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November 4, 2014 Issue 44 - Volume 18

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Municipal Election Results



By *Chloe Kneer* – Election season has drawn to a close and area municipalities have chosen their mayors and councillors for the next four years. Espanola chose to use a Vote by Mail system this time, and, as a result, voter turnout was up by 4.5% over the 2010 election to 61.47% of eligible voters casting a ballot. In a contentious campaign, during which the building a new fire hall, whether or not to obtain a police service costing from the OPP, and property taxes were the hot-button issues, it seemed the town was heavily divided between the old-guard incumbents and a crop of new and not-so-new candidates (as they had served on council in years past). When the votes had been tabulated, Mayor-elect was Ron Piche, edging out incumbent Jill Beer by 172 votes (1,187-1,015). Jeff Lapierre finished a distant third in the mayoral race with 232 votes. Piche had run against Mike Lehoux in 2010 and was narrowly defeated. For this election, Piche and group of others created what they called a “slate” to run. “Residents First” seemed like

Continued on page six...

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Espanola Helping Hand Food Bank News

Wow! What a supportive community. The shelves have been replenished at the local food bank through your efforts and those of the Lion's Club, the Rivermen, and Veteran's Transport. We depend on the collections from food drives to assist local families. A huge thank you goes out to everyone for your generosity.

Other group activities that have benefited us include Franco Onest's outdoor sleep, Giant Tiger's grocery bags, and the Seniors Step-a-Thon held at Queensway Place. Thanks to all who took part and contributed.

Remember the Food Bank will be running the Meat Roll-off every Saturday in November. Come out and try your luck. Also, look for volunteers in the Santa Claus Parade on November 22nd.

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“Creeky The Clown” - Gone But Hardly Forgotten

Could there possibly be a better name for the world's oldest clown than 'Creeky'? I don't think so. Funny thing is, the nickname did not emanate from his arthritic knees or his achy, breaky back. Floyd "Creeky" Creekmore was 98 when he passed away last month at his home in Billings, Montana. Honored to be listed in the Guinness World Records as The World's Oldest Performing Clown, Creeky was still making 'em laugh at 95 years of age.

A former cattle rancher, he traded the saddles and spurs for the rubber nose and orange wig in the 1980's and he never looked back ... except for that time the lion got loose and mistook Creeky for a slow-footed but tender gnu.

Creeky was a juggler and a magician and as such quite adept at tying two scarves together and suddenly separating a very surprised woman from her brassier. A kind man, Creeky disliked only one group of people - feminists; because they didn't wear bras which always ruined the trick. Creeky cut back considerably on circus appearances after his 96-year-old wife Betty passed away. It's likely Betty fell for the whoopee cushion trick over three thousand times. Her nickname was 'Betty The Boomer.'

Creeky joined the Shriner's Circus after he gave up the farm, performing in big top acts, making personal appearances,

electrifying kids' parties and walking thousands of miles in Shriner parades to raise money for hospitals. The man with the white face and red lips liked to say he ran away with the circus when he was twelve but the police made him bring it back.

Creeky's gone but hardly forgotten and I can only imagine what the funeral of the world's oldest clown would look like. Outside the funeral home the American flag would be flown at half-mast just like the zippers of all the clowns who attended. Approximately 150 professional clowns would attend Creeky's funeral and they would all arrive in the same hearse. Mourners would give them a standing ovation for the best clown car stunt ever! Creeky would have been given a crazy and colourful sendoff complete with a "21 Honk! Honk! Salute."

At the end of the tribute a loud explosion would send Marvin The Human Cannonball flying high and inelegantly over the funeral procession. This would be the highlight of the burial ritual until it ended badly in a death spiral at a Tim Horton's Drive-Thru four blocks away.

Inside the funeral home Creeky would have been sealed inside a closed coffin right up until Mandrake The Magician found a way to open it in under ten seconds.

Continued on page three...

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Join the Registered Dietitian at the Elk's Hall on
November 17th from 9:45-10:15 a.m. to discuss
Holiday Nutrition Survival Tips.

705-862-7991

Continued from page two...

They struggled and Lord knows they meant well but the fact is the coffin with Creeky inside would crash to the ground several times when several of the clown pallbearers tripped over their floppy shoes.

There wouldn't have been a wet face in the whole place because each person had just one tear drop painted under the eye. Real tears make the face paint run so no, crying is not allowed at the funeral of a clown.

It's just as well nobody cried because at the beginning of the funeral service Binky The Clown had already made over 100 hankies disappear.

The younger performers in the crowd of mourners were told they had big shoes to fill but really when it comes to replacing clowns, who doesn't? It would be the only funeral in recorded history where two guys on unicycles were chased around the funeral home by a St. Bernard wearing a tight-fitting dress.

Somewhere in the funeral home a diminutive fortune teller named Esmeralda would mysteriously disappear prompting the public address announcer to warn guests that there was a small medium at large.

A mime delivered Creeky's eulogy. It went on for three

days.

Creeky had been a dedicated clown. He wore polka-dot pants and a pointy hat, a bow tie and really loud socks so his feet wouldn't fall asleep. He'd suffered all the bad jokes that come with the bulbous nose and the long eyelashes - "What's the red goopy stuff between the elephant's toes called? A slow clown."

And the people, they looked up to Creeky but mostly when he was walking on stilts. He loved it when the circus went on the road but he never much liked rooming with Mister Extinguo - "The man who put out fires with phlegm!"

Creeky The Clown brought joy and laughter to millions of people, he entertained hordes of giggling children under the big top and he never once re-ended another Go Kart in the Shriner's musical ride. And what did Creeky ask for in return? As the minister who presided over the funeral of 'Chuckles The Clown' said: "A little song, a little dance, a little seltzer down your pants." So long Creeky and give St. Peter a wedgie for us all.

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

Hockey Fights: On And Off The Ice Espanola Minor Hockey Banned From Fundraising With Rivermen

In a move that will cost Espanola Minor Hockey Association (EMHA) approximately \$10,000 in fundraising this season, the Northern Ontario Hockey Association (NOHA) has banned EMHA from working with the Espanola Rivermen to sell 50/50 tickets at home games.

"The 50/50 draws that we did during the Rivermen games provided EMHA with some sort of financial stability so that we could pay the fees we pay every year to register our teams with the NOHA," says former EMHA president Ross Nichols. "The NOHA had sent an email to the person that has taken over on the executive for me outlining that our teams would not get approvals to play in tournaments if the association did things like 50/50's for the Rivermen. I did email the NOHA and asked where this money was going to come from now for EMHA. Not one answer ever came back to me. Over the last couple of years I have put in 30 to 40 volunteer hours a week working for our minor hockey programs, including paper work, talking to teams and watching each team in our association practice during the season. I have been appreciative of some of the help from the NOHA but some of the good old boys network never seems to change. I also wonder why the NOHA president resigned

last year and just a month ago the first vice president resigned. I am not saying that the whole group is not willing to change but certainly some and all should start thinking about the best interests of the kids playing minor hockey before more kids and volunteers are forced to walk away from Canada's game."

Nichols says that hockey needs governing bodies, but that some of the rules are very confusing to those who have been trying to follow them, "and now are seemingly being ostracized for it. I am left confused and dismayed right now."

Rivermen owner and CIHL (Canadian International Hockey League) president and founder Tim Clayden added, "For the past several years and most recently this season with our start up CIHL Hockey junior league, the NOHA has been badgering and intimidating local minor hockey programs, their communities and many minor hockey volunteers in what leagues they can work with and leagues they cannot, with very strong suggestions of NOHA sanctions if minor hockey programs and volunteers and referees work or volunteer with Hockey Canada unsanctioned junior programs."

For information on EMHA and the CIHL, visit www.espanolaminorhockey.com and www.cihlhockey.net.

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Espanola Police Report

On September 10, 2014 at 11:30 a.m., an Espanola Police Officer attended at a local high school to conduct a walkthrough, and while there, attended outside with the Principal and Vice-Principal to monitor two different groups of students, who appeared to be getting ready to fight. While monitoring the situation, a male student began yelling towards the officer and school officials, using explicit language, and challenging them for staring at him. The officer approached the student, who took a fighting stance, warning the officer not to come any closer. The officer attempted to communicate with the student to calm him down; however, the student continued to yell and swear at the officer, and was arrested for causing a disturbance, but while doing so, two female students and another male student approached the officer, and in defense of their friend, came within inches of the officer, and began to yell at him. During the incident, one of the females attempted to grab the student under arrest and remove him from the police vehicle, while the other male student continued to yell at the officer, and at one point grabbed the officer's arms. The male who grabbed the officer was arrested for Obstruct Police. After a period of time, the crowd was calmed down, and the two arrested males were transported to the police station. While at the police station, it was revealed by the Vice-Principal, that the first male arrested had allegedly threatened her, by yelling from the back seat that he was going to bring a gun to school and kill her. A search was later conducted of the male's residence, which confirmed that he did not own or have access to firearms.

As a result of the incident, four students were charged with the following criminal offences:

- A 15-year old male from Espanola was charged with Threatening Death, and Cause a Disturbance;
- A 20-year old male from Espanola was charged with Assault Police, and Obstruct Police;
- An 18-year old female from Massey was charged with Obstruct Police, and Cause Disturbance; and
- A 17-year old female from Espanola, was charged with Obstruct Police, and Cause Disturbance.

The young persons involved will appear in Youth Court on 21 October, 2014, while the adults will appear in Court on November 4, 2014.

On October 7, 2014 at 3:30 p.m., the Espanola Police Service received a complaint from Veteran's Transportation that a motor vehicle drove past a school bus, while stopped, and unloading children on Queensway Street, Espanola. The bus driver obtained a vehicle description, and plate number, which was provided to police.

As a result of the incident, an 82 year old female from Espanola was identified as the driver of the vehicle, and was charged under the Highway Traffic Act for Fail to Stop for School Bus. She was issued a Provincial Offence Notice, which carries a fine of \$490.00 and 6 Demerit Points.

On October 9, 2014 at 6:00 a.m., the Espanola Police Service attended on Parchment Street in Espanola, following a report that an area resident had a young person detained, who was observed entering vehicles in the area.

The 14 year old male, who was found to be under the influence of alcohol, was apprehended by the resident while he was rummaging through a neighbour's vehicle. As a result, the young person was taken into police custody, and subsequently charged with Possession of Property Obtained by Crime. He will appear in Youth Court in Espanola on November 18, 2014, to answer to his charge.

On October 15, 2014, a resident of Talbot Street, Espanola, attended the Espanola Police Service to report mischief done to his vehicle during the early morning hours of Saturday, October 11.

The complainant advised police that on the Saturday morning he entered his truck to go out, and upon applying the brakes, the brake pedal went to the floor. Being a newer model year, he had the vehicle towed to the dealership, believing that it was a warranty issue. The dealership discovered that the front brake line entering the caliper had been cut with a sharp object.

At this time, there are no suspect(s) in this mischief, that could have had serious consequences.

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

A.B. Ellis Students Compete in Cross Country

By Aubrey Fowler, Espanola High School Special Correspondent - A.B. Ellis Public School had cross country on October 16. The seventy-five member team travelled to Sagamok to compete in the Biidaaban Run, and despite the poor weather conditions all of the students displayed perseverance and skill achieving many personal bests and placing 1st overall in team points. I am now going to name the top 3 students in each division, in the 7 year division

- Chloe P. 2nd, Emma I. 3rd, and Jackson N. 3rd. In the 8 year division - Kameron L. 2nd. In the 9 year division - Cooper P. 1st, Amelia N. 3rd. In the 10 year division - Jacob C. 1st. In the 11 year division - Matthew Q. 1st, Ellee L. 3rd. In the 12 year division - Kyle L. 1st. In the 13 year division - Caleb P. 1st, Abigail P. 1st, McKenna P. 2nd. Congratulations to all athletes for their outstanding performances. Those kids did amazing I bet they could beat me in a race!

Rubber Tires: Coming To An Ice Rink Near You?



when the temperature dips, making it fantastic for outdoor surfaces in the winter and the perfect material to stop slips in the common areas of skating arenas.

Fabulous Flooring for Skaters Last winter the Township of McNab/Braeside in Eastern Ontario was looking to update and increase the safety of their skating facilities. Primarily used by children, protective matting made from durable rubber was a good solution to provide the much-needed facelift while effectively cushioning falls and protecting skate blades from damage in cold skating arenas.

The surface was provided by North West Rubber Limited, an innovative Canadian company that produces a range of recycled rubber products including recreational flooring and playground surfacing, diverting tens of millions of pounds of rubber each year from landfills.

Community members were thrilled with their newly renovated rinks and loved how they became a way to show children how to be responsible citizens by using green products made from old recycled tires.

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www.newscanada.com





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CERTIFICATE OF ELECTION RESULTS Municipal Elections Act, 1996

I hereby certify that during the municipal election held on Monday, October 27, 2014 for the office listed below, the certified candidates received the votes that follow their respective names:

<u>NAME OF CANDIDATE</u>	<u>OFFICE</u>	<u>VOTES</u>
Leslie GAMBLE (Incumbent)	Mayor	Acclaimed
Patricia HNATUIK (Incumbent)	Councillor	432 Elected
Harry HOBBS (Incumbent)	Councillor	430 Elected
Thoma CRABS-MIEDEMA	Councillor	395 Elected
Susan SONNENBURG (Incumbent)	Councillor	385 Elected
Jayson STEWART (Incumbent)	Councillor	361 Elected
Charlie SMITH (Incumbent)	Councillor	327 Elected
Glenda MASSICOTTE	Councillor	322
Eldon H. Stinson	Councillor	277

Dated This 28th Day Of October, 2014.
Kim Sloss, Clerk-administrator

BUSINESS SUCCESS AWARD

The recipient of October's Business Success Award is **Waterfalls Lodge Inc.** Waterfalls Lodge was selected for many reasons, including continuous investment in upgrades to the resort such as wireless internet, custom fishing boats, modern cottages, incredible recreation opportunities and fabulous hospitality to all visitors. They have established themselves as a first class destination for those who want to create memorable outdoor experiences. They are known amongst tourists and locals alike for their delicious home cooked meals and warm, friendly service. In addition, they have made significant strides in contributing towards healthy rehabilitation of our area lakes.

The EDC applauds your efforts and commends you for your vision, dedication and for choosing to operate a top-notch lodge in the Township of Sables-Spanish Rivers.

Congratulations on being selected as the recipient of October's Business Success Award. We wish you continued success throughout the coming years.

Do you know of a business that deserves recognition for their efforts and accomplishments? Help us find the businesses in our community worthy of distinction and let them know their efforts have been noticed. Nomination forms are available online (www.sables-spanish.ca) or at the Township Office.

WALFORD COMMUNITY CENTRE CHRISTMAS TEA & BAKE SALE

Join us for a **Christmas Tradition**
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MASSEY LEGION NEWS – REMEMBRANCE DAY

Remembrance Day Services will be taking place as follows:

- Webbwood on Monday, November 10th, 2014 at 10:45 am at the Webbwood Cenotaph
- Massey on Tuesday, November 11th, 2014 at 10:45 am at the Massey Arena – Sadowski Room Luncheon to follow.

Since 1921, the Poppy has stood as a symbol of Remembrance, our visual pledge to never forget all those Canadians who have fallen in war and military operations. Please show your support and wear a Poppy!

LEE VALLEY ROAD PUBLIC NOTICE – Pursuant to Bylaw 2012-05

TAKE NOTICE that at a meeting on **WEDNESDAY, NOVEMBER 12, 2014, 7:30 p.m.**, the Council of the Corporation of the Township of Sables-Spanish Rivers will consider a bylaw to reduce the existing speed limit of 80 km/hr to 60 km/hr on all of Lee Valley Road within the jurisdiction of the Township of Sables-Spanish Rivers.

This bylaw will become effective once the appropriate signage has been erected.

Dated this 4th day of November, 2014.
Kim Sloss, Clerk-Administrator

MASSEY & DISTRICT ARENA NEWS

PUBLIC SKATING – Fridays 6:30 pm to 8:30 pm
FAMILY SKATE – Sundays 5:00 pm to 6:00 pm
PARENTS & TOTS – Tuesday 10:30 am – 11:30 am

Check out Massey Predators Midget Hockey games most Friday evenings at 8:30 pm

All scheduled times subject to change without notice.

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NEXT HOME GAMES!!

Friday, November 14, 7:00 PM
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Saturday, November 15, 3:00 PM
Colborne Hawks @ Espanola Rivermen

Adults \$12.50 Seniors \$10.00
Students \$5.00 Family Pass \$30.00



Continued from front page...

Municipal Election Results

a good idea at its inception, but as the election campaign ramped up, voters were turned off by the idea of voting in bloc fashion. By the time the all candidates nights were finished, member of Residents First were defending their independence as candidates in response to the backlash. All in all, three of the five who ran on the slate were elected: Piche as mayor, Ron Duplessis and Ray Dufour as councillors.

Rounding out the roster of councillors-elect were Bill Foster, who garnered the most votes with 1,487, making him the new deputy mayor. Robert Yocum, incumbent Stewart Meikleham, and Ken Duplessis were also voted in.

In McKerrow, residents voted in change as well. Incumbent Reeve Archie Boivin lost his

bid for re-election to Vern Gorham. Councillors-elect are Bert McDowell, Kyle Gagne, and incumbents Ray Maltais and David Fairbairn.

With a 21.2% voter turn-out, Sables-Spanish Rivers Township voted back into office all of the incumbents who were running. Leslie Gamble was acclaimed as Mayor early on. Councillors who were re-elected included Patricia Hnatuik, Harry Hobbs, Susan Sonnenburg, Jayson Stewart, and Charlie Smith. Thoma Crabs-Miedema was newly elected in the township.

Nairn Centre only saw 35% of its electorate come out to the polls. Their election results are as follows: Mayor – Laurier Falldien. Councillors – Brigita Gingras, Rod MacDonald, Charlene Martel, and Riet Wigzell.

Rainbow Schools Participate In “Take Our Kids To Work” November 5

Grade 9 students in Rainbow Schools will spend the day at work job-shadowing a parent, relative, friend or volunteer host on Wednesday, November 5, as part of the national Take Our Kids to Work program.

“Grade 9 students will experience the world of work and the variety of career opportunities that await them,” says Rainbow District School Board Chair Doreen Dewar. “We thank area businesses for opening their doors and welcoming our students into their places of work.”

Take Our Kids to Work benefits students in many ways. “When students make the connection between the classroom and the world of work, they understand the importance of staying in school and getting a secondary school diploma,” says Norm Blaseg, Director of Education for Rainbow District School Board. “They learn first-hand about the skills required in today’s workplace and get to explore career options alongside a parent or friend.”

Blaseg adds, “Local employers have an important role to play in preparing their future workforce. It’s a role they take seriously, evident by strong community support for Co-operative Education, the Ontario Youth Apprenticeship Program, the Specialist High Skills Majors and other experiential learning opportunities such as the Take Our Kids to Work program. The day will

serve as a catalyst to engage students in career discussions with adults in a variety of fields.”

The Learning Partnership, a national not-for-profit organization, sponsors Take Our Kids to Work. Now in its 20th year, the program provides Grade 9 students with the opportunity to experience and learn about the world of work as they begin to explore possible career paths.

More than 250,000 Grade 9 students and at least 75,000 businesses and organizations nationwide participate in Take Our Kids to Work day annually. The Learning Partnership began running this program in 1994 in Ontario and it has since grown into a national program that reaches students in all provinces and territories across the country.

Students can obtain more information about Take Our Kids to Work at area Rainbow secondary schools. Parents of participating students will be required to complete and sign a consent form. Parents should check with employers about any age restrictions for placement. Employers are encouraged to identify any specific cautions or information that students will need to know about ahead of time to ensure a safe workplace visit. All Grade 9 students will receive Workplace Health and Safety awareness training in preparation for their day out in the world of work.

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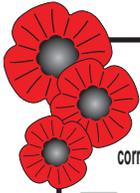
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Lest We Forget

REMEMBRANCE DAY



NOVEMBER 11



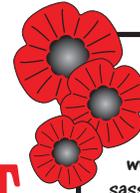
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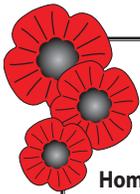
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In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.



We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

- John McCrae



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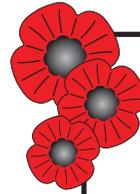
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The Royal Canadian Legion Br.#39 Espanola Remembrance Day Service

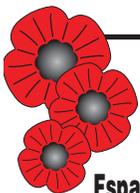
Our Remembrance Day Service will be held on November 11th, 2014 at the Legion Cenotaph. The parade will form up at 10:30 a.m. Everyone one is welcome to attend.

Once again we ask that your respective business take part in the "2 minutes of silence" on November 11 at 11:00 a.m.

"Lest we Forget"



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Remembrance Day Services

Webbwood Cenotaph, Monday, November 10 at 10:45 a.m.
Massey Arena, Tuesday, November 11 at 10:45 a.m.

Since 1921, the Poppy has stood as a symbol of Remembrance, our visual pledge to never forget all those Canadians who have fallen in war and military operations. Please show your support and wear a Poppy!



In Remembrance



and for
those who
continue to serve.

Domtar

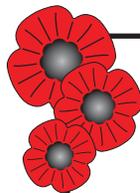


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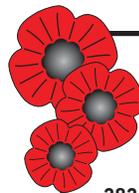
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Digestive Health 101: Feeling Good On The Inside And Out

The digestive system is best described as the body's engine. Did you know that every day, eight different organs work together to process the essential nutrients needed for energy, growth, and rejuvenation?

Digestion is fundamental to good health, but a high proportion of Canadians – as many as 20 million, or 56% of the population – regularly suffer from digestive problems like heartburn, constipation and cramps.

According to Dr. Taz Bhatia, an integrative health expert, as well as a frequent contributor to the Dr. Oz Show, and the author of the new Random House book called The 21-Day Belly Fix, digestive discomfort should not be considered inevitable.

“Even though many people experience digestive problems on a regular basis, there is a stigma that causes us to be embarrassed by them,” she points out. “Therefore, we are often reluctant to seek treatment – and that can only complicate matters. My advice to any patient is to do your body a favour and make the basic lifestyle changes that can lead to optimal digestive health, and seek extra help when you need it.”

Dr. Taz recommends the following tips for healthy digestion:

1. Fibre, fibre, and more fibre. A balanced diet that is high in fruits, vegetables and whole grains, keeps food moving through the digestive tract.

2. Drink water. Staying hydrated is also a fundamental component of good health. Drinking water throughout the day and avoiding carbonated beverages will help ensure that the digestive tract is lubricated, which facilitates the flow of food.

3. Know when to seek treatment. When the body is dehydrated, the intestines compensate by drawing water out of food. This in turn leads to constipation, a common digestive disorder that affects one in four Canadians and is best defined as infrequent or difficult bowel movements. A recent study by the Canadian Digestive Health Foundation with support from RestoraLAX, reveals that many people who suffer from constipation report a negative impact on their productivity and overall quality of life.

According to Dr. Taz, the first line of defense against occasional constipation is to help water work in the digestive system more effectively.

“After proper hydration and use of natural therapies, I often advise my patients to try an over-the-counter treatment called PEG 3350 laxatives, which can give water a boost,” she explains. “When the first signs of constipation occur, try one of these solutions before resorting to the strongest option on the pharmacy shelf.”

Working with the body's natural functions, PEG 3350 laxatives draw water into the bowel to soften stools and increase the frequency of bowel movements.

Available over the counter at pharmacies and drugstores, this type of laxative is recognized as being gentle and having relatively few side effects. They are different from stimulant laxatives, which trigger contractions of intestinal muscles and may lead to such side effects as gas, cramps and bloating.

Your health care practitioner can help with more information and other healthy digestive tips.

www.newscanada.com

Espanola Regional Hospital Foundation Gets A Boost

The Espanola Regional Hospital Auxiliary recently donated \$25,000 to the hospital foundation, says Terri Noble, Fund Development Coordinator for the foundation. Auxiliary president Marilyn Orford says this year's donation was in line with prior annual contributions, which she says comes from “sales at our gift shop, our recent pancake breakfast at the Fibre Arts Festival, craft bazaars, and various other fundraisers that we've done throughout the year.”

The hospital auxiliary has been active in the community for sixty years, with a steadfast group of volunteers who knit, crochet, craft and bake. “We

have a lot of knitters, sewers, and crafters,” says Orford. “Their works are on display and for sale at our gift shop at the hospital, in addition to the other things that we offer, such as picture frames, blankets, stuffed animals, and confectionary items. People are always surprised at what we have in our little space.”

Orford is in her second year as president and says the organization was recently awarded a certificate of appreciation for its longevity.

Those wishing to volunteer their time and efforts are encouraged to contact Sandra Courtemanche at 705-869-1492. The gift shop is open to the public Monday – Friday 9:30 a.m. – 3:30 p.m.



Photo: The Espanola Regional Hospital Auxiliary presents their donation to the hospital foundation. Photo courtesy of Terri Noble.

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COMMUNITY NOTES

Meat Roll-Offs - Espanola Legion Saturdays at 3:30 p.m. Everyone is welcome. Proceeds support your favourite local organizations.

Espanola and Walden Grannies – At the Espanola Mall Friday, November 7 from 11:00 a.m. – 3:00 p.m. with treats.

Team Blake Fundraiser Dance – Saturday, November 8 at the Espanola Knights of Columbus Hall. Door prizes. Get tickets at The Source, Hair Plus, and Roger Rabbit's Restaurant.

Christmas Bazaar and Tea – Walford Community Centre, Saturday, November 8 from 1:00 – 3:00 p.m. Taking food, craft and gently used item donations. Call for details: 705-844-1736.

Remembrance Day Services – Webbwood Cenotaph, Monday, November 10 at 10:45 a.m. and Massey Arena, Tuesday, November 11 at 10:45 a.m.

Alzheimer Support Group – Monday, November 10, 1:30 p.m. at the Seniors' Drop in Centre. For more information, call 705-869-1137.

Espanola Reads – 5th annual, November 12, 7:00 p.m. at the library room. Everyone welcome. For information, call Daphne Allen at 705-869-0475.

Dodgeball Tourney - Friday, November 14, 6:30 - 9:30 p.m. at Espanola High School. Teams must have 6-8 players. Register by November 7 at Queensway Pentecostal Church. Email for additional information: bobbybarran@live.ca or katiehfinlay@gmail.com

Ladies of the CWL Charity Bazaar – At the Espanola Mall on November 20 from 9:00 a.m. – 3:00 p.m.

Toastmasters - Develop communication and leadership skills, which in turn foster self-confidence and personal growth. Mondays 7:00-8:30 p.m. Call Pauline for details 705-869-4016.

We All Fall Down – A casual club for men who don't know how to skate. At the Massey Arena, skates available for rental. Contact Kelli Bracken for details at kbracken@sables-spanish.ca or 705-863-0121.

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.

Christian Musicians Wanted – Contemporary Worship Band. Practice starts in January. Looking for acoustic and bass guitars and keyboardist. Call 705-665-3455 or email BruceBirtwistleGODdrummer@yahoo.ca

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

Recipe

This truly is the best banana loaf. As you can imagine I am always looking and always collecting recipes. Like many people I have several banana loaf recipes and all of them are good but this one is my favourite and every time I make it I think, "I need to get rid of the other recipes I have because this one is the best". It's very moist, flavourful and it's melt in your mouth delicious. It's more cake like than a denser banana bread is, but it's made in a loaf pan and cut and served like a loaf. I often divide the batter in half and make two loafs out of this recipe, adding nuts to one and leaving the other one plain for my non nut loving children. Chocolate chips can also be added. The secret like most loaf/muffin recipes is to not over mix your dry ingredients into your wet ingredients and to not over bake it. I seriously could eat the whole loaf slathered in butter when it's warm out of the oven.



Best Banana Loaf

- 1 cup sugar
- ½ cup oil
- 2 eggs
- 3 bananas, mashed
- ½ cup sour cream (regular or low fat is fine)
- 1 tsp vanilla
- 1 ½ cups all- purpose flour
- 1 tsp baking soda
- ½ tsp salt
- ½ cup chopped walnuts or pecans (optional)

Preheat oven to 350 degrees. Grease and flour a 9 x 5 loaf pan. In a large bowl, beat together sugar and oil. Add eggs, bananas, sour cream and vanilla, blend well. In another bowl mix together the flour, baking soda and salt. Pour dry ingredients into the wet ingredients and stir just until the dry ingredients are moistened. If using nuts or chocolate chips, gently fold them in. Pour into prepared pan. Bake at 350 degrees for 50 -60 minutes OR until a toothpick inserted into the center comes out clean. Cool for 5 minutes and remove from pan.

Tips: Closing The Cottage For Winter

Northern Ontario is getting ready for cooler temperatures and wet weather conditions. The time has come for seasonal cottagers to make their properties ready for the winter. It's important for property owners to take a few extra minutes to consider the tasks that they can complete to make their cottages as theft-resistant as possible when they close things up for the year. Here are a few tips that may help:

- Take valuable items home. If this is not possible place them out of view or lock them in a secure room or cabinet. If valuables are not visible through a window, they are less likely to be taken.
- Do not leave alcohol in your cottage. In many incidents where a cottage is broken into, liquor is the most common items taken. If you decide to leave it at the cottage, store it out of sight.
- Make sure that all doors and windows are locked and secured when you leave. Installing theft prevention devices on your sliding patio doors and windows, even a stick will secure them.
- Close all your curtains and blinds or use a blanket or sheet so that thieves cannot see inside your cottage. If they can't see in, they may not try to get inside.

- Install quality locks on your doors. A dead bolt is a better idea. You can also strengthen your doors and striker plates by installing longer screws. When locking up outbuildings, install quality tamper resistant locks and hasps.
- Do not leave boats, ATV's or other vehicles out in the open and unsecured. Lock them up in a garage and remove the keys. If you must leave them outside, lock them to a tree or some permanent structure. Drain the fuel tanks and take used fuel home. Do not leave gas cans as it may be used to steal your ATV or sled. It also reduces the risk of a fire on your property.
- Tell your neighbours when you are closing up for the winter. Permanent residents living close by can be your eyes and ears when you are not there. If your area has neighbourhood Watch, advise the block captain when you are leaving for the winter. These are a few things that you can do when closing up your cottage for the winter. Break and enters are crimes of opportunity. Securing your property as best as you can, may reduce the opportunities for the criminals. For more information check the crime prevention section on the OPP website at www.opp.ca.

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MINI EXCAVATION SERVICE – Mini excavator/operator available for any smaller excavation required: trench, culvert, stump removal, foundation prep, water lines. Locally owned. Available all weekends. Contact Brad at 705-869-8168. 12/02

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. 12/23

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. 11/25 - R

ESPANOLA SELF STORAGE – 6x8 and 8x10 Storage Units available in Espanola. Located behind the car wash. Call 705-869-8405. 11/25 - 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. 12/2 - 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 705-869-5757. 12/09 - R

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SERVICES

WILD GAME PROCESSING – For all your wild game processing call 705-865-1886 or 705-865-9996. Cut, wrap, sausage, etc. No Sunday calls please. 11/11

FOR RENT

FOR RENT – 2 bedroom apartment in Webbwood \$800/month utilities included. Minimum year lease. For more info call Don. 705-204-4737 or 705-869-0972. 11/11

FOR RENT – 2 bedroom apartments. One available November 1 and December 1. Spacious, open concept, lots of natural light. Laminate flooring. Newly renovated bath, fridge and stove included. Laundry facilities. \$675/month, hydro not included. Call 705-869-5015, leave message. 705-862-1011. 11/11

FOR RENT – 1 bedroom apartment. Available January 1. Spacious, open concept, lots of natural light. Laminate flooring. Newly renovated bath, fridge and stove included. Laundry facilities. \$675/month, hydro and heat included. Call 705-869-5015, leave message. 705-862-1011. 11/11

FOR RENT – Two 2 bedroom apartments in Espanola and Massey. Espanola available immediately \$700/mo + utilities. Massey available December 1 \$600/mo + utilities. Call Roger at 705-698-0645. 11/11

FOR RENT – Spacious 2 or 3 bedroom townhouse starting at \$673.10 per month plus utilities. Non Smoking. Call Chantel at 705-690-5156. www.RSPM.ca Available November 1 or 15. 11/18

FOR RENT - 3 bedroom house in Espanola available December 1. Easy walk to schools, complex, banks, shopping. \$825 + utilities. No pets or smoking, references required. 705-918-2456. TFN

FOR SALE

FOR SALE - Locally grown organic potatoes. Call Dan or Arlene 705-869-5102. 11/11

FOR SALE – Hardwood firewood for sale. Hard maple and oak. Cut, split, and delivered \$100/cord. Call Nathan Detroit at 705-865-3011. 11/18

FOR SALE – 2001 16 ft cube van. 178,259 km, 7.4 litre, asking \$8000. 705-865-2412. 11/11

BINGOS

MASSEY AREA MUSEUM BINGO – December 1 at the Massey and District Arena. Doors open at 6:15 p.m. Bingo starts at 7:00 p.m \$1825 in cash prizes. 11/18 - R

CHRISTMAS CRAFT FAIR

CHRISTMAS CRAFT AND BUSINESS FAIR – Saturday, November 15 from 10:00 a.m. – 3:00 p.m. Upstairs at the Espanola Complex. Entrance fee is a donation to the Espanola Helping Hand Food Bank (not mandatory). Prices available, close to 40 vendors. Call 705-869-3263. 11/4

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SOMEONE TO REPAIR A RECORD PLAYER – Call Wayne at 705-869-2493 11/4

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THANK YOU



A special **THANK YOU** to everyone who has placed their trust in me.

I promise to keep **RESIDENTS FIRST** in each decision I make on your behalf and will always remember that I work for YOU.

Sincerely, Espanola Mayor Elect

Ron Piche

Thank you

Thank you to all Espanola residents who voted and showed their support in the 2014 election. I look forward to serving you the next 4 years by keeping the lines of communication open. In addition to my regular office hours, you may phone me anytime at 705-869-3277. Here's to a productive next session of council.

Sincerely,
Councillor-elect Ron Duplessis

THANK YOU

Harvest Moon Social Thank you

Massey Area Museum gratefully acknowledges donations received from the following individuals and businesses for our Harvest Moon Social:

Garnet's Rental & Sales	Rona
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Janeway Pharmacy	Canadian Tire
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Carol Hughes	Norm Becker
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Mary Fowler	Betty Wilson
Ann Wirta	Massey Wholesale
Giant Tiger	Edwina Williams
RBC	Trail Side Sports
Mack & Beth Emiry	Allen Toulouse
Theatre du Novel-Ontario	

Special thanks to the "G-Strings" who donated their time to entertain us for the evening, auctioneers Alan and Keith Emiry, servers Francine Prevost, Alex Prevost, Makenna Constantin, Caitlynn Constantin and Logan Emiry – and to Dawna Brown and Fran Bouchard for their assistance.

Thanks to all those who purchased tickets and to those who joined us for the evening and supported us by bidding on the auction items (100% sold). This event was an enormous success resulting in a total profit of some **\$4064**.

What a wonderful boost for the Massey Area Museum!

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NOTICES



Congratulations WINNERS!!

of the

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Grand Prize - LeAnn Laframboise

2nd Prize - Dan Boivin

\$50 gift card - Dennis Shepitka

\$25 gift card - Vera Power

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\$25 gift card - Ray Hunt

\$25 gift card - Rory Adams

\$25 gift card - Patrick Smith

\$25 gift card - Angela Vuorensyrja

\$25 gift card - Christopher Hardie



Public Information Session

Domtar will host a public information session regarding its registration application to the

Ontario Pulp and Paper Industry Standard under the Local Air Quality Regulation (O. Reg. 419/05).

Date: November 12, 2014

Time: 7:00pm – 9:00pm

Place: Domtar Continuous Improvement Centre
79 Tudhope Street
Espanola

This information session is to explain the Espanola mill's registration to the standard and actions the mill is taking as part of this registration.

Comments are invited and can be posted on-line to the Ontario Environmental Registry at <http://www.ebr.gov.on.ca>.



School Board Seeks Volunteers For Special Education Advisory Committee

Rainbow District School Board is seeking applications to fill positions on the Special Education Advisory Committee (SEAC) for a period of four years, beginning January 2015.

SEAC advises Rainbow District School Board on matters related to special education. The committee is comprised of volunteer representatives from parent and community associations as well as two board trustees. Meetings are held on a monthly basis throughout the school year.

Associations or organizations of parents/guardians that aim to further the interest and well being of one or more groups

of exceptional children or adults are asked to nominate one person (and one alternate) to represent that association.

The membership committee will consider all applications and make recommendations for appointments to the board. To be considered for a position on the committee, please phone the board office for a nomination form at 705-674-3171, ext. 7216.

The deadline for applications is Friday, December 5.

Please forward applications to: Kathy Wachnuk, Senior Administrator of Special Education Programs and Services, Rainbow District School Board, 69 Young Street, Sudbury, ON P3E 3G5.

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