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October 27, 2015 Issue 43 - Volume 19

Sisters Helping Sisters: The Shoebox Project



By Chloe Kneer – Donna MacDonald is no stranger to great loss and suffering. In the last year, she's lost her husband to cancer and is now watching another family member battle against the disease. She has every reason to stay in her shell, yet despite the challenges that life has handed her, she maintains her positive attitude and outlook on life. "I tell the women that I work with, you get up out of bed, put your jeans and make up on and you get out that door, every day," says MacDonald. She admits that sometimes it is difficult for her to take her own advice, but she does.

In the midst of her husband's illness last fall, MacDonald co-coordinated the Sisters Helping Sisters Shoebox Project in Espanola and Manitoulin. The Shoebox Project was founded in 2011 by a group of sisters whose mission was to collect and distribute gifts packaged in shoeboxes to women and girls in

Continued on page four...







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If Music Be The Fodder Of War ... Stop The Bombing

Music, the soother of souls has always candles. been badly abused and not just by heavy metal bands, but by history and war as well. Music makes you feel good and when used as a movie's soundtrack, tells you how you're supposed to feel while watching a particular scene. Music can lift your spirits and improve your attitude except Debbie Boone's "You Light Up My Life" damn near put me in therapy.

Music is supposed to be flowing and melodious, but when I hear America sing that line from "A Horse With No Name" - "In the desert, you can remember your name. 'Cause there ain't no one for to give you no pain." - I'm reminded of the severe shortage of editors in the songwriting business. (For the record, the pain resulted from a head-on collision between Dan Peek's nameless horse and a triple-negative, sandstorm of words.)

The often quoted philosopher George Santayana was not a fan: "Music is essentially useless, as is life." Greek historian Ephorus never trusted it: "Music was invented to deceive and delude mankind." And an anonymous writer of the mid-17th century had a crude theory of its' origin: "Music is but a fart sent from the guts of an instrument." I'm guessing this is why music is often accompanied by lit

Music has always been used as a military weapon and quite successfully so. The Israelites smote the heathen Egyptians in the walled city of Jericho by first deafening them with long periods of trumpet blasts. This was followed by loud incomprehensible shouting the likes of which has never been heard since - not until the debut of the grunge band Rage Against The Machine.

In 1989 after the U.S. military flattened a sizeable portion of Panama City to flush out General Manuel Noriega, a Catholic church became the chosen hideout for this little dictator with industrial strength acne. (And don't think I couldn't sell that title to an inner city punk band desperately in need of a name. A little catchier than the Chicago band Atombombpocketknife.) Reluctant to blow up a church, the CIA used the unrelenting sound of the heavy metal band AC/DC to separate Noriega from the confessional. Once captured, the CIA offered him a gift of AC/DC's "Back In Black." Instead of graciously accepting their offer, the dictator confessed to a whole bunch of stuff he didn't even do.

And later in Waco, Texas ATF agents attacked David Koresh and the Branch

Continued on page three...





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CUPE

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Continued from page two...

Davidians with Nancy Sinatra's "These Boots Are Made For Walkin'." This, I think was a tactical error. They deployed the wrong Sinatra. I think a half day of Frank Sinatra Junior singing "I Did It My Dad's Way" and everybody surrenders including the FBI.

So far no arm of the U.S military has ever been forced to bring out the big guns of song - endless loops of the uncut version of "Louis Louis" or "The Chipmunks Christmas Song" played at high speed.

I believe the new Syrian strategy adopted by the United States and their coalition allies will not only bring down the regime of Bashar al-Assad but also drive ISIS back into the barren deserts of Northern Iraq. I hope I'm not giving away secret military information here but this strategic operation is codenamed "Send In Celine." After three days of "My Heart Will Go On And On And On And On" white flags will be popping up from Turkey to Tuktoyaktuk.

The Scots, of course, in what might be the cruelest use of music to disable enemies, sent in the dreaded bagpipes. Trust me, once you've heard

Robbie Burns' Favorite Farm Tunes, you quickly understand why Scotland, even to this day, remains invasion-free.

Last winter I was the guest speaker at an event held a Canadian Legion where the head table was ceremoniously piped into the hall. It really was quite stirring but in the end, I'm still a humorist. When I got to the podium I tried to soften them up and set them up for a punch line by telling them I loved the bagpipes and half my CD collection is Great Highland aerophone music. They weren't buying any of it. So I thought, what the hell, even if you're a hit as a guest speaker, they seldom invite you back. So I went "Let's remember. for it: the musical definition of 'perfect pitch'," I said, "is when you throw the bagpipes into the trash bin and you hit the accordion on your first shot!" As I said, they hardly ever invite you back anyway.

Music should be appreciated, savored and downloaded but not like barrel bombs.

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





CHANGES IN POOL PROGRAMMING for NOVEMBER

山村

BABY & ME

Thurs 11:00-11:55am

Drop in class for babies ages 4 months to 2 years for a 25 minute workout in the pool for the caregiver 20 min Red Cross Swim Lesson for baby & 15 minutes free time. (purchase an agua fit pass)

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SHALLOW WATER THERAPY

Tues 11:00-11:55am

Drop in for a range of motion exercise class ideal for those with arthritis, or those who are in need of a rehabilitation program. Low impact, mindful stretching and gentle strengthening. (purchase an aqua fit pass)



IT LANES

Tues & Thurs 11:00-12:00pm 3 lanes Available



SATURDAY RECREATIONAL SWIM

6:00-8:00 pm Unwind on weekends! (drop-ins welcome or purchase a pool membership)



Cancellation Notices

Due to a lack of interest the 7:00am Monday & Friday swim has been cancelled

Due to a lack of interest the 11:00am Shallow Low Impact Aquafit Class has been cancelled

The Espanola Care Van provides public transportation for residents aged 55 and over and residents with disabilities

For a complete listing of pool programs to include **Aqua Fit*Diaper Fit*H20 Boot Camp*Lessons*Leisure & RecreationalSwims*Parents & Tots** visit espanola.ca or call the Espanola Regional Recreation Complex at 705-869-1961

Hughes Secures Third Term



Voter turnout was above the national average in Algoma-Manitoulin-Kapuskasing in last week's federal election. Locally, 66% of voters made it to the polls, compared to 62% across Canada. The NDP's Carol Hughes was elected to a third term, while Espanola's own Heather Wilson (Liberal candidate) finished a close second.

Once the votes were tallied, the break-outs were: NDP 16,569 votes, compared to 18,747 in 2011. The Liberals secured 14,111 votes compared to just 5,347 in 2011. The Conservatives came in with 9,820, less than the 10,991 in 2011. And the Green Party received 927 compared with 1,130 in 2011.

Espanola Police Reports

On October 11 at 12:30 a.m., a member of the Espanola Police Service conducting a R.I.D.E. spot-check at Second Street and Mead Boulevard, Espanola, requested the driver's licence of a male driver passing through the spot-check. The male, in response to the request, stated that he'd forgot his wallet; however, a driver's licence check by the officer revealed that he was actually suspended by the Ministry of Transportation for Medical Reasons. As a result of driving while under suspension, the 48 year old from Grimsby, Ontario, was charged with Driving While Under Suspension contrary to the Highway Traffic Act. He will appear in Espanola Court on December 10, to answer to his charges.

On October 7 at 12:20 a.m., a member of the Espanola Police Service was conducting patrol on Centre Street, Espanola, when she observed a northbound vehicle travelling below the posted speed limit. The officer stopped the motor vehicle to check the sobriety of the driver, and discovered that he was a suspended driver for failing to complete the remedial program, as a result of an impaired driving conviction, and also a suspended driver for unpaid fines. The officer subsequently arrested the driver for Driving While Disqualified, and a search of his person located 2 grams of Marihuana inside his pocket. As a result of the incident, a 50 year old from Providence Bay was charged with Driving While Disqualified, contrary to the Criminal Code, Possession of a Controlled Substance contrary to the Controlled Drugs and Substances Act, and Driving While Under Suspension contrary to the Highway Traffic Act. He will appear in Espanola Court on December 1 to answer to his charges. Pursuant to statute, his motor vehicle was impounded for a period of 7 days.

On October 6 at 10:15 p.m., a member of the Espanola Police Service stopped a motor vehicle on Centre Street for a speeding violation, and while the officer was speaking to the driver, he detected the smell of an alcoholic beverage on her breath. The driver explained that the odour of alcohol was from consuming one alcoholic beverage 12 hours before, which was not believable. As a result, the officer administered a roadside screening device, which registered a reading within the "Warn" range. The 54 year old from Tehkummah Ontario had her licence suspended for a period of 3 days, and was charged with Speeding.

On October 2 at 2:00 p.m., a member of the public contacted the Espanola Police Service to report that the driver of a motor vehicle was smoking a cigarette inside, while in the accompaniment of two small children. The concerned citizen provided the plate number of the motor vehicle, and a description of the driver, which led the police to identify a 35 year old Espanola man as the person responsible. As a result of violating the Smoke-Free Ontario Act, which prohibits an occupant of a motor vehicle from smoking or having a lit cigarette inside while accompanied by another person who is less than 16 years old, the driver of the vehicle received a \$155.00 fine.

Anyone with information on any of these crimes call Espanola Police Service at (705) 869-3251 or remain anonymous by calling Sudbury Rainbow Crime Stoppers locally at (705) 222-TIPS (8477) or toll free at 1-800-461-4899 Continued from front page...

Sisters Helping Sisters: The Shoebox Project

shelters across Canada. The gifts are not extravagant, rather little luxuries, such as scented soap, chocolates, mittens, a scarf, lipstick or gift cards. This year, MacDonald had expanded the project to include homeless men.

Those wishing to donate can do so in one of two ways: either by filling their own shoebox (or a box of equivalent size) with various items, then tying it with a ribbon (gift-wrapping is prohibited) or by donating singular items, to be included in boxes that MacDonald along with a group of volunteers will assemble.

Last year, Moose FM morning show host Rosalind Russell hosted a come-and-go on her birthday to collect shoeboxes. She plans to do the same this year, inviting everyone to the Moose studios at 90 Gray Street on November 17 from 10:00 a.m. – noon. She will have cupcakes and coffee for those who stop. Donors can

drop off items, boxes or assist in assembling shoeboxes from already donated items.

The Sisters Helping Sisters Shoebox Project 2015 runs from October 28 to November 28 and there are several local locations to make your donations. Until 10:00 a.m. Monday – Friday at the Moose FM studios at 90 Gray Street, Espanola, or at the Espanola Public Library. In addition to the purchased items, donors are asked to include a note of encouragement to the recipient letting them know that the community supports them.

Yearly, over 10,000 women in 200 shelters across Canada have benefitted from the Shoebox Project. The goal this year is to reach out to both men and women in crisis. For more information, phone Donna MacDonald at 705-862-7599. She has also set up a Facebook page, Sisters Helping Sisters Espanola/Manitoulin Event.

Local Author Releases Newest Work: `Weathering Stone` by Gordon P. Bois



Press Release - From the outset, poet Gordon P. Bois has engaged and entertained a devout readership, penning scores of writings that pushed past the norms, while

remaining true to form. That was until the mechanism failed; blowing the hinges off his revolving door and sent it crashing to the floor. Once the dust settled, it appeared as though he and his writings (much like the door itself) were no more.

Fortunately, he managed to open a new door, which offered him the motivation needed to write forevermore. In 'Weathering Stone,' Bois has penned a slightly different form, a compilation of life affirming quotes that exemplify optimistic lore.

This latest publication sells for \$15 and is now available at the following locations: Espanola Public Library, The Craft House and the Source Dealer in the Espanola Mall.



Pumpkin Pie Anyone?

The Espanola Pumpkin and Fibre Arts Festival is now just a memory and planning will soon start for next year's event, which will be the fifth annual. The weekend was full of great family fun and won't soon be forgotten by Blake Dubois, who grew his giant pumpkin seed to a whopping 100-pounder! Congrats to Blake and everyone who made this year's Pumpkin and Fibre Arts Festival such a success. Photo courtesy of Cheryl Kennelly.



Espanola Elks Christmas Hamper Fund Drive Coming



Photo: Rosalind Russell with Elks volunteers during a Hamper Fund Drive. Photo courtesy of Rosalind Russell.

It's almost Espanola Elks Christmas Hamper time. The Elks are reaching out to the community for financial support or other donations for the Christmas Hamper Fund. The Hamper Fund has provided Christmas dinner to thousands of families from Massey to Nairn Centre to Whitefish Falls over the years. To qualify for a Christmas hamper you must come in person to sign up on either Thursday, Friday or Saturday, November 26 - 28 between 1:00 - 4:00 p.m. at the Espanola Elks Hall at 539

Espanola & Area

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we

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Express Picks Up Six New Players



luxury," stated Clarke. Coach Jason Rapcewicz added, "We have a game plan and are sticking to it and feel it is coming together nicely. We're happy with our core group of players and left roster space on purpose to make these additions as part of the plan, we just needed time to assess

line ups from the

season

do not have that

unfortunately

The Espanola Express Junior A hockey team is powering forward with six new players that they've added to the roster. First the team picked up new defencemen Tyler Wicks, Shane Snow, Aaron Beauchamp, and Zachary Decontie. The players hail from Lake Tahoe to Fort Manawaki, Quebec.

Express General Manager Chad Clarke also recently introduced two new forwards to the line up. They are Charlie Venedam and Patrick Smith. The six new faces come as the Express try to find their grove as a fledgling squad. "Most teams in the league have up to 10 - 15 veterans returning to their

now looking to fill them." The Express are at home against Timmins this Friday night, October 30, at 7:00 p.m. for Pink In The Rink, highlighting Breast Cancer Awareness Month. The team will have special pink jerseys on hand for sale, along with pink frosted cupcakes. Saturday, Halloween, Express players will join forces with the Espanola Volunteer Fire Department at their annual haunted fire hall on Second Avenue. The fun is open to everyone.

our core and find what spaces

needed to be filled and are

Second Avenue. The big drive for donations to the fund will be with the Elks Christmas Hamper/Moose FM Radiothon at the Espanola Mall on Saturday, November 28 from 10:00 a.m. – 3:00 p.m. Come hear live music and partake of the many planned activities at

the mall to help get you in the Christmas spirit.

Delivery of the hampers begins on December 19 and the Elks is always grateful and welcoming of new volunteers to help. For information or to donate, phone Gary at 705-869-4302.

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To place your announcement call or email 705-869-6883 ads@aroundandabout.ca

ANNOUNCEMENT

NEW OWNERS - Venture Lanes is under new ownership as of October 30, 2015. Hours of operation: Mon-Wed-Thurs from 10:00 a.m. - midnight. Fri-Sat 10:00 a.m. - 2:00 a.m. Glow bowling on Friday and Saturday. Please phone to make party reservations, 705-869-2450. Hope to see you soon! 11/17

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Recipe

My sister forwarded this recipe to me after her friend had made this for them at Thanksgiving. Her entire family loved it, and she requested the recipe. She recommended I put it in my column because it is delicious.



You might think that a "roll" is complicated to make but it really isn't if you follow the directions. If your cake happens to crack when rolling it up, do not fret, just dust it with extra icing sugar before slicing it and nobody will know. A great Autumnal dessert that's fantastic served with a hot cup of coffee.

Pumpkin Roll

- ❖ 3 eggs
- ❖ 1 cup white sugar
- ❖ 2/3 cup canned pumpkin (puree, not pumpkin pie filling)
- ❖ 1 tsp lemon juice
- ❖ ¾ cup flour
- ❖ 1 tsp baking powder
- ❖ 2 tsp cinnamon
- ❖ 1 tsp ginger
- ❖ ½ tsp nutmeg
- ❖ ½ tsp salt
- ❖ 1 cup chopped pecans

Filling

- ❖ 1 cup icing sugar
- ❖ 1 8oz cream cheese
- ❖ 4 tbsps butter or margarine
- ❖ ½ tsp vanilla



Preheat oven to 350 degrees F (175 degrees C). Line a large cookie sheet (that has sides) with foil and butter it, or line with parchment paper. In a mixing bowl, beat eggs on high for five minutes. Gradually add white sugar, pumpkin, and lemon juice. Add flour, salt, baking powder, cinnamon, ginger and nutmeg. Spread batter evenly in pan. Sprinkle pecans evenly on top, and press lightly into batter. Bake for 12 to 15 minutes or until it springs back when touched. Loosen edges with a knife. Turn out on two dishtowels that have been sprinkled generously with powdered sugar. Roll up the cake horizontally by rolling the towel inside cake and place seam side down to cool.

To Make Filling: Mix icing sugar, vanilla, butter or margarine, and cream cheese together till smooth. When cake is completely cooled, unroll and spread with cream cheese filling. Roll up again without towel. Wrap with plastic wrap and refrigerate until chilled, and ready to serve. Cut into 1 inch slices, and dust with extra icing sugar when serving.

7th Annual Queensway Place Step-A-Thon.

Volunteers will be canvassing all business for donations to the food bank in the next couple of weeks."



COMMUNITY NOTES

Next Community Kitchen Luncheons - October 27 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 am to 1:00 pm. No charge. Everyone welcome.

Community Living Espanola's 6th Annual Fall Harvest Luncheon - Tuesday, October 27, 11:00 a.m. - 2:00 p.m. at the Royal Canadian Legion, Espanola, Tickets available at 345 Centre Street, or by calling 705-869-3131 or at the door (door prizes and penny table).

Northshore Pins & Needles Quilting & Stitchery Guild - Next General Meeting Wednesday, October 28, 7:00 p.m. at the Royal Canadian Legion in Espanola.

Espanola Game and Fish Meeting - Thursday, October 29 at the Espanola Elks Hall at 7:30 p.

Family Playtime – Drop-in program at the Espanola Public Library, starting Thursday, October 29. 10:00 – 11:30 a.m. Toys, puzzles, games and book available, with a story reading.

Queensway Pentecostal Church Trunk Or Treat - Saturday, October 31 from 4:30 – 7:30 p.m. Decorate your car to win prizes. For information, call Katie at 705-869-1700.

Meat Roll Offs – Friday nights and Saturday afternoons at the Espanola Legion Branch 39. Novemer 6, 13, 20, and 27 supporting youth curling.

Monthly Spaghetti Supper - Webbwood Eagles Club (3 Centre Street), Saturday, November 7 (first Saturday of each month), 4:30 - 6:00 p.m. Take out by calling 705-869-4269.

20th Annual Christmas Craft Sale - Sadowski Room, Massey Arena, Saturday, November 7 from 10:00 a.m. – 3:00 p.m. Free admission, crafters table info, please call Carolyn at 705-865-2266. Sponsored by the Massey Area Museum.

Rendezvous Craft Sale - 968 Penage Rd., south of Whitefish. Friday and Saturday, November 13 and 14. Free admission. Call 705-866-2989 for information.

Sacred Heart School Grade 7 and 8 Bake Sale Fundraiser November 14 at 9:00 a.m. at the Espanola complex. Proceeds to their Ottawa trip next summer.

Christmas Luncheon - Saturday November 14, 11:00 a.m. - 2:00 p.m. at St. Mary's School, Massey. Bake table, surprise boxes, new and nearly new table. Draws hosted by ladies of Immaculate Conception Parish, Massey.

Walford Christmas Bazaar – November 21 from 1:00 – 3:00 p.m. Eclectic tea, bake sale and bazaar. For more information, call Ellen at 705-844-2887.

Annual Food Bank Christmas Exchange - November 21 9:00 a.m. to 12:00 p.m. Items can be dropped at the Espanola complex November 20. Decorations free. Donations accepted. Any questions-call 705-583-3045.

Espanola Seniors Club—Come join the seniors club and enjoy all of our activities—exercise, euchre, cribbage, bridge, quilting, knitting! Phone 705-862-7206 for schedule and information.

Seniors Choir - At the Seniors Drop In Centre, Tuesdays 10:00 - 11:30 a.m. For information, call Marietta Laginski at 705-869-1474.

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. E-mail: around@aroundandabout.ca



705-869-6883

email: around@aroundandabout.ca

Around&About is printed locally by OJ Graphix INC.

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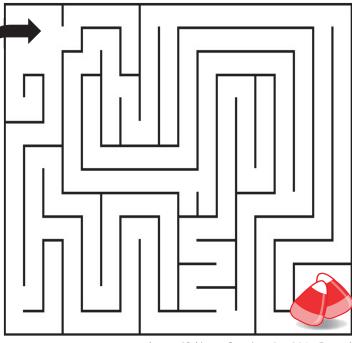
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HALLOWEEN SAFETY TIPS

- 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.
- 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-olanterns.
- 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.





Jell-0. Putsome of it in clear plastic containers and put some aside when the Jell-O starts to solidity.

HATS AGH 12 se 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.



bologna • Mustard a gummy worm of two. Cover the Cut each slice of bread into the top of the pudding with crushed add various gummy bugs. Beatthe shape of lips, with a slit in the chocolate/cookie/crumbs. It looks rest of the slime Let set.

Shape of lips, with a slit in the chocolate/cookie/crumbs. It looks middle. Cut the bologna into good if a worm is peeking out of strips that look like tongues. Insert the dirt too. 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.

slices white bread • 8 slices clear plastic containers and imb



12. YTPRA

13. APVRME

15. LLSVK

16. HTGOS

17. GONBLI

18. MEIOZB

20. CRUDENAO

CORTINA 18. LOMBIE 19.5CARY 20. CAULDRON

PANAMPIRE 14, PROOMSTICK 15, SKULL 16, CHOST

TOCTOFF 2. TREAT 3. COSTUME 4. WITCH

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

Q- How do you make a witchitch?

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 ill long the state of the others.

O-What didlone casket say to the other casket? A-Is that you icoffin?

Q-What didlone ghost say to the other chart didlone ghost say to the other ghost? A-Long time no seel
Q-What did the were wolf cat after he had bit deaned?

BillioBobJos:TiliogitilonmybaddsMidhallo

hair up? A Scarespray

his teeth cleaned? A

SCALUDY CORW 10. CAWDY 11. TRICK 12. PARTY STORRY (6. ELACK CAT 7. MAKEUP 8. HAUNTED

14. OOITSRBKMC

1. OOTREBE

ETRTA MCTVSE0

4. ICWTH

6. ABCTAKCL

7. VPAKME

8. HENTAUD

9. RAYNOCNOC 19 .ARCSY

5. ADRK

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Have a safe and **Happy Halloween!**

Watch out for our little ghosts and goblins on the streets.



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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.

MAT YOU NED: 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!!

FRE'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 HISABRAIN, WHICH NOW FEELS NO PAIN. A PEELED'SQUISHY TOMATO OR STEWED TOMATOES HERE ARE HIS EYES, STILL SWOLLEN WITH SURPRISE. SELTWO FROZEN: PEELED GRAPES OR BLACK OLIVES HERE IS HIS HEART BE CAREFUL LEST IT START! USEFATIARGE (LUMP OF LUNCOOKED LIVER OR SIMILAR MEAT NOW WE WAY EAH IS HAIR! WHICH ONCE WAS SO FAIR! HANDFUL OF CORN SILK OR WET FUR OR YAR FEEL THESE DROPS COFINIS, PLOOD. ALL THE REST TURNED TO MUD. USE ALLINTLE KETCHUP THIMMED WITH WARM WATER ONE HAND ALLYALONE TUST ROTTING FLESH AND BONE. SE A WAY LATTER GLOVE FILLED WITH RED GELATIN HERE ISANISAEAR NEVERMORE WILL HE HEAR! USE A DRIED APRIGOT (OR SIMILAR DRIED FRUIT,
THIS IS HIS MOSE MOWATO MEVER, SMELL, A ROSE () IN MA <u>ste the</u> end of a pigale, jaluot dog or alsoft gligaen THESE WORMS ARE ALL THAT'S LEFT TO FEEL. FOR THEM HAL OWNER

WAS A LOVELY MEAL!!

SE COLD, WET SPACHETIN



Espanola Cambrian College Employment Consultant Recognized



Photo: Laurie Arbour (centre), an Espanola Employment Consultant receives an Award of Merit from Matt Wood, Executive Director, First Work (Toronto) and Donna Sedore, Northern Region Representative, District of Parry Sound Employment Service (Sundridge).

On October 6, Cambrian College's Laurie Arbour, an employment consultant at the College's Espanola campus, was honoured for her contributions to youth employment. Arbour received the Award of Merit at a national conference organized by First Work, which is an Ontario association of youth employment centres.

A leader with 15 years of experience in the field and more than 26 years as part of the Cambrian community, Arbour has worked directly

DAY CARE

with hundreds of local youth to help them achieve their shortand long-term educational and career goals.

The **Futures** Conference attended by more 375 delegates from than youth employment centres and colleges, as well as representatives from private and public sectors. The event is the largest annual professional development opportunity for those who work with young people seeking employment.

The One Tot Stop Day Care in Massey has spaces available for toddler, preschool and school aged children.

Half day, full day and socialization programs available.

For more information, please call Janice at 705-865-3281.

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