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November 26, 2013 Issue 48 - Volume 17

## Stand Up! ... in Massey and Espanola



*Photo:* Joanna Hearn and Monique Gallant lead a group of seniors in Stand Up! Registration is open until December 18 for the programs that start in January in Massey and Espanola.

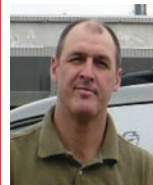
Stand Up! is a free twelve week fall prevention program for seniors - young and old alike. If you are concerned about your balance, have a fear of falling, or have actually experienced a fall, this program is for you. Have fun twice a week engaging in activities that will decrease your risk of falls by improving your balance, strength and flexibility. Learn how your eyesight, hearing and some chronic diseases can affect your balance.

During the twelve-week program, we will do group exercises that aim to improve your balance, leg strength, ankle flexibility, bone density and teach you the skills to get up from the ground. You will be given handouts to enable you to continue the program once it ends. Once a week you will learn how to look at your environment

Continued on page four...

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# All The World's A Circus

William Thomas

williamjthomas@gmail.com



## The Ladies of Laugh & Learn ... Dangerous!

On the second Sunday of this month I made the mistake of showing up for a speaking engagement at the Holiday Inn in St. Catharines, Ontario - "Breakfast at 9:00 a.m. then you."

The Laugh & Learn Conference is presented annually by Lioness Clubs of Ontario with monies going to great causes like training guide dogs and building homes for deaf and blind adults, all under the umbrella of Lion's Club International. Although I saw very little learning going on, essentially these 150 women had checked into a hotel for three days to get away from their husband and kids. And laugh. Oh how they laughed.

Ten minutes into breakfast two things became clear to me. One, these women were completely out of control and tearing apart the seams of society as we know it. And two, I was scared 'shirtless' of them. Before I spoke, the treasurer delivered her report ... yeah, I wished. Before I spoke, not one but three Snitch Bitches delivered their reports on the nefarious goings on of the weekend. Yeah, Snitch Bitches, spies in the midst of misbehaving ladies. Several women were scolded and then fined for cheating on their age, lying about their weight and owning up to less glasses of wine than they actually consumed.

Janet Dawson Brock who had made the drive from Kitchener to St. Catharines on Friday was introduced. Janet had checked into the hotel early, sent the doorman off to park her car and waited for the fun to begin. Unfortunately she had checked into White Oaks, a hotel in Niagara-On-The-Lake and not this Holiday Inn in St. Catharines. The Snitch Bitches fined her, then doubled the fine because she

was the group's founder and doubled the fine again because she was blonde. Yes doing unbelievably stupid things warrants the harshest punishment from the Snitch Bitches and this part of their program is sponsored by the Rob Ford Foundation. Not a bad idea, huh? A Snitch Bitch at Toronto City Hall and Rob Ford would be the sole occupant of the Don Jail from now until Etobicoke freezes over.

So you can imagine when I finally did get to the microphone, I felt like that guy in Oshkosh, Wisconsin last summer who was wing walking on a restored WWII Tiger Moth when he heard the engine sputter and die.

"Me and 150 women! If memory serves, isn't that what got Tiger Woods in trouble?!?"

"Me and 150 women in the same room and I'm not even Mormon!"

I did a bit of a recap of the highlights of the conference beginning with the hot topic at my breakfast table known as last night's "kilt tilt." Apparently this fun-loving group of gals arranged for a Scottish piper to ceremoniously bring them into the gala ballroom the morning before. It was all pomp and circumstance until a 70ish Gertie, a charmer from Beamsville was unable to curb her curiosity. That's right, while the Scot was busy with his pipes, Gertie lifted his kilt to sneak a peek at the other one. Straight-faced and looking right at me she said: "That kilt would be the only thing that man could be proud of!" Fearing for my own privacy, I cleared my throat and said: "Now Gertie, you understand I'm wearing pants which are tightly belted."

*Continued on page three...*

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*Continued from page two...*

As casual as can be she said:  
"Oh, that wouldn't stop me."

I moved on quickly to cover what I'll call the "Scotchgard" incident in which last night's singing entertainer brought a quiet little lady named June from Tillsonburg up on stage. The man began to sing a love song to June. And it went really well until he experienced a bit of a wardrobe malfunction. Apparently this guy had been heavily "Scotchgarding" his clothes because June's hands kept sliding from his waist down to what the ladies like to call "impressive buns." The man kept raising June's hand but it was a long song and that damn Scotchgard and well ... the guy got molested to the hoots and hollers of 149 women who right now, in the same ballroom, could turn on me in a heartbeat.

I won't even describe to you the scene of Nancy from nearby Grantham trying to place a big balloon over the plug of the entertainer's air compressor as a room full of women clapped and slammed the tables but ... but if the United Nations video showing the correct way to apply a condom fails as badly as Nancy did, we're in for a severe spike in world

population.

Although the Snitch Bitches are a scary lot - imagine the Gestapo in spandex - Head Snitch Bitch Evelyn is downright evil. She made it known that she had made a surreptitious trip to Wainfleet last week and caught me, on video no less, doing some pretty insane things. So naturally I had to fess up in front of them all, admitting that yes, I had smoked crack cocaine but only once, the day Evelyn was filming me and I could not remember what day that was because I was blind drunk at the time and anyway I was sincerely, sincerely, sincerely sorry. That bought me enough time to run out a side entrance and jam a chair up against the door as I fled.

I drove out of the parking lot, still perspiring profusely but feeling good like I'd just gotten out of prison. I had survived, I thought, safe and mostly sound. Unlike say Janet Brock who I noticed was still tied to a telephone pole across the street in front of Best Buy. Laugh & Learn - a once-in-a-lifetime experience for me.

To book William as a speaker, go to [www.williamthomas.ca](http://www.williamthomas.ca) and promise, there will be men in the audience.

## Booting Up For Cyber Monday

(NC) December 2 is the day when the internet bursts with the most irresistible deals. Starting in the U.S. back in 2005, Cyber Monday has increased in popularity north of the border and follows the beloved shopping holiday known as Black Friday.

This annual online shopping extravaganza is arguably more appealing than Black Friday, mostly because deal-finders can browse the web from the comfort of their home - including in their PJs - and steer clear of busy traffic, limited parking spots and those famous early morning line-ups outside the store.

But if you do plan to join millions of others on December 2 as they pile items into their online shopping carts, then be sure to make preparations for your cyber shopping adventure. Timothy Leslie, a TechXpert with Rogers Communications offers the following tips to help you navigate the net this Cyber Monday:

**Draft a wish-list:**

Establish what your priority purchases will be so that you're focused on the must-have items, so that you are not swayed by all the other tempting deals

**Shop securely:**

Nobody likes being scammed.

If you have stumbled across an incredible deal, it can be easy to lose sight of the source of the bargain. Make sure you're dealing with a legitimate retailer, if you're not sure, check online forums to see customer comments about their experiences

**Get a TechXpert tuneup:**

Make sure your computer is working in top shopping shape, including the fastest speeds possible. At Rogers, a TechXpert agent is your go-to technology specialist who is available by online chat or phone on a 24/7 basis. They can remote into your computer to clear it of those harmful surprise viruses. Block phishing sites and protect against online fraud with services such as Rogers online protection premium. Join the secret society of shoppers:

You can uncover many less-known deals through your social networks. Follow hashtags from brands on Facebook and Twitter to discover hot off the press promotions.

Keep these tips in mind before you boot up your computer this Cyber Monday and you'll be sure to snag some great deals for your loved ones.

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Whitefish Falls

## Espanola Police Report

On October 4, 2013, the Espanola Police Service, assisted by the O.P.P. Community Drug Action Team, executed a Controlled Drugs and Substances Act Search Warrant at an apartment located on Spruce St. in Espanola.

Upon entry, officers located a male inside the residence, along with 49 grams of Marihuana, 2 Marihuana plants, a 782 gram San Pedro Cactus, which produces the hallucinogen drug Mescaline, and indicia that suggested the trafficking in these Controlled Substances.

As a result of the warrant, Aaron Wiles, 24, of Espanola, was charged with:

- Production of a Controlled Substance, contrary to section 7(1) of the Controlled Drugs and Substances Act (two counts);
- Possession for the Purpose of Trafficking, contrary to section 5(2) of the Controlled Drugs and Substances Act (two counts); and
- Possession of a Controlled Substance, contrary to section 4(1) of the Controlled Drugs and Substances Act.

The accused is to appear in Espanola court on the December 3, 2013.

The street value of the drugs seized is estimated to be \$740.00.

**Anyone with information on any of these crimes call Espanola Police Service at (705) 869-3251 or remain anonymous by calling Sudbury Rainbow Crime Stoppers locally at (705) 222-TIPS (8477) or toll free at 1-800-461-4899**

## Clarification

Algoma-Manitoulin MPP Michael Mantha's *News From the Park*, that ran in the Around&About November 19, 2013, Issue 47, stated that an amendment to the Highway Traffic Act regarding the use of side by side ATVs has passed. The motion has, in fact, passed, but has yet to be implemented by the government. Mantha's office is attempting to expedite the implementation of this legislation by way of a petition. To sign the petition and for more information, visit [www.michaelmantha.com](http://www.michaelmantha.com) or call 1-800-831-1899.

Continued from front page ...

## Stand Up!

and behaviour in a new way, with a focus on preventing that dreaded fall.

This is what past participants have said about Stand Up!:

"I no longer feel the need to use my cane at home."

"I'm finding it easier to go up and down the stairs."

"I went shopping and didn't get nearly as tired as usual."

"If I didn't have Stand Up, I would not have gone out at all this winter."

"I'm noticing more tripping hazards around the house that I did not notice before."

"Even though I'm active, these exercises use different muscles. I feel the difference."

"I have to admit it's working. I could never do this before."

"I tried to get into the bathtub for the first time in years. It was easier and didn't hurt."

Stand Up! is supported by the Stay On Your Feet Sudbury Manitoulin Fall Prevention Coalition. This program is facilitated by two trained health professionals with

certification in the Stand Up! A Fall Prevention Program for Seniors.

Espanola's Stand Up! sessions will be Tuesdays and Thursdays at 1:00 p.m. starting January 7 at the Espanola Recreation Complex.

Massey's Stand Up! sessions will be Tuesdays and Thursdays at 11:30 a.m. starting January 28 at the Resource Centre.

Registration for the January 2014 programs is open now until December 18. Don't delay. Space is limited. To register or for more information, call the Espanola office of the Sudbury and District Health Unit at 705-222-9202 or toll free at 1-866-522-9200, ext. 537. The Stand Up! program is run in collaboration with the Town of Espanola, Township of Sables-Spanish Rivers, Sudbury and District Health Unit, Espanola Regional Hospital and the Espanola and Area Family Health Team.



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## Sweetheart Sisters Competing on CBC Show



**Photo:** The Sweetheart Sisters - Dianne Venne, singing coach Johanne Blouin, Evelyn Lefebvre, and Lucie Lamothe.

**By Lynn Lefebvre** - The Sweetheart Sisters have secured their spot on the television show *Un air de famille*. They will be performing on the episode airing this Thursday, November 28 at 8:00 p.m. on Radio Canada. Show them your support in gathering your family before the small screen.

Immediately following this episode, you can vote for them. You will have until 9:00 a.m. Friday, November 29 to vote at <http://airdefamille.radio-canada.ca/vote>.

You can also vote by phone at 1-900-870-6633.

Another way to show support is to visit the wall of encouragement. Here you can leave messages to the families either in writing or by video through your webcam. It's an excellent way to communicate your love for them and offer them a little bit of your positive energy! To do so visit the official website of the show at <http://airdefamille.radio-canada.ca/encouragements>.



The Christmas season is upon us and so is the demand for holiday help. The annual Espanola Elks Christmas Hamper Fund will receive applicants this Thursday, Friday, and Saturday. For those interested in contributing to the fund, the Elks will be at the Espanola Mall this Saturday (the day Santa arrives) from 10:00 a.m. – 3:00 p.m.

### **Elks Christmas Hamper Fund Important Dates:**

- Sign Up - November 28, 29, 30 from 1:00 – 4:00 p.m. at the Elks Hall
- Pick Up and Packing – Friday, December 20
- Delivery – Saturday, December 21

The Lions Club Toy Drive is also underway with the children's Christmas party taking place at the Espanola Regional Complex this Saturday. There are several places around Espanola to donate to the toy drive, including the nursing home, T.D. Bank, and Winkel's. For information or to volunteer to help, call Grant Lewis at 705-865-3005.

### **Lions Club Toy Drive Important Dates:**

- Toy Donations Taken - Until Wednesday, December 11
- Wrapping Bee - Thursday, December 12
- Delivery - Saturday, December 14

## ESPANOLA & AREA SAFETY COALITION



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**ESPANOLA SELF STORAGE** - 6x8 and 8x10 Storage Units available in Espanola. Located behind the car wash. Call 705-869-8405. 12/24 - R

**YOGA BY RENEW U** - Monday, Wednesday 9:00 a.m.; Monday 7:00 p.m.; at Northern Dragons Studio. Personal training also available. For more information, call or text Darlene Bell at 705-869-8265. 12/4

## FOR SALE

**FOR SALE** - 2004 Ford Expedition Eddie Bauer 4x4, V-8, auto, 8 passenger, leather, fully loaded, 190k km, nice truck, certified, c/w one year power-train warranty \$4995+HST. Johnson Auto Sales, can be seen at Richard's Auto Service, Adelaide St., Espanola, 705-869-4677 11/29

**FOR SALE** - Limited dry wood for sale, call Greg at 705-822-4734. 11/26

## TO GIVE AWAY

**FREE CAT** - Looking for a good affectionate home for our 3 year old male cat. Declawed and fixed. Dexter is a very lovable, enjoys people and affectionate. Includes automatic feeder and litter box. Email con\_kat@hotmail.com for photos. 11/26

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**CHERYL VAN ALLEN'S MASSAGE THERAPY & ACUPUNCTURE** - Christmas gift certificates available at the front desk of the Pinewood Motor Inn. 1 hour massage \$75.00, 1/2 hour massage \$45.00. New location at the Pinewood Motor Inn Espanola. 705-869-3460. 12/31 - R

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**COMMERCIAL SPACE FOR RENT** - Located in Espanola town centre, Station Rd. Available immediately. Call 705-869-1378. 12/3

**FOR RENT** - 1 & 2 bedroom apartments. Available immediately. 45 Arthur Court, Espanola. Please call 705-869-5989. References required and no pets allowed. 11/26

## SOCCER DRAW

**WIN A CHRISTMAS SHOPPING SPREE** - Espanola Minor Soccer is selling tickets to win \$250 gift cards to Home Hardware, Canadian Tire, Winkler's, and Freshco. Four draws total. Tickets are \$2 each or 3 for \$5. Only 2000 being sold. Next stop: Espanola & District Credit Union November 28 & 29. 11/26

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## MEETING

**MASSEY AGRICULTURAL SOCIETY** - Notice of Annual General Meeting, Tuesday, December 10 at 7:00 p.m. at the Massey Legion Hall (upstairs). 12/03

## BINGOS

**MASSEY AREA MUSEUM BINGOS** - Held the first Monday of every month at the Massey and District Arena. Doors open at 6:15 p.m. Bingo starts at 7:00 p.m. \$1525 in cash prizes. 01/07

## THANK YOU

**THANK YOU** - To the boys at HOME HARDWARE for taking the time to boost my car in the complex parking lot. That was above and beyond.

## KARAOKE

**KARAOKE** - Back at Marshall's Bar & Grill, Espanola, Thursday nights from 10:00 p.m. - 2:00 a.m. with DJ Angella. New songs weekly. For more information, call 705-869-1441. 12/17



## Recipe

This quiche recipe is fantastic and is healthier than most and is perfect for a brunch or serving guests during the holidays. Use a large 10 inch, deep dish pie plate instead of 2 smaller pie plates so that there is more filling and less crust overall. You can also omit the crust all together for a crustless quiche. The filling has lots of veggies, no bacon or ham, and less than 1 egg per serving. It is called Christmas quiche because of the red and green vegetables it contains, but feel free to use you own favorite vegetables in it and to make it any time of the year.



### Christmas Quiche

- 1 prepared pie crust, unbaked, in a 10 inch, deep dish pie plate
- 1 cup diced or grated swiss cheese
- 1 small diced red pepper (about 1 cup)
- 2 cups broccoli, chopped in small pieces
- 1/2 cup sliced green onions
- 6 eggs, slightly beaten
- 1 cup milk
- 1/2 tsp nutmeg (optional)
- salt and pepper to taste

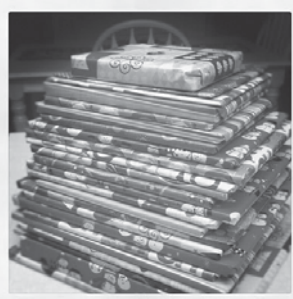
Preheat the oven to 450 degrees. Sauté the red pepper and broccoli in a little bit of olive oil until most of the liquid has evaporated from the peppers and the broccoli is slightly soft. There should be about 2 cups veggies after they are cooked. You can use any vegetables you like – just make sure that once they are cooked there is about 2 cups. Whisk together the eggs, milk, nutmeg, salt and pepper. Sprinkle the cheese evenly on the bottom of the pie crust. Then sprinkle on the cooked veggies and the green onions. Lastly, pour the egg mixture over the top. Bake at 450 for 15 minutes, then turn the heat down to 350 and bake for an additional 30-35 minutes or until the egg has mostly firmed up in the middle. Let the quiche cool for 5-10 minutes before serving. It can also be served at room temperature or cold.

Note: If making a crustless quiche, be sure to spray the pie plate with a non-stick spray before placing the fillings inside or you will have a hard time getting it out.

## Kids Korner

### Fun Christmas Tradition

Wrap up twenty-five children's books. These can be used, new or borrowed from the library. Just put the borrowed ones on the top of the pile. Put them under the tree with a special blanket next to them. Before bed each evening in the month of December, your kids take a book from the top to open and read together.



## COMMUNITY NOTES

**Christmas Tea, Crafts, and Bake Sale** – By the Espanola Regional Hospital Auxiliary at the Seniors' Drop In Centre, Thursday, November 28 from 11:00 a.m. – 1:30 p.m.

**Annual Fundraising Bake Sale** – For The Espanola Skating Club on November 30 from 9:00 a.m. to 2:00 p.m. at the Complex.

**Treats For Sale** – The Espanola-Walden Grannies will be at the Espanola Mall Saturday, November 30.

**Espanola Lions Club Annual Children's Christmas Party** – Saturday, November 30 at the Espanola Regional Complex. Skating 1:00 – 3:00 p.m., swimming 12:00 – 1:00 p.m. Santa from 2:00 – 5:00 p.m. Free hot dogs, juice & cake from 12:00 – 5:00 p.m.

**Christmas Cantata The Wonder of Christmas** - The Espanola Festival Choir will present at the following Espanola locations: Sunday, December 1 at 11:00 a.m. at the Lighthouse; Sunday, December 1 at 7:00 p.m. at St. Jude parish; Thursday, December 5 at 7:00 p.m. at the Queensway Seniors' Drop-In Centre; Sunday, December 8 at 10:00 a.m. at the United Church of Espanola. Free will donations gratefully accepted. Everyone is welcome at all venues.

**Elks Christmas Hamper Fund** – Sign up (in person) at the Elks Hall November 28, 29, and 30 from 1:00 – 4:00 p.m. Pick up and packing on Friday, December 20. Delivery on December 21. For information, call Gary at 705-869-4302 or 705-869-1931.

**New Mass Times** – Immaculate Conception, Massey, Sunday at 11:00 a.m.; St. Lawrence Martyr, Webbwood, Sunday at 9:00 a.m.; St. Francis of Assisi, Walford, Saturday at 4:00 p.m.

**Cribbage Tournament** – Royal Canadian Legion, Espanola. 2013-2014 dates are: December 8 & 22; January 12 & 26; February 9 & 23; March 9 & 23; April 6 & 20; May 4 & 11.

**Espanola Sea Cadets** – Every Wednesday, 6:00 – 9:00 p.m. at the Espanola Legion. Free leadership, seamanship and physical fitness training for youth, ages 12-18. Call Lt(N) Debra Goode at 705-862-7700.

**Flea Market** – The Espanola High School Spartans Cross Country and Track and Field students will be hosting a flea market fundraiser on Sunday, December 22 at the K of C Hall from 8:00 a.m. - 3:30 p.m. Penny table, antiques, baked goods, crafts, art, sporting goods and more.

**Espanola Ski Hill Membership Drive** - Forms are available at the Complex or on our website: [www.boogiemountain.com](http://www.boogiemountain.com). Must be returned by December 1, 2013.

**Ten Thousand Villages Craft Sale** - Hosted by Zion Lutheran Church in Massey on Friday, November 29 and Saturday, November 30. 11:00 a.m. to 4:00 p.m. Fair trade artisan crafted jewelry, musical instruments, home decor and gift items For more information please call 705-865-2020.

**Monthly Movie Nights** – At Webbwood Public School in support of the LaCloche Mountain Institute. Double feature on Saturday, December 7 at 5:30 p.m. Watch Lightning Thief and Sea of Monsters.

**Espanola Helping Hand Food Bank Drive** – At Citifinancial, Espanola through the month of November. Bring non-perishable food items to 400 Centre Street.

**The Espanola Horticultural Society** - Annual general meeting and Christmas pot luck dinner on November 28, 6:00 p.m. at the seniors' drop in centre. Join us as we celebrate a very exciting year for the Society. Please bring a friend.

**Toastmasters** - Develop communication and leadership skills, which in turn foster self-confidence and personal growth. Mondays 7:00-8:30 p.m. Call Pauline for details 705-869-4016.

### Do you have a NOTE for the Community?

We invite not-for-profit organizations to submit information on their upcoming 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)

**WEBBWOOD PUBLIC SCHOOL FUNDRAISER**  
**November 30**

Vendors will be set up at the Espanola High School with beautiful items for you to buy and try

Support Local business and the WPS Breakfast Club.  
Funds raised go to the the WPS Breakfast Club



Ph. 705-869-6883  
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**Espanola Location only • Sale ends Sunday December 1st 4pm closing**



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