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It's Massey Fair Time!



August 23, 24 & 25

By *Chloe Kneer* - It's been a northern Ontario tradition for over a century and grows year after year, but did you know that the Massey Fair began simply with the Massey Agricultural Society's formation in July of 1907? Their initial meeting had over thirty men show up and the first order of business for the newly formed society was to find property in order to hold their first Fall Fair. A barter was worked out and the land was secured in exchange for repairs to a local resident's building so that it could house livestock and exhibits. Now the Massey Fair encompasses approximately fifty acres of land and

Continued on page five...

ALSO SEE BACK PAGE FOR MORE FAIR INFO!!!

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Finally I Made It. I'm a Curmudgeon.

Recently I had a birthday and I'd like to take a moment to thank those readers who took the time to send me a note or a card, all expressing some very sincere cheap shots. The "I respect you, as I do all my elders" from the retired teacher was not the lowest blow I took, but one of the few that was printable. And "A wise man once said don't count your years, make your years count." Doesn't anybody buy nice birthday cards anymore? At what point did the publishers of birthday cards decide that they should convey a message sure to make you feel lower than the flat tire on a pick-up truck in a country and western song? It's like somewhere along the line Hallmark was a victim of a hostile takeover by the Don Rickles Corporation. And as insults go, they're very expensive.

I had a lousy birthday, thank you. I received a cake with a glob of smoldering twigs on top, mainly because my buddy John Grant had a birthday only a few weeks before mine, depleting the world supply of wax. (Please when it comes to delivering the cheap shots, leave it to a licensed professional.)

I never thought of myself as old until I was sitting on my breakwall one evening at sunset, having a drink with a friend when she said, innocently enough, "It's going to be chilly tonight." To which I said, enthusiastically, "Yeah, it'll be a



good night for sleeping." Then I quickly jerked my head around to see who the dork was that said that. A good night for sleeping!?! Old people say things like that. People named Sully and Myrtle whose lives revolve around sweet corn say things like that. These are people who overuse the word my, as in "I gotta have my morning coffee" and "I gotta get my eight hours." It wasn't that long ago that a good night for me was when I got home too late to do any sleeping. Now here I am at sunset, looking forward to eight or nine hours of unconsciousness, like it might be a lot of fun.

I must admit, I kind of redeemed myself a few hours later and pulled myself out of the funk. This actually happened. I had smoked a turkey all day, but when the guests arrived around eight, the butterball still wasn't done. So the cocktail hour stretched to two and I was out by the shed, feeding hickory sticks into the smoker, when one of the women came by and asked, "Do you mind if I take a peek at the bird?" "Hey c'mon! I hardly know you" I said and I felt so wonderfully young and immature again. Hey, you can find new friends anywhere, even at the bus station. But how often do you get a chance to relive a moment of ill-spent youth?

Continued on page three...

Espanola & Area Family Health Team

Stand Up! Reduce your risk for falls!
FREE program for seniors to improve balance and strength.
Group exercises twice a week for 12 weeks.
Starts Tuesday September 10, 2013.
Register by August 30th at the Health Unit, call 705-869-1271



705-862-7991

Continued from page two...

As you might have guessed, I've reached an attitude plateau in my life, a crossroads of the currents of age. And I'm very frustrated, like a centipede with athlete's foot or a beaver with gingivitis.

I'm definitely too old to be a smart-ass. Taking flying leaps at rolling doughnuts is a job for somebody younger, somebody who doesn't have to ice his lower back every time he chases a Jehovah Witness down the driveway.

By definition, I'm not sure I've made it to curmudgeon yet. To be a real curmudgeon, you have to impersonate the late Andy Rooney, growling and jowling at anybody under fifty and everything that makes you irregular. Andy delivering his whiney rant on 60 Minutes always looked like his shorts were way too tight. I'm like this close to walking into a room and forgetting why I did so.

There was a time when I believed I'd take my life before I started a sentence with "Why, when I was your age kid ..." But, but I'm there now and I'll tell ya; yeah, when I was your age kid, I knew the basic theory behind the baseball cap. It was invented as a practical head shield designed with the peak to be worn in the front to keep the sun out of your eyes and the bird droppings off your nose? Back then you only wore a ball cap backwards to make a catcher's mask fit.

Why when I was your age kid, I wore my clothes a

little loose for comfort. But today you kids wear your clothes so baggy it looks like you're trying to conceal gross and unsightly things, namely other kids. When we mooned people back then, it was intentional not some unfortunate wardrobe malfunction.

And colours? You kids are wearing clothes so bright you're giving your parents acid flashbacks. Sure we wore tie-dyed and psychedelic colours when I was a kid, but we also smoked dope so none of us actually noticed how ridiculous we looked.

Hip? You think you're hip? You don't know hip until you're talking the benefits of titanium versus ceramic.

And kid, do not sass me when I yell "Hey! Get off my lawn!" So what if we're both standing side-by-side buying Slurpees at 7-Eleven. I'm old. Show me some respect.

I wouldn't say my advancing age has suddenly changed my perspective on kids, but I'm not even speaking to my niece and nephew. For years, they came to me with questions on history, which I answered eagerly, assuming their mother had told them I'd majored in the subject. Now I find out they knew the answers all along – they just wanted to hear from an eyewitness.

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

Getting Inked? Follow These Tips From the Sudbury & District Health Unit

The Sudbury & District Health Unit wants to remind people to avoid unsafe tattoo and body piercing practices. Body art should be done only by professionals who take the proper steps to protect their customers and themselves from infections. Clients should ensure that their provider is inspected by the Health Unit and trained as a body artist. If not done properly, tattooing and piercing can cause life-threatening illnesses, such as hepatitis B and C, and HIV infections, and a host of other bacterial and viral infections. "Untrained people do not have the expertise and often lack the resources to use the costly sterilization equipment necessary to prevent blood-borne infections," said Jonathon Groulx, a public health inspector in the Health Unit's Environmental Health Division. "Reputable, inspected body artists follow strict infection prevention and control practices."

The Health Unit offers the following advice to consumers looking to get a tattoo or piercing:

- Shop around for a trained, inspected body artist. Look at their work, and be sure to ask any questions that you have. A good body artist will answer all your questions.
- Always use professional tattooists or piercers who operate in public shops or studios. These locations are inspected by the Health Unit.
- Ask the artist if their shop or studio is inspected, and ask to see a copy of their latest inspection report.

- If a location is not inspected by the Health Unit, do not get body art done there.

Tattooists and piercers must follow strict infection control requirements. When getting body art, make sure:

- The work area is clean, well lit, organized, and maintained in good repair.

- The artist washes his or her hands with liquid soap and water and puts on a new pair of single-use, disposable gloves.

- The worker uses an antiseptic on the skin before doing procedures.

- The worker opens sterilized packages of equipment for every client—you should see them open the package.

- You are given instructions to care for your body art, for example, information about preventing infection and when to seek medical care.

The Health Unit recommends not getting tattooed or pierced if:

- An artist will not or is unable to answer all of your questions.

- An artist does not use needles that are prepackaged, sterile, single-use, and disposable.

- An artist does not use proper cleaning and sterilizing methods.

- You have taken drugs or alcohol because these may impair your judgment and could thin your blood, leading to excessive bleeding.

For more information on safe tattooing and piercing, please visit www.sdh.u.com or call the Sudbury & District Health Unit at 705-522-9200, ext. 464, toll free 1-866-522-9200.

Have a story, pictures? Call or email Chloe: 705-869-6883 or chloe@aroundandabout.ca



FRIENDLY MASSEY MARATHON THANK YOU

On behalf of the "2013" Race Committee, we would like to thank our sponsors for their generous support. Without this support, the run could not have been a success. A special thanks to all the volunteers for their long hours and hard work throughout the weekend. The volunteers make this race the "Friendly" Massey Marathon.

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Let's Get Physical: Helping Baby Boomers Stay Active and Reduce their Risk of Arthritis



(NC) Whether it's running or playing tennis, today's baby boomers are the most physically active generation in history. However, many women in this age group don't realize the damage these intense physical workouts may cause to their joints.

Exercises that involve running, jumping or pounding can cause damage to tendons, cartilage or bone, which may lead to arthritis. To maintain a healthy and active lifestyle for as long as possible, baby boomers need to take steps today to detect arthritis early, as well as prevent and delay symptoms of the disease.

To stay in tip top shape well into the golden years, women are advised to follow a few simple rules:

- **Know Your Risk:** Arthritis is now seen as a woman's disease, affecting 2.8 million women Canada. Longer life expectancy as well as hormones and lifestyle differences may explain the higher prevalence of the disease in women. Shoppers

Drug Mart, in conjunction with Arthritis Consumer Experts and Arthritis Research Centre of Canada has developed the first and only arthritis screening designed specifically for women. Women can help assess the risk of developing arthritis with a simple questionnaire online or in person with their pharmacist.

- **Warm Up:** To prevent injury and prepare your body for strengthening and cardiovascular exercise, take each of your joints through its complete range of motion, particularly those that you'll be using during your work-out.

- **Lower the Intensity:** Retire your marathon running shoes and pick-up your yoga mat instead. Research shows yoga or Pilates can decrease arthritis pain and lessen associated disability. Yoga also has many psychological benefits due to its meditative nature, such as relieving depression, anxiety and stress. Strength exercises, including range of motion (ROM) exercises e.g., shoulder shrugs, forward arm reaches, knee and ankle bends; strength training exercises and aerobic or cardiovascular exercises are also good options.

Learn more about arthritis screening from your Shoppers Drug Mart pharmacist, or visit www.shoppersdrugmart.ca

www.newscanada.com

ESPANOLA **Teen Dance**

YOUTH CENTRE

Wednesday, August 28, 8:00-11:00

Ages 12-17

Espanola Rec Complex Auditorium (upstairs)

\$5.00 Admission.

***Parents must sign a waiver prior to the dance.

For info visit EYC Facebook page
or call Amy at 705-862-2242

Continued from front page...

It's Massey Fair Time!

hosts rides, exotic animals, live stage entertainment, competitions, and more. There is something for every age group and interest. This year, the fair got a boost from FedNor, as they invested a total of \$45,463. The Massey Agricultural Society is using the funds to upgrade the sound and lighting systems, which are used not only for the fair, but also the rodeo. "We appreciate the strong support from FedNor and the

Government of Canada," says Mike Yeadon, President of the Massey Agricultural Society. Also new this year are the parade on Thursday and the motorcycle big air show on Friday. The midway opens Friday at 1:00. The weekend rate is \$25 for adults. Daily rates are: \$10 for adults (15+); \$5 for children 6-14; and under 5 are free. On-site parking is available for \$3. See you at the Massey Fair this weekend! www.masseyfair.ca

Surviving the Back-to-School Shopping Spree

Armed with coupons, store flyers and a long list of must-have items, over one-third of Canadians are now taking on the daunting task of back-to-school shopping this season. A recent survey of Canadian consumers across the country revealed that nearly one in two consumers feel this annual shopping ritual is a stressful one.

The survey, conducted by Vision Critical for Staples Canada, indicated financial pressures as the leading contributor to feelings of stress associated with shopping for back-to-school (91 per cent). Finding all the items on the list and the in-store experience are also sources of stress for many (80 per cent and 72 per cent respectively).

To make it easier for consumers leading retailers such as Staples have equipped its stores with helpful resources, such as lists of basic supplies needed for each grade. Associates are also trained for the back-to-school season to help customers find the items they require for a successful school year, making the in-store experience a smoother one for parents.

The survey also found that good value for money is the main driver of store choice for back-to-school shoppers across the country (81 per cent strongly or somewhat agree). Other survey findings included:

- 74 per cent agree that they prefer to make their own shopping list;
- 70 per cent agree that budgeting is important;
- 44 per cent wish there were more online resources to help make shopping easier.

To help you start planning for the busy back to school season here are some tips:

- Sit down with your child to make a list of everything they need for the school year and set out your budget. It's never too early to help them learn organization and budgeting skills.
- Take inventory through last year's supplies to see if items can be reused and recycled.
- Plan for emergencies and stock up on supplies you know your kids will need later when they're on sale.

More information on back to school trends and tips is available at www.staples.ca/baktoschoolcentre.

www.newscanada.com

Summer Parks Program Visits Espanola Police Services



Photos: Constable Melisa Rancourt shows off an Espanola Police Service cruiser. Not surprisingly, the horn and sirens were the most popular features with the children enrolled in the summer parks program!



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September 3, 2013

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FOR RENT - 2 bdrm apartment, \$600.00/mth plus hydro, in Massey, available Sept 1st. Call 705-698-0645, ask for Roger. 08/20

FOR RENT - 2 bdrm apartment, downtown Espanola, \$700.00/mth plus hydro. Avail Oct 1st. Call 705-698-0645, ask for Roger. 08/20

FOR RENT - 4 bedroom home, fridge, stove, dishwasher included for Oct. 1. \$1200/mo + utilities. First, last, security deposit required. No pets or smoking. 705-918-2456 TFN

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Espanola Police Report

On July 16, 2013, the Espanola Police Service, assisted by the O.P.P. Community Drug Action Team, executed a Controlled Drugs and Substances Act Search Warrant at a home on Second St., Espanola.

Upon entry, officers located a male, and two females within the residence, along with 169 grams of Marihuana, 7 Marihuana plants being grown in the basement of the home, and indicia that suggested the trafficking of controlled substances. Police also found a stolen fire hydrant post, belonging to the Town of Espanola.

As a result of the warrant, 19-year old Alex Shepherd, 25-year old Jennifer Shepherd, and a 15-year old female who cannot be identified under the Youth Criminal Justice Act, were charged with:

- Production of a Controlled Substance, contrary to section 7(1) of the Controlled Drugs and Substances Act;
- Possession for the Purpose of Trafficking, contrary to section 5(2) of the Controlled Drugs and Substances Act;
- Possession of a Controlled Substance, contrary to section 4(1) of the Controlled Drugs and Substances Act; and
- Possession of Property Obtained by Crime, contrary to section 354(1)(a) of the Criminal Code.

The adults accused are to appear in court on October 1, 2013, and the Young Person on November 19, 2013, to answer to their charges.

The street value of the drugs seized is estimated to be \$6601.

On July 20, 2013 at 11:25 am, the Espanola Police Service received a complaint that a large black dog running at large on James St., Espanola, had chased after, and pinned down a smaller white dog while its owner was walking it on a leash.

Upon arrival, police located the owner of the small white dog, who was in the process of taking the animal to the veterinarian, as it was bleeding from puncture marks on its hind leg, as a result of being bitten by a larger black German shepherd. The owner of the German shepherd allowed the dog, and another smaller dog he owned, to be on the street without leashes. This decision gave the two dogs the ability to chase down, and aggressively attack the other smaller white dog, whose owner was abiding by the Municipal By-Law, by having her own dog on a leash.

As a result of the incident, 23-year Adam Desmoker of Espanola was charged with Owner of Dog - Fail to Prevent Biting or Attacking a Person or Domestic Animal, contrary to section 5.1 of the Dog Owner's Liability Act. He is to appear in Espanola Court on August 22, 2013 at 10:00 a.m., to answer to his charge, which upon conviction, can carry a monetary fine of up to \$10,000 or 6-months in jail, or both.

The police would like to remind the public that it is a requirement under Municipal By-Law 2485/12, which deals with the Licensing and Regulating of Dogs and Cats, that pet owners must ensure that their dogs and cats are not running at large. The Municipal By-Law provides a fine of \$125.00 upon conviction, and pet owners may also be civilly liable for any damage or injuries caused by their pet.

Anyone with information on any of these crimes call Espanola Police Service at (705) 869-3251 or remain anonymous by calling Sudbury Rainbow Crime Stoppers locally at (705) 222-TIPS (8477) or toll free at 1-800-461-4899



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Recipe

Combine these with a store bought or homemade spaghetti sauce for spaghetti and meatballs or place on a bun topped with mozzarella cheese and broil for a couple of minutes to make a delicious meatball sub.



Incredible Italian Baked Meatballs

- 1 lb hamburger
- 2 eggs, beaten with 1/2 cup milk
- 1/2 cup grated Parmesan
- 1 cup panko or bread crumbs
- 1 small onion, minced
- 2 cloves garlic, minced
- 1/2 teaspoon oregano
- 1 teaspoon salt
- Freshly ground pepper to taste
- 1/4 cup minced fresh basil

Mix all ingredients with hands. Form into golf ball sized meatballs. Place on parchment or foil lined baking sheet. Bake at 350 degrees for 30 minutes. Drain the fat and use in sauces or to make subs. Meatballs can be frozen for future use after cooking.

Kids Korner

Paper Plate Swan

- 4 paper plates
- glue
- black marker
- pencil
- scissors
- white and red acrylic paints
- paint brush
- feathers (if you don't make your own)



Draw a swan contour on a paper plate. The lower part will be the body and the upper part raised edge will be the neck and the head of the future bird. Mark the end of the beak and an eye with a pencil line. The round shape of the paper plate perfectly imitates a swan turning its head behind to clean its feathers on its back. Cut out the swan. Paint the swan's body, neck and head white. Use the red paint to colour the bird's beak. Draw an eye with the black marker. On the back of each of the remaining paper plates, draw and cut out a feather shape. Draw a central line in each feather. Then cut the edge of each feather into thin strips, leaving about 1.5 cm from the central line. Carefully "fluff out" the edge cut into strips on each feather. The feathers turned out to be light, airy, and very similar to real ones. Glue the feathers onto the swan to create its wings. (To make this craft simpler, real feathers can be used as wings)



Mother May I now has her own e-mail address! If you'd like to share a recipe, life tip, or craft idea, or have any questions, you can email me at:

mothermayi@aroundandabout.ca



COMMUNITY NOTES

Royal Canadian Legion Meat Roll Offs - Friday nights 7:00–9:00 p.m., Saturday afternoons 3:00–6:00 p.m. Applications for clubs wishing to raise funds during the October–April season should apply by September 6 via email to rcl-39@persona.ca or call 705-869-1711.

"Call For Works" - The Espanola Fibre Arts Festival invites volunteers to knit and crochet including granny squares, scarves, doilies, afghans and practice pieces. Volunteers are needed to knit and crochet throughout August for various portions of a larger street art installation occurring in October. Pieces can be dropped off at the Recreation Complex.

Massey Area Museum 30th Annual Jessie Burnside Art Show and Sale - August 10, opening at 1:00 p.m. Closing August 25. For more information, contact museum at 705-865-2266.

Community Luncheons - August 27 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 a.m. to 1:00 p.m. NO CHARGE. Everyone Welcome.

GeNeXt.ccc - is the new extreme sport club in town. Check www.genext-ccc.com for dates and times for skateboarding/skating/biking/scooters for ages 8 and up. Call or text Pastor Chris 705-822-2292 for more info.

Massey & Area Museum Bingos - Mondays, August 26 at the Massey & District Arena. Doors open at 6:15 p.m. - Bingo starts at 7:00 p.m.

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.

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

In The Loop

August's Regular Council meeting left those in the audience with a sense of "what can happen next"? By now we are all well aware of the Domtar reimbursement issue and the fact that we do not have the money to repay the debt and cannot borrow to do so.

To complicate matters, we were informed that after consulting with the Ministry of Transportation, Espanola will be "on the hook" for the entire cost of culvert replacement on Hwy. 6 (approx. \$1,000,000). The ministry maintains that it does not have funds to assist us.

The mayor has also been in contact with the Ministry of Natural Resources and was told that Espanola's office would remain open. However due to cost cutting, the number of employees will be reduced by eight ...one layoff/seven transfers. Adding to this, the Provincial

Gas Tax Refund, which the Town receives annually, has been reduced from \$32,129 in 2012 to \$14,712 for 2013. The Clerk Treasurer/Administrator had budgeted for a refund in the range \$24,000.....so there is a \$10,000 shortfall. These funds are used to operate our Care Van. If the service is to remain untouched some creative thinking will have to be carried out. The CT/A has stated no monies in the present budget were allocated to remedy situations such as this.

In closing, the Leisure Services Report stated that the Summer Parks program had 8 kids enrolled in July - a combination of 1/2 day and full day registrants. It did not indicate any job reassignments for the 4 Summer Students who were hired to oversee this program.

Richard Ellis
Executive Member-ECG



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.

**Espanola Junior A Hockey Club News:
 "Name The Team" Contest Winner Announced
 & Partnership With Hospital
 Foundation Secured**

The fans have spoken and the new name for the Espanola Junior A Hockey Club will be the Espanola Rivermen. Submissions were voted on, and though many thought residents would prefer to keep the iconic Espanola Eagles name, in the end a new vision was chosen. Coach Tom McCarthy says, "We are very proud to wear the new name as a tribute to those before us who helped shape the culture and communities of this beautiful LaCloche-Manitoulin region." The name conjures up the tradition of our forefathers, First Nations peoples, and later fur traders who used the extensive river system of the area as transportation corridors. "These rivers have been our original highways," commented Whitefish First Nations' Chief Shining Turtle.

In other exciting news, The Espanola Regional Hospital Foundation has scored a partnership with the Espanola Rivermen. The club has offered to donate \$100 from every adult season ticket sold from now until Thanksgiving. The money raised will be used towards the purchase of a \$10,000 Transport Monitor. The Transport Monitor, which provides patients with uninterrupted highly

accurate monitoring during ambulance and helicopter transport, is just one crucial part of the \$350,000 new Cardiac Monitoring System which the Foundation is currently raising funds towards.

"We are fortunate to have a team so committed to giving back to the community," says Terri Noble, Fund Development Coordinator, "we are very excited about the opportunity to partner with the Rivermen and we look forward to a long and reciprocating relationship." "This is a win-win opportunity for the community to support both the Hospital Foundation and the new team," says Team President Tim Clayden. "Our team is as equally committed to this community as we are to the game of hockey. Our coaching staff, players and management are dedicated to being a winning team both on and off the ice. Our partnership with the Hospital Foundation is a great way to begin the season."

Season ticket information is available at www.espanolajuniorhockey.com and www.espanolaregionalhospital.ca or by calling 705-869-1961.



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**For more information call 705-865-2070
 email us at: masseyfair@bellnet.ca
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