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AROUND ABOUT
Your Community Connection

April 23, 2013 Issue 17 - Volume 17
www.aroundandabout.ca

Five Year Old Haileigh Bond Raises Money For Diabetes Education



Photo: Tammy Tallon, executive director of the Family Health Team, Susan Clarke, certified diabetes educator, Haileigh and Kayli Bond, and Marcella Yusko, program assistant.

By Chloe Kneer - Unfortunately, diabetes is a disease that can run in families. However, on a more positive note, so is a giving spirit. Five year old Haileigh Bond no doubt learned that giving back is important from her mom, Kayli. Kayli organized a "ladies night" last fall to raise money for the Diabetes Education Program at the Espanola Family Health Team. In all she collected over \$700 to help fund education and other programs. Now little Haileigh is following in her mom's footsteps. Recently Haileigh had the idea that she wanted to help her "Bubby" (grandpa), who lives with diabetes. (Haileigh gave her grandpa the nickname after she was unable to pronounce "Grumpy", which is what the family calls him.) She's seen many family members develop diabetes

Continued on page five...



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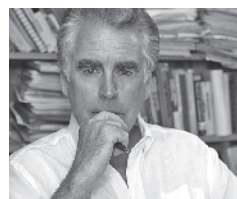
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All The World's A Circus

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Zippy Chippy – Worship Your “Inner Winner”

I have always been fascinated by the story of Zippy Chippy, probably the worst race horse in the history of the sport. Zippy Chippy was bred to be a winner. His pedigree included such North American champions as Buckpasser, Man o' War, Bold Ruler, War Admiral, Native Dancer and the great little Canadian battler, Northern Dancer.

Any heritage with those bloodlines should have produced a two-year-old that would win the Kentucky Derby or even the Triple Crown. Instead they created a thoroughbred that entered 100 races over a career of 14 years and retired with a perfect record of no wins whatsoever. Essentially they bred a Princess Grace of Monaco with a King Juan Carlos of Spain and produced a ... a Prince Harry. Breeding horses is far from an exact science, okay?

Recently, I arranged to meet Zippy's owner Felix Monserrate, and longtime trainer in Farmington, New York near the Finger Lakes Race Track.

“At Maddono's,” said Felix on the phone. Clever guy, I thought. I get the interview and in return, he gets lunch at a really expensive Italian ristorante.

The second time through the same appointed intersection, I remembered Felix still has a strong Puerto Rican accent. ‘McDonald's’ is what he'd meant.

Felix was quite late and my cell phone doesn't work in New York State so I went to the counter hoping to borrow a phone.

“I'm here to see a man about a horse,” I

explained.

“Down the hall and on your left,” said the kid. “Next!” Not going quite well, this interview.

When the trainer arrived it was clear, thanks to Zippy Chippy, Felix was a bit of a local rock star. Everybody knew him and Felix had a kind word with everybody. Zippy may have been bred to be a champion, but he proved to be bad to the bone and Felix was only too willing to show me the bite marks.

So how does a horse lose a hundred times consecutively?

“Well, he don't win,” replied Felix, a man with a keen eye for the obvious.

“But he didn't lose either. Because after every race Zippy thinks he win.” Even when he finished last, Zippy would return to the backside of the track, do a little victory dance, have a nice meal of clover and alfalfa and doze off almost immediately. No sleep lost in losing for this guy.

But how could Felix keep running a horse that was setting records at losing? Referring to what the Puerto Rican trainer calls two previous “backa tabakka” second place finishes he says: “You know, he was losin' real close there for a while.”

The twisted optimism of track people. When I was a university student and a regular at Fort Erie Racetrack, people would always ask how I made out. “Great,” I would say. “I met a guy I knew so I didn't have to hitchhike home!”

“But Zippy, he really become family,”

Continued on page three...

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Continued from page two...

said Felix. Marissa, Felix's seven-year-old daughter and helper at the time was warned never to go into Zippy's stall. The horse had cornered Felix for almost an hour before he was saved by a groom with a bundle of carrots. The horse bit just about everybody and kicked more than a few.

But one day the door was left open and Marissa was straight in. Felix panicked when he noticed her missing and ran for the barn where he found Marissa giggling with her arm around Zippy and the horse was gently nuzzling her head and neck.

'He be family for life after that,' said Felix.

So Zippy ran and lost and trained hard and lost and ran faster and still lost.

In ten years of horse racing with eight seconds and twelve thirds, Zippy earned a grand total of \$30,000 lifetime. At \$500 a month for upkeep, he missed his room and board budget by \$30,000.

I know what you're thinking: Hey! That sounds like my second oldest kid, the one we've nicknamed "Odd Job," the one that lives in the basement and thinks the sun comes up at noon.

Do not throw that kid out of the house. Today Zippy Chippy is a 24-year-old lifetime loser with a legion of fans, a movie deal in the works and a biography on the way. He's happy and famous with his head buried in a feed bag most of the time.

Why? Because he's family. Felix could have disposed of Zippy many times, thereby giving him a second career as dog food. But he did not and do not even think about using that threat with your adult children who still live at home. Although in the short term it could prove motivational, down the road the comparison to Alpo could bruise their self esteem.

My point is, there is way too much emphasis on winning today.

Vince Lombardi's quote 'Winning is not everything, it's the only thing,' has defined sports and life for 50 years and with it came trash talk, concussions, cheating, drug use and bonuses paid to players who can sideline opposing players with injuries.

But the little-known quote by Lombardi that we should be memorizing, the one that speaks to 7 billion people on this planet who can't all be George Clooneys or Lindsay Vonns, the one that sums up the career of Zippy Chippy in nine fine words is: "In great attempt, it is glorious even to fail."

As went "The Zipster", so go the rest of us. If you try your best and believe you're a winner, you are.

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

"A Thousand Cranes"



Photo: "A Thousand Cranes" Cast: Samuel Gervais, Max Chapman, Hailey Clark, Emma Boivin, Alison Falkingham, Mackenzie Meikleham

"The on-going aspects of war and terrorism around the globe and the frightening events going on right now in North Korea make our plea for world peace even more urgent for all ages. Our exciting theatrical production of the real life true story of a thousand cranes addresses that concern and has strong appeal to all ages." Sharon Sproule talked excitedly about "A Thousand Cranes" the latest show she is directing with the Espanola YouTheatre.

She went on to say, "The cast of 6 is experienced from having worked other shows with me and they work as well as any adult company with whom I have ever worked; and even tho' they come from the Grades 6 - 9 of 5 schools, this is not just a show for children - it has a universal appeal and message. Even tho' the main character Sadakow, a real life girl, dies of radiation poisoning 10 years after being exposed to the Hiroshima A Bomb, the play is joyful with a message of great hope. The show is beautifully theatrical and we are fortunate indeed to have the award winning visual skills of Walter Maskel doing design. As with every show I do - adult or youth - I have a professional consultant come in to work with us, we all learn. We are fortunate to be able to bring in

professional director/adjudicator Richard Howard for a weekend of polishing 'Cranes'.

The "A Thousand Cranes" company invites the audiences to bring strings of origami cranes to the show to be added to those made by the company. After the show, they will be sent to be hung at Sadakow's Memorial in Hiroshima.

Even with our high production standards and calibre we keep our ticket prices low so the show is accessible to whole families - \$5 per, or 5 for \$20. We are just trying to break even!! The Student performances of the show are Sold Out but Public Production dates are Friday April 26 and Saturday, April 27 - 7PM and Sunday April 28 - 2PM in the Espanola A.B. Ellis School Gymnasium. The show runs approximately one hour and our company is anxious to share a Q&A with the Audiences after the show."

Tickets are available from company members, The Natural Choice and at the door.

The youth company members - actors, properties, sound operation - are Emma Boivin, Daniel Boivin, Max Chapman, Hailey Clark, Alison Falkingham, Samuel Gervais, and Mackenzie Meikleham. The adult support members are Michael Boivin and Sandra Luopa.



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Espanola's Robyn Diguer Goes For Miss Universe Canada Title



swimsuit presentations. Robyn has chosen to raise money for Operation Smile by asking her father to shave his beard. Dad has agreed to do this but not for less than \$500.00 to be donated to this charity. He has now agreed to shave off his mustache as well if Robyn can raise \$800.00. Both of his daughters and his wife have never seen him without his beard. As the previous owner of RLD Opticians for 22 years, many local residents would also recognize him only with his beard.

The week of May 18 – May 25th poses an exciting time for over 60 contestants who will vie for the title of “Miss Universe Canada 2013”. Espanola’s own Robyn Diguer, 21, has been selected to compete in the festivities. The girls will lodge at the Sandman Signature Hotel in downtown Toronto as they take part in a whirlwind of activities in preparation for the big event, scheduled for May 25th.

Girls will be marked on fundraising creativity for the two selected charities, “SOS Children’s Villages” and “Operation Smile” as well as interviews with the judges and both evening gown and

Donations are welcomed.

For “S.O.S. Children’s Villages” Robyn has come up with another plan. April 25th will be her Ladies Night, “Spring Into Fashion” Show at the Espanola Legion. Local vendors Jean Country, Marks Work Warehouse, Northern Reflections, and Giant Tiger will introduce the latest fashions and colours for spring.

Evening gown fashions will be driven in from Sudbury to showcase evening wear for special or formal events. Local vendors will also have tables set up.

For information, contact Robyn at r.diguer@hotmail.com

Bombing at Boston Marathon Finish Line Kills 3 and Injures Hundreds

The FBI is promising a “worldwide investigation” that will “go to the ends of the Earth to identify the suspects responsible” for the two bombs that were detonated at the finish line of the Boston Marathon last week. Three people were killed and over 176 injured in the dual blasts. Many of those injured either lost limbs or had to undergo surgery to repair extensive damage from the shrapnel. The youngest of the lives lost was an eight year old boy who was watching the race his father was running with his mother and sister. Investigators have been combing surveillance video and pictures and are sure that “someone knows” something in relation to the bombings. They are urging citizens to come forward with any information or cell phone pictures and videos.

It Really Makes Cents!

Thanks to the generosity of our communities our penny collection barrel has been filled!!

The money raised will be used toward our campaign to replace our 20 year old Cardiac Monitoring System.

**If you would like to contribute,
just come drop your coin in the barrel!!!**

Fun Facts....

- * Total coin \$2,617 * Weight = 1118 lbs. * 4,207 rolls
- * 210,350 pennies * side by side they would stretch 3.98 km.

Pictured: Espanola Hospital Auxiliary & Foundation Coordinator Terri Noble with 1118 lbs. of pennies.



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Be Bear Wise This Spring

The Espanola Police Service recently responded to a complaint of a large black bear near Yocum Drive. They remind you to minimize attracting bears this spring by following these tips:

- Put garbage out only on the morning of collection.
- Store garbage in waste containers with tight-fitting lids.
- Put away bird feeders and offer natural alternatives like flowers, nesting boxes, and fresh water.

Once a black bear frequents a populated area and becomes a nuisance or danger to the public, the police have few options in dealing with these bears, especially in light of the cancellation of the Bear Wise Program, and the unavailability of the Ministry of Natural Resources in most incidences.

Prevent nuisance bears in your neighbourhood and for more information, visit <http://www.mnr.gov.on.ca/en/Business/Bearwise/index.html>

Espanola & Area Family Health Team

Menopause Evening

Tuesday, April 30th -- 6:30-9:00 p.m.
We'll answer all your "burning" questions about Menopause.
Call to register.

From Soup to Tomatoes

Gentle program
Armchair based exercise
Elk's Hall 10:15-10:45 a.m.
Mon., Wed., & Friday



705-862-7991

Continued from front page...

Five Year Old Haileigh Bond Raises Money For Diabetes Education



Photo: Haileigh and her pennies, donated to the Diabetes Education Program

over the years, so she felt it was important to do something positive. To raise money, Haileigh set about collecting pennies. Her campaign, no doubt, involved finding spare change everywhere she looked, but she also took to Facebook

as a way of promoting her collection.

Once it was all said and done, Haileigh had collected what is estimated at 200 or so pounds of pennies (they have yet to be counted). The money she presented to Tammy Tallon, executive director of the Family Health Team, Susan Clarke, certified diabetes educator, and Marcella Yusko, program assistant last week will go to many uses, including diabetes education and care, extracurricular activities such as grocery tours and cooking classes, and the popular exercise program which people can attend in person or online.

The Diabetes Education Program also offers specialized classes to Community Living Espanola through its funding. To find out more about Diabetes Education, call the family health team at 705-862-7991.

Espanola Minor Ball 2013 Registration



at Espanola Recreation Complex On:

Tues April 16, Wed April 17, Thurs April 18

Tues April 23, Wed April 24, Thurs April 25

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News From The Park



**Michael Mantha MPP/député
Algoma-Manitoulin**

Many of you who live near or visit the beautiful shores of the Great Lakes will have noticed the drastic changes in water levels. Almost every person I meet along the North Shore and across Manitoulin Island are raising concerns. I have made it a priority of mine to bring this issue the attention and action it urgently needs.

I have met with several business owners, tourism operators, cottage and home owners who are all worried about the economic consequences of the low water levels.

This week, NDP leader Andrea

Horwath and I were joined by several caucus members at a meeting with Mayors of several municipalities bordering Georgian Bay and the Great Lakes. They have all indicated this issue is serious, and threatens local economies and the well being of our communities. Many of you have documented this issue throughout the years as it only continues to become more severe, without any real action being put into place.

We cannot sit idle anymore as we watch our water levels continue to drop. Our communities are facing serious challenges that must be addressed.

Water levels in Georgian Bay, along the North Shore, and on the coast of Lake Superior, are at an all time low level. This will have many long-term effects for our communities, but we are experiencing many of the short term ramifications of these low water levels right now.

Those with camps, houses and other waterfront properties are facing significant expenses to relocate, repair and rebuild docks to gain access to water. Many also face significant expenses to extend personal water lines by hundreds of feet, just so that their dwellings can have access to water for drinking, and other personal use.

There are approximately 68 marinas affected. Many of their slips cannot be used, some have been forced to shut down or forced to relocate. The costs associated with dredging and blasting are tremendous; without government assistance it is not viable for these small operators. Any activities or businesses dependent on motorboats will be jeopardised by lack of access to the marinas.

There are serious environmental impacts too. Important wetlands are drying up, affecting wildlife who depend on these resources. This will affect both sport and commercial fishing.

Commercial shipping will see lost revenues as they have to reduce loads to avoid hitting the bottom of lakes. The Trent Severn Waterway, which is a major access point to Georgian Bay, has only five feet of draft; soon boats will not be able to pass through at all. The Georgian Bay Leaders Initiative on Low Water Levels has approximated the cost of addressing low water levels at \$20 million for this year alone. This includes the cost of dredging, dock repairs and other related costs.

These are the direct and obvious costs and impacts we can see presently. However there are other longer term consequences that are significant.

Without waterfront access, property values will decrease significantly. This will not only have a negative impact on property owners who will lose value on their hard earned investment, but also the municipal governments. With property values reduced due to inaccessibility of water, municipalities are left with large losses in their municipal tax base. Other costs such as litigation from changing property values would be high. This can affect the municipalities' ability to provide the same level of service with stretched budgets.

It has become clearer than ever that these municipalities, communities, business owners and property owners need urgent assistance. This needs to be a joint effort by all levels of government to address the many challenges we are experiencing due to low water levels in our great lakes. I will continue to work with my colleagues here in the NDP alongside communities and business owners to pressure the government to take action to ensure that this crisis is addressed immediately.

As always, please feel free to contact my office about these issues, or any other provincial matters. You can reach my constituency office by email at mmantha-co@ndp.on.ca or by phone at 705-461-9710/1-800-831-1899.

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Franco-Ouest's 24 hour Fast



On Wednesday, April 3rd, fourteen students from É.s.c. Franco-Ouest participated in a 24 hour fast. The activity provided the students with an opportunity to raise funds for the Helping Hand Food Bank of Espanola and to gain awareness of hunger and poverty in our world. Students raised funds by asking for donations and by organizing a luncheon for students and staff of the school. The 24 hour fast is one of many yearly activities that students organize in order to contribute to our community.

Participants include (clockwise from left): Miss Joanna Castonguay, Jean-Yves Lacasse, Noah Jalbert, Brendan Gardiner, Mathieu Veilleux, Tamara Gatchell, Stacy Lajoie, Josée Lacasse, Miranda-Paige Laird, Miss Natalie Shlemkevich, Alyssa Augé, Danica Augé, Natasha Daviau, Taylor Presseau and Jenna Laforge. (absent from photo: Danyka Sabourin)

Espanola Police Report

UPDATE - On March 22, 2013, the Espanola Police Service released details of a man sought in connection with a break, enter and arson at a garage on Watson Ave., Espanola, on March 4th.

Tyler Davidge, also known as Tyler Woodley (20), was implicated in the arson, which caused an estimated \$70,000.00 damage to the garage. A second male, Jordan Lacosse (18), was previously arrested and charged in relation to the incident. Since the media release on March 22nd, police received a number of tips as to the possible whereabouts of Davidge, who was evading capture.

On April 13th, police received a tip that Davidge was back in Espanola, and staying at a location on Wood St. Upon attendance, police arrested Davidge on the arrest warrant without incident. As a result of the arrest, Davidge was remanded into custody, and will appear in bail court on April 15th to answer to charges of arson – disregard for human life, arson – damage to property, two counts of break and enter, two counts of failing to comply with an undertaking, and two counts of breach of probation. The Espanola Police Service would like to thank those people in the community who provided information to police as to the possible whereabouts of Davidge.

View the paper for FREE every week at
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Recipe

I made the following recipe for supper the other night and it was simply delicious. I was looking for a recipe that included ingredients that I had on hand, and this was a lucky find. I didn't have time to roast the garlic so I used fresh garlic and the flavour was great. Use whole wheat pasta for a healthy, nutritious meal.



Pasta with Fresh Tomatoes, Spinach and Garlic

- 1/4 cup olive oil (divided)
- 1 Tbsp butter
- *1 head of garlic, roasted (or 2 large fresh garlic cloves)
- 2 Tbsp balsamic vinegar
- 1 medium onion, cut into large dice
- 1 box Bow-tie pasta
- 6 oz baby spinach
- 2 cups fresh tomatoes, diced
- Salt and Pepper
- Fresh grated Parmesan cheese

Put 1/8 cup of olive oil, roasted garlic cloves (or 2 large cloves of fresh garlic) and balsamic vinegar into a small food processor or a small bowl. Process or mash until the garlic is no longer large pieces. Put the remaining oil and the butter into a small frying pan with chopped onions, a pinch of salt and some fresh ground pepper; cook the onion until translucent and starting to brown; add the garlic/oil mixture and thoroughly incorporate with the onions. Remove from heat and set aside. Fill a large pot with salted water and bring it to a boil. Cook pasta according to package directions until al dente. Drain and return to the pot. Add the uncooked baby spinach and the onion/garlic/oil mixture to the pasta and toss together. Turn stove to medium heat and add the diced tomatoes. Stir to combine. Heat for an additional 2 minutes; stirring constantly until spinach is wilted to your liking. Serve with fresh Parmesan cheese grated on top.

*How to roast garlic

Peel off any loose paper on garlic bulbs you want to roast but don't separate the cloves; keeping the bulb form. Cut off the top of the bulb exposing the raw cloves. Put the bulbs into a heatproof dish and drizzle each one with some olive oil. Salt and pepper each bulb. Cover with aluminum foil and bake at 325 for one hour. Cloves should be lightly brown. When cool, simply squeeze the cloves out of the bulb.

Kids Korner

Simple flower crafts to celebrate the arrival of spring weather.

SPRING POPCORN FLOWERS

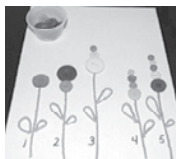
- Crayons
- Popcorn (popped)
- Glue
- Card stock



Have the children draw grass, leaves and a flower stem on a sheet of white card stock. Once done, have the children glue popcorn above the flower stem, in a fun flower-shape!

BUTTON FLOWERS FOR BASIC COUNTING

- Green yarn
- Glue
- Assorted buttons
- White paper
- Markers or crayons



Have the children use the green yarn to make several stems/leaves for the flowers on a piece of white paper. After the children have made the flower stems, the children can attach a button to the top of the stem using glue. Label the stems of the flowers with any numbers the children are working on. Have the children place the corresponding number of buttons on top of the flowers.

COMMUNITY NOTES

Espanola Curling Club Annual General Meeting - Monday, April 29 at 7:00 p.m.

The Clear Lake Stewardship Association (CLSA) - is holding a yard sale on May 11 from 10:00 a.m. - 2:00 p.m. at Clear Lake beach. This is to raise funds/raise awareness for the CLSA and their efforts to promote ways to keep Clear Lake healthy.

Spring Flea Market - Saturday, May 4 at the Penage Road Community Centre, 968 Regional Road 10 (Penge Road, south of Whitefish). Doors are open from 8:00 a.m. to 1:00 p.m.. A variety of items will be for sale. Refreshments will be available at the canteen. Admission is free.

Baked Goods and Used Jewellery Sale - Hosted by the Espanola Grannies at the Espanola Mall Friday, April 26 starting at 9:00 a.m. to support the Stephen Lewis Foundation to help grannies raising their orphaned grandchildren in Africa.

Metis Meeting - April 23, 7:00 p.m. - 9:00 p.m. at the Webbwood Eagles Hall. Everyone is welcome. Topics to be covered include genealogy questions and concerns; AGM; MOU; lands and resource committee update; and resolution update from last year.

Free Internet Safety Workshop for Parents - Manitoulin Secondary School on Monday, May 6 from 7 to 8:30 p.m. Internet Safety Expert Steve Chapelle will focus on user account security, internet content control, social networking, file sharing and cyberbullying.

Espanola Horticultural Society - General meeting Monday, May 6 at 7:00 p.m. at the Queensway Pentecostal Church. Guest speakers will be Christina Mick and Terri Pitfield from "My Beautiful Yard." Everyone welcome.

Fish Fry - Espanola Masonic Lodge Saturday, May 11 from 4:00 - 7:00 p.m. Whitefish, coleslaw, and fries. Take out or delivery available, call 705-521-8162.

Ham, Bean, and Scalloped Potato Supper - Webbwood Eagles Club Wednesday, April 24 from 4:30 - 6:30 p.m. sponsored by St. Lawrence Church.

Fish Fry and Dance - Espanola Curling Club Friday, May 3, 6:00 p.m. Take out available, call 705-869-6237.

Community Luncheons - At the Lighthouse in Espanola (across from the Royal Bank) - April 23 from 11:30 a.m. to 1:00 p.m. No charge, everyone welcome.

STOMP - Every Friday night between 7:00 - 8:30 p.m. at Queensway Pentecostal Church for tweens grades 3-7. Fun, free and everyone is welcome.

Breakfast Club Bingo - Tuesdays 11:30 -12:30 at Webbwood Public School Gymnasium. 2 Blackout Games. All proceeds go directly to funding the Breakfast Club Program. Call 705-869-3751.

Arts & Blooms Garden Tour - The Espanola Horticultural Society is looking for gardeners and artists to show off their skills and hard work. The tour is Saturday, July 6 from 9:00 a.m. - 4:00 p.m. Please phone 705-865-3005 or 705-869-2671 by April 30.

Espanola Game and Fish P.A. - General meeting is April 25, 2013 at 7:30 p.m.

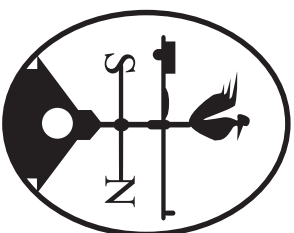
Relay for Life Fund-raiser - Collecting refundable bottles, will pick up at your home. Please call Marlene Wilson. 705-869-8365 or 705-285-0048.

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

YARD SALES

INDOOR SPRING YARD SALE - Espanola United Church (downstairs), 137 Sheppard St., Saturday, April 27 from 9:00 a.m. to noon.



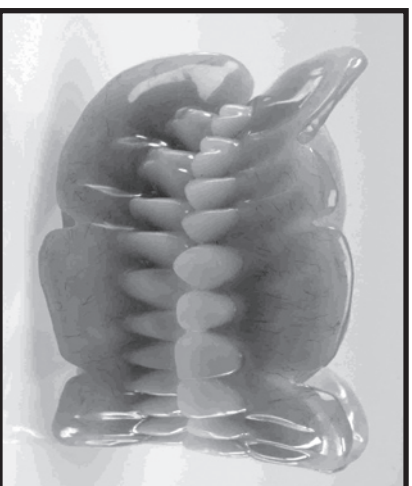
Denture Clinic

L. Bentley, Hon.B.Sc., DD

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