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April 21, 2020 Issue #16 - Volume 24

Residents of Queensway Place Assisted Living feel like they are one big happy family! Each with their own rooms living under one roof. They are sporting cloth masks made with love by Betty Bowerman, also a resident.



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COMMUNITY NOTES

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Espanola Helping Hand Food Bank - now accepting monetary donations by Interac e-Transfer. ehhfb87@hotmail.ca

Espanola Area Friendship Circle Alzheimer Support Group - will NOT be meeting until further notice because of CoViD-19.

Clothes Closet - Due to the Covid-19 virus the Clothes Closet at Calvary Baptist Church will be closed until further notice.

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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Call Out For Health Workers – Manitoulin Island

If you are a health worker or like to volunteer, the Manitoulin Health Centre would like you to consider taking part in COVID-19 protocols.

Samantha Smockum, the centre's Human Resources Director, says they are calling on all health staff, including Registered Nurses, Registered Practical Nurses, Personal Support Workers, housekeeping aides and volunteers.

She says retired health care

workers who want to assist if they are needed to deal with COVID-19, are more than welcome.

Smockum emphasizes being ready is a big part of handling any potential crisis that might arise and additional staffing is a vital part of that.

Direct inquiries to Samantha Smockum by email at ssmockum@mhc.on.ca or by calling her at (705) 368-2300 ext. 2507.

Bears Don't Practice Physical Distancing, So Stay Vigilant

Spring is here and while many people are practicing physical distancing to help flatten the COVID-19 curve bears coming out of hibernation are not aware of that.

Speaking on behalf of the Ministry of Natural Resources and Forests, Derrick Lutchford says the public has to be aware that bears are out and about ... and hungry.

He emphasizes people should be using containers with tight-fitting lids, keep garbage in bear-proof sheds or garages and only put the garbage out on pick-up day.

He adds the public should be aware that bird feeders also attract bears.

Want to know more, go to <https://news.ontario.ca/mnr/en/2020/04/be-bear-wise-and-prevent-bear-encounters.html>

Recipe

Scalloped Potatoes are a classic dish with layers of potatoes, onion and a rich, creamy sauce. It's a great side dish to make for holiday dinners. I made it last week for Easter dinner because I love it with ham, but it's good at any time. The ingredients are simple, and the procedure is easy. Be sure to cut your potatoes thin and uniform so that they cook evenly. Sometimes the sauce has cheese, sometimes it doesn't. This is my favourite recipe using cheese.

Scalloped Potatoes

- 4 cups thinly sliced potatoes (Yukon Gold or Russet, about 2 lbs)
- 1 small onion, thinly sliced
- 3 tablespoons butter
- 3 tablespoons flour
- 1 1/2 cups milk
- 1 teaspoon salt
- 1 dash cayenne pepper
- 1 1/2 cups grated cheddar cheese, divided

Preheat oven to 350 degrees. Grease a 1.5-quart baking dish (8x8 or 9x9 inch baking dish will work). If you are doubling the recipe for a larger group, use a 9 x 13 dish. In a small saucepan, melt butter and stir in flour, whisk in the milk and season with salt and cayenne. Cook sauce on low until smooth and boiling, stirring with a whisk. Reduce heat and stir in 1 cup of the cheddar cheese until melted. Set off of heat. Place a half of the sliced potatoes mixed with half of the sliced onions in the baking dish. Pour half of cheese sauce over potatoes. Repeat with second layer of potatoes, onion and cheese sauce. Sprinkle the remaining 1/2 cup of cheddar cheese on top. Bake uncovered for about 1 hour at 350°F or longer until the potatoes are fork tender.



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- NOW HIRING -

Brentwood Village is a new independent living community designed exclusively for retirees 55+, located on Yusko Crescent in Espanola.

Olivadel Developments invites resumes for Phase 2 residential construction of 11 garden homes (for sale and lease), to be completed in 2020. Phase 3 includes 9 garden homes for completion in 2021. Plans are well underway for continued site development.

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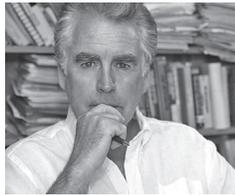
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Resumes will be accepted by Olivadel until **Thursday, April 30, 2020.**

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You can't throw a stick without hitting...a wall. Okay, so that analogy does not work in quarantine. You can't turn the page of a newspaper without spotting at least one article on how to cope with the negative impact the coronavirus is having on our minds and bodies. The advice from psychologists and self-helpers is all good of course. To avoid stress, embrace the quiet, keep busy, read a book. To keep fit improvise a home gym and walk a lot. They're even interviewing astronauts and submarine seamen on how they survived within the confines of a small ship. That's fine but the guy I want to guide me through this is Brian Wilson. Brian Wilson-the founder, songwriter and lead vocalist of the Beach Boys-spent three years in bed for gawdsakes! Yeah,not a tour of duty at the bottom of the ocean or a three-month spin around the earth from outer space--Brian Wilson spent 36 months under the bloody covers. Brian Wilson spent more time in bed than you and I did learning how to talk, walk,ride a bike and sass back to our parents. Brian Wilson's concert at Casino Rama was just cancelled which is how I was able to contact him for an interview at the Rama Resort, Rm# 509...in bed. "Brian, off the top, three years in bed--pj's, briefs or au natural? Okay, don't answer that."
 "Brian, your self-isolation at your beach house near Los Angeles in the 60s lasted longer than the Korean War. Can you describe what that was like? Brian? Brian!" Sounds like static of the phone line but...nope, he's snoring.
 "Brian, as you know all of us here in Ontario are self-isolating due to the spreading COVID-19 virus. You went into quarantine due to excessive alcohol and drug use. Can you compare these different reasons for withdrawal from normal life? Brian? Brian!" Okay, improvising here. The moral of the story, while in quarantine take prescription

drugs only and keep alcohol consumption at a reasonable level.
 "Brian, Forbes lists your net worth at \$100 million so you're not still touring for the money.
 Is it all about creativity and originality like when you shout out "Ba ba ba Barbara Ann" six times in every nine-line verse, a total of 40 times a song while touring 200 gigs a year, that's like 8000 times not including rehearsals--ever get tired of that, Brian?" Okay, the point is try different things to break up the daily monotony and during conversations try not to sound like a broken record.
 "A bit off topic Brian, but is it true President Trump believes the actual lyric is "Ba ba ba Bomb Iran!?"
 "So Brian well into your second year in bed just wiggling your toes must have been as exciting as bar hopping on Sunset Strip with Ann-Margaret and Brigitte Bardot. Am I right? Brian?" Clearly, under these restricted conditions try and get as much exercise as possible.
 "So Brian, even in the 1960's you were worth a ton of money. After the first year in bed did you pay somebody to come in every day and go to the bathroom for you? Brian?" Alright during these days of repetition and impending laziness, proper hygiene is still a priority.
 "It only takes a week in bed to develop bed sores. So after three years Brian, were like both your buttocks still intact? Brian?" Okay, a good night sleep is important during this period but challenging Rip Van Winkle's record can be self-debilitating.
 "At one point, I think it was year two you had workers come to the house and build a great big sandbox in the middle of your dining room. What was the purpose of this? Brian?" Okay, during this period of bewilderment, please try not to confuse night with day, gin

Continued on page three...

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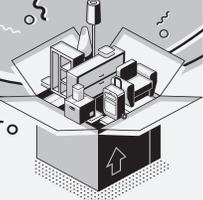
with bottled water, the indoors with the outdoors. Constructing a dog park in your living room and inviting pet owners in off the street is a real bad idea. "At some point, Brian, let's say day 999 were you so stir crazy that you started doing blue flammers under the sheets? Brian?" Okay, local fire marshals are cautioning quarantined citizens against overuse of candles, barbecuing indoors and setting your hair on fire just for something to do. "Apparently Brian, you did break out of the house occasionally being spotted at an L.A. nightclub wearing a bathrobe and slippers. True? Brian?" Okay, as tempting as it is to stay in your pajamas all day, a hot shower and nicely pressed shirt or blouse will definitely brighten your mood. "Here in Ontario, Brian our world seems to be shrinking

what with restaurants and bars closing as well as public parks. Nearing the end of the third year, did you feel the walls of your bedroom closing in on you? Brian?" Okay: We'll have fun, fun, fun til Dougy takes our stir sticks away! Repeat, alcohol should be consumed with meals and not taken as self-medication. "Compared to you Brian, I'm an embarrassing novice. Only one month into self-isolation and just two weeks now living in bed, what survival advice can you give me? Brian? No, forget the sandbox thing." Okay folks. Entertain each other. Read. Write, yes keep a COVID-19 journal and whatever you do... don't!
Books written by William Thomas are available at www.williamthomas.ca and delivered by Canada Post Comments: williamjthomas@gmail.com

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THANK YOU

We would like to express our gratitude to everyone who came out to the fundraiser for Rodney. Special thanks to Ivan and his staff at DFR for allowing us to host the event there. Thank you to the band Second Ave who graciously provided the entertainment for the evening. We would also like to thank everyone who donated prizes to our silent auction and draws, and volunteered their time to help us organize the fundraiser. Without all of you we could not have made this event such a huge success. Much love from the Landry Family.

OBITUARY

Beaudry - Mary Ann Therese of Espanola passed away at the Espanola Regional Hospital on April 11, 2020 at the age of 76. Dear daughter of the late Elie & Annie (nee LeBlanc) Beaudry. Loving sister of Loretta Dallaire (late Laurent) of Espanola, David (Thelma) of Huntsville, Marie Bale (late Gary) of St. Catherines, Georgette Tenant (Gary) of Espanola, Marilyn Regis (Ralph) of Elliot Lake, Steven (Amy) of Tilsonburg, Elly Charette (Joe) of Espanola, Sue Desjardins (Peter) of Goulais River and the late Jimmy. Sadly missed by nieces and nephews Jeanne, Tom, late Christine, Lisa, Krista, Bryan, Blake, Jennifer, Wendy, late Scott, James, Harry, Jeanne Dac, Sherri-Lyn, Tim, Annie, Carissa, Kristian, Ricky, Adam, late Byron, Matthew, Jordan, Andrew and Stephanie whom she loved dearly. Mary Ann worked as an RNA at the Little Current Hospital for 37 years. She enjoyed being part of the historical group in Espanola for several years. Was a CWL member at St. Jude Parish. What she loved the most was family and taking pictures at any family gatherings. She will be missed and loved forever. She is now dancing on the streets that are golden and in the loving arms of Jesus. We want to especially thank Dr. McMullen and the nurses at the Espanola Hospital. They were amazing. We didn't know all the nurses, but we would like to thank Kim Poikimaki and Shawna Moffatt. Also thankful for Dr. Nelson and Crystal from the family health team for helping us out. And Fr. Gilles Grandmont. Cremation with a Memorial Mass at St Jude Parish will take place at a later date. Interment will be in the Espanola Cemetery. Arrangements by BOURCIER FUNERAL HOME Ltd, Espanola.



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