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Construction Continues On New Double School



Photo - It might be winter, but that has not stopped the ongoing construction of the new double school in Espanola. Most of the work is continuing inside areas where tarps provide some protection from the weather. Photo by Rosalind Russell

By *Rosalind Russell* - Construction of the new double school in Espanola is continuing throughout the winter months.

Huron Superior Roman Catholic School Board communications officer, Jim Fitzpatrick, says the foundation work has all been completed as well as the Mead Street drop-off area.

He adds all underground site servicing is complete, the re-alignment of Church Street is substantially done and a parking lot base is also in place.

Fitzpatrick says the work will continue throughout the winter inside areas with tarps providing protection against the

Continued on page four...

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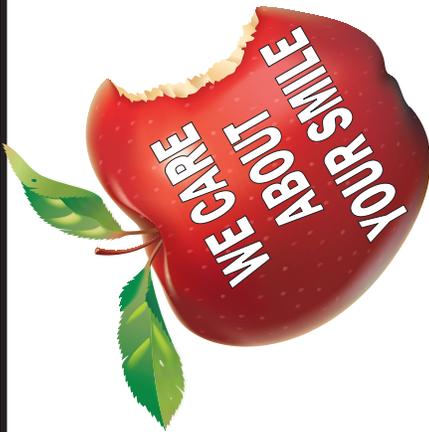
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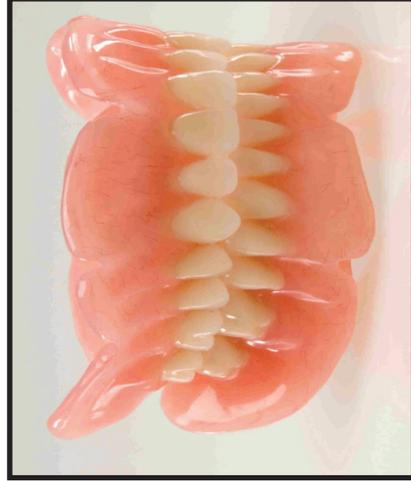
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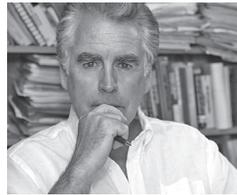
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Attention All Dogs: "No Talking!"

Did you know that there are a significant number of people in this world being paid to pick your dog's brain? With so many therapists, telepathists and communicators claiming your pet is talking to you, it's entirely possible that many people who watched the animated movie Isle of Dogs believed it was a documentary produced by Ken Burns.

Don't be too surprised if the next time you stick your head out the kitchen window and tell Sparky to shut up, somebody with a clipboard who looks like Sigmund Freud informs you that your dog was just speaking out against interspecies verbal abuse. Okay, so does your pet communicate with you? Of course. The problem is that with all the whining, grunting, scratching and gas passing coming from the couch where your brother-in-law resides, your pet's communications often go unheard.

Pet therapists who claim to be able to read your pet's mind base their research on the theory: "the thing that animals want most in life is to be heard."

Ah, I don't think so. I'm no psychic but from my three decades of experience with cats and a dog, I believe the things that animals want most are (and this is a chronological order) a big dump, followed by a big meal, followed by a big nap. If they want to be heard, trust me, it's the sweet sound of snoring that's foremost on their minds. In fact, after some exhaustive research, I've discovered that that's pretty much all the things the boys at the Belmont Hotel want out of life as well.

Animal behaviorists at the Christian Albrecht University in Kiel, Germany are spending a great deal of time and Deutschmarks to study why dogs bark. So far they've discovered a distinction between the close-range communication of short, gruff, noisy barking and long-

range harmonic barking by "virtuoso dogs capable of sonic fancy." Really?

Sorry, but all dog barking is noisy and annoying. Dogs cannot harmonize which is why all the German Shepherd choir scenes got cut from The Sound of Music. The only virtuoso, musical stuff on record was actually sung by The Chipmunks and I believe it was Alvin on the harmonica.

The same researchers claim to have identified and broken down a dozen variations of dog barking into "dialects." Dog dialects? Like in the first Pink Panther movie when Peter Sellers says: "But of course, ziss is not my dug." And the French Poodle replies: "But of course, I would drink zee poison if I was yer dug!"

And how did talking work out for Dinky, the little chihuahua on the Taco Bell ads? Remember him, pulling down ten bones per commercial to say "Drop the chalupa, man." Well viewers found that commercial got so tiresome they fired his little Latino bum off the set. Today Dinky operates a coffee truck for drug-sniffing dogs at the U.S. Mexico entry point of Nogales.

Here then, are the results of my exhaustive study into language of the common domesticated canid known as dog.

Experiment #1. Controlled stimulus: "Jawannagoforawalk?" Automatic response: "Woof... woof... woof." Interpretation: "Yes... yes... oh yes."

Experiment #2. Controlled stimulus: "Jawannatreat?" Automatic response: "Woof... woof... woof." Interpretation: "Yes... yes... oh yes, please."

Experiment #3. Controlled stimulus: "Jawannagoforaride?" Automatic response: "Woof... woof... woof." Interpretation: "Man, I thought you'd never ask!"

Folks, let's not confuse pet behavior

Continued on page three...

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Continued from page two...

with rocket science. When everything's fine, the dog naps. When he barks, something's up. Period. If your dog stands there staring at you intently for a long period of time he probably wants something. You don't have to call The Amazing Kreskin over for a personal reading. Give the dog something – water, a walk, a biscuit, a big hug. My favourite was the lecture: "You gotta listen to the manager. No, you're not! I am the manager,

dammit!" Dogs are not deep thinkers. If a dog walks into a room and looks around suspiciously, he's not conjuring up dog spirits. If he could talk, he'd probably say: "What the hell did I come in here for? That's the third time this week!" (Third time for him. How many times for you?) Dogs have great intuition. They can read situations, they can sense joy and fear and death and food left unattended. They

know without having to explain or expound on it all. And that's the beauty of dogs – they don't talk or try to make you think too hard. (That's why they're man's best friend and not woman's best friend. They go easy on our single-tasking brains.) No, dogs didn't get to be man's best friend by barking at him in a certain tone or telling him what he should or shouldn't eat or saying things like: "You don't kiss me much anymore." They got to be man's best friend

because they don't try to read his mind or communicate with him when he's watching the Leafs on TV. Now, can we all – therapists and telepathists, behaviorists and ethologists – leave well enough alone. Or in common dog language: "Jawannajustforgetabout it?"

For comments, ideas and copies of The Legend of Zippy Chippy, go to www.williamthomas.ca

New Year's Resolutions To Help You Stay On Your Feet

Statistics show that one in three Canadian adults aged 65 and older will experience at least one fall each year. Fortunately, most falls are preventable with the right mix of healthy lifestyle choices and precautions. With a new year upon us our Stay On Your Feet strategy will continue to help older adults put their best foot forward in 2019.

Stay On Your Feet is Northeastern Ontario's falls prevention strategy, delivered in partnership by the North East Local Health Integration Network (North East LHIN) and the region's five public health units.

"The North East LHIN values its partnership with the region's five public health units. Through our collaborative efforts, the Stay on Your Feet program is helping older adults live safely and independently in their setting of choice for as long as possible," said Jeremy Stevenson, Chief Executive Officer of the North East LHIN.

Here are five tips to help older adults stay active, independent and on their feet.

Exercise

Staying active and exercising

regularly is considered the best way to reduce the risk of a fall. Regular physical activity has many health benefits and also helps to improve balance, which is a key aspect of preventing falls. Adults aged 65+ should strive for at least 150 minutes of moderate-to-vigorous aerobic exercise per week, in sessions of 10 minutes or longer. Older adults are also encouraged to perform strength training activities at least twice a week as they help to keep bones and muscles strong. Free exercise classes are available throughout the North East LHIN. A schedule of classes is available on our website at www.nelhin.on.ca.

Eat Well

Similar to exercise, eating well can improve all-around health and reduce the risk of a fall. Eating regular, nutritious meals reduces the chance of becoming dizzy or light-headed. Tips for eating well include: protein-rich foods throughout the day to maintain muscle strength; adequate calcium to keep bones strong and prevent osteoporosis; ample fruits and vegetables; and plenty of water to stay hydrated.

Manage Medications

Medications play an important role in maintaining good health, but some can also increase your risk of a fall. It's important to keep an up-to-date list of all medications, including over-the-counter products, vitamins and herbal remedies. This list should be reviewed with your health care providers and pharmacist every 6 to 12 months. Take medications only as directed and consult your provider or pharmacist before stopping or starting any medication. If you have old, unused, unlabelled or expired medications that need to be disposed of, contact your local Public Health Unit for a medication clean-out bag.

Foot Care and Safe Footwear

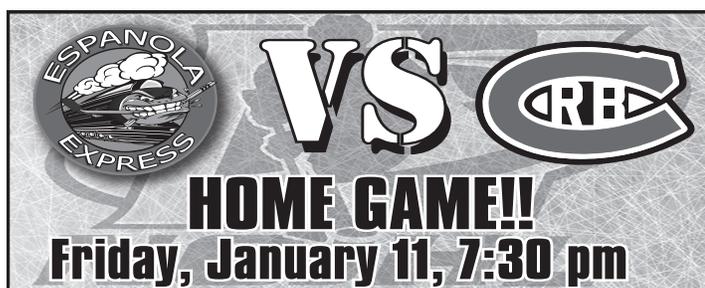
Take care of your feet and wear safe footwear, especially during the winter months. It's a good idea to see a foot specialist once per year to have your feet checked and any common foot problems addressed. Washing and drying your feet well can also help prevent foot problems from developing. Look for shoes that fit properly, have a firm sole with a good grip, and lots of contact with

the ground for stability. Shoes that are excessively worn, loose, or heavy are more likely to put you at risk of a fall. Shoes with laces or Velcro are also preferable to slip-on shoes.

Eliminate Hazards That Can Cause Falls

Where possible, removing hazards is another way to lessen the chance of falls. Common interior hazards include slippery floors, pets and their toys, unsecured electrical cords, and carpeted stairs that lack contrast, which can make their edges difficult to see. Outside, hazards can include poorly lit stairs, uneven footpaths, and snow and ice during winter months. To make it easier to identify and reduce the risk posed by hazards around the home, Stay On Your Feet has a Home Safety Checklist available that can be downloaded from our website (nelhin.on.ca/stayonyourfeet) or you can request a copy from your local Public Health Unit.

For more information on falls prevention information and the Stay On Your Feet strategy, please visit: nelhin.on.ca/stayonyourfeet or call your local Public Health Unit.



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Recipe



A super easy, super delicious soup that the whole family will love! It's loaded with tender chicken, fresh veggies, hearty pasta and herbs and lemon for flavor. Throw everything in a crockpot and let it simmer all day, adding the noodles the last 10 minutes. A perfectly comforting soup for cold winter days or those dreadful sick days.

Slow Cooker Chicken Noodle Soup

- 1 1/2 lbs boneless skinless chicken breasts or thighs
- 5 medium carrots , peeled and chopped fairly thin (1 3/4 cups)
- 1 medium yellow onion , finely chopped (1 1/2 cups)
- 4 stalks celery , chopped fairly thin (1 1/4 cups)
- 3 - 5 cloves garlic , minced
- 3 Tbsp extra virgin olive oil
- 6 cups low-sodium chicken broth (3 - 15 oz cans)
- 1 cup water
- 3/4 tsp dried thyme
- 1/2 tsp dried rosemary , crushed
- 1/2 tsp dried sage (optional)
- 1/4 tsp celery seed , finely crushed
- 2 bay leaves
- Salt and freshly ground black pepper , to taste
- 2 cups uncooked wide egg noodles
- 1/4 cup chopped fresh parsley
- 1 Tbsp fresh lemon juice
- Saltine crackers or parmesan cheese , for serving (optional)

To a slow cooker, add chicken (left whole), diced carrots, onion, celery, and garlic. Add in olive oil, chicken broth, water, thyme, rosemary, celery seed, bay leaves and season with salt and pepper to taste. Cover and cook on low heat 6 - 7 hours. Remove cooked chicken and allow to rest 10 minutes, then dice into bite size pieces. Meanwhile, add egg noodles and parsley to slow cooker. Increase temperature to high, cover and cook 10 minutes longer (or until noodles are tender). Stir in lemon juice and toss in cooked, diced chicken. Serve warm with saltine crackers or top with Parmesan cheese if desired.

Continued from front page...

Construction Continues On New Double School

winter weather. The new school will house Sacred Heart elementary and the French Catholic elementary and secondary

school students. The school has a tentative opening date of September 2020.

Open-House and Kindergarten Registration at Espanola's École Saint-Joseph



Parents wishing to register their child in a full-time French-language Kindergarten program are invited to come discover École Saint-Joseph (Espanola) during its Open House on Tuesday, January 15, 2019 from 9 a.m. to 12:30 p.m. and from 1:15 to 4 p.m. École Saint-Joseph is located at 333 Mead Boulevard, in Espanola. Kindergarten registration is also scheduled to take place at École Saint-Joseph from January 21 to 26. Like all Conseil scolaire catholique du Nouvel-Ontario (CSCNO) schools, École Saint-Joseph offers full special needs programs, a quality

English language program starting in grade 4 ensuring sustainable bilingualism, a curriculum instilled with Catholic values, access to state-of-the-art technology, and an environment that nurtures and promotes a sense of Francophone culture and identity. CSCNO schools also attain superior academic results and its students graduate with a high level of bilingualism and a solid grasp of the French language.

The CSCNO welcomes children of Canadian citizens or immigrants whose first language learned and still understood is French as well as children of Canadian citizens whose grandparents' first language was French. Children from immigrant families where the parents speak neither French nor English are also eligible.

For more information, please call École Saint-Joseph at (705) 869-3530, or visit the website www.nouvelon.ca/maternelle.

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- Huron Shrine Club
- Farquhar Dairies
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- Individual Donors
- Manitoulin-Sudbury Social Services

And thank you to all the people of Massey, Walford and surrounding areas for making a difference in our community.

2019 CAT & DOG LICENCES NOW AVAILABLE

Pick up your cat or dog licence before February 15th and save!

Dog licences are \$20 (\$30 after February 15th)

Cat licences are \$20

Available at the Township office – please bring cash or cheque made payable to “Animal Control”

WATER BILLS

First quarter Water bills were sent out at the beginning of January and are due by March 31st. To help manage your account, we offer monthly and quarterly preauthorized payments. You also have the option to make payments using online banking. If you have questions regarding these forms of payment, please contact the municipal office.

2019 GET MOVING PROGRAM

Exercise classes for Seniors with a certified instructor take place at the Massey Arena on **Wednesdays**.

- Cardio, strength, balance and stretching - **1:00 pm**.
- Gentle movement focusing on balance, functional movement and stretching - **2:00 pm**.

PROPERTY TAXES

2019 Interim Tax bills will be in the mail soon and are due at the end of February. Please ensure your mailing address is correct to avoid misdirected mail. We accept payment by cash, cheque, Interac debit, telephone/internet banking, pre-authorized debit and e-commerce through our website. Please contact the municipal office for more information.

EMPLOYMENT OPPORTUNITY

The Township is receiving applications for the part-time position of Landfill Site Attendant during the hours of operation at the two municipal landfill sites as follows.

Tennyson site (Tote Road): every Saturday: 10:00 a.m. – 2:00 p.m.
Webbwood site: every Sunday: 10:00 a.m. - 12:00 p.m.

Additional hours will be required during the ‘clean-up’ days designated by Council.

Duties shall include collecting tipping fees, issuing receipts, regular maintenance and clean-up of gate-house area and monitoring of the disposal in designated locations within site. The rate of pay is \$17.00/hour. The successful applicant will be responsible for their own transportation and safety equipment.

Written applications must be received at the Township Office, 11 Birch Lake Road, Massey, no later than 12:00 p.m. on Friday, January 18, 2019.

COUNCIL MEETINGS

Please note the following change for Regular Council meetings. **Beginning January 23, 2019**, Council meetings will commence at **6:00 pm**. Meetings will remain on the second and fourth Wednesday of each month.

INVITATION TO RATEPAYERS COMMITTEES & BOARDS

The Corporation of the Township of Sables-Spanish Rivers is inviting ratepayers to express their interest in serving on any of the following committees and boards, for the 2018-2022 term of Council.

- Economic Development Committee
- Parks and Recreation Committee

Please submit your name and contact information, along with a brief outline of what you envision and could contribute to that committee, no later than 12:00 p.m. on Friday, January 25, 2019.

Kim Sloss, Clerk-Administrator
Township of Sables-Spanish Rivers
Email: inquiries@sables-spanish.ca

PARKING BYLAW

This is a reminder that pursuant to Bylaw 2009-40 no persons shall park a vehicle on any municipal road allowance between the hours of 2a.m. and 8a.m., or during other periods of snowplowing operations, from November 1st to March 31st, except for emergency and health care vehicles.

Any vehicles interfering with snowplowing operations shall be subject to being ticketed or towed away at the owner's expense.

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FOR SALE - Limited dry wood for sale, also kindling for backyard fire. Call Greg 705-822-4734. 1/29

NOTICE

MASSAGE THERAPY - NEW LOCATION - Amanda Elliott, Registered Massage Therapist is moving her practice to In Touch Chiropractic & Wellness Group, Espanola. Starting January 1st 2019. Phone number 705-207-2346. 1/8

CHERYL'S MASSAGE THERAPY & ACUPUNCTURE - NEW LOCATION. 363 John St. Espanola. To make an appointment call 705-863-3223. cherylsmassage7@gmail.com 1/22 R

MEETINGS

Massey Agricultural Society monthly meetings - 3rd Thursday of the month. Held at Massey Firehall @ 7pm. (Next meeting is November 15th) We welcome the public's attendance. 04/23

EMPLOYMENT OPPORTUNITY

Employment Opportunity

Studio Twelve Hair Design is looking to fill a part time (with potential of full time) position. Preferably licensed stylist.

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OBITUARY



Fensom - Joseph Thomas of Nairn Centre passed away at the Espanola Regional Hospital on Friday December 28, 2018 at the age of 64. Dear son of the late Henry & Eunice (nee Fortier) Fensom. Beloved husband of Joanne (nee Thibeault). Loving father of Lisa Detweiler (husband Kevin) of Fergus and Curtis (partner Jennifer) of Fergus. Cherished by two grandchildren Kyle and Keegan. Dear brother of Anne Fensom, Sharon Gerrior, Brenda Little, Richard Fensom and Dorla

Labbe. Also will be sadly missed by many friends and relatives. A Celebration of Joseph's life was held on Saturday, January 5, 2019 from 1 - 4 PM in the Nairn Centre Community Hall. If so desired, donations to the Northern Cancer Foundation or charity of your choice would be appreciated. Arrangements by BOURCIER FUNERAL HOME Ltd, Espanola.

COMMUNITY NOTES

PROUDLY SPONSORED BY



Espanola Area Friendship Circle Alzheimer Support Group - Monday, January 14, 1:30 - 3:00 p.m. at the Seniors' Drop in Centre 799 Queensway Ave. Espanola. For more info contact Wendy Ashton 705-869-1137

Children's Clothes' Closet at Calvary Baptist Church - Wednesday, January 16 from 10:00 a.m. - 2:00 p.m. Accepting Clothing only donations at this time.

Northshore Pins & Needles Quilting & Stitchery Guild - Next meeting, Wednesday, January 23, 7:00 p.m. at the Espanola Royal Canadian Legion. New members welcome.

The Manitoulin Navy League Robbie Burns Fundraiser Dinner - Saturday, January 26, 6:30 p.m. at the Manitoulin Hotel and Conference Centre, Little Current. For ticket or more info call 705-368-3718.

Meat Roll-offs - The Espanola Helping Hand Food Bank with be hosting at the Espanola Legion every Saturday at 3:30 pm. for the month of January.

From Soup to Tomatoes - Basic Class 9:00 - 9:45 a.m., Gentle Class 10:00 - 10:45 a.m., Yoga Class 11:00 - 11:30 a.m. Mon-Wed-Fri at the Elks Hall for all three classes. Mon-Wed-Fri Basic class only at the Seniors Drop In Centre.

Free Indoor Pickle Ball - Mondays 7:00 - 10:00 p.m. & Saturdays 9:00 a.m. - 12:00 p.m. at the Espanola High School Gym. Begins Saturday, November 3. Contact Mike 705-662-5859 or Greg 705-863-2684.

Do you have a NOTE for the Community?

We invite not-for-profit organizations to submit information on their upcoming events in writing no later than **Wednesdays at 3:00 p.m. 25 Word Limit.**
 E-mail: around@aroundandabout.ca



The Moose 99.3 FM CJJM - Espanola is proud to support local charities and organizations. If you have an event you want to share, please call Roz at 705-869-6397 or email your information to: russell@moosefm.com The Moose- Espanola's Biggest Variety! Your Station, Your News, Your Stories

Kindergarten



RESERVE
KINDERGARTEN
ORIENTATION
YOUR SPOT

**REGISTER
NOW!**

Information Nights

5:30 pm to 6:30 pm

For enrolment in Kindergarten, your child must be four years of age by the end of the calendar year.

When registering your child, please bring his/her identification documents including birth certificate or birth registry/baptismal certificate, proof of residency, Ontario Health Card and an immunization record.

Information Night: Tuesday, January 15, 2019

ESPANOLA AREA

SCHOOL	ADDRESS	PHONE	PRINCIPAL
A.B. Ellis Public School	164 Mead Blvd.	705.869.1651	Michael Bellrose
S. Geiger Public School	355 Government Rd.	705.865.2052	Cori Pitre

MANITOULIN ISLAND

SCHOOL	ADDRESS	PHONE	PRINCIPAL
Assiginack Public School	134 Michael's Bay Rd.	705.368.7010	Heather Pennie
Central Manitoulin Public School	56 Yonge St.	705.368.7005	David Wiwchar
Charles C. McLean Public School	43 Hall St.	705.368.7015	Tracey Chapman
Little Current Public School	18 Draper St.	705.368.2932	Christy Case

The English Program includes Core French.

All parents/guardians and children are welcome to the information night at their area Rainbow School.
Join us and continue your journey of learning together!

We bring learning to life.

 **Rainbow Schools**
Reaching minds. Touching hearts.
rainbowschools.ca