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**AROUND & ABOUT**  
Your Community  
Connection

October 15, 2013 Issue 42 - Volume 17  
www.aroundandabout.ca

**Espanola and Area Family  
Health Team: Helping You  
Manage Chronic Pain**



Photo: Registered Nurses (R) Joanna Hearn (L) Shauna Sidock

Your Espanola and Area Family Health Team is excited to be offering a free six-week workshop for people who suffer with chronic pain. The workshop is every Wednesday from 1:00 – 3:30 p.m. November 6 - December 11. The workshop is open to adults with chronic pain, their family members, or those at risk of developing chronic pain due to family history. During the workshop you will be given a free book, relaxation CD, tote bag and pen. Each week you will learn how to better manage your pain, your emotions and your daily activities. The workshop is peer-led by two wonderful ladies from the Massey area, who know from firsthand experience what chronic pain is. Your Espanola and Area Family Health Team programs and workshops are offered to anyone who lives within the areas of Whitefish Falls to Walford to Beaver Lake and all points between.

Continued on page four...

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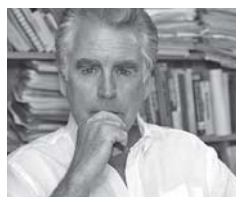
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## Kelly Beck Ruled The Neighbourhood ... Today The World.

I ran into Kelly Beck the other day and the fondest of memories came flooding back. The kid is alright.

A few years after I moved here to Sunset Bay in Wainfleet, Kelly Beck was seven years old with long, blonde hair and shy, hazel eyes. This kid could sell exercise bikes to dead people.

Kelly was the neighborhood salesperson. While other children, all duded up with 10-gallon hats and cap guns were playing cowboys and native persons, Kelly was going door-to-door along Sunset Bay sending her prospective customers scurrying for crawl spaces with handfuls of Extra-Strength Tylenol.

It's not so much what she was selling, because quite often Kelly wasn't really sure. In fact, for a while Kelly had an older girl working with her door-to-door. This was before Kelly could talk. When Kelly was old enough to talk she told me the older girl's name was District Sales Manager and she had had her fired.

Kelly affectionately referred to her house as The Home Office, her brothers and sisters as Account Executives and the yellow school bus as the Company Car. Kelly was so smooth she didn't even bring the product around with her anymore. She carried an order form headed "Ja Want Sum?" and a pen. That was it. A great sales person as Kelly used to say, doesn't need product - "Thell the Thizzle, not the thsteak!"

I know I was her best customer. Even if I had been her only customer, Kelly Beck would have made more in commissions

back then than the guy with exclusive sales rights to cell phones in Mississauga. Kelly's key to success was not the product, but the pitch. Her weak, almost inaudible knock at the door said: "I'm embarrassed to be here and I'm sorry to bother you, but two slathering rottweilers and a hailstorm aren't going to move me away from this door so get out here, I don't have all day."

Once the door was opened, you were done. Kelly would shift from one foot to the other, lock those pretty-please eyes on you, thrust the pen and paper toward you and without mentioning what she was selling she would say: "Ja want sum?"

The cloth for all intents and purposes, had been cut. The choice was clear: sign or be guilty of cruelty to second graders working their way through Wainfleet South Elementary School.

It was easier to say "no" to Revenue Canada than to Kelly Beck, the Mary Kay of Sunset Bay. You sign.

I had jars full of Girl Guide cookies, a fridge full of cheese, enough tickets of chance to warrant a gaming licence and so many magnetic note pads on my fridge, my lawnmower kept trying to get into the house.

I sponsored Kelly Beck in so many Walk-A-Thons, Swim-A-Thons, Bowl-A-Thons, Bike-A-Thons, Stand-A-Thons, Sleep-Over-A-Thons and Whistle-While-You-Work-A-Thons that she should have legally had her name

Continued on page three...

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## Espanola & Area Family Health Team

### 3rd Annual Girls Night In

Fundraiser for the Canadian Cancer Society; Women's Cancer Research  
Have a night out with your girlfriends at the Family Health Team

**Wednesday, October 30, 6pm-9pm**

Silent Auction, Pink Café, vendors selling their products.

Loads and loads of great items to bid on and buy. Free gift to the first 50 women!

**705-862-7991**

*Continued from page two...*

changed to "The Bionic Beck."

My tab for Kelly's one Walk-A-Thon was \$250.00. The next time she made a sales call on me, I called her on it. She admitted she had applied the "exertion times ten" option but insisted it was a very worthwhile cause.

This out of the way, Kelly did the sales shuffle, locked in the eyes, pushed the pen and paper at me and said: "Ja want sum?" I signed. But being a bit apprehensive I was forced to ask: "What did I just buy?" "Macramé," she said with the smile of success and batting eyes to boot. Great. An afghan or a wall hanging. Either way, I would give it to my mom for Christmas.

When UPS delivered the microwave with three-stage memory and automatic thaw, I was steamed. I phoned Kelly immediately. I got her answering machine. Apparently she was speaking to an Amway Sales Motivation Seminar in Toronto, but she was calling in for her messages.

When Kelly did show up at my door the next day, I was still livid. I lit into her ... but then she handed me Madame Benoit's two-volume "Nine Course Meals In Under Nine Seconds."

"It's free ... with the macramé," she said.

Then she started to shift her feet. Gawd, not the sales shift. Then the eyes, then the pen, the paper. "Ja want sum?"

"Okay," I said signing, "but this better not be a household appliance or a Walk-A-Thon along the Great Wall of China!" "It's not," she replied. "It's a blayther." Hmmm ... a blazer. Looked like I got off easy that time. She was two doors down when it dawned on me.

"How do you know the right size?" I yelled.

"It's a 4x4 Chevrolet Blayther ... fully loaded with cruth control," she yelled back, while knocking on Tryfiak's door. I watched John and Diane jump out of their bedroom window and begin running down the beach toward Morgan's Point. I knew this kid had to be stopped, but I couldn't help but wonder if "fully loaded" included a cassette player with automatic rewind or what?

And guess what 32-year-old Kelly Beck does today? She works for a leading-edge pharmaceutical company in London, Ontario in sales and ... and her new territory is ... wait for it ... India. Today, India, tomorrow the planet. The kid is alright.

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

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#### Espanola Mall

Saturday, October 19

10 a.m. - 4 p.m.

#### St. Mary's School-Massey

Thursday, October 24

3 - 6:30 p.m.

#### Webbwood Senior's Centre

Tuesday, October 22

3 - 6:30 p.m.

#### Sudbury & District Health Unit-Espanola

Friday, October 25

3 - 6:30 p.m.

Wednesday, October 30

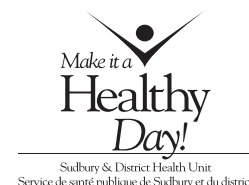
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You can also get your free flu shot at your doctor's office, a walk-in clinic, a pharmacy, or a community health centre.

**For more information, or to book an appointment, call 705.222.9202.**



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**Last Chance to Register  
Wednesday, October 23**

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U10	2003, 2004, 2005	
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**For information, call Robert Rigby at 705-869-5231**

**Massey Area Museum Hosted  
Grand Opening September 28**



**Photo:** Many dignitaries were present at the Massey Area Museum's ribbon cutting ceremony on September 28. Left to right are: Tom Sturdy, MAM Building Committee Chairman; Michael Mantha, MPP Algoma-Manitoulin-Kapuskasing; Carolyn Hein, MAM Curator; Florence Erisckson, MAM Treasurer; Carol Hughes, MP Algoma-Manitoulin-Kapuskasing; Leslie Gamble, Mayor, Township of Sables-Spanish Rivers; Angus Toulouse, Sagamok Anishnabek representative; Arik Theijsmeijer, Fed-Nor; Mary Nelder, LAMBAC; and Nancy Recolett; Ministry of Citizenship and Immigration, Culture, Tourism, and Sport. The museum is hosting many events to fund-raise this fall, including a Halloween luncheon October 23 and a craft sale November 2. Call the museum for details at 705-865-2266.

Around&About October 15, 2013 Page 4

Continued from front page ...

## **Espanola and Area Family Health Team: Helping You Manage Chronic Pain**

The workshop is part of the Chronic Disease Management series. In 2011, the Ministry of Health and Long Term Care began to fund self-management programs in the province of Ontario as part of the Ontario Diabetes Strategy. With an aging population in Ontario, many individuals in the province have at least one chronic illness (i.e. an illness that has no cure, such as diabetes, heart disease, or obesity).

Two main programs have been rolled out in the region: the Chronic Disease Self-management Program (CDSMP) and the Chronic Pain Self-management Program (CPSMP). Your Espanola and Area Family Health Team runs both. Each of these is a six-week workshop designed to provide participants with disease and wellness education, personal goal setting and action planning, problem solving

and decision making skills, as well as how to effectively use available community resources. The workshops are interactive with weekly goal setting and modules following standardized topics (for example, exercise, working with your health provider, and fatigue). They are led by trained peer leaders. Peer leaders can either be health care professionals from the community, or community volunteers that have been affected by illness themselves. Workshops are free and are open to those with a chronic illness, their family members or those at risk of developing an illness due to family history. If you are interested in the Chronic Pain Self-management workshop or the Chronic Disease Self-management workshop, please call your Espanola and Area Family Health Team at 705-862-7991 ext. 237.

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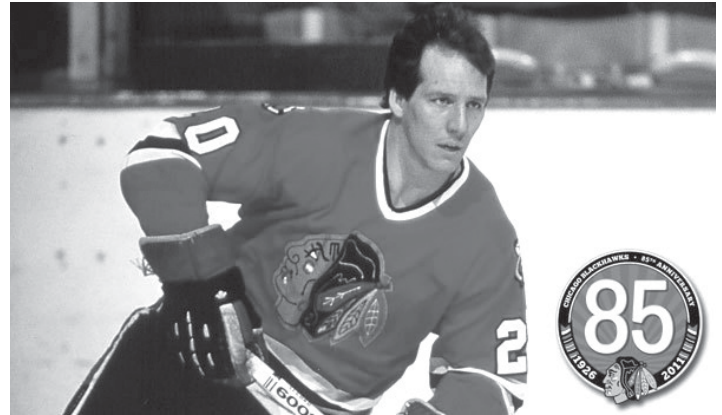




## Espanola Rivermen Junior A Hockey Update



**Photos:** Above - Espanola Rivermen players take part in decorating the town of Espanola for the upcoming Fibre Arts and Pumpkin Festival. Right - Espanola native and former NHL player Al Secord poses with Nicholas Lamothe at a recent Rivermen home game. Secord played for the Boston Bruins, Chicago BlackHawks, Toronto Maple Leafs and the Philadelphia Flyers during his twelve seasons in the NHL. Secord is currently a commercial airline pilot for American Airlines. Below right - Secord as a BlackHawk.



At press time, the Espanola Rivermen were in third place in the NOJHL. The team has been playing to packed houses at home. Rivermen #13 Brennen Dubchak is currently the goal leader in the league with thirteen goals for the season so far. The Rivermen take on the Kirkland Lake Gold Miners at home this Friday night at 7:30. For information and updates, visit [www.espanolajunior.com](http://www.espanolajunior.com)

## Rainbow Concerts Presents Andy Lowe

**By Heather Wilson** - What kind of guitar do you use to round up a herd of cattle in Northern Scotland? Acoustic (insert Scottish accent here.) This was the kind of fun the small but lively audience was treated to on Tuesday, October 1 at the Royal Canadian Legion when North Sea Gas visited from Edinburgh, Scotland. The trio delivered an eclectic mix of traditional Celtic songs and contemporary tunes to the delight of the toe-tapping audience.

The evening started off with the music of Andy Lowe, a Sudbury based folk singer who was the perfect fit as an opening act as his music has definite Celtic influences based in the tradition of storytelling. Although the musical style was not the same, his songs told tales not unlike Stompin' Tom Connors and Gordan Lightfoot. But Lowe's music

is particular to Northern Ontario with one song about the Lively truck explosion of 1998, and coming to live in the region for the love of a "Northern Ontario Girl." Lowe's voice is so smooth that it's possible just to enjoy the sound of the voice but then listeners can get caught up in the tales that are being told as well. He performs regularly in the region and if you missed this concert, plan to come out to the Espanola Curling Club on October 18 to see him again.

Following Lowe's performance, the three members of North Sea Gas took to the stage. The band is headed by Dave Gilfillan who founded the band thirty years ago and he is joined by Ronnie McDonald and Grant Simpson. These men are truly talented musicians as Gilfillan expertly laid down one instrument and picked up another numerous times

during one song to the delight of all in attendance. While all members could play the guitar, banjo, mandolin, bouzouki only Simpson was quite at home and in his element playing the fiddle. This young man moved from reel to jig to love song with ease. McDonald moves his hands over his mandolin so fast at times it seems a chore but the man never stops smiling as he enjoys the music so much.

The songs told stories about Scottish history and as Gilfillan said, "this one is about gathering the clans to go and fight the English, it's what a lot of our songs are about," to which McDonald chipped in "it's a good day out." Calling Doon the Line tells the true story of how pipers were used during the First World War to send messages down the lines of the trenches. When they said the next song was about the

proud tradition of the Black Watch in Scotland, Espanola resident, Peter Hunter (a.k.a Scotty) reminded that this particular regiment also has a proud tradition in Canada. The evening finished off with Tak a Dram Afore Ye Go as this is the traditional Scottish way of ending a night out. This was the fourth Canadian stop for the band on this trip and the band was heading to North Hampton, Massachusetts. When asked what a highlight is of their long career, Simpson said that recently one of their concerts was filmed in Scotland, then shown to 800 million people on Chinese state television. He said that if he had known it would be seen by so many people, he would have made more of an effort. Make no mistake, this is a professional trio and Espanola was lucky to have them visit, one can only hope that they promised to return again.

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## FOR RENT

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**COMMERCIAL SPACE FOR RENT** - Located in Espanola town centre, Station Rd. Available November 1. Call 705-869-1378. 10/22

## MOVING SALE

**MOVING SALE** - Everything must go. 334 Read Ave, Espanola. 10/15

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**TO GIVE AWAY-** 1 female, spayed, six year old cat and 1 male, neutered, four year old cat. Both declawed. To good home. Call 705-869-5782. 10/15

## FREE WORKSHOPS FOR FARMERS

**ATTENTION FARMERS!** Free Workshops - Massey. Growing Your Farm Profits, October 25 & November 1. Environmental Farm Plan, November 4 & November 11. Register: www.ontariosoilcrop.org 10/15

## EMPLOYMENT OPPORTUNITY

**EMPLOYMENT OPPORTUNITY** - Veteran's Transportation Ltd. Looking for part-time bus drivers. May lead to full-time. Must be over 25 years of age. Must have clean record. Call or bring resume to Amy at 705-869-2250 or Veterans Transportation 61 Hwy 6. 10/29

## Thank You

Thank you everyone who sent Congratulations and Best Wishes on my Birthday. I was very honoured to chat with old and dear friends. Special thanks to my extended family at the Nursing Home, the UCW of the United Church, the Espanola Hospital Auxiliary and most of all my cherished family.

*Louise Hanna*

## SERVICES

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## NOTICE

## Espanola Blood Donor Clinic

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**11:30 p.m. - 2:30 p.m. and 4:00 p.m. - 7:00 p.m.**

Please call 1 888 2 DONATE (1-888-236-6283) to book an appointment or on-line at [www.blood.ca](http://www.blood.ca) and help meet the continuing need for blood.

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## In The Loop

The Service Delivery Review was one of the main items discussed at the Oct. 8 Council meeting. The attention centered on which departments should be reviewed and costs. Council was informed that they do not have the authority to include Police Services in a Service Delivery Review without the consent of the Espanola Police Service Board. Therefore Police Services will not be included unless Council requests that this is included and the Espanola Police Services Board agrees. The same holds true for the Library Board, but permission has been granted by them to be included in such a review. Tenders for a Fire Department Service Review will be issued to separate firms which would have more expertise in this area. Council was advised

by the Clerk Treasurer/Administrator that the Office of the Fire Marshall no longer supports the Master Fire Plan process for Espanola. Discussion then focused on the cost and the necessity for these reviews. Tenders will be issued and once they are received, Council will decide on whether or not to proceed with a service delivery review. In closing, the Espanola Police Services Official Plan was approved by Council during this meeting. The Budget forecast shows an increase in planned expenditures of \$149,703. Forecasted revenues see a decrease of \$124,072 and Capital Operations are forecasted to cost \$150,000 over the 2013-2015 period.

**Richard Ellis**  
*Executive member Espanola Citizen Group*



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.



## Recipe

Wondering what to do with all the leftover turkey from Thanksgiving? If you are tired of sandwiches and soup, here is another solution; A lazy, but tasty version of the classic turkey pot pie.



### Leftover Turkey Pot Pie Casserole

- 1 can of cream of mushroom soup, undiluted
- 5 oz of evaporated milk  
(half and half cream or milk can also be used)
- 1 tbsp dried parsley or ¼ cup of fresh parsley
- 1/4 – ½ tsp dried thyme
- 3 cups of cooked turkey- cubed
- 10 oz frozen mixed vegetables
- ¼ tsp salt and pepper
- 1 package of Stove Top Stuffing

Combine soup, milk, parsley and thyme. Stir in turkey, vegetables, salt and pepper. Spoon into a small greased casserole dish. Prepare stuffing as per instructions on box and put on top of casserole. Bake at 350 degrees for 30 minutes. Bake uncovered for crunchy stuffing or covered for moist.

## Kids Korner

### Halloween Mason Jar Lanterns

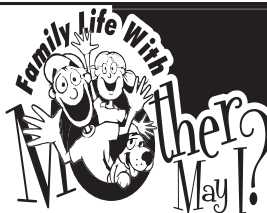
- Mason jar
- Tissue paper in desired colour
- Black construction paper
- Modge Podge or make your own  
(1/2 white glue, 1/2 water and mix well)
- Glue
- Paintbrush
- Scissors
- Tea light
- Halloween-themed ribbon (optional)



Cut tissue paper into strips. Paint Modge Podge on in small sections to the outside of the jar using the paintbrush. Apply strips of tissue paper. Seal tissue paper on by covering it with more Modge Podge. Continue covering the whole jar. Let dry. Draw and cut out a 'monster face' out of the black construction paper. Glue face onto the outside of the tissue- papered jar. Glue a Halloween themed ribbon around the jar ring and screw onto jar (optional). Do not use the lid if using as a lantern. Drop a tea light into the jar and you have a Halloween Lantern. You can also fill up the jar with treats, seal the top and give as a Halloween gift.

*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

**Rainbow Concerts Presents Andy Lowe** – Friday, October 18 at the Espanola Curling Club. Tickets at Natural Choice or call 705-862-7051.

**Pumpkin Princess Tea** - Saturday, October 19 from 1:00 - 3:00 p.m. at Queensway Pentecostal Church, Espanola. Free for mothers, grandmothers, aunts, friends or caregivers and their girls 12 and under. Fancy dresses or princess costumes option. Call the church to register at 705-869-1700.

**Book Reading/Live Music** - Saturday, October 19, 2:00 - 3:30 p.m. at the Espanola Public Library. Author Ric de Meuilles will be reading from his new novel, accompanied by a traditional Irish music performance. This is a free event during the Espanola Pumpkin Festival.

**Roast Beef Dinner and Bake Sale** – Espanola United Church, Sunday, October 20, two sittings. Call 705-869-4624.

**Alzheimer Society** - Espanola & Area Friendship Circle meeting Monday, October 21, 1:30 – 3:00 p.m. at the Seniors' Drop in Centre, 799 Queensway Ave. Espanola. Call 705-869-1137 for info.

**Next Community Luncheons** - October 22 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 a.m. to 1:00 p.m. NO CHARGE. Everyone welcome.

**Massey Area Museum Halloween Luncheon** - October 23, 11:00 a.m. – 1:00 p.m. at the Massey Legion.

**OFSC Young Driver Training Course** - Massey October 23 and 24 and Espanola November 12 and 13. For more information call Roxanne at 705-222-3568 or Lisa at 705-865-1441

**First Annual Breast Cancer Awareness BBQ--** At Citifinancial on Thursday, October 24 from 11:00 a.m. - 3:00 p.m. If weather is not the best, BBQ will be on Friday, October 25. All profits will go to our local Cancer Society.

**Annual Fall Fair and Craft Sale** – Beaver Lake Sports and Cultural Club, Friday and Saturday, October 25 and 26. For more information call Eija at 705-866-1506.

**Espanola-Walden Grannies Sale** – Handmade items and goodies at the Espanola Mall, Saturday, October 26, 10:00 a.m. – 2:00 p.m. Proceeds support the Stephen Lewis Foundation.

**St. Andrew's United Church Annual Harvest Ham Supper and Talent Auction** – Sunday, October 27 at 5:30 p.m. at the Massey Legion Hall. Tickets are available from church members or by calling Lee at 705-865-2559.

**Sgt. Wilson Army Show** - Back by popular demand. Performance will be on Sunday, October 27. A spaghetti supper will follow at 5:00 p.m.. Tickets available at the Legion bar.

**Massey & Area Museum Bingos** – October 28 at the Massey & District Arena. Doors open at 6:15 p.m. – Bingo starts at 7:00 p.m.

**Knights of Columbus** - Annual Sportsman Stag, Friday, November 1, 8:00 p.m. – 2:00 a.m. at the K of C Hall. For more information call Marc Paquette 705-869-0692.

**Women in Motion** - We're a casual weight loss support group. Meetings are from 6:00 to 7:00 p.m. Wednesdays at the Massey Public Library. Come check us out!

**Living a Healthy Life with Chronic Pain** - Free 6 week workshop (2.5 hours per week). For adults of all ages, caregivers welcome. Date and location to be announced. Register by calling Flo at 705-865-1209.

### *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)



Ph. 705-869-6883  
toll free 888-231-3578  
Fax 705-869-3342  
email:  
[around@aroundandabout.ca](mailto:around@aroundandabout.ca)  
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## Espanola's Wall of Fame Inducting Four Residents



level. "It is extremely important to annually recognize our community's great contributors to sport and culture, whether their accomplishments are of the past or more current," Mayor Lehoux stated. "I think

The Town of Espanola Wall of Fame will soon welcome its newest batch of inductees. Mayor Lehoux is pleased to announce that the 1962-63 Espanola Eagles, Clifton Carbin, Caroline Ehrhardt and Natalie Waples have been unanimously approved by Council and the Wall of Fame Committee for induction into the Town of Espanola Wall of Fame. They will be honoured for their contributions and achievements in sports and culture on a provincial, national and international

the Wall of Fame is a terrific cross-section of all sports and culture, as this year's honourees includes track and field, bodybuilding and fitness, hockey and outstanding cultural achievements. A meet and greet will take place on Friday, November 29 at 7:00 p.m. at the Espanola Regional Recreation Complex. Everyone is welcome to attend and meet this year's inductees. For more information, visit [www.espanola.ca](http://www.espanola.ca), or like the Town of Espanola Facebook page.

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