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Look inside this week's A&A for
The Focus Newsletter!!!

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Summer Is A Great Time To Get Fit



Photo: Top (left to right) Anita Wallingford, Nicole Sokoloski, Trina Dubreuil, Nicole, Mel. Bottom (left to right) Jillana Goodchild and Ursula Zahavich.

The Massey Marathon saw thirteen finalists qualify for the 2015 Boston Marathon last month. Local athletes have been travelling to places like Wasaga Beach and Barrie to compete in Crossfit competitions and the Warrior Dash (akin to the Boogie Rush held in Espanola in May). Getting in shape, as well as dirty and sweaty just goes with summer! Congrats to everyone who has represented our area and who has excelled in their fitness quests.

Continued on page four...

CANADIAN TIRE ESPANOLA
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Espanola Helping Hand Food Bank News

Our catchment area comprises 320 sq. km, including the town of Espanola which has a population of 5100. In 2012 we served 1841 individuals of which 420 were children. One pound of food is equal to \$2.50. The majority of our funding comes from the community in general and we partner with various organizations in raising these funds. 100% of money raised and donated goes directly towards food and sustainability of our location. We have a volunteer base of 42 dedicated individuals. We became incorporated in June 2012 and are now able to issue income tax receipts.

Financial donations can also be made directly to the food bank at our location at 87 Centre St Unit C downstairs any Wed from 11:00 to 3:00 or call Susan (705 869-4473) or Rita (705 869-3328) outside our opening hours.

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All The World's A Circus

William Thomas

williamjthomas@gmail.com

Fort Erie Racetrack - Come And Watch The Horses Swim???

I was just fifteen years old, living in a dot on the map called Dain City when I had a vague notion that there was a beautiful and exciting racetrack twenty minutes away from where horses raced on summer afternoons and people went to bet on them. Gambling being one of the few vices my father did not practise, I never got to the Fort Erie Racetrack as a kid. I made up for it after my first year at university when I found out the hard way that betting on the horses was not the same as a summer job in that the money was going the wrong way.

But in the late summer of '61 even people who cared little or knew nothing about Fort Erie - then and now one of the most stunning settings for horseracing in North America - had heard of Puss n Boots. He was the horse who became instantly famous for taking a swim in the middle of a thoroughbred race.

Puss n Boots trained by the great horseman Frank Merrill, was brought to Fort Erie from Gulfstream Park in Florida where he had earned the reputation of a promising sprinter but a bit of a nutter. During one outing a piece of paper flying around the Florida track had sent him into a tailspin and he almost jumped the rail to get away from it.

It was a hot September afternoon at Fort Erie, the beautiful racetrack set around shimmering infield lakes with well-trimmed shrubs and flowers in full bloom. Puss n Boots was actually leading by five lengths at the top of the stretch on the mile-and-one-sixteenth turf course when the jockey slapped his ass ... right-handed. Apparently the horse was fine with a

whack on his left cheek but never the right one. The jockey either hadn't been told or forgot about this particular peculiarity. Freaked and looking to flee the track, Puss n Boots spotted a narrow opening in the hedge that circled the turf course, used mainly by the groundskeepers to enter the infield where they watered the plants and trimmed the shrubs. At full speed and carrying a very startled Ronnie Behrens on his back, Puss n Boots shot the gap. The quick left turn sent the jockey airborne over the horse's head as his mount made a beeline for the nearest infield lake. Sprawled on the grass, the jockey looked like he was starring in a cartoon that carried the caption: "Riding - the art of keeping the horse between you and the ground." Did I mention it was also a very hot day? Nearing the water the horse hit the brakes as a silent and disbelieving crowd of over 14,000 people in the grandstand watched Puss n Boots slide slowly and inelegantly into the lake, ass-first.

Trust me, when a bettor puts a wad of money on a rising star like Puss n Boots, expecting him to win the race, the last thing he wants to hear from the horse is the sound of a really big splash.

Immediately, Ronnie Behrens jumped into the lake to save his horse until ... until he remembered he could not swim. Immediately trainer Frank Merrill went thrashing into the lake to save his jockey until ... until he remembered he too could not swim. With one horse and two men now flailing away in deep water, the entire starting gate crew first kicked off

Continued on page three...

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Continued from page two...

their shoes, stripped down to their skivvies and then plunged into the lake like a team of very pale lifeguards. Although the gate guys hauled the jockey and trainer out of the drink, that horse just wanted to have fun. Leisurately he swam in circles in the middle of the lake like it was his private backyard pool. Horseracing is supposed to be a serious business, not a day at the beach.

A big horse, a small skiff, three guys mostly naked and nobody, nobody said: "You're gonna need a bigger boat?!"

It took a man in a row boat and the starting crew almost an hour to get a hold of Puss n Boots and lead him to land at which time he got a standing ovation. Thousands of people showed up to watch a horse race and a swim meet broke out!

This amazing moment in horseracing history is commemorated annually with Fort Erie's \$30,000 Puss n

Boots Circle The Course coming up on Sunday, August 31st after which the winners - jockey, trainer and owners but no, not the horse - jump into that same infield lake.

Although the horse is long gone, the track lives on and is experiencing a bit of a renaissance. Running eight races every Tuesday and Sunday people are starting to pack the place again.

On Twilight Tuesdays and a post time of 4:15 pm, the apron is crowded, the restaurant is full and hundreds stay to hear the band play into the summer night. There's no better way to remember summer than a long and languid afternoon at the track. Try it. I guarantee you'll like it. Just don't bet what I'm betting, okay?

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

Dispelling 3 Myths Can Lead To Better Care For Your Dog

Your furry pal is your best friend in the world and there's nothing you wouldn't do for him or her. In fact, many Canadians go above and beyond for their dogs. A recent Western Financial Group study showed that six in 10 Canadians always buy their pet a birthday or Christmas present – and nearly one in three consider their dog to be a family member.

Our love for family pets can occasionally make us go a bit overboard. To stop that from happening and to give you a little extra peace of mind – so that you can focus on hanging out with your little friend, worry-free – the following will dispel three common myths that often get pet owners in a tizzy:

1. Fruit is bad for my dog
Canadians are split on this issue with half for and half against feeding fruit, although it turns out that apples, watermelons, and various berries can actually be good for your dog. Always practice moderation to avoid stomach upsets and make sure you wash the fruit and remove all seeds. Large seeds and pits may be poisonous or lead to intestinal obstruction. Never give your dog grapes or raisins, as these foods can cause kidney damage and death in some dogs. Fruit should be fed with caution in pets with health issues like bladder problems and your best bet is to check with your veterinarian to see if this type of food is okay for your dog.

2. Bathing dogs is bad for their coats
Dogs love going on adventures and that sometimes means they accumulate smells. Shampooing your dog occasionally when they are dirty will not cause skin problems. Four in 10 Canadians feel that bathing their pet once a month is okay, but there are a few considerations. You do need to be careful about using the right

products for your pet's skin, so always use a pet-friendly shampoo. Baby shampoo can dry out the coat and cause dandruff. Pets with allergies can actually benefit from frequent bathing when recommended by their veterinarian.

3. Pet health care expenses are inevitable
Much like you, animals are prone to all sorts of ailments, ranging from ear problems to arthritis and even cancer. With all of the advances in veterinary medicine, treating your pet for a condition like cancer can become a strain on the household budget if surgery or chemotherapy is involved. Pet parents have to make some very tough choices when choosing to spend thousands of dollars if needed. Did you know that pet insurance can alleviate much of this burden?

Fewer than two percent of Canadian pet owners have health insurance for them (according to NAPHA, 2014), and 47 percent feel that it is too expensive. "Owners need to ask lots of questions when deciding if pet insurance is right for them," says Dr. Bernie Pukay, veterinarian and chairman at Petsecure, a Canadian insurance provider. "You can ask your vet about possible conditions that affect a certain breed of dog and then go back to the insurance company to make sure you understand the coverage offered. No one should have to make a treatment decision based on money. Insurance provides peace of mind so we can make the best healthcare choices for our pets."

We go to great pains to make sure our dog gets exercise, eats well, and has regular visits to the vet – so let's not sweat the small stuff. More information about pet care is available at www.petsecure.com.

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Continued from front page...

Summer Is A Great Time To Get Fit



Photo: (left to right) Jeff Massicotte, Melanie Lachance, Holly Sonnenburg-Nadeau, and Stewart Meikleham.

If You Build It, They Will Come

By Heather Wilson - That was the idea Dan and Arlene Glofcheskie of North Winds Farm had when they recognized Espanola's need for a Farmer's Market. So was born Espanola Eat Local Farmer's Market now located at the Queensway Pentecostal Church every Thursday from 4-8pm and Saturday 8am to 12pm. The Glofcheskies originally came from Southern Ontario where markets are a part of the culture. The pair recognized that the timing was right in Espanola because there is increased consumer interest in where our food comes from. Dan Glofcheskie says, "the informed consumer wants to minimize their environmental footprint" and this is possible when consumers and suppliers are literally brought face to face. Buying local has many benefits including, getting produce that is picked at the peak of freshness and delivered within hours of harvesting; the environmental benefit of less packaging and less fuel for transport; supporting the local economy by creating jobs and keeping money in the community; buying locally provides a fair price to producers for their goods.

Farmer's markets bring farmers, crafters, and artisans together to deliver locally grown and produced goods to the consumer. Espanola shoppers

now have the opportunity to buy goods directly from the producers as opposed to buying from larger markets where the goods travel a great distance from the source. When talking to the vendors at the market it is obvious that there is a pride in the goods that are being delivered. Jody Pilon, for example, representing the Fibre Arts Festival, is selling a variety of goods that includes Loonsong Garden organic fresh stone ground flour, fair trade coffee from St. Josephs Island and cookies made from locally sourced ingredients from Garden's Gate restaurant on Manitoulin Island, and brightly coloured and ingeniously crafted brooches, stuffed toys and yarns. Pilon has an enthusiasm for the goods that she sells that is intoxicating. Mary Bridget bakes double chocolate chunk bagels and makes her own colourful pasta that is to die for. (I used it to make a roasted vegetable pasta that was truly delicious. The sauce adhered to the pasta in a way that just does not seem possible with store bought pasta). The popularity of farmers market comes with the expansion of the so called cottage industry wherein the creation of goods, products and services is home-based, rather than factory-based. Products and services created by cottage industry are often

unique and distinctive given the fact that they are usually not mass-produced.

The Glofcheskies credit the early success of the project to Cheryl Kennelly, the Economic Development Officer with the Town of Espanola. Kennelly is recognized as a strong advocate for the Local Food movement developing in the Town. "Cheryl has worked tirelessly to help us get this project off the ground" says Dan Glofcheskie. Community Economic Development Officer Kennelly says "Truly, it is their tireless efforts that make it all happen. The leg work and persistence to get a market off the ground is significant. Dan and Arlene have worked through the process to engage growers, create policies, waivers, secure insurance & permits and set the organization up for a sustainable future; all this, besides planting, weeding, nurturing, harvesting and crating it all to market. The Town of Espanola is privileged to help facilitate the process and assist in promotion".

Sourcing your food from local producers not only saves on fuel and reduces your carbon footprint but also ensures freshness, keeps money and jobs close by, and fosters true food security, meaning that necessities are

produced close to home. And anyone who has ever had fresh potatoes or beans from the garden will know that fresh food tastes good. A healthy lifestyle includes exercise and plenty of fruits and colourful vegetables so this is an option to include fresh food in your diet.

Although the strawberries from Emiry's Berry Patch are finished for the season there is still variety at the Espanola Eat Local Farmer's Market which includes locally produced beef, pork and lamb, jams and jellies, seasonal vegetables like spinach, green onions, beans, beets and early potatoes. Original concoctions like parsley jelly and blueberry lime jam promise exciting pleasures to the palette.

The Farmers market has been running since the first of July and Arlene Glofcheskie is "pleasantly pleased with the participation so far." Admitting that more vendors would expand the variety of goods for consumers, the vendors are pleased with the number of people who have been coming out and all the vendors are committed to seeing the market get bigger and busier with time. Diversity is healthy in all markets and the arrival of Espanola Eat Local Farmer's Market gives citizens an option for healthy eating that also supports local merchants. They have built it, all you have to do is go.

Northern Ford Sales Limited Under New Ownership



Photo: L - R. General Contractors from Quinan Construction - Chad Leclair, Brant Leclair, Aaron Scully (Owner) and G.C. Allen McNally

Northern Ford Sales Limited would like to congratulate Pat Scully on his retirement and would like to announce the new owner of the business, son Aaron Scully who purchased the business in January of this year. Aaron plans to follow his father's tenure and already has 21 plus years working at the local dealership.

Aaron graduated from the Automotive Marketing program at Georgian Bay College (Barrie, Ont.) after completing his co-op portion of the course at Douglas Ford Lincoln (Barrie). After graduation he moved to Calgary Alberta and worked at Maclin Ford one of Canada's oldest Ford dealerships established over 99 years ago. He returned to Espanola in 1993 and has been with Northern Ford Sales ever since. He plans on keeping the same tradition of employment opportunities along with same exceptional customer service as Pat offered to his customers over the years.

Northern Ford Sale Limited was established in Espanola in the 1970's by Dennis Bostrom and after a few years in business he sold Northern Ford to Pat Scully in the fall of 1973. Pat has owned and operated the Ford Dealership franchise for over 41 years!

"I would like to congratulate my

father on this retirement and I hope to make him proud" said son Aaron. "As my father moves on and enjoys his retirement, I am thrilled to announce that there are many exciting changes coming in the next few months at Northern Ford Sales".

Aaron Scully new owner and manager would like to inform the public of major renovations that are under way at Northern Ford Limited Espanola located n highway 6/559 Centre Street as it transforms with a whole new look and design with the help of General Contractors of Quinan Construction, Ford of Canada with brand renderings

and our Architects and Engineers at Duncan Ross (Huntsville) to complete the new expansion and overhaul. The expansion is under way and it is expected to take 8-10 months to complete.

The overhaul will include many customer based upgrades keeping our dealership at the forefront in delivering exceptional service. We will have Espanola exclusives like dedicated customer waiting area with H.D. television, high speed wireless internet coffee bar with and big comfy chairs to enjoy while waiting on service. Customers can expect an all new two vehicle showroom with high efficiency LED lighting, barrier free access and two wheelchair accessible washrooms. New service bays with all new tire service equipment and an additional service stall with high capacity 4 post heavy duty drive on hoists.

New feel—New Attitude!



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FRIENDLY MASSEY MARATHON THANK YOU

On behalf of the "2014" Race Committee, we would like to thank our sponsors for their generous support. Without this support, the run could not have been a success. A special thanks to all the volunteers for their long hours and hard work throughout the weekend. The volunteers make this race the "Friendly" Massey Marathon.

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EMPLOYMENT OPPORTUNITIES



NOW HIRING FULL TIME POSITIONS AVAILABLE

Cooks & Kitchen Helpers

**Fax Resume to 705-869-5770
Deadline to Submit
August 12, 2014**

FOR RENT

FOR RENT – 2 bedroom apartment available immediately. 45 Arthur Ct., Espanola. Please call 705-869-5989. References required and no pets allowed. 08/12

FOR RENT – New office space in KFC Plaza in Espanola (760 sq. ft.). Very reasonable rent. Call 705-869-1742. 08/05

BUSINESS FOR SALE

FOR SALE – NEW PRICE - Ferment on premises business for sale due to health reasons. Turn key operation. Pat's Vineyard for sale, for more information call 705-862-7772. 08/5 - R

BINGOS

MASSEY AREA MUSEUM BINGOS – August 4 at the Massey and District Arena. Doors open at 6:15 p.m. Bingo starts at 7:00 p.m. \$1775 in cash prizes. 07/29

ONLINE AUCTION

ESPANOLA ON LINE AUCTION - New members wanted on Facebook @ <https://www.facebook.com/groups/789509471066201/> or send me an email at rsvp7@hotmail.com and I'll add you. 08/12

AUCTION SALE

Auction Sale – Doug Nuttall. Saturday, August 16, 11:00 a.m. 290 River Road West (off Hwy 17 next to Walford) **Items:** 2 Honda generators, battery charger 615, 2 air compressors, 2 Hilti nail guns, 2 Honda water pumps, Husqvarna weed wacker, nuts and bolt cabinet, tool boxes, chest cabinet of tools, wood stove, tool sets, 3 radial arm saws, 5 gas motors, HD anvil, shop vac, work benches, air compressor (needs repair), motorcycle, chains, bear traps, skilsaws, irrigation equipment with pumps, roto tiller, drills, hand tools, 2 welders (Lincoln 225), hammers, axes, 2 chainsaws, jacks, socket sets, wine press, carvings, pictures, table, gun case, dish, flat screen TV, jet pump, diesel Kubota 6200 with mower and till, JD blade, diesel JD 1120, International square baler, MF 135 diesel, JD snow blower, bale stooker, motor lift, hydraulic hoses, lawn packer, 3 Dakota parts trucks, JD 544A loader, canoe (8 rack), Brush hog, flare mower, levelling rake, grain auger, 2 wagons, traps, power washer, fishing gear (rods), bottles and jugs, lanterns, 10 x 12 building trailer with shelves, loader, ladders, batteries, survey equipment, 8' cultivator, paddle boat, live traps, cages, large pile of scrap metal. **Cash or approved cheques. Food on site. EXCELLENT AUCTION!** Call anytime – Morrell Auctions 705-282-2430 or Fax 705-282-3372. 08/12

Recipe

I know it's summer but it sure does feel like fall and I'm not very happy about it. But what's a girl to do but make a big pot of soup and take comfort in it and hope that next week we get some decent summer weather. It's really not a lot to ask after 6 months of snow this past winter. This soup is easy to make and everyone seems to like it. Buy a big loaf of crusty bread to go with it and you have a meal.



Yummy Hamburger Soup

- 2 lbs ground beef
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon oregano
- 1/4 teaspoon basil
- 1/8 teaspoon seasoning salt
- 1 (2 ounce) package onion soup mix (for 3 or 4 servings)
- 6 cups boiling water
- 1 (8 ounce) can tomato sauce
- 1 tablespoon soy sauce
- 1 cup celery, sliced
- 1/4 cup celery leaves
- 1 cup sliced carrot
- 1/3 cup dried split peas
- 1 cup elbow macaroni
- grated parmesan cheese

In a large saucepan, brown meat, drain excess fat. Add salt, pepper, oregano, basil, seasoned salt, and onion soup mix. Stir in boiling water, tomato sauce, and soy sauce. Cover and simmer for about 15 minutes. Meanwhile, prepare celery, celery leaves, and carrots; then add to simmering mixture with split peas and continue to cook for 30 minutes. Add macaroni and simmer for 30 minutes longer, adding more water if necessary and stirring occasionally. Serve sprinkled with Parmesan cheese over individual servings.

COMMUNITY NOTES

Massey Area Museum 31st Annual Jessie Burnside Memorial Art Show and Sale - Opening August 9 at 1:00 p.m. For more information contact the museum 705-865-2266.

Espanola Horticultural Society - Annual General Meeting, August 11 at 7:00 p.m. at the Queensway Pentecostal Church. Guest speaker is Julie Lee. Everyone welcome. We are also hosting our third design workshop from 9:00 a.m. - 3:00 p.m. at the United Church in Espanola. For more info and to reserve a spot, call Shirley at 705-869-3482.

Next Community Luncheons - August 12 & 26 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 am to 1:00 pm. NO CHARGE. Everyone welcome.

Espanola Youth Centre - Open Monday - Friday from 10:30 a.m. - 5:30 p.m. at A.B. Ellis Public School.

Wheely Wednesdays Community Street Art Project - every Wednesday afternoon in August from 1:00 PM - 3:30 PM at 109 Sheppard Street. Please call 705 583 2326 for more information.

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.

Tennis at Espanola Golf Club - Community Living Mondays; senior doubles Tuesday, Thursday, Saturday; open play Friday, youth Saturday. Free lessons, call 705-869-0475.

Ride to Church Program - St. Andrew's United Church in Massey is offering rides for area residents to Sunday Service at 10:30 a.m. Call May at 705-865-3455 for more information.

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

Espanola Police Report

On July 16, 2014, a member of the Espanola Police Service was conducting radar enforcement on Highway 6 at Kei Will Drive, when a vehicle was spotted traveling at a very high rate of speed southbound in the 60 km/h Community Safety Zone. The officer activated the onboard Radar unit, and obtained a reading of 113 km/h in the posted 60-km/h zone. Upon stopping the vehicle, the 40-year old male driver from Alberta was charged with Stunt Driving "Race Motor Vehicle," contrary to section 172 of the Highway Traffic Act. He is to appear in Espanola court on September 11, 2014, to answer to his charges. Pursuant to Statute, the male's vehicle was impounded, and his driver's license suspended for a period of 7-days, as a result of being charged with Stunt Driving.

Since July 9, 2014, the Espanola Police Service have taken 3 impaired drivers off our roadways, in a continued effort to make our Town streets safer.

On July 9, at 4:00 p.m., an officer responded to a complaint of a possible impaired driver northbound on Highway 6 from Manitoulin Island. The vehicle was reported to be all over the road, and crossing into the oncoming lane. The responding officer spotted the vehicle as it entered the Town of Espanola, and stopped it at McCulloch Drive. The 38-year old driver from Ohsweken, Ontario, was found to be under the influence of alcohol, and a subsequent breath test showed that his blood alcohol content was 184 mgs, just over twice the legal limit. He was charged with Impaired Driving and Care or Control of a Motor Vehicle Over 80mgs, and will appear in Espanola Court on September 2, 2014 to answer to his charges.

On July 12, at 2:30 a.m., an officer on routine patrol stopped a pickup truck on John Street, and upon speaking to the male driver, formed reasonable suspicion to believe that he had consumed alcohol. A Roadside Screening Device was used, which resulted in a "Warn" being registered. The 43-year old from Espanola was issued a 3-day licence suspension, and was also charged with Careless Driving under the Highway Traffic Act, for operating his vehicle without due care and attention.

On July 19, at 2:40 a.m., an officer patrolling on Centre Street observed a vehicle leaving the area of Marshall's Bar & Grill, and travel westbound on Adelaide Street. The officer followed the vehicle and saw that it was traveling off the paved portion of the roadway on the shoulder. Once stopped, the officer noted the male driver had signs indicative of alcohol consumption, and a roadside screening device was administered, which resulted in a "Fail" reading. Following the driver's arrest, he provided breath samples that showed his blood alcohol content was 219 mgs, or more than two and a half times the legal limit. The 37-year old from Windsor Ontario was charged with Impaired Driving and Care or Control of a Motor Vehicle Over 80mgs. He will appear in Espanola Court on September 2, 2014 to answer to his charges.

If you suspect another person is driving under the influence of alcohol, police want you to call 911. We all have a part to play in getting impaired drivers off our roadways.

On July 18, 2014 between 1:00 to 1:30 p.m., a resident of Sudbury attended the Espanola Mall located at 800 Centre Street, with a friend to go shopping. The female had her 7 1/2 year old mix breed dog with her, and while she attended inside the mall, she placed the dog in the bed of the pickup truck on a chain. When she returned to the truck, the dog was missing, and it appeared that someone had unlatched the chain and took the animal, as a search of the nearby area failed to locate the dog. Currently the Espanola Police are investigating this incident as a theft.

The dog, which answers by the name of "Buddy," is described as:

- Mixed breed that resembles a Labrador;
- All black except for its legs, which are dark brown;
- White fur around its mouth;
- Approximately 80 pounds; and,
- Last seen wearing a green collar.

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



Ph. 705-869-6883
 toll free 888-231-3578
 Fax 705-869-3342
 email:

around@aroundandabout.ca

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Nicky Lamothe - PUBLISHER

STAFF

Andrew Vondette - Layout-Sales-Graphic Design
 Bill Leeney - Design/Website
 Chloe Kneer - Sales/Correspondent
 Vickie Trahan - Bookkeeping
 Donna McDonald - Proof Reading
 Aimee Dupuis - Production
 Rayann Muncaster - Production
 Connie Stephen - Production

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