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Espanola Helping Hand Food Bank News

The citizens of Espanola and surrounding communities are always generous in helping the EHHFB in its efforts but never more so than during the holiday season. Thanks go out to all those who took part in, sponsored, or donated to the Step-a-Thon at the Espanola Seniors' Complex. The Espanola & District Credit Union held a drive for food and donations over the past month. Thanks to all who contributed and to the organizers. Be sure to come out to the Espanola Rivermen game on Dec 6th.

There will be volunteers there to accept donations.

Volunteers at the EHHFB would like to wish everyone a happy and safe holiday season.

The Little Paper That Makes A Big Difference

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December 3, 2013 Issue 49 - Volume 17

Physio Moves



Photo: Registered Physiotherapist & Physio Moves owner Marilyn Wittmann

More often than not, when a person experiences an injury, pain, or limited mobility, the initial thought is to rest the affected area in hopes of feeling better. Sometimes that approach works, other times, it is wise to consult a physiotherapist for an assessment and possible treatment plan. Physiotherapy can promote recovery from an injury, assist in the healing process, and improve health and mobility. It can relieve back and neck pain, help with sprains, strains, or tendonitis, or relieve symptoms from arthritis. There are many conditions for which physiotherapy is appropriate.

A physiotherapist is university trained and is qualified to: perform a hands-on examination; diagnose; provide a treatment program; and help you understand more about your body. A doctor's referral is not needed to see a

Continued on page four...

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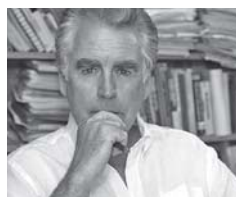
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All The World's A Circus
 William Thomas

williamjthomas@gmail.com



Surefire Signs Your Dentist Might Be A Quack

David Wu, a 62-year-old Vancouver man has been ordered to stop practicing dentistry without a licence. The College of Dental Surgeons of British Columbia believes Wu has performed dental work on more than 450 patients working out of his house in Burnaby, B.C.

Now known as the "bedroom dentist," Wu ignored a 2003 court order to stop practicing dentistry and instead continued to take on more clients. Apparently there were very few complaints about the work Wu did and he is certainly not the only one doing dentistry without a degree in Canada.

Rogue dentistry many have something to do with the fact that in this country you can now buy a new car for the same price as intricate dental work. The fact that Canadians are now travelling to Mexico, Costa Rica and Columbia to save money on dentistry might be just a bit of a tip off that Canadian dentists are drilling more than our molars.

But a dentist without a degree practicing in his home where the living room served as the waiting room and the bedroom doubled as the operating room!!! And there's more charlatans like Wu out there!!! How will you know if your dentist is an unlicensed imposter? Geez, I'm glad you asked.

Surefire Signs Your Dentist Is A Quack

•When you enter the waiting room, the

receptionist informs you that the dentist is running a little late and would you please take a lawn chair.

•There's a well-behaved Doberman sitting at the window who barks every time a police car drives by.

•The sign on the reception desk reads: "Dr. Wu requires same-day payment in cash, non-perishable food products or prescriptions for Oxycontin.

•The framed degree on the wall issued by Acme University offering "Learn Dental Surgery In The Comfort Of Your Home."

•Beside the degree on the wall is a framed photo of the dentist himself being cured of blindness on stage at a Benny Hinn "Fire & Brimstone Rally" in Dallas.

•You're the first patient of the day and entering the dentist's operating room you notice he's still in his pajamas.

•After the initial examination of your mouth the dentist puts on a hard hat, duct tapes your wrists to the armrests and says: "This could get rough!"

•There's a donation jar on the dentist's dresser marked "The Tooth Fairy Not-For-Profit Foundation."

•The dental chair you sit in looks suspiciously like the bucket seat from a 1990 Chevy Truck.

•In lieu of any freezing device, the dentist offers you a shot of whiskey and asks you to bite down hard on a Dentabone.

•You notice the "Dentist Of The Year"

Continued on page three...

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Continued from page two...

photo of him on the wall has the handcuffs and leg restraints whited out.

•A day after a front incisor replacement falls out you discover it's actually a Chicklet.

•Halfway through your noon hour appointment, the receptionist comes in and asks: "Who wants to chip in for take-out Chinese?"

•You notice the dentist keeps all his instruments in a "Tim The Toolman" leather belt strapped around his waist.

•Halfway through a difficult crown insertion the dentist goes over to the bed and takes a power nap.

•During a consultation for a root canal the dentist introduces you to an endodontist who you're certain is also your mailman.

•As the dentist describes the location of your three cavities the receptionist comes in with a box of polyfill.

•The dentist extracts the wrong front tooth but offers to put it back in for free.

•The dentist uses the bottom of his B.C. Lions t-shirt to demonstrate flossing.

•You refuse the dentist's offer of a 'polish' after noticing a can of Pledge on the side table.

•The dentist offers to create a space between your two front teeth because he believes it brings good luck.

•In lieu of a suction tube he has his assistant wad your mouth up with Bounty paper towels.

•Instead of extracting your eye tooth, the dentist asks you to wear a patch.

•The dentist refuses to extract your impacted wisdom teeth claiming that it might make you stupid.

•You get a call from your dentist's receptionist asking you to meet a woman named Millie in your neighbourhood to exchange dentures that got mixed up in the mailing.

For comments, ideas and copies of The True Story of Wainfleet, go to
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**'Tis the Season to Be Jolly at Work:
Office Gift-Giving Advice**



It is more appropriate to give gifts of food, including baked goods, rather than alcohol, to co-workers.

Office Christmas party season is here and most of us want to be festive co-workers. So, what to do about gift-giving to professional colleagues? Many times, businesses have protocol for holiday gift exchanges, but if you are feeling a little less than educated about how or what to give someone in an office setting, here are a few pointers:

1) Giving a gift to only select or close co-workers is appropriate, so long as it is done discreetly. It may even be a good idea to give the gift outside of the office entirely, so that no one gets

their feelings hurt. It is also wise to keep a gift simple and moderately priced.


2) Giving to a supervisor, or boss, is best done as a group. Gather your fellow employees and decide on a budget for one item and then chip in on something special.

3) If your office does a Secret Santa approach to holiday gift-giving and you draw the name of someone you don't know very well, ask around to see what charity that person supports, then donate in their name. Gift certificates, or baked goods in a nice package also make great gifts for anyone and everyone.

4) Wine or other alcoholic beverages are excellent hostess gifts, but for office giving, food items are a better choice than alcohol.

5) As a gift recipient, a handwritten thank you note is always a classy way to show appreciation.

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Espanola Police Report

On October 17, 2013 at 12:00 p.m., while in the area of the Espanola High School, an Espanola Police officer observed three males in their late teens smoking Marijuana at the traffic circle on Mead St. When the officer approached the three males, they all identified themselves, and one of the males was found to be bound by both a Probation Order, and a Recognizance of Bail with conditions to keep the peace and be of good behaviour. As a result, 20-year old Darwin Flamand of Webbwood was charged with Possession of a Controlled Substance contrary to section 4(1) of the Controlled Drugs and Substances Act, Failing to Comply with a Recognizance of Bail contrary to section 145(3) of the Criminal Code, and Breach of Probation contrary to section 733.1(1) of the Criminal Code of Canada.

He appeared in Bail Court on the October 18, 2013.

The other two males were cautioned for possession of a controlled substance.

On October 22, 2013 at 1:25 p.m., the Espanola Police Service received a call from the superintendent of an apartment building on Barber St., advising that he had located two teenaged males in the laundry room, who were trespassing, and suspected of attempting to break into the coin operated laundry machines.

Upon arrival, police identified the two 16-year old males, and during a search of one of the males, an officer located one-half gram of Marijuana on his person.

As a result, a 16-year old from Espanola who can not be identified pursuant to the provisions of the Youth Criminal Justice Act, was charged with one count of Possession of a Controlled Substance contrary to section 4(1) of the Controlled Drugs and Substances Act. The male was released on an Appearance Notice, and will attend Youth Court in Espanola on the November 19, 2013 to answer to his charge.

On October 29, 2013, while on routine patrol, an Espanola Police Officer observed a 13-year old male on Mead St., in the accompaniment of another young person. The officer was aware that the young male was bound by conditions as a result of an Undertaking not to associate with the individual he was with. As the officer had just cautioned the male the previous day for breaching his Undertaking, the officer arrested the male on this date. As a result, the 13-year old male, who cannot be identified under the provisions of the Youth Criminal Justice Act, was arrested and charged with one count of Breach of Undertaking contrary to section 145(3) of the Criminal Code of Canada. He is to appear in Youth Court on the December 3, 2013.

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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Tim Hortons Smile Cookies are here, and so is your chance to do something special for our community. This week, when you buy a special chocolate chunk Smile Cookie for \$1.00, the entire proceeds will be donated to the Espanola Helping Hands Food Bank.



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Continued from front page ...

Physiotherapy Is For Everyone At Physio Moves



physiotherapist so anyone can access private physiotherapy. Extended health insurance plans usually cover a portion of the fees. Or, if the injury is the result of motor vehicle accident (MVA) or workplace-related, auto insurance and WSIB can be billed. Additionally, DVA, or veterans, have benefits to assist with the cost of physiotherapy. Physiotherapy treatment has many benefits. It can help you return to your regular

sports and activities sooner. Also, seeking treatment early can prevent an injury from becoming a long-standing problem. In addition, physiotherapy can help improve pain or immobility from chronic or old injuries.

When you book an appointment with Marilyn Wittmann, Registered Physiotherapist and owner at Physio Moves, Espanola and the area's private physiotherapy clinic, she will ask you questions about your injury and symptoms as well as your general health. After she's assessed your history, Marilyn will perform a hands-on exam to assess your movement and strength. After that, she will put together a treatment plan for you. Physio Moves is located at the Espanola Regional Hospital. To learn more about how physiotherapy can help you, visit the Physio Moves website at www.physiomoves.net. You can also email physiomoves@hotmail.com or call to book an appointment at 705-988-3737.

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Espanola's Got Talent

Saturday, November 23, Espanola Little Theatre hosted "Espanola's Got Talent" at Sacred Heart School. The evening was a showcase of local talent, including bands, singers, and other musicians. In total, twelve acts participated to entertain a nearly full gymnasium on an extremely cold night. The Espanola Festival Choir gave a taste of what is in store for their performances in the area as they travel to sing the Christmas Cantata. Audience members were asked to bring

a food item or give a free-will offering for the Helping Hand Food Bank.

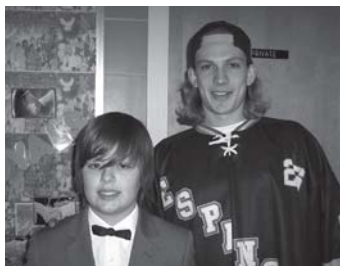


Photo: Grade 5 Sacred Heart School student Randy Kneer played piano at Espanola's Got Talent. Here, he poses with his favourite Espanola Rivermen player Alex Martin. The Rivermen were there to hand out programs and sign up new members for Espanola Little Theatre.



Photo: Sacred Heart School teacher Jacqueline Rivet showed her talent on guitar, harmonica, and vocals. She also showcased her song writing ability by performing an original song titled, "This Be the Day." Photo courtesy of Kathy Carre.



Photo: Alexis McGregor from Birch Island channeled Adele at the show. Photo courtesy of Kathy Carre.

Smile ... You're Lending a Helping Hand



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Once again, the Tim Hortons restaurants in McKerrow and Espanola are supporting the Helping Hand Food Bank with their Smile Cookie campaign. Smile cookies are available all this week at both locations for just \$1. The Smile Cookies are just one of many fundraisers Tim Hortons does throughout the year, and the beauty of their efforts is that

all the proceeds stay right here in our community helping our neighbours through the holiday season. Since 1996, more than \$4 million has been deliciously raised for hospitals and other organizations nationwide.

Also on the agenda for this week is the first annual Teddy Bear Toss in support of the Lions Club Toy Drive. The Espanola Rivermen play the Elliot Lake Bobcats Friday night at 7:30 p.m. and they are asking fans to bring a new stuffed toy to the game to donate to the toy drive. You can also support the Lions Club toy drive by visiting the angel tree at Winkel's. There is a tree at the nursing home as well. The T.D. Bank's tree is where you can drop off a gift or knitting. If you have toys or knitting that need to be picked up, call 705-865-3005 before December 10.

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MEETING

MASSEY AGRICULTURAL SOCIETY - Notice of Annual General Meeting, Tuesday, December 10 at 7:00 p.m. at the Massey Legion Hall (upstairs). 12/03

BINGOS

MASSEY AREA MUSEUM BINGOS - Held the first Monday of every month at the Massey and District Arena. Doors open at 6:15 p.m. Bingo starts at 7:00 p.m. \$1525 in cash prizes. 01/07

YOGA BY RENEW U - Monday, Wednesday 9:00 a.m.; Monday 7:00 p.m.; at Northern Dragons Studio. Personal training also available. For more information, call or text Darlene Bell at 705-869-8265. 12/4

PHYSIOTHERAPY - offered by Marilyn Wittmann. Located at Physio Moves in the Espanola Hospital. 705-988-3737. Visit www.physiomoves.net for services, rates, and hours. WSIB and MVA accepted. Acupuncture available. 12/24 - R

CHERYL VAN ALLEN'S MASSAGE THERAPY & ACUPUNCTURE - Christmas gift certificates available at the front desk of the Pinewood Motor Inn. 1 hour massage \$75.00, 1/2 hour massage \$45.00. New location at the Pinewood Motor Inn Espanola. 705-869-3460. 12/31 - R

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KARAOKE

KARAOKE - Back at Marshall's Bar & Grill, Espanola, Thursday nights from 10:00 p.m. - 2:00 a.m. with DJ Angella. New songs weekly. For more information, call 705-869-1441. 12/17

FOR RENT

FOR RENT - 2 bedroom house for January 1, 2014. \$850/mo, plus utilities, appliances included, references required. To view, call 705-869-1243. 12/10

COMMERCIAL SPACE FOR RENT - Located in Espanola town centre, Station Rd. Available immediately. Call 705-869-1378. 12/3

SOCCER RAFFLE

CHRISTMAS SHOPPING SPREE - Espanola Minor Soccer is selling tickets to win \$250 gift cards for Home Hardware, Canadian Tire, Freshco, and Winkel's every Saturday at the Espanola Mall. 4 draws will take place on December 21. 12/17

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Recipe

My friend and I decided to adjust the original recipe for Rangoon Dip by adding shrimp and cheddar cheese to it and we think it turned out delicious; a hot, cheesy dip that you would order off a menu at a popular restaurant. It's perfect for upcoming holiday parties or family gatherings. This makes a large dip that can be halved easily for a smaller group.



Crab and Shrimp Rangoon Dip

- 4 green onions, chopped
- 2 (8 ounce) packages cream cheese
- 1 package of imitation crab
- 1 can of cocktail shrimp, drained
- 1 1/2 teaspoons Worcestershire sauce
- 1/4 teaspoon garlic powder
- 1 teaspoon lemon juice
- 1/2 cup sour cream
- 1 1/2 cups of shredded cheddar cheese, divided

Preheat oven to 350 degrees. Soften the cream cheese in the microwave for about thirty seconds. Add all the other ingredients including 1/2 cup of cheddar cheese and mix well. Pour dip into an oven-safe casserole dish that you have sprayed with non-stick cooking spray. Top with remaining cheddar cheese. Bake for 30 mins at 350 degrees, or until dip is hot and bubbly. Serve the dip with nacho chips, crackers or pita triangles.

Kids Korner

Kids love to glue cotton balls onto paper and will have fun making this jolly Santa.

Paper Plate Santa

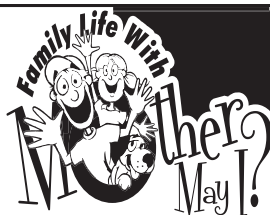
- a small paper plate
- 2 pieces of construction paper- one red and one white
- cotton balls
- googly eyes
- glue
- scissors
- red pom pom



Start by drawing a large U shape on the white construction paper to make the beard. Use the paper plate as a guide for how wide it should be. Cut out beard. Add glue all over the beard. Make sure to leave an empty space to glue on the mouth. Add the cotton balls to the glue. Cut out a small red mouth out of the red paper. Glue on the mouth where you left space on the beard. Set the beard aside to dry. On the paper plate glue on the eyes and a pom- pom nose. Cut out a hat from the red paper; add glue on the bottom edge and top of the point. Add cotton balls to the hat. Let dry. When the glue is dry; glue the beard and hat onto the plate.

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

Christmas Cantata The Wonder of Christmas - The Espanola Festival Choir will present at the following Espanola locations: Thursday, December 5 at 7:00 p.m. at the Queensway Seniors' Drop-In Centre; Sunday, December 8 at 10:00 a.m. at the United Church of Espanola. Free will donations gratefully accepted. Everyone is welcome at all venues.

Journey to Bethlehem - Friday, December 6 and Saturday, December 7. Gather at Zion Lutheran Church in Massey between 5:45 & 6:45 p.m. to go to the farm on a bus. There are refreshments afterwards and a donation basket. It is a 1/2 hour outdoor walk, so dress appropriately. Come and experience of the very first Christmas.

Webbwood Eagles Ladies Auxiliary Monthly Spaghetti Supper - Saturday, December 7 from 5:00 p.m. to 6:30 p.m. 3 Centre Street Webbwood. All are welcome.

Sudbury-Manitoulin Alzheimer Society - The Espanola and Friendship Circle support group will meet Monday, December 9 from 12:00 noon - 2:00 p.m. at the Espanola Seniors' Drop-in Centre. For information, call Wendy at 705-869-1137 or Sherri at 705-377-4505.

Cribbage Tournament - Royal Canadian Legion, Espanola. 2013-2014 dates are: December 8 & 22; January 12 & 26; February 9 & 23; March 9 & 23; April 6 & 20; May 4 & 11.

Monthly Movie Nights - At Webbwood Public School in support of the LaCloche Mountain Institute. Double feature on Saturday, December 7 at 5:30 p.m. Watch Lightning Thief and Sea of Monsters.

Next Community Luncheon - December 10 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 a.m. to 1:00 p.m. NO CHARGE. Everyone Welcome.

Espanola Sea Cadets - Every Wednesday, 6:00 - 9:00 p.m. at the Espanola Legion. Free leadership, seamanship and physical fitness training for youth, ages 12-18. Call Lt(N) Debra Goode at 705-862-7700.

Toastmasters - Develop communication and leadership skills, which in turn foster self-confidence and personal growth. Mondays 7:00-8:30 p.m. Call Pauline for details 705-869-4016.

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.**

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

THANK YOU

Community Living Espanola **THANK YOU**

First of all, a very special thank you to all the volunteers, Board of Directors, Fundraising Committee and staff of Community Living Espanola for your dedication and hard work in making our 5th Annual Fall Harvest Luncheon fundraiser a great event once again.

I would also like to express my sincere thanks to the organizations, businesses and community individuals listed below for their contribution to the success of this fundraiser. To those whose name may have been missed, please accept my apologies and sincere thanks.

Angela Houle	Farquhar's Dairy	Nadeen Pilotte
Blue Heron Resort	Freshco	Paul Zahorec
Canadian Tire	Giant Tiger	Petro Canada
Catherine Kozachanko	Hair Centre	Pinewood Motor Inn
Cheryl Van Allen's Massage	Hair Plus	Remedy RX
Therapy & Acupuncture	Jan Bourcier	Robinson's Pharmasave
Cortina Pizza	Jean Country	Sherry Trowbridge
Dittrich's Hair Design	John's Flowershop	Subway
ELITE Training	Joyce McGregor	The Ladies of the Royal Purple
Epicure	Julie Track	To Your Health Massage Therapy
Espanola Home Hardware	Leone Howard	Wendy's
Espanola Royal Canadian Legion	Lisa Tobodo	
Evelyn Donnelly	Massey Wholesale	

Together we raised a total of **\$2,753.09** on October 29/13 which will be used to enhance the lives of the individuals supported throughout our programs.

Louise Laplante, Executive Director
Community Living Espanola



TOWNSHIP OF SABLES-SPANISH RIVERS

Phone: (705) 865-2646 Fax: (705) 865-2736

Email: inquiries@sables-spanish.ca

Box 5, Site 1, R.R.#3, 11 Birch Lake Road, Massey, ON, P0P 1P0

Website: www.sables-spanish.ca

Season's Greetings - Wishing everyone a safe and happy holiday!

The Municipal Office & Public Works will be closed for the holidays as follows:

Wednesday, December 25th, 2013

Thursday, December 26th, 2013

Friday, December 27th, 2013

Wednesday, January 1st, 2014

MASSEY & TOWNSHIP PUBLIC LIBRARY NEWS

Our libraries are growing to suit you!

ANGEL TREE: The Massey & Township Public Library is assisting the Massey Food Bank with this project. Interested persons can pick up an angel and purchase a gift and return the gift to the library. Working together we can give some needy children a very Merry Christmas.

SILENT AUCTION: Our December Silent Auction is open for bids. We appreciate your assistance in making this event a big success.

BOARD MEMBERS: The Sables Spanish Rivers Public Library Board is looking for community members that are willing to serve on the board. Individuals can send a letter of interest to the Township of Sables Spanish Rivers.

FRIENDS OF THE LIBRARY: Our Friends Group is looking for volunteers that would like to contribute some time to the library. Are you 18 years or older and interested in becoming part of our Friends of the Library? Would you like to make a positive change at the library? Volunteers are needed to achieve this goal.

AMNESTY DAY: Last Monday of each month overdue books can be returned with no charge.

Merry Christmas and Happy New Year from the Massey & Township Public Library and Webbwood Public Library.

For more information, please contact the Massey & Township Public Library at 705-865-2641 or Fax: 705-865-1781; infomasseylibrary@gmail.com. Our website address is www.masseylibrary.com.

PUBLIC SKATING

Once again everyone can enjoy Free Skating sponsored by Tim Horton's:

Friday, December 20th, 2013 – 7pm – 9pm

Friday, December 27th, 2013 – 7pm – 9pm

Friday, January 3rd, 2014 – 7pm – 9pm



CHRISTMAS SERVICES AND CONCERTS 2013

Journey To Bethlehem – Dec. 6th & 7th, 2013 (Buses depart from Massey Zion Lutheran Parking Lot at 5:45 & 6:45 pm). Refreshments will be served following the Journey to Bethlehem at the Zion Lutheran Church. (Donations gratefully accepted at that time as well)

School Christmas Concerts

St. Mary Catholic School (290 Algoma St, Massey) – **Tuesday, Dec. 17, 2013 at 6:00 pm.** Admission is a non-perishable food item. There is also a "Giving Tree", where you can donate mittens, hats, small toys, etc. All items collected will be donated to the local Food Bank.

S. Geiger Public School (355 Government Rd., Massey) – **Wednesday, Dec. 18, 2013 at 1:00 pm.** Admission is a non-perishable food item for the local Food Bank.

Webbwood Public School (6 Minto St, Webbwood) Community Breakfast – **Thursday, Dec. 19, 2013 at 9:00 am,** Community Sing-Along to follow. Donations to the Breakfast Club greatly appreciated

Christmas Church Services

Sunday December 22, 2013

St. Andrew's United Church – 305 Imperial St. Massey – Service of Lessons & Carols – 10:30 am

Zion Lutheran Church – 535 Imperial St. Massey - Christmas Communion followed by Christmas Dinner at 11:00 am

Tuesday, December 24, 2013

St. Francis of Assisi Catholic Church – 530 Hwy 17 Walford – 5:00 pm

St. James Anglican Church – 415 Imperial St. Massey – 6:00 pm

St. Andrew's United Church – 305 Imperial St. Massey – Family Christmas Service – 7:00 pm

Zion Lutheran Church – Christmas Eve Children's Pageant – 7:00 pm

Immaculate Conception Catholic Church – 160 Darby St. Massey – 8:00 pm

Wednesday, December 25, 2013

St. Lawrence Catholic Church – 3 Nelson St. Webbwood – 9:00 am

Immaculate Conception Catholic Church – 160 Darby St. Massey – 11:00 am

**Please note the New Mass Times for the three Catholic Parishes (as of Sunday, Dec. 1, 2013)*

Immaculate Conception – Sundays at 11:00 am

St. Francis of Assisi – Saturdays at 4:00 pm

St. Lawrence – Sundays at 9:00 am

MASSEY FIREFIGHTERS ANNUAL FOOD DRIVE

The Massey Firefighters will be holding their annual food drive on Wednesday, December 4th, 2013 from 6:30 pm – 9:30 pm. Please help support our local Food Bank!