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 May 19, 2015 Issue 20 - Volume 19

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This Weekend: Something For Everyone



Photo: Special Olympians and Community Living clients at Boogie Rush last year.

By *Chloe Kneer* – This weekend will prove to be an action-packed one with many activities happening. First off is the 2nd annual Espanola Boogie Rush Law Enforcement Torch Run in support of Special Olympics. Last year's race netted over \$38,000 for Special Olympians' training, travel and accommodations. This year's course will have a few different and more obstacles and there will be prizes for various categories, including top fundraiser and winning family. If you missed online registration, but would like to compete, just show up at Boogie Mountain Ski Hill either the day before or day of the event. The entry fee is \$50 unless you fundraise \$100 or more,

Continued on page four...

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Wed, May 20, 2015 @ 7:00 p.m.
Tues, May 26, 2015 @ 7:00 p.m.

If you have any questions in the meantime, please contact info.hfhs@persona.ca

Those wishing to apply for the Habitat for Humanity Espanola building project must attend one of these information sessions to obtain an application package

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Laughter Yoga - Getting In Touch With Your Inner Loon

Would you drive seven hours from northern Ontario to Niagara Falls just for a laugh? Kari Sterling did and she'll no doubt do it again. As a devotee of the Laughter Yoga movement and a former mental health worker, Kari knows firsthand the power laughter has to break through to patients, to connect with them, to heal them.

Flashback to 1995 when Dr. Madan Kataria of Mumbai, India, became haunted by the human misery that beset his city and founded the Laughter Yoga movement. Confirming the lack of laughter in the world, the movement spread quickly. There are now 8,000 laugh clubs in 100 countries around the world. I attended World Laughter Day on the first Sunday of May in Niagara Falls with almost 60 laugh club members coming from as far away as New Liskeard, Ontario, and Rochester, New York.

I spent one hour with these dedicated laughers on the grass of a small park just ten strides from the brink of the Horseshoe Falls and I'm here to tell you - we need to be very, very afraid of these

people.

According to Dr. Kataria: "The celebration of World Laughter Day is a positive manifestation for world peace intended to build a global consciousness of brotherhood and friendship through laughter." That's all well and good but what I saw was a mass display of public silliness that ... that sadly happens far too seldom in a staid country like Canada, in a world that needs a great big laugh the way Africa could use a hug.

The gathering at The Falls began with the beating of a drum as the group enthusiastically clapped hands and chanted the Laughter Yoga mantra - "Ho! Ho! ... Ha! Ha! Ha!" - several hundred times.

First "Laugh Captain" Carlos from Toronto led things off urging his fellow gigglers in a rich Mexican accent to laugh for one minute straight. Hands started low as did the tone of laughter until both were raised sky high. Hilarity enveloped this sunny stretch of park land as members were waving frantically toward the heavens like they were greeting Gelos,

Continued on page three...

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Continued from page two...

the god of laughter himself. They laughed at Carlos, they laughed at each other, kids in particular laughed at their parents. All it needed was Goldie Hawn and somebody to sing "Sock it to me!" to be the original Rowan & Martin's Laugh-In. Deep breathing, light stretching - one, two, three - and laugh all over again. Duncan, an ex-Brit from Guelph then led the group in a self-tickling session. This led to a lot of self-bum patting and twirling around on the lawn. When I spotted a group of tourists from Japan watching a bunch of Canadians frisking themselves and laughing uproariously ... well, even I was laughing at this point. Another mantra was recited by the group: "My body is strong. My mind is peaceful. My heart is healthy. And I am relaxed." It certainly worked for Callie, the dog sitting with me at a park bench because she went down and out like a light. Then came the "Aloha" breathe and stretch exercises - "Alooooo" then "Haaaaa" - at which everybody dropped to their knees, failed to complete

the maneuver because they were laughing too hard and did an almost-unified face plant into the deep green grass. A human flying exercise in which you're supposed to soar like an eagle while laughing like a hyena disintegrated into the kind of chicken dance you see at Italian weddings. At one point they engaged in a laughing countdown in which the first person laughed alone for one minute to be joined by a second person for one minute and on and on until the last person in the group joined the guy who started it off who was then rushed to the Niagara General in an ambulance. Still laughing. The "pull the lawn mower cord" tactic started everybody laughing again and I wondered how the "pull the finger trick" would work with this group but no, nary a dirty joke to be told. All clean. All good. All as ridiculous as you can imagine and absurd as planners hoped for. By the time Carolyn presented her Bunny Rabbit Laughter Exercises - "Paws up. Side to side. Ho! Ho! Ho! Wiggle

your tail "Hee Hee Hee" - it was all over. Although the dog showed particular interest in the rabbit bit, everybody was laughed out. They all packed up and went home ... many in tears. Before they left the park they spread themselves out on the lawn for the traditional team photo. And trust me, when this group gets its picture taken, nobody has to say "Smile." I couldn't help but lean toward the serious side of all this. How did we as adults become such a serious lot? Responsibility and maturity taken perhaps, way too far. It's important

to remember that kids do not have a monopoly on silliness and playtime. The science is in and there is little doubt that laughter makes you calmer, happier and healthier than you would otherwise be. These people who belong to Laughter Yoga are adding years to their lives. Unfortunately when they do die, everybody who attends their funeral will be laughing. They just can't help themselves.

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



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Espanola Town Council Report

By Chloe Kneer – Espanola resident Sharon Sproule took the opportunity to voice her displeasure with council's recent decision not to allow a donated lot at the corner of Adelaide and Oscar Streets to be rezoned in order for Habitat for Humanity to construct a duplex. Her impassioned plea for council to reconsider their decision happened at the May 12 regular meeting, where Lise Rheault, Executive Director for the Sudbury District of Habitat for Humanity, also made a presentation.

Sproule shot down neighbours' concerns about the duplex one by one, and also presented social media comments and emails from sixty-six residents of the town who support the project. The main complaints that current residents in the area where Habitat wishes to build revolve around increased traffic, snow removal and lack of yard space for the new owners. Sproule used the corner of Tudhope and Spruce Streets as an example, citing that on those corners there is a credit union, a triplex, a duplex and the animal hospital with no designated parking, yet there haven't been any traffic issues. As for snow removal, Sproule says, "If that's an issue on that corner, then it should be an issue on every corner, but it's not."

After Sproule finished, Rheault explained the many benefits of constructing a duplex over a single family residence. She also relayed the experiences that she's had with other Habitat clients after they've moved into their new homes. "They always give back to the community," she says. Rheault discussed the mandate that municipalities have in providing and encouraging affordable housing. "We take families from being tenants to taxpayers." Councillor Stewart Meikleham

praised Habitat for Humanity and says he has donated his time to the organization globally and is very fond of their work. He said council is not opposed to Habitat's building of a single family dwelling, and that they have to look at the rezoning through the same lens as they would for a private contractor, and that "the current design doesn't fit the lot." Rheault and Meikleham's exchanges became heated and at one point, residents in the audience shouted "shame on you" to council. Habitat has promised to appeal the decision to the Ontario Municipal Board since the project had the blessing of the various town departments and the town's contracted engineering firm J.L. Richards. Council passed the municipal budget at the meeting after hours of combing through departments line by line. Councillor Bill Foster says that the tax rates will reflect a \$10 increase per month per household in property taxes. Several councillors commented on looming infrastructure deficits going forward, saying that provincial grants are being decreased year over year, so the town will have to address financing major capital projects for many years to come. Mayor Piche and Councillors Foster and Ron Duplessis discussed the recent FONOM conference they attended in Sudbury and all wished to express that they are reaching out to the new mayor of Sudbury (regarding bio-solids waste disposal) and also neighbouring townships and First Nations on how best to collaborate on financing essential services, including fire departments.

It was also announced that the Town of Espanola will enter into a contract with the Espanola Express Junior A NOJHL hockey team. The season will begin this fall.



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Continued from front page...

This Weekend: Something For Everyone

then your entry is covered. The fun begins at 8:00 a.m. and is open to competitors six years old and up.

If running through the mud and challenging your strength and endurance by climbing walls isn't your idea of fun, the Espanola Royal Canadian Legion is hosting its 1st annual Walleye Fishing Derby on Saturday as well. It is a catch and release tournament on the lower Spanish River. Launch time is 7:30 a.m. with an 8:00 a.m. start. Registration is \$75 per boat and the deadline to register is Wednesday, May 20. There will be a captain's meeting the night before at the Legion at 7:00 p.m. Volunteers are appreciated for the event. Phone 705-869-1711.

Once you've had your fill of physical fitness or fishing, head to the Espanola Curling Club for Lobster Fest, a dinner in support of the club

and Caroline Ehrhardt, who is training to compete in this summer's Pan Am Games. Tickets for Lobster Fest are \$55 per person and that gets you either a pound and a half full lobster or a prime rib dinner. There is also an open bar and dance after dinner. Dinner starts at 5:30 p.m.; the dance starts at 9:00 p.m. with two live bands. The dance is included with your dinner, but if you only wish to attend the dance, entry is \$15. Phone 705-869-3109 for tickets.

A couple of local businesses are hosting open houses this weekend as well. Espanola Home Hardware has many items at sale prices and will serve you lunch from the barbecue for a donation to Habitat for Humanity. Garnet's is also holding a free barbecue, raffling off Blue Jays tickets, and will have a chainsaw wood carving demonstration.



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News From The Park



**Michael Mantha MPP/député
Algoma-Manitoulin**

The month of May is marked as Lyme Disease Awareness month and a time to remember the thousands of Canadians who are affected by Lyme disease. I have heard so many tragic stories from across Ontario of people who were unable to access necessary treatment because of how poorly we understand this disease.

Last November I introduced a motion calling for a Lyme Disease Prevention Strategy

in Ontario which passed unanimously. Lyme disease is a significant and growing health issue across our province. To date the provincial government does not have a plan for Lyme, they do not have adequate medical testing and treatment, and many health practitioners are not Lyme literate.

I am encouraged that my motion calling for the Minister of Health and Long-Term Care to develop a comprehensive and integrated Lyme disease strategy for Ontario passed unanimously last November. However, we are going on 6 months since my motion passed and the government says they have an 'action plan' on Lyme but it appears to be all talk and no action.

Health Canada predicts that there will be up to 18,000 cases of Lyme in Canada by 2020, and Ontario currently has the highest number of cases in the country. Lyme disease is emerging as a public health crisis here and abroad.

A critical component of my motion is consultation with key stakeholders and experts in the field of Lyme treatment. On

Wednesday, the Queen's Park Legislature was at capacity with people from across the province that came to support my motion as well as call on the government to stop their foot-dragging and get a move on with this strategy. I told the Minister that stakeholders and organizations who represent Lyme patients must be consulted, if they are not we will get absolutely no changes made to Lyme education, testing and treatment, and patients will continue to suffer.

It is paramount that these experts and advocates are brought together and the government works with them to develop this plan. Tick season has begun, and we need to move quickly.

I will continue to push the government to act swiftly and will ensure that these experts are consulted in this process. I want to thank members of the Ontario Lyme Alliance who have worked tirelessly on this issue and advocated for the many Lyme patients who are too sick to do so themselves. Thank you for all your shared information and new friendships.

As always, please feel free to contact my office about this issue, or any other provincial matters. You can reach my constituency office by email at mmantha-co@ndp.on.ca or by phone at 705-461-9710/1-800-831-1899.

Michael Mantha MPP/député
Algoma-Manitoulin





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FOR SALE - Residential corner lot located at 195 Hugh Cummings Street in Massey. Frontage is 68', depth is 100'. Asking \$10,000. Serious inquiries only please. 705-865-1441. 5/26

FOR SALE - 2007 Arctic Cat, excellent condition. Call Greg at 705-822-4734. 5/19

FOR SALE - Government inspected ground hamburger and hay. Call 705-869-2333. 5/26

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YARD SALE

Community Living Espanola's 9th Annual Yard Sale - Friday, May 29 and Saturday, May 30, 9:00 a.m. - 3:00 p.m. Front parking lot area of The Craft House, 345 Centre Street, Espanola. Rain or shine (no early birds please).

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NOTICE OF ANNUAL MEETING

Date: Wednesday, June 17, 2015

Time: 7:00pm

Location: Espanola Senior Citizen's Drop-In Centre
799 Queensway Avenue
Espanola, Ontario

Board vacancies will be filled by vote. Nominations must be received in writing and signed by two (2) corporate members by May 29, 2015 at 4:00 p.m. to be eligible for election.

Corporate membership fee is \$5.00 and must be purchased by May 29, 2015 at 4:00 p.m. to be eligible to vote on corporate affairs.

Memberships are available at Espanola Regional Hospital and Health Centre Business Office.

FOR RENT

FOR RENT - 1 bedroom apartment at 45 Arthur Ct, Espanola. Available June 1, no pets and references required. Call 705-869-5989. 6/9

FOR RENT - Small one bedroom duplex. Quiet single or couple. Available June 1. Large back yard. No dogs. References required. \$600 plus utilities. First and last required. Call or text Ryan 705-862-8602. 5/26

BINGOS

MASSEY AREA MUSEUM BINGOS - June 1 at the Massey and District Arena. Doors open at 6:15 p.m. Bingo starts at 7:00 p.m. \$1,825 in cash prizes. 6/23 - R

OPEN HOUSE



OPEN HOUSE - 6 Dupuis (corner of Jacklin Rd and Dupuis), Sunday, May 31 from 1:00 - 3:00 p.m. 3+2 bedrooms on an acre lot. Country privacy, town conveniences. Hosted by Chloe Kneer, broker, U-View Realty Inc. 705-918-2456. 5/19

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Recipe

A friend gave me this recipe for scalloped potatoes years ago. It's an easier version to make than the original flour and milk recipe and the addition of herbs and celery adds a different but delicious flavour. I love the celery in this.



Easy Herbed Scalloped Potatoes

- ❖ ½ onion, sliced thin
- ❖ 5 medium potatoes, sliced thin (or less if using a small casserole dish)
- ❖ 1 large stalk of celery, including leaves, chopped fine
- ❖ 1/2 tsp dried parsley or 1 tbsp fresh, chopped
- ❖ ¼ tsp dried thyme or 1 tsp fresh thyme, chopped
- ❖ Salt and pepper
- ❖ 1 can of cream of celery soup
- ❖ 1 soup can of milk
- ❖ Shredded cheddar cheese

Mix soup, milk, celery, parsley, thyme, and salt and pepper together in a bowl. Put ½ cup of this onto the bottom of a small casserole dish. Layer 1/3 the potatoes, 1/3 onions and 1/2 soup mixture and repeat. Top with cheese. Bake covered at 350 degrees for 30-40 minutes or until potatoes are tender. Can remove cover for last 5 minutes to allow cheese to bubble.

Everybody Loves Pie



Since they started participating in the Terry Fox Run/Walk for Cancer seventeen years ago, A.B. Ellis Public School has raised almost \$300,000 for cancer research. Students exceeded this year's goal of \$5000 and were treated to an

assembly where they played "Hungry Hungry Humans" (a takeoff of the popular Hungry Hungry Hippos game) and top fundraiser Owen Bourcier (who raised \$1061) was allowed to throw a pie in Principal Lynn MacDonnell's face.

COMMUNITY NOTES

Next Community Luncheon – May 26 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 a.m. to 1:00 p.m. No charge. Everyone welcome.

Children's Clothes Closet at Cavalry Baptist Church – Wednesday, May 27 from 10:00 a.m. - 2:30 p.m. Everyone welcome.

Early Years Child Screening Clinic – Wednesday, May 27 (for ages 0-18 mths) & Thursday, May 28 (for ages 19 mths-4yrs). For more info call 705-869-5545.

Espanola Horticultural Society Plant Sale – Saturday, May 30, 8:00 – 11:00 a.m. at the Espanola complex (arena floor). Donations received the night before the sale. Everyone welcome.

Join the Walk for Alzheimer's – Sunday, June 7 at the Espanola Mall. 1:30 p.m. registration, walk starts at 2:15 p.m. For more info call 705-869-1137.

St. Andrew's United Church in Massey - Sunday service at 10:30 a.m. Sunday school welcomes all children. The last class is June 7 but join us again in September.

Monthly Pool Tournaments – At the Espanola Legion starting June 20. Call the Legion to sign up at 705-869-1711.

Al-Anon Meetings For Families and Friends of Alcoholics - Meetings are Tuesdays at 7:00 p.m. at St. George's Anglican Church, Espanola. Call 705-869-2505 or 869-6595 for information.

AA Meetings At St. George's Anglican Church – Tudhope St., Espanola, Wednesday at 8:00 p.m. and also Thursday at the United Church at 8:00 p.m.

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

Sacred Heart Students Take The Walk For Justice



Sacred Heart School Education Week and brings students, staff and teachers attention to injustices participated in the Walk for Justice in Espanola recently. The walk takes place each year during Catholic awareness.



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705-869-2130
830 Centre Street
Espanola

CUSTOMER APPRECIATION

SALE

2 Days Only May 23 & 24

HOT BUY \$2.99/PC

5/8" x 2 3/4" x 10 ft MDF casing



HOT BUY

\$29.00/BOX



2 1/2" Deck Screws,
Brown Sienna 10 lbs Box



Dock Stain 40% OFF
Solid Hide | Semi Transparent

\$29.97

\$27.97

\$5.49

Pressure
Treated
D-Shaped
Mini Ties



Top Soil
4 for

\$5.00



7 1/4 Saw
Blades

\$2.99

HOT EVENT

**JOIN US
FOR A BBQ
SATURDAY, MAY 23**

FREE
with a donation
to Habitat for
Humanity



HH Pails

99¢



Water
Softener
Salt

\$4.99

Plus many more instore Specials!