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December 17, 2019 Issue #51 - Volume 23

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## Ambulance Tires Almost Flattened Following Toy Drop-Offs (Only Kidding)



By *Rosalind Russell* - Toy Drive Organizer, Joanne Rheault, says the toy drive received close to 70 toys, numerous warm mittens and toques as well as close to \$150 to purchase toys needed.

Home Hardware and Chutes Confectionery in Massey are still taking gifts until December 18th, so if people missed the toy drive they can still donate at those locations or contact Rheault to arrange pick up.

The four Manitoulin Sudbury EMS elves - Kait Harvey, Zack Tremblay, Clayton Courtney, and Ron Maillieux - joined by CKNR Morning Announcer, Aaron Ferguson, braved the cold to help out local children in need."

Matthew Rheault came home from college in North Bay to be at the toy drive and Ken Vanalstine once again, braved the cold to lend a hand!! We are so grateful to have such a caring and generous community.

Photo supplied by Aaron Ferguson

**CANADIAN TIRE ESPANOLA**

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DEC 24	9:00-2:00	
DEC 25 & 26	CLOSED	
DEC 27	9:00-4:00 ***	FRIDAY
DEC 30 & 31	CLOSED FOR INVENTORY	
JAN 1	CLOSED	
JAN 2 & 3	9:00-4:00 ***	

**REGULAR STORE HOURS RESUME**  
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**HAVE A SAFE & HAPPY NEW YEAR!!!!**

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## Espanola Woman Reaches Goal For Two Vein Finders



The Espanola Royal Canadian Legion Branch #39 and the Espanola Lions Club have helped a local woman reach her fundraising goal for two vein finders.

Jolene Courtemanche, who undergoes regular blood tests as part of her medical care, was astonished by the support of the two organizations who helped her reach her goal of her \$16,200 with their donations this weekend.

The Lions gave her \$1,000 while the Legion surprised her with a cheque for \$5,000 on Saturday.

Courtemanche adds she is especially pleased to have reached her goal with the wonderful support she received, not only from organizations and businesses, but also from individuals throughout the Espanola and North Shore area.

The One Tot Stop



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## END OF THE YEAR HOLIDAY PROMO

**Until December 31st, for every 5 Ultimate washes purchased - get a free Deluxe wash for yourself. \$70 for 5 Ultimate washes.**

**Wash passes are available for purchase at Espanola UPI**

*Season's Greetings*

**From Espanola Touchless Car Wash**



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# All The World's A Circus

William Thomas

williamjthomas@gmail.com

## Why I Love Christmas and My Fellow Man

You have no idea how many readers have requested that this newspaper reprint my favorite Christmas...Editor's note. No, not one reader has ever requested we reprint this column. We're running it because William Thomas hates Christmas so much, he's in a catatonic state and unable to write anything original.

I really hate Christmas with all the false cheer and bobble-head Jesus materialism that comes with it. And yet there was that one Christmas Eve years ago when the true spirit of the season embraced me in its Yuletide arms. I was driving out of Port Colborne on my way home after a few last minute errands...okay, the liquor store. Suddenly it began to snow hard and heavy, turning the drab and gritty streets into white silken paths where kids began to trot out toboggans and fathers emerged from garages with shovels over their shoulders. Snow blanketed the town with a festive air, drab routine interrupted by white glee. At this point I truly believed I could have listened to Burl Ives singing Holly Jolly Christmas without kicking the car radio to death.

To my left, Gravelly Bay was a shimmering Christmas card - flat, black water beneath swirling white squalls that danced like small twisters of snow from the beach far out to the break wall.

As I left the lake behind and started up Lakeshore Road, Port Colborne's landmark Christmas star shone large and brilliant in the sky at the top of Marsh's Hill. I sighed and smiled. Unlike the stress of seasons past, all was right in my world on this snowfest Christmas Eve.

As I rounded the curve at Cement Plant

Road, I spotted a car headfirst in the ditch. The tracks indicated the driver had missed the stop sign by less than a foot. I pulled over immediately for in my new found spirit of Christmas, what better gift to give than a helping hand to my fellow man.

Understandably, the driver was in a foul mood as he plotted to remove his late model car from the ditch, instructing another guy who stopped in a pickup truck to chain the bumpers and pull directly back while he pushed from the front.

"And you," he said, pointing at me, "You get in and steer."

I thought of saluting him with "Yes mein Fuhrer!" but I remembered that at this time of year, those less charitable need cheering up the most.

Standing all alone on this dark night and on an urgent mission, we could have been the Three Wise Men...except of course for the dumbass who had driven into the ditch. Just then the CAA truck appeared out of the storm like a gift from a guardian angel. On his way to another call, the driver offered to winch the car out in a matter of minutes.

"Twenty-five bucks!" scoffed the driver. "No way. We'll do it ourselves."

"Suit yourself!" said the CAA guy, handing over a card. "Call me if you need me."

Hard to believe a guy who owns a car ten years newer than mine wouldn't cough up \$25 to get it back on the road. I got behind the wheel. The back tires of the pickup truck whined as they spun uselessly on the icy pavement. With nothing to steer, I tried to get the car rocking by intermittently hitting the gas which sent the car deeper into the

Continued on page three...

Our Children Our Future  
Nos enfants notre avenir

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## The Myth About 'Flushable Wipes'

# I don't flush

The Town of Espanola is asking for people not to dispose of flushable wipes in their toilet.

Espanola EDO, Cheryl Kennelly, says when the Public Works Department troubleshoots problems in the sanitary sewer collection system, flushable wipes are often found to be the culprit.

From pharmaceuticals to baby wipes, some things just shouldn't be flushed!  
**Let's work together to keep our water clean and healthy**

She says the wipes don't break down like toilet paper, but instead have a tendency to hang up in the pipe and create a blockage.

She adds the local Ontario Clean Water Agency has also partnered with the Clean Water Foundation to launch the I Don't Flush awareness campaign.

*Continued from page two...*

ditch and the back wheels higher off the ground. Just in time, the owner dove out of the way of the oncoming front bumper and then came up waving his arms, yelling at me to stop.

"Get out!" he yelled, motioning me out of the car. Which I did immediately.

"Jesus Christ!" he screamed and I thought maybe he too was warming up to the festive season! But I think he meant it in a bad way because he was holding his head in his hands when he said it. "You shut the damn door!" he yelled. Of course I shut the door, that's what you do when you get out of a car.

"All the doors lock on these cars when you shut the driver's door!" he bellowed. Yeah, like I'd read the operator's manual while I was sitting behind the wheel, not steering. "Oh," I said, surprised, as the engine continued to spin. "Well," I said, mustering as much cheer as possible as the three of us stood staring at the car and wearing identical hats of snow, "at least you can still call the CAA guy."

"I could," he said, the anger melting the snow on his forehead, "if I could reach my cell phone which is right there on the passenger seat!"

Behind me, I heard chains being dropped into the back of the pickup truck just before it pulled away. Now there was just two of

us staring at an idling, locked-up car with its ass-end sticking up in the air. At this point, even I realized the best thing that could happen was that the car would run out of gas before it overheated and caught fire.

But on this silent night, at the foot of the shining hilltop star, I would not allow the love of the season, the Christmas spirit that alluded me all these years, to desert me here and now.

"Well," I said retreating to my own car, "I'm glad I could be of some help."

"Merry Christmas," I yelled as I drove off, watching him bang his fist on the roof of his car, mumbling bad things about guys from Wainfleet. Later as I sat in front of the fire sipping a neat, single malt Scotch with the dog at my feet, I felt proud that against all odds I had managed to maintain my festive inspiration and goodwill toward my fellow man...who was probably still knee deep in that snow-filled ditch and entering the first phase of frostbite.

And that, for people like myself who hate Christmas, is the reason for the season - to make some poor bugger's life just a little more miserable than your own.

**MERRY CHRISTMAS  
EVERYBODY!! AND DRIVE  
CAREFULLY!!**

PaperWorks, 85 Centre Street, 705-869-6883

## HOME GAMES!!

**Friday, December 20, 7:30 pm**  
**ESPANOLA VS BLIND RIVER BEAVERS**

**Sunday, December 22, 4:00 pm**  
**ESPANOLA VS SOO THUNDER**

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## Deal Between RDSB and Support Staff Reached

The union representing its cleaners, custodians and trades employees have reached a tentative agreement at the local level with the Rainbow District School Board. Board Chair, Doreen Dewar, says once the deal has been ratified by members of the Canadian Union of Public Employees Local 895 and

approved by the board of trustees, details will be released.

She adds the new deal, if approved, will be retroactive from September 1st, 2019 to August 31, 2022.

The contract affects workers in Espanola, Massey, Manitoulin Island and Sudbury.

## PHSD Calling For Comprehensive Tobacco And E-Cigarette Strategy

The Board of Health for Public Health Sudbury & Districts is calling on the provincial government to adopt an expert-informed comprehensive tobacco and e-cigarette strategy to address flavoured e-juice, online sales to minors, treatment programs for youth cessation, and public education. Board Chair, René Lapierre, says the organization supports the Ontario government's decision to ban the promotion of vapour products in corner stores and gas stations.

He adds that it is seen as an important first step in reducing exposure and accessibility to vapour products, but more needs to be done.

He says the message is clear—If you don't smoke, don't vape. Medical Officer of Health and CEO Dr. Penny Sutcliffe says a provincial strategy is needed that firmly addresses vaping and tobacco use as issues that go hand-in-hand.

She adds many e-cigarette users have never smoked tobacco, they are not using the product to quit smoking and they are putting their health at risk.

The rapid proliferation of e-cigarette use is fuelling mass recruitment of new consumers to an established industry, which profits from nicotine addiction. Many e-cigarette users are unaware of the potential harms of regular or occasional use, and there is evidence that e-cigarette use increases youth uptake of tobacco.

Nicotine is a powerfully addictive chemical, and its use is not without risks. The evidence of e-cigarettes' effectiveness in quitting smoking pales in comparison with proven

methods of cessation that can be used in combination, like nicotine replacement therapy, medication, and counselling.

Quick facts:

23% of Canadian youth (15–19) and 29% of young adults (20–24) reported having tried an e-cigarette (2017). In 2018, the youth number increased by 74%. There is no reason to expect a different trend for 2019.

Forty-four Ontarians die every day of tobacco-related causes or 16 000 deaths every year.

Nearly one in five Ontarians smoke. There are 1.8 million daily smokers in Ontario, and over 1 million Ontarians try to quit each year. Quitting is a long frustrating journey with many false starts.

Tobacco costs Ontario nearly \$7 billion annually (\$2.7 billion direct health care, \$4.2 billion indirect costs).

The message is clear—If you don't smoke, don't vape. If you do smoke, consider quitting with the help of proven methods (nicotine replacement therapy, medication, one-on-one support, etc.). If all else fails, and with medical advice, people who are struggling to quit could carefully consider trying e-cigarettes: they may be safer than cigarettes, which kill half of all their long-term users. And finally, if you do vape, don't also smoke.

The Board of Health considered and approved the motion at its meeting on November 21, 2019. Additional information about the motion and vaping is available online at phsd.ca or by calling Public Health Sudbury & Districts at 705.522.9200 (toll-free 1.866-522.9200).



## Holiday Pool Schedule: Dec 23rd-Jan 5th



### FREE SWIMS

**Sat Dec 28th & Sat Jan 4th 1-1:55pm**  
Sponsored by the Espanola Lion's Club

**Mon Dec 23rd 6-7:55pm & Fri Jan 3rd 12-1:55pm**  
Sponsored by the Shelley Newton Memorial Fund

**Mon Dec 30th 12-12:55pm**  
Sponsored by Espanola Touchless Carwash

**Check out the holiday pool schedule for extra  
Recreation Swims throughout the holidays.**

## Winter 2020 Swim Lesson Registration:

**Online registration Jan 2nd, In-person and  
calls Jan 8th, registration closed Jan 16th**  
Classes start Jan 25/28/29/30

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# Festive Events in Rainbow Schools 2019

## A.B. Ellis Public School

On Wednesday, December 18th, students and staff will host a Christmas concert at 1 pm in the school gym. Parents/guardians are invited to attend.

On Thursday, December 19th, the entire school will enjoy a special Breakfast with Santa in the school gym.

On Friday, December 20th, everyone will gather for a Christmas sing along in the gym.

## S. Geiger Public School

Students from S. Geiger Public School are thrilled to present a Christmas concert on Wednesday, December 18th at 1 pm for families and members of the local community. Baked goods will be available for purchase. All funds will support the Intermediate year-end trip. Guests are asked to bring a non-perishable food item.

## R.H. Murray Public School

Members of the school community will welcome students, staff and community partners to a festive luncheon on Tuesday, December 17th at 11:30 am.

Staff and students will wrap-up the season with an outdoor Christmas concert on Wednesday, December 18th from 5:30 pm to 7:30 pm. The evening will feature horse drawn wagon rides, cookies and hot chocolate, as well as classroom performances. All members of the public are welcome to attend this true north event.

Students will take part in Christmas caroling on Thursday, December 19th at 9:30 am. Gingerbread cookie decorating will follow.



## Your donation matters

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# Holiday Skates



**FREE PUBLIC SKATING**

<b>Mon Dec 23rd</b>	7:00pm-8:00pm	– <i>Tim Hortons</i>
<b>Fri Dec 27th</b>	2:00-3:00pm	– <i>Tim Hortons</i>
<b>Sat Dec 28th</b>	1:00-2:00pm	– <i>Tim Hortons</i>
<b>Mon Dec 30th</b>	2:00-3:00pm	– <i>Tim Hortons</i>
<b>Thurs Jan 2nd</b>	6:30-7:30pm	–  <b>METAL-AIR</b> MECHANICAL SYSTEMS
<b>Sat Jan 4th</b>	1:00-2:00pm	– <i>Tim Hortons</i>

**\$2 PUBLIC SKATING**

<b>Mon Dec 23rd</b>	10:00-11:00am
<b>Tues Dec 24th</b>	10:00-11:00am
<b>Fri Dec 27th</b>	10:00-11:00am
	7:00-8:00pm
<b>Sun Dec 29th</b>	1:00-2:00pm
<b>Mon Dec 30th</b>	10:00-11:00am
	7:00-8:00pm
<b>Tue Dec 31st</b>	10:00-11:00am
<b>Thurs Jan 2nd</b>	12:00-1:00pm
<b>Fri Jan 3rd</b>	10:00-11:00am
<b>Sun Jan 5th</b>	1:00-2:00pm

**\$2 SHINNY & FIGURE 8's**

<b>Mon Dec 23rd</b>	2:00-3:00pm	Family (\$2pp)
	3:00-4:00pm	9-12 yrs
	4:00-5:00pm	F8's – All ages
<b>Tue Dec 24th</b>	9:00-10:00am	F8's – All ages
	11:00-12:00pm	Family (\$2pp)
<b>Fri Dec 27th</b>	11:00-12:00pm	F8's – All ages
	3:00-4:00pm	Family (\$2pp)
	4:00-5:00pm	13-17 yrs
<b>Sat Dec 28th</b>	11:00-12:00pm	6-8 yrs
	12:00-1:00pm	Family (\$2pp)
	3:00-4:00pm	F8's – All ages
<b>Sun Dec 29th</b>	3:00-4:00pm	Family (\$2pp)
	4:00-5:00pm	9-12 yrs
<b>Mon Dec 30th</b>	11:00-12:00pm	F8's – All ages
	3:00-4:00pm	Family (\$2pp)
	4:00-5:00pm	13-17 yrs
<b>Tue Jan 31st</b>	9:00-10:00am	F8's – All ages
	11:00-12:00pm	Family (\$2pp)
<b>Thurs Jan 2nd</b>	11:00-12:00pm	6-8 yrs
	3:00-4:00pm	F8's – All ages
	4:00-5:00pm	9-12 yrs
<b>Fri Jan 3rd</b>	2:00-3:00pm	13-17 yrs
	3:00-4:00pm	F8's – All ages
	4:00-5:00pm	Family (\$2pp)

**Pick up your holiday schedule at the  
Rec Complex or view on Facebook,  
or [www.espanola.ca](http://www.espanola.ca)**



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## FOR SALE

**FOR SALE** – Farm Fresh Eggs. Open 6 days / week all winter. Location: Lee Valley 4 corners. Joel + Leona Martin. 17 Hunt Rd Massey. 705-869-1526. 12/24

## BINGOS

**MASSEY AGRICULTURAL  
SOCIETY.** 1st Monday of the month beginning January 6th, 2020. \$1825 cash prizes. Massey Arena - bingo starts @ 7:00 p.m. 04-28

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## FOR RENT

**FOR RENT** – 1 Bedroom apt in Espanola. \$750.00 + Hydro. Heat included. Available Jan 1. Call 705-869-1378. 12/17

## THANK YOU

**A BIG THANK YOU** - I would like to thank everyone who participated in giving me an 80th birthday I will never forget. To ALL of my children and their families, for making it one of the best ones yet. All of my siblings, who came from near and far, and made my birthday feel, oh so grand. All my friends who lifted my heart even higher, I wish to give them ALL a great big hand. To ALL the members of my community, for giving me the key to their hearts. For making me feel so very important, accept the tears of happiness on my part. To ALL of you whom I may have missed, from the bottom of my heart, I say Thank-You. Thank-you ALL for making me feel so loved, and for making me feel so darn good too. I Must also say thank you to my creator, for making me all that I am. For filling my heart with love and ability to help my fellow man. Hugs and kisses. Agnes.

## COMMUNITY NOTES

PROUDLY SPONSORED BY



**New date for Big Buck Night** - The Espanola Game and Fish Big Buck Night will be Thursday, December the 19th. Elks Hall doors open at 6:30pm.

**Free Community Christmas Dinner** - December 25th at the legion in Espanola at 4:30. Everyone welcome. Please call Joan @ 705-869-1648 if you are able to come or need a ride.

*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](mailto:around@aroundandabout.ca)

## NOTICE

## Christmas Schedule for Garbage & Recycling.

### ATTENTION:

**Residents of Township of Baldwin  
Township of Nairn**

**Garbage Pick-up will change to the following days  
Dec 25 pickup on Dec 23 • Jan 1 pickup on Dec 30**

**Must be at the curb no later than 6:00 a.m.**

**Green Today. Green For Life.**

**Have a Safe &  
Happy Holiday!**



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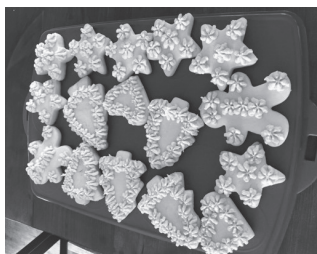
## Recipe

These cookies are soft and nearly cake-like and the dough is dependable and nice to work with. The secret is a little bit of sour cream mixed into the dough. It doesn't affect the flavour but ensures that the cookies stay fluffy and soft as they bake. You can omit the nutmeg, but adding it adds a subtle hint of holiday spice around this time of year. I made these yesterday and wanted to make them even spicier for our spice loving family, so I found and made a spiced buttercream recipe to decorate them with. It's amazing and would also be delicious on pumpkin desserts. I only made half of the frosting recipe and it was the perfect amount for the cookie recipe.



### Sour Cream Cut Out Cookies

- 3 cups all-purpose flour
- 1 cup butter, softened
- 1 cup sugar
- 1/2 cup sour cream
- 2 eggs
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder.
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg (optional)



Preheat oven to 375°F use a non-stick baking sheet or line a baking sheet with parchment paper. Set aside. In a large bowl, beat butter and sugar together with an electric mixer until well combined. Mix in eggs and vanilla until thoroughly incorporated. In a separate bowl, whisk together flour, baking powder, baking soda, salt and nutmeg (if using). Add dry ingredients to the sugar/butter mixture, alternating with the sour cream, mixing well after each addition. Flatten dough into a disc, cover with plastic wrap and chill for about one hour. You can skip this step if needed, but it makes the cookies fluffier. Roll dough out on a lightly floured surface and cut into desired shapes (1/4 to 1/2 inch thick). Place onto prepared baking sheets and cook until lightly golden, 7-10 minutes. Let cookies cool on wire rack and decorate with favourite frosting.

### Spiced Buttercream Frosting

- 1 1/2 cups of butter, room temperature
- 5 cups powdered sugar
- 1 tsp cinnamon
- 1 tsp nutmeg

In a mixing bowl beat the softened butter using an electric mixer for 1-2 minutes. Add in the powdered sugar (2 cups at a time) and the cinnamon and nutmeg, by hand or on low. Continue to beat in the sugar until the frosting is smooth and tastes good to you. Use on cupcakes, cake or cookies! Makes enough frosting for 24 cupcakes or a 9x13" cake.

Welcome to Local Hippie's weekly tip for living a greener life! Each week we will provide you with a quick tip to help you reduce your carbon footprint and change the world.



Similar to last week, this week's tip isn't exactly a tip - it's a recipe!

Scientists are saying that one of the best things we can do to combat climate change is eating less meat. This is because the livestock sector - raising cows, pigs, and chickens - generates as much greenhouse gas emissions as all cars, trucks, and automobiles combined.

I'm not suggesting you radically change your diet overnight, but committing to reducing your meat consumption - even by a few meals a week - can help make a big difference! That's why this week, I've decided to share a meat-free recipe that you can prepare for Christmas dinner for your earth-friendly guests! As a vegetarian for over 3 years, I can confidently say that this recipe has my stamp of approval.

### Meatless Shepherd's Pie

#### Ingredients

##### FILLING

- 1 medium onion (diced)
- 2 cloves garlic (minced)
- 1 1/2 cups uncooked brown or green lentils (rinsed and drained)
- 4 cups vegetable stock
- 2 tsp fresh thyme (or sub 1 tsp dried thyme per 2 tsp fresh)
- 1 10-ounce bag frozen mixed veggies: peas, carrots, green beans, and corn

##### MASHED POTATOES

- 3 pounds yukon gold potatoes, partially peeled (thoroughly washed)
- 3-4 Tbsp butter
- Salt and pepper (to taste)

#### Instructions

1. Slice large potatoes in half, place in a large pot and fill with water. Bring to a low boil, then generously salt, cover and cook for 20-30 minutes or until they slide off a knife very easily.
2. Once cooked, drain then transfer to a mixing bowl. Mash until smooth. Add desired amount of butter and season with salt and pepper to taste. Loosely cover and set aside.
3. While potatoes are cooking, preheat oven to 425 degrees F (218 C) and lightly grease a 2-quart baking dish.
4. In a large saucepan over medium heat, sauté onions and garlic in 1 Tbsp olive oil until lightly browned and caramelized - about 5 minutes.
5. Add a pinch each salt and pepper. Then add lentils, stock, and thyme and stir. Bring to a low boil. Then reduce heat to simmer. Continue cooking until lentils are tender (35-40 minutes).
6. In the last 10 minutes of cooking, add the frozen veggies, stir, and cover to meld the flavours together.
7. OPTIONAL: To thicken the mixture, add 2-3 Tbsp mashed potatoes and stir. Alternative-ly, scoop out 1/2 of the mixture and whisk in 2 Tbsp cornstarch or arrowroot powder and whisk. Return to the pan and whisk to thicken.
8. Taste and adjust seasonings as needed. Then transfer to your prepared oven-safe baking dish and carefully top with mashed potatoes. Smooth down with a spoon or fork and season with another crack of pepper and a little sea salt.
9. Place on a baking sheet to catch overflow and bake for 10-15 minutes or until the mashers are lightly browned on top.
10. Let cool briefly before serving. The longer it sits, the more it will thicken. Let cool completely before covering, and then store in the fridge for up to a few days. Reheats well in the microwave.

Cheers to an earth-friendly holiday season!

Have questions? Feel free to forward them to [jaymie@localhippie.net](mailto:jaymie@localhippie.net)  
Have a happy hippie week!