

Paper Works Ink
OFFICE & ART SUPPLY
 4-400 Centre St., Espanola, ON P5E 1G3
 www.paperworks1.ca

- OFFICE FURNITURE
- FULL COLOUR COPIES
- COMPUTER ACCESSORIES

705-869-2860 **OFFICE Pro**
 Good People, Who Know

The Little Paper That Makes A Big Difference

AROUND & ABOUT
 Your Community Connection
 Est. 1996

www.aroundandabout.ca
 December 30, 2014 Issue 52 - Volume 18

GO RIVERMEN GO!

AROUND & ABOUT
 Your Community Connection
 Est. 1996

Proud Sponsor

2015 POLARIS 550 VOYAGER 144
\$7999 PLUS FREIGHT & PDI
 AS LOW AS **\$33.00 A WEEK.**

SEASON OF DOMINATION
 BEST SALES EVENT

TRAIL SIDE SPORTS
705-869-0170
kevin@trailsidesports.com

Happy New Year!

2 0 1 5

By Chloe Kneer - By now you have something in mind that you'd like to change, quit, or start for 2015. Trouble is, will your resolve last? Here's a list of the most commonly broken New Year's resolutions:

- Lose Weight and Get Fit
- Quit Smoking
- Learn Something New
- Eat Healthier and Diet
- Get Out of Debt and Save Money
- Spend More Time with Family
- Travel to New Places
- Be Less Stressed
- Volunteer
- Drink Less

CANADIAN TIRE ESPANOLA

Largest selection of Ice Fishing goods in the region

All in stock firearms 20% OFF

705-869-3807

*ITEMS MAY NOT MATCH IMAGE SHOWN. AVAILABLE AT THIS LOCATION ONLY, CANADIAN TIRE ESPANOLA 801 CENTRE STREET

LIVE WELL informed.
 get it here...
 your **flu shot**

Everybody can benefit from vaccination against the flu.

Ask your **Live Well Pharmacist**

(705) 869-1561
 LIVE WELL WITH
PHARMASAVE
 9-6 Monday-Friday 9-5 Saturday

Any of these sound familiar? While it's admirable to expect that a new year can usher in with it new habits, experts say that change is always best achieved when done in moderation. If you are trying to lose weight, for example, don't deny yourself your favourite guilty pleasure food completely...just try to limit your quantities. Allow

Continued on back page...

NOW STOCKING
ski-doo | **BRP**
OILS AND DRIVE BELTS

XPS OILS

Garnet's Like us on Facebook
 120 McCulloch Dr., Espanola PH: (705) 869-2886

We wish you a **Merry Christmas** and a happy NEW YEAR

Regular Games Resume Mid January

AROUND & ABOUT
 Your Community Connection
 Est. 1996

Home hardware **705-869-2130**
ESPANOLA **830 Centre Street Espanola**

6"X36" SELKIRK INSULATED CHIMNEY PIPE \$79.97

*ALL CASH & CARRY. WHILE QUANTITIES LAST.

At Your Fingertip Business Directory
 High Circulation • Competitive Rates
 FREE distribution to your customers!
 To Advertise in the Around & About Business Directory, call 705-869-6883



All The World's A Circus

William Thomas

williamjthomas@gmail.com

At Least You're Not A Pet Santa!

Full disclosure: I hate Christmas more than brussels sprouts, homemade wine and Michael Vick. Shopping like it's roller derby, needless gift giving, fighting over parking spots - Christmas for me is best described as Black Friday, Black Saturday, Black Sunday right through to Black Boxing Day. I wouldn't say the spirit of Christmas has been buried by materialism but the only clue children today have of when it all began with the birth of Christ in Bethlehem is that the Travelodge hotel chain is offering couples named Mary and Joseph one free night on December 25th. I am not making that up. I'm waiting for Joe Camel to offer kids free Three Wise Men action figures with the purchase of every carton of cigarettes.

So yeah, it's that time of year that I sport a button that says: "I'd rather be Jewish." I know all the words to Joey Ramone's hit "I Wanna be Sedated" and I sing them when I have to. I lock my knife rack in the trunk of my car in case I turn on the radio to get the news and accidentally catch Burl Ives singing "Have A Holly Jolly Christmas." As I'm writing this it's eight days before Christmas Day and I'm like this close to calling the Country Deli and ordering a chipotle Reindeer steak.

The single thought that gets me through Christmas is that there's some poor bugger out there that hates the yuletide season more than me. And that has to be Pet Santa down at the mall.

Can you imagine that interview at the local temporary employment office?

"Sorry Bob but with no licence, no trade skills and no experience ... oh wait a minute ... the mall needs a Pet Santa at ten bucks an hour.

"What do I hafta do?"

"Just sit there in a Santa Claus outfit and have your picture taken with pets!"

"Well, I do like dogs. I am overweight. Red is my favourite colour. What could possible go wrong?"

Answer: everything from frightened dogs to grumpy cats, rabbits bearing raisins and ferrets which tend to burrow down into areas that are dark and warm. If you're ever at the mall when Santa is screaming like he just sat on a Cactus Chia Pet, chances are the ferret's gone missing again.

Calmness at the mall is paramount so Pet Santas let the dogs walk around and get comfortable before they haul them up onto their laps for the photos. And we all know how dogs get to know you. Yeah, half way through his shift, Pet Santa is on his way into the Guinness Book of Records in the category of Crotch Sniffing.

And now that everybody has a cell phone, people are no longer satisfied with just colour photos of Buster and Calico Sal. With iPhones containing scads of gigabytes, many people are taking videos of the event and acting like Hollywood directors. "Lights! Camera! Action! Oops! Poop! Cut! Clean up at the North Pole."

Pet Santas use a set of props including high-pitched whistles and squeaky toys to

Continued on page three...

LINDEN HEATING & Gas Energy Services
 Dennis Rannelli & Linda Quenneville
 Sales & Service of Commercial & Residential Gas-Fired Appliances, Propane & Natural Gas
 TSSA# 205477 Qualified-Certified-Registered
 705-863-0000 lindenheating@gmail.com

Sheila's Professional Foot Care Company
 Servicing the Espanola Area
 Sheila St. Martin RPN, AFCN
 GIFT CERTIFICATES AVAILABLE
705-561-0858

Dittrich's Hair Design
 "A Look With A Difference"
705-869-2915

RON RIVET CLEANING SERVICES
25 YEARS OF EXPERIENCE
 • Carpet & Upholstery Cleaning • Tile & Grout Cleaning
www.rrcs.ca 705-862-1914

Buying a Home? Call Hope
 Purchase, refinance, or switch to RBC
RBC
 Hope Stevenson Mortgage Specialist
 Serving Sudbury, Manitoulin, Espanola and Surrounding Area
 Call Hope today for financial advice you can count on!
705-665-HOPE (4673) 1-866-265-0928 (Toll Free)
hope.stevenson@rbc.com

Child Care spaces available in Massey & Espanola.
Call 705-865-3281
 Massey: 705-865-3281 • Espanola: 705-869-3282
 Email: onetotstop@bellnet.ca • www.onetotstop.com

Espanola's Local Yarn Shop
Black Sheep Yarns
 289 James St. Espanola, ON Ph (705) 583-2302 Cell (705) 207-5770

LAMBAC
 A Community Futures Development Corporation
 Une Société d'aide au développement des collectivités
 Business Services • Services commerciaux
 Business Loans • Prêt D'affaires
 Gore Bay 1-800-461-5131 (705) 282-3215
 Espanola (705) 869-3656
 Open Monday - Friday info@lambac.org
 Open Tuesday - Wednesday www.lambac.org

Plumbing & Heating Jason Cowles
 Certified Technician
 Serving Espanola & Area
 Business 705-583-3040 Mobile 705-863-3332
 Sales & Service

Don's Electric
 (705) 869-0511
 Cell (705)-862-0753
 E.C.R.A./E.S.A. #7009119
 Email: dcf@personainternet.com

BVS Sewing UPHOLSTERY
 Boat Tops Boat Covers Seats all Types Furniture Snowmobiles Sail Repairs Repairs
 370 HW 17 in Massey 705-865-1563
www.bvssewing.com

669-HEAT
Northern Air & Mechanical Systems Inc.

**Lennox
Furnaces**
starting at

\$62.30 a Month (OAC Taxes Included)

Call us Today!!

1360 Kelly Lake Road
Sudbury, Ontario P3E 5P4 **705 669-4328**

Continued from page two...

get the animals attention for the camera. You have to hope one of these videos doesn't surface at Pet Santa's next high school reunion.

"So Bob, I see you carved out quite the career of a man who gets paid to be peed on. When you retire do you get a gold watch or a choke collar?"

And cats being dragged to the mall for a photo shoot?!? A cat napping on his back in the window still gets cranky when a cloud gets between him and the sun. Imagine how happy Big Ears Curtis is going to be after being crated, uncrated and then held against his will by a fat stranger whose clothes are covered in dog hair?!? Which is why you'll often hear Pet Santa say: "I really ho, ho, hope this little fella is declawed." If not, Santa and Mrs. Claus can pretty much forget about adding to their elf collection. Yes, nothing says Christmas better than a cat with a grudge kneading your lap followed closely by an overweight Rottweiler with gas.

Let's be honest, Pet Santa photos are not for the pets. Generally speaking they hate the whole experience. Pet Santa photos are vanity ventures by the owners of the pets that end

up as family gifts, framed mementos, Christmas card pictures and t-shirt highlights. So in order to even things out, if every pet had his way after he spent ten embarrassing minutes posing with Santa, you the owner would have to head over to the south side of the North Pole display and spend a half hour strapped to Santa's Mechanical Reindeer. Rudolph likes it rough. Do not eat before mounting.

I actually have a photograph of my late dog Jake with Santa at the local mall which I did not authorize or approve. It was a gift. But to be perfectly honest, it's a great photo with both my exceedingly handsome dog and jolly Old Saint Nick appearing as happy as two kids at camp. I know why Jake is smiling. If you told that dog there was a treat involved he'd have volunteered to go down into the mines of Sudbury to work as a "gas sniffer." But Santa with a great big grin on his face and a big slobbering dog on his lap?!? He had to be packing a flask.

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

Staying Safe On The Ice



- Wear a personal flotation device and don't fish alone.
- Ice varies in thickness and condition. Always carry an ice spud or chisel to check ice as you proceed.
- Be extremely cautious crossing ice near river mouths, points of land, bridges, islands, and over

By Chloe Kneer - Ice fishing season is upon us and just like any activity, winter or otherwise, precautions should be taken to ensure a fun and safe outing for everyone. For starters, you must make sure that the ice is thick enough for your plans. It might seem like a basic principle, but every year cars and trucks go through the ice. Keep in mind that ice doesn't freeze uniformly; it can vary in strength and thickness. You must consider how cold it's been leading up to your venturing out, and even then, it's best to drill holes to see the thickness of the ice. Also, keep in mind that the amount of ice you have on one part of the lake may vary from a spot just ten feet away.

The following thicknesses are recommended: at three to four inches of ice, it is safe for walking. Taking a snow machine on the ice requires a thickness of six inches. A car, eight to twelve inches and a truck needs at least a foot to fifteen inches of ice for safety.

Here are some further safety tips for a safe ice fishing excursion:

- Leave information about your plans with someone -- where you intend to fish and when you expect to return.

reefs and springs. Current causes ice to be thinner over these areas.

- Avoid going onto the ice if it has melted away from the shore. This indicates melting is underway, and ice can shift position as wind direction changes.

- Waves from open water can quickly break up large areas of ice. If you can see open water in the lake and the wind picks up, get off.

- Carry a set of hand spikes to help you work your way out onto the surface of the ice if you go through. Holding one in each hand, you can alternately punch them into the ice and pull yourself up and out. You can make these at home, using large nails, or you can purchase them at stores that sell fishing supplies.
- Carry a safety line that can be thrown to someone who has gone through the ice.

- Heated ice shacks must have good ventilation to prevent deadly carbon monoxide poisoning. Open a window or the door part way to allow in fresh air.

- Keep in mind that there are regulations in place about drinking alcohol in an ice shack. It must have cooking facilities and a place to sleep. Happy fishing!



Espanola & Area

Family Health Team

Stand Up

Free 11 week, twice weekly, exercise program to help older adults improve their balance. Starting January 13th. Call for more information & to register.

705-862-7991

HDVS
Landscaping & Custom Design

**Snow
Plowing**
705-865-1506

Winter Services
www.hdvsonline.com
hansvs@gmail.com

Blinds At Home
We Come to You! Buy Blinds in the Comfort of your own home.

Free Installation. In Home quote Call today serving Espanola & surrounding area
705-869-8166

TV Bingo
6:30 P.M.
Wednesdays
Espanola Resumes January 7

Tune into Local Channel 10 or come on out to the Espanola Regional Recreation Complex.

CLASSIFIEDS

Real Estate • Rentals • Services
Lost & Found • Items For Sale
Prayers • Thank You • Notices
Personals • Vehicles
Special Occasion

Highest Circulation &
Best Rates In Town!



705-869-6883

SERVICES

L & M STOVE SHOP – 308 Albert St. Espanola. We stock a wide range of appliance parts and vacuum supplies. We stock elements, vacuum bags, etc. Call 705-869-2944. 01/20

ESPANOLA SELF STORAGE – 6x8 and 8x10 Storage Units available in Espanola. Located behind the car wash. Call 705-869-8405. 01/20 - R

MASSAGE THERAPY & ACUPUNCTURE - by Cheryl Van Allen, R.M.T. Treatment focused on pain relief or relaxation. Covered by most insurance companies. Holiday Gift Certificates available at the front desk. Located at the Pinewood Motor Inn. 705-869-3460. 01/20 - R

APP COMPUTER SOLUTIONS - Complete computer repairs - virus, Trojan, and spyware removal - tune-ups & system reloads - software & network installations - hard drive and memory upgrades available. Call 705-869-6699 or 705-869-8872. 02/03 - R

BINGOS

MASSEY AREA MUSEUM BINGOS – January 5 at the Massey and District Arena. Doors open at 6:15 p.m. Bingo starts at 7:00 p.m. \$1825 in cash prizes. 01/13 - R

FOR RENT

FOR RENT – 2 bedroom apartment downtown Espanola \$700.00 /month plus hydro. Available January 15. Call 705-869-0645. 12/30

FOR RENT - Lang Lake Resort - Waterfront suites and cottages available for rent. Full kitchen, Satellite TV, Jacuzzi Tub. Call 705-285-4241 for monthly rates. 01/06

FOR RENT – 2 bedroom apartment available immediately. 45 Arthur Ct. Espanola. Please call 705-869-5989. References required and no pets allowed. 12/30

**Call 705-869-6883
To Place Your
Classified Ad!!**

FOR SALE

FIRE WOOD – Limited amount of wood for sale. Call Greg at 705-822-4734. 12/30

THANK YOU

THANK YOU – Many thanks to friends and family for the late Ivy Hazel Paradis, who passed away on November 29, 2014. A special thank you to Bourcier Funeral Home, St. Jude's, Manitouslin Centennial Manor, and Manitouslin Health Centre.

*Roger Paradis
Joan Fenton*

Espanola Police Report

Domestic Dispute - On November 21, 2014 at 9:30 a.m., the Espanola Police Service attended at a local counselling center to assist a female who had attended there, in leaving Espanola for a safe haven. The female was attempting to flee what she described as a controlling relationship, and was concerned that her spouse would follow her, and prevent her from leaving him. The officer assisted the female in arriving safely at her destination, but returned and spoke to her on November 23, at which time she provided a statement that detailed an assault that took place during the summer of 2013, and threatening conduct on the part of her estranged spouse within the preceding week.

As a result of the incident, a 44-year old male from Espanola was arrested and charged with Domestic Assault, contrary to section 266 of the Criminal Code, and Criminal Harassment, contrary to section 264(2)(d) of the Criminal Code. The accused appeared in Sudbury Bail Court on November 24, 2014, to answer to his charges.

Break and Enter - On November 20, 2014 at 2:00 a.m., two individuals wearing hooded sweaters to cover their faces, threw a cement block through the window of the LCBO located on Barber Street in Espanola, in an apparent attempt to steal alcohol located on the shelf just inside where the window was broken. The two suspects fled the area empty handed when the alarm sounded, but their actions caused \$1500.00 damage to the window.

At this time, there are no suspects in this break and enter, and police are asking anyone with information about the person(s) responsible, to call the Espanola Police Service at (705) 869-3251.

Breach of Probation - On November 14, 2014 at 10:30 a.m., the Espanola Police Service attended a residence on Arthur Court in Espanola, at the request of the Children's Aid Society. The society worker required police assistance in gaining access to a residence to check on the well-being of a child. She was denied access earlier when she questioned the female occupant about the identity of a male she had seen inside the residence.

Upon police arrival, the society worker and the police were permitted access inside the residence by the female occupant. Once inside, police identified the male seen earlier by the society worker as the estranged common-law of the female. He was bound by two Probation Orders to remain away from her. The male initially tried to lie about his identity, but was recognized by one of the officers from a previous incident. As a result, the 30-year old male was arrested and charged with four counts of Breaching Probation, contrary to section 733.1(1) of the Criminal Code, and one count of Obstructing a Peace Officer, contrary to section 129(a) of the Criminal Code. He appeared in Sudbury Bail Court November 17, 2014.

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



705-869-6883

email: around@aroundandabout.ca

Around&About is printed locally by OJ Graphix INC.

Nicky Lamothe - PUBLISHER

STAFF

Andrew Vondette - Layout-Sales-Graphic Design
Bill Leeney - Design/Website
Chloe Kneer - Sales/Correspondent
Vickie Trahan - Bookkeeping
Donna McDonald - Proof Reading
Aimee Dupuis - Production
Rayann Muncaster - Production
Connie Stephen - Production

Distribution by Pelletier Holdings & Around & About

The advertiser agrees that the Publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by that portion of the advertisement in which the error occurred.

There shall be no liability for non insertion of any advertisement. The publisher reserves the right to edit, revise, classify or reject an advertisement.

Ad space must be reserved Wednesday to be placed in the following week's issue. Copyright and/or property rights subsist in all advertisements and in all other materials appearing in this edition of Around & About. Permission to produce wholly, or in part, any part in any form whatsoever, particularly by photographic or offset process in publications must be obtained in writing. Any unauthorized reproduction will be subject to recourse in law.

Recipe

Hot Pizza Dip

- 1 package (8 ounce) cream cheese, softened
- 1 teaspoon of Italian seasoning
- ¼ teaspoon of garlic powder
- 2 cups of shredded mozzarella cheese
- 1 cup of shredded cheddar cheese
- ½ cup of pizza sauce
- ½ cup of finely chopped green pepper
- ½ cup of finely chopped red pepper
- Tortilla chips or breadsticks



In a bowl, combine cream cheese, Italian seasoning and garlic powder; spread on the bottom of a greased 9-inch pie plate. Combine cheeses; sprinkle half over the cream cheese layer. Top with the pizza sauce and peppers. Sprinkle with the remaining cheeses. Bake at 350 degrees for 20 minutes. Serve warm with tortilla chips or breadsticks.

Helping Hand Food Bank Collects Donations



The volunteers of the Espanola Helping Hand Food Bank were busy the week before Christmas collecting cheques and food donations to help area families through the holidays and into the new year. The Tim Hortons Smile Cookie campaign netted the food bank \$9,000. Espanola TD Bank delivered with a corporate donation of \$1,000 and D.L. Welding held its

annual Christmas party with guests bringing a food item as the price of admission. EHHFB President Susan K said, "What a great gift at this time of the year. It will sure go a long way to ensuring our sustainability at our current location." The food bank is open to clients on Wednesdays at 87 Centre Street in Espanola. Phone them at 705-583-3045 for information.

COMMUNITY NOTES

Christian Musicians Wanted – A non-denominational contemporary worship band looking for Christian musicians. Need bass guitarist and keyboardist. Call 705-665-3455. Email: BruceBirtwistleGODdrummer@yahoo.ca

VON Drivers Needed - To assist clients to their medical appointments. You will be compensated for mileage. Please call 705-869-3304.

Meat Roll-Offs - Espanola Legion Fridays at 7:00 p.m. and Saturdays at 3:30 p.m. Everyone is welcome.

Stomp Junior High - Grades 5-8 on Wednesdays from 7:00 - 8:30 p.m. at Queensway Pentecostal Church. There will be fun, games, prizes, friendships and life coaching.

Ride to Church Program - St. Andrew's United Church in Massey is offering rides for area residents to Sunday Service at 10:30 a.m. Call May at 705-865-3455 for more information.

Good Food Box - Fruits and vegetables available in large or small box sizes. Pick-up sites in Espanola (705-869-1700), Massey (705-865-2519) and Nairn Centre (705-222-3551).

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.**

Fax: 705-869-3342 or E-mail: around@aroundandabout.ca

It's Never Too Late To Start Saving Money



It is best if you can start saving early for your golden years because every little bit helps.

According to a national survey conducted for the Chartered Professional Accountants of Canada (CPA Canada), a significant number of respondents, aged 55 and older, find managing their personal finances a challenge. The survey found that 50 per cent of respondents appear to be meeting their monthly expenses with relative ease. However, one quarter of those surveyed are experiencing some level of difficulty. Respondents also were asked to forecast their financial situation in 10 years. Twenty-two per cent expect it to improve, 38 per cent anticipate it will be the same and 31 per cent predict their personal situation will deteriorate.

Kelley Keehn, author of CPA

Canada's A Canadian's Guide to Money-Smart Living, says the good news is that while there are obvious advantages to saving earlier, it is never too late to make financial gains.

With the expenses of child-rearing and the bulk of mortgages managed, Keehn says, "many individuals don't really start to save aggressively until their 50s and older."

With age, of course, comes wisdom.

Survey respondents were asked what they would have done differently to prepare for their later years. Saving more money was the top response cited by just under half (46 per cent) of the participants. Respondents were provided several options relating to turning the clock back and the next two most common wishes were making better investments (40 per cent) and taking better care of their health (37 per cent).

The telephone survey involving 1,022 Canadians was conducted between August 21 and September 2, 2014.

www.newscanada.com

Continued from front page ...

Happy New Year!



think small. Doing a complete diet overhaul, for example, will be extremely difficult. Try adding an extra serving of veggies or fruit per day to start. Once you've done that, make another small change.

yourself a treat now and then. Big results happen with small steps at a time by helping you not get discouraged when the extra twenty pounds it took you years to accumulate don't magically drop off in your first month at the gym. Keep these tips in mind this new year: think positively. Believe it or not, thinking positively can impact your success. Imagine yourself achieving your goal, then make the little changes necessary to do so. Which brings us to the next tip:

Finally: buddy up. Find a friend or co-worker who shares your goals and keep each other accountable (and company). Even if you can't find anyone to share in your changes, at a minimum, let someone else know. Simply telling someone will help you stay on track.

When all else fails, remind yourself that Valentine's Day is only a month and a half away, then you will have another excuse to indulge in tasty treats. Happy New Year!

SPACES AVAILABLE!
Sacred Heart Daycare Centre
 Financial Assistance is available for those who qualify
 For more information, please call
705-869-3171
www.ourchildren-ourfuture.net

BELL • BOOTH • SIRKKA • FABRIS
OPTOMETRISTS

Espanola Mall
Little Current Hospital

705-869-2030
705-368-3245

your eyes deserve an optometrist®

The Canadian Association of Optometrists
opto.ca

THERE'S NO PLACE LIKE HOME FOR THE HOLIDAYS!

Wishing You a Merry Christmas

GIANT VALUE. GIANT SAVINGS
GIANT TIGER
 YOUR ALL CANADIAN FAMILY DISCOUNT STORE

Thank you for supporting us the way you do. See you in the New Year

DECEMBER HOURS:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 am ²⁸ - 5 pm	8 am ²⁹ - 9 pm	8 am ³⁰ - 9 pm	8 am ³¹ - 5 pm	CLOSED ¹	8 am ² - 9 pm	8 am ³ - 6 pm