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 January 19, 2016 Issue 3 - Volume 20

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Save The Date: February 7

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 for Easter Seals Kids

Helping to provide essential mobility equipment and communication devices, as well as summer camp opportunities for children with physical disabilities are the goals of Snowarama for Easter Seals Kids. The annual Easter Seals fundraiser is on schedule to go again Sunday, February 7. Registration will be from 9:00 – 11:00 a.m. at the Espanola Tim Hortons with the ride beginning at 10:00 a.m.

From there, snowmobilers will head to Fairbanks Lake Resort, trail conditions permitting, for a lunch special. Following the day's activities, a turkey dinner with all the trimmings, awards ceremony and prize distribution will take place at the Espanola Elks Hall beginning at 6:00 p.m. Advance tickets for the dinner are only available until February 1. For ticket information, call Theresa Land at 705-869-1597 or Lisa Richer at 705-865-1441.

Easter Seals operates two fully accessible camps for children and

Continued on page four...

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All The World's A Circus

William Thomas

williamjthomas@gmail.com

Lovejoy – The Drunk Drunk-Driving Comet That Missed Earth

Four months ago the world came very close to being hit by a drunk driver. The comet "Lovejoy" came so close to earth, its bright green gaseous colours were visible to the naked eye. Formally cataloged as C/2014 Q2, this shooting star was found to be giving off vast amounts of ethyl alcohol, the same ingredient used in cocktails like Martinis and Mojitos.

In an article published by Science Advance, lead author Nicolas Biver said: "We found that comet Lovejoy was releasing as much alcohol in at least 500 bottles of wine every second during its peak activity." (Sorry, but nobody, not even a powerful comet is functioning at peak activity after 500 bottles of wine.) Wow! 500 bottles of wine per second! You couldn't blow off that much alcohol at a New Year's Eve party set in Las Vegas and hosted by Charlie Sheen. Coming off the success of its Falcon 9 Launch and making note of the massive amount of alcohol on Lovejoy, the private agency Space X announced their July Fourth blastoff will include a Jimmy Buffet concert in outer space. Whereas 100 people have now signed on to the Dutch-led expeditions to colonize Mars, an estimated 8,000 college kids have applied to visit Lovejoy during spring

break.

Lovejoy was the biggest and most active comet to come that close to earth since Hale-Bopp missed us in 1997. Nicknamed "The Happy Hour Comet," NASA identified 21 different organic molecules in the comet's gas emissions adding evidence to the theory that similar meteorites may have crashed and subsequently seeded life on earth.

That's NASA's theory on comets like Lovejoy. My theory is that the earth, right now, is such a screwed-up, scary place that even falling stars headed our way feel the need to get drunk first.

An alcohol-spewing fireball must certainly have seeded life in Russia where the consumption of 15 litres of vodka per person per year almost triples the world average. Belarus, where men are often too drunk to ice fish is Number One in the world at 17.5 litres. In fairness, much of that vodka gets spilled and ends up in underwear.

Here are the sure-fire signs that "The Happy Hour Comet" which just missed us last fall, was drunk and out of control.

• As Lovejoy entered earth's solar system, it attempted to make a White Russian out of The Milky Way.

Continued on page three...

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Continued from page two...

- Contradicting the opinions of American and French experts, Russian scientists claim Lovejoy is not drunk at all but had merely been “over served.”
 - At the very beginning of its voyage across the universe, Lovejoy appeared to be tailgating Haley’s Comet and flashing its brights on and off.
 - Before it began its journey toward earth, Lovejoy stopped at Pluto and took on three million tons of olives.
 - Instead of launching a suicide rocket captained by Bruce Willis, NASA first sent up two seminar leaders from AA to try and reason with Lovejoy first.
 - Lovejoy was revealed to possess so much alcohol, David Hasselhoff reported to an astronaut recruiting center promising to be all that he could be!
 - Closely watched by the Paris Observatory in France, every evening around midnight, Lovejoy was seen hitting on another comet.
 - Seen through the Hubble Space Telescope, Lovejoy gave off big puffs of smoke but curiously, only when it was drinking heavily.
 - French scientists observing Lovejoy from Paris noted that every time it hiccuped, it veered 104 million miles off course.
 - Lovejoy justifies its round-the-clock consumption of alcohol by pointing out that by travelling at 333 miles per second, it’s five o’clock somewhere in the world, all the time.
 - NASA scientists following the path of Lovejoy were shocked when it suddenly made a hard right after spotting the newly discovered water on Mars and thinking it was gin.
 - None of the scientists at NASA or in France could accurately determine the speed of Lovejoy because it took the comet two or three hours to get going every morning.
 - At a point 746 million miles from earth, Lovejoy’s breath alone melted all the ice on Saturn.
 - French observers explained Lovejoy’s sudden slowdown followed by a burst of speed as “a belch followed by a beer fart.” (That sounds a lot less vulgar - “Un rot suivié par unpet de biere” - in French.)
 - Lovejoy’s timing was described as “quite erratic” because besides having to dodge space debris, it was playing loud music and doing donuts around the space station.
 - Gulping 500 litres of wine per second and 37 million miles from earth, Lovejoy was overheard by Houston bragging about being “the shot sheard round the shworld.”
 - When it was clear that the comet would miss earth and the United States would survive, Sean Penn cancelled his upcoming interview with Lovejoy.
- And finally, The Royal Astronomical Society has equated the erratic behavior of Lovejoy to Purolator’s Christmas delivery packaging: “It started out half in the bag and ended up completely smashed!” Lovejoy, the first comet in the history of our universe to piss off Mothers Against Drunk Driving.

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

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Helping You Keep Your New Year’s Resolution: Exercises To Work Your Core

Doing crunches and planks will work your core – not exactly an earth shattering statement. What many people don’t realize is that there are other exercises that work your core muscles and may even be more effective at working your abs. With a strong stable core, your everyday movements are made a lot easier.

Kim Lavender, national director of Team Training for GoodLife Fitness has been helping people achieve their fitness goals for over 25 years. “Having a strong core is more than just flattening your tummy or getting a six-pack. It protects your organs, diminishes back pain and enhances your posture,” says Lavender. “A strong core helps you with everyday movements; whether it’s bending down to put on your shoes or picking up groceries.” Here she explains three of her favourite exercises for working multiple muscle groups including the core:

Single Leg Deadlifts

The deadlift is when you lift a weighted barbell off the ground to your hips, using hamstrings, gluteus, abs and back, and then lower back to the ground. Deadlifts are great for your core, but when you

integrate balance, by being on one leg, your body works harder to keep balance and alignment with your spine. The bonus: this helps strengthen your abs, butt, hamstrings, and lower back.

Rowing Machine

Rowing is a full body workout that engages your thighs, abdominals and shoulders. The bonus: many people assume the focus is upper body but the breakdown is 60 per cent thighs and butt, 20 per cent core, and 20 per cent upper body.

Mountain Climbers

Assume a push up position with your arms straight and your body in a straight line from your head to your ankles. Bring your right knee to your chest and place your foot back on the ground behind you. Quickly switch to the other leg and repeat. The bonus: mountain climbers work deltoids, biceps, triceps, pectorals, obliques, abdominals and hamstrings. They also challenge your balance, agility and coordination all while engaging your core.

www.newscanada.com

WINTER CARNIVALS AROUND THE CORNER

The Moose is proud to take part! The Moose 99.3FM CJJM will be part of the Espanola and Massey Winter Carnivals. We are co-sponsoring the Snow Sculpture Contest in Espanola on Saturday, February 13 and then the Chili Cook-Off in Massey on February 20. For more information, call 705-869-6999.

Espanola Town Council Report

By Chloe Kneer – Council unanimously voted to scrap their out-of-province and critical illness insurance policies at the January 12 meeting, citing that coverage shouldn't be the responsibility of taxpayers when they aren't on duty for the municipality. Councillor Stewart Meikleham wasn't in attendance, but Councillors Dufour, Ron Duplessis, Ken Duplessis, Bill Foster and Bob Yocom all agreed that to ask residents to foot the over \$2,300 premiums just wasn't acceptable. Also up for discussion was the Autism Tree Park, whose proponent Dennis Lendrum held presentations on at the December town open house. At the open house residents were asked to fill out comment cards asking whether or not they support the idea. While the majority of the 25 cards that were returned were in favour of an inclusive park, council has decided not to render a decision yet, deferring the matter instead while they put together a recreation master plan designed to assess existing parks before deciding on the construction of another.

A resolution was passed in support of FIT (feed in tariff) hydro contracts wherever they are suitable within town limits. The measure had already been passed before, but had to be

renewed in order that two planned solar projects can move forward in the very near future. The very next item on the agenda dealt with hydro rates. Last year, council voted in favour of writing a letter expressing concerns about increasing rates that are forcing seniors from their homes and businesses to shutter their operations in northern and rural areas. The letter will be circulated to the Premier, Ministers of Finance and Energy, local MPP's, Association of Municipalities and Federation of Northern Ontario Municipalities in an effort to convince the province to abandon the privatization of Hydro One.

In his closing remarks, Councillor Ron Duplessis opened the discussion once again about upgrades to or replacement of the Espanola fire hall. Duplessis said, "We talked about it last year, and a year has gone by fast" and that council should be proactive in beginning to decide what direction to take. The dates are set for interim property taxes to be paid. They are February 11 and March 23. Council will have its first budget meeting Tuesday, January 19 and the next regular meeting of council will be Tuesday, January 27 at 7:30 p.m. at the municipal offices.

Continued from front page...

Save The Date: February 7

Go Snowmobiling **Snowarama** for Easter Seals Kids

the success of Snowarama for Easter Seals Kids would not be possible without the support of the snowmobiling community. Come out for

a great day of outdoor fun, good eats and the great feeling that comes from helping children who need it most.

It Takes A Village...



By Chloe Kneer – Turing 13 is a milestone for any child, as it marks becoming a teenager. Big birthdays are especially sweet for children who are born with medical challenges. Emily Rose Richer from Massey was born with a rare neurological disorder called Congenital Central Hypoventilation Syndrome. On account of this, Emily underwent a tracheotomy at 5 ½ weeks old so that she can use a ventilator to breathe while she is sleeping. She has been diagnosed with many other medical conditions, but

stays happy and strong. On Sunday, January 31, Emily and her family are inviting the community that has been so supportive of them to celebrate Emily's 13th. The party will take place at the Massey Legion from 1:00 – 4:00 p.m. Everyone is welcome to come for cake, kids' events and a silent auction, the proceeds of which will go towards Emily's medical expense account. Anyone, business or individual, who wishes to contribute an item for the silent auction can phone 705-865-1441.

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What Happens When You Mix...

By Grant Lewis - ...Coke and bleach? Weird and a bit dangerous.

...Coke and milk? Disgusting and fit for the drain.

However, if you want to learn about mixing, combining, and forming fragrant and healthy products, the Espanola Horticultural Society has a surprise for you! Keep Monday, February 1 open for sure. We are so very pleased that one of our local entrepreneurs does exactly that.

Cindy Dubé for years has recognized the inherently healthy qualities of many plants we take for granted. These common plants, when combined with other natural ingredients, take on new and surprising results. Nothing like Coke and bleach or milk by the way!

Cindy Dubé has opened up a new business in the mall called Cinders Naturals. It is full of all things natural and, for the most part, locally or Ontario-grown. Her background has always been health care. A graduate in psychology and social services, she was a paramedic, an instructor for paramedics, and an instructor in social services. Her career so far has taken her to Sudbury, North Bay, James Bay and now, fortunately for

us, Espanola.

She sees as her mission the promotion of health and wellness and just as importantly, education. If you look carefully at her sign in the Espanola Mall, "workshops" is front and centre.

Her workshops have been well-attended and the Horticultural Society is indeed pleased to welcome her to town and host a presentation on February 1. Her topic will be the beneficial aspects of garden plants and wild plants to our health. This is not rocket science nor voodoo magic. The idea has been around for a long time. Unfortunately, it is generally easier to purchase ready-made products in stores such as soaps, creams, teas, etc. However, the ingredients are, for the most part, right under our noses. Come out and learn what goes with what, to improve our skin, teeth and overall healthy well-being.

The meeting and presentation is Monday, February 1 at the Quesway Pentecostal Church in Espanola at 7:00 p.m. Everyone is welcome and bring a friend. A few things I've learned already... Calendula is widely used in creams because of its sticky qualities and they grow peanuts in the Niagara region! So please join us.

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Big Air Back At Espanola's Boogie Mountain



The fourth annual Boogie Mountain Big Air Games is Saturday, February 6 at the ski hill in Espanola. With over a dozen sponsors on board for this year's festivities, the ski hill committee is promising bigger and better prizes and even more fun than ever.

The event is open to spectators at no cost and only \$5 for

those who want to participate. Included in the day-long event are the Big Air Competition and the super popular radar runs. The hill will be open until 9:00 p.m., then live band Solomon Grace takes over until 1:00 a.m. For all of the details, go to www.boogiemountain.com or www.facebook.com/boogie.mountain.

Winter Blah's To Ooh's and Aah's



Winter carnival season is quickly approaching! Both Espanola and Massey are finalizing events for their popular weekend celebrations and the fun wouldn't be possible without the help of area volunteers. Espanola's annual winter carnival takes place the weekend of February 13-14, kicking off Friday, February 12 with the Espanola Express junior A hockey team hosting the Blind River Beavers. There will lots of fun for the kids, young and old, with a snow sculpture contest and more. If

your group or business would like to get involved, email or phone Cheryl Kennelly at ckennelly@espanola.ca or 705-869-1961.

Massey's winter carnival will be the following weekend, February 19-21. Already planned are pony rides, indoor kids' games, the first LaCloche Film Festival, photography contest, chili cook-off, and a visit from some friendly alpacas. For more information, visit www.masseywintercarnival.com or phone Jayson Stewart at 705-869-8221.

HOME GAMES!!

Wednesday, January 20, 7:00 pm

ESPANOLA VS ELLIOT LAKE

Friday, January 22, 7:00 pm

ESPANOLA VS IROQUOIS FALLS

Sunday, January 24, 2:00 pm

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Espanola Police Reports

On December 31, 2015 at 10:40 p.m., the Espanola Police Service received a call from a local licenced establishment, requesting police assistance in removing an intoxicated female patron. Upon arrival, police observed the intoxicated female assault a staff member of the bar, before they were able to take control of her, and arrest her for being intoxicated in a public place. The female, once arrested, was transported to the Espanola Police Service to be lodged until sober; however, while in custody, the female caused damage to the cell wall, and was charged with Mischief, in addition to receiving a fine for being intoxicated in a public place. The 29-year old from Espanola, will appear in court on March 15 to answer to her Mischief charge. The staff member, who declined to press assault charges, received minor facial injuries.

On January 7 at 3:15 a.m., the Espanola Police Service received a request to assist the OPP with a stolen vehicle that they were stopped with at the intersection of Barber and Centre Streets, Espanola. Upon arrival, members of the Espanola Police were advised that the owner of the stolen vehicle, which he'd reported stolen in Sudbury the previous day by his 14-year old daughter, was located by him in Espanola. The owner flagged down a passing OPP officer, who stood by until the arrival of the Espanola Police. When stopped, the vehicle was found to have three female occupants inside, who ranged in age from 14 to 17 years old. The owner's daughter was located in the vehicle, but she was not driving at the time. A 17-year old who was under the influence of alcohol, was found to be the driver of the vehicle. A third female had fled on foot when stopped, and was not immediately located. As a result of vehicle stop, the Espanola Police charged the owner's 14-year old daughter with Possession of Property Obtained by Crime over \$5000.00, and she was turned over to the Greater Sudbury Police Service to face theft charges stemming from her taking the motor vehicle. The 17-year old female driver from Wikwemikong, was charged with Possession of Property Obtained by Crime over \$5000.00, Impaired Operation of a Motor Vehicle, and Operation of a Motor Vehicle with over 80 mgs alcohol. Breath tests conducted at the Espanola Police Service confirmed that her blood alcohol content was 112 mgs of alcohol in 100 mls of blood. Police identified the third female who fled on foot, as a 16-year old resident of Sudbury, and arrangements were made to turn herself in, to face charges of Possession of Property Obtained by Crime over \$5,000. The accused parties will appear in Youth Court in Espanola on March 15 to answer to their charges.

On January 7 a local retail store contacted the Espanola Police Service to report that an employee had committed fraud, by making four false refunds to himself in December, in the amount of \$389. As a result of incident, the 18-year old male was arrested, and charged with one count of Fraud under \$5000.00. He will appear in Espanola Court on March 15 to answer to his charges.

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

Recipe

In typical January fashion I am trying to lose a few holiday pounds and eat healthier. In search of new and healthy recipes, I came across the following one. I made these for supper last week and really enjoyed them. There are many things to like about them; they were simple and quick to make, they taste delicious, they help with portion control, and they make a great leftover lunch. A couple of these and a large salad is a tasty, low calorie dinner. These also would be wonderful served at a brunch or a buffet style meal.



Chicken Parmesan Wonton Cups - Makes 8 (159 calories each)



- 2 cups cooked boneless, skinless chicken breast, diced small or shredded
- $\frac{3}{4}$ cup of your favourite pasta sauce
- 16 wonton wrappers (typically found in the produce section)
- 1 cup (4 oz) shredded 2% mozzarella cheese
- $\frac{1}{2}$ cup seasoned croutons, crushed (I just crushed mine by hand until I had some crumbs and some chunks)
- 2 teaspoons grated parmesan cheese

Pre-heat the oven to 375. Lightly mist 8 cups in a muffin tin with cooking spray and set aside. In a medium bowl, combine the chicken and pasta sauce. Stir to combine until fully mixed. Push a wonton wrapper into the bottom of each of the eight sprayed cups in the muffin tin. Spoon half of the chicken mixture evenly into each wonton cup. Sprinkle about half the Mozzarella cheese evenly over the top of each cup. Press another wonton wrapper on top (I made sure the corners of the second wonton wrapper were opposite of the first wonton's corners, to ensure coverage of the muffin cup), and repeat the layering steps with the remaining chicken mixture and mozzarella. Mix together the crushed croutons and parmesan in a small dish and sprinkle it evenly over the top of each cup. Bake for 18-20 minutes until golden brown. Let cool 5 minutes before removing from muffin tin.



COMMUNITY NOTES

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Family Playtime – Drop in program at the Espanola Public Library starting January 21. 10:00 – 11:30 a.m. for 6 weeks (registration not required). Toys, puzzles, games and books available.

Spaghetti Supper – Saturday, January 23 at Massey Legion from 5:00 - 7:00 p.m. Home made bread and cinnamon buns for sale.

Next Community Kitchen Luncheons - January 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.

Blood Donor Clinic - At the Espanola Knights of Columbus Hall Thursday, February 10 from 11:30 a.m. – 2:30 p.m. and 4:00 -7:00 p.m. Call 1-888-2-DONATE.

Spaghetti Supper – Knights of Columbus, Friday, February 12 at 6:00 p.m. at the K of C Hall in Espanola. Call Marc for details 705-869-0692.

Meat Roll-Off - Espanola Legion every Friday night starting at 6:30 p.m. and every Saturday starting at 3:30 p.m. Come out and support your favorite charity.

Espanola Legion - Open house on Sunday, February 21 from 1:00 - 4:00 p.m. Cribbage tournament Sunday, February 28, 1:00 p.m. For information, call the Legion 705-869-1711. Entry fee to play.

VON Seniors' Social Club - Social and recreational activities on Mondays and Wednesdays. Hot lunch included. Please contact 705-869-3304 to tour the new club.

Toastmasters - Develop communication and leadership skills, which in turn foster self-confidence and personal growth. Mondays 7:00-8:30 p.m. at the Espanola Hospital board room. Call Pauline for details 705-869-4016.

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.

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

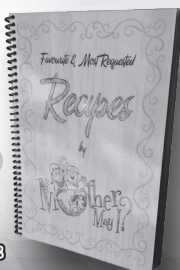


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