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**'Fibre-Bombing'**  
*The Espanola Fibre Arts  
Festival Coming October 19*



Photo: Fibre bombed bike outside the Espanola Complex.

By *Chloe Kneer* - The 2nd annual Espanola Fibre Arts Festival is October 19, but leading up to the big day are many workshops and other events to help draw attention to the unique event. Included in those events are periodic "fibre bombings," which have already garnered a great deal of attention in Espanola.

Fibre bombing is the term that grew out of the concept of "yarn bombing," i.e. wrapping a structure or other object in yarn. Fibre Arts Festival participant Jocelyne Sobeski was part of a bridge yarn bombing in Cambridge, Ontario. The first creation here was a bike adorned with teal tapestry in honour of the first Ovarian Cancer Awareness Walk on September 8. The bike is currently nestled amongst the trees near

*Continued on page four...*

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## All The World's A Circus

William Thomas

williamjthomas@gmail.com



### The Self-Driving Car Is Already Here!

So I'm reading this newspaper article on how a fleet of amazing driverless cars will be ready to take to North American roads in less than four years. That's right, well before the end of this decade you will be motoring down the highway in a car using its own operational system with reflexes and road etiquette that are way better than yours.

Driverless cars are equipped with sensors, radar, GPS systems, Google mapping, stereo cameras, accelerometers, gyroscopes, algorithmic equations and two drink holders, one for the passenger and one for the guy who's not driving the car. Self-driving test vehicles are already legal on the roads of Nevada and California. We may not have gotten that "flying car" they promised us decades ago but the "van with no man" is coming at us like a runaway train.

In America, self-driving Toyota Prius have already logged 483,000 kilometers without a single accident. That's fine as long as Google's working. However, on the day "This Page Is Not Available" pops up on search sites, every car in North America will immediately crash into each other. It'll look like the roads in Russia on Vodka Appreciation Day or China, every day. Normally I would be against a robot driving my car but seriously, if it gets rid of my backseat driver ... I'm all for it. However if that genius Prius thinks for one minute it's going to select the tunes, I'll be forced to put a Club lock on its steering wheel.

So just to be clear, if you're driving in the States and you come up beside a van with a bunch of guys drinking beer and eating

pizza in the back, that's not a self-driving vehicle. That's a Buffalo Bills tailgate party in motor mode.

Still questions about the self-driving vehicles remain. For instance, could you nap in the backseat while your car drives you home from work? Could you pre-program the itinerary so that instead of going to London, Ontario for the day you in fact send the in-laws to Tierra de Fuego, Chile? If your autonomous car refuses to follow your instructions and dismisses you as a "stupid human" is there a button you can push to blow it up? Could oversized car seats be installed in the back for guys to sit there looking at the scenery and playing "I Spy" because I think that would be a really cool way to travel? If you do get into an accident, would you be obligated to go to court and testify against your own car? At Tim Horton's Drive-Thru would your driverless car have to remind the server to stir the coffee and cut the bagel completely in half?

And of course the question that has plagued men for 25 years ... while watching a movie curled up on the backseat going 65 miles down the highway sucking on a Slurpee could you actually tape another movie on another channel at the same time?

If, as scientists claim, humans will one day have sex with robots and we all know how much men love their cars ... well, do you think self-driving cars will one day be able to reproduce? Not giving birth to full-size vehicles obviously, but maybe little go-carts or hybrid bumper cars?

As I'm reading about all these incredible

*Continued on page three...*

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*Continued from page two...*

features that the futuristic self-driving vehicle will have and I thought ... hey! Wait just a New York minute. My brother-in-law Danny already has one of those. Really. In fact just the other day we were sitting in his brand new Toyota Rav4 and Dan was showing me how he could watch his car move on the dashboard screen with sensors that show how close he was getting to the curb and a brightly coloured graph that shows him how much fuel he has in the tank and how many kilometers he can go before he runs out and the "blue tooth" voice-activated communications system that serves as a cell phone and the album covers that pop up on the screen to indicate the song, the artist and some of the words and the two-way talkie GPS and the memory stick that gives you unlimited pre-recorded CD's and ... and all of this would have been fine if we had been sitting in his car, idling in the driveway. Unfortunately we were travelling at a speed of 100 kilometers per hour down Highway #5 between Buffalo and Dunkirk, New York as oncoming cars were taking to the shoulder and drivers – yes, those cars had drivers – were

gesticulating and flashing us the finger or pointing excitedly to our side of the road where we would normally be if Dan had not been completely absorbed by all the new, flashing gadgets on a dashboard that looks more like the instrument panel of a 747 passenger jet.

At one point I yelled: "The car Dan! You have to steer the car too!"

Yeah, my brother-in-law Dan has a driverless car mainly because he's so completely absorbed with all the bells and whistles on his new car that he forgets to steer and work the pedals.

Can somebody tell me how a man with a brand new shiny toy is not designated as a distracted driver even before he gets the damn thing off the lot?

In four years when the real driverless cars become available, the automobile industry would be wise to give one to my brother-in-law for free. It would be best for everybody on the road, particularly a few hundred Western New York drivers who failed to make it to the nearest rest stop.

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

## How Much Would It Really Cost To Replace Your Home?

(NC) Ask any Canadian home-owner to name their biggest investment — their real pride and joy — and most likely they'll say it's their home. It's their sanctuary with the pristine lawn and beautiful garden, the finished basement and renovated kitchen. When such a paradise exists, why would anyone want to risk losing it? But what if disaster struck and your place was severely damaged by fire or some other catastrophe. Are you certain that your insurance policy would cover the rebuilding of your house and the replacement of all the contents? Unfortunately, this answer often comes too late that the homeowner isn't adequately covered. The property insurance experts from Desjardins Insurance have some answers and suggestions to help you.

First, be prepared. The first three days after an emergency are the most critical. So consider creating a 72-hour emergency kit.

Next, take an inventory of your belongings. Be thorough because it's easy to underestimate the total value of your possessions. Include furniture, jewellery, electronics such as computer equipment, game systems and television, along with clothes, shoes, boots, pots, pans, other personal and household items. Read your policy carefully. It's important to remember that your home insurance will not cover every type of major loss. The typical home insurance policy will cover a fire loss, as well as damage caused by lightning, windstorms, hailstorms and even tornados. Standard homeowners'

policies in Canada exclude flood damage. However, policies generally cover other kinds of water damage, for example from a sewer backup or a burst pipe in your house. Desjardins Insurance is one of the few companies that also cover damage caused by water seepage through basement walls or floors.

Your policy may be worth more than your home. Many people believe that if their home is burnt to the ground, they would automatically receive full market value for their house. This isn't true. The value of a home insurance policy is based on the cost to rebuild the house, not to sell it on the market. The actual replacement cost could end up being either greater or less than the market value. Replacement costs will include the material (lumber, roofing shingles, siding material, carpet, drywall, etc.), and the labor and architectural services. There are also additional costs associated with the demolition and clean-up of the site before construction, which can be expensive in a crowded city neighbourhood. The location of your home could be a factor too. For example if you're located in a remote or rural area, travelling expenses and supply transportation need to be taken into consideration. For more information about your insurance policy and the replacement value of your home, speak to your insurance provider. Or for immediate answers, call or visit Desjardins Insurance at [www.desjardinsgeneralinsurance.com](http://www.desjardinsgeneralinsurance.com).

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## Thanksgiving Feast Ideas

Rural Canada is famous for producing some of the most delicious food on the planet. From crisp apples to impressive roast beef, the quality is in the process. But with most of us knowing little about farming these days, perhaps we could benefit from some understanding of that process. Just what does it take to put quality into the foods that grace our Thanksgiving table?

Take roast beef for example: It all starts with good cattle – good genes are key to good beef from the get-go. Canadian cattle breeds are a hearty lot – well suited for our varied climate of harsh winters and hot summers. “The tropical Brahma breed could only be happy here in a parka” jokes Dan Ferguson, cow-calf farmer north of Colborne, Ontario. Canada has cattle of all colours – about 30 breeds and cross breeds. The BIG 5 are: Angus, Charolais, Hereford, Simmental and Limousin.

And caring for cattle has much

to do with quality beef as well. At Sunnymead Farms feedlot north of Brampton, owner, Bill Sheard sums it up: “Cattle need to be happy and healthy. Like humans, stress on an animal affects their physical and mental health and that ultimately affects the quality of the beef”.

And of course what cattle eat, ultimately effects the beef on your table. At Sunnymead, Bill raises cattle to maturity on a diet of corn, hay and forage that he mainly grows himself. He works with a nutritionist to develop the perfect blend to support cattle growth, health and ultimately produce consistent flavorful and tender beef.

As Canadians we have much to be thankful for. As we sit down to our bountiful feast this Thanksgiving, take a moment to acknowledge the good work and process that went into getting it to your table.

For more information visit [www.beefinfo.org](http://www.beefinfo.org)

[www.newscanada.com](http://www.newscanada.com)

*Continued from front page...*

## ‘Fibre-Bombing’ The Espanola Fibre Arts Festival Coming October 19



*Photo:* Yarn envelopes a tree along Highway 6.

the festival include a Street Art workshop on September 26, and on September 30, anyone and everyone is invited to fibre bomb the fence running along the yard at A.B. Ellis Public School. Fibre Arts Festival organizer Jody Pilon says, “We are meeting at 9:00 a.m. at my house at 109 Sheppard Street on the 30th. We’d like everyone to participate and as of right now our youngest is only nine years old.”

The complete Espanola Fibre Arts Festival schedule is available on their website at [www.espanolafibreartsfestival.ca](http://www.espanolafibreartsfestival.ca)

the bike racks outside the Espanola Regional Recreation Complex, but the plan is to change venues regularly for more exposure.

Next came the “Lace Makers” tree, which greets those entering the town from Highway 17 on the right side of Highway 6 just after the bridge. The Lace Makers Tree is in honour of lace makers of the past, present and future and as a tribute to a lacemaker from Sudbury who passed away this summer; her name is Lorna Tremblay. There is also now a tree just a little further south which has been weaved with yarn. Events leading up to



*Photo:* The Lace Makers tree greets Espanola residents and visitors as they come across the bridge on Highway 6.

## In The Loop

One of the main functions of the Executive of the Espanola Citizen Group has been to gather information on decisions being made for Espanola and to pass this along to our members. This gives you a much clearer understanding of how your tax dollars are spent and the financial state of the community. We strive to do so in an objective manner by using our website [espanolacitizengroup.ca](http://espanolacitizengroup.ca), “In the Loop”, and ECG Town Halls. The main topic for our Town Hall on Wednesday, September 18th is **POLICING....policing costs, policing comparisons and policing alternatives.** This research has taken a great deal of time and effort and we are confident you will find it extremely interesting. Copies of the entire presentation will be available for those in attendance. There will also be opportunities for you to ask questions and make comments both during and after the presentation.

At the regular Council meeting on September 10th Mayor Lehoux explained that they are working with the Minister of Finance to see if a reasonable financial option for the Domtar situation can be reached. In addition, he is cautiously optimistic that funding will come through to assist with the culvert replacement on Hwy 6. Council has also written to the MNR asking them to relocate the 9 jobs back to Espanola. We congratulate them for being proactive and wish them success in these endeavours.

We would also like to take this opportunity to publicly thank two of our members who have graciously purchased a digital recording device for us. We will now be able to record Council meetings and Ratepayer Conferences and report our findings in even more detail.

**PLEASE REMEMBER THE TOWN HALL MEETING.... WEDNESDAY, SEPTEMBER 18th, 7:00 pm, K of C HALL!!**

Richard Ellis  
ECG 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.*



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**Stay tuned for more workshops to come!!!**

## OPP Caution Teens About Inappropriate Use of Social Media

Young people who create and send sexual images through social media can often find themselves overwhelmed by the circumstances. Teens can experience fear, despair and victimization after engaging in self-peer exploitation or 'sexting' and cyber-bullying. A website has been developed to help young people manage the helplessness they feel when they realize the negative consequences that can occur when they create and send sexual images through social media.

The Canadian Centre for Child Protection (CCCP) has created a web-based, bilingual resource at [www.NeedHelpNow.ca](http://www.NeedHelpNow.ca). This website is a place where teens can turn to find out how to regain control over what can quickly become a frightening and overwhelming experience. The website provides young people with practical advice and helpful information to manage the harassment they might feel over what they may have done online.

The Ontario Provincial Police is supporting this important initiative to enhance safety and help reduce fear and despair among young people. [NeedHelpNow.ca](http://NeedHelpNow.ca) provides

strategies to empower youth to take action to protect themselves.

NeedHelpNow posters are being distributed by OPP detachments for schools to display, to help raise awareness. The OPP is also distributing a business card with information in communities across the province to promote this program.

"As a public safety organization, we have great concern for the safety of any teen victimized by the distribution of photographs on the internet and we will provide support in any way we can. The OPP will use every avenue available to promote NeedHelpNow.ca as a potential resource for teens," says OPP Commissioner Chris Lewis. "Teens need to realize the short and long term risks of sending out inappropriate or illegal photographs. Those who distribute such photos also need to be aware of the possible criminal ramifications of doing so. The OPP strongly supports any initiative to enhance awareness of this issue, and possibly prevent tragic outcomes in the future."

## Recipe

Fajitas have always been a favourite at our house and I have always used the "kits" to make them which I'm not complaining about because they are convenient and good but this recipe is even MORE convenient. You can cut everything up, toss it all together and throw it in the oven. No more standing around the stove sautéing, you can now do something more fun like making the Kids Korner craft for all your friends and relatives OR you can prepare your desired toppings. To save even more time or for more convenience you can buy the packaged fajita seasoning.



### Oven Baked Chicken Fajitas

- 1 pound boneless, skinless chicken breasts, cut into strips
- 2 Tbsp vegetable oil
- 2 tsp chili powder
- 2 tsp cumin
- ½ tsp garlic powder
- ½ tsp dried oregano
- ¼ tsp salt
- 1 (15 oz) can diced tomatoes (with green chilies if you can find them)
- 1 medium onion, sliced
- 1 large bell pepper, seeded and sliced (I use half a green and half a red)
- 12 flour tortillas
- Toppings such as cheese, sour cream, and guacamole – if desired

Preheat the oven to 400 degrees. Place chicken strips in a greased 13x9 baking dish. In a small bowl combine the oil, chili powder, cumin, garlic powder, dried oregano, and salt. Drizzle the spice mixture over the chicken and stir to coat. Next add the tomatoes, peppers, and onions to the dish and stir to combine. Bake uncovered for 20-25 minutes or until chicken is cooked through and the vegetables are tender. Serve on tortillas with desired toppings.

## Kids Korner

### CD Fish

- 1 CD
- Construction Paper
- Scissors
- Craft glue
- Sequins
- Googly eyes



Cut the fin shapes out of construction paper. Glue the fins to the back of the CD (except for the front small fins) so you won't see the cut edges. Cut out "fish lips" and glue onto the CD. Glue on the googly eyes. Place dots of craft glue around the CD and place sequins onto the glue!

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](mailto:mothermayi@aroundandabout.ca)

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**FOR RENT** - 2 bedroom apt for rent at 196 Barber St. in Espanola. Close to uptown. Non-smoking and not pet friendly. Available October 1, \$610/month plus utilities. References required. 705-865-2413. 09/24

**FOR RENT** - One bedroom main floor apt. Tudhope St. Espanola. \$650.00/month plus hydro, laundry hookups, no smoking, no pets. First & last month rent. lease agreement. References. Available Oct 1, 2013. Call 705-869-0514. 09/24.

**FOR RENT** - One bedroom furnished apartment \$525.00 per month, utilities included. First and last month rent. Ideal for one or a couple. Non-smoking and no pets, available Oct 1. Call 705-869-1726. 09/17

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**HELP WANTED** - We are looking for key people to expand our financial services business in this area. Experience not necessary. We will train. For an interview, Call Andrew Gosai. Office: 905-268-1131. Direct 705-869-1718. 09/24

## NOTICE

### Espanola Soccer Annual General Meeting

September 21, 2013  
9:00 a.m. - 12:00 p.m.

Espanola Regional Recreation Complex

### Community Living Espanola



### NOTICE OF ANNUAL GENERAL MEETING

Monday, October 7th - 7:00 p.m.  
Day Services Cafeteria - 345 Centre Street, Espanola (back entrance)

A membership must be purchased prior to **September 27th, 2013** in order to be eligible to vote at the 2013 AGM. Memberships can be purchased at CLE's Administration Office at 345 Centre Street.

If you are interested in becoming a Board Member for Community Living Espanola, please contact Debbie at 869-0442 ext 21 for further information.



### Pond Hockey Registration

October 1, 2, & 16  
6:00 p.m. - 8:00 p.m.

Espanola Regional Recreation Complex

**Please bring and donate any stick, skates, and equipment.**

## IN MEMORIAM



*Joan Gervais*

*Sept 11, 1957 - Sept 17-2011*

*Missed beyond words.*

*Love:  
Dad, Kelly, Ruth, Jeff*

## Come and Go Tea

The Family of  
**Louise Hanna**

invites friends to come  
celebrate her **90th Birthday**

Sat. Sept. 21, 2013 from 3 ~ 5 p.m.  
at the Seniors Drop In Centre  
799 Queensway Ave, Espanola, ON

Best Wishes Only!

## LOST

**LOST:** Tool box on Second Street September 4 at 6:30 p.m. Box contains important & sentimental tools needed for work. Box is silver with a black strip around the top and bottom. If found or seen, please call Annie at 705-869-2218 no questions asked. 09/17

## EMPLOYMENT OPPORTUNITY



# HELP WANTED

**Now hiring for Part-time and Full-time Staff. Benefits are available.  
Please drop off resume**

*Jeremy's*

# NOW HIRING FULL TIME POSITION AVAILABLE

# CASHIERS

**Fax Resume to 705-869-5770  
Deadline to Submit  
September 24, 2013**

## COMMUNITY NOTES

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

**Espanola Curling Club BBQ Fundraiser** at the Espanola Mall. Thursday, Friday, and Saturday, September 26, 27, 28. 11:00 a.m. – 5:00 p.m. daily.

**Toastmasters** - 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.

**North Shore Search & Rescue Golf Tournament** – 4 person scramble at the the Espanola Golf Club, Saturday, September 21. Tee off times starting at 3:00 p.m. All proceeds to North Shore Search & Rescue. Call Jessie for information at 705-210-0357.

**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](http://www.espanolafibreartsfestival.ca).

**St. James Anglican Church Roast Beef Supper & Silent Auction** - Sunday September 29, at 4:30 p.m. For more information contact Ruth Ann Hobbs 705-865-2004, 705-869-3394 or Marilyn 705-865-2916.

**Next Community Luncheon** - September 24 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 a.m. - 1:00 p.m. NO CHARGE. Everyone welcome.

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

**Legion Week** - Until September 21. Information booth and bake sale at the Espanola Mall Friday September 20 9:30 a.m. – 1:00 p.m. Information about membership and services for veterans will be available.

**Living a Healthy Life with Chronic Pain** - Free 6 week workshop at the Lee Valley Hall, 983 Lee Valley Rd., Massey, Tuesday, September 17 – October 22, 10:00 a.m. – 12:30 p.m. Register by calling Flo at 705-865-1209.

**Chairs & Cheesecake Social** – Friday, September 27, 7:00 p.m. at the Massey Legion Hall. A social evening of decadent desserts and a live auction of one-of-a-kind chairs (with special guest auctioneer Norm Morrell). Hosted by St. Andrew's United Church.

**Fish Fry & Silent Auction** – Espanola Curling Club, Friday, September 20 at 6:00 p.m. Tickets available from club members or by calling 705-869-6237.

**The Espanola Skating Club CANSKATE Registration** - September 16, 18, 24, 26 from 5:00 – 7:00 p.m. at the Espanola Regional Recreation Complex. Find out more at [www.espanolaskatingclub.blogspot.com](http://www.espanolaskatingclub.blogspot.com)

**Massey & Area Museum Bingos** – September 30 the Massey & District Arena. Doors open at 6:15 p.m. – Bingo starts at 7:00 p.m.

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



Ph. 705-869-6883  
toll free 888-231-3578  
Fax 705-869-3342  
email:  
[around@aroundandabout.ca](mailto:around@aroundandabout.ca)  
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Nicky Lamothe - PUBLISHER

#### STAFF

Andrew Vandette - Manager & Sales Consultant  
Bill Leeney - Design/Website  
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**Photos:** Espanola's First Annual Ovarian Cancer Awareness Walk on September 8 attracted over sixty-five women, men, children, and four-legged friends (bottom). Organizer Lisa Gamelin was overwhelmed with the support she received after merely making a Facebook post asking, "Anyone wanna go for a walk on Sunday?" It was a beautiful day with sunny skies and mild temperatures as the walkers made their way down Avery Drive to Second Street, Highway 6, then to Park Street back to the complex. Afterwards, door prizes were awarded and lots of pictures and stories were shared.



## Espanola Police Report

On August 6, 2013, a male entered the Natural Choice store in the Espanola Mall, and removed a charity jar from the counter, containing an unknown amount of donated money from store patrons. The theft initially went unnoticed, until the jar was located discarded in the men's washroom by custodial staff. Upon review of the mall's surveillance video, the image of a male suspect was captured, and the Espanola Police Service was contacted and entered into an investigation.

On August 9, 2013, the same vigilant custodial staff member observed the male inside the Dollarama store at the mall, and contacted police. Upon attendance, the male was arrested by police for "Theft Under," in relation to the previous theft, and while being searched incident to arrest, it was discovered that he'd stolen \$29.00 in miscellaneous merchandise from the Dollarama store as well.

As a result of the two incidents, 35-year old Adam Shawana of Wikwemikong was charged with two counts of Theft Under \$5000.00 contrary to Section 334 (b) of the Criminal Code of Canada, and two counts of Possession of Property Obtained by Crime, contrary to Section 355 (b) of the Criminal Code of Canada. He is to appear in Espanola Court on October 1, 2013, to answer to his charges.

The Espanola Police Service would like to commend the actions of the staff at the Espanola Mall in assisting in the identification and apprehension of this individual.

**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**

## DR. JOSÉE LABRECQUE DR. TERI FISHER Optometrists

Call 705-869-6200 or toll free at  
1-877-869-6211 to book appointments.  
Or come in at 721 Centre St. (next to Petro Canada)

## Espanola Rivermen Lose One, Win One in Season Opening Series

The Espanola Rivermen Junior 'A' hockey team got off to a bumpy start in Kirkland Lake in their first game of a very young 2013-2014 NOJHL season. The 1st year Rivermen sniped a couple of quick goals early in the game only to fall 8 - 3 to the Gold Miners in Espanola's first game back in the NOJHL since 2002 - 2003. The Rivermen bounced back in game 2 of the 2 game road swing the following night defeating the Abitibi Eskimos in the Eskies season opener at home. This was Espanola's first win in Abitibi since November, 2001, winning 3 - 1 to take home a 1 and 1 record for a .500 win percentage in their first weekend back in the NOJHL in more than 10 years. Head Coach Tom McCarthy was pleased with his young team's 1st weekend on the road, "a 500 weekend is one we'll take at this point of the season, with zero game time before the two-game road trip and in playing two consecutive nights, I was pleased on how we made the adjustments from Friday's loss to Saturday's win," said McCarthy. "We definitely have lots of work yet to do being such a young and inexperienced team. The best part of the weekend was

how our players paid attention to the demands of playing solid defense in game 2, the biggest difference from our 1st game Friday. As we continue to grow, learn and mature as individuals and as a team, the anticipation of where we're going and who we'll become is the exciting factor that will motivate us to improve every single time we hit the ice," added Coach McCarthy. "We truly look forward to the challenges ahead."

Director of Operations Tim Clayden added, "we are younger and more inexperienced than ever before, we know

we're going to have some ups and down this season with our young team but it will be a lot of fun watching Tommy [Coach McCarthy] do what he does best and go to work with our players this year," said Clayden. "We need to be patient and grow together and when this team responds to Coach McCarthy the way we expect, this hockey club will be a fun team to watch".

The "Rivermen" head to Sault Ste. Marie this Friday to play the Thunderbirds. Their first home game is next Friday, September 27 against the Sudbury Nickel Barons.

## Espanola & Area Family Health Team

### Prenatal Education Session

Saturday, September 21st, 2013 from 10 am to 3 pm.

Topics include prenatal care and the "Big Day".

Light lunch provided.

Register with reception or the Health Unit.

**705-862-7991**

