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 Your Community Connection

March 26, 2013 Issue 13 - Volume 17
www.aroundandabout.ca

Learn To Ski at Espanola's Boogie Mountain



The Espanola Boogie Mountain Ski Hill is proud to present the newest addition to the services that are available at the hill thanks to a \$2,700 grant from the Ontario Trillium Foundation (OTF). MPP for Algoma-Manitoulin Michael Mantha was joined by OTF representative, Francis Mishibinijima, to congratulate members of the Espanola Ski Club and newly trained ski instructors on their success.

"I was pleased to hear that Espanola Ski Club has been awarded a \$2,700 grant from the Ontario Trillium Foundation. This grant provided the opportunity for students to participate in a learn-to-ski program. It is important we continue to provide young people opportunities

Continued on page five...

TV Bingo
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Espanola Wednesdays

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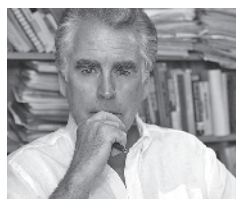
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All The World's A Circus

William Thomas

williamjthomas@gmail.com



My Very Best Idea, Like Ever!

I know, I know ... I've had some really bad ideas in the past. The Wild Kingdom Birdfeeder with the video camera and room for the cat in the back. The Hands Across The Arctic environmental protest (My thoughts still go out to those seven guys dressed as Shriners who bit the big one on Ellesmere Island.). I swear that "driver's seat methane gas converter" allowing a man to self-fuel his vehicle by drinking beer and eating peanuts while he motored cross-country would have worked until MADD got wind of it.

But wait. I've got this really great idea. Honest. No, the rubber chicken is not on my shoulder as I write this and the Belmont won't even open for another hour.

Canada Day, July 1st is fourteen weeks away. We – and by we I mean me and the other 29,999,998 in this country you are going to contact personally once you hear my idea – have plenty of time to create a birthday party that will go into the history books.

I know we all love this country more than fresh cut fries, Terry Fox and the Maple Leaf flag itself. Every year we get bigger and bolder in our celebrations on Canada Day with louder bands, more dazzling fireworks and more A-list celebrities. And every year we look more like Americans celebrating Independence Day.

We need, on this our 146th birthday, something purely Canadian, entirely unique, highly dramatic and more fun than a barrel of monkeys having a food fight with poutine. Imagine all Canadians of every age, colour and race unified for one magical hour, all attending the same party this upcoming July 1st holiday.

Sometime in the afternoon at the exact same time across six time zones every Canadian would be listening to the radio – CBC, CHUM FM, local, national,

short-wave – every radio in the country is on with the volume turned up high about to broadcast the same prerecorded 60-minute program.

Then you would hear the voice of a very special Canadian – maybe Chris Hadfield from the space station or Jian Ghomeshi from 'Q' or Farley Mowat from a town called Port Hope – make a very brief and simple introduction. And then ... and then, for one glorious hour this great nation kicks back and together, each hearing the same lyrics at the same time and singing and yelling and yes, crying our eyes out at the words that all at once bring lumps to our throats and swells to our hearts and make us proud and for 60 magical minutes make us one, Canadians hand-in-hand whole, Canadians singularly connected like never before.

And the playlist goes like this ...
 "The girls are out to Bingo and the boys are gettin' stinko,
 And we think no more of Inco on a Sudbury Saturday night."

All around the lakes of the north, we will sit out on our docks and let the sounds of Canada carry across the water.

"It's Bud the Spud from the bright red mud,

Rollin' down the highway smiling.
 The spuds are big on the back of Bud's rig,

And they're from Prince Edward Island. They're from Prince Edward Island."

We will frolic on beaches from Cape Breton to Lake Erie to the isles of Queen Charlotte – one long conga line dancing to the beat of our favorite drummer boy, the one with the black cowboy hat.

"She loves the way it feels, driving snowmobiles,

And laughing at her dates when they don't know how to skate.

Continued on page three...

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Continued from page two...

She knows her hockey games and the players of the world. She's an all Canadian, northern lady. A real Canadian girl."

In cities and towns we will open our windows and let the story of this great nation echo down every street and avenue. We will picnic in parks and sit clapping on coolers as the words that bring our birthright front and centre, roll over us in joy.

"Now there is one thing you can always bet

If I never smoke another cigarette.

I might get taken in a lot of deals,

But I won't go workin' the tobacco fields of,

Tillsonburg, Tillsonburg.

My back still aches when I hear that word ... Tillsonburg."

And the hockey song? Are you kidding me? We will see grown men sobbing with their hands over their hearts to the lyrics of the good ol' hockey game, the best game you can name?

"Hello out there, we're on the air, it's 'Hockey Night' tonight. Tension grows, the whistle blows, and the puck goes down the ice.

The goalie jumps, and the players bump, and the fans all go insane.

Someone roars, "Bobby Scores!" at the good ol' Hockey Game."

Oh yeah, this is absolutely doable, a Canada Day Stompin'

Tom concert with a 'standing O' by 30 million fans. The man who bled Maple Leaf red, is dead. He courageously sang out loud what the rest of us felt and couldn't say because ... we're Canadian, eh? Unsophisticated? Yeah, but so were we 146 years ago. You don't need to love his songs, you just need to love this country half as much as he did.

At the end of the hour we turn off our radios, we put our bottles of beer down and we stand while we sing, altogether now ... "Oh Canada, our home and ..." Yes, it is time we all learned the words by heart.

Seriously, send copies of this column to every politician, disc jockey and every social network nut in the nation. Send the column to every Canadian you know and three you don't. I look forward to singing with you: "I know the times are changing, factories closing down. But if you stay and help us, we can turn these things around. But if you don't believe your country should come before yourself, ya can better serve your country, by living somewhere else."

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

Espanola Canadian Tire White Novice Team Finishes Off Season Winning The Novice A Division In The Walden Friendship Tournament.



The Espanola Canadian Tire White Novice team finished off their season winning the Novice A Division in the Walden Friendship Tournament.

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

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Continued from front page...

Learn To Ski at Espanola's Boogie Mountain

where they can learn and explore new things," said MPP Mantha.

As a result of the OTF grant, six enthusiastic students took part in a tough 26 hour course in February where they learned methodology and practices as well as developing their own skiing, teaching and interpersonal skills. The course was conducted by the Canadian Ski Alliance which is an internationally recognized institution that exposes competent skiers to a variety of terrain, snow conditions and terrain features. It combines the basics of practical ski teaching methods, technical understanding and development of guest service skills, specifically addressing children's skiing.

"Through the generosity of this OTF grant the ski hill will be able to host a ski school next year that will be dedicated to promote and teach skiing to the residents of Espanola, Manitoulin and the North Shore," said

Ski Hill President, Heather Wilson. We are sure that with these skilled instructors the Espanola Ski Hill will be welcoming many new skiers for many years to come."

For more than 50 years Espanola Boogie Mountain has been an important part of Espanola winters. It has been a stellar season with more than 48 days of great skiing already in this year. Snow conditions this year were such that the hill was able to open before Christmas and even though rain and extreme cold were challenges it has been a very successful year.

A leading grant-maker in Canada, the Ontario Trillium Foundation strengthens the capacity of the voluntary sector through investments in community-based initiatives. An agency of the Government of Ontario, OTF helps build healthy and vibrant communities.

For more information about the Espanola Ski Club, call 705-869-1740 or visit their website at www.boogiemountain.com

Espanola Skating Club

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Safe Travels For Easter Long Weekend

The Easter Holiday Weekend is one of the busiest traffic weekends of the year. Many Ontario residents are travelling to spend the weekend with their friends and families. Post secondary students are also travelling home for the last holiday weekend of the school year. Because of the heavier snowfalls and cooler temperatures this year, skiers, ice fisherman and snowmobilers are also going to be taking advantage of the spring conditions to enjoy the outdoors. The will result in heavier than normal traffic flow on our roads, snowmobile trails and lakes. The Ontario Provincial Police (OPP) is reminding motorists and snowmobilers to plan ahead and practice safe driving habits while getting to your destination:

*Drive according to the road conditions and obey the posted speed limits. Speed to fast for

conditions is a leading factor in preventable winter driving collisions.

*Wear your seatbelt and ensure that your passengers do the same. Seatbelts save lives and can prevent serious injuries in the event of a collision.

*Keep your eyes on the road and refrain from using hand held electronic devices. A distracted driver is four times more likely to be involved in a collision.

*Be a sober driver--no matter what mode of transportation you are using. Impaired Driving is extremely dangerous and against the law. If you plan to be out and consuming alcohol, ensure that you have made a plan to get home safely--arrive alive. If you see a suspected Impaired Driver call police by dialing 911.

The OPP is wishing everyone a safe and happy holiday weekend.

HAPPY Easter

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Registration will take place March 26, 27, 28 and April 2, 3, 4 at the Recreation Complex – from 6 pm – 9 pm.

Registration forms can be picked up at Recreation Complex beginning March 21st.

Division	DOB - Children Born	Fees
U5/U7	2006, 2007, 2008, 2009	\$ 70.00
U9/U11	2002, 2003, 2004, 2005	\$ 80.00
U13/U16	1997, 1998, 1999, 2000, 2001	\$ 100.00
U19	1994, 1995, 1996	\$ 100.00

Fees include full uniform (socks, shirt, shorts). Playing days and divisions will depend on registration.

Once players have been placed on a team they will not be moved.

Late registrants will not be permitted to pick their teams. Players registering late will be placed on a team based on player shortfall needs.

A fee of \$50.00 per player will be charged for late registrants (late fees will apply to anyone requesting registration after May 01 2013).

First time registrants must bring proof of age.

Season begins May 21st - House League Wrap Up event July 20th - GSSC Tournament option for interested players Weekend of July 26th, 27th, 28th.

Interested in coaching, refereeing or sponsoring a team – contact Paul Kallioinen @ 705-862-0216 or Lynne Gibson @ 705-869-1691



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FOR SALE: ATV 450 Big Red Honda format 2002 with plow, well maintained, low mileage. Call Greg 705-822-4734. 04/02

NOTICE

MASSAGE THERAPY – As of April 1, 2013, Cheryl Van Allen's Massage Therapy & Acupuncture business will be moving to the Pinewood Motor Inn. 03/26.

IN MEMORIAM

"Sue" - You are always in our hearts. Love you and miss you.
MaryAnn, Richard, and Family

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In The Loop

The March 18th presentation by the franchise owner and the coach of the NOJHL team that is coming to Espanola for the 2013-2014 season was very detailed and professional. They explained their philosophy and plans for the team's future. From the information which was received by the audience they plan to be here for many years. The team management has entered into a tentative agreement with the town and assured those in attendance that the onus is on the owners to keep the team financially viable. There will be no cost to the Town of Espanola in terms of financial aid, contributions or concessions. That being said, the economic spinoff could be quite beneficial for Espanola businesses. The owner and coach stated they intend to involve the team as a part of the fabric of Espanola and have the players assist with skill development of younger players, visit schools, put on breakfasts for elementary students and volunteer in various activities within the community. The team name and logo will be chosen locally. This should be an exciting time in Espanola's hockey history and we wish them well in their endeavour. Richard Ellis--Executive member ECG

NOTE: We trust that our Deputy Mayor and the four Councillors who were in attendance at this presentation will have the contract legally examined to guarantee there will be absolutely no costs borne by the taxpayers of Espanola before they ratify it.



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.

NOTICE

Dr. Stephanie Borsato

would like to thank everyone who has been a part of my medical career in the last 11.5 years. You have all blessed me greatly.

We will be storing your charts. When you get a new family doctor you may send us a request for your chart by mail. Please include the new doctor's name, address and fax number.

36 McIntyre St.
Attention: Stephanie Borsato
Nairn Centre, Ontario
P0M2L0

Thank you. No medical concerns, forms or prescription refills will be handled after **March 31st** through this address.

EMPLOYMENT OPPORTUNITY

Employment Opportunity

J&S Manufacturing is currently seeking an **AutoCAD Design Technician** and **Machinist** and **Welder** for our Spanish, Ontario plant. Under the direction of the General Manager, the selected AutoCAD Technician will be responsible for all aspects of CAD drawings including electrical wiring and hydraulic schematics of our underground mining equipment. The Machinist will work under the Plant Supervisor and be responsible for all aspects of the day-to-day operation of the Machine Shop and ensure constant flow of material for fabrication of our underground mining equipment. The Welder will work under the Welding Fabrication Supervisor and will be required to assist in all aspects of fabrication on our mining equipment.

Requirements for AutoCAD Design Technician:

- Designation in a mechanical discipline preferred
- Must be proficient in AutoCAD
- Ability to draw hydraulic and electrical schematics would be an asset.
- Ability to work under little supervision

Requirements for Machinist:

- Licensed Machinist preferred or equivalent experience
- Must have knowledge of CNC Lathe and Mill
- Programming and set up of CNC required
- Ability to read blueprints is a must
- Ability to work under little or no supervision

Requirements for Welder:

- Certified and/or accredited in FCAW
- Ability to read blueprints
- At least 3 years experience

*Please note that only those considered will be contacted for an interview.

Please send resumes to
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or mail to:

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Recipe

We bake for months in preparation for Christmas and I think we should do the same for Easter. If you ask me, I think it's an acceptable reason to eat sweets. The following recipe is not only simple to make, the spring pastel colours make this a pretty dessert. Use an Easter egg shaped cookie cutter (or other shaped cookie cutters) or simply cut them into squares. The kids won't be the only ones who love this colourful Easter treat.



Easter Marshmallow Bark

- 1 bag white chocolate chips (12oz)
- 3 cups mini rainbow marshmallows
- about 1 tbsp shortening (optional, but it really makes the melting process easier)
- Easter sprinkles or pastel sprinkles



Measure out 3 cups of marshmallows. Line an 8x11 glass dish or a small-sized cookie sheet lined with parchment paper. Put white chocolate and shortening in a medium-sized glass bowl. Melt chocolate in the microwave for 1 minute. Stir, and then return to the microwave in 30 second increments, until chocolate melts completely when you stir it. It will take about 2 minutes. Be careful to not overcook it. After chocolate is melted, add the marshmallows and stir to coat. You'll want to do this quickly to be sure the chocolate coats the marshmallows well but doesn't melt the marshmallows. Transfer chocolaty marshmallows to your prepared pan. Using a rubber scraper, make sure marshmallows extend to the edge of the pan. Press down slightly to make it all somewhat even. Shake on any sprinkles you'd like to decorate the bark with. Put in the freezer for about 20 minutes, until chocolate is set. This cools the mixture quickly without melting the marshmallows. Remove from the freezer and let sit on the counter to return to room temperature. Cut into pieces or use Easter cookie cutters. If using metal cookie cutters, spray edges with cookie spray.

Kids Korner

Paper Plate Easter Bunny

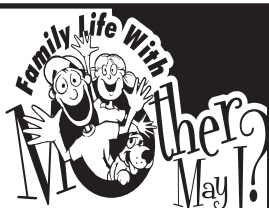
- 2 dessert-sized paper plates
- 2 cotton balls
- small pink pompom
- 2 googly eyes
- black marker
- pink crayon
- scissors
- glue
- small piece of scrap cardstock or construction paper (for bow)



Cut one of the paper plates in half and colour in with pink crayon on the inner part of each plate. Glue to back of other plate to form ears. Glue cotton balls and pink pompom to center of plate for muzzle and nose. Glue on eyes. Colour in mouth with pink crayon. Cut out tie shape from cardstock and glue on.

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 Anishinabe Spiritual Centre – Invites you to celebrate the “Feast of St. Kateri Tekakwitha” on April 17. Mass at 5:15 p.m., followed by dinner and events. To reserve your space for the free event call 705-869-4994.

Sudbury-Manitoulin Alzheimer Society – Espanola & Area Friendship Circle will meet Monday, April 8 from 1:30 p.m. – 3:00 p.m. at the Seniors' Drop In Centre 799 Queensway Ave. For more info call 705-869-1137.

Espanola Public Library – 2nd Annual Poetry Night, Thursday, April 11 from 6:00 – 8:00 p.m. Come listen to local and visiting poets. Refreshments will be served. For information, call Daphne Allen 705-869-0475.

Webbwood Public School First Annual Easter Egg Hunt – Saturday, March 30 at 11:00 a.m. Everyone Welcome. All children must be accompanied by at least one parent, registration will begin at 10:30 a.m.

St. George's Church Bake Sale – at the Espanola Mall on Thursday, March 28 starting at 9:00 a.m.

Espanola Elks Elimination Draw, Lasagna Supper & Dance – Saturday, April 20 from 4:30 p.m. – 2:00 a.m. Call 705-869-1931

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. – General meeting is April 25, 2013 at 7:30 p.m.

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.

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.

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.

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.

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. Fund-raiser 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



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Top 10 Tips to Reduce Your Chance of Having a Fall

Slow down and take time to be safe.

Be physically active for a total of 30 to 60 minutes most days.

Have your vision and hearing checked regularly.

Discuss your medication and supplements with your doctor or pharmacist.

Eat a healthy balanced diet, drink plenty of water, and limit your alcohol intake.

When walking outside, be aware of your surroundings and watch where you step.

Use safety equipment such as canes, walkers, grab bars, and rubber bath mats.

Wear non-slip shoes, boots, and slippers that fit well, and seek treatment for foot problems.

Use a night light and keep a flashlight by your bed.

Complete the home safety checklist in the *Independent Living Guide*. Get your guide by calling the number below.



For more information about risk factors for falls or local falls prevention programs, call:

Stay On Your Feet Sudbury Manitoulin 705.674.4330, toll-free 1.855.674.4330

This document was adapted from the Grey Bruce Falls Prevention and Intervention Program.

Sudbury and Manitoulin Districts

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