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January 1, 2013 Issue 1 - Volume 17
www.aroundandabout.ca

The Top 10 Most Commonly Broken New Year's Resolutions



By Chloe Kneer - By now you have something in mind that you'd like to change, quit, or start for 2013. Trouble is, will your resolve last? Here's a list of the most commonly broken New Year's resolutions:

- Lose Weight and Get Fit
- Quit Smoking
- Learn Something New
- Eat Healthier and Diet
- Get Out of Debt and Save Money
- Spend More Time with Family
- Travel to New Places
- Be Less Stressed
- Volunteer
- Drink Less

Any of these sound familiar? While it's admirable to expect that a new year can usher in with it new habits, experts say that change is always best achieved when done in moderation. If you are trying to lose weight, for example, don't deny

Continued on back page...



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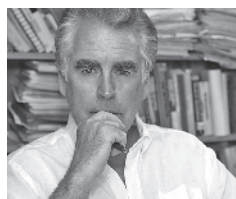
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All The World's A Circus

William Thomas

williamjthomas@gmail.com



'Bob The Border Guy' – Retired And Telling All

There is something about retirement that brings out the best memories in a man. Recently my friend Bob left behind forty years of service as a Canadian customs officer working all four of Niagara's border crossings with the United States. And he's taken the ribaldry and remembrances home with him. In the early days when it was called Customs & Excise most of the front line officers were men – tough, gruff and old school. So asking a war veteran to strip search a transvestite was not the brightest idea the department – now called the Canadian Customs And Border Services – ever had.

"So what did you find, Bob?"
"I'll tell you what I didn't find." And after a very long pause and wry smile came the answer: "Contraband."

At the small and dingy Whirlpool Bridge often the regulars were prostitutes and their pimps crossing into Canada to work the Queen Street area of Niagara Falls. It was the very first Canada/U.S. Free Trade Zone.

But at the Peace Bridge it was usually carloads of 'bingo bunnies from Buffalo.' All were nice, easygoing ladies hoping to hit the jackpot at one of Fort Erie's many bingo halls, that game being illegal in New York State. Bob asked one of his favourite bunnies for a picture to be used in a presentation he was putting together.

"If I'd have known you was going to

take my picture," said Ida beaming. "I'd have brought my teeth." Bob still has the photo.

Much like the hours just before the bars close, the midnight shift at the border brings most of the trouble.

There was the no-nonsense guy in a suit who flashed his Buffalo Police Department badge as soon as he pulled up to Bob's window.

"In transit to Detroit," he said. Code for official police business.

"That your prisoner?" asked Bob, about the scruffy looking passenger.

"Ah, that's my superior," replied the detective.

Oops! Complaint to Customs Superintendant signed. Officer reprimanded.

There were the two California hippies in a van who pulled up to the Queenston Bridge after making a wrong turn, still sucking on tubes that were hooked up to a water bong of hashish bubbling away on the centre console. I'm guessing their holiday in The Falls while awaiting trial was "far out."

There was the Toronto woman found with a suitcase full of baby paraphernalia but no baby. Mystery solved when photos were found of her with her New York boyfriend, looking like the Gerber Food twins, taken in a rather large crib. Embarrassing.

Another woman coming back to Canada

Continued on page three...

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Continued from page two...

after a wild weekend in New York City had a unique device that went off like a lawnmower as soon as Bob opened her suitcase. Awkward.

Late one night at the Peace Bridge a pickup truck rolled in with North Carolina plates. A cursory check revealed a reddish brown liquid seeping out the back between the tailgate and the floor. The driver had a southern drawl but no explanation. Bob naturally sent him to "secondary" where they did provide some answers after a call to state police in North Carolina. The liquid was blood; the driver had killed someone back home and made a run for the border after disposing of the body. "Detain driver!"

Another lone male pulled up to Bob's booth at the Rainbow Bridge in a car with Pennsylvania plates. The man said he was coming to Canada for a holiday ... with his mother. When Bob could find no other person in the vehicle, he was presented with a burlap bag containing a dead crow.

"She travels with me wherever I go."

"That's nice, sir. But you and your mother will have to return to the United States."

While still at the Peace Bridge and working secondary inspection Bob encountered a very distraught 25-year-old man from a small town south of Buffalo. He explained that his wife had left him and taken the kids and he just wanted to drive along the Niagara River to figure things out. While searching the glove compartment of his pickup truck, Bob learned that the driver's licence was under suspension. He also found a note, a kind of 14-step plan on how the young man was going to change his life around.

Verbatim, here is that note: 1) Quit drinking for kids & health. 2) Get job. 3) Find house in

country. 4) Get custody of kids. 5) Get driver's licence back. 6) Find God, religion. 7) Find a nice woman. 8) Exercise regularly. 9) Love children unconditionally. 10) Get rifle. 11) Get dog. 12) Grow weed. 13) Sell some assets. 14) Write a book.

You can't help but wonder how it all turned out.

Bob's brushes with fame were plenty – President George Bush driving a beat up Reliant, a 200 lb. stripper named Twiggy and King Edward VI driving while naked.

However late one night at the Queenston Bridge he did meet the legend. Chubby Checker.

Entertainers entering Canada were logged by an Immigration Manifest Form which had to be reconciled upon exiting the country. Bob boarded the Chubby Checker Express, a dormitory on wheels, crossed off all the names of the roadies on the manifest.

"Hey where's that Checkers guy?" asked Bob.

"Behind that curtain," a techie replied.

Pulling aside the curtain Bob came face to face with Chubby Checker who was in his bunk bed doing the horizontal twist with a woman, not on the list. Sorry Chubby, international interruptus protocol.

Congratulations 'Bob The Border Guy' and have a wonderful and well-deserved retirement. You have served your country well in difficult and okay, really strange situations. You will be fondly remembered by all who knew and met you. All except Chubby Checker.

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

Honour Linda Bujold by donating blood *"In Honour" Clinic held in Elliot Lake, Espanola and Sudbury*

The Family and friends of Linda Bujold are holding special blood donor clinics in Elliot Lake, Espanola and Sudbury to honour Linda but also encourage others to donate blood.

On December 1, 2012, Linda was in a severe car accident that eventually took her life. While in the hospital, Linda required 40 units of blood. Although Linda succumbed to her injuries, the blood she received extended her life and gave her an opportunity to say goodbye to her family.

"Throughout her work and volunteerism, Linda was a shining light" say Robert Creaser, son-in-law of Linda Bujold. "We hope that by recognizing what a special person Linda was, we will also raise awareness for the need for blood and why it is so important that people donate blood".

The demand for blood and blood products will continue to grow and to meet Canada's future blood needs we must encourage more Canadians to become regular blood donors now. For this year (2012/13) we need to recruit 89,600 new donors. By 2015, that number will grow to 100,000 new donors annually as the Canadian population ages and some of our loyal donors may be users of blood products.

Consider bringing a friend or family member to donate at one of the Linda Bujold "In Honour" clinics held in Elliot Lake, Sudbury or Espanola. Book your appointment at 1 888 2 DONATE (1 888 236 6283) or online at www.blood.ca.

• **Georges Vanier School in Elliot Lake on Thursday, January 10th, 2013 from 2 pm – 6**

• **Sudbury Blood Centre, 235 Cedar Street January 15th, 2013 from 8:30 am – 12:30 pm**

• **Espanola Knights of Columbus, on Thursday, January 24th, 2013 from 11:20 am – 2:30 pm and 4 pm – 7 pm.**

About Canadian Blood Services

Canadian Blood Services is a national, not-for-profit charitable organization that manages the supply of blood and blood products in all provinces and territories outside of Quebec. Canadian Blood Services also oversees the OneMatch Stem Cell and Marrow Network, and provides national leadership for organ and tissue donation and transplantation. Canadian Blood Services operates 42 permanent collection sites and more than 20,000 donor clinics annually. The provincial and territorial Ministries of Health provide operational funding to Canadian Blood Services. The federal government, through Health Canada, is responsible for regulating the blood system.

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Rainbow Secondary Schools Host Information Nights For Grade 8 Students

Grade 8 students and their parents/guardians are invited to Information Nights at Rainbow secondary schools in Sudbury, Espanola and Manitoulin. All students are welcome to participate, regardless of which elementary school students currently attend.

To help in the process, Rainbow District School Board has produced a new Guide for Students and Parents called "Making the Transition – Finding your way from Grade 8 to Grade 9." The guide contains information about course codes, levels of study, timetables and tips. The guide can be accessed online at rainbowschools.ca. Copies are also available by emailing info@rainbowschools.ca or visiting area Rainbow secondary schools.

Rainbow District School Board's secondary

schools offer exceptional opportunities in arts, athletics and academics, in English and French Immersion, in all program pathways – independent living, work, apprenticeship, college and university.

The Board also has four specialized programs - the Arts Education Program, the Science Technology Education Program (STEP), the School of Integrated Technology and the International Baccalaureate Program (IB). Busing to these programs is offered to students within Greater Sudbury.

Espanola High School
Wednesday, February 27, 2013 at 7 pm

Principal: Marty Punkari
147 Spruce Street, Espanola
Phone: 705-869-1590

FI – French Immersion
EP – English Program

Board Office Employees at Rainbow District School Board Donate to Independent Living Resource Centre



Board Office employees at the Rainbow District School Board donated \$1,880 to the Independent Living Resource Centre in Sudbury on Thursday, December 20, 2012. Accepting the cheque on behalf of the Independent Living Resource Centre is Rob DiMeglio (centre) along with his therapy dog Gabe. Presenting the cheque, from left to right, are Debbie Presot, Dave Kitching, Barb Hamilton, Lesleigh Dye and RoseAnne Laronde.



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Recipe

I make homemade soup often and do it the old school, boil the chicken carcass kind of way, but if you are in a hurry and are craving a hearty dish of chicken soup this is a great substitute. I'm giving you the recipe as I found it which calls for canned carrots. This keeps preparation time to a minimum but feel free to use fresh carrots if you have the time.



Homestyle Chicken Noodle Soup (in less than 30 minutes)

- 1/2 of medium onion, chopped
- 2 stalks of celery, diced
- 1 bag of egg noodles (you can use either medium or wide)
- 2 cups of cooked chunk chicken breast
- 1 can of sliced carrots, strained
- Water
- Chicken Bouillon cubes
- Parsley Flakes

- 1 In a large soup pot, saute onion and celery in olive oil until translucent.
2. Fill pot 2/3 full with hot water and add bouillon cubes (3 or 4).
3. Bring to a rolling boil and add the bag of egg noodles.
4. Boil until noodles are tender (approx. 12-15 minutes), and stir occasionally.
5. Add carrots and chicken and reduce heat to low. Simmer for 10 more minutes. (Do a quick taste test here and add more seasoning if it needs it.)
6. Sprinkle parsley flakes on top and serve. (Don't skip out on the parsley flakes- it really adds to the "homestyle" look of the soup.)

Kids Korner

New Years Countdown for Kids

- 12 balloon
- 12 strips of paper
- 12 easy fast ideas or things found around the house

Take the 12 strips of paper and write ideas on them. Here are a few:

1. 'Paint' with shaving cream
2. Have a snowball fight
3. Eat a cookie
4. Ready a story in front of the fireplace
5. Have a thumb war
6. Sing a song
7. Clean the bedroom
8. Balloon Volleyball
9. Drink hot chocolate with marshmallows.
10. Call Grandma and wish her Happy New Years!
11. Turn on the music and dance like it's 1999
12. Tell a favorite memory from 2012



Roll up the strip of paper and place in the balloon. Blow the balloon up and tape it to the wall. Continue with the rest of the balloons. Write a time on the balloons starting at 1 pm (or whenever you want to start) up to midnight. On each hour have the kids pop a balloon and discover what they have to do. You can place a small item or treasure for them to keep in the midnight balloon.

COMMUNITY NOTES

Espanola United Church – Indoor Yard Sale at 246 Spanish River Drive. Saturday, January 12 from 10:00 a.m. – 2:00 p.m. Proceeds to the Espanola United Church.

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

Massey-Walford Horticultural Society Meeting - Tuesday, January 8 at 2:30 p.m. at the Massey & Township Public Library. Share and learn new ideas in a friendly atmosphere.

ELT Auditions - Espanola Little Theatre cast and crew call January 7 at the Royal Canadian Legion at 7:00 p.m. Work on stage or behind the scenes; everyone is welcomed!

Ladies Winter Tea - Queensway Pentecostal Church, Thursday, January 24 at 7:00 p.m.

Espanola Public Library Story Hour Registration – Monday, January 7 at 9:00 a.m. Child Must be three years of age by December 2012.

Espanola Citizen Group Town Hall Meeting - January 30, 2013 at the KC Hall at 7:00 p.m. There will be guest speakers and new information for the taxpayers of Espanola.

Canadian Hard of Hearing - Tickets are on sale and can be bought at Petro Gas Station, Around and About or by contacting Cindy Lalonde at 705-869-7825. Last date to buy tickets is January 6, 2013, draw date is January 28, 2013.

Royal Purple Lunches – January 10 serving Beef Stew. For orders call Gert 705-869-2669 or kitchen 705-869-4888 (leave message). All orders must be in no later than Tuesday evening (Jan 8)

Webbwood United Church - Homemade Soup and Sandwich Luncheons Every 2nd and 4th Wednesday of each month from 11:30 a.m. - 1:00 p.m. Free will offering – Everyone welcome.

Lions TV Bingo – Wednesdays at 6:30 p.m. Tune into Local Channel 10 or come on out to the Espanola Regional Recreation Complex.

Social Bridge - Wednesdays from 1:00 - 3:30 p.m. at the Seniors Drop In Center. No partner needed, just come and play. Call D. Allen at 705-869-0475 for info.

Espanola Elks Cribbage Tournaments – Sunday, December 16. Pre-registrations (teams of two). For Registrations Call 705-869-6237 or 705-869-1931.

Drug problem? We've been there, we can help. Narcotics Anonymous - 137 Sheppard St. Espanola. Tuesdays & Saturdays from 7:30-9:00 p.m.

Espanola Chess Club - Wednesdays 6:30-9:30 p.m. in the Library Conference Room. All levels welcome! Free Membership. Bring a chess set. No timers required. Call Wayne Levesque at 705-862-1617 for more information.

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

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Continued from front page...

The Top 10 Most Commonly Broken New Year's Resolutions



yourself your favorite guilty pleasure food completely... just try to limit your quantities. Allow yourself a treat now and then. Big results happen with small steps at a time by helping you not get discouraged when the extra twenty pounds it took you years to accumulate don't magically drop off in your first month at the gym.

Keep these tips in mind this new year: think positively. Believe it or not, thinking positively can impact your success. Imagine yourself achieving your goal, then make

the little changes necessary to do so. Which brings us to the next tip: think small. Doing a complete diet overhaul, for example, will be extremely difficult. Try adding an extra serving of veggies or fruit per day to start. Once you've done that, make another small change. Finally: buddy up. Find a friend or co-worker who shares your goals and keep each other accountable (and company). Even if you can't find anyone to share in your changes, at a minimum, let someone else know. Simply telling someone will help you stay on track.

When all else fails, remind yourself that Valentine's Day is only a month and a half away, then you will have another excuse to indulge in tasty treats. Happy New Year!

Domtar Supports Health and Wellness

In support and recognition of the importance of health and safety awareness, Domtar has provided funding in the amount of \$15,000 towards the purchase of the newly updated fitness equipment at the Espanola Regional Recreation Complex.

"Increasing support of fitness incentive programs affirm that health and wellness is a social & economic priority for businesses and communities," stated Mayor Lehoux. "Domtar's leadership in the area of health & wellness contributes

to healthier employees, a healthier community & a less burdened health care system."

"The benefits to leading a healthy lifestyle are indisputable," says Dianne Polden, Manager of Leisure Services, "we are committed to empowering lives in our community through fitness & active living and we are grateful that Domtar shares in this commitment to community wellness."

The Town of Espanola thanks Domtar for the generous contribution.

Espanola Helping Hand Food Bank News

There are many people to thank for their generosity over the holiday season. Some of our kind benefactors include Espanola High School Students for Change, Espanola Eagles Bantams, Sacred Heart School, and Harvest King. Thank you for your ongoing support. The volunteers of the EHHFB wish everyone a happy and prosperous new year as we head into 2013.

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Swim Lesson Registration Jan 14 - 18 Register @
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