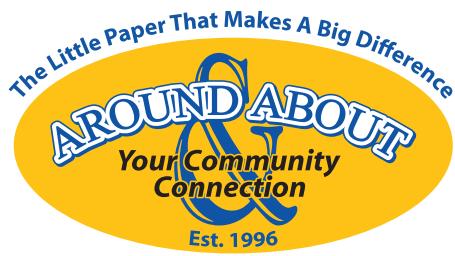


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June 18, 2019 Issue #25 - Volume 23

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## New RAAM Clinic Officially Opens, First Spoke Location



Photo: The opening of the Espanola Rapid Access Addictions Medicine Clinic called RAAM is an important part of the North East LHIN's regional and provincial opioid strategy, which aims to connect clients with high quality addictions to treatment. The program was implemented in Espanola in November and a grand opening of the clinic was held Tuesday. L-R: Dr. Brian Dressler, Addiction Medicine Specialist and facilitator for the RAAM; Dr. Lionel Marks de Chabris, Emergency Department Physician; Allison Dodge, Addiction Workers; Stephanie Paquette, Mental Health and Addictions Lead for the NE LHIN; MC Nancy Lacasse, Director with Planning and Integration for the NE LHIN; Jon Brunetti, Primary Care Lead for the hospital and manager with the Espanola Family Health Team listen while RN Jane Battistelli, Vice President of Clinic and Nursing for the Espanola hospital addresses staff and the public who attended the formal opening of the clinic. Photo by Rosalind Russell

*By Rosalind Russell* - The North East LHIN's regional and provincial opioid strategy, which aims to connect clients to high-quality addictions and treatment is proud to see Espanola be the first Spoke location in the hub of care for the region.

*Continued on page four...*

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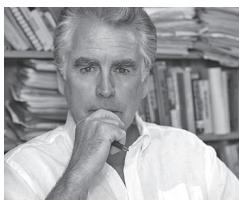
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# All The World's A Circus

William Thomas

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## Barbecuing – Man's Failed Search For Identity

It has always been thought that men began cooking outdoors as suburban living crept across North America in the 1940s and 1950s. It was, they said, an act to assert men's masculinity.

No, sorry. Men barbecue because it's in our DNA and has been since fire made meat sizzle and dating involved a club. Men cook meat on an outside grill because for that brief and glorious time with a drink in one hand and tongs in the other, we are allowed to be Neanderthals again. And let me tell ya, that euphoria stays with a man right up until the moment his wife slams down his health card on the counter at the burn unit.

I know, I'm a bit of a grill master myself. I barbecue three times a week all year round. I have a customized barrel pit that burns wood, a cast iron barbecue that uses charcoal and a copper Turkish grill that uses both hardwood and coals. I even invented a 'teepee pulley system' that fits over all these cookers allowing me to raise or lower the grill according to the intensity of the heat. That said, I still can't believe that I did not invent 'beer can chicken,' the greatest barbecue accessory since fire itself. All we know is that it originated in Louisiana. But, I'm pretty sure I know how it was invented. 'Backyard Bob' from Baton Rouge was headed out to the barbecue with his seventh beer after telling his wife he had already quit after two. The chicken which he forgot to butterfly was roasting over the coals, sort of. "Coming out to help you, honey," she yelled through the kitchen window. "Need anything?"

Suddenly Bob had a few difficult decisions

to make whereas only moments ago – like all men who see barbecuing as a drinking game – his mind was as vacant as the overgrown lot next door.

Tossing the cold can of beer into the shrubs was not an option because... it's a cold can of beer for godsakes!

He thought about jamming the beer can into the front pocket of his sweats but protruding out his pants like that might give his wife a hint of how much he really liked his grill. So he did what any real man would do: he rammed the can of beer up the chicken's ass and when asked by his wife – "What the hell is that?" - he made up a story of how he saw this chef on a TV cooking show do it and it made the chicken...

Bob blanked out watching his cold beer begin to steam up through the bird.

"Angry?" offered his wife.

"No, moist. It made the chicken juicy." Which it does. But 'Backyard Bob' can never take credit for inventing beer can chicken otherwise his wife will leave him and this time for good.

Men cooking over fire is an ancient custom predating iron, the invention of the wheel and Hazel McCallion. It's estimated that Homo habilis' unusually small brain had the reasoning capacity of an American Idol judge. Still, he managed to create fire to both heat his cave and roast mammals that were slower afoot than himself. He employed a vocabulary of five words: "fire good" and "little fella tasty". That was pretty much it. These were good times for prehistoric humans. Men hunted and barbecued what

*Continued on page three...*

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*Continued from page two...*

they caught; women gathered wood and fashioned bulky clothes from animal skins. Man cooked everything that moved, the minute it didn't. Foreplay involved a head lock and noggie. Only man could have invented fire because only a man would sit for several days rubbing two sticks together and expecting something to happen. One day it did and the two-piece, sun dried wooly mammoth jump suit he was wearing burst into flames. Man created fire on the same day woman discovered laughter.

Then suddenly the earth began to warm up, much like today. They needed to wear less animal skins. Man's vocabulary expanded from "fire good" to "woman hot" and "little fella over-cooked." Like today, man claimed that the meat was not burned, it was cooked "Cajun." Woman did not believe him.

Yes man became distracted by woman who was now wearing mini marmot-skin dresses and ferret-fur thongs in earth tones. Man began to burn everything from the meat on the stick to the hair on his arms, which was considerable. He began to heavily ingest fermented mead while cooking which only made

things worse. "Wow! Woman T-shirt wet!"

When man could no longer complete the simple task of roasting meat over fire, false idols appeared selling new methods of cooking like the Cro-Magnon Grill and the George Foreman wood-fired rotisserie oven in which the spit was turned by spinning gerbils that later served as appetizers. Delusional, he began to drink heavily both during the cooking session and the meal. He drank Lite Mead to lose weight, but he drank so much of it he always looked bloated. Sometimes he would fall into the flames and the drink in his hand would splash all over the food. He claimed he was 'marinating.' Woman did not believe him. Barbaric man had lost his touch; the simple gift of searing meat by flame was gone. At wits end, he tried all manner of cooking systems and he even invented a "teepee pulley system" that fit over... maybe I've said too much.

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

## Pet Valu Walk For Guide Dogs Held In Espanola

Sunday, June 9th was the perfect, sunny day for a walk in Espanola to help raise funds for a good cause.

Espanola Pet Valu owner, Rachel Huard, says just under \$700 was raised by participants in the Pet Valu Walk for Guide Dogs this past weekend.

Huard adds that the total will be much higher because of selling bandanas throughout the year with all the proceeds going to the Guide Dog program.

Last year, they came 10th overall across Canada.

The program provides Guide Dogs trained for various challenges from blindness to diabetes and are provided free to Canadians in need.



Photo: Espanola Pet Valu owner, Rachel Huard, says supporters took part in the Pet Valu Walk for Guide Dogs Sunday, June 9th raising just under \$700. The fundraising is ongoing with the sale of bandanas throughout the year. The local franchise came 10th in Canada last year.

## Sagamok Anishnawbek Secures Haulage Contract For Totten Mine

Z'Gamok Construction LP, a corporation owned by the Sagamok Anishnawbek First Nation has secured the ore haulage contract for Vale's Totten Mine, located about 40 minutes southwest of Sudbury.

Sagamok Chief Nelson Toulouse says the agreement is a historic development for the First Nation, noting it would enable "greater control over the contract, create more job opportunities and revenue for Sagamok Anishnawbek."

In 2012, after six years of negotiations, Sagamok and Vale were successful in signing an IBA outlining the benefits the new mine would bring to the community resulting in the creation of new jobs.

Toulouse adds Sagamok officially took over the

contract on June 1st.

"Z'Gamok Construction LP will also have the mandate to pursue other contract opportunities that flow from the IBA (impact benefit agreement)."

Sagamok Anishnawbek, whose name means 'two points joining' is located along the north shore of Lake Huron.

The community counts more than 2,000 members, with a little over 50 percent living on-reserve. Vale's Totten nickel mine went into operation in 2014 at a cost of \$760 million. At the time, it marked the first new mine to open in Sudbury in 40 years.

The mine employs 200 people and has an expected lifespan of 20 years.

## Plans In The Works To Celebrate Nairn Sawmill's 70th

The sawmill in Nairn Centre turns 70 this year and EACOM plans to celebrate in fine style.

The Pineland Timber Company originally established the operation back on the site in 1949. Since then, it has gone through a number of owners: the Kalamazoo Vegetable Parchment Company in 1962,

Brown Forest Industries in 1973, E.B. Eddy in 1973, Domtar Inc. in 1998 and finally by the EACOM Timber Corporation in 2010. Burying a time capsule, a photo booth, giveaways and a barbecue are all planned for the community event at the Nairn Community Centre Sunday, September 8th starting at 10:00 am.

Happy National Indigenous Peoples Day!

Bonne journée nationale des peuples autochtones

Carol Hughes, MP/députée  
Algoma-Manitoulin-Kapuskasing  
[carol.hughes@parl.gc.ca](mailto:carol.hughes@parl.gc.ca)

Michael Mantha, MPP/député  
Algoma-Manitoulin  
[mmantha-co@ndp.on.ca](mailto:mmantha-co@ndp.on.ca)

## Grand Opening Set For New Espanola Fire Hall



Usually, ribbons are used to open new facilities, but there will be a different touch with Espanola's new fire hall.

Around & About was provided with a tour of the facility to introduce it's many amenities to the public.

The new fire hall has four bays and comfortable change rooms for the firefighters, handicapped access and washrooms.

It also houses a new training

centre, which will not only be used for municipal staff training from all departments, it is hoped it will eventually, provide a hub for training of firefighters across Northeastern Ontario.

The new fire truck has also arrived and the older truck is being sent out for repairs. Espanola Mayor Jill Beer and her council will be on hand for the grand hose cutting ceremony on June 27th from 1:00 pm to 7:00 pm to accommodate people on shift work and/or working so that the public can tour the facility and talk to the staff.

## Mock Death Shares Harsh Message; Don't Text And Drive



It wasn't real, but the tears were for some seniors at Espanola High School.

Grade 11 and 12 students watched a video that had been made a week earlier involving a scenario involving a young woman texting while driving. Her inattention leads to her striking a cyclist, a fellow student and him dying of his

injuries.

The scenes played at using real paramedics, emergency services at the local hospital, OPP and the funeral home.

As a realistic mock accident, it hit hard for some of the students. It was all part of Safe Grad 2019 to encourage senior students to put away the phone when in a vehicle.

*Continued from front page...*

## New RAAM Clinic Officially Opens, First Spoke Location

The opening of the Espanola Rapid Access Additions Medicine Clinic called RAAM took place Tuesday, June 11th. Addictions Worker Allison Dodge is the first person who interacts with someone seeking immediate care for either alcohol or opioid addiction.

She says there is a crisis in the Espanola area and in her role, she follows the patient from the moment they walk in the door to the completion of treatment. She says that one on one and integration of various services are crucial to successful treatment.

The program was implemented in Espanola in November and is now housed within the hospital and health team complex.

Dodge works very closely with Doctor Brian Dressler, an Addiction Medicine Specialist and facilitator for the clinic and Dr. Lionel Marks de Chabris, emergency department physician, in collaboration with the various service providers within the hospital and the health team. The partners work closely together to develop an individualized program for the care of patients who come in seeking immediate help for their addiction(s).

Anyone needing help can contact the Espanola RAAM clinic Monday to Friday, 8:30 am to 4:30 pm by calling 705-862-7991, ext. 4245.

Patients will be seen by Dodge or another addiction worker within 24 to 48 hours after calling the clinic or after referrals. They will then be seen by the Addictions specialist and create and implement a treatment

and medication plan. While not everyone with addictions requires pharmacological treatment, some may benefit from prescription medication that may help with lessening cravings and withdrawal symptoms. Additionally, the RAAM clinic will support family physicians to ensure they are able to help with pharmacological treatment for addictions.

The North East LHIN's Strategy uses a 'hub and spoke' model, in which larger RAAM clinics are located within each sub-region's urban centre, the hub, with links, the spokes, to an outlying area. The Espanola RAAM Clinic is the Spoke site connected to the hub in Sudbury operated by Health Sciences North. Other RAAM clinics are located in Sault Ste. Marie, North Bay and Timmins.



Photo: Allison Dodge is the frontline Addictions Worker who assists with people in crisis to receive the assistance they need for their alcohol and/or opioid addictions. Photo by Rosalind Russell



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## Retiring Gratifying For Professor



Photo - Julie Taylor is retiring after 18 years as the Upgrading Professor at Cambrian College's Espanola campus. Her students appreciate all the work she has put into helping them improve their lives and accomplish their education goals. Photo by Rosalind Russell and supplied by Cambrian College staff.

Not everyone who graduates from Grade 12 is a teenager and the proof is in the pudding at this year's Cambrian College's Espanola campus, according to Upgrading Professor, Julie Taylor. Taylor is retiring this year and is especially proud to see eight of her students graduate from Grade 12, more so since they are all adults ranging in age from their early 20s to their 60s.

Sue Ferguson, who heads up Employment Options and Satellite Campuses, says Julie is both a role model and a mentor in the classroom and she will be missed.

Taylor says she and her husband plan to go fishing, taking in some major sports events and enjoying her grandchildren.

Ferguson says she has been both a role model and a mentor in the classroom where she has been consistently approachable, knowledgeable, patient, and kind. "She has ensured that each individual received the supports and encouragement that they needed to achieve their academic goals and she has always been willing to go the extra mile for her students. Julie has made an impact on the lives of many students and will be dearly missed at Cambrian."

Taylor began her teaching career in 1983. She oversaw the Espanola High School Night School and worked off and on for Cambrian College in the intervening years.

"No one in the family was a teacher, but I wanted to see what I could do. It has had its challenges,

but I love it."

Some of the challenges include the changes in technology, subject matter and curriculum materials, including books.

"It is amazing how students now use technology as part of their learning. We have 14 laptops and three I-pads, which are well used. Some students even bring in their own tablets."

"The subject matter is also challenging for our students, with the changes in curriculum and new information."

She is proud of all her students no matter what age.

For example, Gerry Goodchild is 63 years old and is thrilled to finally get her Grade 12.

"She's (Julie) is awesome. I couldn't have done this without her. I love the challenge."

Forty-nine-year-old Tammy Weist also got her diploma and is now looking at going to college to get a degree in business accounting.

"I'm excited," says Weist. "I've always wanted to go to college."

Yet another, 50-year-old Dave Hunt, graduated from her Grade 12 class two years ago, but continues to attend because he loves science and has a thirst to learn.

"I love science and I love coming here for more upgrading. There are so many subjects and I especially love science and can't get enough."

Taylor is also looking forward to seeing more of her children, Jeff and Samantha, and her two grandchildren, Sophia and Cole. She officially retires at the end of this month.

## Alzheimer's Walk raises over \$50,000

The goal was \$50,000 and for the Alzheimer Society of Sudbury-Manitoulin, North Bay & Districts, it was an accomplishment indeed.

Three separate annual IG Wealth Management Walk for Alzheimer's were held on Sunday; in Espanola, North Bay and Sudbury.

The money raised stays local and helps out with various programming such as Education and Awareness Initiatives, In-home Activation and Recreation Therapy to help those living with Alzheimer's disease and related dementias.

Alzheimer Societies across Canada provide programs and

support services to help people with all forms of dementia, including Alzheimer's disease, in addition to assisting their caregivers and families to live to their fullest ability. The Alzheimer Society is one of Canada's leading funders of dementia research. Since 1989, it has invested over \$53 million in biomedical and quality of life research through the Alzheimer Society Research Program. The Alzheimer Society is a key partner in the development of Canada's first national dementia strategy, which will enhance research efforts and ensure access to quality care and support for all.

## Tim Hortons Camp Day a busy one

The coffee was poured, the donations made and the franchises in Espanola, Elliot Lake, Blind River and McKerrow broke all records raising \$25,195.00

Tim Hortons across Canada took part in the annual Camp Day yesterday to raise funds to send hundreds of children to Tim Hortons Foundation Camps.

All local outlets were abuzz with



activities and volunteers helping to pour coffee, pack donuts and greet customers.

Espanola/BlindRiver/Mckerrow owner, Denis Lefebvre, and Elliot Lake owner, Nancy Wyman, extend a huge thank you to all the volunteers who came in to help out staff on one of the busiest days of the year.

Photos by Rosalind Russell



**Welcome to Local Hippie's weekly tip for living a greener life! Each week we will provide you with a quick tip to help you reduce your carbon footprint and change the world.**

This week's tip: Use a reusable coffee cup when taking your coffee on the go! Half a trillion disposable cups are manufactured around the world EVERY YEAR! Contrary to what many people believe, these cups are not recyclable because of their plastic/wax lining and coffee contamination. All of these coffee cups equate to millions of pounds of solid waste being sent to the landfill each year that will take hundreds of years to decompose. Not to mention that coffee cups are one of the most common pieces of trash we see littered in our community!

There are two simple solutions:

- > Make your coffee at home! Not only will this help the environment, but it will save you money.
  - > Invest in a reusable coffee cup and remember to bring it with you when buying coffee to go. If you're going out for the day, try throwing one in your backpack or in your car so you'll have it when the caffeine-craving hits.
- Have questions? Feel free to forward them to [jaymie@localhippie.net](mailto:jaymie@localhippie.net)
- Have a happy hippie week!



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## HELP WANTED

**HELP WANTED** - The Espanola Legion is looking for part time bar servers. Must have Smart Serve. Please drop off resumes at the Legion to Gary. 6/25

**HELP WANTED** Private employer seeking caring, dependable, female caregiver to provide part-time respite care for teenage girl with complex medical issues in her home in Massey. Must have some weekend availability. All training is provided. CPIC will be required if hired. If interested, please email resume with references to Lisa at [ercaregiver03@gmail.com](mailto:ercaregiver03@gmail.com) with RESUME in subject line or mail to Box 12, Massey, P0P 1P0. 6/25

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**425 CENTRE ST. IN ESPANOLA**

## OBITUARY



With heavy hearts, the family of ROBERT DEAN NORMAN wish to announce the passing of their husband, father, son, brother and uncle on June 9, 2019, in his 70th year. Bob was born in Windsor, Newfoundland to Malcolm and Phyllis Norman, both predeceased, and grew up in a large family. He is survived by sisters Ida Lane (Jim predeceased), Monnie Jerrett (Eli predeceased) and Carol Frampton (Gary), brothers Ray (Emily) and Ross (Betty). Predeceased by brothers Ivan, Arthur and Wally. He came to Sudbury in 1974 and began working at INCO as a miner and later became a welder. He married his wife Leanne LeBrun from Espanola in 1975 and they had 4 children Heather Rochefort (Martin), Naomi, Nathan (Laetitia) and Alicia Thomas (Luc). He loved his family and friends dearly and the years spent together will be a source of comfort for them. A funeral service was held at the Kingdom Hall of Jehovah's Witnesses on June 15, 2019. In lieu of flowers please go to JW.org and make a donation.

## THANK YOU

### Thank You



The family of Garnet Reynolds would like to give special thanks to: Bourcier Funeral Home.

To St Jude Parish with special thanks to Father Raymond and Father Jim Kelly for making the service so very special and heartfelt.

To the Ladies of St Jude Parish for providing a beautiful reception lunch.

To Terry and Val who made the planning so easy for us and were there to help with what was needed.

To Ross Patterson and Tracy Mark who made the sendoff of a WW2 veteran special with the sounds of Amazing Grace and The Last Post.

The nurses and PSW's who made Garnet's stay at the residence a comfortable one.

To Bonnie-Jean for making the trip from Gananoque with a very special cake in memory of the 4 brothers.

And to all of you who sent flowers, made donations and sent food to our home to make this time a little easier.

Thank you all for the love and support during our loss.

## NOTICE - ANNUAL GENERAL MEETING



**espanola**  
regional hospital and health centre  
hôpital régional et centre de santé  
d'espanola

## NOTICE OF ANNUAL MEETING

Date: **Wednesday, June 19, 2019**

Time: **7:00 p.m.**

Location: **ERHHC Boardroom**  
**825 McKinnon Drive**  
**Espanola, Ontario**

## EMPLOYMENT OPPORTUNITIES



### Orr's Valumart Little Current

#### Now Hiring Deli Bakery Manager Full Time Permanent position

Job includes full benefits, incentives, wages negotiable

Retail Food/ Kitchen experience are required.

If interested please email [mon02602@loblaw.ca](mailto:mon02602@loblaw.ca)  
or call 705 368 0617 ext 103



Conseil des Services du District de  
**Manitoulin-Sudbury**  
District Services Board

210 boul Mead Blvd  
Espanola, ON P5E 1R9  
Telephone/Téléphone: (705) 862-7850  
Fax/Télécopieur: (705) 862-7805  
<http://www.msdsb.net>

### Finance Assistant Temporary - Espanola Contract 3 to 6 months Internal/External Posting

Posted: June 12, 2019

Competition #2019-07-AD

Under the management of the Finance Supervisor, the position of Finance Assistant will assist within the Finance and Administration Department. The Finance Assistant is responsible directly for payroll including preparation and data gathering, G/L Account Management, Accounts Receivable and Accounts Payable.

**Qualifications:** Incumbent must have a minimum of a 3-year Accounting Diploma from a recognized Canadian accredited College. Must have a minimum of 1-year experience in an accounting environment. Must possess excellent computer skills as well as demonstrated functional ability in accounting software. Bilingualism (English and French) an asset. Valid Ontario Class G Driver's License with insured vehicle for employment related use.

**Location:** Espanola

**Salary:** \$27.81/hour (35 hours per week)

**Commencement Date:** July 2019

Interested individuals are invited to submit a covering letter and a résumé outlining their education, skills, qualifications and experience and how they relate to this position no later than **Friday June 28, 2019 at 4:30 p.m.**

Please forward your application quoting competition # 2019-07-AD to the attention of:

Human Resources Department.  
Manitoulin-Sudbury District Services Board  
210 Mead Blvd  
Espanola, Ontario  
P5E 1R9  
Fax (705) 862-7866  
Email: [jobs@msdbs.net](mailto:jobs@msdbs.net)

Information gathered relative to this position is done in accordance with the Municipal Freedom of information and Protection of Privacy Act and will only be used for candidate selection. While all responses are appreciated; only applicants selected for an interview will be contacted.

## COMMUNITY NOTES

PROUDLY SPONSORED BY



Children's Clothes Closet at Calvary Baptist Church – Wednesday June 19th. 10.a.m.-2:30 p.m. Not accepting donations at this time.

**TSSR Farmers' Market Grand Opening** - The Sables-Spanish Rivers Township will be hosting a Farmers' Market at Heritage Park (across from the lights) on Fridays from 3:00pm - 7:00pm, June 28th to October 4. Join us for our Grand Opening on June 28th at 3:00pm.

**Hope Jackson Memorial Fund** - Bursary for a post-secondary student. For more info call Beth at 705-865-2249

**Espanola Public Library Board Game Night** - NO fee or registration required! Every 3rd Thursday of every month 6:00-8:00 p.m.

**Lighthouse Community Lunch** - Free community luncheon at the Lighthouse, across from the Royal Bank, every second and fourth Tuesday of the month, 11:30 a.m. - 1:00p.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)

### Recipe

The warmer weather is here which means more get-togethers with family and friends; and therefore it's time to up my dip game! I often make nacho dip for our parties, but this dip goes above and beyond when you add a couple of extra layers. You can use refried beans in place of the hamburger for a vegetarian version. It is filling enough it could also be served for lunch.

#### 7 Layer Dip

- 8 oz cream cheese, softened
- 2 cups sour cream, divided
- 2 packages taco seasoning, divided
- 1 lb ground beef
- 1 1/2 cups guacamole
- 1 1/2 cups salsa
- 1 1/2 cups shredded cheese
- 2 roma tomatoes, diced
- 1 small bunch of romaine, shredded



#### Use a 9 x 13 dish.

- Layer 1: Blend cream cheese, 1 cup sour cream and 1 package taco seasoning until smooth. Spread in bottom of dish.
- Layer 2: Meat or Beans. Brown your ground beef in a medium skillet over high heat until all the pink is out. Drain meat and add 1 package taco seasoning (no water needed). Spread meat over the first layer. If you prefer, use a can of refried beans instead of meat.
- Layer 3: Guacamole. Spread 1 1/2 cup of either homemade guacamole or already prepared guacamole over the meat.
- Layer 4: Sour cream. Spread over guacamole.
- Layer 5: Salsa. Spread over sour cream.
- Layer 6: Shredded Cheese. Sprinkle your favorite cheddar or Mexican blend cheese over the salsa.
- Layer 7: Add the finishing touch by sprinkling the diced tomato and shredded lettuce on top. You can also add green onions and black olive slices if desired!

Serve with tortilla chips and enjoy



**705-869-6883**

email: [around@aroundandabout.ca](mailto:around@aroundandabout.ca)

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