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July 30, 2013 Issue 31 - Volume 17  
www.aroundandabout.ca

## Warrior Dash Ontario Well Represented By Local Residents



Photo: The "Fat 2 Fit" Warrior Dash team trained by The Basement.

By *Chloe Kneer* - "Warriors" from across Ontario answered the challenge on the weekend of July 20-21 in Barrie when they competed in the Warrior Dash. The event is the world's largest obstacle race series with events all over North America, Europe, Australia, and Asia. Basically the "dash" is a 3.5 mile obstacle course with challenges such as the muddy mayhem, cargo climb, trenches, walls, and even a warrior roast fire pit which dashers must jump over. Some competed as teams and fund raised for charity. There are competitive as well as recreational waves. It pays to train for the event, which drew dozens from our area.

Local resident Brent Van Norman placed 2nd in the 60 and over division.

Continued on three...

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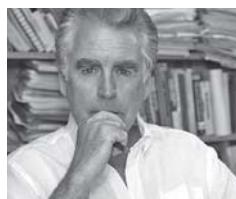
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# All The World's A Circus

William Thomas

williamjthomas@gmail.com



## Holy Crap! How Hot Was It?!!

In mid-July a lot of the world suffered through the hottest heat wave on record in almost two decades. Temperatures kept soaring to over 100° F in the States while in Canada they hit over 40° Celsius when the humidity factor was included. Conditions in both countries went from hot, to extremely hot, to oppressive, then dangerous and in some cases fatal.

Just how hot did it get inside a car sitting in the sun on July 16th in Toronto? The Toronto Star reporter who conducted the experiment had two thermometers with him when he entered the car at 32° C outside, 37° C inside. Within 15 minutes the hand-held thermometer maxed out at 40° C (128° Fahrenheit) and the one that measured his body temperature just quit working. Soon after that the air conditioner vomited.

Last Sunday Death Valley hit 129° Fahrenheit, just short of the record of 134° Fahrenheit, the hottest ever recorded temperature on the planet. They called it Death Valley in memory of the poor bugger they sent out to read the thermometers.

It hit 100° Fahrenheit in Washington, D.C. and inside Congressman John Boehner's tanning bed, the dial shot up to "Dark Roasted."

It was so hot in the States, the National Rifle Association introduced a 100-round magazine clip for "Super Soaker" water guns.

Americans were in such a foul mood, they named the bank of high pressure that created this mess – Lehman Brothers.

It was so hot last week, reporters were

frying eggs on the pavements as they always do during a heat wave, but this time they were doing it inside air-conditioned shopping malls.

It was so hot in Hollywood, Lindsay Lohan was found with her head in a freezer in a failed suicide attempt proving once again it's not the heat, it's the stupidity.

It was so hot in Lancaster, Pennsylvania, air-conditioner salesmen were going door-to-door in Amish country.

It was so hot at Fox News, Bill O'Reilly's pants finally did catch on fire. And over at NBC it was so hot, the producer of The View found Barbara Walters backstage with her butt in a bucket of ice.

It was so hot last week in North America, Mennen announced a recall of their Original Speed Stick product involving more than 12 million armpits.

The sports world was not immune to the devastating heat. At a world-class sprint event in Jamaica, the athlete's urine samples were drying up faster than they could turn positive. It was so hot during France's Tour de France that the cyclists didn't even have to sterilize their needles. It was so hot in New York City at the NHL/Olympic negotiations, Gary Bettman's staff carried him from meeting to meeting in a beer cooler.

In Ottawa, Canada, Prime Minister Stephen Harper was sweating so much it looked like a reporter had just asked about that \$90,000 gift his party gave to Mike Duffy. In fact, it was so hot in Canada, Senator Mike Duffy actually

Continued on page three...

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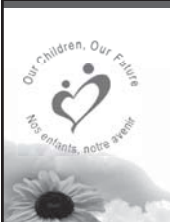
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Continued from page two...

did go to his seaside cottage in PEI, the one he claimed as a \$20,000 primary residence expense but actually had never been to.

It was so hot in Southern Portugal, the local government finally passed a law forbidding German tourists from wearing socks with their sandals.

It was so hot in Cardiff, Wales high schools boys prohibited from wearing shorts to Whitchurch High School because of a "no shorts" rule, wore skirts instead. Yeah, not trousers or jumpers but skirts. New school rule for boys: "Don't ask. Don't tell. Don't bend over."

In London, England thousands of people standing in the hot sun in front of St. Mary's Hospital waiting for the Duke and Duchess of Cambridge's birth announcement began feeling light-headed, unstable and delusional. However doctors believe those symptoms are consistent with people who stand in the street for weeks waiting for the birth announcement of somebody they are not even remotely related to. Those who had been standing there for three weeks were rushed to mental hospitals.

It was so hot in the Yorkville district of Toronto people were cooking tofu-fused, free range egg soufflés on the hoods of illegally-parked

Bentleys. It was so hot at city hall, a video surfaced of Mayor Rob Ford inhaling radiator coolant through a crack pipe.

It was so hot in Puslinch, Ontario even the reporters covering Nudestock North were walking around 'starkers.'

It was so hot in nearby Welland, Ontario police found the Dickey Dee Ice Cream guy cringing inside his own cart.

On the worst day of the hot spell, I crossed the road in bare feet to fetch the mail from my rural route box as I always do in summer and my feet stuck to the surface. Honest. The tar underneath had bubbled up over the chipped stone and I was walking in gobs of black goo.

Personally, I was hydrating at such a rate through the entire heat wave that near the end I discovered something they call "non-alcoholic beverages." Apparently they've been around for years. And finally, it was so hot here in Wainfleet, Mayor April Jeffs called a news conference at the town hall and announced that until further notice, they were legalizing butt crack! Yeah! And the plumbers are over the moon.

For comments, ideas and copies of The True Story of Wainfleet, go to  
[www.williamthomas.ca](http://www.williamthomas.ca)

Continued from front page...

## Warrior Dash Ontario Well Represented By Local Residents



Photo: Above-- The Elite Training Warrior Dash team.

Head coach and owner of Elite Training, Curtis Bulloch had praise for those on his team, saying he "would like to send out a special congratulations to all the Elite Athletes that competed in the Warrior Dash. Their accomplishments are a testament to their hard work and dedication in the gym. Way to go, team!"

Onalee Bint of the Fat 2 Fit team said, "I never dreamed I could participate and succeed in such a physically challenging course, but our trainers prepared us for the challenge. Succeeding at the Warrior Dash is proof that 'fit' truly comes in all ages, sizes and body shapes."

Most are already making plans

for next year's event, which takes place July 19, 2014. See [www.warriordash.com](http://www.warriordash.com) for details.



Photo: Below -Sandra Camillo (Massey); Anita Wallingford (formerly of Massey); Trina Ram (Espanola); and Jillana Goodchild (Webbwood)

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**PHYSIOTHERAPY** - offered by Marilyn (Laplante) Wittmann. Located at Physio Moves in the Espanola Hospital. (705)988-3737. New patients welcome. Visit [www.physiomoves.net](http://www.physiomoves.net) for services, rates, and hours. 08/06

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## LOST

**CAR KEYS** - Lost in the Espanola Mall parking lot on Monday, July 22 with blue remote start & key ring picture with extra keys. Call 705-869-4827.

## Espanola Minor Soccer Wraps Up Season

Espanola Minor Soccer held its wrap up tournament on Saturday, July 20 at the complex and Queensway fields. Teams from Timbits to U18 level competed. Congratulations to Nathan Byers for winning the EMSA raffle. Nathan was awarded a chest freezer full of meat. In total, the raffle raised \$2500 for minor soccer.



Photo: U12 Champions Raindrop Irrigation coached by Derek Cyr.



Photo: U15 Champions O.J. Graphix coached by Ray Harris. The team beat Urban Windows 2-1 in the final.

## Deaths



In Loving Memory of  
**Greg Berry**  
October 29, 1961  
May 14, 2013  
Age 51

*I'd like the memory of me  
to be a happy one.  
I'd like to leave an afterglow  
of smiles when day is done.  
I'd like to leave an echo,  
whispering softly down the ways.  
Of happy times and laughing times  
and bright and sunny days.  
I'd like the tears of those who grieve,  
to dry before the sun and to  
remember happy memories that  
I leave behind when day is done.*



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## Recipe

I'm back on my quest to eat healthy again. I got lazy with the nice weather and my clothes are telling me that I've had enough fun! I love spaghetti squash steamed with a bit of butter and minced garlic but thought I would try it a different way. Feel free to add herbs that you like or omit the ones that you don't. I switched the hazelnuts to pecans, but prepared them the same way.



### Roasted Spaghetti Squash with Herbs

- 1 spaghetti squash (about 4 pounds), halved lengthwise, seeds removed
- 1 tablespoon extra-virgin olive oil, plus more for brushing
- 1 tablespoon packed light-brown sugar
- Coarse salt and freshly ground pepper
- 1/2 cup grated Parmesan cheese (about 2 1/2 ounces)
- 1/2 cup chopped fresh flat-leaf parsley
- 1/2 cup chopped fresh cilantro
- 1/4 cup blanched hazelnuts (1 ounce), toasted and coarsely chopped

Preheat oven to 400 degrees. Brush cut sides of squash with oil, and sprinkle with sugar and salt and pepper to taste. Place squash, cut sides down, on a rimmed baking sheet. Roast until tender, about 45 minutes. Let cool slightly on sheet on a wire rack, about 10 minutes. Scrape squash with a fork to remove flesh in long strands. Place in a large bowl. Add oil, Parmesan, parsley, cilantro, hazelnuts, 1 teaspoon salt, and pepper to taste. Toss, and serve immediately.

## Kids Korner

### Paper Plate Shark

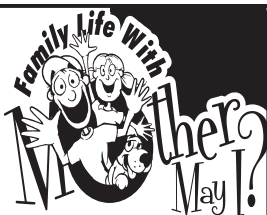
- White paper plate
- Scissors
- Blue construction paper
- Googly eyes
- Glue



Fringe all around the outside of paper plate in triangles (to make teeth) using the scissors. Fold the paper plate in half to make a shark's jaw. Cut a simple fish-like shape out of blue construction paper. Cut out a triangle for a fin for the top of the shark's head. Glue the fin to the top of the shark. Glue the shark's jaw on and then the googly eyes. You can cut out a small fish as a snack for your shark and glue it to the shark's jaw.

*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

**The Espanola Horticultural Society** - invites you to it's annual Flower and Vegetable Show on Saturday August 10 at the Elks Hall in Espanola from noon till 5:00 p.m.

**GeNeXt.ccc** - is the new extreme sport club in town. Check [www.genext-ccc.com](http://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.

**Community Service Volunteer Hours For High School Students** - Lee Valley Centennial August 2, 3, 4 at Lee Valley Hall. Check Facebook or call 705-869-4992.

**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.

**The Lee Valley Autumn Leaves Club** - 3 day centennial celebration on August 2, 3, and 4. The festivities will include many fun events and entertainment for all ages. The event is open to the public at the Lee Valley Hall.

**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.

**Knight Cruisers Car Club** - Cruise nights are Thursdays at 6:00 p.m. in the Espanola Mall parking lot.

**Seniors Tennis** - The nets are up, come and play Tuesday, Thursday, and Saturday from 10:00 a.m. - noon at the Espanola Golf and Country Club. No charge, lessons available. Call Daphne Allen at 705-869-0475.

### 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](mailto:around@aroundandabout.ca)

## Espanola Minor Hockey 2013 Registration



**Espanola Recreational Complex**



**Tuesday, August 20th & Wednesday, August 21st 6:00-8:00 p.m.**

**Tuesday, August 28th & Wednesday, August 29th 6:00-8:00 p.m.**

**Wednesday, September 4th**

(Late Registration- \$50.00 late registration fee applies)

### Registration Fees as Follows:

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ATOM	\$422.00 + \$50.00 (fundraising fee)= \$472.00
PEEWEE	\$480.00 + \$50.00 (fundraising fee)= \$530.00
BANTAM	\$580.00 + \$50.00 (fundraising fee)= \$630.00
MIDGET	\$580.00 + \$50.00 (fundraising fee)= \$630.00

**Registration can be paid over 3 payments. The first cheque must include the \$50.00 fundraising fee. For further information regarding registration please contact the EMHA President, Ross Nichols via email at [president@espanolaminorhockey.com](mailto:president@espanolaminorhockey.com)**  
**We are looking forward to another fulfilled season of hockey!**

## Massey Marathon a Huge Success



**By: Charlie Smith,**  
**Councillor, Sables-Spanish**  
**Rivers Township**

It looked for a while like the Friendly Massey Marathon would not happen.

The people who had put it on for years were tired out and could not face it.

That is when Dave Stonley put his shoulder to the wheel and gathered up a committee of people willing to work tirelessly at making this marathon happen. Massey Council supported his efforts with three councillors on the committee, and another acting as emcee at the opening ceremonies. Sagamok helped with two members on the committee and an elder giving the opening prayer in Ojibway followed by singers and drummers. The Sables-Spanish River Township and Sagamok Fire Departments were there providing first aid

and a refreshment station. Many local families also manned the refreshment stations and our two local doctors were on duty, as were our Director of Operations, Arena Manager, other members of the township staff and many other volunteers. There was quite a lot of monetary assistance by local businesses and individuals. It was great! The spaghetti feast and pancake breakfast put on by volunteers was very good indeed.

All the runners I spoke to were pleased. They hobbled past me with sore legs and wide smiles. "I am coming back again!" many said. There were 18 qualifiers for the Boston Marathon in the group. Times were generally fast due to the nice flat course and the beautiful cool day.

It is things like this that make me proud to be a citizen of the Massey area. Way to go!

## Charlton Lake Camp Wins TripAdvisor Award



prestigious award.

To qualify for a Certificate of Excellence, businesses must maintain an overall rating of four or higher, out of a possible five, as reviewed by travelers on TripAdvisor, and must have been listed

Charlton Lake Camp of Willisville/Whitefish Falls, Ontario, has received a TripAdvisor® Certificate of Excellence award. The accolade, which honors hospitality excellence, is given only to establishments that consistently achieve outstanding traveler reviews on TripAdvisor, and is extended to qualifying businesses worldwide. Only the top-performing 10 percent of businesses listed on TripAdvisor receive this

on TripAdvisor for at least 12 months. Additional criteria include the volume of reviews received within the last 12 months.

"Charlton Lake Camp is pleased to receive a TripAdvisor Certificate of Excellence," said Lori Murton, Co- Owner of Charlton Lake Camp. "We strive to offer our customers a memorable experience, and this accolade is evidence that our hard work is translating into positive reviews on TripAdvisor."



**Photo:** Members of the Canadian Tire Staff who competed in the Massey Marathon (left to right: Liz Polden, Yasmin Schultz, Heather Wilson, Alistair Wilson)

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