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Finding New Life Through Music



Photo: Espanola Nursing Home residents are often treated to live musical performances. Courtesy of the Espanola Regional Hospital and Health Centre Foundation.

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By *Chloe Kneer* – The Music and Memory program initially gained momentum with Alzheimer's patients for the positive effects music had on reconnecting them to their former selves. Ongoing research and evaluation is showing that when elderly residents of nursing homes are exposed to the music they love, the transformations in their progress is astounding. Patients with a variety of health challenges including dementia, schizophrenia, depression and other conditions are benefitting greatly from being reintroduced to the soundtracks of their lives. The documentary entitled "Alive

Continued on page five...

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Look inside this week's A&A for

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All The World's A Circus

William Thomas

williamjthomas@gmail.com

St. Patrick's Day Debunked, But The Hangover Is True

So my good friend Crothur Murphy, he of sparkling eyes and dry wit rings me up and he says: "Liam, me son, wodcha be joinin' me in The Bireann fer a wee bit of pub crawlin and the taken in of the Paddy Parade in Dublin?"

I answered Crothur in his native tongue of ancient Gaelic: Ba mhaith liom dul go dti." Loosely translated: "What was that, a trick question? Hell, yes I'll meet you in Dublin, the day before the Snake Driver arrives!"

It was years ago, I was doing a lot of travel writing and Crothur had just started a coach tour company in Ireland which he wanted Canadians to know about. We met early at a pub on Lower Grafton Street, well before the parade began in order to get two seats at the bar. Although I can't remember the name of this particular pub, the other classic watering holes in Dublin are hard to forget - Danger Doyles, Fibber MaGee's, The Bleeding Horse, Break For The Border, The Foggy Dew, Durty Nelly's, The Brazen Head, The Hussey In The Jacuzzi and the Prick With The Stick.

Our pub was quite close to the black iron statue of famed street vendor and suspected prostitute, Mollie Malone pushing her wagon of cockles and mussels. This monument is known to locals as "The Tart With The Cart." (At the time, cleverly reminiscent of the British names for Prince William and his little brother Harry. "The Heir And The Spare.")

St. Patrick's Day in Dublin is like the black Irish stout that fuels the festivities: heady and powerful, brimming with pride but promising a spectacular hangover. Although everybody is Irish on St. Patrick's

Day my grandparents emigrated to North America from County Cork so I come by my Irishness honestly.

"Cheers." "Cheers." We clinked our pints of Guinness and I asked a lot of questions noting the answers in a small pad next to my camera. I couldn't help but notice that the river in Dublin was not running green with dye like the one in Chicago.

"We just wouldn't do that," Crothur says explaining that the once mighty River Liffey that flows through Dublin slows in the summer and gets a little gamey.

"It needs no dye to get green," says Crothur. "And that's when we call her the 'Sniffy Liffey'."

And corned beef and cabbage? "That's all New York City stuff which also has a parade much bigger than ours here in Ireland."

And green beer? "Good Lord! The Irish would refuse to drink beer that's green!" And then he caught himself: "Well wouldn't that be a grand time to have that camera of yours, when an Irishman refuses a drink!"

So New York City has the largest St. Patrick's Day parade? "Yes of course because America has 34 million people with claims to Irish ancestry. We've only four million people in all of Ireland."

And then he caught himself again. "But we do have the shortest St. Patrick's Day Parade. It's in a little town called Dripsey and the parade spans 26 yards between two pubs."

I noticed Crothur was not wearing anything green. "Nay, but neither did Saint Patrick. All the religious depictions of him show

Continued on page three...

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Continued from page two...

him wearing vestments of blue, not green.”

The patron saint of the Emerald Isle was not swathed in green? “We’re not actually sure he was our patron saint,” he said. “Records show he was born in either Scotland or Wales but not here.”

Good grief. My St. Patrick’s Day Parade was turning into the March of Misconceptions!

Sitting at the bar in my green sweater and matching bowler hat, having come to Dublin to admire the green marching bands lead by the Lord Mayor in brilliant green from head to toe ending with the wee green Patrician Primary Pipers I felt ... I felt kinda blue.

Well, at least St. Patrick got rid of the snakes. “There were never any snakes in Ireland,” said Crothur. “We think this was more of a metaphor than a fact of nature.”

So St. Patrick’s Day in Ireland really is just a massive party, like the Irish need another one of those.

“Please Crothur tell me that we’re not drinking Guinness Lite!?!”

“Nay, lad this tis the real ting - the best stout in the world. And as Crothur raised his glass to display the Guinness emblem, the publican took that as a sign and brought us two more. It wasn’t yet noon.

Somebody banged a glass on the table and the whole pub started chanting “Erin go bragh!” which Crothur said is “Ireland Forever” but what I really think it means is that leprechauns don’t exist and shamrocks are red.

“To St. Paddy’s Day in Dublin,” I proposed.

“Ay,” said my friend looking around the pub. “We two sons of Ireland together on this day and those that are nay with us ... are a Guinness.” Oh yeah, there was a half bottle of aspirin in my future.

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

Batter Up! Espanola Minor Baseball Extends Its Season For 2015



I think it is a great idea and we hope our members agree. We are going to give it a try.”

“We will be looking for donations once a year to help assist the league. We appreciate the support of the

community and its members, not only in Espanola, but on the North Shore and Manitoulin Island. All children are welcome to come to Espanola to play in our league.”

“The teams will be playing at least two games a week, plus at least two in the finals, that’s a total of 18 games in all,” explains Russell.

“Most of the [registration] fees go towards paying the substantial field user fees and insurance costs, as well as equipment, t-shirts and the barbecue at the end of the season. We really appreciate Rustie’s Cafe for stepping forward to host the barbecue once again this year. All in all, we are set to go and hope to see plenty of parents coming out for registration.”

Registration will be held on Tuesdays, Wednesdays and Thursdays from 6:30 p.m. to 8:00 p.m. at the Espanola Regional Complex on April 7 - 9, April 14 - 16 and April 21 - April 23. Registration forms will also be brought to all the schools in Espanola, Webbwood, Massey, Birch Island and Little Current.

“Umpires and coaches will also be needed as volunteers for the season. New coaches will be given all the tools they need to guide the game with the number one rule being have fun!” enthused Russell. “We will host our coach’s meeting on Saturday, April 25, at 11:00 a.m. at the Espanola complex to make up the teams, the schedule and the windup schedule, and we will also host an umpire clinic, so we will be set to go.” For more information, contact Russell at 705-869-6397.

By Rosalind Russell - The Espanola Minor Baseball Association has decided to change up the game on the diamond this year. Following some discussion at the AGM held on Thursday, March 5, it was decided that the season would be expanded from six to eight weeks (depending on weather and field availability). So, if all is ideal, the season will start on Monday, May 4 and run until Friday, June 26 with the windup on Saturday, June 27. The new executive includes: Rosalind Russell – President/Secretary; Chad Lamothe – First Vice; Nick Schwartz – Treasurer; and Dana Gamble as North Shore liaison.

It was also decided that the league would start recycling ... t-shirts, that is. With rising costs and some families ending up with several shirts throughout their child(ren)’s minor baseball career, it was decided this year t-shirts will be ordered in a different colour for each team with the Espanola Minor Baseball Association logo being the only embellishment. At the end of the season, the league is asking parents to return the shirts following their final game on Windup Saturday, so they can be used again the following year.

“We are trying to be cost effective,” says EMBA President, Rosalind Russell. “My son has six shirts himself and still fits in last year’s shirt. We think that parents will agree with this change and hope they embrace it. That will leave more funds for updating equipment in future years.

Webbwood Rink Gets New Life



Photo: Sables-Spanish Rivers Township Mayor Les Gamble, Deputy Mayor Pat Hnatuik, Concillor Susan Sonnenburg, Webbwood Recreation Committee Leader Tracey Vander Gulik, Pete Vander Gulik, Mike Caverly and Parks and Recreation Coordinator Brady Ropp.

Despite weather that ran the gamut from rain to snow to freezing rain and then just a few minutes of sunshine, the turn-out was strong for the grand re-opening of the Webbwood outdoor rink. Volunteers served up hot chocolate, hot dogs off the barbecue and cake. There

were ample activities for families and kids, including an obstacle course, hay ride, hike with a fire in the bush and makeshift sliding on the still high snowbanks surrounding the rink and newly renovated shack. The recreation committee is now planning spring and summer activities.

Caroline Ehrhardt Breaks Two Records As She Finishes University



Photo: Ehrhardt with her coach after her record-breaking jump at CIS. Her emotions were high, as the jump was her last as a Western student.



Photo: Ehrhardt on the runway for her final triple jump.

Espanola's Caroline Ehrhardt is inching closer to her goal of a 13.3 metre triple jump in order to qualify for the Pan Am Games in Toronto this summer. She recently broke records at the OAU and CIS Track and Field Championships. Breaking the OUA triple jump record is a goal that Ehrhardt has been chasing for five years as a student at Western University. Earning the honour is a great way to cap her university career. Ehrhardt knew mid-air that she was about to surpass the previous record, which stood for seventeen years. "They put a little Canadian flag in the sand showing where the record is and it was nice to

have the visual, and while in the air I thought 'Oh my God, I'm soaring past this thing,' and I landed right around it, but in front of it," Ehrhardt says. "At first I just wanted to confirm they measured the record correctly, so I cautiously walked over to where they were measuring and I let out a couple of yells of celebration and burst into tears." More recently, her 13.15 metre jump in Windsor propelled her into the record books at CIS, breaking a record that has held for over twenty years. The CIS Championships marked the end of Ehrhardt's university competition career. She is now poised to compete for Canada.

Girl Guides Support Literacy



Photo: Girl Guides on their adventure at Camp Thompson. Photo supplied by Corine Bourcier.

As part of the Words in Action National Service Project, the Espanola Girl Guides will be hosting and reading to children ages 5–9 at a reading program on Thursday, March 26 from 6:30 – 7:30 p.m. at the Espanola Public Library meeting room. Parents and care-givers must attend the library during the program. The Guides will also be accepting new or gently used donations of the following items for their book drive and Literacy Backpack Drive: new or gently-used backpacks; new or gently-used books; pencils; erasers; pens; pencil

cases; lined notebooks; Post-It Notes; rulers; protractor kits; calculators; puzzle books, such as crosswords, word searches, Sudoku, mad libs, etc. By donating books and items for literacy backpacks filled with school supplies, you are providing children in need with the tools to succeed in school and in life. Proceeds of the book drive will go to the Espanola Public Library, a local school in need and towards the contents of the literacy backpacks. All proceeds of the literacy backpacks will go to a local organization that provides items to children in need.

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Continued from front page...

Finding New Life Through Music

Inside: A Story of Music and Memory” highlights the work of social worker Dan Cohen. Cohen spear-headed bringing iPods to seniors in long-term care facilities. What he witnessed and ultimately captured on film for the documentary is testament that music isn’t only the universal language of love, but it has the single most powerful effect on people’s brains in reconnecting them to preserved memories and feelings. Cohen says that music is the backdoor to

the emotional system and it transforms a person’s mood, lifts them up and helps them to interact with others. The key to the success of the Music and Memory program is two-fold: first the patient should have a selection of music they enjoy and are familiar with from their younger years and second, they listen to the music through headphones, which creates a focused atmosphere and minimizes the stimuli and distractions around them. Once non-responsive, bed-ridden patients began rocking

and nodding to the music. A 90-something man named Henry Dryer, who suffers from Alzheimer’s and mostly sat slumped in his chair, came back to life once he began listening to his favourite music again. When asked what it does for him, Dryer said, “It gives me the feeling of love. Right now the world needs to come into music.” That sentiment is alive, well, and in practice right here in our own community. Espanola long-term care

seniors are often treated to live music performances and sing alongs. More recently, the maintenance staff at the hospital purchased a jukebox for the residents with money they raised by selling old scrap metal. And residents have headphones that they can use to enjoy music. In an age where there is a pill to treat nearly every physical ailment a person may encounter, music surpasses everything in how it treats the heart, mind and soul.

Recipe

The following recipe was given to me by my sister; appropriately right on time for maple syrup season. She tells me that this is the very first recipe that was given to her by her neighbour and now very close friend Lori. Lori’s parents tap maple trees and produce their own syrup and this is one of their favourite muffins.



Maple Syrup Muffins

- ¼ cup butter, softened
- ½ cup sugar
- 1 tsp salt
- 1 ¼ cup flour
- ½ cup milk
- 2 tsp baking powder
- ¾ cup oats
- ½ cup maple syrup

Glaze

- 1 tbsp butter
- ½ cup icing sugar
- 1 tbsp maple syrup

Preheat oven to 350 degrees. Cream butter and sugar. Add the milk and maple syrup. Combine dry ingredients in a large bowl. Add the dry ingredients to the wet ingredients and mix until just moistened. Fill lined muffin cups. Bake for 20 minutes. Meanwhile, mix glaze ingredients. Remove muffins from oven and cool for 10 minutes. Apply glaze.

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COMMUNITY NOTES

Massey Agricultural Monthly Meeting - March 24 at Massey Fire Hall at 7:00 p.m. Everyone is welcome.

Next Community Luncheon - March 24 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 a.m. to 1:00 p.m. No charge. Everyone welcome.

Children's Clothes Closet - Free new or gently used children's seasonal clothing, sizes newborn - 6X. March 25, 10:00 a.m. - 2:30 p.m. at Calvary Baptist Church 599 Barber St. Espanola.

Free Drop-In Family Playtime - Espanola Public Library, starting March 25. 10:00 a.m. - 11:30 a.m. for six weeks. Toys, puzzles, games, and books for age 5 and under.

Espanola Handgun Club Annual Meeting - Friday, March 27 at 7:00 p.m. sharp in the upstairs Regency Room at the Pinewood Motor Inn, Espanola.

Free Fruit Trees, Bushes and Vines Workshop - Saturday March 28, 1:30 to 4:00 p.m. at Queensway Pentecostal Church, Espanola. Would you like apples, pears, cherries and grapes growing in your yard, farm or park? Two guest speakers, refreshments served, and door prizes. Register by contacting the Sudbury and District Health Unit at 705-222-9202 ext. 537.

Massey Area Museum Annual General Meeting - at the Museum on Monday, March 30 at 7:00 p.m. Doors open at 6:30 p.m. for membership registration. All are welcome to attend.

Easter Luncheon, Bake Sale, Silent Auction, And White Elephant Table - Wednesday April 1, 11:00 a.m. - 1:30 p.m., at the Massey Legion.

Espanola Legion Meat Roll Offs - Every Friday night starting April 3 at 7:00 p.m. to support Espanola Minor Soccer.

Espanola United Church Women's Easter Bake And Craft Sale - Thursday, April 2 at the Espanola Mall from 9:00 a.m. to 3:00 p.m.

Espanola Horticultural Society Meeting - Alan Emiry is April's guest speaker. He will explain the process of bringing five acres of land into five acres of delicious strawberries. Monday, April 6 at 7:00 p.m. at Queensway Pentecostal Church, Espanola. Everyone welcome.

St. James Anglican Church Massey Easter Services - Palm Sunday, 11:00 a.m.; Good Friday walk at noon at Gowen Gilmore; Easter Sunday sunrise service on the bridge at 6:30 a.m. and at 11:00 a.m. at the Anglican Church. Call RuthAnn for information at 705-865-2004.

Community Art Collective - Coral Reef Project sponsored by the Espanola Public Library, first Thursday of the month at 9:00 a.m. and third Thursday at 6:30 p.m. www.espanolafibreartsfestival.ca for information.

AA Meetings At St. George's Anglican Church - Tudhope St., Espanola, Wednesday at 8:00 p.m. and also Thursday at the United Church at 8:00 p.m.

VON Adult Day Centre - Provides respite, activities, exercise and socialization. Open Mondays and Wednesdays from 9:30 a.m. - 3:00 p.m. Please call 705-869-3304 for more information.

Christian Musicians Needed - For a non-denominational contemporary worship. Looking for acoustic and bass guitarists and keyboardist. Phone 705-665-3455 or email BruceBirtwistleGODdrummer@yahoo.ca

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Espanola Blood Donor Clinic Thursday, April 9

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(399 Mead Street)**

11:30 AM - 2:30 PM & 4:00 PM - 7:00 PM

Please call 1 888 2 DONATE (1-888-236-6283) to book an appointment or on-line at www.blood.ca and help meet the continuing need for blood.