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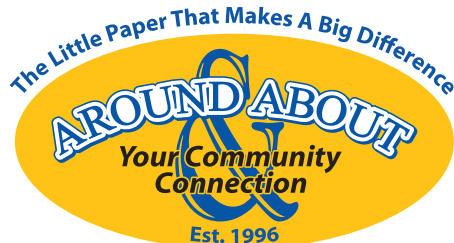
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January 14, 2014 Issue 2 - Volume 18



By *Chloe Kneer* – Did you join the gym this month in anticipation of shedding a few pounds and getting in shape for 2014? If you did, typically next week will be about the time you fall off the wagon and resume your old habits of going straight home after work and eating ice cream just before bed. Here is your motivation to get past that hurdle and achieve your goals this year: Boogie Rush at Boogie Mountain Ski Hill, Espanola on May 31. You may have heard about the craze of pushing yourself to the limit on an obstacle course. Typically the courses have walls to scale, beams to navigate, barbed wire to crawl under, and other creative seemingly torturous activities. And mud is a must. How can you have any fun if you're not muddy?

These races bear names such as Warrior Dash, Miner's Mayhem, and Tough Mudder. And now, there's Boogie Rush. The idea for holding the race was born out of the Law Enforcement Torch Run series which raises money for Special Olympics.

Continued on page four...

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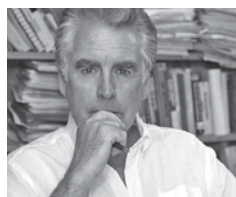
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The Answers To All Our Postal Problems

North America's postal services are drowning in debt. They have never figured out how to adjust to the digital age. Half of the mail is now being delivered electronically and the post office still has us licking glue.

Canada Post just announced a slash and burn policy that cuts jobs, reduces delivery service and jumps the cost of stamps by 35%. For the third time in as many years the U.S. Postal Service just defaulted on its debt load of 5.6 billion that it can't pay the U.S. Treasury. (And still Americans want Saturday mail delivery?!?)

The CEO of Canada Post is a man named Deepak Chopra. I know what you're thinking ... where does a guy who's written 50 books about holistic medicine while sitting cross-legged in an Indian ashram find the time to run a national postal service?!? Well, that might be the problem right there.

After announcing the slashing of 8,000 jobs at Canada Post and the end of door-to-door delivery of mail in urban areas, Deepak "The Postie" Chopra took the sting out of it all with some comic relief. Everybody slammed the price hike of stamps. The postal union went ... well, postal over the loss of 8,000 jobs. City dwellers railed against the idea of walking to a neighbourhood box to retrieve their mail. And Chopra, who gave himself a bonus last year worth 33% of his salary delivered his punch-line defense with a straight face.

"The seniors are telling me," he said, "I

want to be healthy, I want to be active in my life."

Yeah, Canadian seniors are really looking forward to the all-new Canada Post fitness program in which they'll walk to a centralized mailbox and back each day. Except of course, those who can't walk.

Ah Deepak, the seniors are telling me they'd really like to get their monthly \$551.54 pension cheques delivered to their door instead of paying cab fare to go and pick them up. Also, they say they wouldn't turn down a sweet 33% increase in that monthly subsistence allowance they worked for their whole lives.

How to fix our postal systems and have some fun?

First, nobody needs mail delivery more than three times a week. Monday, Wednesday and Friday are adequate and that way, your bills will arrive less frequently.

In my case, if I received my junk mail on Monday which is also recycle day. I could just toss it in the blue box next to the mailbox and I won't have to haul it up to the house.

But the real solution to our postal problems is donuts. Donuts, coffee and the daily addiction Canadians and a growing number of Americans have to Tim Hortons. There are 4,000 Tim Hortons franchises in Canada, 200 in the United States with more on the way.

Think about it - Canadian and American postal services own buildings in prime

Continued on page three...

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Continued from page two...

downtown locations in every village, town and city from coast to coast. Tim Hortons is the fastest growing coffee shop franchise on the continent. Down by almost half in business, post offices have nothing but vacant space. Tim Hortons is searching for ideal spaces to lease in downtown areas. Bingo! The all-new Post Office & Tim Hortons Centre, a place for us to go and not only receive our mail but read it with a coffee and a cruller. The post office gets a lease-paying partner and Tim Hortons gets an immediate North American expansion plan. It's a natural, I tell you. A natural.

And all those thousands of postal workers who are about to lose their jobs. They go from delivering mail in bad weather to pushing cups of decaf and croissants across a counter in a lively little cafe. From business bills to buttered bagels - their work place remains the same. Plus Tim Hortons "Roll Up The Rim To Win" contest? That could now be operated by the U.S. Treasury to help pay off the post service's debt.

As far as seniors picking up their own mail, forget about those community mailboxes. In Canada, we have more older people spending their leisure time at Tim Hortons outlets than

senior citizen centres. Any time of day, all day, Canadian seniors congregate at Tim Hortons to bitch about the government, whine about the weather and discuss how it is humanly possible that Justin Bieber's scrawny ass can stay inside those baggy pants when they are clearly belted at his knees.

Trust me, a national caffeine addiction is a good thing. If Colorado had a Tim Hortons for every 8,000 residents in that state, which is the company's marketing rule of thumb, they would not have legalized marijuana. Hyper is more productive than being mellowed out.

There's also a nice human touch that comes with bringing a Tim Hortons to your town. Last year in Windsor, Ontario a woman gave birth in the washroom of a Tim Hortons donut shop and she named the kid Timbit after those tasty little mini-donuts. Think about it, America. Merge your post office with this donut franchise and in a few years you too could have a bunch of children running around named Maple Dip and Apple Fritter.

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

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Swim Club Proposed For Espanola and Area

A local group of swim enthusiasts hope to rally enough community interest and support to bring an Espanola-based Regional Swim Club back to the community for the 2014-2015 swim season.

The club intends to operate from the Espanola Regional Recreation Complex and hopes to facilitate an after-school schedule to run parallel with the school year pending the availability of pool time and coaching support.

"We feel that this is an opportunity for a win-win-win for parents, kids and taxpayers alike," stated Greg Gilbert who is amongst the volunteers participating in the drive, himself having been involved in competitive swimming in his youth. "The biggest positive for parents is the encouragement of a regular active lifestyle, while working

within already busy schedules. The afternoon time-slot would allow children to head straight to swim practice after school and not interfere with other activities that usually take place in the evenings. A club lets kids get to experience the thrill of regional swim meets, which are often more about the excitement of an experience away from home than they are about the competition itself."

Gilbert was at the complex during swim registrations to garner support and volunteers for the proposed club. If you missed him, information brochures will be available at the complex front desk and a survey will be posted on the Town's Facebook site to gauge support. Interested participants and volunteers are needed and invited to e-mail espanolaswimclub@outlook.com.

In The Loop

The Executive would like to begin 2014 by wishing each and every one a joyous and prosperous New Year. 2014 is an election year for Espanola, so we will continue publishing information on decisions both provincially and municipally that affect Espanola's taxpayers in order to give a clearer understanding of the issues we face as we move forward.

The January 7 Corporate Services meeting saw council members re-visit the fire service review which was defeated by a 4-3 vote by Council as a whole on December 10, 2013. It was mentioned that this would be a different type of review...one focused solely on fire suppression (equipment, buildings, and training). This review would cost \$9,500.00.

The Corporate Services Committee voted unanimously to bring this new recommendation to Council on January 14. Councillor MacMillan suggested that if the review is implemented it may reduce home insurance rates for residents. This begs the question: Would tax rates then be increased to offset the cost of new vehicles/equipment/buildings?

In 2013 the Province reduced our Provincial Gas Tax refund and this in turn had a negative effect on Espanola's Care Van operation. The Corporate Service Committee was informed that for 2014 the format has changed. It is now based on a six month time period and the amount allocated for Espanola has increased. This begs a second question: Will seniors benefit from this by seeing an increase in Care Van operation? The 2014 Budget deliberations are scheduled for February 4 and 11. The Final Budget is to be brought before Council on March 25. With the financial hurdles facing the municipality, we wish them success in this endeavour.

Finally, Mr. Bill Foster spent approximately 5 months researching Policing Costs and another month preparing his slide presentation. On January 14 at 7:30 p.m., he has been allotted a 10 minute time slot to explain these findings to Council. This presentation will contain very important information for all taxpayers. You are encouraged to attend.

*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.

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Continued from front page ...

Boogie Rush Coming to Espanola May 31



Photo: Sandra Camillo; Anita Wallingford; Trina Ram; and Jillana Goodchild muddy and loving it at the Warrior Dash in Barrie this past summer.

Constable Ed Stortz says, "The Espanola Police Service used to do a one-day barbecue and raise about \$300 for Special Olympics. Last May we teamed up with the OPP at the highway and with a bucket shake, we raised over \$3000. We started thinking bigger and came up with the idea of Boogie Rush. Everyone we've approached so far has been on board, including the Espanola firefighters, the local business community...we will have the military there. Community Living Espanola will run a barbecue. We are working with Big Brothers, Big Sisters on developing a kids' area. And,

of course, we will have Special Olympians competing. So many people have come up to me to say how stoked they are because for a long time they've felt that there's not much to do in Espanola. Now there is, so we are excited to have so many people wanting to come out and support it."

Stortz is on the committee, along with Renee Lalonde from the Espanola OPP. Together they are overseeing the organization of the event, which Stortz emphasizes, will be more of a beginner course. But that's all he would say, as the obstacles will be "blind" (not revealed) and the course will only be released just prior to the 5k race. Participants from as far away as York/Toronto are already registered. Get more information in your Facebook newsfeed by joining the group Boogie Rush (Mud Run). You can also visit www.guardiansoftheflameendurance.com to register as an individual or team. Through the website you can track yours and others' fund-raising as well.

The Around&About is a proud sponsor of Boogie Rush. If you choose to participate and would like to share your story, including how you are training for the race, please email us at around@aroundandabout.ca

**Boogie Mountain
Ski Hill Espanola**

May 31, 2014

boogie rush

Law Enforcement Torch Run

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A.B. Ellis Public School	128 Park St.	705.869.1651	Lynn MacDonell
S. Geiger Public School	355 Government Rd.	705.865.2052	Kendra Mihell
Webbwood Public School	6 Minto St.	705.869.3751	Kendra Mihell

ELEMENTARY SCHOOLS – MANITOULIN ISLAND

SCHOOL	ADDRESS	PHONE	PRINCIPAL
Assiginack Public School	134 Michael's Bay Rd.	705.368.7010	Margaret Stringer
Central Manitoulin Public School	56 Yonge St.	705.368.7005	Tracey Chapman
Charles C. McLean Public School	43 Hall St.	705.368.7015	Christy Case
Little Current Public School	18 Draper St.	705.368.2932	Jamie Mohamed

The English Program includes Core French.

For enrolment in Junior Kindergarten, your child must be four-years-old by December 31, 2014.

For enrolment in Senior Kindergarten, your child must be five-years-old by December 31, 2014.

When registering your child, please bring his/her identification documents including birth certificate, birth registry/ baptismal certificate, Ontario Health Card and an immunization record.

All parents/guardians and children are welcome to the information night at their area Rainbow School.

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BINGOS

MASSEY AREA MUSEUM BINGOS – February 3 at the Massey and District Arena. Doors open at 6:15 p.m. Bingo starts at 7:00 p.m. \$1525 in cash prizes. 02/11

OBITUARIES

In Memory of

Christina Forrest Hopkins (nee Bulloch)

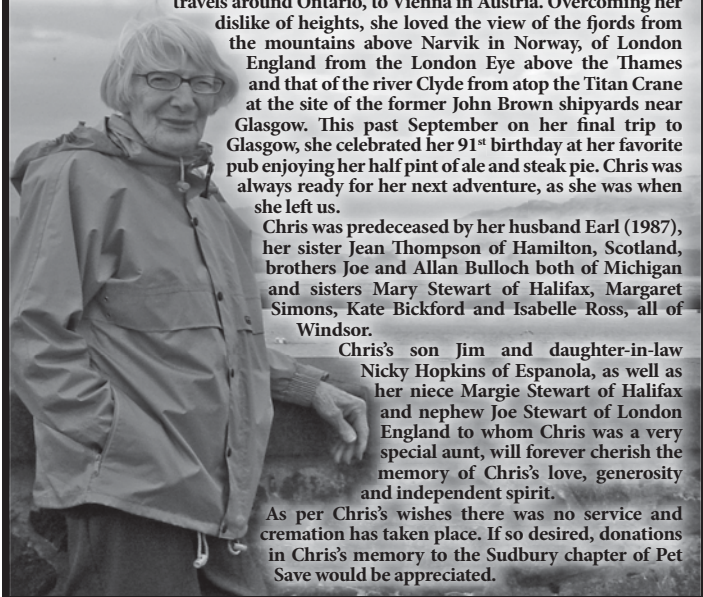
Chris departed on her final trip December 19, 2013 following a short illness in her 92nd year. The youngest child of Joseph and Margaret Bulloch, Chris was born in Hamilton, Scotland and was raised in Windsor, Ontario following her parent's immigration to Canada. After graduation, Chris was employed by Hiram Walkers distillers in Windsor where she reached the position of bottling line supervisor, a position she was required to resign from one year after her marriage as per company policy for woman at the time, indicative of the many changes she saw in her lifetime. Upon her husband Earl's retirement from American Standard in Windsor, Earl and Chris moved to Earl's native Espanola to raise their son Jim.

After family, Chris's passion was travel. From her many camping trips and travels around Ontario, to Vienna in Austria. Overcoming her dislike of heights, she loved the view of the fjords from the mountains above Narvik in Norway, of London England from the London Eye above the Thames and that of the river Clyde from atop the Titan Crane at the site of the former John Brown shipyards near Glasgow. This past September on her final trip to Glasgow, she celebrated her 91st birthday at her favorite pub enjoying her half pint of ale and steak pie. Chris was always ready for her next adventure, as she was when she left us.

Chris was predeceased by her husband Earl (1987), her sister Jean Thompson of Hamilton, Scotland, brothers Joe and Allan Bulloch both of Michigan and sisters Mary Stewart of Halifax, Margaret Simons, Kate Bickford and Isabelle Ross, all of Windsor.

Chris's son Jim and daughter-in-law Nicky Hopkins of Espanola, as well as her niece Margie Stewart of Halifax and nephew Joe Stewart of London England to whom Chris was a very special aunt, will forever cherish the memory of Chris's love, generosity and independent spirit.

As per Chris's wishes there was no service and cremation has taken place. If so desired, donations in Chris's memory to the Sudbury chapter of Pet Save would be appreciated.



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Recipe

I had some sirloin steak in the freezer that needed to be used and it's not exactly barbecuing weather out there right now. So I did some searching and found this recipe. I made it and served it over buttered noodles that I added a couple shakes of red pepper flakes and a good sprinkle of garlic powder to. The broth is slightly sweet and tangy and delicious with the beef. I added some fresh mushrooms during simmering time because I love mushrooms. This is a good way to use round steak but any type of steak sliced thin will work.



Round Steak Sauerbraten

- 1 1/2 pounds top round steak, trimmed and sliced thin
- 1 tablespoon vegetable oil
- 1 (.75 ounce) packet dry brown gravy mix
- 2 cups water
- 1 tablespoon onion powder
- 2 tablespoon brown sugar
- 4 tablespoons red wine vinegar
- 2 teaspoon Worcestershire sauce
- 1/4 teaspoon ground ginger
- 1 bay leaf
- 1/2 teaspoon salt
- Ground black pepper to taste

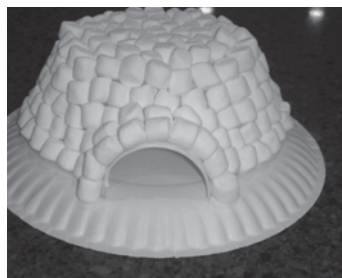
Heat the oil in a large saucepan over medium heat. Add the sliced meat and brown well. Remove meat. Add the gravy mix and water and bring to a boil, stirring constantly. Stir in the onion powder, brown sugar, vinegar, Worcestershire sauce, ginger, bay leaf and salt, and ground black pepper to taste. Return the meat to the pan, reduce heat to low, cover and simmer for one hour, or until meat is tender. Remove bay leaf. Serve over buttered noodles.

Note: You could also transfer to a casserole dish and bake covered at 350 degrees F (175 degrees C) for 1 1/2 hours.

Kids Korner

Marshmallow Igloos

- Mini marshmallows
- Small foam bowl
- Foam plate
- Icing sugar
- Water



In a bowl, combine one cup of icing sugar and one cup of water. Add the water in slowly until it becomes a thick paste (you may not need a full cup). Cut a small half circle out of the bowl to make a "door". Place the bowl upside down on the foam plate. Dip each marshmallow into the sugar "glue" and line them up around the bottom of the bowl. Once the first row is complete, make a second row and so forth. When all the rows are done lay marshmallows across the top to make the roof.

COMMUNITY NOTES

Next Community Luncheons - January 14 & 28 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 am to 1:00 pm. **NO CHARGE.** Everyone welcome.

Scrap Booking Day - January 18, 2014 at the St. Mary's School Massey. Proceeds to Immaculate Conception Church. Please call to register (by January 11, 2014) or for info 705-865-2268.

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

Let's Cook! - Free Community Kitchen on the third Thursday of each month at the Espanola Recreation Complex from 10:00 a.m. to 1:00 p.m. Call 705-222-9202, ext. 491

St. Andrew's United Church - 4th Annual World Tour Dinner, a Chinese New Year Celebration. Friday, January 24, 6:00 p.m. at Massey Legion Hall. Advance tickets only, call Donelda 705-865-2450 or Lee 705-865-2559.

30th Annual Spaghetti Supper and Elimination Draw - Friday, February 7 from 5:00 p.m. - 2:00 a.m. at the K of C Hall in Espanola. Tickets available at the door.

Senior Men's and Women's Region 5 Play Downs - Espanola Curling Club January 31, February 1 and 2. Two Espanola men's teams are entered. Contact Jack Tait at the club 705-869-3122 for more info.

Meat Roll Offs - Every Saturday starting at 3:30 p.m. at the Espanola Legion. The month of January is hosted by North Shore Search and Rescue. Everyone is welcome!

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

ANNOUNCEMENT

D. PETER BEST LAW OFFICES

Peter Best, Barrister and Solicitor, is pleased to announce that as of January 6, 2014 Amy Best has joined his law practice as an associate.

Amy graduated with Honours from the University of New Brunswick Law School and for the past year has practised law in London, Ontario.

Our Espanola office is presently located at 383 Centre Street.

On March 1st, 2014 our office will be relocated to 121 Barber Street.

Amy and I look forward to being of further service to our valued Espanola and North Shore clients.

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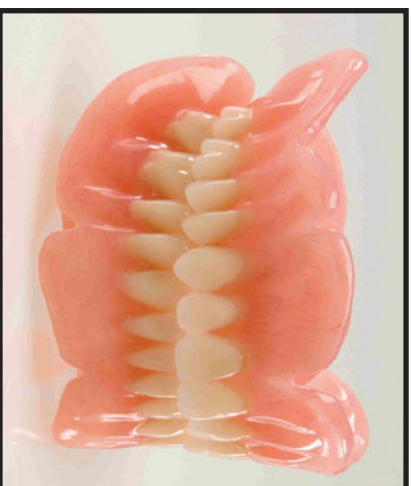
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