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**Lively Discussion For  
 Improving And Expanding  
 Recreation In Espanola -  
 Next Step Is The Draft Plan**



By *Rosalind Russell* There were only about 20 people at a special consultation meeting focusing on parks and recreation held on Tuesday, February 28th. Kimberley Wilmot, a consultant with the firm, Sierra Planning and Management, led a lively discussion with several enthusiastic residents, clubs, users and others at the recreation complex Tuesday evening. The firm has been hired by the Town of Espanola to help draft the master plan, which will guide parks and recreational development in Espanola for the next five to ten years. Wilmot reviewed the process that began last year with an Oracle Poll conducted in Espanola. The primary findings: the Al

*Continued on page four...*

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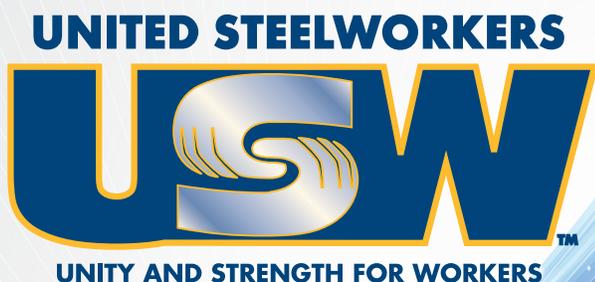




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**High Tech, High-End Underwear. Mortgages Available**

Breaking news, but hopefully not wind – men's underwear is in the throes of a technological evolution. New upstart companies like Tommy John and Mack Weldon run by "twenty somethings" have discovered that since our underwear hasn't changed much since the 1900s, it was high time for an unwarranted upgrade accompanied of course, by a massive hike in price.

The underwear industry has finally figured what most other corporate entities have been practicing for decades – take a perfectly good and functional product, add a whole bunch of shiny and unnecessary doodads and increase the price to tenfold. (My new car came with a birthday app!!! No back-up beeper, mind you. But a birthday app!) Actually in the case of the all-new but hardly improved butt huggers, with the cost going from \$4.99 a pair to \$70 a pair, make that a 1,302% increase in price. Sales of men's underwear used to follow a simple and traditional pattern. The woman bought a pair of underwear for the man because otherwise he just wouldn't be wearing anything down there except rashes and brush burns. The man then wore that underwear faithfully. Okay, too faithfully. Then the woman, using the kind of rubber gloves that extend up to the elbows would take the man's underwear and burn it in the backyard. This sparked sales of new underwear and on and on it went. Classic supply side, skid-mark economics. That's the way we liked it. It wasn't pretty, but it's about to be, real soon.

The all-new gentrified gotchies at \$70 a pop feature moisture control, cool zones and stealth waist bands. Scary, but we men always believe that our underwear was the moisture control! We never had a need for cool zones but we did possess a healthy fear

of hot zones in the back and the need for a battery-operated methane gas detector. A stealth waistband? Honestly the only improvement on underwear we men ever wanted was a waistband with a locking mechanism that provided anti-wedge protection. (When we started putting defibrillators in libraries I thought the next logical step was to make oxygen tanks available inside locker rooms where short guys named Arnold are getting wedged on a regular basis.)

Revolutionary improvements make these new models of bun baskets breathable, anti-microbial and anti-odour. In other words, they're gas masks made from 100% cotton that you wrap around your ass with a stealth waistband that apparently cannot be detected by radar. ("Safe to say if the Underwear Bomber' had had this kind of technology at his disposal, he wouldn't be in jail today.)

Are they joking? Fork out \$70 for a sterile nether-region bandanna that people walking the streets of Beijing usually throw away at the end of each day!

The Tommy John designers have even reconfigured the front flap which no man has ever actually used in the process of peeing because no man, except the Tommy John designer has actually noticed it. The front flap has now been re-developed into a "Quick Draw" fly ... "for easier access." No one so far, including myself has had the courage to ask: "For easier access to what?!?"

The question to men about their underwear use to be boxers or briefs? From now on men might be asked: "Who are you wearing down there? Armani or Louis Vuitton?"

About the only thing these guys forgot to put in this state-of-the-art underwear is a noise

Continued on page three...

Continued from page two...

alarm by which any internal eruption over 50 decibels triggers a voice recording that reminds you to change the batteries in your smoke detector. A fire retardant liner wouldn't be a bad idea either.

Although he could not have foreseen today's major advancements in men's chonies, Rodney Dangerfield may have had an inkling when he said: "I tell ya, I get no respect. Every time I put my underwear on I can hear the Fruit Of The Loom Boys laughing!" Actually, the Fruit Of The Loom Boys are balling their eyes out because if upscale undies take off, they're out of work.

A spokesman for the start-up company is claiming immediate success in sales: "These innovative ideas have been gaining steam and exploding in recent months." Two very unfortunate choices of words, right there.

Hard to believe, but I thought the thong and the Speedo were

the worst ideas to ever adorn a pair of male cheeks. Now thanks to a couple of fashion smart asses – our junk trunks many never be the same.

No, sorry but I'm not buying into the Gucci gotchie trend. I will continue to buy my underwear at the Bargain Shop for \$19.99 a four-pack and I will return for more once I am informed that those first four pairs have been used for kindling. And just because my favourite brand is 'Jockey,' do not think for one minute – as President Donald Trump would say – there's anything small going on down there! My hands are so huge sometimes people on the street stop me and ask if I'm wearing baseball mitts! Plus the crowd sizes of those people who stop me on the street – massive!!!

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

## Get Ready To Discover Your Green Thumb



Keitha Kozachanko is the co-ordinator for the Espanola Community Gardens located on Algoma Street in Espanola. The group is partnered with the Espanola Horticultural Society.

On site are garden boxes filled with soil for people to grow their own vegetables.

As the photo attests, growing produce is successful.

Starting in early May, the boxes are planted with onions, carrots, lettuce; and then in June with tomatoes, peppers, cucumbers ... there is even room for a potato plant or two.

They have all the tools you would need and a water supply on site.

In a community garden you plant the seeds, weed, water and nurture your vegetables until harvest ... and what you harvest is yours.

With Spring around the corner, it is time to register for your space ... if anyone is interested in more information or wanting to take part, contact Keitha at: 705-583-2128 or via email: [keitha53@hotmail.com](mailto:keitha53@hotmail.com).

Photos: Espanola Community Gardens

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## Good To The Last Drop'

**By Grant Lewies & "K" - O.K. Rabbit.** Everybody have their thinking caps on? What is the second most traded commodity on earth and was discovered in Ethiopia in 800A.D.? This commodity was the first food to be freeze dried and can actually improve your health? Grown in the tropics, one pound of this commodity needs 2,500 gallons of water and one plant can live over 200 years. So...what is the correct answer??? Well come on out to the Espanola Horticultural general meeting on Monday, April 3 rd to find out !?!

....actually the answer is coffee but you are still invited to our meeting on the 3rd. Espanola is lucky enough to have a young man who is a coffee fanatic. Daniel Massicotte has been roasting coffee beans, actually they are berries, in his garage for about seven years. His fascination with the bean was piqued by a friend in the Maritimes and he hasn't looked back since. He started out small.. that didn't last long. He has expanded and started a small business within the last couple of years.

You have certainly seen and hopefully tasted his home brews at the Espanola Farmers' market. He supplies the coffee at the Spiritual Centre on Anderson Lake, and has just signed a contract with the new restaurant, Ketchup, in town. You can also taste his coffee beans at Roger

Coffee beans do grow on trees and the beans are actually red berries which are picked, matured, dried and finally roasted. Daniel buys his beans from Mountain Coffee in British Columbia. The beans he uses mainly come from Columbia and Costa Rica. He does not blend the various kinds of beans because it dilutes the authentic flavour of the beans. His company, Espanola Coffee Roaster was started in 2016 and has grown ever since. At 400 F., the beans crack and the oils will seep to the surface. After the second "crack" .....I'll let Daniel fill you in.

Starting out with a small roaster, Daniel has just purchased a much larger one which can roast up to three pounds in 12 to 13 minutes. Coffee, for a long time was considered not healthy! Recently, however, science has proven that coffee does indeed contain important nutrients which do help us. It's the old adage... everything in moderation.

Daniel will be our guest speaker at the Horticultural Society's April General meeting. This will include a try and buy! Try out the various coffees and if you like, buy a pound or place an order. The meeting will start at 7:00 p.m. with Daniel's presentation and then a meet and greet. See you at the Queensway Pentecostal Church on the 3rd! Everyone welcome...bring a friend.

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Continued from front page...

## Lively Discussion For Improving And Expanding Recreation In Espanola - Next Step Is The Draft Plan

Secord Trail is a favourite at 41%, but Clear Lake Beach was at only 27%, the sports fields, whether soccer or baseball had good response at 40%, and the fitness facilities at the complex measured out at 33%.

She also pointed out that 48% of respondents believe the user fees for recreational services were not affordable to the average citizen. Wilmot says the consultation meeting is only the first of at least two public forums this Spring. Recommendations for developing the Espanola's Parks and Recreation Strategic Master Plan will eventually make their way to council who will decide whether they are to be incorporated into the future plans for the town.

Most of the people taking part agreed that Espanola has excellent facilities in place, but it is how they are utilized that is a major concern. Most called for more multi-use development for various facilities, such as the recreation complex, which could be used in the summer for gymnastics, BMXing, trampoline or just great game play; a splash pad and opening the pool in summer; the return of the Summer Parks Program; cleaning up the water at Clear Lake Beach, so people can swim safely; building a skateboard/scooter/rollerblade/BMX park near the soccer fields; more programs at the ski club, especially geared to youth, and that all recreational 'assets' such as parks should be all inclusive, especially for those who are autistic and/or special needs. There was also a strong case made for the return of the recreation committee to work directly with council.

Volunteerism is considered high in Espanola and without it many sporting leagues and other groups would cease to exist, so the development of partnerships and community participation is also of prime importance to those in attendance.

Increasing taxes was a bit of a sticking point as well with most in attendance agreeing they

wouldn't mind paying an extra \$5 to \$10 a year in taxes for it to go to a capital fund for future and/or ongoing recreational assets for programs, but others were cautious pointing out there are many seniors in Espanola who live on fixed incomes and simply can't afford to pay any more taxes.

Wilmot pointed out there are many ways to raise funds: a surcharge of \$5 when someone registers their child for organized fees with that money going to a central capital fund, sponsorships and support from the business community; government grant programs to offset costs and individual club or association fundraising.

Back in 2010, Espanola was designated a chartered Active Living Community. The council of the day accepted the challenge and the document is to be always considered in all deliberations when it comes to developing recreational programming in Espanola.

Wilmot says a complete inventory of all recreation assets in Espanola will be carried out. "This includes any recreational facilities: the complex, parks, trails, playgrounds, any open spaces," explained Wilmot. "The other part of the initial study will also include service delivery ... that is marketing, the perception of outlying communities, user fees and affordability."

She will now take the comments and recommendations back to the drawing board and put together a draft document, which will then be brought back to Espanola. There will be another opportunity for the public to comment on the draft proposal before it is presented to council for final deliberation.

The final document is expected to pass into law by late Spring, early Summer, of this year.

Anyone wanting to express concerns or opinions, share some ideas or wanting to be part of the process are asked to email Wilmot at: kwilmot@sierraplan.com



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## The Espanola Express 2016-2017 Season Comes To A Close



heart-warming speeches given by the players, staff, Coach Jason Rapcewicz, volunteers, a billet mom and player's moms, which filled the afternoon with laughter and emotions.

After the awards ceremony, players posed for pictures and signed autographs with the fans to cap off their 2016-2017 season.

The award winners are as follows:

- Most Improved Player - #3 Jeb Paulsen
- Rookie Of The Year - #8 Riley Smith
- Student Of The Year - #25 Mack Aiken
- Community Player Award - #17 Alex Friend
- Most Valuable Forward - #16 Aaron Roschinsky
- Most Valuable Defenceman - #7 Riley Tilot

Photos provided by Chad Clarke

The team played their final game of the season against their division rivals, the Blind River Beavers.

Players, fans and volunteers moved upstairs after the game at the Espanola Rec Center for the Express' year end player awards meet and greet.

OVER 100 FANS, BILLETS, AND VOLUNTEERS GATHERED TO MEET THEIR FAVORITE PLAYERS AND SEE THEM RECEIVE THEIR AWARDS. There were many



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## Espanola Town Council Report

**Water Fees Go Down – Sewer Goes Up – Overall Small Increase For Espanola Taxpayers:** At Espanola Council's late February meeting a motion was made to adjust the Water and Sewer Rates for the town. The new bylaw came into effect on Wednesday, March 1st. Effective March 1, 2017, the new residential rate will be \$99.91, an increase of \$1.23/month. Of that amount, \$54.95 will be allocated to water user fees and \$44.96 will be allocated to wastewater/sewage. This is a decrease to water and an increase to sewer charges, which town council says will accurately reflect actual cost allocations.

**Two Volunteers Required For Wall Of Fame Committee:** The Town of Espanola is looking for two volunteers to come forward to work with other members of the Wall of Fame Committee. The qualifications to sit on the committee are as follows: resident or property owner in the town of Espanola, 18 years of age, Canadian citizen, and having a knowledge of sports, culture and recreation participation. Positions will be appointed by Council. The deadline is March 30, 2017 at 4:00 pm. Anyone interested in sitting on the committee, are asked to submit applications at the Municipal office, 100 Tudhope St, Ste 2, via email to town@espanola.ca or by fax to 869-0083 Attn: Wall of Fame Committee.

## Being Locked In Is Not Someone's Idea Of Fun, But In Espanola, It Was A Huge Success

The Queensway Pentecostal Church is a very active organization in Espanola welcoming families, especially youth from the larger community, not just from their church members. To that end, QPC as it is commonly known, has been successful with its programming and last weekend's gathering called LOCKED IN was just another example of that success. Katie Finley who says she was incredibly busy throughout the night and is one of the organizers, had a fantastic time. "We had an incredible night with over 60 students from Espanola and Manitoulin Island

youth groups," enthused Finley. "The band sounded great and the speaker engaged our young people, reminding them that they're never alone in any circumstance. "A shout out to the leaders who volunteered to stay up all night, this is just one example of the investment and the heart these volunteers have to see a generation rise up to their fullest potential in Christ." Where else would toilet paper tossing be considered an awesome way to have some great fun? There were plenty of games and crafts to keep the youth busy throughout the night.



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## Recipe



Last month I had tuna casserole for the first time in my life. Many people grew up eating tuna casserole, but I don't remember it being part of my childhood.

In later years, to be honest, the idea of tuna and noodles didn't sound appetizing to me; but I've had a change of heart. My daughter was home from school for a weekend and whipped up the following casserole. I really enjoyed it; in fact, I ate the leftovers for lunch two days in a row. I am now a tuna casserole fan. We didn't have frozen peas when we made ours, so we threw some broccoli florets into the pot that the noodles were cooking in for the last couple minutes. I think this casserole can be tweaked to use whatever you have on hand or adjusted to your taste. Who knew tuna casserole was so good?

### Classic Tuna Casserole (can be doubled for a 9 x 13 pan)

- 10 1/2 ounces cream of mushroom or chicken soup
- 1/2 cup mayonnaise
- 1/4 cup milk
- 1/2 cup diced onion
- 1/2 cup diced celery
- 1 cup frozen peas, thawed  
 OR 1 cup of blanched broccoli  
 OR both
- 1 -2 cans of albacore tuna (recipe calls for one, we added 2)
- 6 ounces cooked egg noodles
- 1/4 cup shredded cheddar cheese
- salt and pepper
- 1/4 cup breadcrumbs (panko are my favourite)
- 1 tbsp butter, melted



Mix the cream of chicken, mayonnaise and milk together in a large bowl. Sauté onion and celery in a frying pan until just soft. (For more crunch, you can also add them raw) Add the diced celery and onion. Fold in the tuna, followed by the cooked egg noodles and shredded cheddar cheese. Add salt and pepper to your taste Place in a casserole dish. Mix breadcrumbs with melted butter and sprinkle on top of casserole. Cook at 375 degrees for about 40-45 minutes, just until the top starts to brown.

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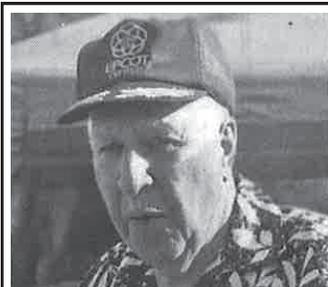
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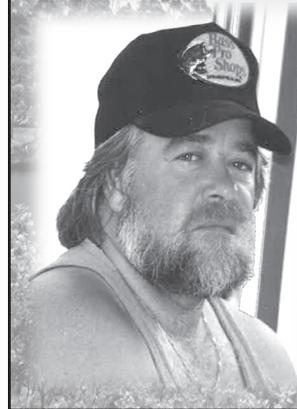
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He had a cheery smile, a pleasant way,  
A helping hand to all he knew;  
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on earth he nobly did his best,  
grant him Jesus, heavenly rest.

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## IN MEMORIAM

# In Loving Memory



## Sheldon Bentley

1 year ago, March 18-2016 - March 18-2017

We hold him close within our hearts  
And there he will remain  
To walk with us throughout our lives  
Until we meet again

Love and miss you always  
Donna, Curtis, & Craig



## In Loving Memory of

### Bob Coyne

June 22, 1944

March 10, 2007

Age 62

Miss Me But Let Me Go

When I come to the end of the road,  
And the sun has set for me,  
I want no nites in a gloom-filled room,  
Why cry for a soul set free?

Miss me a little but not too long,  
And not with your head bowed low,  
Remember the love that we once shared,  
Miss me but let me go.

For this is a journey that we all must take  
And each must go alone.  
It's all part of the Master's plan  
A step on the road home.

When you are lonely and sick at heart,  
Go to the friends we know,  
And forget your sorrows by doing good deeds.  
Miss me but let me go.

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**THREE (3) PERMANENT  
PART-TIME  
REGISTERED PRACTICAL NURSES**

As a member of the interdisciplinary team, the role of the Registered Practical Nurse (RPN) at the Espanola Regional Hospital & Health Centre is to deliver safe, effective, patient-centered, ethical, and evidence-based nursing care. The overall function of the RPN is to assist patients to manage clinical conditions and transitions and maximize their self-care, psychosocial, spiritual, communicative and interpretive abilities. The RPN also acts as a resource for members of the care team.

**QUALIFICATIONS:**

- Current Certificate of Competence, College of Nurses of Ontario
- Competency in the practice of nursing and the ability to communicate, plan, implement and evaluate nursing care.
- Recent Certificate for Medication Administration and experience in administering meds in LTC
- Certificate for Intramuscular Injections, and successful completion of Catheterization and Assessment courses
- In depth knowledge of complex needs of both LTC and Acute clients, including assessment skills
- In depth knowledge of the RPN's Leadership role in LTC
- ability to provide Leadership according to LTC Program Standards of MOHLTC, as well as CNO Standards
- Recent experience in Geriatric Nursing and evidence of continuous professional growth.
- Current first Aid and CPR
- Ability to provide regular attendance
- Bilingualism in French and English is an asset

At ERHHC, we are committed to our "patients first" philosophy and are seen as a model organization for small communities, with a strong focus on continuous learning and wellness.

If the above opportunity is aligned with your personal and professional goals, please apply in confidence by forwarding your resume and cover letter by **March 21, 2017** to:

Human Resources  
Espanola General Hospital  
825 McKinnon Drive, Espanola, Ontario P5E 1R4  
Fax: (705) 869-4039  
**Email: [recruitment@esphosp.on.ca](mailto:recruitment@esphosp.on.ca)**

Thank you for your interest, however only those applicants under consideration will be contacted.

*Tim Hortons*  
**NOW HIRING  
FULL TIME TEAM MEMBERS**  
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a great benefit package**  
**Drop off resume or go to [workattims.ca](http://workattims.ca) to apply**

**COMMUNITY NOTES**

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**Children's Clothes Closet** – Calvary Baptist Church, Espanola, Wednesday, March 15th from 10:00 a.m. - 2:30 p.m. New born to size 12.

**Next Community Kitchen Luncheon** - March 14 & 28 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 am to 1:00 pm. NO CHARGE. Everyone Welcome.

**CLE'S "Where's The Beef" Meat Roll-Off** - Community Living Espanola is hosting 4 fun evenings for one and all! Join us March 10, 17, 24 and 31, 2017 at 7:00 p.m. at the Espanola Royal Canadian Legion.

**C.W.L. Saint Patrick's Day Soup and Sandwich Luncheon** – Thursday, March 16th at the St. Jude Parish Hall from 11:00 a.m. – 1:30 p.m. Take out available.

**Elks St. Patrick's Day Dance** – Friday, March 17 from 8:00 p.m. – 1:00 a.m. Tickets available through Espanola Elks Facebook page or at the door.

**Roast Beef Dinner** - Massey Agricultural Society Celebrates Canada's 150th birthday, March 25, 6:00 p.m. at the Walford Community Centre. Silent Auction. For advance tickets call 705-869-7876.

**Variety Show** – Saturday, March 25, 7:00 p.m. at the United Church of Espanola, 137 Sheppard St. Local talent will be performing a wide variety of acts including choirs, vocalists, skits, recitations and pie auction.

**Good Food Box** - Supported by United Way, the Good Food Box makes it easy to access affordable fresh produce. Serving Espanola, Nairn Centre and Massey. Visit [goodfoodboxsudbury.ca](http://goodfoodboxsudbury.ca) for info.

**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.

**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)

**705-869-6883**  
email: [around@aroundandabout.ca](mailto:around@aroundandabout.ca)  
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