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January 29, 2013 Issue 5 - Volume 17
www.aroundandabout.ca

Winter Fun: It's On!



By Chloe Kneer -- Winter has definitely arrived. A few dumpings of fresh snow and subzero temperatures from last week have left Rainbow Country in a winter wonderland. There is lots of snow and ice to take part in winter activities, including snowmobiling, skiing, and ice fishing. In all the excitement, it is worth the time to remember that safety and abiding by the law are as crucial to winter fun as any other season.

The Espanola OPP will be out conducting checks on trails and lakes and they are asking you to remember a few basics if you are planning to snowmobile, including:

- having proper licensing, insurance, and trail pass
- check over your snowmobile before riding to make sure broken or worn parts are fixed or replaced
- prepare an emergency kit that includes basic tools, a spare drive belt, spark

Continued on page three...

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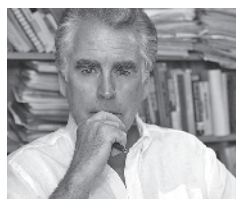
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All The World's A Circus

William Thomas

williamjthomas@gmail.com



And The Fans Did Not Come Back

It's been three years since that fateful NHL lockout of 2012, and still the fans have not come back. Sure some returned to buy tickets for the 2013 shortened season but gradually it dawned on them that in this icy dicey game between millionaire players and billionaire owners they, the fans were represented by all those zeroes. Only Toronto Maple Leaf fans supported their team by buying up every single ticket to the season's first game. Sports writers called them stupid and shameless but they were actually shrewd. Attending the opener at Air Canada Centre has always been the last chance to see the Leafs before they're mathematically eliminated from the playoffs.

All other fans deserted the game and took their hard-earned dollars with them. Hockey became just another failing big business with layoffs, plant closures and fire sale trades. The best players bolted for leagues in Russia and Europe while the rich owners closed down franchises or operated them as charities in order to get the tax breaks.

Commissioner Gary Bettman tried everything to keep the game alive. Although he said he would not risk expansion to places like Hamilton or Quebec City where people had heard of the game, he did open up new NHL clubs in exotic locales like Key West, Florida and San Juan, Puerto Rico and Hershey, Pennsylvania.

When Canadian fans objected strongly by mumbling to themselves in their beer, Bettman threw them a bone by assigning a second franchise to Ontario. On New Year's Day, 2014 The Etobicoke Numb Asses opened the season with the owners,

Rob and Doug Ford dropping the puck. By then it wasn't called hockey. Commissioner Bettman had renamed the sport "puckball" to try and lure basketball and baseball fans into arenas that were near empty. The rebranding involved calling a hat-trick a 'home run' and penalizing players for dribbling, both on and off the bench.

Soon the National Puckball League was made up of players pulled out of retirement and first cuts from old timers leagues. Eddie Shack was named Captain of the Toronto Maple Leafs. He played on a line with George Armstrong and Hazel McCallion. In goal the great Johnny Bower sported a 1000 goals against average.

Meanwhile in Etobicoke, after the entire cast of Slap Shot quit the team, Numb Ass owners, Rob and Doug Ford took to the ice themselves on a line centered by Patrick Chan.

Still Gary Bettman pushed on, merging the game with NASCAR in hopes of attracting several million overweight guys name Dwayne to empty American hockey rinks. On the ice players now had the option of wearing skates or wheels and although fighting was banned, five and six-player pileups were common.

Gradually the game lost players, revenue and TV coverage in North America. The game had become so dull and slow and boring only Norwegians crowded around their TV screens to watch it.

In the States, true hockey fans were so furious at Gary Bettman for destroying their game that they threatened his life. Likewise north of the border, true

Continued on page three...

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Continued from front page...

Winter Fun: It's On!

plugs, a tow rope, trail maps, a first aid kit, and a flare
-tell others where you are going and when you will return
-dress for the weather and wear a helmet (reflective clothing is a good idea)
-pack extra clothing, snacks, and fire making supplies
-ride sober as 30% of fatalities on snowmobiles involve alcohol consumption
-don't ride on closed trails or private property

Ice fishing diehards are reminded that there are laws relating to consuming alcohol in "Ice Shacks". Drinking while fishing in ice huts is illegal unless the ice hut contains legitimate sleeping and cooking facilities. For information on trails and conditions, visit www.ontariotrails.on.ca. You can also follow the OPP on Twitter at: www.twitter.com/OPP_News

And The Fans Did Not Come Back

Continued from page two...

hockey fans here warned that if Bettman ever showed his face in Canada they would ... they would refuse to speak to him. Fearing for his life Commissioner Gary Bettman staged his own kidnapping in which he was abducted from his New York office in a peewee hockey bag.

The 2014 NPL season ended with just five teams. The Hershey Nut Bars took first place and were challenged in the playoffs by the San Juan Stir Sticks. Finishing out of the playoffs were the Key West Gay Blades, The Etobicoke Numb Asses and the National Ballet of Canada. The Toronto Maple Leafs finished sixth in a five-team league and sold out for the next season. Leaf Nation screamed for a 365-day long season.

Meanwhile in Etobicoke, the Ford Brothers turned to hockey legend Don Cherry for guidance, naming him their new President and CEO. Cherry turned the team into a highly successful franchise of extreme cage fighting. The Numb Asses using Rock 'em Sock 'em Hockey as their game plan ceased operations almost immediately.

Disheartened hockey supporters drifted into other endeavours. Some were forced to spend more time with their families. A few joined ball hockey leagues. One was photographed playing catch with his son. Many – like war veterans who, for whatever reason return to live in the war

zones of Iraq or Vietnam – many hockey fans moved to Buffalo and bought season tickets to the Bills. After the lockout of 2012, professional hockey just slowly wasted away like so many rolls of fat in a Kirstie Alley Jenny Craig commercial.

By the time the Navy's Seal Team Six caught up with Gary Bettman in his squalid, three-storey, concrete compound in Costa Rica he was just a shell of himself, emaciated and hunched in front of a television set watching reruns of Battle Of The Blades. Besides a ton of highly sensitive information (photographs of himself), the Seals found evidence that Bettman had been secretly seeking the financial backing of Mitt Romney in order to develop a hockey franchise in the Caribbean called the Dominican Republicans. (Romney's only request: "You hire 'em. I'll fire 'em!") The story of Gary Bettman's last days has been documented in a Hollywood movie directed by Kathryn Bigelow and titled Zero, Short And Balding.

The hockey fans did not come back and although the game was lost, the world limped on without it.

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



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Espanola Mall Valentine's Day DRAW

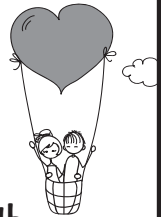
The Espanola Mall is having three
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Fill out a ballot for your chance to win



1st prize is \$100

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3rd prize is \$25.



Draw date is on February 14th.

Happy Valentine's Day from everyone at the Espanola Mall.

Prize accepted as awarded.

Avoiding Emotional Investing This RRSP Season

When market volatility increases, investors' emotions tend to rise.

Availability Bias - Decision making is often greatly influenced by what is personally relevant, recent or dramatic. For many investors, they may vividly remember the stock market losses of 2008 but forget the gains of subsequent years. The markets have taken investors on a roller coaster ride. They remember the dramatic drop but have paid less attention to the climb back up. Many investors have sought traditionally 'safe' investments like bonds and GICs, but with interest rates at historic lows, many of those strategies offer marginal or

negative real return, causing investors to fall short of their long-term goals.

Loss Aversion - The pain of loss is generally much stronger than the reward felt from a gain. A strong desire to avoid market losses has driven many investors to move their money out of stocks and into cash or bonds. Herding investors often get caught up with following the crowd when investing. This can cause them to lose sight of their long-term goals and pull their money out of stocks at the wrong time, resulting in them sitting on the sidelines when the market rises. The best way to take the emotion out of investing is to seek advice from an investment advisor.

View the paper for FREE every week at
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SWEETHEART DANCE - DJ and live music by Out of the Vault, featuring Lauren McClure on the bass. Saturday, February 16, 2013 from 8:00 p.m. - 1:00 a.m. at the Webbwood Eagles. Tickets \$10.00/person or \$15.00/couple. 02/12

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IN THE LOOP

If you are reading this before 7:00 p.m. on Tuesday, January 29th you have time to attend the Espanola Citizen Group Town Hall at the K of C Hall. The evening will prove to be very informative. Guest Speakers have been invited to explain how they have managed to work cooperatively for the betterment of their community. In addition, Freedom of Information material which has been obtained since our last Town Hall will be presented. The first draft of the budget for 2013 was introduced by the Clerk Treasurer/Administrator at a Special

Meeting of Council last Tuesday. Copies are available to the public at the municipal office for anyone who is interested. Council will now examine the figures and then a series of meetings will be scheduled in order for each department head to explain their 2013 requirements before Council finalizes the budget. The hope is that this process unfolds in a manner that benefits both the taxpayers and the municipality. We will keep you informed on our website (espanolacitizengroup.ca).

Richard Ellis
Executive Member



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 Police Report

On Thursday, January 17, 2013 at 11:30 am, Espanola Police investigated a shoplifter in a local grocery store. Police were advised that a staff employee saw a male hide several products under his sweater and leave the store without paying for the items. The suspect was arrested and the stolen items valued at \$107.20 were recovered. As a result of the investigation, Samson Scott Trudeau, 29, of Wikwemikong was charged with Theft Under \$5,000. He will appear in Espanola criminal court on February 19, 2013.

Anyone with information on any of these crimes call Espanola Police or Crimestoppers 1-800-222-TIPS(8477)



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Recipe

This recipe has been kicking around for a long time. It's a low calorie, low fat, healthy but delicious soup. I just made a pot to eat during the week, because it's time to stop eating like I'm going into hibernation and watch my calorie intake. This soup really is good and you can eat as much as you want without the guilt. I cheat and put crackers in it, but soup without crackers is like cake without icing...boring!



Eat All You Want Cabbage Soup

- 4 cups nonfat beef broth (900 ml carton)
- 2 garlic cloves, minced
- 1 tablespoon tomato paste (I had half a can of left over tomato sauce and used that instead)
- 2 cups chopped cabbage
- 1/2 yellow onion
- 1/2 cup chopped carrot
- 1/2 cup green beans
- 1/2 cup chopped zucchini
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- salt & pepper

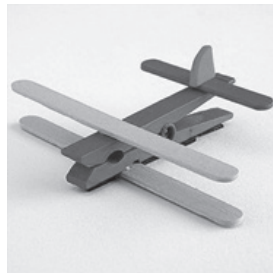
Spray pot with non-stick cooking spray and saute onions, carrots and garlic for 5 minutes. Add broth, tomato paste, cabbage, green beans, basil, oregano and salt & pepper to taste. Simmer for a about 5-10 minutes until all vegetables are tender and then add the zucchini and simmer for another 5 or so minutes. This recipe can be customized by added or omitting certain vegetables. Kidney beans can also be added for protein.

Kids Korner

This is easy for kids to make. Use it to display their art work on the refrigerator or use it to deliver a message to a friend or family member about a surprise trip.

Magnetic Airplane Clip

- 1 Spring-style clothespin
- 2 craft sticks or popsicle sticks
- 1 mini popsicle stick (or a regular one cut in half)
- Small piece of craft foam
- Paint
- Paintbrush
- Glue
- Scissors
- Magnets



Paint the clothespin, two popsicle sticks and mini popsicle stick in your favourite colour. Once dry, glue a craft stick on top and bottom of the clothespin as wings, and the mini craft stick as the tail. Cut a triangle from the craft foam and glue it upright atop the mini craft stick. Once dry, glue strong magnets on the bottom of the clothespin.

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

Meat Roll Offs - Friday nights in February at the Royal Canadian Legion #39 7:00 – 9:00 p.m. Help support junior curling and the legion.

Espanola and Area Friendship Circle – a support group for people diagnosed with memory loss and their care-givers, will meet Monday, February 11 from 1:30 – 3:00 p.m. at the Senior's Drop-in Centre. For information, call Wendy at 705-869-1137 or Sherri 705-377-4505.

Valentine Bake & Gift Sale - The Espanola-Walden Grannies will be selling baked goods and small gifts at the Espanola Mall Thursday, February 7 from 9:00 a.m. – 4:00 p.m. to raise funds for African grandmothers raising their orphaned grandchildren whose parents have died of AIDS.

Webbwood Eagles Spaghetti Supper - Saturday February 2nd 5:00 - 6:30 p.m. Salad, ice cream, roll, and spaghetti.

Annual Snowflake Luncheon hosted by the Hospital Auxiliary - Espanola Recreation Complex, Friday, February 8, 2013 from 11:30 a.m. – 1:30 p.m. Soup, sandwiches, and squares.

Royal Purple Lunches – February 7 serving hot turkey. For orders call Gert 705-869-2669 or kitchen 705-869-4888 (leave message). All orders must be in no later than Tuesday evening (Feb 5).

Spaghetti Dinner - Friday, February 8 from 5:00 p.m. - 2:00 a.m. at the KC Hall. All you can eat, two live bands, elimination draw.

Espanola Citizen Group Town Hall Meeting - NEW DATE January 29, 2013 at the KC Hall at 7:00 p.m. There will be guest speakers and new information for the taxpayers of Espanola.

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 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

Espanola & Area Family Health Team

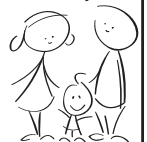
Growing a Healthy Baby!

2 FREE pregnancy classes to learn about nutrition, breastfeeding, infant care, infant safety, prenatal care, comfort measures, "the big day", and postpartum care.

Sat. Feb. 2nd from 10 am-4 pm at the Health Unit in the Espanola Mall.

Sat. Feb. 9th from 9am – 4 pm at the Espanola & Area Family Health Team.

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Elks And Royal Purple Help Local Girl



Photo: Cassie and Darlene Moore picking up their cheque at the Espanola Elks Hall

Cassie Moore is a 17-year old Grade 12 student from Mindemoya who has been in a wheelchair from the age of 4 due to several health issues including spina bifida, hydrocephalus (fluid which doesn't drain properly from around the brain), and more recently she has been diagnosed with epilepsy. Her mother Darlene had purchased equipment to help Cassie be more mobile, as any parent would do. Naturally the equipment was very expensive, so Darlene began the arduous task of applying for funds from various charitable organization to help cover costs. As is often the case, the funding didn't come fast enough and soon Darlene found herself in the unenviable position of having an account with the home health care store from which she purchased go into

collections. Darlene first contacted Espanola Elks Club President and Chairman of Charity Accounts Bill Giles last November. Giles asked for extensive background information and also wanted to be aware of any other funding the Moores were pursuing. Once all the particulars were provided, Giles submitted to the Elks and Royal Purple Fund for Children. The fund is national and run from the Grand Lodge in Regina. All clubs across the country donate regularly and when a member of their community is in need, they submit a request for

funding from the account, to a maximum of \$10,000. Both the Royal Purple ladies and the Elks men are given equal credit for monies that are paid out to those who need it.

In Cassie Moore's case, she and her mother received \$500 from the Espanola Knights of Columbus, \$652 from Easter Seals, \$500 from the Central Manitoulin Lions Club, and the Espanola Elks and Royal Purple members covered the remaining balance of \$1571.88 to the collections agency.

Cassie and her mother Darlene were in Espanola recently to receive their cheque from Exalted Ruler Gary Tennant and Honoured Royal Lady Patty Piche. They couldn't have been more grateful to the Royal Purple and Elks members, and, of course, to Bill Giles for his diligence in securing the funding for them.

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and feel great on
the outside.



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knows your eyes
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Eye conditions don't always come with warnings. Often early detection is critical in preventing unnecessary vision loss or permanent damage from occurring. See your optometrist regularly. They know your eyes inside and out.

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