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**Sudbury Health Unit
Changes Its Name**

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Photo: Public Health Sudbury and Districts CEO Penny Sutcliffe, PHSD board vice-chair Jefferey Huska, and PHSD registered dietitian Tammy Cheguis at the unveiling of the newly named Public Health Sudbury and Districts - photo supplied

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The Sudbury & District Board of Health, commonly known as the health unit, has changed its name as part of a new strategic plan. Public Health Sudbury & Districts is the new name accompanying the just-launched 2018–2022 Strategic Plan. The changes were approved at this month's meeting of the Board of Health, according to board chair, René Lapierre. He says the strategic planning process included a great deal of engagement to gain insights into community priorities that could be incorporated into the plan. This Plan builds on our past successes and directs our future actions, working in partnership to create optimal conditions for health for all, he added. The website address for Public Health Sudbury & Districts is www.phsd.ca.

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All The World's A Circus

William Thomas

williamjthomas@gmail.com

No, I Am Not Obsessed With 'The Weird.' Am Not.

Because this column you're reading is typically labelled "All The World's A Circus" by some newspapers and "From The Land Of The Loony" by others – people jump to the conclusion that I'm obsessed with 'the weird.'

Not so. It's really a matter of statistics. Considering that the total population of North America is 357 million and one or even two out of ten people act in a way that is deemed to be beyond normal behaviour ... "We interrupt this column with late breaking news of a Florida man now living in Bali, in serious condition after falling off a roof while chasing a monkey that had stolen his favourite Pittsburgh Steelers cap."

Sorry, so yeah the vast majority of news stories that catch my interest are normal, everyday ... "This just in ... A Seattle man who fashioned a homemade blowtorch out of a can of aerosol spray and a BBQ lighter in order to kill a spider is homeless today. The resulting fire which did indeed kill the spider also burned down most of the suburban Arbor Heights house." Said a spokesman for the Seattle Fire Department: "Fire is not the method to use to kill a spider. Many people would have used a

broom or a shoe."

So as I was saying, let's say you have ten people and nine are so absolutely conventional that they risk being described as boring and ... "On Christmas Eve Day of 2017, 40,000 viewers watched video designer Jeff Kaplan sit in front of a roaring fire." That's it. No spider, no hot dog on a stick, no nothing. As Kaplan sat silently and motionless for ten hours, most of his audience of 40,000 were glued to their TV sets for an average of three hours each.

Granted, sometimes a lot of weird people will converge on the same odd event all at once so that ... "On August 21st, 215 million Americans from all parts of the country gathered at the same moment to witness a total eclipse of the sun, including people in 14 states where it wasn't visible." Well, alright, sometimes it's the biggest and other times it's the smallest thing ... "A police scanner in Brockton, Massachusetts has revealed an armed robbery at a local convenience store where two men demanded and got away with ... one dollar." And no, they did not ask for change in order to make a 50/50 split of the loot.

So in the grand scheme of things, normalcy

Continued on page three...

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Continued from page two...

rules in almost every case where ... "Medical history has been made by doctors in Massachusetts who removed an actively-growing 1.5 centimeter pea plant from the lung of 75-year-old Ron Sveden." Said the patient, "One of the first meals I had in the hospital after the surgery had peas for the vegetable. I laughed to myself and ate them."

So normal is as normal ... "We cut to a commercial break for Goop, Gwyneth Paltrow's online, lifestyle website in which she is urging her followers to give themselves a do-it-yourself coffee enema in order to "supercharge your detox." To me, there's something wasteful about ingesting a tasty double/double at the exit end of the dietary tract. No matter who's right, the Drive-Thru at Tim Horton's is the wrong place to test Paltrow's theory.

Fortunately the really weird stuff happens in America where ... Whoops! "An urgent warning from police in Barrie, Ontario about people buying gold bars on Kijiji that are fake." These metal bars with gold veneer are valued at \$2.00 and being sold for \$1,200 on the online classified ad service. Please tell me – who buys gold bars on Kijiji and how soon can we get them into a card game?

So ... "We interrupt this column with an ad for the all-new Lincoln MKX in which actor Matthew McConaughey moves his mouth but doesn't say anything, settles into the backseat for a nap and says: "You might just never stand there, lookin' at it." The ad ends as he lets loose a demonic laugh. Oh yeah ... I want to buy that car ... with a trailer hitch

for my spaceship.

So I suppose it all comes down to your definition of 'normal.' Like ... "The State of Alabama today is quite proud of the fact that contrary to the polls, it did not elect alleged child molester Roy Moore to the U.S Senate despite the rousing endorsement of President Donald Trump." Moore lost by a 1.6 point margin. So that pride thing? Not enough to warrant a parade.

In conclusion, I must say I am not so much obsessed with oddity as I am desperate for world salvation. Case in point, former U.S. Navy pilot, Commander David Fravor has just gone public with his encounter with an Unidentified Flying Object off the coast of San Diego in 2004. With 18 years of experience and a sterling record to boot, Fravor described the spaceship as being 40-feet long with no wings and shaped like a Tic Tac. After toying with Fravor's military jet, it up and disappeared in two seconds. "Faster than anything I'd ever seen in my life."

His firsthand, eye-witnessed and video-taped encounter with an airship from another planet is irrefutable. I'm completely convinced they're out there. To visit us while we're still trying to discover water on Mars, they would have to be smarter and significantly more advanced than us. One word to the UFO people, HELP! Earth in need of adult supervision before self-destructing.

For comments, ideas and copies of The Legend of Zippy Chippy, go to www.williamthomas.ca

Espanola Legion Doubles Up Assistance

The Espanola Royal Canadian Legion Branch #39 is doubling up its generosity by helping out two local area groups.

Espanola Legion President, Gary MacPherson and Dan Kryzanowski, the chair of the Poppy Committee invited Espanola Regional Hospital Foundation representatives Terri Noble and Mike Dunn to a special presentation in early January.

The two presented a cheque for \$8,000 from the sale of poppies to go towards the Espanola Therapeutic Park, which will be built this Spring at the hospital site to provide an enclosed safe space for residents of the long-term care facility.

Anyone wishing to donate to the project, can contact the foundation, call 869-1420 and

ask for the office.

Funding was also provided to assist in the purchase of hospital equipment for a Manitoulin Island facility.

Wendy Gauthier, a representative of the Manitoulin Centennial Manor Board of Management, was also presented with a \$1,000 cheque from MacPherson and Kryzanowski.

Gauthier says four veterans and eight spouses of veterans live at the Manitoulin Centennial Manor and at any given time 10-15 % of the residents are from the Massey-Espanola area.

Gauthier thanked the Legion for the support, which will go towards purchasing patient lifts for the nursing home.

Photos supplied



Espanola Knights of Columbus Donate \$1000 to EMHA



Photo – from Left to Right – Lisa Kelly, EMHA Ways and Means Coordinator, D’Arcy Laginski from the Knights of Columbus, Melisa Rancourt EMHA IP Coordinator/Head Coach, IP Team Members Wyatt, Ava and Cordell.

By EMHA President - Susan Mullen - Hockey Canada developed the Initiation Program to make the first contact with hockey a safe and positive experience. It is a structured, learn-to-play hockey program designed to introduce beginners from the ages of 4-6 or suitable for any entry level player, to the game’s basic skills. It enables participants to become contributing members of a team effort, develop self-confidence, and experience a sense of personal achievement. These goals are achieved in an atmosphere of fun and fair play. “Because of the changes to the programming, from our usual “Pre-Novice/Tyke” division, Associations across Canada were required to purchase specialized nets and bumpers to achieve the goals of the program. “Because of the significant costs of this equipment, we had to refocus our plans for our own fundraising initiatives, and also made requests for sponsorship to various community groups and partners in Espanola. We are appreciative of the Knights of Columbus for their generous sponsorship of funds towards

the purchase of our bumpers for this program, said Susan Mullen, EMHA President.” According to Ms. Mullen, “the implementation of the program has had some challenges like any new program would – however, we have 26 registered players who are out on the ice having fun, learning skills and developing confidence. The personal and social development that comes from being a part of a team is the most enriching experience offered by the game of hockey.” We are proud of our youngest Eagles accomplishments on the ice this year, who will be displaying their learned skills at a “Jamboree” hosted by EMHA on Saturday February 3 beginning at 10:30. EMHA will be welcoming teams from Walden, Massey and Capreol. “Again, we are extremely grateful to organizations like the Knights of Columbus who see the value in offering opportunities for the youth in Espanola to be involved in organized sport” said Ms. Mullen and we always welcome discussions from other agencies or groups for sponsorships.”

Espanola Finished Second At 2018 Men’s Curling Bonspiel

Espanola nearly stood at the top of the podium in this year’s classic 2018 Men’s Curling Bonspiel.

Club spokesperson, Marc Lefebvre says the team of Jeff Mooney came in second in the popular tournament, which featured 16 teams.

Jeff Mooney, Greg Mooney, John Mooney and Carl Steedman took on the tough

Copper Cliff Curling Club rink of Jason Strelezki, Craig Ramsey, Chris Gordon and Tim Lloyd.

Copper Cliff took the game 8-6.

Lefebvre says it was a great event and received great support from local sponsors: Trailside Sports, Greg Gibson, Giant Tiger, Lays and Canadian Tire.



Photo - Winner of men’s bonspiel is the Chris Gordon team from Copper Cliff; Chris Gordon, Jason Strelezki, Tim Lloyd, Craig Ramsay



Photo - Runners up from Espanola Curling Club: John Mooney, Jeff Mooney, Greg Mooney and Carl Steedman



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Michael Mantha's News from the Park

Those of you who are sports fans have often read or heard comments from athletes who are heading into a situation where they just know something is about to happen. They often say they can smell or taste big changes coming in the air. Lately I have been having such feelings myself, but for me the slight aroma and taste have a more social/political essence to them. It's not something tangible, it's just..... a sense. Others have told me that they feel it too. Followers of this column often read that New Democrats refer to matters reaching tipping points. This week, with the news of the UK based international company Carillion announcing that it has been put into liquidation, it seems we've come across another giant tipping point – one about privatization.

Conservative and Liberal governments privatized critical public assets by signing us on to decades-long contracts with Carillion, shelling out billions of dollars. And now, with Carillion folding, 6,000 jobs, billions of dollars and critical public services are all at risk. In Ontario, Carillion holds privatized contracts with a long list of hospitals, including our own Sault Area Hospital

which shells out \$4.3 million annually for services. Carillion provides essential services such as maintenance, security, housekeeping, call centres, patient food, hospital laundry and general management. Carillion also has 8 highway contracts with the province which include construction and snowplowing. The privatized contracts are public-private partnerships (P3s), also called alternative financing and procurement (AFP).

Ontario's Auditor General (AG) Bonnie Lysyk reported in 2014 that 74 of the P3 deals cost Ontario families an extra \$8 billion. In 2017 the AG wrote a scathing report in which she said that Kathleen Wynne allowed private power companies to rip off Ontario families to the tune of hundreds of millions of dollars. And there have been several such criticisms from the AG.

Decade-long Liberal and Conservative schemes which privatized public services and public assets continue to expose Ontario families to business practices beyond our control. Every time, privatized contracts have proven to cost more and threaten our public services. Now, the sudden collapse of Carillion has thrown Ontario into chaos.

Just weeks ago I stood in the Legislature and questioned the Minister of Transportation asking why there have been so many severe and fatal accidents in our region and what was he going to do about it. Something is wrong with the highway maintenance Northern Ontarians are receiving. Families in communities across the province are scrambling for answers, left wondering if their roads will be plowed and their loved ones will get home safe on winter evenings. Every week my office receives calls and letters about our winter road maintenance. People are now worried what will happen if their local hospital suddenly loses food services, security services, cleaning and infection control or laundry services.

On the matter of the Carillion collapse, NDP Leader Andrea Horwath recently said, "This kind of privatization always costs more, and is often riddled with the problems, from cost overruns to shoddy construction and contract disputes. On top of that, we've already paid billions for these services, and now the corporation could fold and walk away.

According to experts, P3s cost

more because a government pays extra by borrowing from a corporation and paying years of very high interest costs; by having basic maintenance that could be done in-house contracted out to international conglomerates; and by hiring scores of lawyers and negotiators to manage the complex agreements. [SEP] It doesn't have to be this way. There is a better way.

This is our opportunity to end these bad privatization deals and bring these jobs and services back to Ontario. It's time that Ontarians own their assets instead of renting them, and pay less for better quality services.

We can own our assets instead of renting them, and pay less for better quality services. We can learn from the mistakes of privatization, and head down a smarter path. And I think I smell the winds of change might be just around the corner this spring.

As always, please feel free to contact my office about these issues, 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 or Toll free 1-800-831-1899.

Michael Mantha MPP/député Algoma-Manitoulin

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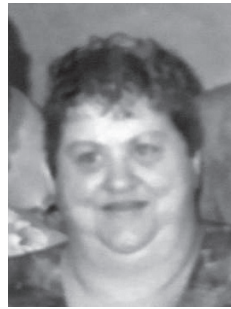
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OBITUARY



It's with great sadness that we announce the passing of **Marie-Jeanne Duguay (Larocque)** at the Owen Sound Hospital, January 16-2018, at the age of 65. Loving Wife of the late ABBY Nelles. Predeceased by her parents, Joseph & Magella Larocque, Sisters, Louizelle (Emille, deceased), Colette (Noel, deceased). Brothers, Lionel (Gerdy, deceased), Roland (Sandy), Rheel (Peggy). Will be sadly missed by her son John Duguay (Stephanie) of Hanover & 2 grand-children. Survived by brothers & sisters Joseph Laroque (Joyce, deceased) of B.C., Rita Matte (Gerard) of Sault Ste. Marie, Gisele Seguin (Germain, deceased) of Timmins, Rolande Huot (Lawrence) of Espanola, Anita Seguin (Maurice) of B.C., Yolande Larocque (Andy Barry, deceased) of Sault Ste. Marie, Sister-in-law Irene Ayrants of Hearst & many nieces and nephews. Rest in peace. Love you always, your family.

COMMUNITY NOTES

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Spanish River Snowmobile Club - Poker Run, Saturday, February 3rd, for info call 705-869-8193.

Webbwood Eagles Spaghetti Supper – Saturday, February 3 from 4:30 - 6:00 p.m. Everyone welcome. 705-869-4269.

The Espanola Horticultural Society General Meeting - Monday, February 5 at 7:00 p.m at the Queensway Pentecostal Church. Everyone welcome!

Espanola Masonic Lodge Chili Lunch – Friday, February 9, 11:00 a.m. – 1:30 p.m. upstairs at the Espanola Recreation Centre.

Shrove Tuesday Pancake Supper - Tuesday, February 13 from 5:00 - 6:30 p.m. at the Espanola United Church, 137 Sheppard St. Tickets Available at the Door.

Toastmasters - Develop communication and leadership skills. Learn to think quickly and clearly on your feet Mondays 7:00 - 8:30 p.m. at the Espanola Hospital board room. For details visit our website <http://602922.toastmastersclubs.org>.

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

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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

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Espanola Regional Hospital and Health Centre
825 McKinnon Drive
ESPANOLA, ON P5E 1R4
Fax (705) 869-4039
Email: recruitment@esphosp.on.ca

Thank you for your interest. Only applicants who have been selected for an interview will be contacted.

Employment Opportunity

The One Tot Stop Day Care is looking for reliable, flexible and caring individuals for enhanced staff and casual positions in our Espanola and Massey locations.

Experience working with children is a must. Successful applicants will be required to have a current vulnerable sector criminal reference check, valid First aid and up to date immunization.

Please send your resume and cover letter to:

The One Tot Stop Day Care,
Box 695 Massey, ON P0P 1P0,
or to onetotstop@bellnet.ca
by Wednesday February 7th .



Recipe

Peanut butter cookies are one of my favourites, so when my mother in law told me she had a recipe for them with a peanut butter centre; I asked if I could have it. She shared her recipe with me along with a sample of these double, delicious cookies. They are not only pretty to look at; they are as tasty as they sound. I can attest to this. I ate 3 before they made it home.

Double Peanut Butter Cookies (makes 2 dozen)

- 1 1/2 cups flour
- 1/2 cup white sugar
- 1/2 tsp baking soda
- 1/2 cup shortening
- 1/2 cup peanut butter
- 1/4 cup light corn syrup
- 1 tbsp milk
- Additional peanut butter for filling.

Sift dry ingredients together. Blend in shortening and peanut butter. Stir in the corn syrup and milk. Shape into 2 rolls; chill. Slice each roll into 1/8 to 1/4 inch thick rounds. Place half the cookies on ungreased cookie sheets. Drop 1/2 tsp of peanut butter onto the centre of each cookie. Cover each cookie with remaining cookie slices; seal edges with a fork. Bake at 350 degrees for 10 – 12 minutes. Let cool and remove from cookie sheet

Photo by Bonnie Muncaster



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