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**Fundraising For New Park For Seniors Well Underway: Espanola Nursing Home Therapeutic Park**



By *Rosalind Russell* - Conceptual plans for a new park for residents of the long-term care facility at the Espanola Regional Hospital and Health Centre have been released to the public. The facility announced its plans to build the facility last fall and The Moose 99.3FM CJJM - Espanola launched the fundraising through the annual Christmas Radiothon last year with the first \$10,000 or so, as well as a road toll that is held by hospital volunteers every year on the Labour Day Weekend. Since then, hospital fund development coordinator, Terri Noble, says the fundraising has been going well now that supporters and donors can visualize the park.

*Continued on page four...*

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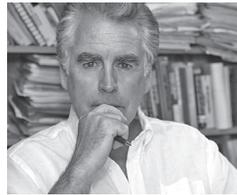
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## Squirrels! Rats With Really Nice Tails

I've had it up to here with squirrels and when I say 'here' I mean the wood pile they scurry across knocking down hunks of firewood or the soffits they're scratching to get into the attic or the privacy fence they use as a noisy playground.

Why did the squirrel cross the road? To be the first of his species to ever do so without changing his mind half way across, then retreating, darting back getting almost across, then pivot! Pivot! Driving instructors tell students that the surest way to hit a squirrel is to try and avoid it.

Many years ago I had two squirrels on my property. Then I got a dog. A big dog! Ha, ha, I said to myself. I'll fix them little varmints! Jake'll run those little buggers across the border and into Buffalo, New York. The following spring I had eight squirrels on the property with grown-up children who visited on weekends.

I believe God put squirrels on this earth just to torment dogs. They taunted my dog Jake relentlessly and sometimes two at a time. They would run along the hydro wires in opposite directions until Jake was hoarse from barking and dizzy from running in circles. Sometimes he'd be chasing two of them and when they split, he'd crash headfirst into the tree. Jake blew out his cruciate ligament chasing a squirrel and the cost of that operation

means you'll be reading this column until I'm 87 years of age and checking my own byline in order to remember my name.

They're sadistic little Sciuridae meaning ... family of rodents characterized by short muzzles, bloated cheeks and the inability to make quick decisions near the centre line of a road. A squirrel is really a rat with a really nice tail.

Ben Bramble, a good friend who lives in St. Catharines became so fed up with squirrels eating up his garden and bombarding backyard guests with green walnuts, he began a systematic evacuation. He'd trap them at night and every morning he'd drive them across town, over Twelve Mile Creek and the steep ravine that divides the city. Then set them free on the vast wooded grounds of Ridley College. It was fall before he realized they were all making it back to his backyard for suppertime. The squirrels loved these road trips. They mocked him terribly and called him "the squirrel chauffeur" behind his back.

I could live with squirrels forcing me to the shoulder of the road or tormenting my dog Jake with a flying trapeze act but you can imagine how upset I got when one of them broke into show business. I was watching NBC news one evening and they showed a clip of Twiggy The Water-skiing Squirrel. Twiggy, was her

Continued on page three...

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Continued from page two...

stage name. Her real name was probably Mildred or Hortense. Twiggy water-skied around a portable pool behind a remote-controlled toy boat to the delight of hundreds of people with severely limited entertainment needs. Twiggy soon became the star of boat shows and summer festivals all over North America and Europe.

When asked the secret of training a squirrel to water-ski, owner Lou Ann Best replied: "You have to give them a lot of love and affection and tell them the same thing over and over again." Which is basically how the White House staff handles President Trump.

So there's little Twiggy in her cute little red jacket standing upright on her little skis that are mounted on a little raft holding the metal handle that's attached to the rope that's pulled by the boat. Isn't that special? Give me the remote control and a big pond, say the Atlantic Ocean and we'll see how well Twiggy water-skis long distance. I couldn't actually kill an animal but after decades of living with these nutters, I'd give Twiggy a pinch on the bum that would take her off the tour for weeks. Not long after that, Ivan Dagley, a man I much admired died. Ivan lived in Conquerall Mills, Nova Scotia and his passion in life was stuffing dead squirrels and then dressing them up like people. I was looking at a postcard sent to me by my friend Nancy White, Canada's funniest

singer. Nancy made Ivan famous on her CD Stickers On Fruit with her rousing rendition of "The Nova Scotia Squirrel Stuffer."

The postcard showed Ivan beaming behind a hospital room scene with three stuffed squirrels – the patient in bed, the doctor in whites scratching his head and the nurse complete with cap and clipboard taking the patient's pulse. Ivan's wife and daughter made the costumes while Ivan's cat provided the squirrels. (And no, I asked ... they don't rent out the cat.)

Upon Ivan's death, the media called Nancy White for a comment. You think you've become undone at a funeral? Try eulogizing a squirrel stuffer. Every time I spot a squirrel doing something destructive on my property, I want to send a note off to the squirrel stuffers of the world – please feel free to recruit my squirrels for your talent pool. I'll pay for the shipping.

And if one squirrel is intelligent enough to water-ski, how come the rest of them aren't smart enough to move to the great outdoors of Northern Ontario, where they could torment bears and send snowmobilers stick handling through trees?

Hate squirrels, love chipmunks so yeah, I'm a rodent racist,

For comments, ideas and copies of The Legend of Zippy Chippy, go to [www.williamthomas.ca](http://www.williamthomas.ca)

## Carol Hughes' column CRTC seeking submissions on rural and remote broadband service

People in rural and remote locations across Canada are familiar with the challenges related to telecommunications connectivity and the wide gap in the level of services when compared with urban centres. While it is easy to be frustrated by the challenges, it is important to recognize when the opportunity to do something presents itself. That is the case with the process the CRTC has undertaken to determine how it will develop and carry out the broadband funding regime it has committed to.

The growth in telecommunications along with the clout that sector carries in the Canadian economy highlight how important these services have become in our modern life. In a best case scenario, new technology can be transformative allowing people to overcome barriers, but in rural and northern Canada the capacity to employ these technologies is itself the barrier. This is why the CRTC has decided it will establish a new funding mechanism designed to close the gap in connectivity.

The plan is to place a service charge on existing customers to finance capacity growth which is similar to how telephone services were brought to rural and remote areas. The CRTC plans to work in concert with other efforts to increase connectivity and expects applicants to secure government funding, provide some funding of their own, and show how services would not be increased without Commission assistance. This is why it is vitally important for the government to be committed to increasing rural and northern services and to back that up with real infrastructure dollars. All of the Commission's investigative work is expected to take place at arm's length so that proposals can be judged on their merit. They are expected to pursue the successful model of non-profit,

third party administration that is developed using a corporate structure. Safeguards to ensure the fund is distributed fairly will include the establishment of an audit committee and a fairness monitor. If all goes according to plan, the third party board will make recommendations based on applications and the Commission will make the final decision on which projects will receive funding.

Eligibility will be based on criteria related to geography and current service. They will attempt to avoid using fund money for underserved areas close to urban centres where the market can reasonably be expected to fill any gaps. Currently about 82% of Canadians have access to broadband Internet service that meets one of the criteria (download or upload speeds, and the yet to be defined minimum quality of service) for achieving the broadband portion of the objective. Once an area is determined to be underserved, those applications are expected to be given more weight.

There is far more contained in the CRTC document than can be condensed to match this format and I would encourage any interested parties and communities to make themselves familiar with the contents which can be found online at: <http://www.crtc.gc.ca/eng/archive/2017/2017-112.htm>

Unlike parliamentary committees which cap submissions, and limit testimony, the CRTC is inviting submissions from the public. It is important for interested persons to file an intervention with the Commission by June 28, 2017. Replies to interventions must be filed by July 26, 2017, and final submissions must be received by November 29, 2017. I encourage anyone interested to make themselves familiar with the process which is explained in the document.



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## Season Tickets For Junior A Express Now Available

Espanola Express have announced the start of the 2017-2018 Season Ticket Drive. To kick off the Ticket drive, the Express will be offering discounted pricing for season tickets purchased before June 24th, 2017.

Tickets can be purchased online at the Express website

<http://espanolaexpress.com/tickets>  
Alternate arrangements can be

made by contacting GM Chad Clarke at 705-662-9424 or email at [gm@espanolaexpress.com](mailto:gm@espanolaexpress.com)

They are looking forward to the upcoming season and we look forward to seeing you there!!!!

Your support is greatly appreciated and without you, junior hockey would not be a reality in Espanola.

**GO EXPRESS GO!**

## Update: More Details On New Access For Cup And Saucer Trail - You Can Help Build It

As A&A has reported earlier, a deal has been struck to ensure the Cup and Saucer trail on Manitoulin can re-open for the summer.

That deal is between an Island municipality and the Escarpment Biosphere Conservancy which owns the land the new trail will cross.

The work includes creating a new access off Highway 540 and then building one thousand metres of a new trail and a parking area.

The proposed route eventually links up to the existing trail.

It's hoped that donations can pay for the work and for more information on how to help financially call 368-3500.

North-Eastern Manitoulin and the Islands (NEMI) Mayor Al MacNevin says the municipality is proud to support the trails, but he is also sending a big thanks to a couple of Manitoulin business people.

MacNevin says Randy Noble and Meredith Chandler both say the public can keep using their property to access the Cup and Saucer trail.

"Both Noble and Chandler have allowed public access over their property since the Cup and Saucer trail first opened, but neither business person has even been compensated for use of their land.

"However the municipality does pay the liability insurance in exchange for public access over the joint properties."

Noble operates Randy Noble and Trucking while Chandler is the owner of Health and Safety Matters.

The Cup and Saucer trail will reopen this summer.

The popular hiking trail was in danger of closing because part of it goes through private land and the owner of the main access and parking lot had stated he could no longer afford to keep it open.

Continued from front page...

## Fundraising For New Park For Seniors Well Underway: Espanola Nursing Home Therapeutic Park



"The cost is expected to be between \$125,000 and \$150,000, but we are hoping to off-set some of that with donations of benches, that sort of thing," explains Noble. "We have raised about \$55,000 so far, which also includes a pledge of \$25,000 from the Espanola Lions Club."

Residents are doing their part too. Members of the Espanola Nursing Home Family Council raised \$766 earlier this month bagging groceries at FreshCo. They also raised \$200 serving breakfast to staff.

Noble added at this time they are also selling tickets on the Father's Day Draw, which includes a chance to win a BBQ or Gas powered grass trimmer, gift cards and patio chairs.

"All the money we raise at our annual road toll and in partnership with The Moose and Radiothon 2017 again this December will be used in the development of the park.

"We are hoping to break ground next spring. There is absolutely no funding for this project and every cent must be raised through fundraisers or donations."

Espanola Lobsterfest Held May 27 will also be donating a portion of their proceeds to the project as well.

Many of the residents who will access the park are

Alzheimer or dementia patients and, as a result, can't be allowed to walk outside on their own since they are in danger of wandering off. The park will provide them with a safe, enclosed, friendly space to enjoy all that the great outdoors has to offer.

"Our seniors have earned the right to have a beautiful outdoor space to spend time in," says Noble. "The park has been designed to accommodate all of the challenges that our seniors may have. There will be hand rails, wider walking paths, raised garden planters, shelters, water features and more! We are so excited and appreciate the assistance of the public, businesses and organizations that have and are stepping forward to assist us with this project."

For more information, to buy a ticket on the draw, make a pledge or a donation in memory of a loved one, contact Noble at 705-869-1420, ask for the foundation office.

Photos: Bagging groceries at FreshCo and selling tickets for Father's Day is netting some dollars for the new park. Photos by Rosalind Russell  
Conceptual drawing of new park provided by Espanola Regional Hospital and Health Centre Foundation can be found on our website.

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### BUILDING PERMITS MAY BE REQUIRED

Prior to starting any building or construction project please contact the Township office to see if permits are required.

A copy of the Building By-Law #2016-06 is available on the Township website. You can contact the building department on Tuesday & Thursday at 705-865-2646 ext. 231 or email [building@sables-spanish.ca](mailto:building@sables-spanish.ca) for more information.

### USE OF TRAVEL TRAILERS ON INDIVIDUAL LOTS

The Official Plan only allows for recreational vehicles (travel trailers) to provide temporary living accommodations on a seasonal basis. They are not intended to be the main source or residence or be a substitute for a permanent dwelling.

Human habitation may not be permitted in recreational vehicles unless they meet all requirements of the Fire Code, Ontario Building Code, and any other applicable regulations or Acts, including applicable approvals for sewage disposal.

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### CANADA DAY CELEBRATION

Come out and celebrate Canada Day on *Saturday, July 1st, 2017*. There will be events throughout the day at the *Massey & District Community Centre & Arena* with fireworks at dusk at the *Fairgrounds*. Please visit the Township website and the Parks & Recreation Facebook page for more information.

Thank you to the Celebrate Canada Program for providing funding for these festivities.



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### CANADA150 JUNE EVENTS

**June 10** – TSSR Fire Fighters Yard Sale at Massey Fairgrounds : 8 am – 2 pm

**June 13** – Canada 150 Meeting – Massey Fire Station: 6 pm

**June 16** – Deadline to sign up for Walford Spaghetti Supper

**June 18** – Legion Ladies Auxiliary Pancake Breakfast, Massey  
Legion: 8 am – 11 am

**June 18** - Webbwood Fire Fighters BBQ, Webbwood Library Time - TBD

**June 23** – Aboriginal Day/Treaty Day – waiting for schedule of events

**June 30** – 4-H Canada & St. Andrew's United Church 150th  
Celebration Concert and BBQ– Heritage Park 1:00 – 7:00  
pm Performing 150 songs for Canada's Sesquicentennial

**June 30** – Deadline for Massey Area Museum Writing Competition  
submissions

## MASSEY WATER RESTRICTION ADVISORY

Massey residents who draw their water from the municipal water supply are being advised of a **complete water restriction** due to necessary work to our water storage tower.

Starting on **June 15, 2017** for a five-week period, our water storage tower will be off-line and will remain empty. This means that all water that is being used by the public is being chlorinated and pumped directly into the water line distribution system as it is consumed. **THERE IS NO BACKUP WATER SUPPLY IN THE TOWER** during construction.

Residents may only use the water necessary within the household for this time period; **no outdoor watering** shall occur. A slight drop in water pressure may also be noticed.

Thank you for your cooperation and assistance during this important project. Please direct any questions to the municipal office – 705-865-2646.

## Don't Panic, It Was A Mock Accident For Graduates



The public might be wondering what all the noise and action was going on at Espanola High School at noon on Tuesday, May 30th.

Several agencies were on hand to take part in a mock car accident to show students what happens in an accident involving drinking and driving.

A drunken teen driver crossed the centre line: one girl deceased, another through a windshield, a teen who couldn't feel his legs and needed the Jaws of Life and another with minor injuries were all students taking part in

the deadly scenario.

It was all part of graduation and to teach the students that having a good time is great, but safety when driving has to be foremost in their minds. Led by the Espanola Safety Coalition, several agencies including Espanola Police, North Shore Search and Rescue, the Espanola Fire Department and Manitoulin-Sudbury DSAB paramedics were on site to take part. Bourcier Funeral Home took the deceased victim away and Dan's Towing were left to clear the scene.

Photos by Rosalind Russell

## Wow, Colours Of Red And White Are Everywhere: Canada 150 Part Of The Espanola And North Shore Landscape

Last fall, the Espanola Horticultural Society with the help of 32 local teams, clubs, charities, and interest groups assisted in planting 1,000 red and white Canada 150 tulips.

Espanola was chosen from hundreds of applications and was short-listed as one of the 150 communities chosen for the project to festoon the landscape in red and white.

Well ... we planted them ... and they are in full bloom in the front of the Espanola Regional Recreation Complex, and they are gorgeous.

The Espanola Horticultural Society says thank you to the Canadian Garden Council and Vesey's Bulbs.

As well, Webbwood hosted

its Webbwood Canada 150 Celebration Garden Bloom Ceremony last week at the Webbwood Canada 150 Celebration Garden, located at St Lawrence Roman Catholic Church in Webbwood.

Photos provided



## Quilt Presented To Northern Ontario Family - Honours 150th Canada Celebrations

On Thursday, May 18, three representatives of the Espanola Seniors Quilting and Sewing group presented a quilt to a Northern Ontario family in gratitude for the services provided to them by the Ronald McDonald Family Room located at Health Sciences North in Sudbury.

The RMHC Family Room supports families with children in both the pediatric and neonatal intensive care units at the hospital.

The Family Room is open 9am

to 9pm, and in addition Rest and Respite areas are available for overnight use.

Susan St. George and her baby boy, Benjamin, received the quilt from representatives Helene Laurin, Julie Track and Julie Maher.

The quilt was made by nine members of our club using the Northcott sesquicentennial fabrics.

One of the members designed and embroidered the label for the quilt. They were inspired by Canadian Quilters

Association 'Big Quilt Bee' in honour of Canada's 150th birthday which will be held at Quilt Canada in Toronto from June 14-17, 2017. The aim of the Big Quilt Bee is to unite quilters across Canada and donate 1,000 quilts to children

using RMHC facilities across Canada. Eight hundred have already been completed and work is ongoing to finish the rest. At Quilt Canada facilities are available for visitors to take part in the construction of any remaining quilts.



Members: Georgette Ligi, Louise Drover, Eloise Aho, Helene Laurin, Nina Kraska, Julie Maher, Kathleen Boden, Julie Track, Lorna St. Pierre.

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## Family Play Day!

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## Celebrating 300 Years Of An International Fraternity: Espanola Masons Open House This Saturday

**By Rosalind Russell** - Many people have heard of the Masons and wonder what they are all about. The common thought is that freemasonry or masonry consists of fraternal organizations that trace their origins to the local fraternities of stonemasons, which from the end of the fourteenth century regulated the qualifications of stonemasons and their interaction with authorities and clients.

Members of these organizations are known as Freemasons or Masons.

The basic, local organizational unit of Freemasonry is the Lodge and this is the case in Espanola where the lodge is 102 years young. The Lodges are usually supervised and governed at the regional level, usually marked by either a state, province, or national border, by a Grand Lodge or Grand Orient. There is no international, worldwide Grand Lodge that supervises all of Freemasonry; each Grand Lodge is independent.

So how do Masons get to celebrate a third centennial this year? Well, back on June 24, 1717, in London, England, four lodges decided to create the Grand Lodge of England and this structure of organization has continued for three centuries and has spread around the world.

Sudbury-Manitoulin District is one of the 42 districts under the jurisdiction of The Grand Lodge of Canada, in the Province of Ontario. This website provides comprehensive information about the programs and activities of the lodges of the Sudbury-Manitoulin District.

District Deputy Grand Master for the Sudbury-Manitoulin District, Jason B. Ashley, explains what the fraternity tries to accomplish.

"Freemasonry is a way of life and is composed of people of all nationalities, religions, occupations and ages. Freemasons believe in truth, tolerance, respect, and freedom. Anyone may petition to be a Mason so long as they meet a

few requirements," explains Ashley.

"Freemasons believe in "making good men better" which implies that its members should seek continual improvement and growth in themselves. There is a saying from ancient Greek times, "Man Know Thyself", and it has echoes in modern day Freemasonry which implies the importance of learning about self. In becoming a more enlightened and principled individual it is most probable that a person will in turn be a contributing member of society."

Masonic lodges existed before that time, but the 1717 date represents the basic, creative step in the overall continuity and agreement of principles that still govern the international fraternity we have today.

The coordinator of planning for the 300th anniversary celebrations at the United Grand Lodge of England, Keith Gilbert, explains how preparations are progressing in the run-up to October 2017.

"It will be a special meeting of Grand Lodge. Apart from some traditional elements, such as addresses and processions, there will be a theatrical extravaganza, which is being coordinated by Gerry Hann, a Past Assistant Provincial Grand Master of Berkshire.

"Preparations and the booking of professional musicians and performers have already taken place. There will be opportunities to dine and take refreshments in the Royal Albert Hall.

"Some 2,000 guests will then go on to dine at Battersea Evolution, where a banquet is being organized by Mark Scholfield, a Past Grand Steward. This will include a reception, wine with dinner, and drinks afterwards."

While the Espanola event might not have been as ostentatious, none the less, it was grand to see people come out to the Open House held last Saturday, June 3rd. Everyone was welcome to come out and join lodge members for a hot dog, pop and a tour of the lodge.

## Espanola Youngster Synchronizes Love Of Water With Dance – Ecstatic With A Top Ten Finish This Year



Photo provided by Melanie Flabiano

Since September, Sophia Flabiano of Espanola, 10, has been training with Sudbury Synchronized Swimming Club (SSSC) twice a week out of the Jenö Tehanyi pool at Laurentian University.

Her mother, Melanie, says the young Ladies of Sudbury Synchro train at least six hours every week, both in the pool as well as doing cardio, stretching and land drilling (practicing their routine on land). Melanie says they also attend five Ontario Synchro Meets throughout the season. Swimmers also have the potential opportunity to try out for the Ontario Team to represent the Province or even make the Canadian Team.

"This past week, SSSC Teams had the opportunity to compete in 2017 Ontario Open Age Group Synchronized Swimming Championships (OOAGSSC) in Etobicoke with events running from Wednesday through Sunday," recalls Melanie. "This is the largest synchronized swimming competition in Ontario with over 800 athletes and coaches from across our province and others from as far away as Alberta.

During this meet, the athletes are judged on their individual "Figures", a series of four compulsory maneuvers by a panel of six judges for each Figure. This score is then combined (averaged) with the score they obtain during their "Team Routine" (2 panels of 6 judges).

"Their Routine Team event is by far the most fun to watch by far," enthuses Melanie. "Loud music,

elaborate swim suits, makeup, gelled hair and an intricate blend of dance, gymnastics and swimming ... it really is beautiful!"

She is especially proud that Sophia's U10 Team won ninth out of 25 teams for their best swim of their careers during Saturday's Preliminary with the U10 Event improving their score to 54.0333 (from 51.9667) at the Central/North Regionals in March.

Sophia had great success during her figures placing an impressive 127th out of 230 swimmers with a new personal best of 54.4168 up from 53.000 in January.

"It seems as though Sophia has found her "thing", as a parent, nothing could make me happier! Their smiles are ear to ear, honestly, I'm still not sure how they can hold their breath when they smile so much!! The competition is intense!

"I've been a hockey Mom before, but "Synchro Mom" has GOT to be the most stressful role I've yet to play (and I work in healthcare)! Thankfully, the entire synchro community as well as our Club, Sudbury Synchro, has been welcoming, friendly and helped guide Sophia and our family through what I refer to as our "Rookie Year"

Next year, Sophia will move up to the 11-12 age division which requires her to practice three times per week. Sudbury Synchro will compete in 5 - 6 meets around the GTA between January and May. The commitment is huge; time, finances and travel, not to mention juggling work, school, family and other commitments.



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**FOR SALE - Garden Mix** – (30% cow manure, 20% black topsoil, 50% loam) - \$50 per pickup truck, loaded (must pick up). Topsoil - \$30 per pickup truck, loaded (must pick up). Call 705-865-3262, in Webbwood. 6/20

## CLASSES

**LITTLE ART GARAGE** registration dates April 23, May 20, June 24. Call 705-869-7743 or visit [www.littleartgarage.com](http://www.littleartgarage.com). 6/20.

## YARD SALE

**2 FAMILY YARD SALE** - June 10,11 & June 16, 17, 18. Friday 5:00 – 8:00 p.m., Saturday & Sunday 8:00 a.m. – 12:00 p.m. 1446 Bay of Islands Drive, Whitefish Falls. Rain or Shine. 6/13

## IN MEMORIAM

### In Loving Memory

of  
*Shawn Geza  
Joseph Thibeault.*  
1978-2008

*Always in my heart  
Never forgotten*

*Love Mom & Joey*

## THANK YOU

### Special Thank You

for the care & thoughts of  
Therese Paradis who passed  
away May 3, 2017.  
Espanola Hospital, Doctors,  
Nurses, Ambulance & Staff,  
Bourcier Funeral Home,  
Relatives & Friends.

*Albert Paradis & Family.*

## THANK YOU



**A HUGE THANK YOU FOR HELPING DAVID!** Back on Saturday, May 6th, the Espanola Royal Canadian Legion held a Meat Roll Off Benefit for David Wiseman of Espanola. David had undergone major surgery and has been off work for sometime.

Comrade Ray Constatineau brought it to the public's attention and with the assistance of local businesses, including The Tin Cup, The Red Dog, and 100% Gluten Free and the assistance of Riverside Enterprises, and especially those that took in the last meat roll off of season, David was presented with a cheque in the amount of \$1,052.50.

A huge thank you goes out to Comrades: Ray Constatineau, Leonard and Nevis Foucault and Laura MacPherson for all their help.

On behalf of all our members, we are gratified to help the Wiseman family.

*Gary MacPherson  
President  
Espanola Royal Canadian Legion Branch #39*

## EMPLOYMENT OPPORTUNITIES



### NOW HIRING: Registered Practical Nurses

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#### TO APPLY CONTACT:

#### New Direction Health Care Services

c/o Terri Buck-Orr  
Box 1004  
Little Current, Ont. P0P 1K0

Email: ndhs@outlook.com  
Phone: 705 348 0170  
Fax: 705 368 0620

## Recipe

An easy salad to prepare that combines the favourite pasta salad with the ingredients found in a Greek salad. A great salad for summer barbecues, an easy weekday lunch or as a dinner side dish.



### Greek Vinaigrette Pasta Salad

- 1 pound pasta (shells are nice in this salad)
- 1 whole green bell pepper, seeded and diced
- 1 whole small cucumber (cut fourths and diced)
- 2 whole small vine-ripened tomatoes, diced
- 1/2 small red onion, diced
- Greek Vinaigrette Dressing (use as much as desired)
- ¼ teaspoons salt
- ¼ teaspoons ground pepper
- Feta cheese (crumbled)

Cook pasta according to package directions. Dice bell pepper, cucumber, onions, and tomatoes. When pasta is finished cooking, combine all ingredients and coat in Greek vinaigrette. Add salt and pepper to taste. Chill in the refrigerator before serving. Before serving add desired amount of feta cheese and toss.



## COMMUNITY NOTES

PROUDLY SPONSORED BY



**EHS Spring Concert and Art Show** - June 7 at 7:00 p.m. in the EHS (big) gym. Donations for admission will be accepted at the door. There will be a bake sale at intermission.

**Giant Yard Sale** - Zion Lutheran Church in Massey Saturday, June 10 from 9:00 a.m. – 2:00 p.m. If you have articles that you would like to donate call 705-865-2020.

**SSR Fire Dept. Yard Sale & BBQ** - June 10, 8:00 a.m. – 2:00 p.m. at Massey Fairgrounds. Item donations welcome call Nick 705-862-2045. Proceeds to fire safety training trailer.

**Indoor Yard Sale** – Saturday, June 10 at the Espanola United Church, 137 Sheppard Street. 8:30 a.m. To 11:30 a.m.

**Join The Walk For Alzheimer's** – June 11, at the Espanola Mall. Registration from 12:00 – 1:15 p.m., walk from 1:30 p.m. – 2:30 p.m. Call 705-560-0603 for more info.

**Royal Canadian Legion Branch 39 Espanola** - Presents "Birthday Bash 150" Saturday, July 1/17. Tickets available at the door or can be purchased at the legion, Home Hardware, the Rec Complex.

**July 1st Come And Go Tea** - 1:00 p.m. - 3:00 p.m. at the Drop In Centre, 799 Queensway Ave. Espanola. We will be drawing the ballots of our quilts and door prize at 2:00 pm

**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.

**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.

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

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