







October 8, 2013 Issue 41 - Volume 17 www.aroundandabout.ca

# **Students Run For Cancer**



"I will be ready to achieve something that for me was once only a distant dream reserved for the world of miracles - to run across Canada to raise money for the fight against cancer. We need your help. The people in cancer clinics all over the world need people who believe in miracles." - Terry Fox

By Chloe Kneer - The annual Terry Fox Run was started in 1981 as a grassroots non-competitive charity event to raise funds for cancer research. It is held internationally and via the Terry Fox Foundation has raised upwards of \$600 million. Unlike most charitable events, the Terry Fox Run has no corporate sponsorship. This is in accordance with Terry Fox's original wishes. During his Marathon of Hope, Fox turned down every endorsement he was offered, as he felt it would detract from his goal of creating public awareness.

Instead, the traditional run has expanded to include events such as National School Run Day. The school runs typically take

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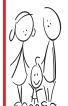
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# Strange ... I Mean Really Strange Men I Have Known

When I say I have 'known' strange men scene of the crime, informing him he was I do not mean that in the normal sense or even the Biblical sense. When I say I have 'known' these men, I mean I wrote about them and then I promptly backed over my computer in the driveway, changed my name and moved twice.

First there was Miguel Gonzales in California who was convicted of assaulting his girlfriend and sentenced to undergo anger-management training. During one of his first sessions, Miguel was beaten to death by his counselor. Seriously, when you provoke your angermanagement counselor to the point where he strangles you to death with his bare hands, you got a real attitude.

In an early incident of street violence in Toronto, a prominent member of an Asian gang was shot and killed. The man's name was Chanh Thong Vo, but according to the Globe and Mail, "he was better known on the streets of Chinatown as 'Tommy' or 'No Wang Vo' because several years earlier he had accidentally shot off part of his wedding tackle with the .45-calibre handgun that he kept stuffed down the front of his baggy blue jeans." Ah, if it's a choice, I'll take "Tommy" any day. And to avoid a truckful of really bad puns, I think we're all relieved this guy's name wasn't Richard.

In Brunswick, Georgia, detectives picked up a suspect in a purse snatching minutes after it happened and returned him to the

going to have a face-to-face identification with the victim. They hauled him out of the cruiser and positioned him directly in front of the woman. There was a pause and then the suspect said, "Yup, that's the woman I robbed, all right." Okay, maybe he's just new at this.

Over 400 hygiene experts gathered in Hong Kong for four days a few years back to discuss "The Culture of the Toilet." Said Sachiko Azai of the Japan Toilet Association, "We have to make toilets something we can love." Well, when it comes to loving toilets, we here in Canada take pride in the thousands and thousands of university students who hug the porcelain almost every weekend. When a woman at Memorial University in St. John's was facing nudity charges after being discovered naked with a man in the library study room, school spokesman Peter Morris said "I'll be frank: it does have its humorous elements, doesn't it?" Actually, Peter those elements would be a lot more humorous if it was two defensive linemen from the football team caught naked in the study and they asked you to be Frank.

Added Morris, "We have no desire for people to be nude in the library." No, but it would sure get those freshmen cracking the books on the first day of school.

A favourite quote of the time came from

Continued on page three...



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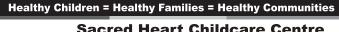
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Continued from page two...

Albert Kraus of Chicago while he attended the – I'm absolutely not making this up – Living in Leather IX convention in Toronto with 450 other aficionados of sadomasochism. Said Kraus "Sadomasochism is practiced with the heart and the mind." Good grief. Whatever happened to whips and sticks and riding crops?

Added Kraus "Today we are practicing safe sadomasochism." Safe sadomasochism? Believe me, I'm no expert in the field, but if you do it right, isn't somebody supposed to get hurt?

But the three guys I most wanted to have beer with were Americans Joseph VanWart, Robert White and Johnny O'Brien.

Some time ago, while travelling west out of New York, these three young men stopped and picked up a dog, later identified as Buddy. Buddy was digging through the trash beside a highway near Central Islip, New York and to keep the dog from being hit, the guys loaded him into their car.

Pleased with their new friendship, the four of them proceeded to travel through New Jersey, Pennsylvania, Maryland, West Virginia, Kentucky, Missouri, Kansas and finally to their home town of Fort Collins, Colorado. I can just imagine the fun – wolfing down burgers, all cuddled up and snoring in the back seat, taking a leak beside the road – all the things guys like to do on a road trips.

Then came the words which

once inspired me to write a book entitled Guys – Not Real Bright And Damn Proud Of It! "That's when we discovered," said one of the young men from Fort Collins, who wished to remain anonymous, "that Buddy had tags." That's right; Buddy was carrying identification, which showed he hails from Central Islip, New York, not too far from the heap of garbage he was rooting through.

Look, nobody said we were the smarter of the sexes, but there's never been any doubt as to who has more fun. To these three heroes (at least in the eyes of a smelly mutt who loves to go for long car rides), I say this: "I love you, Man! But no way, Johnny, you can't have Buddy."

Buddy, by the way, has since returned to Central Islip, New York, safe albeit somewhat confused. He no longer accepts rides from strangers, but he's not exactly sure why. How about we designate 2014 The Year Of The Guy? Mission statement: "Men – we have the right to remain stupid, behave badly, own a rubber chicken and a whoopee cushion and operate them at the same time."

Warning: Women, do not attempt to match these extraordinary achievements of the stronger sex. You are neither physically nor psychologically equipped for such exploits, plus you could hurt yourself giggling.

For comments, ideas and copies of Guys Not Real Bright And Damn Proud Of It!, go to www.williamthomas.ca

# Espanola's Winkel's Your Independent Grocer Wins Canadian Independent Grocer Of The Year Award



**Photo:** Winkel's Independent Grocer in Espanola was recently awarded Top Independent Grocer of the Year for Northern Ontario. From left to right are Trish Larose, Alicia Norman, Alyssa Deighton, Kim Gardiner, Lisa & Frank Winkel, and Alex Fraser.

The 51st Annual Canadian Independent Grocer of the Year Awards Ceremony was held Monday, October 1 in Toronto, in front of a gala audience of over 500 leading grocers, suppliers, and distributors at Grocery Innovations Canada 2013, Canada's premier grocery conference and trade show.

Each year, the Canadian Federation of Independent Grocers (CFIG) Awards Program recognizes success of outstanding independent retailers and offers insights into innovations that are changing and enhancing the way retailers compete.

This year, CFIG is proud to announce that Frank and Lisa Winkel and Kim Gardiner of Winkel's Your Independent Grocer in Espanola, ON were

awarded the Saskatchewan/ Manitoba/Northern Ontario Regional Award for Top Independent Grocer of the Year - Large Surface Category. The Canadian Independent Grocer of the Year is the most prestigious award CFIG can bestow. Each year, Independent grocery stores from coast to coast in Canada compete for the coveted title in each of the specialty, large, medium and surface categories. Each of the competing stores is visited personally by a highly respected retail management expert, who evaluates competing stores based on retailing excellence and innovation, store team performance, customer service, space utilization, freshness and cleanliness.

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# In The Loop

This article will not contain council information since the corporate meeting of October 1st was cancelled. Therefore, I will take this opportunity to further explain the reason for writing the In The Loop column. The Espanola Citizen Group executive wants to keep not only our members, but also interested residents informed on the decisions made in council chambers.

However, we believe that leadership must welcome transparency and accountability as a democratic right....one that should always be available to the public it serves. We believe that scrutiny is not frivolous or vexatious.

To quote concerned Greater Sudbury resident Chris Nerpin. "True leaders invite scrutiny. Honest leaders do not fear criticism; they encourage it.

True leaders also listen to others, including outraged citizens and professional opinions, such audit recommendations, even non-favourable oversight. True leaders also embrace responsibility and elicit cooperation. They find compromise with opposition, building common ground and facilitating an inclusive vision; building successes on that."

As a not-for-profit organization, we will continue to provide facts to keep you informed and to attempt to squash rumours.

Our hope is that what you read gives you a fuller understanding of the Town's financial status. This will enable you to encourage Espanola's leaders to make wise decisions on your behalf.

Richard Ellis Espanola Citizen Group executive member



The information provided in the Espanola Citizens Group are the written expressed opinions, views and facts collected by the ECG. A&A does not agree or disagree with the information provided by the ECG.

### Continued from front page ...

## **Students Run For Cancer**



place a week or so into the school year, however, students at A.B. Ellis Public School in Espanola spent that time fundraising and held their run last Thursday, October 3. Students canvassed for donations, and also set up a donation station at the schoolyard fence that runs along Hwy 6 so that members of the community could drop by to contribute.

The Terry Fox Foundation donates 84 cents of every dollar to cancer research and

in 2007 created the Terry Fox Research Institute in order to develop better cancer treatments for patients. A.B. Ellis students and staff have raised more than \$250,000 in support of cancer research over the past 16 years. "We are not ready to stop," says Principal Lynn MacDonell, confirming that their commitment is longterm. Students and staff thank all of those who donated and supported this year's run.



# **Amplify Your Holiday Décor** With Pumped Up Pumpkins



(NC) As the days become shorter and the temperature dips lower, it's time to warm up home décor for the holidays. Incorporate look and feel of the season with beautiful harvest hues and easy, cost-effective do-ityourself projects.

Indoor Autumn Accents: Fall is the perfect time to create a cozy indoor environment using the warm elements of the season. As a focal point in the living room, the mantel is a great place to start. You can easily create a beautiful fall vignette that will last through

pumpkins and spray paint.

your home by spraying the door. pumpkins with Natural Stone finalize To cinnamon and pumpkin spice For an extra touch, stencil the to make the room more warm and inviting.

Create a Warm Welcome: Once you've made the indoor décor inviting, it's time to create a festive front entrance. Start by adorning your door

with a festive and simple autumn wreath. You can easily create your own with Halloween and Thanksgiving dried leaves from the yard or with as little as a few artificial silk leaves from a craft store. Simply string each leaf onto a Bring a touch of nature into wire wreath and hang on the

Krylon's Outdoor décor is also the Textured perfect opportunity to use Finish, which is available in pumpkins of all shapes eight designer colours for an and sizes. A totem pole of elegant, professional-looking pumpkins can add a fun touch appearance. Or, to your front porch. After you can also glam up your you've gathered pumpkins in masterpiece by incorporating different sizes, add variety by gold and silver hues using spray painting each a different Krylon's Dual Paint + Primer colour. Shades of yellow, gold Metallic Finish. Don't have a or white will keep your display mantel? Don't worry – these playful, yet sophisticated. pumpkins also make for a Utilize an unused planter fabulous tabletop centrepiece. as a base to rest the largest look, pumpkin, then secure each incorporate scented candles smaller pumpkin atop one in fall staples like apple, another with wooden skewers.

pumpkins with house numbers to greet your guests.

Fresh Fall Foliage: Nothing says fall harvest like fresh seasonal flowers. Arrangements of beautiful sunflowers, mums and daisies make great options. For an eyecatching display, pumpkins and gourds can easily be transformed into unique vases. Simply cut a hole big enough to accommodate a couple of florist tubes and insert your favourite fall flowers.

With a few simple ideas and a little creativity, you can set the tone for the fall season and make your home a warm and inviting environment you'll enjoy throughout the holidays. For more information on Krylon products or projects, visit www.krylon.ca

www.newscanada.com

Have a story, photos to share? Call or email Chloe: 705-869-6883 or chloe@aroundandabout.ca







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# Recipe

Thanksgiving is this coming weekend and I think it's nice to have a leafy salad on the table to balance out the meal. This salad contains cranberries in keeping with the Thanksgiving theme. It's sweet, crunchy, easy to



prepare ahead (just add the dressing before serving) and delicious.

# **Cranberry Spinach Salad**

- 1 tablespoon butter
- 3/4 cup almonds, blanched and slivered
- 1 pound spinach, rinsed and torn into bite-size pieces
- 1 cup dried cranberries (Craisins)
- 2 tablespoons toasted sesame seeds
- 1 tablespoon poppy seeds
- 1/4 1/2 cup white sugar (depending on desired sweetness)
- 2 teaspoons minced red onion
- 1/4 teaspoon paprika
- 1/4 cup white wine vinegar
- 1/4 cup cider vinegar
- 1/2 cup vegetable or olive oil

In a small skillet, melt butter over medium heat. Cook and stir almonds in butter until lightly toasted. Remove from heat, and let cool. In a large bowl, combine the spinach with the toasted almonds and cranberries. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, onion, paprika, white wine vinegar, cider vinegar, and oil. Toss with spinach just before serving.

# **Kids Korner**

# **Pumpkin Pie Thankful Spinner**

- Paper plate
- White and brown paint
- Paint brush
- · Orange construction paper or cardstock
- Brad paper fastener
- Scissors
- · Markers and or letter stickers



Paint the rim of the paper plate with a mixture of white and brown paint to resemble the colour of crust. From orange construction paper or card stock, cut a circle to fit the center of the paper plate. Cut a wedge out of the paper. Poke a hole through the center of the construction paper/cardstock and the paper plate. Insert a brad paper fastener through the holes to fasten them together. Add letter stickers to the top or write with a marker "I am thankful for". Handwrite things you are thankful for on the plate that will appear in the cut out wedge when it is spun.

Mother May I now has her own e-mail address! If you'd like to share a recipe, life tip, or craft idea, or have any questions, you can email me at:



mothermayi@aroundandabout.ca

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FOR RENT - 3 bedroom home. 2.5 bay garage. Available November 1. \$1200.00 + utilities. Please call 705-863-0900. 10/15.

FOR RENT - 2 bedroom apt for rent at 196 Barber St. in Espanola. Close to uptown. Non-smoking and not pet friendly. Available Immediately, \$610/month plus utilities. References required. 705-865-2413. 10/08

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# **FREE WORKSHOPS** FOR FARMERS

**ATTENTION FARMERS!** Free Workshops - Massey. Growing Your Farm Profits, October 25 & November 1. Environmental Farm Plan, November 4 & November 11. Register:www. ontariosoilcrop.org 10/15



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### THANK YOU

I wish to thank everyone ever so much for your gifts and cards. And also for attending my 75th birthday party. Thank you also to my children who worked so hard at putting it on.

Much appreciated,

Marie Bussieres

# NOTICE

# **Espanola Blood Donor Clinic**

Tuesday, October 29th Knights of Columbus Hall,

(399 Mead Street)

11:30 p.m. - 2:30 p.m. and 4:00 p.m. - 7:00 p.m.

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# **Espanola Police Report**

Assault/Breach - On September 20 at 12:27 a.m., the Espanola Police Service received a call regarding an intoxicated male lying on the grass near Tudhope Street and Whitney Street, Espanola.

Upon police arrival, they discovered a 17-year-old intoxicated male seated on the ground, distraught over a fight he'd had with his girlfriend. A police check revealed that the male was bound by an Undertaking with conditions to abstain from the consumption of alcohol, and as a result, he was arrested for breaching his Undertaking, and transported to the Espanola Police Service for processing.

While the male was in custody, his girlfriend attended the police service to make a complaint that he punched her in the face during the earlier argument, and she believed that her nose was broken. Also during the argument, which occurred in the Mead Boulevard, and John Street area, the male had pulled a street sign out of the ground. As a result, the accused, whose name cannot be released due to the provisions of the Youth Criminal Justice Act, was charged with Assault Causing Bodily Harm, contrary to Section 267 (b) of the Criminal Code; Mischief Under \$5000.00, contrary to Section 430 (4) of the Criminal Code; and Breach of Undertaking, contrary to Section 145 (5.1) of the Criminal Code. He appeared in Bail Court on the 21Sep13 to answer to his charges.

Assault - On September 17 at 1:16 p.m., the Espanola Police Service received a call from the Espanola High School, regarding an assault involving two students.

Upon arrival, police learned that a 17-year-old female student was walking down a

hallway in the school, when another 17-year-old female student was walking down a relationship she was having with a boy. The confrontational student then pushed the other student into nearby lockers and struck her several times in the face, causing 2 small contusions on her forehead.

Police investigated the incident, and determined that there were reasonable grounds to believe that this was a non-consensual, unprovoked assault, and as a result, the student was arrested.

As a result of the complaint, the 17-year-old accused, whose name cannot be released due to the provisions of the Youth Criminal Justice Act, was charged with one count of Assault, contrary to Section 266 of the Criminal Code. She was released on a Promise to Appear in Youth Court on October 22 to answer to her charges

Anyone with information on any of these crimes call Espanola Police Service at (705) 869-3251 or remain anonymous by calling Sudbury Rainbow Crime Stoppers locally at (705) 222-TIPS (8477) or toll free at 1-800-461-4899

# COMMUNITY NOTES

First Annual Breast Cancer Awareness BBQ-- At Citifinancial on Thursday, October 24 from 11:00 a.m. - 3:00 p.m. If weather is not the best, BBQ will be on Friday, October 25. All profits will go to our local Cancer Society.

The Espanola YBC Bowling Council - Hosting the Meat Draw and 50/50 on Saturdays through the month of October. Come out and support this youth organization and have some fun! Everyone welcome.

Sgt. Wilson Army Show - Back by popular demand. Performance will be on Sunday, October 27. A spaghetti supper will follow at 5:00 p.m.. Tickets available at the Legion bar.

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

Massey & Area Museum Bingos – October 28 at the Massey & District Arena. Doors open at 6:15 p.m. – Bingo starts at 7:00 p.m.

**Book Reading/Live Music -** Saturday, October 19, 2:00 - 3:30 p.m. at the Espanola Public Library. Author Ric de Meuillles will be reading from his new novel, accompanied by a traditional Irish music performance. This is a free event during the Espanola Pumpkin Festival.

Annual Dinner and Almost Silent Auction - By St. George's Anglican Church at the Espanola Royal Canadian Legion, Saturday, October 26. Call 705-869-3690 or 705-869-3032

OFSC Young Driver Training Course - Massey October 23 and 24 and Espanola November 12 and 13. For more information call Roxanne at 705-222-3568 or Lisa at 705-865-1441

Craft and Bake Sale – Friday, October 11, 9:30 a.m. at the Espanola Mall. Sponsored by the Northshore Pins & Needles Quilting & Stitchery Guild.

Rainbow Concerts Presents Andy Lowe - Friday, October 18 at the Espanola Curling Club. Tickets at Natural Choice or call 705-862-7051.

Roast Beef Dinner and Bake Sale - Espanola United Church, Sunday, October 20, two sittings. Call 705-869-4624.

Living a Healthy Life with Chronic Pain - Free 6 week workshop (2.5 hours per week). For adults of all ages, caregivers welcome. Date and location to be announced. Register by calling Flo at 705-865-1209.

Espanola Elks Meetings - Every 2nd and 4th Wednesday at 7:30 p.m. Doors open at 7:00 p.m. Everyone is welcome.

Next Community Luncheons - October 22 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 a.m. to 1:00 p.m. NO CHARGE. Everyone welcome.

Annual Fall Fair and Craft Sale – Beaver Lake Sports and Cultural Club, Friday and Saturday, October 25 and 26. For more information call Eija at 705-866-1506.

Espanola Elks House Dart League – Every Tuesday until May, 2014. Starts at 7:00 p.m. For more information, call the Elks Hall at 705-869-1931 or Debbi at 705-869-2925.

An Old-Fashioned Sewing Contest - 'An Apron for the Festival.' Categories: Not Your Grandmother's Apron; Pumpkin/Fall Theme Apron; Traditional Apron. Age categories: 13 & under; 14 – 18; 19 & over. Submissions until October 4, 2013 www.espanolafibreartsfestival.ca.

**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. Fax: 705-869-3342 or E-mail: around@aroundandabout.ca



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# Espanola Rivermen Junior A Hockey Club Gets Huge Welcome From Home Crowd

The Junior A hockey team played their home opener to a jam-Regional Recreation Complex on Friday, September 27. The Rivermen edged out the Sudbury Nickel Barons 5-4 in the highly anticipated matchup on home ice. They beat the Abitibi Eskimos Sunday, September 29 6-5.

Last week, forward Brennen

Rivermen Dubchak was once again named one of the NOJHL's "3 Stars" for the week. It's packed crowd at the Espanola the second time Dubchak has earned the honour, this time by scoring the eventual game-winning goal in the home opener. At press time, Dubchak was second overall in NOJHL scoring. See the Rivermen play at home again this Friday at 7:30 p.m. or Saturday at 7:00 p.m.





Photo: The Espanola Rivermen in their first match-up on home ice. The game drew a full house to the Espanola Rec Complex.

After playing to a packed house on home opening weekend, Espanola Rivermen tickets will now go on sale in advance for all home games. If you wish to purchase tickets, you may do so at the Espanola Complex the week prior to each home game. Seating is limited and sold out for the Rivermen's first 2 home games. Director of Operations Tim Clayden says,

"It is a nice problem to have. We are trying our best to make every effort to ensure our area junior hockey fans have the first opportunity to secure their seats for our home games and we encourage our fans to please come by and pick up your tickets early in the week in order to secure your seat during home games."

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