money isn't actually on hand, but rather the town had been forgiving Domtar's tax payments over time. He also said that the town, "Has no plan to pay Domtar back. They've offered generous repayment terms, but they won't forgive [the debt]." Beer added, "We don't have the provisions to pay it back." The very next day, Clerk Treasurer-Administrator Cynthia Townsend attended a meeting in Toronto dealing with the issue. She says, "MPAC and the ARB were in attendance at our meeting with the Ministry of Finance and Ministry

Continued on back page...

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And Then All You Can Do Is Laugh

On what was once a peaceful planet and now appears to be our solar system's biggest crime scene – the world is in need of humour. It's a big world and as hard as he tries, Mayor Rob Ford can't do it all by himself.

Whereas laughter was once a bit of a bonus, it is now a vital ingredient to a happier, healthier life. No longer a luxury, laughter has become a necessity today.

Given the complex workings of the human body, the immediate benefits of a good bout of laughter are quite remarkable. First the heart rate drops and blood pressure eases off. More oxygen is added to the blood and then, endorphins are released in the brain characterized as a 'natural high.' A calmness takes over the brain assisted by the fact that when you're laughing you can't possibly be worrying.

Studies show that laughter boosts the immune system helping to fight off infection. People who laugh a lot get fewer colds and have a higher tolerance of pain because of the immunoglobulin produced in the process.

But it's got to be a good laugh, eh? Not a tepid ha ha – "don't bend over in the garden Granny, you know them taters have eyes" – kind of laugh. This is the kind of belly-laugh you get while retelling the story of how your husband while teeing off at the Humane Society Golf Tournament took a mighty swing, ripped his pants, fell down and made a noise that frightened the "Adopt Me Dog of the Week". When you make that

snorgeling noise and root beer comes out your nose, the health benefits of laughter are definitely in high gear.

Dr. Madan Katria of Mumbai, India believed laughter played such a vital role in boosting the morale of people living in the slums of Mumbai that he started a laugh club. Each person brought a piece of humour and the hysterical response of the group produced better benefits than therapy. Today there are a thousand laugh clubs around the world and over fifty in Canada. Laughter being immediately contagious, jokes are no longer needed. They just meet, fall down laughing and go home happy.

In the workplace, laughter lightens the mood and boosts morale, thus reducing stress. Humour in a place of business creates camaraderie among employees and wards off burnout. Acting as an emotional stimulant, laughter at work in measured doses can't help but increase productivity and longevity of employment. Most employees rate a pleasant and happy work environment higher than a wage increase when listing reasons they like their job.

But you have to be very careful. Humour is perilously subjective. As American humourist Ray Blount Jr. was fond of saying: "A good joke is like a hefty sneeze. If it's any good at all, somebody's going to get some on them."

The working title of Margaret And Me, a book I wrote about my wee Irish mother was: All Humour Needs A Victim And Your Mother Should Come First! I

Continued on page three...

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Continued from page two...

changed the title because at 89 years of age, she threatened to get a lawyer. We settled out of court. Yet part of that title 'all humour needs a victim' is true.

Choose your victims wisely. One workplace study shows that 70% of jokes told in the workplace mock their co-workers' age, sex or weight. This not only defeats all the benefits of laughter, the real butt of the joke, yours, will find itself in a real bind.

The best victim of humour is always you. Self-deprecating humour, poking fun at yourself is a solid and safe form of humour.

"Sorry about all that waving," said Jerry Seinfeld. "I couldn't control my arms. I shouldn't have been at that meeting. I was just a puppet in there."

The next best victim is us. All of us. Observational humour

that takes all of us to task for our human foibles is safe by inclusiveness.

The biting satirist Mark Twain was funny but inoffensive because he held all humans to the same (low) standard. "Familiarity," said Twain, "breeds contempt ... and children."

Twain's stress-reducer? "When angry, count to four. When very angry swear."

Looking at the state of the world, then and now, no words ring truer than Twain's take on people. "Man is the only animal that blushes. Or has need to."

To get more laughter in your life and humour in your workplace, be creative. Some hospitals in the States have "humour carts" full of everything from rubber chickens to water pistols to remind the sick that fun

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should be part of their healing program. Some corporations have "humour rooms" with comedy videos, gags and humour tapes to give their employees a quick jolt of laughter instead of caffeine. The U.S. Digital Equipment Company has deputized a "grouch patrol" whereupon happy employees put on big red noses and swarm the office of the cranky guy. Proudly, Canada funds a group called "Clowns Without Borders," high powered executives who on their own time and dime, don clown costumes in war zones around

the world to teach children how to smile and laugh again.

Laughter, a weapon of mass resurrection. Nearly a century and a half ago, President Abe Lincoln understood the benefits of humour. "Gentlemen," he said to his cabinet members, "Why don't you laugh? With the fearful strain that is with me night and day, if I did not laugh, I should die."

For comments, ideas and copies of The True Story of Wainfleet, go to www.williamthomas.ca

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2nd Annual Love, Pray, Serve In Espanola on July 13

By Larissa Langlois and Josiah Faulkner - Love Pray Serve is a community outreach mission run by a group of volunteer local Christians. The purpose of this day is for volunteers from local churches to show the people of Espanola God's love through random acts of kindness. On July 13, we will be having our second annual LPS event. Throughout the day we will be running various types of events in town. These events include a free car wash at Petro Canada, town clean up, bagging groceries at Freshco, food drive for the

Espanola Food Bank, kids fun day, free pampering at Hair Plus, and a group of volunteers who are willing to do odd jobs around one's home and yard. For the last two events mentioned, the free pampering and odd jobs, we will be putting up posters and advertisements so people of the community will be able to sign up and receive our volunteers' services. So keep your eyes open for our sign up sheets around town, and our volunteers on July 13th! We are excited to serve this town and pour love and blessings upon all people!

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90TH BIRTHDAY

Open House to celebrate Jean Bishops 90th Birthday on Tuesday, July 2nd from 2:00 - 4:00 p.m. at the Massey Legion Hall. "Best wishes only" 06/25

FOR RENT

FOR RENT - 1013 Hopkins Hill Rd., Espanola. Upstairs, 1 bdrm furnished apt., \$525.00/mth, utilities incl. First & last required, non-smoker. Ideal for 1 person or a couple. Avail. July 1st. Call 705-869-1726 06/25

FOR RENT - 1 and 2 bedroom apartments available immediately. 45 Arthur Court Espanola, please call 705-869-5989. References required. 06/25

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YARD SALES

Massey Museum Yard Sale - June 29th. All donations are gratefully accepted. Items can be left at the museum one week before the sale.



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FOR SALE



TOWNSHIP OF NAIRN AND HYMAN

INVITATION TO BID SALE OF SURPLUS EQUIPMENT LAWN TRACTOR

The Township of Nairn and Hyman will receive sealed tenders until Friday, July 5, 2013 at 4:00 p.m. local time for the sale of the following:

1 Lawn Tractor (2001 Husqvarna YTH 2048 Lawn Tractor with 47" rotary broom attachment)

The above item are being sold "as is" and "where is" and is available for inspection by appointment by contacting the municipal office at 705-869-4232. Bids must be submitted on the prescribed forms and are available at the municipal office or online at: www.nairncentre.ca

BAILEY BRIDGE

The Township of Nairn and Hyman will receive sealed bids until Thursday, August 29, 2013 at 4:00 p.m. local time for the sale of the following:

Bailey Bridge
 12 feet by 80 feet, double panel bailey bridge

The above item is being sold "as is" and "where is" and is available for inspection by appointment by contacting the municipal office at 705-869-4232. Bids must be submitted on the prescribed forms and are available at the municipal office or online at: www.nairncentre.ca

Minimum bid is set at \$2,000.00

For further information on all bids please contact:

Lowest or any bids not necessarily accepted.

Robert Deschene, CAO
 The Corporation of the Township of Nairn and Hyman
 64 McIntyre Street Nairn Centre, ON P0M 2L0
 Telephone: (705)-869-4232

In The Loop

Council meetings will be held once per month over the summer period. Therefore "In the Loop" will not be appearing on a weekly basis during this time. This does not mean the ECG Executive will be idle. We are in the planning phases for the next Town Hall. This will be held on Sept. 19th at the Espanola Knights of Columbus Hall. We hope to have the result of the appeal we have filed with the Privacy Commissioner concerning what the Mayor deems as "frivolous and vexatious" requests and to present this at the Town Hall meeting.

Our stance from the outset was to provide you, the residents of Espanola, with details of how your tax monies are spent and to do so in an objective manner. We

believe you have the absolute right to the information... this is what we refer to as "ACCOUNTABILITY and TRANSPARENCY". We make no assumptions nor do we offer any opinions...we simply provide you with the facts as we receive them.

The nice weather has arrived and we wish everyone a safe, enjoyable few months and look forward to seeing you on September 19th.

In the meantime, if you have any questions or concerns, please feel free to contact us via email at espanolacitizensgroup@hotmail.ca or by phone 705 869 2629.

Richard Ellis
 Espanola Citizen Group
 Executive Member



The information provided in the Espanola Citizens Group are the written expressed opinions, views and facts collected by the ECG. A&A does not agree or disagree with the information provided by the ECG.

Recipe

In honour of Canada Day and the stereotypical notion that Canadians like their beer, here is a delicious way to spruce up onions for beef on a bun or hamburgers using a bottle of your favourite beer. These golden onions cooked to sweetness will add pizzazz to any beef sandwich.



Caramelized Beer Onions

- 2 tbsp (30 mL) butter
- 6 onions, thinly sliced
- 2 tbsp (30 mL) packed brown sugar
- 2 tbsp (30 mL) white balsamic vinegar or white wine vinegar
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) pepper
- 1 bottle (341 mL) beer, such as lager or ale

In a large skillet, melt butter over medium heat; cook onions, stirring often, until softened, about 10 minutes. Add sugar, vinegar, salt and pepper; cook, stirring, for 3 minutes. Stir in beer and bring to boil; reduce heat to medium and simmer, uncovered and stirring occasionally, until onions are golden and liquid has evaporated, about 30 minutes. Let cool. (Make-ahead: Refrigerate in airtight container for up to 1 week.)

Kids Korner

Canada Day is on Monday. The kids can have fun making personalized flags in celebration.

Handprint Canadian Maple Leaf Flags:

- 1 large piece white paper
- red construction paper
- red paint
- paint brush



Paint your child's palm red. Stamp their palm 3 times in the centre of your white paper to form a maple leaf pattern. Paint on a red stem. Cut out 2 red strips from your construction paper and glue on the sides of your white paper.

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Thank You

The Kara Huffman-Bouillon Memorial Fishing Derby Committee would like to thank the following sponsors for their very generous donations in making this event a tremendous success.

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We would also like to thank the rest of the staff of the Espanola OPP detachment for their assistance in organizing the derby and to anyone else we may have missed who has helped or donated in any way. Thank you also to all of the participants who helped us raise over \$4,000 for Kara's Trust Fund. We hope that everyone had a great time and we hope to see you again next year as we will be making this a yearly event. Donations to the Kara Huffman-Bouillon Trust Fund can still be made at any RBC branch

COMMUNITY NOTES

Webbwood United Church Sweet Sale – Homemade chocolates and fudge at the Espanola Mall June 28 from 9:30 a.m. – 3:00 p.m.

Queensway Pentecostal Church Canada Day Family Carnival - Monday, July 1 at 270 Queensway Ave from 1:00-3:00 p.m. Games, Candy, Inflatables, Ice Cream and Fun for the Whole family. Free Event. 705-869-1700.

Community Luncheons - June 25, July 9 & 23 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 a.m. to 1:00 p.m.

Massey Museum Yard Sale Items Wanted - All donations are gratefully accepted. Items can be left at the museum one week before the sale. (June 29th.)

Arts & Blooms Garden Tour – Saturday, July 6 from 9:00 a.m. to 5:00 p.m. 13 beautiful gardens, 14 talented artists, and lots of delicious cheesecake. Tickets available at Natural Choice in the Espanola Mall or by calling 705-865-3005.

Espanola Minor Soccer Raffle Tickets For Sale – Support Espanola Minor Soccer and win a chest freezer full of meat. Draw is July 20. To purchase, call Chloe at 705-918-2456.

Webbwood Eagles Club - July 1st Celebration including BBQ, beer tent, and games, prizes for the kids. All are welcome. For further info call the club at 705-869-4269.

VBS at Massey Bible Chapel – All Children JK to Grade 7 are welcome to join us for 4 evenings of fun June 24, 25, 26 & 27 from 6:00 – 8:00 p.m. at the Massey Bible Chapel on Castle Street.

Knight Cruisers Car Club - Cruise nights are Thursdays at 6:00 p.m. in the Espanola Mall parking lot.

Free Children Program in Spanish - Monday, July 8 to 13, Vacation Bible School, from 9:00 a.m.-12:00 p.m. at the Royal Canadian Legion in Spanish. Ages 5 and up. Register before June 23 at 705-865-3013 (Sue) Presented by the Seventh-day-Adventist Community Service.

Seniors Tennis - The nets are up, come and play Tuesday, Thursday, and Saturday from 10:00 a.m. - noon at the Espanola Golf and Country Club. No charge, lessons available. Call Daphne Allen at 705-869-0475.

Do you have a NOTE for the Community?

We invite not-for-profit organizations to submit information on their up-coming events in writing no later than Wednesdays at 3:00 p.m. 25 Word Limit.

Fax: 705-869-3342 or E-mail: around@aroundandabout.ca

Continued from front page...

Espanola Presents Strategic Plan and Budget

of Municipal Affairs and Housing. We are continuing to work through a number of issues which have been identified by the municipalities represented, including Elk Lake, Fort Francis, Thunder Bay, Dryden, Espanola and Kapuskasing. Kapuskasing's Mayor is also representing the Federation of Northern Ontario Municipalities. While we would like to see faster progress being made, we respect the process which we must go through to deal with these issues and hopefully prevent this type of thing from happening in the future. Another meeting will be

scheduled in July." Also at the public meeting, it was revealed that DSAAB had been receiving more money than they needed, but they are not required to reimburse the town for the overpayments. Beer reiterated that an external service review is still in the budget and being planned for. She said the review will start with the departments that are most expensive, including transportation (public works), recreation, and administration. She said there has been no discussion regarding an OPP costing versus continuing with a municipal police force.

Happy Canada Day

Fireworks Safety

To Ensure a Bang Up Time on Canada Day

1. Only Use Fireworks Outdoors
2. Choose a Clear, Open Area
3. Check For Wind: Check wind direction and wind speed; fireworks should be lit with the prevailing wind blowing away from spectators and closest dwelling. Don't set off aerial fireworks in strong winds.
4. Have Water Nearby: Keep a hose or bucket ready.
5. Read All Instructions Carefully
6. Use Ground-Based Fireworks on a Hard Surface
7. Bury Aerial Fireworks: For aerial fireworks (Roman candles), bury (do not pile) the device to half its length in the ground or in a large pail or box filled with earth or sand.
8. Keep Spectators Safe: Keep all spectators at least 20 m away from location where articles are functioned.
9. Use Proper Eye Protection and Wear Proper Clothing: Wear safety goggles and non-flammable clothing.
10. Keep Children Away From Fireworks
11. Use Care When Handling Fireworks: Prevent dropping them and don't carry fireworks in your pockets. Never smoke while handling fireworks.
12. Use Care When Firing Fireworks: Don't throw them at others or bend over them while lighting.
13. Duds or Misfires: Never attempt to re-light fireworks that have misfired (duds). Wait 30 minutes and then place them in a bucket of water.
14. Clean-Up After the Show: Wait 30 minutes after the display has finished. Check the firing area for duds, clean up all debris, and check it again the next morning.



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TANYA FARKOUH MARTIN

Tanya was called to the Bar in 2005
and will continue to practice
exclusively in the area of Family Law.

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