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March 12, 2013 Issue 11 - Volume 17
www.aroundandabout.ca

A New Direction in Health Care



By Chloe Kneer - Having a loved one in a long term care facility or caring for them at home can be difficult and overwhelming for all involved. On average, the ratio for Personal Support Workers to residents in long term care facilities is 1 to 12. Given that ratio, the PSW has only 7 minutes per resident to get them up in the morning, washed, dressed, and portered to the dining room by the allotted time that the Ministry of Health has mandated. Morning routines can be equally as challenging for those

Continued on page five...

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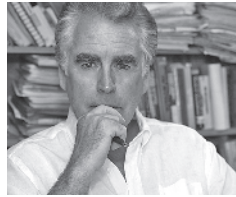
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Dennis & Kim – Like Two Kids At Concentration Camp

Imagine, if you will the strangest meeting of two minds of two highly recognizable people on this planet, one very powerful and the other quite kookoo bananas. How about the unlikely pairing of Vladimir Putin and Pewee Herman? Or Queen Elizabeth and Lady Gaga? The Pope and Charlie Manson?

Last week, newspapers with headlines that sent readers looking for the April 1st date announced former NBA star and professional wrestler, Dennis Rodman, who once competed in Finland's Wife Carrying Championship without a wife met with North Korea's Kim Jong Un, the world's most dangerous and unpredictable leader. Rodman and Un. When Rodman "The Worm" met Kim "The Nuclear Nutbar" it was friendship at first sight and the rest is just the weirdest act of international diplomacy in history.

The shock could only have been greater if the newspapers had published a long-lost photograph of Joseph Stalin and Mahatma Gandhi camping together. Dennis Rodman who has more tattoos and facial rings than North Korea has nuclear warheads met with Kim Jong Un!!! And there they were together, laughing and watching a basketball game with Dennis' nose stud overshadowing Kim's wedding ring, this in a country where even facial hair is forbidden.

Rodman had travelled to the capital of Pyongyang with the Harlem Globetrotters basketball for an exhibition match against North Korea's best players and to conduct a basketball camp for kids. During their two days together Dennis and Kim

took in an ice skating demonstration, visited an aquarium and apparently enjoyed a very long dinner together in which alcohol was the main course. Fortunately these two crazy guys, all snapped up on soju didn't get into one of those "Do not! Do too! Do not! Do too!" scenarios in which they stagger out back so that Kim can prove he's got a nuclear warhead that will reach America. Nobody likes a state dinner that ends with a mushroom cloud instead of dessert.

Un, from a long line of Kims is dead set on destroying the United States in a nuclear suicide mission. Most of the country's 22 million people are malnourished and almost 400,000 die of starvation every year. Approximately 200,000 North Koreans live in labour-intensive concentration camps, some are born there and never get out.

And Dennis Rodman's critical assessment of Kim Jong Un, the high priest of human rights abuse? "I love the guy, I think he's awesome. So honest. Guess what? He's my friend." As a result of this encounter, Dennis Rodman who once wore a wedding dress for the launch of his biography – and I must say, in the photos featuring the long veil and beaded bra he does look quite fetching – now knows more about the worlds' most treacherous tyrant than anybody else on earth including Hillary, John Kerry, the CIA and the ghost of J. Edgar Hoover.

It's hard to determine which is more dangerous, Kim Jong Un and his nuclear program or Dennis Rodman with information nobody else has. Scary as it might be, the question

Continued on page three...

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Continued from page two...

needs to be asked: "Is Dennis Rodman the new Hillary?" Let's be honest, she wasn't able to get a face-to-face meeting with Kim Jung Un plus Dennis looks a lot better than her in a dress. In the American system of government which has been officially declared dysfunctional, do not think the title "Ambassador Rodman" is entirely out of the question. I can only imagine the CIA's debriefing of Dennis Rodman when he returned from North Korea.

Agent: "Did Kim Jong Un appear to be a stable individual?"

Rodman: "Oh man, I don't know. We were both pretty wasted."

Agent: "Did he make any threats against Americans?"

Rodman: "Well right after like the fifth time we sang "A Hundred Bottles Of Beer On The Wall" he said he could kick Tiger Woods' ass at golf."

Agent: "Did you detect any erratic behavior in the man?"

Rodman: "No, not really. I mean he shot one of the waiters at the head table but to be honest, the soup was cold."

Agent: "Did you see Kim's fusion reactor?"

Rodman: "Ah, so that's what

you guys call it. No we didn't like shower together or anything. We just watched the game."

Agent: "Did you take any photos?"

Rodman: "Tons of 'em. Everything. Everywhere."

Agent: "Can I see them?"

Rodman: "I deleted all the ones of the buildings and factories. You wanna see me and Kim kissing a dolphin at the same time?"

Let's all keep our fingers crossed that Dennis Rodman's career as a diplomat comes to a quick and quiet end and this trend dies with it. The last thing we need is to pick up a newspaper next month and read: "North Korean Ambassador Rodman today met with Secretary of Defense Clint Eastwood."

Upon landing Rodman tweeted his legion of fans that he was: "looking forward to running into the Gangnam style dude." No one told him that if in fact that meeting took place, he'd be in the wrong Korea. The important thing is the pilot knew the difference.

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



Espanola Mall

EASTER DRAW

Visit one of the participating merchants and enter your name for a chance to win a Prize Pack for Easter consisting of either a gift certificate or merchandise from Freshco, Hair Plus, Hart, Jean Country, Mark's, Natural Choice, Northern Reflections, Pet Valu, Remedy RX, The Source and Tin Cup The draw date is Thursday, March 28th.

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Espanola Police Report

Thefts from Vehicles

Since the 28th January 2013, the Espanola Police Service has received 10 complaints of vehicles being entered overnight, while parked at private dwellings. In one instance, the vehicle was parked inside the dwelling's attached garage, where the overhead door was left open.

The culprits(s) appear to be seeking out unlocked vehicles to steal spare change, electronics such as GPS devices, and other items of value.

It is suspected that these thefts are occurring in the late evening and early morning hours, with the culprit(s) using the darkness to conceal their illegal activities.

The Espanola Police Service are reminding the public to ensure that their vehicles are locked at all times when parked, and that their homes are also secure, which includes closing all garage doors.

Police are asking that if anyone observes suspicious activity, or if you have information that would assist in apprehending the person(s) responsible, to call the Espanola Police Service at (705) 869-3251 or anonymously through Crime Stoppers at 1-800-461-4899.

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News from The Park



**Michael Mantha MPP/député
Algoma-Manitoulin**

Northern Ontario jobs have been under attack over and over with this government. We have sawmill closures, provincial park closures, mine closures, ONTC and there is no end in sight. Folks in the north have to travel great distances for health care, government services, and employment. This week in the legislature I continued to highlight the government's further attempts to deny northerners services they deserve. People are disappointed with the government's decision to cut ServiceOntario hours and jobs in Manitowadge, Wawa, Chapleau, along the North Shore and on Manitoulin Island. Our communities need access to these services just as much as the next person; your address shouldn't determine whether or not the government will provide them. These locations provide our communities key services such as birth certificates, health cards, and licences. When they generate revenues for the province of up to \$2.7 billion a year why do we need to be cutting services to save more money? Even with these revenues, this government identified 21 sites in Northern Ontario as low volume and reduced their services. These cuts will have a negative impact on local businesses, the local economy and employees who will experience reduced hours or job loss.

This government has been keen to privatize government

services and ship jobs out of country. This is not a job creation plan and it certainly will not assist our northern economy.

We know all too well what can happen with privatization: many in the North are seeing this first hand with the situation of snow removal and dangerous road conditions.

Many of you have written me and expressed your frustration with the road conditions in our riding after a snowfall. These poor conditions can be attributed to the government's further privatization of snow removal and road maintenance services.

My colleagues France Gélinas, the MPP for Nickel Belt, and Gilles Bisson, the MPP for Timmins-James Bay, have stood up for Northerners in the legislature and expressed dissatisfaction with winter road maintenance, a serious safety concern. We are indeed experiencing more road closures and accidents. My colleagues and I believe this is a result of the willingness of this government to contract out road maintenance with little regard for maintenance standards.

Privatization is a dangerous path for government, and the costs are beginning to weigh heavily on the North. Algoma-Manitoulin is not asking for more than any other area in the province, but we will not accept less. Budget shortfalls cannot be made up by allowing dangerous road conditions or by restricting access to important services.

I want to thank everyone who took the time to write in and share their experiences on our Northern Roads. I assure you that I will continue fighting to ensure that Northern Ontario receives a fair level of service.

As always, please feel free to contact my office about this issue or any other provincial matters. You can reach my constituency office by email at mmantha-co@ndp.on.ca or by phone at 705-461-9710/1-800-831-1899.

2012-2013 Hockey Wrap Up



The Espanola Canadian Tire White Novice team finished off their season on Sunday losing a close game in the ROWE A final. It was a very good year for the team winning the ROWE regular season, finishing third in the Sault Saint Marie tournament and second in the Sudbury tournament. Way to go team!

Pictured: Front Row - Zack Vollicks; Second Row - Bradley Kiviaho, Austin Leclair, Logan Huard, K.C. Migwanabi and Cole Stack; Third Row - Reid Flabiano, Evan Bonsall, Tyler Huard, Carter McGregor, Hawk Recollet, Owen Leblanc, Cole Recollet and Bryan Bonsall, Head Coach; Back Row - Dan Leblanc, Trainer, Trevor Stack, Asst. Coach, and Erik Kiviaho, Asst. Coach. Missing from Photo Angela Stack, Manager



Over the weekend of February 23-24 2013, Massey hosted the Central Algoma Hockey League Atoms (CAHL) Division Offshoots. Teams from Elliot Lake, Blind River, Thessalon, Desbarats (North Channel), and Massey took part. Massey beat Blind River to become playoffs champs. Team members are Mason Southwind, Matthew Duff, Dylan Herbert, Kyara Vuorensyrja, Jake Toulouse, Joshua Camillo, Hannah Anderson, Alia Beaudoin, Sam Prevost, Ethan Eshkakogan, Draven Abitong and Kiana Corbiere.

Head Coach - Sean Camillo, Asst. Coach - Victor Vuorensyrja, Manager/Trainer - Kim Herbert, Manager - Leanne Prevost and Asst. Manager - Julie Vuorensyrja.



The Espanola Canadian Tire Blue Novice team were champions in their division. Congratulations! Pictured: Avery Sutherland, Craig Lepine, Hayden Trudeau, Brandon Visitor, Braden Podlatis, Jake Priddle, Quinn Sheppard, Darnell Pregent, Jeremy Campbell, Sierra McGregor, Brody Martel, Ethan Dubreuil, Eli Paibomsai, Steve Campbell, Coach/Manager; Peter Podlatis, Asst. Coach; Bruce Visitor, Asst. Coach; Jeff Sheppard, Trainer

Congratulations to all teams, players, and coaches on a great season!

Continued from front page...

A New Direction in Health Care

who have chosen to stay in their homes and are being cared for by family members. Those family members may have other commitments, jobs, or appointments to keep. Finally, there is help available. Terri Buck-Orr is a nurse who has been working in long term care as either a charge nurse or in management for the past decade. She started noticing the gaps in the levels of care being provided to the people in the community and those in long term care facilities and decided to fill that need by founding New Direction

Health Care Services. "New Direction Health Care Services is willing to work with the families in long term care facilities," she explains. "There is also the issue of the people that are currently in their own homes or returning home after a stay in the hospital and have caregivers either staying with them or checking in on them, bringing them meals, taking them to the bank to pay the bills etc... Until recently there was no respite for these caregivers. Or worse, there were no caregivers for these people at all." New

Direction will provide this support and respite, whether it is for a few hours, overnight, or for an extended stay. When Buck-Orr initially meets with a family, she has many questions to determine the type and level of care that will be required. "I ask what they are looking for," she says, "then I observe and get a sense of their daily routine. Based on that, I can make recommendations, but ultimately it is up to the family to decide what they feel is appropriate." Buck-Orr has a team of PSWs, RPNs, and attendants who can assist with many home care services from administering medication and bathing and grooming to doing laundry and running errands. Their ultimate goal is providing the appropriate person to keep the

loved one safe. New Directions Health Care Services is privately funded, and Buck-Orr says that many pension and benefit plans will cover the costs. "Veterans, former teachers, police officers, and civil servants all have benefit packages that are excellent and help with the cost of support. However, regardless of prior employment, it is important for families to ask their providers what options are available," she says. New Directions Health Care Services provides professional, compassionate, and integrated care to residents on Manitoulin Island and along the North Shore. To find out more about the types of home care options they offer, please call 705-368-3669 or email NDHS@outlook.com

Ontario Giving Seniors and Their Caregivers a Tax Break

The Ontario Government is trying to make it easier for seniors to stay in their homes as they age. Available to seniors 65 plus, or family members caring for an elderly member of the family, is the Healthy Homes Renovation Tax Credit. If you renovate your home to make it safer or more accessible for you to care for an aging parent or grandparent, or if the parent or grandparent renovates their own home, a maximum

credit of \$1500 (up to \$10,000 worth of qualifying work) can be applied for through the province. There are many renovations that will qualify for the tax credit, including installing walk-in bathtubs, wheel-in showers, comfort height toilets, and widening passage doors. A more comprehensive list of qualifying renovations can be found on the government's website www.ontario.ca or by calling 1-866-ONT-TAXS.




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 À l'attention de: Brigitte Drouin, Directrice générale
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Recipe

St. Patrick's Day is this coming weekend, so I thought this version of the traditional rice krispie square would be fun to make in celebration.

Mint Chocolate Rice Krispie Treats

- 3 Tbsp butter
- 32 regular marshmallows (or 3 cups mini marshmallows)
- ½ tsp peppermint extract
- Green food colouring
- 5 cups crispy rice cereal
- 6 oz chocolate chips (1 cup)

Melt butter in a large saucepan over medium heat. Add marshmallows and melt, stirring frequently. When the marshmallow/butter mixture is fully melted, remove the pan from the heat and add peppermint extract and green food colouring for desired colour. Pour rice cereal into the pot and stir gently until completely covered. Press rice crispy treats into a lightly buttered 9×13 baking dish and press firmly into pan. Melt chocolate (can be done in the microwave, see technique below) and pour over rice crispy treats in pan and spread to cover the square. Let cool for at least 30 minutes and cut into bars.

Melting Chocolate Chips in the Microwave

Place chocolate chips in a microwave-safe bowl and place the bowl in the microwave. Set the microwave to 50 percent power for one minute. Chocolate burns easily and must always be melted on low. Stir the chocolate chips after one minute. When melted in the microwave, chocolate chips hold their shape until pressed with a spoon. Don't rely on how the chocolate chips look to determine if they're adequately melted. Return the chocolate chips to the microwave for 15 to 60 seconds, depending on how close they are to being melted. Stop heating the chocolate chips when they're slightly more than half melted and stir until smooth. Residual heat from the melted chocolate will melt any remaining un-melted pieces.

Kids Korner

The pot of gold at the end of the rainbow can be tricky to find, so maybe it's best if you just make your own.

Pot of Gold

- Pot – terracotta pot, or a black pot you may already have
- Black paint and paint brush
- Easter grass
- Yellow or gold wrapped candies, gold chocolate coins, yellow foil wrapped chocolates, Reese's peanut butter cups (you can use any color of candy, but yellow keeps with the 'gold' theme.)
- Pipe cleaners, all colours of the rainbow



Paint your terracotta pot with the black paint using your paint brush. Go down an inch on the inside with paint. Then let it dry. Next, fill your bucket with Easter grass all the way to the top, because it will get pushed down with the candy. Then add in your 'gold,' filling it to the top. Line up your pipe cleaners into a rainbow. Stick them into the pot at one time, or one at a time, starting with the bottom colour first.



COMMUNITY NOTES

Espanola Elks Lodge/Club #346 – looking for new members. Not sure what the Elks do? Come out to a meeting, every 2nd and 4th Wednesday, September – June at 7:00 p.m.

ALANON - Have you been affected by a relative or friend's drinking? Tuesday, 7:00 – 8:00 p.m. at the St. George Anglican Church, Tudhope St., Espanola Or call 869-2536 or 869-5168.

Espanola Game and Fish P.A. – The general meeting scheduled for March 21, 2013 is postponed to April 25, 2013 at 7:30 p.m.

Community Luncheon - March 26 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 a.m. - 1:00 p.m. No charge. Everyone Welcome.

Espanola Blood Donor Clinic - Thursday, March 28th at the Knights of Columbus Hall, 399 Mead Street from 11:30 p.m. - 2:30 p.m. and 4:00 p.m. - 7:00 p.m.

Webbwood United Church Supper - Ham, baked beans and scalloped potatoes, cheesecake for dessert, Thursday, March 21, 4:30 - 6:30 p.m. Tickets at the door.

St. George's Church - The Reverend Henk Willems and The Reverend Beth Willems. Good Friday Service at 7:00 p.m. and Easter Sunday Service at 11:30 a.m.

Espanola United Church Women - Easter Bake Sale, Thursday, March 28 at 9:00 a.m. at Espanola Mall.

Mock Casino and Fundraiser Dance for Emily Richer - Saturday March 16, family fun 2:00 - 7:00 p.m. Dance at 7:30 p.m. at the Walford Community Hall. To assist with medical expenses. Tickets at the door or by calling Lisa at 865-1441.

Drug Problem? - We've been there. We can help. Narcotics Anonymous, meetings are Tuesdays and Saturdays 7:30 p.m. - 9:00 p.m. United Church Espanola 137 Sheppard St.

The Massey Area Museum Presents An 'Irish Frolic' - Roast Beef Dinner, Saturday, March 16 at the Massey Legion Hall. Cocktails at 5:00 p.m., Cash Bar. Dinner at 6:00 p.m. Tickets available at Poirier's, Burk's Shell, Massey Home Hardware.

Breakfast Club Bingo - Tuesdays 11:30 -12:30 at Webbwood Public School Gymnasium. 2 Blackout Games. All proceeds go directly to funding our Breakfast Club Program. Call 705-869-3751.

Royal Purple Lunches - Effective immediately monthly luncheons are cancelled. Thanks to all of our loyal supporters.

Queensway Pentecostal Church-- STOMP - Every Friday night between 7:00-8:30 p.m. for tweens grades 4-7. Fun, free, and everyone is welcome.

Espanola Skating Club Annual Carnival – Saturday, March 30, at the Espanola Recreation Complex. Fundraiser in support of the skating club. For information, call 705-862-2501.

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

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

MPAC Presents To Full House In Espanola

Three MPAC representatives and their counsel were in Espanola last Tuesday for a special meeting of council at the Espanola Municipal offices. Aside from social media and word of mouth, the meeting wasn't widely publicized, but the court room was packed nonetheless as eager residents looked for an explanation as to why their property values have increased by double digits, while Domtar's assessment was cut in half. Darryl Bender led the short presentation, the crux of which

showed the two different formulas used in residential vs. industrial assessments of properties. Residences, he explained are evaluated by the Current Value Assessment. In other words, MPAC relies heavily on open market sales figures, while compensating for different features of home. For example, a house on your street sells for \$100,000 with a garage. Your home is similar in size and features, but lacks a garage. MPAC would deduct an amount (perhaps \$10,000) off the value of your home for

not having a garage, thereby leaving your assessment at \$90,000.

Industrial properties are subject to a more complex calculation called the Cost Approach. This methodology uses the replacement cost of a structure minus the depreciation, then adds the land value to arrive at the assessment.

Bender was empathetic to residents' concerns, saying, "We put a value on Domtar that we felt was fair and the Assessment Review Board changed that. Are we happy about it? No. Sometimes their decisions are good and sometimes they leave us scratching our heads." He was referring to Domtar's appeal, which went before the ARB last summer. Unfortunately, the Assessment Review Board's

decision is final, unless errors are found. In that case, the decision can be taken to the Divisional Court.

"Domtar is one of the world's largest pulp and paper companies with revenues of \$5.6 billion in 2011 alone," explained Algoma Manitoulin MPP Michael Mantha. Mantha was recently in Sault Ste. Marie to address new Ontario Premier Kathleen Wynne about the dire consequences decisions such as these have on small, northern communities. "Will the Premier commit to reviewing the reassessment process and, in particular, this devastating decision for Espanola and other communities in northern Ontario?" he asked.

Following the public presentation, council held an in-camera meeting with the representatives.

Why Drinking "Green" on St. Patrick's Day can be good for you



(NC)—If you're a little more health conscious this year, and celebrating St. Patrick's Day with a green beer doesn't fall into your healthy outlook don't despair! You can still celebrate in true St. Patty's Day fashion by enjoying a variety of green healthy drinks.

"Irish or not, we all love to participate in the fun of St. Patrick's Day, whether it be taking in the parade, wearing something green that day, or meeting with friends to say 'cheers' at the local pub," says Helen Sherrard, president of the Canadian Health Foods Association (CHFA). "In today's health conscious age, we can incorporate healthy

drinks into this day too."

Studies show that dark green leafy vegetables are a rich source of minerals like iron, calcium, potassium, and magnesium, as well vitamins, including vitamins K, C, E, and B. And when blended with delicious sweet organic apples, strawberries or mangos, fruits that are rich in fibre, it helps to keep the digestive system working well and moving toxins out of the body.

"Green vegetable supplements are a great source of vitamins, minerals, chlorophyll, micro nutrients and antioxidants," says Sherrard. "With just one scoop, they infuse your body with easily absorbed vitamins, minerals, enzymes and amino acids—just mix with water or blend in a smoothie."

Toast St. Patrick's Day this year with a nod to your health as well. Enjoy a truly green drink that will boost your energy and immune system.

Like an orange,
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and feel great on
the outside.



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knows your eyes
inside & out.



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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