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April 11, 2017 Issue #15 - Volume 21

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Health Care A Passion – Patients Must Come First For Patient Ombudsman, Christine Elliot



Christine Elliott wasn't afraid to criticize Liberal health-care policy during her stint as a Progressive Conservative MPP, but as Ontario's first patient ombudsman, she has a different focus.

"I maintain my passion for health care and making sure that Ontarians across the province get good health care. So, that's my mission now as patient ombudsman," said Elliott while on a quick fire tour of four Northern Ontario communities including Espanola on Wednesday, March 29th.

It was, in fact, the provincial Liberal government that appointed Elliott to her current post, which began July 1st, 2016. Elliott says it's been a busy year for her and her Toronto-based department's staff of 17. So far, they have fielded some 1,500 complaints, 80 per cent of which, Elliot emphasizes, have been resolved.

"They hear some very sad stories, as you can

Continued on page six...

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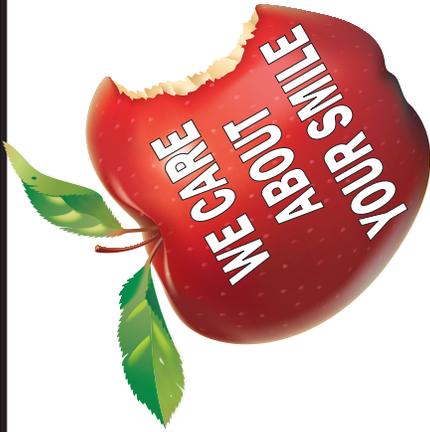
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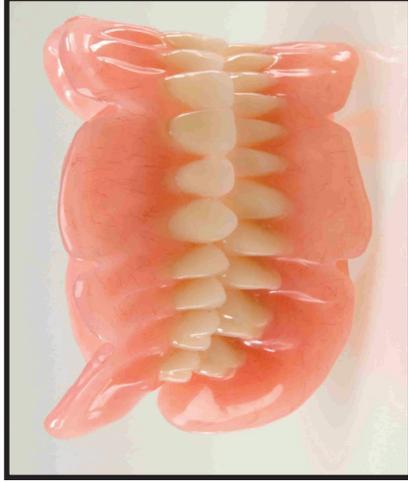
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Japanese Toilet Crashes. Landing Gear Jams

Okay, so that headline may be somewhat far-fetched, but I can tell you firsthand that sitting on a toilet in Japan studying a cockpit-like panel of buttons and flip switches can cause you to believe that with one wrong move you could actually be airborne over Tokyo's Narita International. Compared to Japan, Canada is still stuck in the dark age of commodes. Sit, poop and flush is pretty much the standard procedure for a Canadian's life in the loo. And by the way, the average senior citizen has spent three full months of that life sitting on the can. Some light reading, but not many great memories for all that time invested.

When was the last time you went to a restroom and were welcomed by a toilet that opened its lid to you upon entering the stall? Heat and cushioned seats are de rigueur in Japan and I sincerely hope that means regular ... not rough. How about a pulsating massage jet, a deodorizer and a clock to remind you that at some point you must leave paradise and return to the real world?

Then there's the control panel of a Japanese toilet which can be attached to the side of the unit or to the wall on your right. Marrying the technology of a toilet and a bidet, there are several spray options available to the sitter. (Wow ... that was close!)

Remember when you were a kid and you fell ass-first on the lawn sprinkler and your dad looked at you funny because you were enjoying it? Yeah, it's like that. After the wash up, there's a dry down by as a warm blast of air hits you from below. (I wonder how many Westerners mistake this feature for a hair dryer and contort themselves into a wet pretzel!?) With the wash, the dry and no paper necessary, I'd be marketing this trailblazer as the "Look Ma No Hands Potty Of Perfection."

The lid of the Japanese toilet also comes

down automatically as you leave the bathroom. You can only guess at how many domestic arguments that could have been avoided here in Canada. If that hydraulic toilet lid came with some sort of fool-proof aiming device for men, our divorce rates could drop by as much as 50%.

The Japanese high-tech toilet also sports a button to adjust the water pressure of the spray function which ranges from a gentle spritzing to a three-alarm fire hose dousing. And that right there was my downfall. It was many years ago and I happened to be using the washroom of a bank executive in Kanazawa, Japan when I accidentally pushed two buttons at once. What followed was a loud flush, a quick fill and then a flood. Apparently I hit "W" for warm and "T" for I have no idea ... Tsunami? I was up and out of there like a government worker at 4:01 pm.

So there I was in a foreign country where people bow and say "Hike! Hike!" a lot, motoring down the hallway of a bank, trying to outrun water. And I hoped that when this little disaster was discovered, the first responders noted the clarity of the liquid and knew it to be water and not something else because I was in fact travelling with a Canadian basketball team at the time and yes, there had been a fair bit of beer drinking going on.

I left that loo so fast I didn't get a chance to push the "flushing sound" button which – I'm not making this up – muffles the crude noise of a toilet flush with the recorded gurgling of a mountain stream. So yeah, the Japanese toilet is not a 'can' but more of a regal and digital throne. Believe it or not, there's actually a state-of-the-art Japanese toilet on the market that sells for \$50,000. With that one you get music. (I'm tempted to say it's "cutting edge" technology, but the delicacy of the user's

Continued on page three...

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Continued from page two...

position makes that sound kinda' dangerous.) You know how in Canada we have those automated urinals where you take a step back and it flushes automatically? In Japan when you're finished peeing at the urinal, a Japanese guy in a suit and white gloves steps out of a stall and flushes it for you! And if for whatever reason, you can't go, he'll also take a tinkle for you so you don't feel so bad. Also when a Canadian gets drunk and vomits in the toilet they call it "driving the porcelain bus?" In Japan they have a uniformed

chauffeur drive that bus and pass you a wet nap when it's over! Okay, so that stuff I made up, but the rest of that restroom stuff is absolutely true.

Looking down after all these years, somewhere up there in that great latrine in the sky the inventor of the toilet, Thomas Crapper just made a noise that sounds a lot like the bark of a seal.

For comments, ideas and copies of The Legend of Zippy Chippy, go to www.williamthomas.ca

Possible Sale Of Espanola Hydro - Committee Set Up To Look At Options

It's not making money and the regulations demands are a burden, so two local municipalities, which own Espanola Hydro are looking at selling or merging the utility.

The Corporation of the Town of Espanola in partnership with the Township of Sables-Spanish Rivers have established a steering committee to evaluate a potential sale of Espanola Regional Hydro.

This strategic direction is due to the electricity industry witnessing significant changes in operations and regulations, resulting in the consolidation of the number of Ontario municipal electrical utilities (MEUs) from approximately 307 to under 70. This sector has become increasingly complex over the past 18 years and as a result management teams at smaller Ontario LDCs (under 30,000 customers) like Espanola's have become overwhelmed by the diverse demands placed on them by the current regulatory, political, economic and technological environment.

"Espanola Regional Hydro is a very small LDC, as of the end of 2015 it ranked 61st out of 67 LDC's, our relatively low return on investment, combined with the diverse demands has made us take a hard look at our options," says Espanola

Mayor Ron Piche. Piche told The Around&About that there is simply no money to be made and the cost and demands are rising. He emphasized it will take quite some time though before anything happens because divesting of the utility is a detailed process.

Sables - Spanish Rivers Township Mayor, Les Gamble, says the municipal partners don't want to see customers paying higher costs either.

"In 2015, The Government of Ontario announced in its budget, a three-year exemption from the Transfer Tax for LDC's with fewer than 30,000 customers," explained Gamble. "The timing is right for us to review our options.

"It is happening all around us, a number of LDC mergers have either already taken place, are in the process or are our just like us, in the exploratory stages."

Both councils agree that their main focus is to ensure affordable, reliable and sustainable electricity distribution to both communities by exploring options that will provide the best value and return on investment for the residents.

The Town of Espanola currently owns 81.0% of Espanola Hydro and Sables-Spanish Rivers the remaining 19.0%; servicing 3289 customers.

OPP Realignment Has Taken Effect - Espanola Joins Manitoulin

Last Tuesday, April 4th, was the day Espanola and the North Shore saw a major realignment with the OPP detachments in the region.

The Noelville, Warren and Killarney offices are being realigned with the OPP in Sudbury.

Prior to the change, the Sudbury detachment had the Espanola office under its wing. But as of today, the ESPANOLA OPP is being split off from Sudbury and is now aligned with its counterpart on Manitoulin Island.

The OPP says the change makes the offices more efficient without reducing front-line services.

Espanola CAO and treasurer, Cynthia Townsend says the realignment is independent of the Town of Espanola's costing process.

The Town has been looking into switching to the OPP for the last year but are awaiting a report.

Townsend says if the Town of Espanola chooses to switch to OPP, the host detachment would be NEMI where previously Espanola was a satellite to Sudbury.

A proposal to move ahead with the costing is expected to be presented to council by May or early June.

What affect, if any, this would have with an OPP costing for services for Espanola is unknown at this time.

The Town of Espanola has been considering a costing of OPP services for some time, but costs for revamping or building a new OPP detachment building has been a focus over the last few months.

Have Vacant Land Or Property ... You Could Lose A Tax Rebate

The Town of Espanola is currently considering changes to the Vacant Unit Rebate and Vacant/Excess Land Subclasses programs.

The Vacant Unit Rebate provides a tax rebate to property owners who have vacancies in commercial and industrial buildings.

The current rebate is 30% of the property tax for vacant commercial space and 35% for vacant industrial space.

The proposed changes reduce this rebate to 15% for both commercial and industrial spaces for 2017 with a full phase out in 2018.

As well, the Vacant and Excess Land Property Tax Subclasses are taxed at a fixed percentage rate below the tax

rate of the broad class.

These properties are discounted at 30% to 35% of the full Commercial and/or Industrial rate. The proposed changes would reduce this reduction factor to 15% for both commercial and industrial properties for 2017 with the reduction factor being eliminated in 2018.

These two changes are expected to save the municipality \$12,500 in 2017 and \$25,000 each year thereafter.

The changes will be considered by council at the April 11th, 2017 council meeting.

Anyone wanting to express concerns is asked to contact the town office.

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Carol Hughes' Column If Stephen Harper Tried To Do This...

Last week as parliament was focused on the federal budget a battle was playing out in Procedure and House Affairs Committee over changes to the way that parliament and committees operate. The committee was deadlocked and the opposition's rancour spilled over to the House, delaying the start of the Finance Minister's budget speech. The opposition concerns relate to both the content of the report and the way the government is trying to rush it through committee.

The government claims the changes they are proposing are the product of a discussion paper. But they commissioned the paper and it only reflects the message they were promoting shortly after being elected. They say it will bring the House of Commons into the 21st century, but it is being seen by the opposition as a way to limit the ability of MPs to do their jobs.

The one proposed change that is getting some attention would severely reduce the Prime Minister's exposure to the House by specifying he will participate in Question Period once a week. In addition to that, the government is proposing the House only sit four days a week and wants to move to electronic voting in the chamber.

While the government is trying to make everything sound as simple as adding a new coat of paint, the opposition sees it differently. New Democrats and Conservatives say the government is trying to do away with some of the same parliamentary tools used in the last parliament to keep the Conservatives in check. The most glaring is the government's attempt to control how committees study legislation. To someone outside the parliamentary bubble that might

only sound as if the government is trying to limit committee speeches to ten minutes, but it's not as simple as that may sound. Committees are supposed to be their own masters, and this measure would dramatically change an important tool for parliamentary oversight. It also sets a dangerous precedence for more government control of committees in the future. In that respect it is a political Pandora's Box.

While committees usually chug along doing their work well out of the public's eye, there are times when a long and rough committee ride is the only thing that makes Canadians aware of divisive legislation. If the right to speak is limited, then contentious bills, like last parliament's C-51, will be whisked through committee for the convenience of the governing party. As it stands, committees are one of the few tools available to opposition parties that force MPs to work towards some element of consensus.

Throughout this debate Liberals are being asked to consider what the reaction would have been if Stephen Harper had tried to make these changes. So far their response has been limited to side issues and not the substance of the opposition's concerns. That is a classic misdirection tactic, but the government is going to have to address the meat of these objections if they want to get things moving on the committee studying the paper. Right now, New Democrats and Conservatives are willing to dig in to protect the right of the opposition to oppose. The Liberals may not be thankful for these efforts now, but they will when they spend time in opposition in some future parliament.

Challenge Accepted



THE PUSH FOR CHANGE* | AGIR POUR LE CHANGEMENT

When Joe Roberts came through Espanola a couple months ago, he asked students to help him raise awareness on youth homelessness. Challenge accepted! Some students and staff members of Esc Franco-Ouest in Espanola are taking part in the Push For Change's Sleep Out Challenge on Wednesday, April 12th, starting at 4 PM in the Giant Tiger parking lot.

Participants will be spending the night in cardboard boxes,

taking the time to reflect on what homelessness feels like, being without the comfort of their own bed.

Participants are also being encouraged to fundraise to allow additional "luxury items" on their sleep out.

Non-perishable food items will also be collected on the night of the event and donated to the Helping Hand food bank.

All monies raised will support The Upstream Project, a school-based youth homelessness prevention model, administered by Raising the Roof.

Roberts is continuing on his mission across Canada pushing an empty shopping cart to raise awareness about homeless youth across the country.

Bagging The Right Stuff - Soccer Gets A Boost



SPORTS: L - R Kate Sheppard, Paige Eadie, TJ Constable, Quinn Sheppard, and Ally Constable.

The Espanola Phoenix soccer teams were bagging groceries at Winkel's Independent Grocer the weekend of March 31 to April 2 for donations to Espanola Minor Soccer.

The competitive and recreational teams are excited to see grass on the fields in order to start play on May 29.

This summer, players will once again compete both here at home and away against other northern Ontario teams, including Timmins, Kapuskasing and Elliot Lake.

"Our registration was

overwhelming," says EMSA President Bob Rigby. "We started early and have been very pleased by all who have come out.

"For those that missed our formal registration nights, forms are still available at the Espanola complex until April 15."

Photo: L - R Kate Sheppard, Paige Eadie, TJ Constable, Quinn Sheppard, and Ally Constable all took part in bagging groceries to raise money for local soccer, Photo provided by Chloe Kneer.

Sagamok Anishnawbek And Espanola Regional Hospital And Health Centre Sign Historic Collaboration Agreement

A historical agreement was signed between a First Nation and a health provider this week. Members of the Sagamok Anishnawbek First Nation (SAFN) and representatives of the Espanola Regional Hospital and Health Centre (ERHHC) met on Monday, March 27th to sign a new collaborative agreement, according to Sagamok-Anishnawbek News. A prayer and a pipe ceremony opened the ceremony.

Chief Paul Eshkakogan was unable to attend, so Councilor Angus Toulouse hosted the signing on his behalf.

Toulouse says that the collaboration agreement is part of the process of reconciliation the Sagamok community has to go through to recover from historical wrongs that have impacted it – especially those still felt from the days of Residential Schools.

“Government policies, especially Residential School, harmed our communities by causing our children to lose their culture and language – our ways of doing things. We lost what should be part of our lives – our culture. We are not ready to rebuild from our lost experiences and this collaboration agreement is one way of reconciling the relationships we have. In this case, reconciliation involves us in making decisions about the services we need and how best to provide them to our members, involving a collaborative effort to deciding to fix problems and close gaps where they exist for the benefit of our members.”

“This collaboration agreement is long-overdue. It is a joyful time for neighbours to have good relations,” said Janet Whissel, the Chair of the ERHHC Board. “We are confident that

this agreement will lead to a better experience for members of the Sagamok Anishnawbek community as patients or as visitors to our Health Hub. We look forward at ERHHC to working with the Sagamok community in the coming years and to bear witness to the improvements members of the community see in their health care experiences.”

“We hope that this agreement will open the door to other relationships we can build with other communities,” added Whissel on the future of ERHHC’s relationship building with other First Nation communities in the region.

In August of 2015, the Sagamok Community Wellness Department (CWD) heard a number of concerns from community members concerning their experiences as patients or visitors at ERHHC.

Fern Assinewe is the Director of Sagamok’s Community Wellness Department (CWD), the organizational unit of the First Nation that is responsible for delivering health and wellbeing programs and services to the Sagamok community. She says that, “the concerns being heard could be thematically categorized and we understood them to be related to the accessibility of care for patients, communication issues, primary care and treatment, trust, culture and language, cultural sensitivity and competency of hospital staff, discharge planning and generally, the relationship the hospital has with Sagamok Anishnawbek.”

“We heard a lot of stories from people,” says Assinewe, “and we met with ERHHC Board to discuss the concerns of our community members. They

gave us a commitment to work with us and agreed to establish a process to clarify and resolve the concerns we presented them. We also agreed to establish a platform so that we could have a positive and productive partnership for the long-term.” Assinewe says that Sagamok and ERHHC submitted a joint proposal to Health Canada and successfully obtained funding under the Health Services Integration Fund (HSIF) “to support our collaboration with ERHHC over a two year period.”

Monies obtained from Health Canada’s HSIF were meant to be applied over two years to develop a protocol agreement and have it approved in the first year and to go on to begin implementing the agreement in its second year.

A joint working group bringing together governance and service management and delivery teams from both Sagamok and ERHHC was formed with its first main role as the development of the collaboration agreement being signed. It will now begin

discussing issues and finding solutions.

Work will continue to be funded through Health Canada’s HSIF for the coming year. It will now be focused upon the joint working group’s activities. Though funding is not expected to sustain the work under the collaboration agreement’s term which expires in October 2021, but both partners have agreed to continue with their work for the duration of the agreement.

“We have a lot of learning to do. Both of us. We need to get to know each other,” says Angus Toulouse, referencing cultural training shared by Sagamok’s front line workers and ERHHC management staff last summer and the sharing of information that has begun.

“I’m looking forward to learning about the spiritual aspects of well being and exploring our relationship contained in the ceremony we had. It’s important for us to learn about our patients and their whole needs in their context,” says Janet Whissel. “This is how we come up with solutions: together.”



Photo: Historical signing of new collaborative agreement - photo provided by Sagamok-Anishnawbek News



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Cambrian College And Counterparts Celebrate 50th Anniversary

Community events, tributes at Queen's Park and special receptions that promote students' innovations and achievements will help mark today's official kickoff of Colleges Week in Ontario. Cambrian College will share the festivities with its' satellite campuses in Espanola And Little Current.

"College education is pivotal to Ontario's efforts to meet the heightened demand for highly qualified graduates with specialized skills," said Fred Gibbons, the president of Northern College and chair of Colleges Ontario. "Our graduates are enjoying tremendous success throughout the world. Their expertise will be even more important to Ontario's prosperity in the years ahead as new innovations revolutionize the world economy."

The Colleges Week activities in Ontario are part of a national celebration to help mark Canada's 150th anniversary. The scheduled activities include clean-up days, tree plantings, meal preparations for people in need, and other student volunteer events to support college communities.

Colleges Week is particularly important in this province as Ontario celebrates the 50th anniversary of the college system. Queen's Park has unanimously proclaimed the

week of April 3 as Colleges Week, with tributes to be delivered in the legislature.

"This is a huge milestone year for students, alumni, and everyone associated with Ontario's colleges," said Don Lovisa, the president of Durham College and chair of the college sector's 50th anniversary task force. "It's exciting to reflect on just how much our college system has evolved and will continue to evolve in the years ahead."

The career-specific programs at colleges give Ontario a competitive advantage over many competing jurisdictions that don't offer the same level of professional and technical programs at the post-secondary level. In fact, the Organization for Economic Co-operation and Development says Canada is a world leader in post-secondary attainment rates because of the access to college programs.

"Growing numbers of students of all ages are acquiring real-world experience and expertise at Ontario's colleges," said Linda Franklin, the president and CEO of Colleges Ontario. "As we look to the next 50 years, colleges will lead the way in producing the highly skilled workforce that will be essential to Ontario's growth and prosperity."

Continued from front page...

Health Care A Passion – Patients Must Come First For Patient Ombudsman, Christine Elliot

(By Rosalind Russell) - imagine. It's very stressful, so when we're able to help people, everybody feels really good about that."

She freely admits plenty of complaints have come in from across the province. When patients don't achieve success with formal complaints to hospitals or care facilities, they can appeal to Elliott, who decides which cases to investigate. Hospitals, long-term-care homes and community care access centres (CCACs) are on the office's radar. The ombudsman is also charged to submit annual reports highlighting trends and problem areas.

Unlike other Ontario oversight offices, including the auditor general or the privacy commissioner, the patient ombudsman is not an independent officer of the legislature; Elliott reports to Health Minister Eric Hoskins.

"So far, we've had a really good relationship with the minister and the ministry," Elliott said. "And, certainly, it's our hope that as we make more recommendations, they will be received in the same positive spirit that the ombudsman of Ontario's recommendations has received."

"We always want to help people, but again, I advocate for fairness in health care — sometimes we're not able to help an individual, but we certainly do take every experience into consideration, every experience does matter to us."

Elliott encourages people to contact her office, which, in addition to resolving complaints involving health-sector organizations, also "performs something of a navigator function."

"So, if people don't really know where to turn, they can call our office and we'll help them get to the right organization or person to be able to help them with their needs."

Elliott, 61, who became an MPP in 2006 when she won the riding previously held by her husband, the late Jim Flaherty, stepped down from her seat in August 2015, just months after losing the Progressive Conservative provincial leadership contest to Patrick Brown. Although not a health-care professional, Elliott began practicing law in 1980, she has been involved with a host of health-related organizations. She has served as director, or has sat on the boards of Durham Mental Health Services, the Leukemia and Lymphoma Society and the Lakeridge Health Whitby Foundation. She and Flaherty also co-founded the Abilities Centre in Whitby, which provides programs for people with disabilities.

Northern Ontario's "huge" geographic area can pose particular problems in terms of accessing services, Elliott said.

"We are hearing about people who aren't able to get the home care that they're looking for or they can't find a long-term-care placement," she said.

Elliott said it's imperative for someone in her role to be as "accessible and inclusive as possible," adding the northern tour affords her the opportunity to outline ombudsman services first-hand.

For more information on the patient ombudsman office or to lodge a complaint or concern, call: 1-888-321-0339 or visit the website: <https://patientombudsman.ca/>



PHOTO: Patient Ombudsman Christine Elliot with staff and board members of the Espanola Regional Hospital and Health Centre - photo provided by Terri Noble

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Next Community Kitchen Luncheon - April 11 & 24 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 am to 1:00 pm. NO CHARGE. Everyone Welcome.

Espanola United Church Women's Easter Baking & Craft Sale - Thursday, April 13 from 9:00 a.m. - 3:00 p.m. at the Espanola Mall.

Sables-Spanish Rivers Township Inter Church Council - Walk or drive for the stations of the cross, from Sagamok Anglican to Massey Lutheran, Good Friday at 10:00 a.m., April 14, lunch to follow. Easter Morning sunrise at the Spanish River Bridge (Lee Valley/Sagamok Junction), April 16, breakfast to follow.

Children's Clothes Closet - Calvary Baptist Church, Espanola, Wednesday, April 19th. Sizes newborn to size 12, 10a.m to 2:30 p.m.

Free Children's Open Closet - Wednesday, April 19, 5:00 - 6:30 p.m. at A.B. Ellis Public School. Bring your child's previously loved but no longer wanted clothes to give away or simply go "shopping" for some new things for your family. For more info call 705-869-5545.

Massey Area Museum Dinner - Thursday, April 27 from 4:30 - 6:30 p.m. at the Eagles Club in Webbwood. Scalloped potatoes, ham & beans with apple crisp to top it off! Phone 705-865-2266 or 705-869-3069.

St. George's (Anglican) Church - Maundy Thursday Pot luck and Seder Meal at 5:30 p.m. with service to follow., Good Friday: 10:30 a.m., Easter Sunday: 10:30 a.m.

Messy Church - St. George's Church, Espanola. Thursday, April 20 at 4:30 (Jesus is Alive). Children must be accompanied by an adult. For more info please call 705-919-6541.

Meat Roll Offs at the Espanola Legion - EMSA will be hosting on Friday nights for the month of April. Call 705-918-2456 to purchase your squares. Thank you for your support!

Knit and Stitch - Do you knit or do stitch work? Would you like to meet others who share your interests? Come join us at the public library on the third Friday of the month from 1:00 - 3:00 p.m.

Toastmasters - Develop communication and leadership skills. Learn to think quickly and clearly on your feet Mondays 7:00 - 8:30 p.m. at the Espanola Hospital board room. For details visit our website <http://602922.toastmastersclubs.org>.

Al-Anon Meetings For Families And Friends of Alcoholics - Tuesdays at 7:00 p.m., St. George's Anglican Church, Espanola. Call 705-869-6595 or 705-869-2505 for more info.

Drug Problem? - We've been there. We can help. Narcotics Anonymous, meetings are Tuesdays and Saturdays 7:30 p.m. - 9:00 p.m. United Church Espanola 137 Sheppard St.

Do you have a NOTE for the Community?

We invite not-for-profit organizations to submit information on their upcoming events in writing no later than **Wednesdays at 3:00 p.m. 25 Word Limit.**
E-mail: around@aroundandabout.ca



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FREE ESTIMATES



Steve Donnelly

Over 15 years experience locally

Recipe



These little coconut nests are perfect for Easter. Pressed into mini muffin pans and lightly browned, they resemble mini nests.

You can use any type of candy egg you prefer to fill them: candy coated chocolate eggs, jelly beans, malted-milk eggs, or a combination of all. They are a cinch to make, they taste delicious, and they look adorable.

COCONUT MACAROON NESTS

Makes about 30

- 4 egg whites
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1 package (14 ounces) sweetened flaked coconut
- 1/2 cup white chocolate chips, melted
- 70-90 mini candy eggs



Begin by preheating your oven to 300 degrees F. Coat the cups in a mini muffin pan with cooking spray and set the pan aside. In a large bowl, combine the egg whites, salt, and sugar. Then,



with a fork, mix in the coconut. Drop 2 tablespoons of the coconut mixture into each prepared mini muffin cup.

Using your thumb, lightly press the mixture into the bottom and up the sides of each cup. Bake for 28 to 30 minutes, until lightly golden on top. (Loosely place a piece of aluminum foil over the top of the pan if the coconut starts to brown too quickly.) Let the nests cool in the tins on a wire rack for about 10 minutes. Then run a spatula around the edges of the muffin cups to loosen the nests. Carefully lift out the nests and allow them to cool completely. With the melted chocolate in a piping bag (or plastic baggie with a corner cut off), pipe a small amount of chocolate into each nest. Add 2 or 3 candy eggs and press them gently to secure. Pack and store in an air-tight container.



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SERVICES

Ohm Prior VAPORIZERS – NOW OPEN! Are you looking for a healthier alternative to smoking? Come see us today and make the switch! 530 Centre Street, Espanola. (Beside the old Tommy Nails location.) 705-583-2183. 4/18.

S O U T H R I D G E CONSTRUCTION - Garage packages starting at \$36/sq.ft. Also offering affordable metal & shingle roofs. Book now to ensure availability. Free estimates. Call Daniel @ 705-844-2673. 4/11

MASSAGE THERAPY & ACUPUNCTURE - By Cheryl Van Allen, R.M.T. Treatment focused on pain relief or relaxation. Covered by most insurance companies. Gift certificates available at the front desk. Located at the Pinewood Motor Inn. 705-869-3460. 5/16 - R

PHYSIOTHERAPY OFFERED BY MARILYN WITTMANN - Located at Physio Moves in the Espanola Hospital. Accepting new patients. WSIB and MVA patients welcome. Acupuncture available. Visit www.physiomoves.net for services, rates, and hours, or call 705-988-3737 5/16 - R

BIRTHDAY

Happy Birthday

Wishing **Kerry Houle** a VERY **Happy 50th birthday on April 13th**

you are my partner in crime today and always!

**Love you sista
Flora and Mac xo**

HANDYMAN - ODD JOBS COLOMBUS - Need something fixed, painted, patched, drywalled, or something put together, give me a call. Stephane Coulombe 705-863-3434. colombus87@eastlink.ca 4/10 - R

CHIMNEY CLEANING – Over 20 years of local experience in cleaning, repairs, and installations. For your security, have your chimney cleaned and checked today. Call Larry at 705-844-2878. 5/9

ESPANOLA SELF STORAGE – 6x8 and 8x10 Storage units available in Espanola. Located behind the car wash. Call 705-869-8405. 05/9 - R

NOW OPEN

100% GLUTEN FREE NOW OPEN! - Offering fresh baked Gluten Free Breads, cakes, muffins and ingredients. HOME MADE dinners meat pies, perogies, pizza, pies and more! 532 Centre st. - 705-662-1930. LIKE US ON FACEBOOK

FOR RENT

FOR RENT – 3 bedroom, first and last required. \$750.00 / month. Natural gas and heat included, and yard maintenance. Hydro not included. 705-869-1378. 4/18

CLASSES

LITTLE ART GARAGE registration dates April 23, May 20, June 24. Call 705-869-7743 or visit www.littleartgarage.com. 6/20.

THANK YOU



They say you can judge a person by the people around them, then our father was truly blessed for he was surrounded by the most amazing group of family and friends his whole life. We would like to thank everyone for their words of kindness, comfort, support, prayers, flowers, and donations of food, and to the Alzheimer's Society. A grateful thank you to Father Raymond Akor, the choir, and the C.W.L. of Saint Jude Parish for the beautiful meal. Thank you to the Royal Canadian Legion Br.39 for their funeral service and also to the Manitoulin Health Center and Espanola Regional Hospital for your care and compassion. To the staff at Little Current Centennial Manor who went beyond caring for our father like we would have done when we could not be there. Thank you to Bourcier Funeral Home, and a special thank you to Jamie and Evelyn. We sincerely apologize if anyone has been forgotten. Burial will be at a later date in the spring, with a notification.

The Gervais Family.

NOTICE

NOTICE: WATER MAIN FLUSHING

The Corporation of the Town of Espanola will be flushing all water mains and fire hydrants from:

MONDAY APRIL 17th, 2017

UNTIL APPROXIMATELY

FRIDAY APRIL 28th, 2017

Flushing will take place between the hours of **3:30pm and 11:30pm**. Flushing will commence in the South end of town (supply source) and progress towards the North until all lines have been thoroughly flushed.

To find out the daily flushing areas:

- Like us on Facebook
- Listen to radio station 99.3 MOOSE FM at approximately 9:18 A.M. or 3:49 P.M.
- Check our website at www.espanola.ca
- Watch Community Channel 10

FLUSHING MAY CAUSE TEMPORARY DISCOLORATION OF WATER, LOSS OF PRESSURE AND AT TIMES NO AVAILABILITY FOR SHORT PERIODS (NO MORE THAN 15 MINUTES). PLEASE REFRAIN FROM DOING LAUNDRY UNTIL 24 HOURS AFTER FLUSHING HAS BEEN COMPLETED IN YOUR AREA.

Iron Out Rust Remover will be available at the Public Works Office at 596 Second Avenue if required.

Office hours: Monday – Friday from 8:00 A.M. to 4:00 P.M.

JOEL YUSKO, A.Sc.T., C.R.S.,

Manager of Public Works

Phone: 705-869-1751

596 Second Avenue

Espanola, Ontario P5E 1C4

Email: jyusko@espanola.ca



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Thank You Ads • Births or Birthdays
Anniversaries • Engagements*

To place your announcement call or email

705-869-6883

ads@aroundandabout.ca

ANNUAL GENERAL MEETING

Espanola Minor Hockey Association Annual General Meeting



May 9th 2017 @ 7:00pm
in the Library Room



We would like to say a big thank-you to our sponsors for making our hockey season a success.

Farquhar's Dairy	Lions Club	Canadian Tire
Domtar	Freshco	Columbus Club
Elks Club	Winkel's	Espanola Express

EMPLOYMENT OPPORTUNITY



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ESPANOLA REGIONAL HOSPITAL AND HEALTH CENTRE

Summer Student Information Systems Support

We require one summer student for our Information Systems department. The successful candidate will be involved in the day to day functions of the Hospital Information Systems department.

QUALIFICATIONS:

The successful candidate should possess the following:

- Enrolled in a related post-secondary program
- Knowledge of Information Systems
- Experience working with Information Systems would be considered an asset
- Ability to provide regular attendance
- Bilingual in French and English is an asset

To apply in confidence, please forward your resume together with a cover letter outlining your relevant experience and qualifications by **April 21, 2017** to:

Human Resources Manager
Espanola Regional Hospital and Health Centre
825 McKinnon Drive
ESPANOLA, ON P5E 1R4
Fax (705) 869-4039
Email: recruitment@esphosp.on.ca

Thank you for your interest. Only applicants who have been selected for an interview will be contacted.

EMPLOYMENT OPPORTUNITY



Espanola & Area
Family Health Team

The Espanola & Area Family Health Team is currently recruiting a part-time Registered Dietitian (15 hours per week). The successful candidate will have familiarity with the health issues of the community and will work collaboratively with other primary care providers to improve the health of the patients accessing services through the Family Health Team.

Responsibilities Include...

- Provide general dietetic care to patients in keeping with the standards of the College of Dietitians of Ontario
- Develop and implement nutrition education programs with other team members
- Provide nutrition teaching and support to patients (individually and in groups)
- Work collaboratively with other FHT staff and community organizations to improve patient care, service delivery and coordination
- Act as patient advocate to problem solve and ensure health care needs are met with internal and external providers
- Facilitate Rx requests including faxing, calling to pharmacies, verifying and calling patients for follow up appointments when required.
- Maintain patient charts in the EMR
- Support patients by making appropriate referrals within the Family Health Team.
- Model and promote a positive team based work environment and maintains confidentiality. Attend/participate in team meetings and lunch and learn opportunities.
- Perform other related duties as assigned.

Qualifications:

- Current registration in good standing with the College of Dietitians of Ontario
- Demonstrated experience working in community setting or primary care setting
- Ability to problem solve effectively and independently
- Demonstrated knowledge of the role of interdisciplinary health professionals and the ability to work effectively within a collaborative team
- Strong interpersonal and communication skills
- Experience working in an electronic medical record system is an asset
- Fluency in English and French is an asset
- Good organizational skills and time management skills. Demonstrated ability to manage multiple tasks, prioritize workload.
- Knowledge of Consent and Release of Information legislation
- Knowledge and experience with nutritional needs for diabetic clients (chronic disease management)
- Bilingualism (English and French) is preferred

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ESPANOLA REGIONAL HOSPITAL AND HEALTH CENTER

Temporary Part Time Support Worker – Queensway Place

POSITION SUMMARY:

Queensway Place approach is 'Resident first' by providing support services to individuals within the Framework of Espanola Regional Hospital and Health Center's philosophy, policies, procedures, and standards. Team members collaborate in meeting the needs of individuals to attain an optimal level of independence and well being. Responsible for all other related duties as assigned such as laundering, meal service, completing forms to maintain efficiency of daily operations, housekeeping, caring for and assisting Residents to obtain medical aid/attention when appropriate. Encouraging social interaction and assisting with activities as time permits. Demonstrating knowledge, skills, attitude required to assist Residents. Continuous high standards through quality improvement will be utilized to ensure Queensway Place Assisted Living as caring and respectful.

QUALIFICATIONS:

- Secondary school diploma
- Capable of standing and walking for several hours
- Capable of safely lifting 50 pounds (23 kilograms)
- Able to safely utilize approved cleaning products and equipment
- Ability to work as a team and take direction well
- Effective written and verbal communication skills
- Able to work independently
- Ability to provide regular attendance
- Recent Geriatric experience an asset (GPA)
- Current CPR, First Aid an asset
- Bilingualism French/English an asset
- WHIMIS
- Food Handler Certificate

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ESPANOLA REGIONAL HOSPITAL AND HEALTH CENTRE

Summer Students 1 Health Care Aide Assistant & 1 Activity Aide Assistant

We require two summer students for our Long-Term Care Facility. The successful candidates will be involved in the day to day functions of the Long-Term Care and Recreation Departments.

QUALIFICATIONS:

The successful candidates should possess the following:

- Enrolled in a related post-secondary program
- Experience working in Long-Term Care or Geriatrics
- Ability to provide resident focused care
- Be responsible, organized, self-directed and motivated
- Ability to provide regular attendance
- Bilingual in French and English is an asset

In order to qualify for these funded positions candidates must meet the following requirements:

- (a) is between 15 and 30 years of age (inclusive) at the start of employment;
- (b) was registered as a full-time student during the preceding academic year;
- (c) intends to return to school on a full-time basis during the next academic year;
- (d) is a student in a secondary, post-secondary, CEGEP (Quebec only), vocational or technical program;
- (e) is a Canadian Citizen, permanent resident, or person on whom refugee protection has been conferred under the Immigration and Refugee Protection Act* and;
- (f) is legally entitled to work according to the relevant provincial / territorial legislation and regulations

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**ESPANOLA REGIONAL HOSPITAL
AND HEALTH CENTRE**

**Summer Student
1 Maintenance Aide**

We require one summer student for our Maintenance department. The successful candidate will be involved in the day to day functions of the Maintenance department, and provide assistance with grounds work for the facility.

QUALIFICATIONS:

The successful candidates should possess the following:

- Enrolled in a related post-secondary program
- Be responsible, organized, self-directed and motivated
- Ability to provide regular attendance
- Bilingual in French and English is an asset

In order to qualify for these funded positions candidates must meet the following requirements:

- (a) is between 15 and 30 years of age (inclusive) at the start of employment;
- (b) was registered as a full-time student during the preceding academic year;
- (c) intends to return to school on a full-time basis during the next academic year;
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**ESPANOLA REGIONAL HOSPITAL
AND HEALTH CENTRE**

Activity Aide

We require one casual Activity Aide. The successful candidate will be responsible for providing recreation, leisure and education opportunities based on the abilities, strengths, needs, interests and former lifestyle for the residents of our Long-Term Care facility.

QUALIFICATIONS:

The successful candidate should possess the following:

- Training in a discipline that promotes improved lifestyle or rehabilitation
- A diploma or certificate in recreation therapy or other related field is required (ie. RPN, PSW, Gerontology)
- Minimum of two years recent related experience in Long Term Care or Geriatrics is preferred.
- Experience working with individuals with special needs is a definite asset.
- Ability to provide regular attendance
- Bilingual in French and English is an asset
- Must be willing to work evenings and weekends

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