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 April 21, 2015 Issue 16 - Volume 19

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Beat The Rush:  
 Espanola's Boogie Rush Law Enforcement Torch Run Is Back For Its Second Year

**LAW ENFORCEMENT TORCH RUN**  
 FOR SPECIAL OLYMPICS

By *Chloe Kneer* – There's still a little over a month to get in shape for Espanola's Boogie Rush Law Enforcement Torch Run. The second annual event is slated for Saturday, May 23 at Espanola's Boogie Mountain Ski Hill. This year will see more obstacles, prizes for the top fund-raiser and a new "family division," where mom, dad and the kids can all compete together for a weekend away in a cabin. Prizes notwithstanding, the Espanola Boogie Rush is major, muddy fun and is also a huge fundraiser for Special Olympics. Last year's run brought in \$38,000 to help Special Olympians pay their travel, training, and other expenses. Province-wide, law enforcement has raised in the millions to help these athletes compete.

Continued on page five...

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**Monday, April 27, 2015 @ 7:00 p.m.**  
 If you have any questions in the meantime, please contact info.hfhs@persona.ca

Volunteers who have already signed up will receive a package and further recruitment will take place to welcome more volunteers! Information on training, volunteer roles and timelines throughout the planning and build process will also be explained.

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# All The World's A Circus

William Thomas

williamjthomas@gmail.com

## Deja Vu - Cuban For "Please God, Not Again!"

Five months ago when I heard that President Barack Obama was normalizing American relations with Cuba I got this sinking feeling. It was like reading that Chris Brown and Rihanna were dating again. "No, don't do it girl," I wanted to yell, "cause he knocked you around pretty good the last time you two hooked up."

Sex, drugs and Frank Sinatra - it had to be the closeness between the two nations, the erotic intimacy between the United States and this hot, sweaty island 90 miles from Miami where Americans could enjoy what the Brits call a "dirty weekend" in their very own Latin Las Vegas. America's deal with Cuba was a sweet one under Fulgencio Batista, their 1940s puppet president and dictator of choice in the 50s. Rum was swilled, Cohibas were smoked and almost five million tons of sugar landed in America each year along with a lot of the industry's profits.

While American companies owned and operated Cuba's agriculture, mining, transportation and public utilities, Myer Lansky and the mafia were attracting a record number of wealthy American tourists to their Havana hotels and crooked casinos. Carmen Miranda and Josephine Baker dazzled them at The Tropicana while the Hotel National pampered the likes of Nelson Rockefeller, Marlon Brando, Spencer Tracy, John Wayne, Mickey Mantle, Walt Disney, Frank Sinatra and Ava Gardner who were probably not staying in separate rooms.

The high cost of such unrestrained capitalism saw Cuba's countryside reduced to latifundia or feudal states while

malnutrition, unemployment and illiteracy soared. Batista had become too corrupt and too repressive even for these easygoing Caribbean islanders so they turned to Fidel Castro to take back their country and gain independence from America. More clown than communist and backed by a gang that couldn't shoot straight, nevertheless Castro mustered 50,000 illiterate Guajiras to march on Havana. When students and ordinary citizens joined the mass parade, the puppet was replaced with El Comandante, Cuba's new father-figure savior.

After the humiliating failure of the 1961 U.S. Bay of Pigs invasion followed closely by the Cuban Missile Crisis one year later, America's love affair with Cuba was over. The subsequent separation of relations and trade was a world-class shunning by America, the kind of silent treatment only the Amish could envy. America had been jilted and they took it painfully and personally.

The United States thought it had been in a committed relationship. One day it might marry Cuba like it had Hawaii or take her on as a mistress like Puerto Rico. Suddenly dumped by Cuba for this swashbuckling upstart Fidel Castro, America's 55-year-long punishment of the island was unrelenting and unique. Other nations had defied American foreign policy without being completely ostracized. Hell even Vietnam, a communist country America tried to bomb into the dark ages was forgiven to the tune of 17 million American tourists in the last four years and \$30 billion

*Continued on page three...*

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Continued from page two...

in trade last year alone. Canada has a cordial and somewhat fruitful relationship with Cuba in the five decades since the embargo despite pressure from the United States to follow their lead. Since 1945 Canada has maintained an embassy in Havana with 85 Canadian companies quietly doing business on the island. Essentially we send Cuba 800,000 frost-bitten Canadian tourists every year and they reciprocate with rum and Cuban cigars which we in turn sell to cross-border shopping Americans. Once in awhile a ghost of Joseph McCarthy will rear its balding head up here and accuse fellow citizens who vacation in Cuba a bunch of "commie-loving pinkos," but really, we're just there for the sun and the beer. Ours has been a mutually beneficial relationship. We never

coveted the island or romanced it with exotic hotels and flashy casinos the way America did. But make no mistake about it, if Canadian pop star Justin Bieber ever tries to bring his music and lifestyle to the new, normalized Cuba the way Sinatra did in the 50s, it will be Canada sending in the jet fighters and bombers ... free of charge. During that half century of severe sanctions, the CIA tried and failed to assassinate Fidel Castro so many times their methods became desperate and ridiculous. When the conch shell bomb, the poison milkshake and the toxic wetsuit didn't work, they resorted to the exploding cigar trick. Seriously, when your covert operations for foreign regime change look a lot like an old Groucho Marx routine, maybe it's time to let the guy live! Chomping at the bit

to have at Havana, American agribusinesses, telecommunications firms and energy giants are pushing hard for a complete lifting of the embargo. In a country of 11 million people who were until recently denied ownership of cell phones and computers, Apple is drooling all over its iPads. Netflix is already streaming the video services into Cuba but the fact that Cubans don't have credit cards and are forbidden to have foreign bank accounts may make paying Netflix a problem. McDonald's cannot wait to start selling their quarter pounders to people who are used to consuming their beef at a rate of eight ounces every

15 days, by law. Where a palm-treed, sweaty market lies waiting to be ravished, can Starbucks, Walmart, Coke and Pepsi be far behind? Playing less the devil's advocate and more Captain Obvious - am I the only one who believes that U.S. relations with Cuba are about to become anything but normal? This second invasion of unrestrained capitalism looks an awful lot like a shotgun wedding, an arrangement that seldom survives when one party is holding the gun.

For comments, ideas and copies of The True Story of Wainfleet, go to [www.williamthomas.ca](http://www.williamthomas.ca)

## Espanola Town Council Report

**By Chloe Kneer** - Espanola's last regular meeting of council was well-attended by residents as the agenda included a public hearing to deal with the rezoning of a lot that has been donated to Habitat for Humanity. The lot, at the corner of Adelaide and Oscar Streets, is currently zoned R-1 and the organization, which plans to break ground on a new build this summer, was seeking to rezone the property to R-2 in order to construct a duplex. The intention was to be able to provide affordable housing for two families rather than one. However, many who live in the area cited concerns over the size of the lot for such a project. Neighbours shared many of their concerns, including snow removal, the lack of yard space for the new owners, potential parking issues and the fact that space in our area is not at a premium, as it would be in a place such as Toronto. Those who took the floor to express themselves were supportive of Habitat's mandate and they welcomed the idea of a single family residence. "A new [single

family] home would suit the lot and improve the area," one resident said. Most councillors had visited the site and agreed with the residents' concerns, so after a brief discussion, council unanimously defeated the rezoning. Mayor Ron Piche said, "When you have a large group of people opposed, they need to be heard." Mayor and council thanked the residents for their input. Council also dealt with the temporary by-law exemptions for the Knight Cruisers Car Show. The car show will proceed as planned on Saturday, May 30 from 8:00 a.m. - 4:00 p.m. at the track and field. Also passed during the meeting was a motion brought forward by Councillor Stewart Meikleham to designate the third week of June as Pride Week in Espanola. The week will now be recognized annually. Clerk/Administrator Cynthia Townsend announced that the town's cheque register will be made available to the public at the municipal office for a cost of \$7.



**Espanola Royal Canadian Legion**  
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 **Espanola & Area**  
**Family Health Team**  
**Wellness Fair**  
 Come Spring Into Health on Saturday, May 2nd from 10am-2pm at the Espanola Regional Hospital & Health Centre. Check out our information booths and take part in some great activities! Fun for the whole family!  
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**Espanola Minor Ball 2015 Registration**  
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 T-Ball - \$50, All other divisions \$60



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**Spring into HEALTH**

**Espanola Regional Hospital & Health Centre**  
**Wellness Fair**  
**Saturday, May 2, 2015**  
**10:00 a.m. - 2:00 p.m.**  
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**Spring Is Here: Time To Be Bear Wise**



Ontario and the Ontario Provincial Police (OPP) are reminding people to take simple precautions this spring to prevent attracting black bears as they come out of hibernation.

The potential for human-bear conflict increases when there is little natural food available for bears. If this happens, black bears will search for other food sources, such as garbage and bird feed, which can draw bears to populated areas.

Follow these simple instructions to minimize the chances of attracting bears:

- Store garbage in waste containers with tight-fitting lids.
- Put out garbage only on the morning of pickup.
- Put away bird feeders. Seed, suet and nectar also attract bears.
- Pick fruits and berries as they ripen -- don't let them rot on the ground.
- Clean outdoor barbecue grills after each use, including the grease trap underneath. Bears will be drawn by smells from great distances, including grease and food residue on grills.
- Keep dogs on leashes; sometimes bears will follow off-leash dogs back to you.

Bears entering a populated area are only a danger if they pose an immediate threat to your personal safety or that of the general public.

**Quick Facts**

• Since 2004, Ontario's Bear Wise program has been educating people about bears, how to avoid attracting bears and how to prevent human-bear conflicts.

• The Ministry of Natural Resources and Forestry and OPP have agreed on the roles and responsibilities for both organizations to help the public understand which organization to contact when they encounter a bear.

• If a bear is posing an immediate threat to public safety by exhibiting threatening or aggressive behaviour, call 911 or your local police. At the request of police, during daylight hours the Ministry of Natural Resources and Forestry will respond to emergency situations to assist.

• For non-emergencies, the Ministry of Natural Resources and Forestry operates the toll-free, 24/7 Bear Reporting Line at 1-866-514-2327 and the Bear Wise website to provide the public with information and advice.



Continued from front page...

## Beat The Rush: Espanola's Boogie Rush Law Enforcement Torch Run Is Back For Its Second Year

Once again, Special Olympians will do the course escorted by police, fire, and military volunteers. The Espanola fire department and local builders are erecting the obstacles, which are a guarded secret until the day of the run. Volunteers are an important part of any event such as this, and coordinator Ed Stortz says, "We have about fifty lined up, but we are always looking for more." Participants can take part either as individuals or

teams. Get a group of your friends together, come up with a sassy name (Chicks From The Sticks, Wolf Pack and Scrambled Legs are already taken, sorry) and get ready for a great time. Register or volunteer online at [www.guardiansoftheflameendurance.com](http://www.guardiansoftheflameendurance.com) by May 16. The registration fee is \$50, but will be waived if you raise \$100 for the cause. To get updates, like the Facebook page Espanola's Boogie Rush Law Enforcement Torch Run.



**Boogie Rush  
Law Enforcement  
Torch Run**

**A 5 km "Mud Run" to raise money  
for the Special Olympics Torch Run.**

**May 23rd, 2015 at the Boogie  
Mountain Ski Hill in Espanola, ON**

[www.guardiansoftheflameendurance.com](http://www.guardiansoftheflameendurance.com)

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## PC Leadership Hopeful Christine Elliott Makes Stop In Espanola

**By Chloe Kneer** - Ontario Progressive Conservative leadership hopeful Christine Elliott was in Espanola on April 9, stopping in at local café Maranatha Bake Shop. Over lunch, she fielded questions from Espanola councillors and residents on topics ranging from autism funding to the proposed Ontario pension plan to the newly mandated sex education program in schools. The most contentious topic of conversation everywhere she visits, however, Elliot says, is the rising cost of hydro.

"I've never experienced what I am now," Elliott says. "And that is, that people everywhere are telling me it's 'heat or eat.' Never in history have people ever had to choose between food, or using hydro in their homes." Elliott lambasted the liberals' "incoherent energy policy," saying that we are experiencing "energy chaos" right now because of the green energy contracts that are in place and being subsidized by average citizens. She called the crisis an urgent and important issue that, unfortunately, will only worsen before the next



**Photo:** PC leadership hopeful Christine Elliott with Nipissing MPP and Finance Critic Vic Fideli and Espanola resident Rob Sinclair.

election in 2018. Elliott also addressed what she called out of control spending by the current provincial government. "They are mortgaging our children's futures. When I was a lawyer, people came to me and paid me to solve their problems, and that is exactly how I approach my job now. We need a positive view of the future that is realistic. We also need a solid plan, and to reset the dialog with unions." On the issue of public servants' misuse of expenses, she said, "Those are the kinds of things that get people really angry and understandably so. [As a politician] you have the

responsibility to spend the money you're given wisely because you are in a position of trust." She accepted criticism that the PC party has been inconsistent in its message and said, "It is time we got back to our roots as a party and that is to be fiscally conservative so that we can be socially compassionate." Elliott cited her long record of volunteerism and discussion ensued about the reliance that communities have on their volunteers and charitable organizations. On the issue of health care, Elliott was clear, "There is lots of money for health care; we are not getting value for money."

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## NOTICE

### REQUEST FOR TENDER Dock Operations Whitefish Falls Dock

The Local Services Board of Rainbow Country will accept sealed, written tenders for a "contract to operate the town dock on the Whitefish River."

The term of the contract is from June 1, 2015 to September 30, 2017. The highest or any tender will not necessarily be accepted.

Bidders must enclose a cheque for the current year's operation ending September 30th. Tenders may be mailed with a postmark no later than April 22, 2015 or submitted before 7pm at the public meeting on April 27, 2015.

Opening of sealed tenders and awarding of the contract will take place at the Board's public meeting scheduled for April 27, 2015 at 7:00pm at Whitefish Falls Community Centre, Whitefish Falls, ON.

Questions can be directed to rainbowctry@hotmail.com The public notice and Operating Agreement can be found on the Board's website at: rainbowcountrylsb.wordpress.com

Local Services Board of Rainbow Country  
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## EVENT

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## ANNOUNCEMENT

**STAG AND DOE** – For Ashley McGrath and Idella Pyette. Come celebrate on May 2 at the Espanola Elks Hall, 8:00 p.m. Tickets \$10/person, \$15/ couple. Call Vicki at 705-869-5351. 4/28

## THANK YOU

*Thank You*

The Espanola Fire Department and the Town of Espanola, would like to thank the following organizations and businesses for their generous donation towards the Espanola Fire Department's new rescue vehicle:

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The Town gratefully acknowledges your donations and support.



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## HELP WANTED

**HELP WANTED** – The Espanola Legion is looking for a part time Bartender. Must have Smart Serve. Please drop off resumes at the Legion to Anita. 4/28

**HELP WANTED** – Back Home Bistro in Massey is seeking experienced line cooks to join our team. PT/ FT available. Please call 705-869-7604. 4/21.

**HELP WANTED** – Nick's Sales and Service. Full-time small engine marine/motorcycle licensed mechanic. Apply in person at 770 Centre Street, Espanola, or by fax to 705-869-3640. 4/28

## FOR SALE

**FOR SALE** – 2007 Arctic Cat 700 ATV. Low miles. Plow & attachment included. Call Greg 705-822-4734. 4/21

## BINGOS

**MASSEY AREA MUSEUM BINGOS** – May 4 at the Massey and District Arena. Doors open at 6:15 p.m. Bingo starts at 7:00 p.m. \$1825 in cash prizes. 5/5 - R

## THANK YOU

*Thank you*

To the people of Espanola

I went for a walk around town the other day and I felt great! People had cleaned their yards and swept the sidewalks. It's wonderful to see how people can help make our town beautiful.

*Rose Callaghan*

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## Recipe

My mom use to make these squares when I was growing up and they were one of my favourites. They take a bit of extra effort to make because you have to precook the crust and make a meringue but they are worth it. The shortbread crust topped with the raspberry coconut filling and fluffy meringue melts in your mouth with every bite. If you like raspberry desserts you will love these bars.



### Raspberry Snow Bars

- ¾ cup Crisco shortening
- ¼ cup sugar
- ¼ tsp salt
- ¼ tsp almond extract
- 2 egg yolks (save the whites for the meringue)
- 1 ½ cups flour
- 1 cup raspberry pie filling
- ½ cup coconut
- 2 reserved egg whites
- ½ cup sugar

Cream together the shortening, ¼ cup of sugar and salt. Blend in the almond extract and egg yolks. Add the flour and mix well. Pat dough into a 9 x 13 pan. Bake at 350 degrees for 15 minutes. Spread raspberry pie filling onto hot crust. Sprinkle on the coconut. Beat the egg whites with the ½ cup of sugar until peaks form. Spread over the coconut layer. Bake for 25 minutes. Cool and slice.

### Compassionate Cut: Young Jayden Davis Donates His Hair to Wigs For Kids



Seven year old Jayden Davis is a little lighter after cutting off most of his hair last week. He has been growing his dark locks out for the past two years in order to look like his hero, Hiccup, from the movie "How To Train Your Dragon

2." After attaining his goal, he decided to continue growing it because some of his friends had long hair also. Then, a few weeks ago, Jayden decided that maybe it was time for a trim. He and his mother

## COMMUNITY NOTES

**Elimination Draw, Supper, and Dance** – Espanola Elks, Saturday, April 25. Get tickets from a member or call 705-869-1931 or 705-869-4302.

**Espanola Legion Mother's Day Craft Sale** - April 25 from 10:00 a.m. – 2:00 p.m. To Book a table call 705-869-1711.

**Voices of Spring Concerts** – Sunday, April 26, Espanola United Church. Sunday, May 3, St Sebastian Catholic Church, Spanish. All concerts begin at 7:00 p.m.

**Children's Clothes Closet** - Free, new or gently used children's seasonal clothing, sizes newborn - 6X. April 29, 10:00 a.m. - 2:30 p.m. at Calvary Baptist Church 599 Barber St. Espanola.

**Espanola Lions 2015 Spring Food Drive** –Friday, May 1 between 1:00 – 7:00 PM at the following locations: Winkel's Independent, FreshCo, Giant Tiger.

**World Tour Dinner** - Featuring the flavours of Mexico. Saturday, May 2 at the Massey Legion Hall, 5:30 p.m. Sponsored by St. Andrew's United Church. For tickets call 705-865-2450 (advance tickets only).

**Sudbury Chamber Singers Concert "40 Years of Song"** - Thursday, May 14, at 7:30 p.m. at the Espanola United Church. Tickets available at church office.

**Meat Roll Offs** - Espanola Legion every Friday night at 7:00 p.m. for Espanola Minor Soccer and Saturday afternoons at 3:00 p.m. for the Ovarian Cancer Awareness Walk and the P.E.T. Scanner Fund.

**VON Adult Day Centre** - Provides respite, activities, exercise and socialization. Open Mondays and Wednesdays from 9:30 a.m.-3:00 p.m. Please call 705-869-3304 for more information.

**AA Meetings At St. George's Anglican Church** – Tudhope St., Espanola, Wednesday at 8:00 p.m. and also Thursday at the United Church at 8:00 p.m.

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

**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](mailto:around@aroundandabout.ca)

Margreat discussed what to do with his hair since it was now past his shoulders. The idea of donating the hair to Wigs for Kids came up. Jayden liked this idea very much, because when he was four, he had visited McMaster Hospital while his grandmother was preparing to have life-saving surgery. While there, he met a group of young children with various stages and types of cancer, many of whom had

lost their hair from treatment. Jayden remembered all of this and felt bad for them. He knew that some could not afford wigs, so he decided this would be his way to help out. The hair salon at the Espanola Mall did the cut for him, and O.J. Graphix has donated the cost for postage to send the hair in. Jayden says he loves his new hair style but finds it strange after having long hair for so many years.

## Health Care In Espanola And Area



Photo: Espanola Regional Hospital and Health Centre CEO Ray Hunt.

By **Chloe Kneer** - Espanola Regional Hospital and Health Centre CEO Ray Hunt presented the challenges and opportunities that the ERHHC will be facing in the future at a public meeting last week. Hunt referred to the age group of 40-59 as the “grey tsunami,” as this large group will soon be closing in on needing more extensive health care. He cited some of the positive things that are happening at the hospital, including the newly expanded emergency department and the renovation project for the entrance and registration area, which is set to begin this year. Hunt addressed the perception that Espanola has an issue retaining doctors by clarifying that the hospital currently has eighteen physicians serving in all departments, including emergency medicine, acute and long-term care and family and primary care. In addition, Espanola has regularly scheduled visits

from specialists and access to Telemedicine. He says the confusion has arisen from the lack of having a full complement of family and primary care physicians. In his seven year tenure, two family doctors have left and one recently retired. “With the two that left, there were reasons that they left,” he says. “It may have been that they just weren’t a good fit or we just weren’t a good fit. We have changed our recruitment policy to find the right person instead of just finding someone and offering an incentive to practice here. Since changing the way we recruit, we have commitments from two Northern Ontario School of Medicine students (NOSM) to begin work once they graduate. The first will join us in September, 2015, and the other will come in 2016. So, over the next two years, we will have our full complement of primary care physicians.” He added that the two students have been doing placements in our area and are planning to stay here “for the right reasons.” Most of the challenges that the ERHHC will encounter moving forward involve steadily phased out increases in funding to hospitals, forcing boards to make up the shortfall. Hunt says there are a variety of ways in which to do this, but one way he has refused to raise funds is by charging for parking. “We actually did the math and we could raise about \$100,000 per year by charging a minimal \$2 fee, but I don’t want to do that,” he says. The newest service

in addition to the hospital’s ability to generate revenue has been the sleep lab, which is expanding from three to six beds. Ontario spends \$47 billion annually on healthcare and Hunt explained that funds are now being shifted towards home and community care to serve the aging population. To that end, the Espanola nursing home is subsidized to

the tune of about \$350,000 by the hospital. Over the next few years, the hospital hopes to expand seniors’ housing and assisted living and plans to continue serving the area as a “health hub,” in other words, an integrated health service delivery model, bringing together local health and social service providers.

### APRIL FITNESS CLASSES AT THE ESPANOLA REGIONAL RECREATION COMPLEX

**STEP AEROBICS WITH MARILYN WITTMANN**  
Wednesdays 7:30 - 8:30pm  
Saturdays 10:00 - 11:00am  
Contact [marilynwrightmann@hotmail.com](mailto:marilynwrightmann@hotmail.com)

**CHAMPION TRAINING WITH ANDRE THIBEAULT**  
Tuesdays & Thursdays 5:00-6:00pm  
Contact [andrethibeault@hotmail.com](mailto:andrethibeault@hotmail.com)

**ZUMBA WITH KELSEY**  
Mondays & Thursdays 7:15-8:15pm  
Contact [kl\\_leclair@laurentian.ca](mailto:kl_leclair@laurentian.ca)

**LUNCH SPIN WITH ERIN**  
Tuesdays & Thursdays 12:10 - 12:50pm  
Contact [squeakster2121@hotmail.com](mailto:squeakster2121@hotmail.com)

**MORNING SPIN**  
Mon/Wed/Fri 6:10 - 7:00am  
Contact Recreation Complex 705-869-1961

**AQUATIC CLASSES**  
For info contact 705-869-1961

**AQUA/DIAPER FIT**  
Mon & Fri 9:00-9:55am  
Tues & Thurs 10:00-10:55am  
Wed 6:00-6:55pm

**SHALLOW/LOW IMPACT AQUAFIT**  
Tues & Thurs 11:00-11:55am

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