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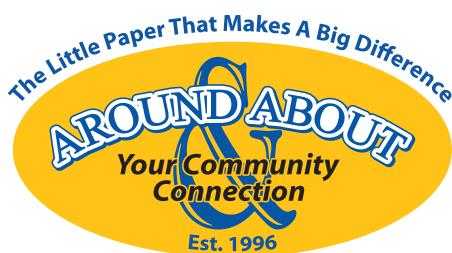
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May 20, 2014 Issue 20 - Volume 18

Support For Growing A Healthy Baby



Pregnant? Excited? We bet you've got a lot of questions, so why wait? Register for prenatal classes with the Health Unit as soon as you know you are pregnant! The Sudbury & District Health Unit and Espanola Family Health Team would like to invite you to a free prenatal class on June 7, 2014, between 9:00 a.m. and 4:00 p.m. at the Espanola Family Health Team. To register, please call 705-222-9202, ext. 258.

The prenatal class is designed to provide you with current and accurate information about pregnancy and caring for a newborn.

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Continued on page four...

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Monica Lewinsky is back in the news. As an intern at the White House in the mid 1990's, she became the most famous "other woman" in U.S. history. (In France where one mistress is not enough for the president, she would have to be demoted to the "other woman's other woman.")

Monica has written an article about her notorious liaison with then-President Bill Clinton for the upcoming issue of *Vanity Fair*. Excerpts of the magazine feature have gone viral as well as topping the evening newscasts of every major American TV network. There is so much interest in Monica Lewinsky's story that Wolf Blitzer interrupted his non-stop, 69 day coverage of Malaysian Air Flight #370 now widely believed to be at the bottom of the Atlantic Ocean.

Monica's *Vanity Fair* feature will appear just days before Hillary Clinton's memoir hits the book stores. The title of Hillary's book is *Hard Choices* which will now generate more bad jokes than I have room for in this column.

Monica's titillating and personal feature about her sexual affair with the famous president will hopefully be read by 6,640,000 Americans so that ... they will finally leave her alone. If the magazine piece does not work, she's planning to perform in a one-woman, musical on Broadway to get people to stop noticing her.

Her payoff line in the article is "It's time to burn the beret and bury the blue dress." Well, now she wants to destroy it all! Back when it was about to be introduced as evidence in President Clinton's impeachment process, he wanted to burn that stuff and she wanted to keep it!!

The thrust of the article appears to be her beef with American feminists who

failed to support her when the scandal broke publicly. Feeling she was sexually exploited by her presidential boss, Monica expected Betty Friedan and Gloria Steinem to come out against this sort of workplace misdeed. The woman has a point.

At the time the details of the affair - the cigar, the blue dress and the impeachment report - unleashed a torrent of lewd humour aimed mostly at the intern. All things being unequal as they were then and still are now, Bill Clinton comes away looking like an aging lothario and Monica Lewinsky is stuck with the curse of being "a little bit nutty and a little bit slutty." There's still no male equivalent for word "slut" in today's dictionary.

Bill Clinton, on the other hand, was able to weather the scandalous storm with great moral support from Jesse Jackson. Unfortunately when Jackson showed up at the White House with his girlfriend and staffer who happened to be pregnant with the married reverend's child, the word 'moral' took a bit of a public flogging.

Let's hope that a few nasty remarks from the Clintons and a couple scathing reviews from critics is the worst that comes of all this media attention. The last time Monica Lewinsky was in the news, President Clinton, in order to get her off the front pages of American newspapers, fired off a couple of cruise missiles that destroyed an aspirin factory in Africa. I'm thinking if the intern's story doesn't fade away real soon, when Hillary becomes President of the United States, she'll do the same thing only this time Monica Lewinsky will be strapped to one of the cruise missiles.

Political pundits believe Monica's *Vanity Fair* piece may be the best thing that could

Continued on page three...

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Continued from page two...

happen to Hillary Clinton's upcoming bid for the presidency in that it will get that issue out of the way and forgotten by the time Americans go to the polls. In a very recent interview, Hillary had referred to Monica as a "narcissistic loony toon." Now, short of a retraction Hillary could simply say that although she did use those words, she was actually referring to Vice President Joe Biden. Nineteen years ago the Bill Clinton/Monica Lewinsky scandal set the record for bad and salacious presidential jokes. I was the senior writer for Pets Magazine back then and I did not participate in the journalistic orgy of lascivious laughs. Because at that same time, the Clinton's were about to have their beautiful chocolate Lab named Buddy fixed which I thought was a much better story. Steering clear of the standard risqué gags being written by other columnists, I asked one simple question. With all the sex going on in the White House, how come they're neutering the dog???

I mean Buddy didn't do anything or anybody that we know of. My best guess was that any slanderous or scandalous innuendo surrounding Buddy must have come from Socks, the cat.

That column became a chapter in my book *The Dog Rules (Damn Near Everything!)* I actually set the scene for Buddy's impending sterilization in which Hillary has him on a leash, both of them sitting nervously in the waiting room of a Washington veterinary clinic. Highly emotional, and still smarting from the affair, Hillary looks into the dog's eyes, has this grand epiphany and suddenly screams: "My God! I brought the wrong one!"

I can only imagine what Bill Clinton's eight years in the presidential office would look like if he'd been neutered before his first term. I sometimes wonder aloud if his stature in American history could have been enhanced by avoiding the whole sordid affair in the first place. If only he'd listened to that little voice in the back of his head that said: "Hit that thing with a gavel or something, Bill! Nobody's going to believe she keeps coming to the Oval Office to deliver pizza." Minus the Monica Lewinsky scandal, President Clinton's mug goes up on Mount Rushmore.

For comments, ideas and copies of *The Dog Rules - Damn Near Everything!*, go to www.williamthomas.ca

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Celebrating Mental Health Week



Photo: Melissa Anderson, Jodi Hickey, Aimee Tremblay and Kelsey Weisner hosted a booth at the Espanola Mall for Mental Health Week. The colouring contest for the above prize continues until May 23 at 90 Gray Street, Espanola. Stop by with the kids for a chance to win.

Mental Health Week was May 5 – 11 and to celebrate and bring awareness to the issues of mental health in children, youth, and adults, several agencies worked together to host a booth at the Espanola Mall. They offered colouring and jelly bean counting contests, games, and prizes and lots of information. There are many ways to seek help if you feel you or your child could benefit from the many services offered in Sudbury-Manitoulin.

In this area alone, one in five children and youth need help. Of those who seek assistance, there is a seventy-five percent

success rate. The Children's Community Network (CCN) is a great place to start, as they are the central access (intake) point for most of the services and programs in the Sudbury and Manitoulin District. In addition, the Sudbury and District Health Unit and Health Sciences North offer programs to help individuals and families with a variety of concerns, including positive parenting, mental health and addiction services.

For information and to find out which agency will best assist you, call the rural intake staff in Espanola at 705-869-1564.

Continued from front page...

Support for Growing a Healthy Baby

offering you a place to ask questions, gather information, and socialize with other pregnant women and their families.

You'll also get answers to any questions about pregnancy through fun and interactive activities and videos on breast feeding, nutrition, physical activity, infant safety, infant care, labour and delivery, relationships and much more. We also know that support is very helpful during pregnancy, we encourage you to bring your partner, friend, or a family member with you! And, there's no cost to you. Classes are FREE.

If you are unable to attend the June class, there is another class scheduled for September

6, 2014. The Sudbury & District Health Unit also offers a free online program.

The eLearning prenatal program is also a great alternative if you cannot make it to the group class.

Online you will learn about pregnancy, labour and delivery and newborn care and if you have questions, you can contact a Registered Nurse on weekdays between 8:30 a.m. and 4:30 p.m. It's also great if you want to learn at your own pace.

To register for the course, you will require a code. Please call 705-222-9202, ext. 258 to sign up!

Being pregnant can be one of the most exciting times of your life. Let us help you make the most of it.



Espanola & Area

Family Health Team

Free Prenatal Class

Join us and the SDHU June 7, 2014 from 9am - 4pm to learn all about prenatal care, the big day, infant care, and more. Lunch will be provided.

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Sharing The Road: Spring Cycling Safety

Spring has arrived and the warmer sunny weather is finally upon us. This means that outdoor enthusiasts of all ages are enjoying their favourite activities. Cyclists are now shining up their bikes and will be using the city streets and area trails. It is important for cyclists and motorists alike to keep safety in mind when on their travels this summer. Here are a few things to remember:

Motorists:

- Motorists must allow cyclists a safe space to ride on the roadway, as a bicycle has the same rights and responsibilities when on the road. Keep in mind that a cyclist may have to use more of the road if the right portion of the roadway is very rough, has potholes or sewer drains.
- Do not honk your horn at a cyclist unless you are doing so for safety reasons. This could startle the person riding the bike which could cause them to lose control of their bicycle and crash.
- If you decide to pass a cyclist, ensure that you pass in a safe place that will allow you to overtake the rider without forcing them off the road. It is also wise to reduce your speed as you pass by to avoid startling the person riding their bike.
- Use a little extra caution and drive defensively when travelling through residential areas or near schools. Younger riders may dart out onto the street suddenly from the school yard or driveway. It is also a good idea to keep an eye out and reduce your speed where city trails intersect with the street—just in case.
- Intersections are a common location for collisions between vehicles and cyclists. Be aware of this when you approach a controlled intersection.

• When making a right turn, check your mirror to ensure that there are no cyclists in your blind spot or attempting to go by you on the right. Also, if you plan to make a right turn do not pass a cyclist and then turn right suddenly in front of them as they may not be able to stop and you may strike them.

Cyclists:

- Do regular inspections of your bicycle to make sure that it is in proper working order. A properly maintained “ride” will get you where you need to go without a hassle and is much safer.
- Make sure that your bike is the correct size for you. A bike that is not the right size for you is difficult to control and generally not comfortable to ride anyways.
- Wear a helmet! Helmets are mandatory for all riders under 18 years old and are just common sense. Helmets must also be fitted and worn properly. The “2-4-1”

rule applies. It only takes one fall off your bike to cause an acquired brain injury. Do your part to avoid becoming a statistic.

- Obey all traffic laws. Cyclists must obey the same traffic laws as any other vehicle on the road. Be a responsible rider.
- Be aware of local bylaws regarding riding on the sidewalk as this may not be permitted in your community. Also get off your bike when using a crosswalk at a controlled intersection.
- When riding on the street, ride as close to the right side of the road as safely possible. Generally 1 metre is the rule of thumb. You should allow yourself enough room to move to the right without hitting the curb if a vehicle crowds you. When riding in slower traffic, do not pass a vehicle on the right. You are required to follow behind the vehicle in front of you. Passing on the right is an offence and is dangerous and a vehicle that is turning right may not see you.
- Scan the road ahead for potholes, sewer grates or other road hazards. This will allow you to safely take the space you need to stop or move around the hazard. Do not swerve suddenly as you may lose control of your bike or be struck by a passing vehicle.
- Signal your intentions. If you must move out into traffic, change lanes, stop, or turn; use the proper hand signals to let others know where you are going. This is required by law.
- Ride in single file on the roadway and allow enough space between you and the bike ahead of you.
- Do not take a passenger on your bike...period. This is extremely dangerous as you dramatically reduce your ability to manoeuvre your bike safely. It is also illegal unless the bike is designed for two persons.
- Wear bright clothing and be visible.
- If you plan to ride at night, you are required to have a working headlight and a tail light on your bike. This will help you to be visible and to see where you are going.

• Very young riders should be properly supervised. Children under 10 years of age do not have the decision-making skills to judge speed and distance that adults have. A parent should be riding with their children. It is also important to teach your children how to ride their bikes safely and make them aware of the rules.

Cycling is one of the most enjoyable ways for families to spend time together and enjoy the outdoors. Cycling safety is the responsibility of everyone who uses the streets, roads and highways. Let's all do our part to keep it safe and fun.

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Shearing - It Ain't Just For Sheep



(Above) Jim Olding from Massey sheared alpacas at the Dare2Dream Alpaca Farm in McKerrow Saturday, May 10. The day started early, with a brief orientation on the day's events and what to expect for all in attendance.

There were five men at the shearing table and five women at the skirting table. Lorna Masters from St. Joseph Island provided guidance and insight with her wealth of knowledge about fleece sorting. The material will be used as fleece, yarn, and other alpaca products.

How long does it take to shear thirty alpacas? It was a full eight hour day before the task was complete. The “naked” alpacas are seen resting below.



Espanola OPP Police Beat

FLEEING ATV DRIVER INVOLVED IN COLLISION

On May 11, 2014, at 8:30 p.m. officers from the Espanola Detachment of the Ontario Provincial Police (OPP) were conducting patrols on Highway 17 in Webbwood when they observed an all-terrain vehicle (ATV) travelling at a high rate of speed. The ATV was seen to turn onto Highway 17 from Mary Street.

Officers attempted to stop the ATV as it continued to flee onto the side roads in Webbwood, but the driver failed to stop. As officers were about to terminate the pursuit, the driver hit a bump, lost control, rolled over and was ejected.

The male driver was treated for minor injuries at the scene. The driver, Trevor Charron, age 21, of Sables-Spanish Rivers Township was charged with offences contrary to the Off-Road Vehicle Act as follows:

- Fail to Apply for Permit on Becoming Owner
- Use Unauthorized Plate
- Fail to Stop - Flashing Red Light

Officers would like to remind riders to always operate their machine in a safe and responsible manner. Inexperienced riders operating a borrowed machine may drive beyond their capabilities with catastrophic results.

Recreational ATVs are meant to be enjoyable but these machines should never be considered toys. Safety equipment, proper clothing and footwear are recommended and an approved motorcycle helmet is required by law.

In The Loop

Casting a vote in Canada is a democratic right. Espanola's municipal election will be held in October 2014. On January 28 2014 Council unanimously voted to discontinue the traditional method of voting and to adopt a new "Vote by Mail" system.

We fully respect this decision.

In February of this year, the Espanola Citizen group filed a Freedom of information request for the following:

- How and when will residents be educated on the new procedure? A detailed timeline is requested.
- How will Administration ensure that all eligible residents have received the required voting material? This includes residents not on 2010 voter list, residents new to this municipality, residents who have changed location within the municipality, and residents turning 18 on or before October 25, 2014.
- How will Administration ensure that former residents have not been mailed voting packages?
- Where will the poll be for those who wish to vote using the traditional method?
- How will these traditional votes be tabulated?

Our reason for requesting this information was simple...to see the process that is in place to ensure that all eligible residents will understand this new approach and be assured they would receive Vote by Mail packages. Unfortunately, we were unable to get any information until May 13th. This is when Administration finally made public how the new procedure will work.

Vote by Mail is a very different process than the one residents have been using for decades. There will be no traditional polling station and the responsibility falls on YOU to make sure that you are on the voter list and meet the mail-in voting deadlines. The guarantee that all eligible voters in Espanola understand exactly what must be done to have their vote count and that they receive correct, complete and up-to-date Voter Packages is Council's responsibility. It should not be the other way around. Espanola residents expect no less.

Richard Ellis, executive member
Espanola Citizen Group

Note: The views expressed in *The Loop* are that of the Espanola Citizen Group alone and do not necessarily reflect the views of Around&About.

Espanola Offers Business Improvement And Development Incentives

Espanola businesses in the downtown core and Highway 6 corridor can now access business improvement and development incentives thanks to Espanola's new Community Improvement Plan (CIP). The CIP is a planning tool that establishes a framework for achieving community improvements to rehabilitate and revitalize priority areas. The Community Improvement Plan provides municipal incentives to stimulate private sector investment to develop and revive the downtown commercial core and Highway 6 corridor. The plan will also serve to encourage multiple residential development to create more affordable and senior housing options. Building and site improvement programs include grants to assist with façade, signage, accessibility, architectural/engineering design,

parking and landscaping. Municipal fee reductions and tax increment grant programs are also available to encourage building and development. "The Community Improvement Plan affirms Council's commitment to revitalization and development," says Mayor Lehoux. "Espanola is business ready, we have no development fees and now with the addition of our Community Improvement Plan we can squarely say that we are committed to retaining, improving and growing our business base." Applications will be reviewed on a first come first serve basis and accepted until the budget for the year is exhausted and then reactivated again the next budget year.

For information and applications find the "Invest Here" tab at www.espanola.ca

Spring: Here to Stay?

By Grant Lewis - Is Spring really here? Must be! The garden centres in town are up, some plants have arrived, the long weekend has come and gone. But a sure sign of Spring is the annual plant sale put on by the Espanola Horticultural Society. We know spring ... The plant sale is a golden opportunity to ask those spring questions. What plants are suited for our zone? How much sun do they need? Do they spread? How about water? When do they bloom and what colour are they? These and a myriad of other questions can be answered. After all, we have our handy books to help if we get stuck. The plant sale is always a popular spring event. The plants are healthy and the prices are great. Many of us

have been dividing to improve the health of our plants. So there is a large variety of plants that are hardy and ready to become part of your garden. Keep Saturday, May 31 open for your plant-buying spree. Doors open at 8:00 a.m. at the Espanola Complex on the ice surface. I strongly suggest you get there early as most of the 'good stuff' is gone by 8:30. If you have plant divisions to donate to the sale, please drop them off at the complex on Friday, May 30 at 6:00 p.m. Drive around to the arena entrance and someone will be there to help. You never know, a part of your garden may end up in your neighbour's! So bring any questions you may have on plant mildew, slugs, lily beetles, mould etc. We'll see you there.

**Have a story or pictures to share?
Email: around@aroundandabout.ca**

Get Ready To Boogie: Gold Medal Curler Brad Jacobs Carrying Special Olympics Torch Through Espanola



Photo: The Boogie Rush Mud Run committee, headed by Renee Lalonde, seated, middle front and Ed Stortz, back row, 5th from left.

"Let's Get Ready to Boogie!" The first annual Boogie Rush Mud Run to benefit Special Olympics is less than two weeks away. The fun run/obstacle course takes place Saturday, May 31 at Espanola's Boogie Mountain Ski Hill. With nearly 400 participants registered and \$8700 currently raised, the event is taking shape to be a huge success.

Must you be in world-class shape to complete the mud run? No, but every bit of training you've done up to now helps... unless of course you are just attending for the after party, which will likely be every bit as wild as the run itself.

Boogie Rush is a 5 km mud run fund-raiser for the Ontario Law Enforcement Torch Run which supports Special Olympics. It is similar to some other, established runs such as Miner's Mayhem, Tough Mudder, and Warrior Dash, but for now is a smaller course. Event organizers Renee Lalonde and Ed Stortz say this will be perfect as a warm up for those bigger events.

There will be a free shuttle bus provided to and from designated parking areas as well as from the ski hill to the starting line. The schedule is as follows: kids run 9:00 – 10:00 a.m. (arrive an hour early to register for the day and receive their bibs); Special Olympians run 10:00 – 11:00 a.m.; adult waves start at 11:00 a.m. (arrive at least an hour early for registration and transport to the start location). Afterwards, there is a licensed beer garden. The band NUIT will be playing, along with a couple of DJ's. Transportation will be available until 2:00 a.m.

Organizers strongly suggest bringing your own chair for the day. Registration costs are as follows: adults are \$55; ages 14-17 are \$40; ages 6-13 are \$10 (mini course).

Checkout the official website at: guardiansoftheflameendurance.com or if you have questions or just want to volunteer, please contact Renee or Ed at boogierush@hotmail.com



Sault Ste. Marie gold medal curler Brad Jacobs, above, will escort the Special Olympics torch through Espanola this Thursday. Everyone is invited to come out and welcome Jacobs as he assists in helping the torch make its way across Ontario. Jacobs will be joined by various police services, including the Espanola Police and the local OPP. Just a little over a week from the time the torch comes through, the first annual Boogie Run Mud Rush, benefitting Special Olympics, takes place in Espanola. If you would like to participate, be at the Espanola Municipal offices at 11:00 a.m. Thursday, May 22.



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ESPAÑOLA
ANIMAL HOSPITAL

SETTING THE STANDARD OF CARE



Heartworm, Tick and Flea Season is Here.

This is a Reminder to our clients that heartworm, tick and flea prevention starts soon. Due to the rapidly increasing prevalence of these and other parasitic diseases we are strongly advising clients to ensure their dogs are protected. Please call the hospital to arrange to pick-up your dog's meds anytime at 705-869-0090.

Phone: 705-869-0090

Fax: 705-869-0092

**138 Tudhope St.,
Espanola, Ont
P5E 1S6**

Boogie Rush Law Enforcement Torch Run
A 5 km "Mud Run" to raise money for the Special Olympics Torch Run.
May 31st, 2014 at the Boogie Mountain Ski Hill in Espanola, ON
www.guardiansoftheflameendurance.com



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FOR SALE

FOR SALE - Brand new wheelchair lift for car, worth \$1500, asking \$1000 or best offer. 2004 Buick Rendezvous, excellent condition \$3995 with mechanical. 705-869-3707. 06/20

FOR SALE - Danby window air conditioner, 15,000 BTU cools approximately 700 sq. ft., Energy Star rated, comes with remote control. Call 705-521-3077. TFN

HAY FOR SALE - 4' X 5', excellent quality, for cattle or horses. Phone 705-869-2031 or cell 705-822-9030. 05/20

BUSINESS FOR SALE

FOR SALE - NEW PRICE - Ferment on premises business for sale due to health reasons. Pat's Vineyard for sale, for more information call 705-862-7772. 06/10

BINGOS

MASSEY AREA MUSEUM BINGOS - June 2 at the Massey and District Arena. Doors open at 6:15 p.m. Bingo starts at 7:00 p.m. \$1775 in cash prizes. 06/03

CARPOOL

LOOKING TO SHARE A RIDE TO NEW SUDBURY - Monday - Friday, leaving Espanola area between 7:30 a.m., departing Sudbury between 4:45 p.m. Call 705-918-0257.

SERVICES

CHIMNEY CLEANING — Over 20 years local experience in cleaning, repairs, and installations. For your security, have your chimney cleaned and checked today. Call Larry at 705-844-2878 and book your appointment. 7/8

BACKHOE FOR HIRE — Complete backhoe services: foundations, culverts, driveways, snow plowing, septic. 30 years of experience. Call Steve or Gerry 705-869-5387 or 705-862-0756. 06/10 - R

LAWN BOYS — Booking now for summer. Most lawns \$35. Senior discount 15%. Call 705-869-0005 TFN

WHOLE HEALTHCARE BODY TALK — Tune up for \$30! See Sherry at In Touch Chiropractic Wellness in Espanola. Turn your body's circuit breakers back on. Call/text 705-863-2612. 05/20

SERVICES

TOTAL HOME MAINTENANCE — Lawn care services, roto till garden, clean gutters, small paint jobs. Call for appointment. 705-583-2448, or cell 705-862-1186 06/24 - R

PHYSIOTHERAPY — offered by Marilyn Wittmann. Located at Physio Moves in the Espanola Hospital. 705-988-3737. Visit www.physiomoves.net for services, rates, and hours. WSIB and MVA accepted. Acupuncture available. 06/10 - R

ESPAÑOLA SELF STORAGE — 6x8 and 8x10 Storage Units available in Espanola. Located behind the car wash. Call 705-869-8405. 06/10 - R

MASSAGE THERAPY & ACUPUNCTURE — by Cheryl Van Allen, R.M.T. Therapeutic and relaxation massage. \$80 one hour, \$47 half hour. Senior and student rates available. Located at the Pinewood Motor Inn. 705-869-3460. 06/17 - R

APP COMPUTER SOLUTIONS — Complete computer repairs - virus, Trojan, and spyware removal - tuneups & system reloads - software & network installations - hard drive and memory upgrades available. Call 705-869-5757. 06/24 - R

FOOT CARE CLINICS — May 27 in Massey. Call Nancy Bishop, Registered Practical Nurse, at 705-865-2623 to book your appointment. Gift certificates available. Home visit available. Also registered with Veterans Affairs. 05/20

HOUSE FOR SALE

WATER FRONT HOME — on Clear Lake behind the ski hill. 1000-E Bass Lake Rd. 5 acres, 700 ft frontage. 3 + 1 bedrooms. Comes with stainless steel appliances, washer, dryer, pontoon boat, riding lawn mower and 25 ft travel trailer. \$379,000. Call 705-862-7409. 05/20

FOR RENT

FOR RENT — Available June 1. 2 bdrm 1 bath with Jacuzzi tub. 20 Main St Webbwood. \$800/mo util included. Also available, 3 bdrm 2 bath, fenced yard, 18 Main St Webbwood. \$800/mo plus util, or \$1200/mo util included. Call Don 705-207-4737. 05/27

FOR RENT — 2+2 bedroom home. Appliances included. Partial furnished. 2 full bathrooms, 1 powder rm. \$1360. Available July 1. 705-863-0900. 5/20

FOR RENT — 3 bedroom, half of a duplex in Espanola. Available June 1st. \$800 plus utilities, call 705-863-0900 05/20

FOR RENT — New office space (760 sq. ft) available in KFC Plaza, Espanola. Excellent location. Call 705-869-1742 05/27

DEATH NOTICE

COE — Richard Coe of Espanola passed away at the Espanola Regional Hospital on Sunday, May 11, 2014, in his 74th year. Beloved husband and best friend of Dawn (nee Gladden) of Espanola. Dear son of the late Grant and Jane (Dale) Coe. Loving father of Richard Jr. and Cheryl Morin (husband Robert) both of Espanola. Will be sadly missed by grandchildren Sean and Avery. Dear brother of Dale Coe (wife Margaret) of Omemee, Marjorie Somerville (husband Blake, predeceased) of Cobourg, Roy Coe (wife Beverly) of Oshawa, Ron Coe (wife Janine) of Bowmanville, Jim Coe (wife Wendy) of Brighton, Anne Henderson (husband Robert) of Port Colbourne, Barbara Forbes (husband Kim) of Sault Ste. Marie, and Sharon Howes (husband John, predeceased) of Pickering, and the late Don Kenwell and George Coe. Dear brother-in-law to Frank Gadden (wife Margaret) of Cobourg and Jennifer (Winkie) Lloyd (husband Douglas) of Cobourg. Also survived by numerous nieces and nephews. Richard and Dawn had been married for 51 years. By family request, there was no visitation or funeral and cremation took place immediately.

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DROP BY OUR ESPANOLA LOCATION FOR AN ON THE SPOT
INTERVIEW MAY 27, 2014 3PM TO 6PM

Please bring resume

Recipe

The following recipe was requested recently and even though I have put it in the paper before I have decided to repeat it since it's the time of year when we get together more often for barbecues and potlucks. My Grandma always made it for family functions because she knew it was my favourite. People are leery sometimes because it's made with sour cream but after it has chilled and the flavours have blended, you will forget that it's made with sour cream. It becomes a sweet, creamy, tropical delight. It's called a "salad" but I have always saved the best for last and eaten it as a dessert.

Grandma's Marshmallow Salad

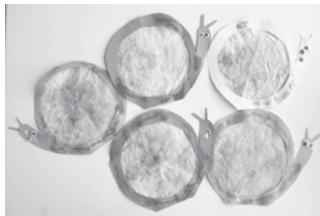
- 1 cup sour cream
- 1 small can mandarin oranges, drained
- 1 cup coconut
- 1 cup mini marshmallows
- 1 cup pineapple tidbits or crushed, drained

Mix all ingredients together and refrigerate for the day (at least 4 hours) or overnight before serving.

Kids Korner

Coffee Filter Snail Suncatchers

- construction paper
- coffee filters
- markers
- glue or double stick tape
- scissors
- googly eyes
- water
- eye dropper or small cups
- glitter glue (optional)



Start by colouring the coffee filters with the markers. Add water using an eye dropper or a small cup with a small amount of water in it if your child would rather pour it on. Let the filters dry. If you need to speed up drying time use a hair dryer on low. Cut out snail frames from the construction paper. Use a coffee filter as a guide for the center circle. Make sure the snail is smaller than the coffee filter so you can tape the filter on. Using double stick tape or glue attach the coffee filter onto the back of the frame. Glue on eyes. Add glitter to your snail if you wish. Cut out antennas from scrap paper and tape them on. Tape your snail to a window to allow the colours to shine.

Mother May I now has her own e-mail address!
If you'd like to share a recipe, life tip, or craft idea, or have any questions, you can email me at:

mothermayi@aroundandabout.ca



COMMUNITY NOTES

Spaghetti Supper – Sacred Heart School, Wednesday, May 21, hosted by the grade 7 class to fund-raise for their class trip this summer.

Fish Fry – Espanola Masonic Lodge, Saturday, May 24 from 4:00 – 6:00 p.m.

Queen Victoria Birthday Tea – Saturday, May 24, hosted by the Massey Area Museum at the Massey Legion from 2:00 to 4:00 p.m. For more information, call Florence Erickson at 705-865-2843 or Carolyn Hein at 705-865-2266.

Fair and Craft Sale – Beaver Lake Sports and Cultural Club, Saturday, May 24. If you're a crafter and you are interested in renting a table, call Eija for information at 705-866-1506.

Espanola Curling Club Annual General Meeting – Monday, May 26 at 7:00 p.m.

Next Community Luncheons - May 27 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 am to 1:00 pm. NO CHARGE. Everyone Welcome.

Royal Canadian Sea Cadets First Annual Review – Wednesday, May 28 at the Espanola Complex, seating at 6:30 p.m., ceremony starts at 6:45 p.m., all welcome.

Good Food Box - Save money on fruits and vegetables. Large (\$17) or small (\$8) available. Call the Queensway Pentecostal Church to order. 705-869-1700.

Knight Cruisers 12th Annual Cruise-In – In Espanola May 31 from 9:00 a.m. – 3:00 p.m. at the track and field beside the Espanola Complex. For more info call 705-869-4757.

Espanola Horticultural Society General Meeting – Monday, June 2 at 7:00 p.m. at the Pentecostal church. Our guest speaker will be the ever entertaining Mike Meeker. Everyone welcome.

Sables-Spanish Rivers Fire Department Fund-raiser Yard Sale – Saturday, June 7 from 8:00 a.m. – 1:00 p.m. at the Webbwood Fire Hall. Proceeds to the purchase of a fire safety training trailer for the community.

Massey Family Fun Day - June 7 at the Massey Arena 10:00 a.m. to 4:00 p.m. Events and activities for everyone and a BBQ. All money raised goes towards the Massey Arena Betterment Funds.

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

YARD SALES

Community Living Espanola's Annual Yard Sale - Friday, May 23 and Saturday, May 24, 9:00 a.m. - 2:00 p.m. at The Craft House, 345 Centre Street, Espanola. Rain or shine. (no early birds please)

Yard Sale - 48 Young Street, Webbwood, Saturday May 24 from 8:30 a.m.-2:00 p.m.

Seniors' Yard Sale – Espanola Seniors Drop-In Centre, Saturday, May 24. Buy your table for \$5 and keep all the money from your sales. 9:00 a.m. – 2:00 p.m. Set up is the night before.

FCF Yard Sale - 376 Albert Street, Espanola, May 24 8:00 a.m. - ? Plants, baking, and more.



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Espanola Regional Hospital and Health Centre Emergency Department Redevelopment

OPEN HOUSE TOURS



espanola
regional hospital and health centre
hôpital régional et centre de santé
d'espanola

The Day Has Finally Arrived!!

The Board of Directors, of the Espanola Regional Hospital and Health Centre (ERHHC), would like to invite all the residents of our community to join us for an open-house to view the first phase of our new Emergency Department (ED). After three-years of planning and construction, our ED Redevelopment Project is near completion.

Serving the citizens of Espanola, Sables-Spanish River, Laird Hyman, Baldwin and visitors to our area, we think you will be pleased to see what we were able to accomplish with funding that was provided by the Government of Ontario and local citizens and businesses, through donations and fund-raising.

We are extremely proud of our achievements and ability to provide quality care to area patients in a new “state of the art” space that exceeds provincial standards. We want to share this excitement with all area residents.

Please join us on **Friday May 23, 2014, between 3 and 5 PM**, for guided tours of the new space. When you arrive, follow the directional signage to the new Emergency Department entrance.

After this date, we will not be able to provide tours to the public due to patient privacy requirements.



We hope you can join us for this very momentous occasion!

The Board of Directors