

**Paper Works Ink**  
**OFFICE & ART SUPPLY**  
 4-400 Centre St., Espanola, ON P5E 1G3  
 www.paperworks1.ca

- OFFICE FURNITURE
- FULL COLOUR COPIES
- COMPUTER ACCESSORIES

**705-869-2860** **OFFICE Pro**  
 Good People, Who Know

The Little Paper That Makes A Big Difference

**AROUND & ABOUT**  
 Your Community Connection  
 Est. 1996

[www.aroundandabout.ca](http://www.aroundandabout.ca)  
 July 1, 2014 Issue 26 - Volume 18

**Congratulations**  
**All 2014**  
**Graduates!**

**2014 POLARIS**  
**SPORTSMAN 400 4X4**  
**\$5799 PLUS FREIGHT & PDI**  
**ONLY \$32.00 A WEEK OAC**



**TRAILSIDE SPORTS**  
**705-869-0170**  
[kevin@trailsidesports.com](mailto:kevin@trailsidesports.com)

**A.B. Ellis Public School**  
**Student Among Canada's**  
**Top Young Citizens**



Photo: A.B. Ellis Grade 5 student Julia Perlin who won the Young Citizens Award at the Sudbury Heritage Fair.

A Grade 5 student from A.B. Ellis Public School is among Canada's top young citizens. Julia Perlin, who won the Young Citizens Award at the Sudbury Regional Heritage Fair in May, has earned the honour of competing in Canada's History for Kids' Young Citizens video contest.

Julia Perlin's Heritage Fair project on the "Espanola Bridges" included a video that she created and edited. The video focuses on the 1952 Espanola bridge collapse over the Spanish River.

Julia visited the current bridge, the Espanola Heritage site and the Espanola Public Library. She also interviewed Greg Polden, whose father Ted Polden was on the bridge when it collapsed. Julia contacted local Espanola historian Tim Gallagher, who provided photographs and newspaper articles for her research.

"We are thrilled to have one of our own participating in a contest that honours students from across the country," says

*Continued on page four...*

**CANADIAN TIRE**  
**ESPANOLA**



**SKS Soviet semi-auto rifle**

- c.7.62x39
- 5-shot top-feed magazine with hinged floor plate
- 20" barrel

**\$199.99**  
 Come see lots of new firearms stock!

**SUMMER HOURS:** **CANADIAN TIRE ESPANOLA**  
 Mon - Wed - 8am - 8pm  
 Thurs - Fri - 8am - 9pm  
 Sat - 8am - 6pm  
 Sun - 9pm - 5pm  
**801 CENTRE STREET**  
**705-869-3807**

**LIVE WELL**  
**informed.**

- Your Home Health Care Professional of Home Care Equipment and Daily Living Needs
- Med Manager Medication Packaging
- Medication Consults

**9-6 Monday-Friday 9-5 Saturday**

**We now have FREE delivery.**  
**We also waive the \$2 co-pay!**

Ask your **Live Well Pharmacist**



**(705) 869-1561**  
**LIVE WELL WITH PHARMASAVE**

**SERVICE FOR ALL OUTBOARD MAKES AND MODELS**



**HONDA OUTBOARD SALES**  
**Garnet's HONDA MARINE**  
 Rent-all  
 120 McCulloch Dr., Espanola  
 PH: (705) 869-2886 or (705) 869-1683

**Espanola Helping Hand Food Bank News**

There are so many people and organizations to thank this month. As usual, the community has been very generous. A yard sale was held and the proceeds donated to EHHFB. Thanks to Jim's Portable Toilets and Septic Service, Tim Hortons, and Dodge's Landfill Site for their assistance. Various organizations ran food drives on our behalf. Our thanks to RBC, Freelandt, Caldwell, Reilly, Espanola Knight Cruisers, and RCL Br 39 for their contributions.

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

Sponsored By:  
**GIANT TIGER**  
 YOUR ALL CANADIAN FAMILY DISCOUNT STORE  
[www.gianttiger.com](http://www.gianttiger.com)

**Home hardware ESPANOLA**  
**705-869-2130**  
**830 Centre Street Espanola**



**New D-shaped Mini Ties**

**Treated Wood** [www.MicroProSienna.com](http://www.MicroProSienna.com)

 **At Your Fingertip Business Directory**  
 High Circulation • Competitive Rates  
 FREE distribution to your customers!  
 To Advertise in the Around & About  
 Business Directory, call 705-869-6883

**Dittrich's**  
**Hair Design**  
*"A Look With A Difference"*  
**705-869-2915**

**C&C LAWN & LANDSCAPE**  
 Now Serving Espanola and the North Shore!  
 Landscaping & Property Maintenance  
**CALL NOW TO BOOK!**  
[www.cclawnlandscape.com](http://www.cclawnlandscape.com)  
 Ask about our Seniors Discount!  
**705-282-6222**

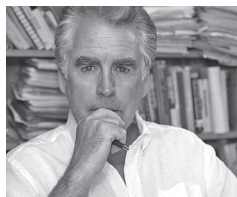
W.H. Enterprises - Electrical Inc.  
**ELECTRICAL**  
**705-869-4034**  
 ESA/ECRA 7001958

**RON RIVET**  
**CLEANING SERVICES**  
**25 YEARS OF EXPERIENCE**  
 • Carpet & Upholstery Cleaning • Tile & Grout Cleaning  
**www.rrcs.ca 705-862-1914**

 **LAMBAC**  
 A Community Futures Development Corporation  
 Une Société d'aide au développement des collectivités  
 Business Services • Services commerciaux  
 Business Loans • Prêt D'affaires  
**Gore Bay** 1-800-461-5131 (705) 282-3215  
 Open Monday - Friday  
**Espanola** (705) 869-3656  
 Open Tuesday - Wednesday  
[info@lambac.org](mailto:info@lambac.org) [www.lambac.org](http://www.lambac.org)

**JC Plumbing & Heating**  
**Jason Cowles**  
 Certified Technician  
 Serving Espanola & Area  
 Business 705-583-3040  
 Mobile 705-863-3332  
 Sales & Service

 **Child Care Spaces**  
**Available in Massey.**  
**Call 705-865-3281**  
 Massey: 705-865-3281 • Espanola: 705-869-3282  
 Email: [onetotstop@bellnet.ca](mailto:onetotstop@bellnet.ca) • [www.onetotstop.com](http://www.onetotstop.com)



# All The World's A Circus

William Thomas

[williamjthomas@gmail.com](mailto:williamjthomas@gmail.com)

## Kids - The Shortest Stand-Up Comics Of Them All

We have a comedian in the family. Michael is 13 years of age, looks like Mike Myers and has the stand-up style of Henny Youngman.

"Take my sister," he'd say. "No, seriously, please take her with you."

Recently he set his grandmother up on Skype in more ways than one. After he walked her through the complexities of password, code name and email address, they were finally ready for the big moment of facing each other live on webcam. All she could do was rave about how great it was to see her favourite grandson on the screen in front of her. Michael's first words were: "Ah Grandma, I noticed you haven't made your bed today." Boy, did that even things up between them for all of the times she babysat and had to hound him to do the same.

When his grandmother asked him if he had a cold he replied: "No, I'm fine. It's not a cold, it's just puberty. I have hair growing in the strangest places ... even on my legs!"

Recently at a family celebration attended by 120 people at a local hall, Michael asked to be the last speaker on the program. He took everyone by surprise when he announced that he could top every speaker who preceded him to the microphone. When the room went quiet, (his timing is impeccable) he said the word "Ditto" and sat down. As I said, we have a comedian in the family.

Michael, a Net nerd has never heard of Art Linkletter and what a shame that is. Ages ago, Art Linkletter had a hit television program entitled Kids Say The Darndest Things. Spinning off the TV show with books, albums and a speaking career, he became a millionaire by listening to what children say. The little ones provided all the comic material free. Apparently no kid ever said: "Mr. Linkletter, I'd like you to meet my agent Sid Silverman."

Innocently and in the nicest kind of way, the kids tormented Art Linkletter.

Art: "What's the first thing a fireman does when the four-alarm bell rings?"

Kid: "Pulls his pants up."

Art: "What does your father do to help around the house?"

Kid, after a long pause: "He makes cocktails."

Art: "What's the first thing you would do as president?"

Kid: "Keep my mouth shut."

And the cruelest cut of all ... Art: "How do you spell Art?"

Kid: "R-A-T."

But Art was right - out of the mouths of babes come real beauties. And parents too, especially in their notes to teachers explaining the absence of their kids. I was re-reading one of my books the other day, Guys: Not Real Bright And Damn Proud Of It! in which the following list appeared. It's a compilation of excuses

*Continued on page three...*

## FIREARMS LICENCE (PAL) and HUNTER EDUCATION COURSES

will be held in Massey this spring, summer and fall. However, due to the time required to process your firearms licence application, it is strongly advised that you attend a course early enough to be fully prepared for the fall hunting season. Call or e-mail for details and dates. Limited space.

**Pre-registration required.**

**Dan Smith**  
 Firearms Instructor

Tel: (705) 865-2140  
 E-mail: [dansmithranch@yahoo.ca](mailto:dansmithranch@yahoo.ca)

 **Lawn Cutting Contracts**  
**Starting at \$30**  
**705-865-1506**  
[www.hdvsonline.com](http://www.hdvsonline.com)  
[hansvs@gmail.com](mailto:hansvs@gmail.com)

**Don's Electric**  
**(705) 869-0511**  
**Cell (705)-862-0753**  
 E.C.R.A./E.S.A. #7009119  
**Email: [dcf@personainternet.com](mailto:dcf@personainternet.com)**

 **LINDEN HEATING & Gas Energy Services**  
 Dennis Rannelli & Linda Quenneville  
 Sales & Service of Commercial & Residential Gas-Fired Appliances, Propane & Natural Gas  
 TSSA# 205477 Qualified-Certified-Registered  
 705-863-0000 [lindenheating@gmail.com](mailto:lindenheating@gmail.com)



# 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)

*Continued from page two...*

offered to teachers concerning their children's absence from class.

(Warning: The material contained within this listing may indicate that those parents have the same reasoning ability and attention span of an unrepentant, poorly rehabilitated, crack-happy mayor of Toronto.) Here are but a few:

- "Please excuse Blanche from gym today. She's administrating." (And the people who work in the principal's office were furious. They thought that was their job.)

- "Please excuse John from being absent on Jan. 28, 29, 30, 31, 32 and also 33." (Which again explains why February is the shortest month of the year and January kicks off a "Leap Of Faith Year.")

- "Please excuse Gloria. She has been under the doctor." ('Care' is the missing word and the doctor will be returning from Mexico as soon as it all gets sorted out.)

- "Please excuse Jimmy for being. It was his father's fault." (Kids! The high price you pay for fooling around.)

- "My daughter was absent yesterday because she was tired. She spent the weekend with the Marines." (That's

ridiculous. It was just one light infantry regiment. Honest.)

- "Please excuse Sara for being absent. She was sick and I had her shot." (We're assuming the mother meant she had the doctor give her daughter a shot. Otherwise we're hoping it's just a flesh wound and she'll be back in school next week.)

- "Carlos was absent because he was playing football. He was hit in the growing part." (Irony, because last week he got hit in the part that's not growing and that was bad enough! Also this would not be a good place to introduce that common lower body injury known as a "groin pull.")

- "Please excuse Roy Friday from school. He has very loose vowels." (Thank goodness the consonants are holdin' up strong.)

Please understand, those were simply errors in written communication. I checked. Nobody got shot, pregnant or traumatized. And you'll be pleased to know that Carlos's part did finally stop growing on February 37.

For comments, ideas and copies of Guys: Not Real Bright

And Damn Proud Of It!  
go to [www.williamthomas.ca](http://www.williamthomas.ca)

## Espanola Actors Muskoka-Bound To Perform



**Photo:** (left to right) Mike Boivin as "Zeus" the dog; Jason Morrow as "Ray Halliday" the dentist/ comedian; Theresa Laurenti - "Honor Roberts" - CRA agent; and Vince Grittani, playwright.

### *Supplied by Sharon Sproule*

- "The Audit" is a new comedy about a dentist who decides to become a stand-up comedian, a Canada Revenue Agency auditor, and a cheeky naughty-mouthed dog. Here we are preparing for the world premiere, performance of this original play by Vince Grittani, an established international award-winning playwright, television and theatrical producer, published author, illustrator and cartoonist. We will be performing it at his Arts Festival in Muskoka in July.

An Espanola community theatre director, Sharon Sproule explained how Jason Morrow, Theresa Laurenti and Michael Boivin (on stage) and stage manager Dario Laurenti became involved, "Vince had just written 'The Audit'. He and I have known each other through theatre for a long time and I had done his one woman show 'Quiet, I'm Talking!' and he wanted to hear 'The Audit' read for dramaturgy purposes, so he got in touch with me to see if I could get three actors together for a sit down read/workshop for a couple of evenings and then a 'music stand read' for a small invited audience."

In Vince's own words, "This summer's production comes out of a workshop I did in Espanola this past March under the direction of an old friend Sharon Sproule. The actors, Jason Morrow, Michael Boivin and Theresa Laurenti, although they all have other careers (one even works for Revenue Canada), did such a splendid job I asked them to come and perform this summer as part of Destination Rosseau."

Destination Rosseau is a comprehensive festival of the theatre, film, science day camp, theatre day camp, comedy, a jazz weekend, artists, and concerts and shows as well as hands-on displays for the whole family. "With its wonderful location at the tip of Muskoka with its lakes and outdoor activities and all of the accommodation and food amenities, it is the very heart of Ontario's summer destination for everyone," says Sproule. She adds, "Our little ad hoc company has been rehearsing and polishing since Easter and is very excited and chomping at the bit to get going. They are in Rosseau from July 4 to July 20."

For dates and times of all of the festival activities go to [www.DestinationRosseau.com](http://www.DestinationRosseau.com)

Advertise here for as  
little as \$22 per week

Call 705-869-6883 for details

### Espanola's Local Yarn Shop



289 James St.  
Espanola, ON

Ph (705) 583-2302  
Cell (705) 207-5770

**Buying a Home?**  
**Call Hope**  
Purchase, refinance, or switch to RBC

**Hope Stevenson**  
Mortgage Specialist  
Serving Sudbury, Manitoulin, Espanola and Surrounding Area

Call Hope today for financial advice  
you can count on!

**705-665-HOPE (4673)**  
**1-866-265-0928 (Toll Free)**  
[hope.stevenson@rbc.com](mailto:hope.stevenson@rbc.com)

## In The Loop

As promised we are publishing the suggestions offered by the Privacy Commissioner Adjudicator for both parties in order to make the Freedom of Information process in Espanola run more efficiently.

These are listed in the order in which they appeared in the adjudicator's decision letter:

- The town could publish its responses to freedom of information requests on its own website, particularly information it had published before, such as the cheque registry (less any personal or third party info.)
- The town could be more proactive in releasing information...making disclosure of government-held information an automatic process where possible.
- The town, where appropriate, could seek an extension of time to respond to a request.
- The appellant and her group should also consider whether they are able to advance a compromise solution which would reduce costs, both prior to and also after making their request.
- If the town is of the opinion that the group's website, or any other website or publication has published false information, the appropriate legal action could be taken by the town.
- If the appellant and her group want to benefit the town and its residents, then they should disseminate, and respond to, the information they receive from the town in a fulsome manner that encourages an environment of transparency, not in a selective manner that is distrustful and causes needless waste of town resources responding to queries about incomplete or inaccurate information.

The Espanola Citizen Group executive would be open to the adjudicator's recommendations.

In closing, we received the decision letter from the town on June 18, 2014. We are finally able to obtain the cheque registry/credit card activity which we had requested and that the Privacy Commissioner's office agreed we had a right to. The Town is charging \$152.00 for this information.

Richard Ellis, executive member  
Espanola Citizen Group

**Note: The views expressed in The Loop are that of the Espanola Citizen Group alone and do not necessarily reflect the views of Around&About.**



Specializing in Renewable Energy  
Solar- Off-Grid-Grid Tie  
Wind

Solar Thermal- Hot Water Generation  
Back-Up Power Systems

soleilpowercanada.com (705)-869-6026 256 Centre St. Espanola



- ✓ 10-14 hour burn times
- ✓ Highest Rated Woodstoves in North America
- ✓ Thermostat Heat Control
- ✓ Burn 33% less wood

## Espanola & Area Family Health Team

### Bariatric Support Group

If you have had bariatric surgery and would be interested in facilitating a peer-led support group, please contact Joanna or Chelsey at extension 237

**705-862-7991**

Continued from front page...

## A.B. Ellis Public School Student Among Canada's Top Young Citizens

Lynn MacDonell, Principal of A.B. Ellis Public School. "This is such a great opportunity for Julia and we are so proud of her accomplishments." Canada's History for Kids' Young Citizens video contest is a complementary component to local Heritage Fairs. The contest brings together 200 candidates ages 10 to 16, from all provinces and territories, who share a passion for history and are great leaders in their schools and communities. Participants submit a video on their Heritage Fair topic, similar to a news report or short documentary. Canadians are asked to vote for their favourite video. Voting, which began on June 17, will account for 50 per cent of a contestant's overall

final score.

"We wish Julia the best of luck in the video contest," says Principal MacDonell. "We encourage members of the community to vote. More importantly, we invite everyone to go online and see this wonderful video that showcases an important part of Espanola's history." Once online voting is complete, a panel of judges will select six recipients to attend the Governor General's History Awards in Ottawa this fall. The students who are selected will have their video premiered at the National History Forum.

Voting closes Friday, July 11. To vote, visit [www.youngcitizens.ca](http://www.youngcitizens.ca) and search for Julia Perlin in Ontario.



**Happy Canada Day**  
**Carol Hughes**  
MP/Députée  
Algoma-Manitoulin-Kapuskasing  
**NDP + NPD**  
1-855-297-4200  
[www.carolhughes.ndp.ca](http://www.carolhughes.ndp.ca)

## Emiry's Berry Patch

**Emiry Road, Massey**  
(off Lee Valley Road)

Picking Hours (weather permitting):

Monday to Saturday 8am to 7pm, Sunday noon to 4pm

Call for picking conditions 705 865-2184

**NOW SERVING  
DELICIOUS FROZEN YOGURT!**

Redeem this ad at the farm for one **FREE** frozen yogurt with any frozen yogurt purchase \*(limit of one coupon per purchase)\*

Like us on Facebook — Emiry's Berry Patch for updates



**Plan to attend**  
**37th Annual La Cloche Juried Exhibition and Sale**  
Over 200 works of art including 2014 Distinguished Artist Martin Foley  
**Saturday, July 5 to Sunday, July 13**  
**11:00 a.m. to 5:00 p.m. daily**  
At the Whitefish Falls Community Centre • Admission free  
[www.lacloche.ca](http://www.lacloche.ca)

Healthy Children = Healthy Families = Healthy Communities



**Sacred Heart Childcare Centre**  
**Spaces Available!**  
Financial Assistance is available for those who qualify  
For More information, please call  
**(705) 869-3171**  
[www.ourchildren-ourfuture.net](http://www.ourchildren-ourfuture.net)



## TOWNSHIP OF SABLES-SPANISH RIVERS

Phone: (705) 865-2646 Fax: (705) 865-2736

Email: [inquiries@sables-spanish.ca](mailto:inquiries@sables-spanish.ca)

Box 5, Site 1, R.R.#3, 11 Birch Lake Road, Massey, ON, P0P 1P0

Website: [www.sables-spanish.ca](http://www.sables-spanish.ca)

### CANADA DAY CELEBRATION JULY 1, 2014

The Canada Day festivities will begin at 10:00 am at the Royal Canadian Legion, Imperial Street, Massey with a flag raising ceremony. Everyone is invited to join in as we pay tribute to our country by singing "O Canada".

The Legion is hosting a barbeque at the Mouth Park with free hot dogs, pop and Canada's Birthday cake for everyone.

In Webbwood there will be a parade beginning at 11:00 am at the Webbwood Eagles Club. It will be followed by an awards ceremony, games, barbeque, refreshments and goodies.

Fireworks will be set off at dusk in the community of Webbwood. A special thank-you goes out to our Fire Department for what is sure to be a crowd-pleasing fireworks show.

Thank you to "**Celebrate! Canada**" who provided funding for our Canada Day festivities.



Canadian  
Heritage

Patrimoine  
canadien

### MASSEY & TOWNSHIP PUBLIC LIBRARY NEWS

**SCIENCE NORTH & BOOK SALE:** Science North will be at our library Thursday, July 10th and there also will be a large book sale.

**SUMMER READING PROGRAM:** Every Thursday, starting July 17 from 1:00 till 2:30 for 6 weeks.

**STORY HOUR:** Register your child now for the Fall 2014. Children must be 3 years old by December 31, 2014.

**AMNESTY DAY:** LAST MONDAY OF EACH MONTH overdue books can be returned with no charge.

**VOLUNTEER HOURS:** Students can obtain their 40 hours of volunteer service. Contact the library for more information.

**For more information,** please contact the Massey & Township Public Library at 705-865-2641 or Fax: 705-865-1781; [infomasseylibrary@gmail.com](mailto:infomasseylibrary@gmail.com). Our website address is [www.masseylibrary.com](http://www.masseylibrary.com).

### SENIOR OF THE YEAR

Council of the Township of Sables-Spanish Rivers wishes to congratulate Eira Robinson on being named the 2014 Senior of the Year. Eira has been involved in many committees over the years and continues to be involved in several community groups. She sits on the Library Board, is President of the Massey & Area Museum and volunteers at the Friendly Massey Marathon each year.

Mayor Les Gamble, on behalf of Council, presented Eira with a certificate at the June 25th Council Meeting. Congratulations, Eira!

### 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 2014-25 on the 25th day of June, 2014.

**The land to which the bylaw applies is described as Salter Township, Section 12, Parcel 19280, 66 West Lake Road.**

**The purpose for the amendment is to allow for driveway access over Crown Land from West Lake Road with a reduced lot frontage. This application is subject of a consent application under the Planning Act.**

The last date for filing a notice of appeal is **July 21, 2014**. 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 30th day of June 2014  
Kim Sloss, Clerk-Administrator

### YOUTH VOLUNTEER OF THE YEAR

Amanda Johnson is a dedicated young resident of the Township of Sables-Spanish Rivers and has committed herself to giving back to her community while striving for academic excellence at Espanola High School. Whereas high school students are obligated to contribute 40 hours of community service to their communities, Amanda has been credited for over 172 volunteer hours. Her calm demeanor, quiet leadership and enviable generosity are some of the reasons why Amanda Johnson is worthy of the 2nd Annual Township of Sables-Spanish Rivers Youth Volunteer Award.



# CLASSIFIEDS

Real Estate • Rentals • Services  
Lost & Found • Items For Sale  
Prayers • Thank You • Notices  
Personals • Vehicles  
Special Occasion

Highest Circulation &  
Best Rates In Town!



705-869-6883

## SERVICES

**LANG LAKE RESORT - FISH AND CHIPS** - Opening Saturday, June 28 - August 30, 2014. Every day from 12:00 - 7:00 p.m. Fresh pickerel, burgers, poutine and much more. Beautiful lake view picnic area. 13 minutes south of Espanola. 1454 Lang Lake Rd. Espanola, ON P5E 1T5. For Details Call (705) 285-4241. 07/29

**MASSAGE THERAPY** - Offered by Krista Zdyb R.M.T. Located at In Touch Chiropractic & Wellness Center, Espanola. Half Hour and Full Hour Appointments available. Therapeutic, relaxation, and hot stone massage. New patients welcome. Call 705-862-7171. 09/19

**WHOLE HEALTHCARE BODY TALK** - Unable to get anywhere with regular medical care? Give BodyTalk a try; cutting edge energy medicine. Call Sherry at 705-863-2612, In Touch Wellness, Espanola. 07/22

**MINI EXCAVATION SERVICE** - Mini excavator/operator available for any smaller excavation required: trench, culvert, stump removal, foundation prep, water lines. Locally owned. Available all weekends. Contact Brad at 705-869-8168. 08/12

**NANCY'S NORTH SHORE FOOTCARE CLINICS** - July 3 in Webbwood. and July 30 in Massey. Call Nancy Bishop, Registered Practical Nurse, at 705-865-2623 to book your appointment. Gift certificates available. Home visit available. Also registered with Veteran's Affairs. 07/15 - R

**CHIMNEY CLEANING** - Over 20 years local experience in cleaning, repairs, and installations. For your security, have your chimney cleaned and checked today. Call Larry at 705-844-2878 and book your appointment. 7/8

**LAWN BOYS** - Most lawns \$35. Senior discount 15%. Gift certificates available. Call 705-869-0005 TFN

**TOTAL HOME MAINTENANCE** - Lawn care services, roto till garden, clean gutters, small paint jobs. Call for appointment. 705-583-2448, or cell 705-862-1186 08/19 - R

## SERVICES

**MASSAGE THERAPY & ACUPUNCTURE** - by Cheryl Van Allen, R.M.T. Therapeutic and relaxation massage. \$80 one hour, \$47 half hour. Senior and student rates available. Located at the Pinewood Motor Inn. 705-869-3460. 08/12 - R

**BACKHOE FOR HIRE** - Complete backhoe services: foundations, culverts, driveways, snow plowing, septic. 30 years of experience. Call Steve or Gerry 705-869-5387 or 705-862-0756. 08/05 - R

**PHYSIOTHERAPY** - offered by Marilyn Wittmann. Located at Physio Moves in the Espanola Hospital. 705-988-3737. Visit [www.physiomoves.net](http://www.physiomoves.net) for services, rates, and hours. WSIB and MVA accepted. Acupuncture available. 08/05 - R

**ESPANOLA SELF STORAGE** - 6x8 and 8x10 Storage Units available in Espanola. Located behind the car wash. Call 705-869-8405. 08/05 - R

**APP COMPUTER SOLUTIONS** - Complete computer repairs - virus, Trojan, and spyware removal - tune-ups & system reloads - software & network installations - hard drive and memory upgrades available. Call 705-869-5757. 08/19 - R

## FREE PALLETS

Call 705-869-6883  
for details.

## FOR SALE

**FOR SALE** - 2008 Outback camping trailer, 30 ft., like new, asking \$12,000. 705-869-3132. 07/01

**FOR SALE** - Danby window air conditioner, 15,000 BTU cools approximately 700 sq. ft., Energy Star rated, comes with remote control. \$200.00 Call 705-521-3077. TFN

## EMPLOYMENT OPPORTUNITY



## Positions Available

### Espanola Home Hardware Building Centre

**Florist/Garden Centre Associate - Fulltime**  
**2 Cashier/Sales Associates - Permanent Part time**

Please send resume to: **PO Box 5258**  
**Espanola, Ontario**  
**P5E 1S3**  
**Attn: Ann**



# HELP WANTED

## NOW HIRING MORNING PREP SHIFTS HALF DAYS AVAILABLE

## 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

## FOR RENT

**HOUSE FOR RENT** - Small 2 bedroom house for rent in Espanola available July 15. Non-smoking and no pets. First and last months required. Call 705-869-1639. 07/01

**COTTAGE FOR RENT** - weekly, modern, boat included. Located on Loon Lake, hwy 6, 4 miles south of Espanola. Call 705-869-1248. 07/15

**FOR RENT** - 2 bedroom apartment available immediately. 45 Arthur Ct., Espanola. Please call 705-869-5989. References required and no pets allowed. 07/01

**FOR RENT** - 3 bedroom, two-storey duplex for rent. Gas heat, fridge, stove, washer and dryer included. Non-smoker, no pets. First and last. Available July 1, \$800 + utilities. 705-507-6496. 07/01

Call 705-869-6883  
To Place Your  
Classified Ad!!

## HELP WANTED

**HELP WANTED** - Patty's Catering at the Espanola Golf Course. Now hiring one kitchen help and one server. Apply at the Espanola Golf Course kitchen. 07/01

## BINGOS

**MASSEY AREA MUSEUM BINGOS** - July 7 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

View the paper for  
**FREE** every week at  
[www.aroundandabout.ca](http://www.aroundandabout.ca)

## Recipe

I love Greek salad and adding chick peas gives this salad extra texture and protein that makes it not only delicious but filling. It's crisp, refreshing and flavourful. This salad comes together quickly with a simple dressing and is vegan and gluten-free.



### Ultimate Greek Chopped Salad

- 1 hothouse cucumber, unpeeled
- 4-5 ripe roma tomatoes
- 1 large red bell pepper
- 1 small red onion
- ½ a can chick peas, rinsed and drained
- 1 can pitted, black olives
- Crumbled feta cheese (as much or little as you like)

### Dressing

- 3 Tbsp. red wine vinegar
- 1/4 cup olive oil
- 2 tsp. oregano
- 1/4 tsp. salt

Make the dressing: in a small bowl, combine all ingredients and whisk to combine. Set aside. Dice the cucumber, onion, bell pepper and tomatoes (removing any excess liquid from tomatoes). Put vegetables and chick peas in a large bowl. Add dressing and toss to combine. Can eat immediately or refrigerate for at least an hour to let flavors combine. Some dressing will settle on the bottom, so stir before serving.

**Send Your Recipe Ideas To:**  
**[mothermayi@aroundandabout.ca](mailto:mothermayi@aroundandabout.ca)**



## Canadian Blood Services *it's in you to give*

Did you know that a car accident victim may need up to 50 blood transfusions to survive? That's 50 blood donors for one patient! It is important to keep your appointment as patients in need are relying on you.

It takes many donations to save a life, and every usable part of your donation goes to a patient in need. That's because every time you roll up a sleeve, your blood donation is separated into three components: red blood cells, platelets and plasma.

52% of Canadians say they or a family member have needed blood.

Make a difference today by calling 1 888 2 DONATE ( 1888 236-6283) or book online at [www.blood.ca](http://www.blood.ca)

## ESPANOLA CLINIC

**Knights Columbus Hall – Main**  
399 Mead St. Thursday, July 03  
11:30 AM -2:30 PM & 4:00 PM - 6:00 PM

## COMMUNITY NOTES

**Canada Day Tennis Tournament** – Courts located at the Espanola Golf Course. Starts at 10:00 a.m. Come on out, no equipment required.

**Good Food Box** - Fruits and vegetables available in large or small box sizes. Pick-up sites in Espanola (705-869-1700), Massey (705-865-2519) and Nairn Centre (705-222-3551).

**Teal Toes' Tarts, Tea and Market** - Canada Day from 10:00 a.m. to 3:00 p.m. Market is free, tickets for tart and ice tea available from Lisa Gamelin 705-862-1893 All proceeds to PET Scanner Fund - Northern Cancer Foundation.

**Whitefish Falls Plant and Yard Sale** - Perennial plants and yard sale to be held July 5-13 from 10:00 a.m. to 4:00 p.m. daily in the park across the road from the Community Center in Whitefish Falls.

**Members Only Garden Tour** – Sponsored by The Espanola Horticultural Society, Saturday, July 12, starting at 10:00 a.m. Meet at 109 Sheppard St., Espanola (across from the Royal Bank) and we'll travel together from garden to garden. Memberships will be available that morning.

**Espanola Curling Club Fundraiser Barbeque** – July 17-19 at the Espanola Mall.

**Lee Valley Autumn Leaves** – Monthly meetings at 7:00 p.m. on the third Wednesday of the month at Lee Valley Hall. Everyone welcome. Music by Back Road Country Band July 19 at 1:00 p.m.

**31st Jessie Burnside Memorial Art Show** - Applications can be picked up at the Massey Area Museum Monday – Friday between 11:00 a.m. and 4:00 p.m. or call 705-865-2266 to have one emailed/faxed to you.

**Tennis at Espanola Golf Club** – Community Living Mondays; senior doubles Tuesday, Thursday, Saturday; open play Friday. Starting June 28; youth Saturday. Free lessons, call 705-869-0475.

**Espanola Youth Centre Summer Camp** – August 5-8 for ages 6-12. Receive a 10% discount for early registration. Call 705-862-2242 or email [espanolayouthcentre@gmail.com](mailto:espanolayouthcentre@gmail.com) for details.

**VON Adult Day Centre** - Provides activities, exercise and socialization. They have just renovated and are open Mondays and Wednesdays from 9:30 a.m. - 3:00 p.m. Please call 705-869-3304 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](mailto:around@aroundandabout.ca)

*In Loving Memory*  
**Obituaries**  
**PHOTO**  
*To place one, give us a call*  
**705-869-6883**



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

email:  
[around@aroundandabout.ca](mailto:around@aroundandabout.ca)  
**Around&About is printed locally by OJ Graphix INC.**

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

**Distribution by Pelletier Holdings & Around & About**

The advertiser agrees that the Publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by that portion of the advertisement in which the error occurred. There shall be no liability for non insertion of any advertisement. The publisher reserves the right to edit, revise, classify or reject an advertisement.

Ad space must be reserved Wednesday to be placed in the following week's issue. Copyright and/or property rights subsist in all advertisements and in all other materials appearing in this edition of Around & About. Permission to produce wholly, or in part, any part in any form whatsoever, particularly by photographic or offset process in publications must be obtained in writing. Any unauthorized reproduction will be subject to recourse in law.

## Need Grows, Donations Down At Food Bank

**By Chloe Kneer** - Since the inception of the Espanola Helping Hand Food Bank (EHHFB) in November of 2006, many things have changed. For one, their location is different. When they first opened in the basement of St. Jude Parish, the food bank could collect and distribute food, not worrying about expenses such as rent, insurance, heat, and hydro. Once they outgrew the church basement, they had to rent their space at 87 Centre Street in Espanola. In addition to the rent, insurance and utilities take a huge chunk off of the bottom-line every month for the EHHFB, which sustains itself on the generosity of the community and those who volunteer to run it.

A second huge change for the food bank has been the number of individuals and families using it. From 2012-2013, the total number of people being served by the food bank has increased by 8.2%. The number of areas being served have also grown. Naim Centre used to have its own food bank, which has now closed. EHHFB has taken on those clients, and also serves McKerrow, Birch Island, Little Current, and Manitowaning. "Technically," says President Susan Kryzanowski, "most of these towns are not part of our catchment area, but we have a policy that no one is turned away."

Another significant change at the EHHFB is the level of donations, both monetary and food. At present, the additional mouths being fed is out-pacing those giving on a regular basis. Treasurer George Brown says, "Quite a few people gave every month before, but now that's

dried up. At the rate we are going, next year we could possibly be closed." He goes on to explain that the last several months the food bank has been forced to deplete reserves not only for expenses, but also to keep up with demand for food. "Even during what we call our 'feel good time' last fall and during the Christmas holidays, donations were down," says Brown. As a result, money from their bank account has been used to purchase food. The extra expense has resulted in over \$4000 of funds going out per month.

Both Kryzanowski and Brown hope the tide will soon turn and the food bank will see more being donated to stock the shelves. "Our goal is to feed people and that need is not going away, so we certainly hope that we see more in the way of steady, reliable donors," Kryzanowski says. The EHHFB recently obtained a charity number, giving them the ability to issue tax receipts to those making a contribution. They are exploring the idea of pay roll deductions and they encourage e-transfers and direct donations to their account at the Espanola RBC branch.

They would also like to see more help in the way of food drives. "Right now we don't have any food drives scheduled for the summer. We have a dedicated volunteer base, but the average age of our volunteers is 60, so while they are very ambitious, it is sometimes hard for them to do the work required for a successful food drive," says Kryzanowski.

To help or for more information about the food bank, call 705-583-3045. Their email address is ehfb87@hotmail.ca



**38<sup>TH</sup> Annual  
Friendly  
Massey Marathon**



**&**

25th Annual  
**SPANISH RIVER HALF-MARATHON**

**7th Annual Chutes 10K**

**209km E of Sault Ste. Marie, MI  
465km NW of Toronto**



**MASSEY, Ontario**  
**Sunday July 20/14 6:00 am Start**

**All Events Held at the  
Massey And District Community Arena**

**OPEN TO THE PUBLIC**

**Saturday, July 19**

11:00am-8:00pm - Registration at Massey and District Arena

11:00 am - 2:30 pm: Fun Run registrations

11:30 am: Cycle Tour of route.

3:00 pm: 2K Fun Run

3:30 pm: 5K Fun Run

4:00 pm: Fun Run, Awards and Prizes

5:00 - 8:00 pm: Spaghetti Feast - Cost \$8.00/person  
Age 16 and Over; \$5.00/person Age 5-15; Under Age Of 5 Is Free

**Sunday, July 20**

5:00 - 5:30 am: No registrations accepted. Pick up race packages only.

6:00 am: FULL MARATHON START

6:15 am: 1/2 MARATHON START

6:30 am: CHUTES 10k START

8:00 am: Pancake Breakfast

8:00 am: Awards Ceremony will be on-going at the Arena as soon as the runners complete their race



**Farquhar's**  
**MASSEY WHOLESALE LTD.**  
A Division of Thos. Farquhar & Sons Co. Ltd.

**Massey Mine**  
**C/O Greg Gibson**

**VOLUNTEERS NEEDED FOR ALL EVENTS  
FOR FURTHER INFORMATION:**  
Contact Dave Stonley 705-582-2061  
Email [info@masseymarathon.com](mailto:info@masseymarathon.com)  
Website [www.masseymarathon.com](http://www.masseymarathon.com)

**BELL • BOOTH • SIRKKA • FABRIS**  
**OPTOMETRISTS**

**Espanola Mall  
Little Current Hospital**

**705-869-2030  
705-368-3245**

*your eyes deserve an optometrist®*



*The Canadian  
Association of  
Optometrists*

**opto.ca**