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AROUND & ABOUT

Your Community Connection

April 9, 2013 Issue 15 - Volume 17
www.aroundandabout.ca

Spring Training Time!



THE FRIENDLY MASSEY MARATHON

By *Chloe Kneer* - Shake off the winter blahs and start training now for the Friendly Massey Marathon, which is celebrating 37 years in 2013. The marathon, one of only three in northern Ontario, is being held the weekend of July 20-21. It is an A+ accredited race and many runners use their times to qualify for the Boston and New York marathons.

Over the last four decades, the race has been known by several names including the Rainbow Country Marathon, the Voyageur Marathon, and now the Friendly Massey Marathon. In addition to the big race there is also the Spanish River half marathon and the Chutes 10k. There are also 2k and 5k fun runs geared towards families and amateur runners who are just becoming interested in the sport.

The whole event is run by volunteers who are passionate about keeping the marathon going every year. This year's race is being organized by Dave Stonley and they are still seeking sponsors to help defray costs of the weekend, which run around \$33,000 once T-shirts, medals, prizes, posters, meals, office and other expenses are accounted for. Of particular importance to the running of the race is the chip timing which ensures accurate race results for participants.

If you would like more information to participate or sponsor, contact Dave at 705-582-2061 or email info@masseymarathon.com. Their website is www.masseymarathon.com



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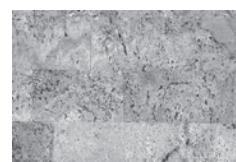
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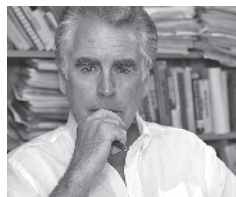
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All The World's A Circus
William Thomas

williamjthomas@gmail.com



America's Dog-On-Man Gun Violence Rising

On February 23rd, in Frostproof, Florida a dog shot a man. I know. I know. You're as startled as I was when I first heard the news. Frostproof!!! A town in Florida named Frostproof!!! Like Sweatsoak, Alaska? Or Compromise, D.C.?

Gregory Lanier, 35 was driving along State Road 17 when his rambunctious bulldog accidentally kicked the trigger of a loaded 9 mm Beretta pistol lying on the floor of his Ford pick-up truck. The bullet went through his left calf, out the shin and lodged up in the driver's side door. After a thorough investigation of this near-tragic incident, Sebring police determined that the dog acted alone. The name of the alleged shooter cannot be released because he's under 126 in dog years.

Police from nearby Sebring labelled the shooting as 'accidental' even though Lanier had just left the Blue Crab Restaurant and – I do not want to get into motive or premeditation here but – the “doggie bag” belongs to the dog, okay. That's the rule. How many times can you put the leftovers on the dashboard before the dog, spotting the loaded gun at his feet, takes the law into his own paws.

Despite the fact the pistol was loaded and Lanier thought it wasn't, despite the loaded Martin XT.243 rifle, the empty .243 shell casings in the ashtray, two boxes of ammunition, several rounds of .308 bullets and green-tipped 'zombie

killers' – despite all this weaponry found in his vehicle, Lanier was let go with a warning “to be more careful in securing his firearms.”

In America where 307 million people possess 300 million guns (and those are the weapons with permits, the ones they know about) and in Florida where they brag about being the most heavily-armed state in the union – having all that weaponry discovered in your vehicle is like passing gas in church. Not pretty but also not illegal.

Lanier claimed he was just toolin' down the highway when all of a sudden: “BANG!” He immediately smelled smoke and felt burning in his lower left leg. It was at that point the dog jumped up on the passenger seat and stuck his head out the window as if nothing had happened, as if he hadn't even been down there on the floor when the gun went off. Apparently the dog maintained his innocence until the police finally drove off without laying charges and then he “snorgled” ... mockingly. I hate to repeat myself but leftovers secured in a “doggie bag” lawfully belong to the dog and he is not in any way responsible for the consequences resulting from a violation of that law. Period.

Bleeding badly and probably fearing for his life – “I know what you're thinking, punk. Was there one or were there two bullets in that Beretta? Go ahead. Make my day.” – Lanier pulled over at

Continued on page three...

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Continued from page two...

a BP station where he applied paper towels to his wound and the attendant called 911.

President Obama used the Florida shooting to reiterate his stance on gun control and his plan for universal background checks on four-footed gun buyers who have mental health problems or harbour grudges against their owners.

In a quick and aggressive response, National Rifle Association Vice president Wayne LaPierre called a press conference to say: "The only thing that stops a bad dog with a gun is ("Who's a good dog?! He's a good dog!?) a good dog with a gun."

Repeating his mantra that "guns don't kill, dogs do," LaPierre called for the installation of well-armed guards at the entrances of every vet clinic and boarding kennel in America.

"SPCA buildings where stray dogs and dogs with behavioral problems are housed should have two well-armed guards and they should be humans, not guard dogs with automatic weapons."

LaPierre noted that everybody lucked out this time. Endorsing a universal program in which every dog in America be armed, LaPierre explained that if it had been a pack of dogs in a crowded public area, say the Westminster Dog Show, the other dogs could have shot the shooter before more human life was taken.

"I will defend every American dog's right to the Second Amendment" said LaPierre, "and yes, I would even allow bears to bear arms. But only good bears like Yogi The

Bear."

This dog-on-owner gun violence is not to be confused or even outdone by another incident, this time in St. Petersburg, Florida where a woman claims she was shot by an oven. And 18-year-old woman by the name of Aalaya Walker (I swear I do not make this stuff up!) was visiting her boyfriend JJ Sandy when she decided to preheat the oven in order to make late-night waffles. Not knowing that's where JJ keeps his bullets, Aalaya opened the hot oven and "BANG!" She was later treated at hospital for wounds to her legs and chest from bullet fragments for a .45 caliber Glock pistol.

While President Obama called for universal background checks on kitchen stoves, the NRA's Wayne LaPierre stated that while guns don't kill and bullets don't wound, under certain circumstances, ovens, freezers and even bread baskets can snuff out a human life in the blink of an eye. He then called for well-armed electricians and handymen to be stationed at every kitchen door in America.

Meanwhile in Frostproof, Florida Gregory Lanier is keeping his Beretta well away from Bingo and giving the dog pretty much everything he wants. Shame that it nearly cost him his life before he finally understood the man/dog relationship.

For comments, ideas and copies of The True Story of Wainfleet, go to www.williamthomas.ca

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Espanola NOJHL Junior A Team Update



The NOHA and NOJHL have both granted their approval to establish an Espanola junior A hockey team. At this stage, only Hockey Canada approval is still pending. Season ticket sales to date stand at 102 and the goal is to sell 200 before April 30.

"We are all getting closer to formalizing the establishment of an NOJHL team in Espanola. Junior hockey today is big business and a huge financial investment where we have an ownership and management group prepared to make for the start of the upcoming season in Espanola this September. The Junior 'A' Hockey Club needs to know that we have the backing of the community to risk the investment," emphasizes NOJHL Franchise

owner/governor Tim Clayden. Clayden met with residents last month urging those who would like to see junior A hockey in Espanola to buy their season tickets, "Our ownership and management group is in place and ready to go, we need the town and area junior hockey fans to show the same commitment by purchasing a season ticket. It's now up to Espanola and area junior hockey fans to decide if they really want junior hockey and for years to come back in the area providing some Friday Nights exciting, fast and entertaining junior hockey for all area junior hockey fans to enjoy and call their own home team."

A refundable deposit of \$40 is required to reserve the season tickets and those who reserve now will be entered for a draw to win two tickets to the Central Canadian Championships in North Bay, or two Country Fest tickets. If you are interested, contact the Espanola Regional Recreation Complex or visit www.espanolajuniorhockey.com

Espanola & Area Family Health Team

Smoking Cessation Support Group

First session is Monday April 22nd
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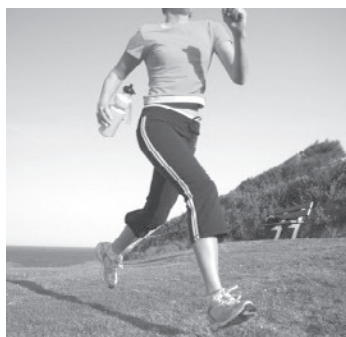
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Running Can Help Prevent Or Manage Arthritis



(NC)—For many committed runners, a diagnosis of arthritis can sound like a death sentence. It's natural to assume that you have to give up the activity you love in order to protect your joints from further damage.

Not so fast: there is growing evidence that running does not contribute to arthritis, and may actually help people delay the onset of arthritis and reduce its

symptoms.

While there are many different kinds of arthritis, the form that most runners need to concern themselves with is osteoarthritis, where degeneration of the cartilage caused by twisting or tearing injuries leads to bone-on-bone contact and joint inflammation. Severe cases can require heavy medication or even joint replacement surgery.

"The motion of running does not lead to arthritis", explains The Arthritis Society's Karen Gordon, a Registered Physiotherapist and herself an avid runner. "In fact, studies suggest lower incidence of degenerative arthritis among runners than among swimmers – even though swimming is often cited as a lower-impact alternative to running."

With the proper technique, most

runners don't experience the kinds of injuries that can lead to arthritis. A visit to your local running clinic for some tips on footwear and technique can go a long way to preventing those kinds of injuries.

If you already have arthritis in your hips, knees or feet, there may be hope for you too.

"Exercise is an important part of both prevention and management of arthritis" says Gordon. "Physical activity increases blood flow to the joints, which promotes healing. A properly designed exercise program may not only decrease your pain, but may also increase your flexibility and overall fitness –and it can do wonders for your state of mind, an important factor for someone living with the pain of arthritis."

A little stiffness and soreness

after a period of inactivity is normal and should go away as you gradually become more active. Gordon suggests keeping your runs to moderate distance and pace – pushing yourself opens the door to greater risk of injury. If pain, heat or swelling in your joints persists or intensifies, talk with your healthcare provider as you may need to scale back your program.

And if running seems a bit ambitious at first, start off by walking. Taking part in an event like the Walk to Fight Arthritis on June 9th (www.walktofightarthritis.ca) will let you get some exercise while helping raise awareness and funds to combat arthritis in Canada.

"Listen to your body", says Gordon. "If you can run pain-free, then you're good to go."

Mine Here, Process Here Says Michael Mantha



**Michael Mantha MPP/député
Algoma-Manitoulin**

This week was an exciting week for me in the legislature as I was able to introduce my private members bill entitled Bill 43, "Mining Amendment Act (Resources Processed in Ontario)".

Private members bills are an important function of the legislative process here in Ontario. They provide an opportunity for each member that is not a minister to introduce their own bill. These bills allow private members to bring matters of their concern, and the concern of their constituencies to the attention of the entire house in the form of a bill. This week I

tabled my private members bill to be called for first reading, on an initiative I know will bring positive outcomes for Algoma-Manitoulin, and across the North. My bill, if enacted, would require companies that mine ore and minerals in Ontario to also process and refine the materials here. Currently, companies can apply for an exemption from exporting restrictions, allowing them to send raw material anywhere in the world to be processed. This change will generate enormous economic growth in the Ontario mining sector, and across the North.

This province not only has large deposits of minerals and ore, it also has the facilities and skilled workforce needed to process these raw materials right here at home.

We currently allow mining companies to take these natural resources from our own backyards, when we could be capitalising on the economic and employment potential of refining them here in Ontario. This change would make better use of Ontario's natural resources, existing infrastructure, and world-class workforce.

My private members bill will allow for the creation of jobs

not only at mine sites, but at refining and manufacturing sites across the province, in addition to secondary support jobs. This initiative would help restore many of the jobs that have been lost in the hard-hit forestry and manufacturing sectors.

We have smelting facilities operating in Timmins, and steel production facilities operating in Hamilton and Sault Ste. Marie.

We have everything we need to become a central player in the North American steel market.

With a massive mining development being proposed in our province's far North, this is a perfect opportunity to not only

grow the mining industry, but also re-invigorate the manufacturing industry in Ontario.

I look forward to the coming weeks when I will be presenting this bill for first reading. I hope that my colleagues on both the government side and opposition side will support this initiative and recognize that Northerners should receive a fair deal in exchange for our natural resources.

As always, please feel free to contact my office about this issue, or any other provincial matters. You can reach my constituency office by email at mmantha-co@ndp.on.ca or by phone at 705-461-9710/1-800-831-1899.

2nd Annual Come Shop for Mother's Day

An evening with local and surrounding area home based businesses is coming to you!!!!
Fun, Fun, Fun, and good prices.

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**Wednesday, April 17th,
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Espanola OPP Police Beat

OPP LAY CHARGES AFTER BREAK AND ENTER AT MASSEY ARENA - The Ontario Provincial Police (OPP) have laid a number of charges after a break and enter at the Massey Arena on March 31, 2013. Members of the Espanola detachment responded to the break and enter at around 10:30 am to learn that beer and liquor had been stolen from the upstairs hall of the arena. Officers had seized liquor from a vehicle involved in a motor vehicle collision earlier in the morning and found that it was the same type taken from the arena. A-20-year old male was later located and arrested with the assistance of the Sagamok Anishnabek Police Service. Further investigation revealed that the male had stolen two wallets and other items from unlocked cars in Espanola the night before. These were also found in the vehicle involved in the collision.

Trent SOUTHWIND (21 yrs) of Sagamok, ON has been charged with:

Break and Enter

Possession of Stolen Property Under \$5000 (2 Counts)

Theft Under \$5000

Mischief Under \$5000

Drive-No Licence

The accused will appear in Espanola court on May 7, 2013

*If anyone has any information regarding these crimes, please call
Crime Stoppers at 1-800-222-TIPS(8477) and remain anonymous
and possibly receive a cash reward of up to \$2,000.00.*

Espanola Police Report

ESPANOLA - PRESCRIPTION PILL DRUG BUST - On March 26th, 2012 the Espanola Police Service in partnership with the OPP Sudbury Drug Enforcement Unit, and the UCCM Police conducted a search warrant at 83 Hayward Ave. in Espanola, as it was believed that the resident was selling her prescription of narcotics.

During this investigation the following items were seized: Oxycodone pills (prescribed), Morphine pills(illegally obtained), Cannabis Marihuana (illegally obtained), a scale, debt list, \$310, a shotgun, occupancy documents, banking documents, empty prescription bottles (Percocet) and medical documents.

Charged in this drug raid are:

Janet Dunn (44) - Possession for the Purpose of Trafficking (Oxycodone), Possession for the Purpose of Trafficking (Morphine), Trafficking Oxycodone (x2), Possession of Cannabis Marihuana, Unsafe Storage of a Firearm, and Possession of Property Obtained by Crime.

Darrell James (38) - Possession of Cannabis Marihuana and Unsafe Storage of a Firearm

A 17 year old youth - Possession for the Purpose of Trafficking (Oxycodone), Possession for the Purpose of Trafficking (Morphine), Trafficking Oxycodone (x2) and Possession of Property Obtained by Crime.

One other youth was arrested but released unconditionally.

The estimated street value of drugs seized is \$2035.00. The estimated street value of prescription drugs that had already been sold is \$5640.00

BREAK, ENTER, AND THEFT - On March 27, 2013, the Espanola Police Service received two separate complaints of daytime break and enters to local Espanola homes.

At 4:14 pm, police responded to a single family home located on Queensway St., after the owner returned home to find that at some point between 7:50 am and 4:00 pm, unknown person(s) entered the home by forcing a side door. Once inside, the culprit(s) removed jewelry, including a Swiss Army Tissot watch, and a small quantity of cash, before exiting.

At 5:35 pm, police responded to a second single family home on Whitney St., after the owner returned home to find that at some point between 7:30 am and 5:15 pm, unknown person(s) entered the home through an unlocked rear door. Once inside, the culprit(s) removed a Kobe E-Reader, alcohol, hockey book, and personal identification belonging to the owner.

At this time, there are no suspects in these matters, and police are asking that if anyone has any information regarding these break and enters, or whereabouts of the property taken, to call the Espanola Police Service at (705) 869-3251 or report anonymously through Crime Stoppers at 1-800-461-4899

Police are asking the public to remain vigilant in their neighborhoods, and to report any suspicious person(s) or activity to police immediately; working in partnership, we can achieve a safer community.

MOTORCYCLE ACCIDENT - On March 29, 2013 at 12:24 pm, the Espanola Police Service and Sudbury / Manitoulin EMS responded to a report of a motor vehicle accident on Penage Lake Rd. at the Black Creek bridge, involving an off-road motorcycle. Upon arrival, it was discovered that a 38-year old resident of Espanola was operating an off-road motorcycle on Penage Lake Rd., when the front wheel of the motorcycle abruptly stopped, causing him to be thrown over the handlebars to the ground, with the bike landing on top of him.

The motorcyclist was transported to the Espanola General Hospital suffering from head trauma, and later flown to Health Sciences North in Sudbury, where he is listed in critical, but stable condition.

The cause of the accident is still under investigation.

Anyone with information on any of these crimes call Espanola Police Service at (705) 869-3251 or Sudbury Rainbow Crime Stoppers locally at (705) 222-TIPS (8477) or toll free at 1-800-222-TIPS.

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NOTICE

NOTICE OF THE PASSING OF ZONING BYLAW (Planning Act-Section 34(18))

TAKE NOTICE that the Council of the Corporation of the Township of Sables-Spanish Rivers passed Bylaw 2013-10 on the 27TH day of March, 2013.

The land to which the bylaw applies is described as Gough Township, Parcel 20918, SRL AE640, Plan 53R-8731 Part 1.

The purpose for the amendment is to allow for reduced Front Yard setbacks at the shoreline of Birch Lake for a main building, in the Resource Recreation zone. This application is not subject of any other application under the Planning Act.

The last date for filing a notice of appeal is April 29, 2013. A Notice of Appeal must be filed with the Clerk of the Corporation of the Township of Sables-Spanish Rivers, setting out the reasons for the appeal. This must also be accompanied by the fee required by the Ontario Municipal Board.

Only individuals, corporations and public bodies may appeal a zoning bylaw to the Ontario Municipal Board. A Notice of Appeal may not be filed by an unincorporated association or group. However, a Notice of Appeal may be filed in the name of an individual who is a member of the association or the group on its behalf.

No persons or public body shall be added as a party to the hearing of the appeal unless, before the bylaw was passed, the person or public body made oral submissions at a public meeting or written submissions to the Council or, in the opinion of the Ontario Municipal Board, there are reasonable grounds to add the person or public body as a party.

This bylaw is available for inspection in the municipal office during regular office hours.

Dated this 9th day of April, 2013

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d'espanola

Espanola Regional Hospital and Health Centre Permanent Part-time Dietary Aide

Espanola Regional Hospital and Health Centre is seeking two energetic individuals to provide meal service to patients, residents, and staff. The successful candidates will hold a current Food Handler Certificate from Public Health, and will have completed a Food Service Worker Program approved by the Ministry of Health & Long Term Care. Knowledge of quality food production and therapeutic diets is required. Bilingualism in French and English is an asset.

Please submit your resume and cover letter, clearly outlining how your qualifications tie to the position.

Human Resources

Espanola Regional Hospital and Health Centre
825 McKinnon Drive, Espanola, Ontario P5E 1R4

Fax: (705) 869-4039 • Email: recruitment@esphosp.on.ca

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

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email:

around@aroundandabout.ca

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Recipe

If you like shrimp like I do, then you will enjoy this recipe. It's an easy and delicious recipe that is similar to shrimp scampi but baked, with less butter and a crispy, cheesy breading. If you're looking for something different to make or a dish to impress your guests, pick up a bag of shrimp and give this a try. I'm not a fan of lemon zest, so I leave it out and I didn't have fresh parsley so I added a tablespoon of dried parsley flakes.



Garlic Baked Shrimp

- 1 lb fresh, raw shrimp, deveined, peeled and tails removed
- 2 tbsp butter, melted
- Juice from ½ a lemon
- 2 tbsp parsley, finely chopped
- 2 tbsp grated Parmesan cheese
- 1 tsp paprika
- 1/2 tbsp lemon zest (optional)
- 4 cloves garlic, minced
- 1 cup corn flakes cereal, crushed
- Salt & pepper to taste

Preheat oven to 425 degrees. In a medium sized bowl, combine shrimp, lemon juice, garlic, paprika and salt & pepper. Pour into a small baking dish. In another bowl, combine cornflakes, butter, Parmesan cheese, lemon zest (optional) and parsley until it reaches a course, mealy consistency – just enough to evenly blend the ingredients.

Sprinkle cornflakes mixture over shrimp. Transfer to oven and bake until shrimp are pink and cooked through, about 10-12 minutes.

Kids Korner

This craft is the perfect spring craft for when the weather is not co-operating.

A Kite Craft

- Construction paper (blue for the sky and whatever colours you want your kite to be)
- Scissors
- Glue
- Cotton balls
- Markers
- Bowtie pasta



Draw some triangles on the coloured construction paper. Draw an outline of the kite on the blue paper. Have your child cut out the coloured triangles. For younger children you can have the triangles already cut out for them. Then match up the triangles with the corresponding empty spaces on the kite and glue them down. Squeeze some glue on the tail of the kite and glue the bowtie pasta along the tail. Glue clouds (cotton balls) around the kite.

Espanola Minor Ball 2013 Registration



at Espanola Recreation Complex On:

Tues April 16, Wed April 17, Thurs April 18
Tues April 23, Wed April 24, Thurs April 25
6:00 pm until 8:00 pm
Registration Fee is \$50.00 for all divisions

COMMUNITY NOTES

Annual World Tour Dinner - Hosted by St. Andrew's United Church at Massey Legion Hall on Friday, April 19 at 6:00 p.m. This year we are "visiting" Germany. For tickets call Donelda at 705-865-2450.

Community Luncheons - At the Lighthouse in Espanola (across from the Royal Bank) - April 23 from 11:30 a.m. to 1:00 p.m. No charge, everyone welcome.

Arts & Blooms Garden Tour - The Espanola Horticultural Society is looking for gardeners and artists to show off their skills and hard work. The tour is Saturday, July 6 from 9:00 a.m. - 4:00 p.m. Please phone 705-865-3005 or 705-869-2671 by April 30.

STOMP - Every Friday night between 7:00 - 8:30 p.m. at Queensway Pentecostal Church for tweens grades 3-7. Fun, free and everyone is welcome.

The Anishinabe Spiritual Centre - Invites you to celebrate the "Feast of St. Kateri Tekakwitha" on April 17. Mass at 5:15 p.m., followed by dinner and events. To reserve your space for the free event call 705-869-4994.

Sudbury-Manitoulin Alzheimer Society - Espanola & Area Friendship Circle will meet Monday, April 8 from 1:30 p.m. - 3:00 p.m. at the Seniors' Drop In Centre 799 Queensway Ave. For more info call 705-869-1137.

Espanola Public Library - 2nd Annual Poetry Night, Thursday, April 11 from 6:00 - 8:00 p.m. Come listen to local and visiting poets. Refreshments will be served. For information, call Daphne Allen 705-869-0475.

Espanola Elks Elimination Draw, Lasagna Supper & Dance - Saturday, April 20 from 4:30 p.m. - 2:00 a.m. Call 705-869-1931

Espanola Elks Lodge/Club #346 - looking for new members. Not sure what the Elks do? Come out to a meeting, every 2nd and 4th Wednesday, September - June at 7:00 p.m.

ALANON - Have you been affected by a relative or friend's drinking? Tuesday, 7:00 - 8:00 p.m. at the St. George Anglican Church, Tudhope St., Espanola or call 705-869-2536 or 705-869-5168.

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.

Breakfast Club Bingo - Tuesdays 11:30 - 12:30 at Webbwood Public School Gymnasium. 2 Blackout Games. All proceeds go directly to funding our Breakfast Club Program. Call 705-869-3751.

Toastmasters - Welcome to a warm, mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth. Mondays 7:00-8:30 p.m. Call Pauline for details 705-869-4016.

Espanola Chess Club - Wednesdays 6:30-9:30 p.m. in the Library Conference Room. All levels welcome! Free Membership. Bring a chess set. No timers required. Call Wayne Levesque at 705-862-1617 for more information.

Do you have a NOTE for the Community?

We invite not-for-profit organizations to submit information on their up-coming events in writing no later than Wednesdays at 3:00 p.m. 25 Word Limit.
Fax: 705-869-3342 or E-mail: around@aroundandabout.ca

Proper Car Care Will Protect Your Hard Earned Investment



(NC)—As Canadians put away their snow blowers, hats and gloves, there is no better time to protect their vehicle, which for most people, is their second largest investment. The harsh winter weather can take its toll, so proper cleaning and maintenance are key to staying on the road and not in the repair shop. To help prepare for those spring showers and changing road conditions, here are simple tips drivers should perform to keep their vehicles

running efficiently this road trip season:

Change in Temperature Means Change in Inflation—Proper tire inflation is essential for increased automotive safety, optimum driving performance and significant cost savings, including better fuel efficiency (www.goodyear.ca). Tires should be inflated to the vehicle manufacturer recommendations printed on the vehicle door placard or in the glove box and should be checked monthly. Improper inflation can lead to premature or irregular tire wear, and under-inflation reduces a vehicle's fuel efficiency by an average of 3.3 percent.

Change Your Car's Shoes—Now is the time to change tires from winter to summer or all-season, if you haven't

already. And for those in need of new tires for their vehicle, each tire in the Goodyear Assurance family meets the needs of drivers by offering confident all-season traction plus a relevant benefit that enhances the driving experience. This product lineup includes Assurance ComforTred Touring with refined handling and comfort, Assurance TripleTred All-Season with ultra-traction, and Assurance Fuel Max with fuel efficiency.

Breathe Free—You may be deeply breathing in that fresh spring air, but your car could still be choking on the salt, dust and sand it sucked in over the winter. Replacing your air filter improves air flow to the engine and increases engine performance and fuel efficiency, especially during warmer months.



Photo: Royal Bank of Canada, Espanola branch, recently presented a cheque for over \$1000 to the Helping Hand Food Bank.

Pictured are: Linda Joyce; Susan Krysanowski - President, Helping Hand Food Bank; Pauline Girard - Vice President; and Bill Bray - Regional Vice President, RBC

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