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 October 28, 2014 Issue 43 - Volume 18

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Come In, We're Local!



Photo: New support local billboard at south entrance of Espanola.

By *Chloe Kneer* – Canadians celebrated small business week last week. The week was started in 1979 to lift up entrepreneurs and their contribution to the Canadian economy. It may surprise you that small businesses make up over 99% of all companies in Canada. Though criteria varies by country as to what constitutes a “small business,” generally, the rule is that the business employs fewer than 250 people and has less than \$7 million in annual receipts. By definition, that makes the majority of the businesses in Espanola and the surrounding area fall into this category. Small businesses are typically born out of an entrepreneur’s passion for a given area, the need to fill a niche, to improve upon an existing good or service, or a combination of all of these factors. Small businesses also come from the desire of its founders to contribute and become part of small communities. Small business owners face a number of challenges in their initial quest at

Continued on back page...

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All The World's A Circus

William Thomas

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The Toronto Maple Leafs - A Study In Profitable Stagnation

The Toronto Maple Leafs, the most unsuccessful and lucrative franchise in the history of sports is searching for a slogan. As one of the founding members of the National Hockey League, the Leafs are unique in that they're not very good at playing hockey but they make millions of dollars trying. They haven't won the Stanley Cup since 1967 and they haven't even made the playoffs in a league where it's difficult not to, in nine years. Many fans believe they should change the name to the Toronto Possum, a breed that quite often plays dead and gets killed on the road.

Amazingly, tickets to watch the Toronto Maple Leafs are the highest in the league and they're usually sold out for the entire season. Incompetent yet inconceivably lucrative, the Leafs are listed on the Forbes' list NHL Most Valuable Teams at Number One with a current value of \$1.15 Billion. By comparison, the Philadelphia Flyers who won back-to-back Stanley Cups in 1974 and 1975 and only missed going to the playoffs twice in the last nine years are worth \$500 million, less than half the value of the Leafs. The Leafs are so bad many believe they located the Hockey Hall of Fame in Toronto just so their fans could get to see the Stanley Cup once in awhile.

Witnessing the mad rush of fans

clamouring to purchase expensive seats to watch perennial losers underachieve brings two things to mind. First, Leaf Nation, the rabid army of Toronto fans who bleed blue and die a little with each defeat are - as the title of a book I wrote - Not Real Bright And Damn Proud Of It! Second, it's not a very long drive from Leaf Nation to Ford Nation, the rabid army of Toronto voters who idolize brothers Rob and Doug.

There exists a real closeness between Leaf players and their fans, an attachment that comes every spring when they get to watch the playoffs together. Comparing the Toronto Maple Leafs to Canada Post - both have nice spiffy uniforms but can't deliver - is a tad over the top.

In fairness, the team teases Leaf Nation unmercifully, like a guy offering complimentary Tequila shooters at an AA meeting. They almost always start out like gangbusters sending out the signal loud and clear that this is the year! However, as the bad joke goes - What do the Leafs and the Titanic have in common? They both look good until they hit the ice. - it's always the same sad story. It's never dull because the Leafs somehow manage the kind of last minute death spiral that has first responders ignoring search and

Continued on page three...

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Continued from page two...

rescue and going straight to recovery. Last season's two wins and twelve losses crash was so sudden and volatile, some experts suspected a bomb on board.

I mean come on! These guys lost 2-1 to a bunch of kids on "Take Your Child To Work Day."

However this season is going to be different according to Leaf management who have been making that same claim for the last 47 years, the agonizing duration of their Stanley Cup draught. So they staged a team bonding experience in Collingwood, Ontario where Leaf players spent quality time together in survival exercises and paintball wars. From that experience and from the words of the players themselves, Leaf management are hoping an inspirational slogan would emerge that when repeated enough times would forge some winning ways.

Years ago the highly successful Montreal Canadiens lifted the words from John McCrae's classic poem "In Flanders Field" to inspire their players. "To you from failing hands we throw the torch, be yours to hold it high."

Never mind that any current Leaf player would likely drop the torch and burn the rink to the ground - they are still in search of a moving motto. Here's what Leaf players and management have come up with so far from that buddy/buddy basic training retreat

in Collingwood.

"Entitled To Nothing, Grateful For Everything." This banner currently hangs over the entrance to the Leaf dressing room. It's humbling, ingratiating but hardly inspirational. Sounds like a "Will work for food" sign.

Another motto they came up with is "Sacrifice For Each Other, Succeed Together." This is good advice but really when you look at their record they could have gone with "Unfortunately, I've Got Your Back."

"Unite A City." Really? So Doug and Rob can severely divide it?!

Honestly, I don't know of an inspirational maxim that could help this team become successful. Maybe "Misery Loves Company." At least it's inclusive.

Or, "Once We Were Warriors But Now ... Not So Much."

Or, "Hey! We Do An Awful Lot Of Good In This Community."

Or, "You Can't Win 'Em All. There's Always Next Year. And Okay, Our Problem Might Be The Puck!"

What Leaf ownership should do to take the pressure off the players is let Comedy Central televise the games for a few years until they get their act together. Hey, it's all about entertainment anyway.

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



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Cross Country Spartans Clean Up



Espanola High School, as well as select elementary school students, competed in the NSSSA Cross Country Running Championships against eight other area high schools recently. The races were held at the Espanola Golf and Country Club. For the first time in EHS history, the Spartans won in every category.

"We had more than a hundred runners compete with races from three to seven kilometres," says Coach Dave Gallant. "Espanola High School teams won the midget and junior girl races along with the junior and senior boys' races." Gallant was

extremely pleased with his team and thanked them for their hard work and dedication.

The Spartans competed in the Northern Ontario Championships at Laurentian in Sudbury last Wednesday.





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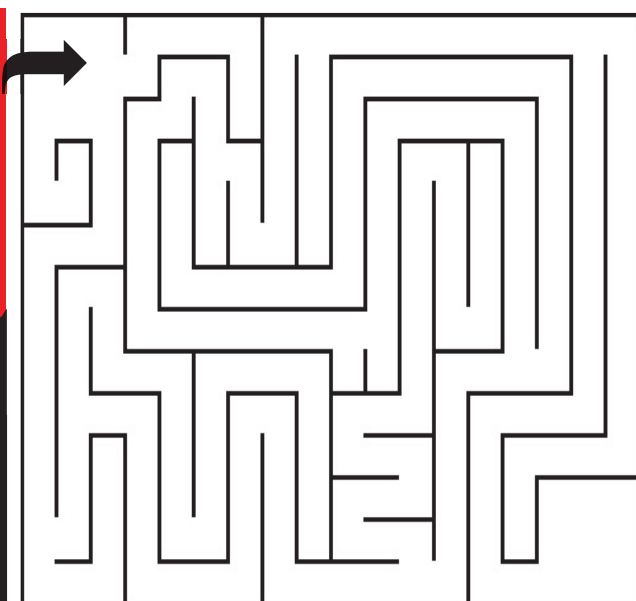
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HALLOWEEN SAFETY TIPS

1. Always use common sense.
2. Young children should always go trick-or-treating with an adult.
3. Never trick-or-treat alone. Have at least 2 buddies go with you.
4. Plan your entire route and make sure your family knows what it is.
5. Make sure that you are wearing a flame retardant costume.
6. Wait until you get home to eat your candy so that your parents can check it.
7. Be very cautious of strangers.
8. Accept treats only in the doorway. Never go inside a house.
9. Be sure and say thank you for your treats.
10. Don't play near lit jack-o'-lanterns.
11. Visit only houses where the lights are on.
12. Walk, do not run.
13. Walk on sidewalks and driveways.
14. Cross the street at the corner or in a crosswalk.
15. Take a cell phone with you if possible.
16. Wear a watch.
17. Carry a flashlight.

Halloween Maze Help this trick-or-treater find more candy



SPOOKY SNACKS

SWAMP SLIME - Make green Jell-O. Put some of it in clear plastic containers and put some aside. When the Jell-O starts to solidify, add various gummy bugs. Beat the rest of the Jell-O to a froth and add to the top of the slime. Let set.

WITCHES HATS - Use a large, flat, dark cookie for the brim and an ice-cream sugar cone for the crown. Fill the cone with ice cream even to the rim and center it on top of the cookie.



TONGUES ON TOAST - 8 slices white bread • 8 slices bologna • Mustard
Cut each slice of bread into the shape of lips, with a slit in the middle. Cut the bologna into strips that look like tongues. Insert the bologna into the slits in the lips (so it looks like the tongues are hanging out of the mouths). Cover the bread with mustard and broil until the bread is golden brown.

MONSTER BOLTS - Skewer cubes of various kinds of cheese with pretzel sticks.

DIRT - Put chocolate pudding in clear plastic containers and imbed a gummy worm or two. Cover the top of the pudding with crushed chocolate cookie crumbs. It looks good if a worm is peeking out of the dirt too.



HALLOWEEN PARTY GAME

HAL O' WEEN AND HIS SQUISHY BODY

OBJECT OF THE GAME: You pass around paper cups to your guests while telling the story below. Do it in the dark or in a semi dark room and tell them they can't look in the cups. The cups are filled with gross "body parts" (food) and guests have to guess what it really is. After the lights are back on and everyone has finished writing down their guesses, collect the papers. As you check their guesses, you can show everyone what was really in the cups. Give a nice prize to the person with the most correct answers.

WHAT YOU NEED: Paper cups. The body parts (food) described below and a box of handy wipes for guests to clean their hands.

What To Do: Ahead of time, prepare the cups that are described below. Have everyone sit in a circle, then shut off most of the lights and start the story. You have to have the room fairly dark so that people cannot see what's inside of the cups. You can pass out paper and pencil at the beginning of the game and let them write down their guesses between each cup or you can have each player guess out loud between each cup. At the very end of the game, you can tell them what is in each cup, but wait until the end!!

HERE'S THE STORY: Tell the story as you pass around each cup. "Once in this town there lived a man named, Hal O' Ween. T'was years ago, on this very night that he was murdered out of spite. They say these are his remains."

HERE IS HIS BRAIN, WHICH NOW FEELS NO PAIN.

USE A PEELED SQUISHY TOMATO OR STEWED TOMATOES

HERE ARE HIS EYES, STILL SWOLLEN WITH SURPRISE.

USE TWO FROZEN, PEELED GRAPES OR BLACK OLIVES

HERE IS HIS HEART. BE CAREFUL LEST IT START!

USE A LARGE LUMP OF UNCOOKED LIVER OR SIMILAR MEAT

NOW WE HAVE HIS HAIR, WHICH ONCE WAS SO FAIR!

USE A HANDFUL OF CORN SILK OR WET FUR OR YARN

FEEL THESE DROPS OF HIS BLOOD. ALL THE REST TURNED TO MUD.

USE A LITTLE KETCHUP THINNED WITH WARM WATER

ONE HAND ALL ALONE, JUST ROTTING FLESH AND BONE.

USE A WET LATEX GLOVE FILLED WITH RED GELATIN

HERE IS HIS EAR. NEVERMORE WILL HE HEAR!

USE A DRIED APRICOT OR SIMILAR DRIED FRUIT

THIS IS HIS NOSE. NOW TO NEVER SMELL A ROSE

USE THE END OF A PICKLE, A HOT DOG OR A SOFT CHICKEN BONE OR CRISTLE

THESE WORMS ARE ALL THAT'S LEFT TO FEEL. FOR THEM HAL O'WEEN WAS A LOVELY MEAL!

USE COLD, WET SPAGHETTI

HALLOWEEN WORD JUMBLE

UNSCRAMBLE THE HALLOWEEN WORDS

1. OOTRCHE
2. ETRTA
3. MCTUSEO
4. ICWTH
5. ADRK
6. ABCTAKCI
7. UPKAME
8. HENTAUD
9. RAYNOCDN
10. NDCAY

ANSWERS: 1. OCTOBER 2. TREAT 3. COSTUME 4. WITCH 5. DARK 6. BLACK CAT 7. MARKED 8. HAUNTED 9. CANDY CORN 10. GHOST 11. TRICK 12. PARTY 13. CAT 14. BROOMSTICK 15. SKELETON 16. GHOST 17. GORLIN 18. ZOMBIE 19. SCARY 20. CANDY CORN

HALLOWEEN JOKES

Q- Who won the skeleton beauty contest? A- No body
Q- What did one ghost say to the other ghost? A- Do you believe in people?
Q- What do witches use to keep their hair up? A- Scare spray
Q- How do you make a witch itch? A- Take away her "w"
Q- What do you call a fat Jack-o-lantern? A- A plumpkin
Q- What is a mummy's favourite type of music? A- Rap Music
Q- What did one casket say to the other casket? A- Is that you coffin?
Q- What did one ghost say to the other ghost? A- Long time no see!
Q- What did the werewolf eat after he had his teeth cleaned? A- The dentist
A guy named Billie Bob Joe goes to a Halloween costume party with a girl on his back.
Harold, answering the door: What are you supposed to be?
Billie Bob Joe: A turtle.
Harold: What do you mean?
Billie Bob Joe: The girl on my back is Michelle.

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FOR SALE – Hardwood firewood for sale. Hard maple and oak. Cut, split, and delivered \$100/cord. Call Nathan Detroit at 705-865-3011. 11/18

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LOST – Mom's gold necklace. Sentimental value, reward being offered. Lost in the areas of the Espanola complex, Pinewood, and Espanola High School. 705-869-1920. 10/28

CHRISTMAS CRAFT FAIR

CHRISTMAS CRAFT AND BUSINESS FAIR – Saturday, November 15 from 10:00 a.m. – 3:00 p.m. Upstairs at the Espanola Complex. Entrance fee is a donation to the Espanola Helping Hand Food Bank (not mandatory). Prices available, close to 40 vendors. Call 705-869-3263. 11/5

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FOR RENT – Spacious 2 or 3 bedroom townhouse starting at \$673.10 per month plus utilities. Call Chantel at 705-690-5156. www.RSPM.ca Available November 1 or 15. 11/18

FOR RENT – Lang Lake Resort winterized cottages. Full kitchens, satellite TV. Monthly rates available from October – May. Call 705-285-4241 for more details. 10/21

FOR RENT - Spacious 2 bedroom apartment. Available now. \$750 + heat and hydro. Clean adult building in Espanola. References required. 705-869-5015 or 705-862-1011. 10/28

BINGOS

MASSEY AREA MUSEUM BINGOS – November 3 at the Massey and District Arena. Doors open at 6:15 p.m. Bingo starts at 7:00 p.m. \$1825 in cash prizes. 11/18 - R

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FOR RENT - Spacious 2 bedroom apartment. Available December 1. \$750 + heat and hydro. Clean adult building in Espanola. References required. 705-869-5015 or 705-862-1011. 10/28

FOR RENT - 3 bedroom house in Espanola available December 1. Easy walk to schools, complex, banks, shopping. \$825 + utilities. No pets or smoking, references required. 705-918-2456. TFN

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Thank You

We wish to express our sincere gratitude to family and friends for their heartfelt sympathies and support shown to our family during the recent loss of our dear husband, father, grandfather, and brother "Gerald Tessier." Your kind words were very comforting to us during this difficult time. Thank you to the I.C.U. doctors and nurses at Health Sciences North who took very excellent care of Gerald and ensured his family was treated with respect and understanding. We would also like to thank Jamie Bourcier for his support to our niece Kathy for providing prayers. Thank you to Ted Bell for loving our brother, not just as an employee, but also as his friend. Thank you Claude Vincent for being Gerald's best and loyal friend. Thank you to Grant Eccleston and his family for all the help given to our family during our darkest hours. And thank you to Paula Roque for always being there. We miss you, Gerald; you will always be with us.

*We will love you forever
and miss you always
until we all meet again.
The Tessier Family*

Recipe

Why not have a little fun with dinner on Halloween? To start making Halloween Pizza Potato Skins, think baked potato skins with a pizza twist. The potatoes serve as the crust, that is simple, unprocessed and gluten free. Then get creative with your favorite pizza toppings to make Halloween-inspired creations. Green olives can easily become eyeballs and black olives can be cut into spiders. Pepperoni can be cut into pieces for a jack-o-lantern face. Bell peppers can be used for spider legs or a mouth for a monster, the sky is the limit. Use your imagination and see what you can come up with! Happy Halloween!



Halloween Pizza Potato Skins (Yield: 1 potato makes 2 potato skins)

- Baking potatoes, scrubbed and pricked with a fork
- Cooking spray
- Sea salt
- Pizza or Pasta sauce
- Mozzarella cheese
- Pizza toppings, such as olives, pepperoni, peppers, mushrooms



Preheat oven to 400°. Line a baking sheet with foil. Place potatoes on lined baking sheet and bake for 40 minutes, or until softened. Remove from oven and let cool. Cut each potato in half, lengthwise. Scoop out flesh, leaving about 1/4-inch of potato on skin (reserve potato flesh for another use, like mashed potatoes). Spray skin-side of potato with cooking spray, sprinkle lightly with sea salt and place face down on baking sheet. Bake for 10 minutes, or until slightly golden. Fill each skin with pizza or pasta sauce, sprinkle with cheese and decorate with desired toppings. Bake for 10 minutes, or until cheese has melted. Enjoy!

COMMUNITY NOTES

Meat Roll-Offs - Espanola Legion Saturdays at 3:30 p.m. Everyone is welcome. Proceeds support your favourite local organizations.

Community Living Espanola Harvest Lunch - Wednesday, October 29, 11:00 a.m. - 2:00 p.m. at the Legion.

Children's Halloween Party - Walford Community Centre, Wednesday, October 29 from 5:30 - 7:30 p.m.

Trunk or Treat - Queensway Pentecostal Church on Halloween, Friday, October 31 between 5:00 - 7:00 p.m. We will be giving out treats, games, fun and free hot dogs.

Remembrance Day Tea - Espanola Legion, Saturday, November 1, 1:00 - 4:00 p.m.

19th Annual Christmas Craft Sale - Saturday, November 1 at the Massey Arena 10:00 a.m. - 3:00 p.m., free admission, sponsored by the Massey Area Museum. For information, call Carolyn at 705-865-2266.

The Elliot Lake Men Of Song - Performing at Walford Community Hall, 402 Highway 17, Sunday November 2, 1:30 pm. For information call Austin 705-844-2289.

Christmas Bazaar and Tea - Walford Community Centre, Saturday, November 8 from 1:00 - 3:00 p.m. Taking food, craft and gently used item donations. Call for details: 705-844-1736.

Remembrance Day Services - Webbwood Cenotaph, Monday, November 10 at 10:45 a.m. and Massey Arena, Tuesday, November 11 at 10:45 a.m.

Espanola Reads - 5th annual, November 12, 7:00 p.m. at the library room. Everyone welcome. For information, call Daphne Allen at 705-869-0475.

Dodgeball Tourney - Friday, November 14, 6:30 - 9:30 p.m. at Espanola High School. Teams must have 6-8 players. Register by November 7 at Queensway Pentecostal Church. Email for additional information: bobbybarran@live.ca or katiehfinlay@gmail.com

Alzheimer Support Group - Monday, November 10, 1:30 p.m. at the Seniors' Drop in Centre. For more information, call 705-869-1137.

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.

We All Fall Down - A casual club for men who don't know how to skate. At the Massey Arena, skates available for rental. Contact Kelli Bracken for details at kbracken@sables-spanish.ca or 705-863-0121.

Stomp Junior High - Grades 5-8 on Wednesdays from 7:00 - 8:30 p.m. at Queensway Pentecostal Church. There will be fun, games, prizes, friendships and life coaching.

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



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Espanola & Area Family Health Team



From Soup To Tomatoes

Armchair-based Exercise program at the Elk's Hall
Mon-Wed-Fri. Basic 9-9:45, Gentle 10:15-10:45, Yoga 11-11:30.
Seniors Drop In Centre-Basic class only.
Free ride by Espanola Care Van 862-0244.



705-862-7991

Continued from front page...

Come In, We're Local!

Come in We're LOCAL!

entering the marketplace, and even down the road. The top four hurdles are: access to capital, managing overhead, managing paperwork and taxes, and growing sales. For entrepreneurs in a small town, growing sales is particularly challenging. Staying abreast of market trends and offering goods that appeal to shoppers (at a fair price) is key to enticing and keeping customers. To that end, the Town of Espanola is forging ahead with a new "Support Local" campaign.

"Small communities are facing a critical time. Local businesses are now competing with both the big box draw of larger centres and the added escalating competition of online shopping," says Cheryl Kennelly, Community Economic Development Officer. "In tandem, our volunteer organizations which rely on the

generosity of local businesses, are also facing challenges due to aging demographics and a changing social culture."

The new "Support Local" campaign reinforces the need to support local business, local charity, and local food growers. The billboards at each end of Espanola are being refaced to promote the initiative. A large red arrow on the new billboards points to the messaging EAT * SHOP * LIVE LOCAL and INVEST* SUPPORT* GROW LOCAL.

As the holiday season approaches, it is important to remember our neighbours' businesses need our support, as do our local charities.

TOP TEN REASONS To Buy Local.

1. Strengthen your local economy.
2. Reduce climate change impacts.
3. Support community groups.
4. Keep our community unique.
5. Create more good jobs.
6. Get better service.
7. Invest in your community.
8. Buy what you need. Don't buy the hype.
9. Put your taxes to good use.
10. Encourage local prosperity.



Healthy Children = Healthy Families = Healthy Communities



Sacred Heart Childcare Centre

Spaces Available!

Financial Assistance is available for those who qualify

For More information, please call

(705) 869-3171

www.ourchildren-ourfuture.net

"We Lay These Wreaths For Those Who Died And All Veterans"



reservist Nathan Cirillo was gunned down as he stood guard at the monument. The recently converted Muslim gunman then made his way to Parliament Hill where Sergeant at Arms Kevin Vickers eventually shot and killed him. Both men were known to federal authorities and had been posting jihadist pictures and posts on social media.

Last Thursday, Espanola Legion President Ray Constantineau and Colonel Pat Stogran (retired) laid a wreath at the Legion cenotaph in memory of the fallen soldiers and all veterans. A gathering of the public and dignitaries were invited for lunch after the brief ceremony.



LADIES NIGHT AT ESPANOLA Home hardware

SAVE 15% STORE WIDE
IN SUPPORT OF THE ESPANOLA FOOD BANK

Tuesday, November 11
7:00 p.m.-9:00 p.m.

PRIZES
GREAT DEALS
A TON OF FUN!

Donations to the Food Bank appreciated.