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August 12, 2014 Issue 32 - Volume 18

"Climb That Mountain" A Workplace Wellness Challenge



Photo: Mt. Everest

By **Chloe Kneer** - If you've ever dreamed of summing Mount Everest, but without the inherent dangers of actually doing it, the "Climb That Mountain" Workplace Wellness Challenge just may be your ticket. The idea is the brainchild of pharmacist Lynn Halliday at the DrugStore Pharmacy inside Winkel's Independent Grocer.

Halliday's aim is to help foster a team atmosphere in the workplace so that colleagues can take control of their health through screenings, information sessions, and diet and exercise. The challenge will start with identifying the risks to our health. There are three sessions to choose from, with varying times to accommodate busy schedules, and the sessions are interactive programs presented by the Northern Cancer Centre designed to increase

Continued on back page...

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Canada's New Prostitution Law - Come For The Sex, Stay For The Jail Term

"I wonder why prostitution is illegal. Why should it be illegal to sell something that's perfectly legal to give away?" ~ George Carlin ~

Last year the Supreme Court of Canada threw out the old and archaic laws on prostitution and recently Justice Minister Peter MacKay replaced them with a new and even more archaic set of laws. Bill C-36 is designed to abolish prostitution in Canada, a prospect with as much chance of success as world peace, a clean planet and the Nobel Peace Prize for Vladimir Putin.

Canada's new prostitution law would make it legal to sell sex and illegal to buy it. How it works is, if you're a provider of sex you are now a legitimate, single-proprietorship, business retailer and if you're a customer, you're a criminal. (Peter: The correct economic theory is supply and demand. Not supply and reprimand.)

In Canada, the world's oldest profession just became the country's most confusing occupation. "Hi, c'mon in. See anything you like? Yeah, well stick 'em up! You're under arrest."

Now if you think this is kind of stupid, you don't know Canada. That's how we do things here.

In Canada, in the 1950's we developed the Avro Arrow. Twenty years ahead of its time, the Avro Arrow was a fast and furious military fighter jet without equal in the world. At enormous cost and with

the finest of scientific minds we built an aircraft that could fly circles around Cold War enemies. So we cancelled the program, destroyed all the planes, burned any evidence of its existence and flew the sole surviving models into Lake Ontario. Why? Because we felt like it.

In Canada, in the 1990's we had perhaps the greatest multinational communication consortiums in the world. Nortel employed 100,000 people with capital of \$400 billion. The Canadian government watched this telecom company disintegrate into bankruptcy as the shareholders cleaned the carcass and then all the high tech component companies were auctioned off to foreign interest so they could then cripple the growth of other hi-tech companies back home. Why? It sounded like a good idea at the time.

In Canada we created a huge nonprofit, conservation organization with a half million enthusiastic members. The Ducks Unlimited people manage wetlands and bird habitats in order to promote a larger and healthier population of waterfowl. And then they shoot them. Why? Why not?

In Canada, we be loony. So to a Canadian, the new prostitution law - hookers happy, johns in jail - makes perfect sense. The new sell and buy law is a lot like taking your car into Jiffy Lube to get your oil changed and after you pay for the job you find yourself calling

Continued on page three...

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Continued from page two...

a friend from jail, asking for bail money and a ride home. Applying this legal/illegal business model, McDonald's would definitely not have been as successful as they are today by selling 260 billion burgers and then having their customers escorted out of the restaurant in handcuffs.

Three years away from its 150th birthday, Canada is still a relatively young country. Russia, by comparison is 5,000 years old and before Bush and Cheney turned the "Cradle of Civilization" into "Hell on Earth," Iraq was way older than Christ. As a youngster on this planet we tend to do really stupid things and then lock ourselves in our room for long periods of time. Plus, we elect people to office who couldn't organize sex in a bordello which brings us back to a prostitution law that makes you think our justice minister was swarmed and badly stung at five years of age during his 'birds and bees' talk.

The new Canadian law is not quite as bizarre as the law in the State of Montana which considers prostitution a "crime against the family." Some family! Although there's probably something sinister in that rule, the most egregious Montana law is the one that makes it illegal for a married woman to fish alone on Sunday. That's the one that's keeping me awake at night.

All this is just as confusing as a recent headline in Italian newspapers that read: "Prostitutes appeal to Pope." To be clear, the prostitutes were petitioning the Pope for his help with serious issues in their sex trade industry. The Pope, I repeat, the Pope does not find prostitutes appealing. I mean, c'mon - the Popemobile doesn't even have a backseat!

Justice Minister Peter MacKay can be forgiven for his confusion about how the sex trade business works. For one thing "the house of ill repute" no longer refers to a brothel. In Canada over time, "the house of ill repute" has become the nickname for the House of Commons. With no less than four Canadian senators either now charged or about to be charged with financial crimes, the "house of sober second thought" has become an exclusive club for power-drunk thieves. The fact that MacKay visits these places almost every day is no reflection on his character.

I believe it was Dave Broadfoot, our father of comedy who said: "The problem in Canada with political jokes is that so many of them get elected." Amen.

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

**Cyber-bullying Workshop and
McColeman Arrest Update**



Photo: Constable Ed Stortz surrounded by those who attended the cyber-bullying workshop hosted by the Espanola Youth Centre.

The Espanola Youth Centre has been open all summer at A.B. Ellis Public School hosting daily activities for children. On Friday, August 1, in conjunction with the Espanola Police Service, the EYC conducted a cyber-bullying workshop at the Espanola Recreation Complex. The workshop was for youth, but parents would also benefit from learning about the potential downsides of social networking, social engineering, and cyber-bullying. Recent news stories about local man Paul McColeman also stand to teach students and parents a lesson of some of the dangers of social networking sites such as Facebook and Instagram. McColeman allegedly used three aliases on Facebook, Treber Boucher, Jennifer Johnston, and Hyper Chick, to lure boys as young as nine years old dating back to 2006. McColeman's bail hearing has been postponed several times, and he is now scheduled to appear in court on August 12.

Deputy Police Chief Steve Edwards says the delays have been caused by the case being, "complex, and the Espanola Police Service are investigating the possibility of additional charges as more witnesses come forward." McColeman currently faces 41 charges.

The police are encouraging anyone who may have information or who may have been contacted by any of the three Facebook aliases to come forward. Espanola Police can be reached at 705-869-3251.



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BINGOS

MASSEY AREA MUSEUM BINGOS – September 1 at the Massey and District Arena. Doors open at 6:15 p.m. Bingo starts at 7:00 p.m. \$1775 in cash prizes. 09/23 R

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OBITUARY



MCENLY- Gwen Anne of Espanola passed away at the Espanola General Hospital on Thursday, July 31, 2014, in her 84th year. Dear daughter of the late Herbert and Genevieve (nee Jones) Lippert. Beloved wife of the late Hugh McEnly (1993). Loving mother of Ben of Espanola, Mary Lou of Toronto, Katherine McEnly Buzdygan (husband Kevin) of Ottawa, Jennifer of Toronto and Hugh Terence (wife Linda) of Hamilton. Will be sadly missed by granddaughter, Sophia and expected grandson in October. Very dear sister of Terry Lippert (wife Stephanie) of Apsley and Claudia Lippert of the United States. Gwen was part of a professional touring group of singers known as the "Belle Singers" during the 1950's. She founded an amateur choral group in Espanola during the 1960's that is still fondly remembered. After retirement from the post office she launched a successful internet business, "Rustic Rose," that specialized in apparel for figure skaters. In 1984 she appeared briefly in the locally produced feature film musical "Papertown." Gwen was a devoted member of the Royal Canadian Legion. The McEnly family extends heartfelt thanks to the nursing staff of Espanola General Hospital and Dr. Jean Aubry of the North Bay Complementary Medicine Centre. Friends visited Bourcier Funeral Home Thursday, August 7th followed by funeral mass held at St. Lawrence Catholic Church in Webbwood on August 8th officiated by Father Vince. Interment in the Espanola Cemetery. If so desired, memorial tributes may be made to St. Lawrence Parish in Webbwood.

ONLINE AUCTION

ESPAÑOLA ON LINE AUCTION - New members wanted on Facebook @ <https://www.facebook.com/groups/789509471066201/> or send me an email at rsvp7@hotmail.com and I'll add you. 08/12

AUCTION SALE

Auction Sale – Doug Nuttall. Saturday, August 16, 11:00 a.m. 290 River Road West (off Hwy 17 next to Walford) **Items:** 2 Honda generators, battery charger 615, 2 air compressors, 2 Hilti nail guns, 2 Honda water pumps, Husqvarna weed wacker, nuts and bolt cabinet, tool boxes, chest cabinet of tools, wood stove, tool sets, 3 radial arm saws, 5 gas motors, HD anvil, shop vac, work benches, air compressor (needs repair), motorcycle, chains, bear traps, skilsaws, irrigation equipment with pumps, roto tiller, drills, hand tools, 2 welders (Lincoln 225), hammers, axes, 2 chainsaws, jacks, socket sets, wine press, carvings, pictures, table, gun case, dish, flat screen TV, jet pump, diesel Kubota 6200 with mower and till, JD blade, diesel JD 1120, International square baler, MF 135 diesel, JD snow blower, bale stoker, motor lift, hydraulic hoses, lawn packer, 3 Dakota parts trucks, JD 544A loader, canoe (8 rack), Brush hog, flare mower, levelling rake, grain auger, 2 wagons, traps, power washer, fishing gear (rods), bottles and jugs, lanterns, 10 x 12 building trailer with shelves, ladder, ladders, batteries, survey equipment, 8' cultivator, paddle boat, live traps, cages, large pile of scrap metal. **Cash or approved cheques. Food on site. EXCELLENT AUCTION!** Call anytime – Morrell Auctions 705-282-2430 or Fax 705-282-3372. 08/12



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COMMUNITY NOTES

Massey-Walford Horticultural Society's 50 Flower Show - Thursday, August 14. Lunch at noon, followed by flower show at the Royal Canadian Legion, 320 Imperial St., Massey. See you there.

Espanola Minor Soccer - Wrap up event Saturday, August 16 at the Queensway and complex fields in Espanola. Raffle and barbecue. Come join the fun.

The Espanola Horticultural Society Annual Show - Saturday, August 16 at the Royal Canadian Legion. Judging will begin at 10:00 a.m., and the public is invited to view the entries from 12:30 - 3:00 p.m. Admission is free, but tea/coffee/desserts extra. For information on entering, contact Keitha Kozachenko or Grant Lewis.

Espanola Curling Club Barbecue - Fundraiser Saturday, August 23 at the ball fields in Espanola.

Next Community Luncheons - August 26 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 am to 1:00 pm. NO CHARGE. Everyone welcome.

VON Adult Day Centre - We provide activities, exercise and socialization. We have just renovated and are open Mondays and Wednesdays from 9:30 a.m.- 3:00 p.m. Please call 705-869-3304 for more information.

Espanola Youth Centre - Open Monday – Friday from 10:30 a.m. – 5:30 p.m. at A.B. Ellis Public School.

Wheely Wednesdays Community Street Art Project - every Wednesday afternoon in August from 1:00 PM - 3:30 PM at 109 Sheppard Street. Please call 705-583-2326 for more information.

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.

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Recipe

With my daughter home this summer and her quest to eat healthy, we have been eating a lot of hummus. We also love avocados. So when I came across this recipe, I knew it would be something we'd like. This is a smooth, creamy hummus that can be made in less than 10 minutes and makes a perfect, healthy snack. If you can't find tahini in the store, you can simply make your own (see recipe below). You can drizzle the hummus with olive oil and sprinkle with cilantro or red pepper flakes for garnish if you'd like to make it fancy.



Avocado Hummus

- 1 (15 oz) can chick peas, well drained
- 2 medium ripe avocados, cored and peeled
- 3 tbsp olive oil, plus more for serving if desired
- 1 1/2 tbsp tahini
- 3 tbsp fresh lime juice
- 1 clove garlic, peeled
- Salt and freshly ground black pepper
- 1/8 tsp cumin
- 1 - 2 tbsp finely chopped cilantro leaves, for topping
- Red pepper flakes, for topping

Pulse chick peas, olive oil, tahini, lime juice, and garlic in a food processor until smooth for about 2 minutes. Season with salt and pepper to taste (a scant 1/2 tsp salt and about 1/8 tsp pepper), add cumin and avocados and pulse mixture until smooth and creamy, about 1 - 2 minutes longer.

Homemade Tahini

- 4 cups sesame seeds
- 1/4-1/2 cup vegetable oil

Preheat the oven to 350°F. Spread the sesame seeds on a shallow baking tray and bake, shaking frequently, until fragrant, 8 to 10 minutes. Do not brown. Cool. Put the sesame seeds in a blender or food processor fitted with the metal blade. Add the vegetable oil. Process to a smooth paste, about 5 minutes. Add more oil if necessary, to bring the paste to a thick pouring consistency. Tahini will keep stored in a tightly covered jar in the refrigerator for several months.

Gas Prices Are Just Ridiculous



Carol Hughes, MP
Algoma-Manitoulin-
Kapuskasing

It is fitting that gas prices jumped considerably at the same time as the Harper government gave a conditional green light to the Northern Gateway pipeline project. Those two events highlight just how far off course our oil and gas policies have strayed from consumer need in Canada. At the same time as we are green lighting a project that is practically guaranteed to create environmental catastrophes, we are being held hostage by political events out of our control in Iraq. The fact that domestic oil production does virtually nothing to buffer the effects of international speculation on oil production should leave Canadian tax payers in a blind rage.

The truth is that we are getting very little in return for our considerable investment – by way of tax breaks and handouts – to the profitable oil and gas sector. For all the money we

throw in, we are always an incident away from higher gas prices. And it doesn't have to be an international problem either. A refinery fire last winter crippled diesel production in Canada and sent prices on that critical transport sector fuel through the roof. When transport costs go up so do prices on consumer goods and, despite all our oil reserves and production, our refinery capacity is still balanced on a knife's edge.

Gas prices too are a constant source of aggravation and increasingly the exorbitant prices are not confined to rural and northern locations. That fact can be hammered home by simply driving from Elliot Lake to Ottawa and watching the prices fluctuate along the way. What sticks out the most is the price in Sturgeon Falls which is always the cheapest along the route. Once one enters the Ottawa valley the prices rise and are higher in Ottawa than one would expect. As I write this the cheapest gas price in the entire province is in Thunder Bay which shows how the cost of transport doesn't have everything to do with setting the rate. Consumers have every right to be mad and they most certainly are.

If gas prices aren't enough to set you off, the potential for environmental catastrophes from the Northern Gateway

pipeline should be. Pipelines leak and oil companies usually do a less than thorough job of cleaning those up. Enbridge still hasn't finished cleaning up the Kalamazoo River spill that happened four years ago and took place in relatively accessible Great Lakes Basin geography. The Northern Gateway will flow through some of the most challenging and inaccessible mountainous geography in North America and will terminate in a port that requires tankers to snake their way through an estuary rich in biodiversity and opportunities for a ship to ground out and spill oil.

Canada would be taking all the risk in the project while Asia would be getting all the oil along with all the value added jobs associated with refining bitumen. Add to that the fact that so much of the Canadian production is foreign owned and the benefits are significantly smaller than the Conservatives claim. For consumers there is no break at all and no protection against market instability. It's no wonder the government's support was announced on a Friday afternoon – that is considered the dead zone for news which is exactly where they want the real story to be.

Continued from front page...

“Climb That Mountain” A Workplace Wellness Challenge

awareness of modifiable risk factors for cancer and other chronic diseases.

After that, colleagues will have a metabolic syndrome screening, which is a half day clinic, rotating between stations to screen blood pressure, height and weight, BMI, and other important factors which are key in determining an action plan and suggested targets for the colleagues (yes, your information will be kept secret!).

From there, everything you do to improve your health, to lower your modifiable risk factors, will help your team climb up the mountain... the winning workplace will

“climb” 29,035 feet and “summit” first. Workplace teams will consist of up to ten people. Places of business with few employees are encouraged to partner with other small businesses in order to form a team. All progress will be charted and recorded at the DrugStore Pharmacy and you can stop there anytime to see how your team is climbing compared to the others.

The “Climb That Mountain” Workplace Wellness Challenge begins September 9 and runs through November 25. Get your team together and plan to improve your health this fall. For more information, or to join, contact Lynn Halliday at plynnhalliday@gmail.com

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