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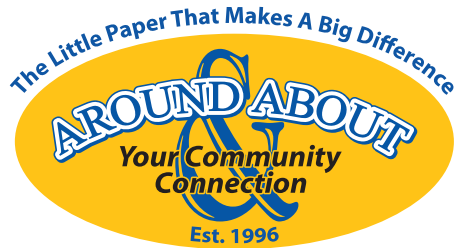
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May 13, 2014 Issue 19 - Volume 18

Ministry of Education Announces Funding For Espanola Schools



Photo: Espanola High School is being renovated to accommodate both high school students and students from A.B. Ellis Public School.

The Ministry of Education has confirmed funding for the revitalization of education in Espanola. Rainbow District School Board, the Conseil scolaire catholique du Nouvel-Ontario and the Huron-Superior Catholic District School Board will now be able to proceed with school revitalization projects.

The Ministry of Education encouraged the school boards to work together to address student accommodation needs in Espanola. The goal is to maximize the use of space while ensuring that all students continue to have access to the best programming possible in quality school facilities.

Rainbow District School Board has received \$4.47 million to renovate the Espanola High School site to accommodate two distinct schools – A.B. Ellis Public School (JK to Grade 8) and Espanola High School (Grade 9 to 12).

Continued on page four...

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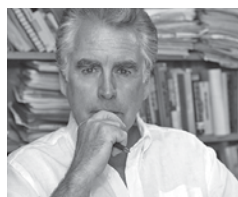
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All The World's A Circus

William Thomas

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Fighter George Chuvalo - Head Intact, Heart Unbroken

Last fall I interviewed George Chuvalo while he was on the book tour with his memoir Chuvalo - A Fighter's Life. Like no other, this inspirational memoir tells the story of one of the greatest boxers in history who fought the legends - Muhammad Ali, Joe Frazier, George Foreman - and then lost everything outside the ring.

Chuvalo is a living, breathing and yes, still laughing Canadian icon who fought his way to the top of the world of boxing while coping with unimaginable loss along the way.

Chuvalo was as tough as they come, a raging bull who fought the biggest and strongest heavyweights of his time in an inconceivable 93 punishing professional fights and never got knocked down. Never off his feet, not once in 23 years in the ring. Our conversation took place before a live audience at Port Colborne's Roselawn Theatre in front of a sold-out audience of 300 people. Sports writers always characterized Chuvalo as a counter puncher, a battler who could take a lot of punches before coming back with his own attack. With my first question I wanted to see how a man who made a living with his fists would react.

"Your critics have described you more of a defensive boxer than ..." I didn't get to finish my sentence.

"My critics should talk to the 74 guys I put in the hospital," replied Chuvalo, rather calmly. Fortunately he did not say the critics should talk to the 74 feckless interviewers he had put in the hospital. His eyes said that.

"The night I fought Muhammad Ali in Toronto, he went to the hospital afterwards

and I went dancing with my wife."

Unlike many punch drunk boxers who slur their words, Chuvalo is not only mentally sharp, he can remember every detail of every one of his bouts. I asked Chuvalo how, with the average fighter taking as many as 200 hits to the head per match he could not possibly have received a single concussion?

"No neck," he said. "I don't have a neck." Just a hunch on his part but he's probably right. The brain needs to swing like a pendulum banging off the walls of the cranium in order to concuss. Very little of a neck means not much of a swinging motion and therefore little or no damage done when hit.

I couldn't wait to ask him about Henry Cooper. Way back in the 70's I found myself in The Henry Cooper Pub in London, England staring at a wall of photos of every great fighter that ever lived including Jack Dempsey and the original Sugar Ray (Robinson).

Cooper was a small heavyweight but a quick puncher with a deadly left hook, a pugilist who out-boxed and out-foxed his opponents instead of steadily pummeling them into a purple pulp as Chuvalo did. Henry Cooper who once knocked down a young Muhammad Ali was the British, European and Commonwealth Heavyweight Champion. Canada being part of that Commonwealth meant Chuvalo, the longest-reigning Canadian champion had a legitimate chance to challenge Cooper. Except Cooper knew what every fan of boxing believed - trying to dance around George Chuvalo would be

Continued on page three...


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Continued from page two...

like throwing himself in front of a big, red double decker London bus. So Cooper artfully dodged Chuvalo, fighting less dangerous opponents.

One day Chuvalo was training in a London gym when he spotted Cooper's manager Jim Wicks. "Boom Boom" as George was known ambled over to Wicks and after a bit of small talk put it to the manager bluntly.

"So when are me and your boy going to meet in the ring?" asked Chuvalo.

At this point in the storytelling, Chuvalo invokes a very good English accent.

"Mister Chuvalo," replied Cooper's manager, clearing his throat, "he doesn't even want to meet you socially!!!"

And with that, perhaps the greatest compliment ever paid him, Chuvalo never got a shot. And Cooper, a smart man much beloved by the Brits, retired a champion, later to be knighted. Hearing George Chuvalo tell me that story and laughing is a testament to the resilience of the human spirit rather than his prowess as a puncher. Because while George Chuvalo was working his way into the World Boxing Hall of Fame in Los Angeles, those he loved the most

were dying under unimaginable tragic circumstances.

His youngest son took his own life with a gun. Two other sons died together of heroin overdoses. His wife, unable to overcome the grief committed suicide as well. How many people could survive such personal catastrophes let alone write about them and rise above them to the point where you can smile again and ever laugh? None that I know.

Greater than his remarkable strength in the gladiatorial sport of boxing is George Chuvalo's indomitable will to survive in life as a person. The ability to laugh is sometimes the only power that keeps the human spirit from breaking. Today George's job is to go into schools and describe to students, parents and teachers the devastation drugs can exact on family.

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

For an autographed copy of George Chuvalo's book, call 905-834-0022

LAMBAC Hires New General Manager

LAMBAC, the LaCloche Manitoulin Business Assistance Corporation, announced it has hired a new General Manager to replace the current GM, Mary Nelder, who retires on June 30 after 14 years with the company.

Michael Addison has been named to the position of General Manager of the Community Futures Development Corporation which serves all of Manitoulin Island, the LaCloche Foothills region and Killarney. Michael resides in Gore Bay and is well-known across the Manitoulin-LaCloche region. He has worked with Fontaine and Associates Inc in the Sudbury area, and with Xela International in Toronto and Gore Bay, as well as several years as Communications Manager with Manitoulin Transport. Currently he is Director of Corporate Services with the UCCM Anishnaabe Police Services in M'Chigeeng. "We are very pleased to welcome Michael to the position of General Manager", stated Mack Emiry, Chair of the LAMBAC board of directors. "His experience in management of both private and public sector companies will serve the people of this area well. As you know, LAMBAC provides business assistance and loans to entrepreneurs as well as community development support to municipalities and

not for profit organizations, so it is important that the GM understands both sides of the equation and how each sector contributes to the economy of our region."

Dennis Shepitka, Chair of the HR committee, commented on the hiring of Mr. Addison: "Michael Addison brings 30 years of demonstrated leadership and a talent for creatively addressing operational issues. His knowledge of our area was gained as a volunteer director of the East Algoma Community Industrial Training Corporation (CITC) and a member of the North Shore Search and Rescue. We are very happy to have him join the LAMBAC team and continue the great work of LAMBAC across this region." Mr. Addison will begin work on June 9.

LAMBAC, which is funded by Industry Canada through FedNor, has been in existence since 1986, operating under a volunteer board of directors drawn from the communities it serves. In that time it has provided over \$7m in loans to local businesses. It has more than \$5m active loans currently in its lending portfolio. LAMBAC has also been instrumental in several community development initiatives, including the Manitoulin Island Community Abattoir and the LaCloche Foothills Community Adjustment project.

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Continued from front page...

Ministry of Education Announces Funding For Espanola Schools

Work will begin this summer with an anticipated completion during the 2014-2015 school year.

"This funding will enable Rainbow District School Board to modernize the Espanola High School site to better meet the needs of students from JK to Grade 8 in an elementary school setting and from Grade 9 to 12 in a reconfigured secondary school setting," said Rainbow District School Board Chair Doreen Dewar.

The Conseil scolaire catholique du Nouvel-Ontario and the Huron-Superior Catholic District School Board have received \$9.88 million and \$6.94 million respectively to work jointly to build distinct schools on the current Sacred Heart School property and the former St-Louis de France Catholic Church site.

This shared site will accommodate students from Sacred Heart Catholic School (JK to Grade 8) as well as students from École Saint-Joseph (JK to Grade 8) and École secondaire catholique Franco-Ouest (Grade 9 to 12).

Construction of the building, that will serve these three schools, is expected to begin in 2015 with occupancy slated for 2017.

"This joint project will enhance Catholic education in Espanola while ensuring the respect of linguistic differences. We are proud to know that all of our students from JK through to Grade 12 will now be able to study and grow together in the same learning establishment," said Mr. André Bidal, President of the Conseil scolaire catholique du Nouvel-Ontario.

"This is great news for our students, staff and the community of Espanola. This new facility will enhance the learning experience for all students, both English and French," added Lindsay Liske, Chair of the Huron-Superior Catholic District School Board. Details of the Rainbow District School Board project, including architectural renderings, will be shared at a public information session on Thursday, May 15 from 6:30 to 7:30 p.m. in the gym at Espanola High School. Everyone is invited to attend.

Special Contribution: Political Editorial by Bob Gordon

By Bob Gordon - I have been following Espanola Town Council for more than thirty-five years. Some town councils were controversial and most did a good job of keeping Espanola taxpayers informed through media interviews with respect to items that councillors wanted to promote or, at times, just to make him or her look good. For the most part, councillors represented the taxpayer. The 2010-2014 edition of council is not voter friendly and is certainly not a group that will be remembered for accomplishing much in the way of progress. Spending taxpayer money, making unwise decisions such as the faltering industrial park and Second Avenue residential lots fiascos are just the tip of the iceberg. Property tax and service cost increases, together with a tendency to hide the facts while promoting anything staff or employees decide, is important regardless of any current or future cost to residents seems like the norm. A plan to build a grandiose new municipal building to house an ever-increasing number of town employees, building a new municipal complex public works facility and fire hall to accommodate a new ladder truck and failure to plan ahead when the town's only major industry began shaving the tax revenue through assessment appeals affecting residents threatens the ability of some residents to keep their homes. The lack of proper planning is also leading to devaluing property values. Those are just

a few of the items the current council tried to download on the community.

However, there is light at the end of the trouble-filled tunnel with an election this fall and a strong group of people, some with municipal experience, volunteering to stand for election. Fortunately, a majority of current council, including the mayor, announced they were not running for another term. Those that haven't declared either way I am afraid will be in for a rude awakening on Election Day when the electorate exercises the franchise to vote. If you are a follower of the David Shamess Facebook page "We...The Espanola People" or the "Espanola Citizen Group" website, you are aware of the methods the most recent council is using, apparently with the support of senior administration, to keep the public from learning anything but council items that make the mayor and council look competent.

In late 2014 the face of Espanola should change with the growing field of candidates emerging. Two of those candidates, Bob Yocom and Bill Foster, are highly qualified people that must be elected to council to facilitate change. Ron Duplessis and Rob Sinclair have past council experience when council operated for the benefit of residents. So far those four candidates give Espanola a solid base on which to initiate change.



Photo: The former St-Louis de France Catholic Church site and the current Sacred Heart School will be combined to accommodate both the HSCDSB and CSNO schools in Espanola



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Keeping The Cottage Secure



The warmer spring weather has finally made an appearance in the north. The lake is quickly receding and the trees are starting to bud. Many seasonal cottagers will soon begin the process of opening up their properties for the summer. The isolated cottage roads are now navigable and that means that thieves may be lurking about looking to hit the jackpot. It is important for property owners to take a few extra minutes to consider the tasks that they can complete to keep their properties as secure as possible when they prepare to open things up for the year. Here are a few tips that may help:

- Take items of value home with you. If this is not possible place them out of view or lock them in a secure room or cabinet. If valuable items are not visible through a window and are locked up, they are less likely to be taken.
- Do not leave food or liquor in your cottage. In many break-in incidents, liquor is one of the common items taken. If you decide to leave it in your

cottage—once again store it out of sight.

- Make sure that all doors and windows are locked and secured when you leave. Do some extra work by installing theft prevention devices on your sliding patio doors and windows. Even a stick in the track to prevent the sliding door or window from opening will work in a pinch.
- Close all your curtains and blinds so that thieves cannot see inside your cottage. If you don't have curtains, use a blanket or sheet to cover the windows. If they can't see in, they may not try to get inside, especially if you have made your property secure from the outside.
- Install quality locks on your doors. A dead bolt is always a good idea. You can also strengthen your doors and door strikes by installing longer screws right into the wood frame. This will make it harder for someone to kick in the door. When locking up your outbuildings, once again, quality tamper-resistant locks

and hasps are a good idea.

- Do not leave boats, ATV's or other vehicles out in the open and unsecured. If you can, bring them home or lock them up in a garage—and remove the keys. If you must leave them outside, lock them to a tree or some permanent structure. Install transom locks on your outboard motors. Remove the fuel from the fuel tank and engines.
- Lock up your gas cans or take your unused fuel home. Do not leave gas cans at camp unless you plan to use it over the winter. This may be used to steal your ATV, boat or sled. It also reduces the risk of a fire on your property.
- Tell your neighbours when you are not going to be at camp—especially if you have permanent residents living close by. They can be your eyes and ears when you are not there. If your area has Neighbourhood Watch, advise the block captain when you

are leaving for the city. If you are a permanent resident, be alert to unfamiliar persons/vehicles in the area.

- Use your security system if you have one. You can also purchase battery operated motion sensing alarms. It will not prevent entry to your camp, but it may scare them off or alert a neighbour to the thieves.

• If you have a gate—lock it up. This will prevent thieves from driving up to your cottage.

- If your cottage has hydro, turn it off unless your must keep your refrigerator running. Turn off your water supply. Break and Enters are crimes of opportunity. Securing your property as best as you can may reduce the opportunities for the criminals. For more information check the crime prevention section on the OPP website at www.opp.ca or visit the Sudbury Rainbow Crimestoppers website at www.sudburycrimestoppers.com.



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THANK YOU

The family of Grace Ellen Kennedy would like to extend our thanks to everyone for their generosity and support throughout this past year. A special thank you to the many friends, family, and neighbours who sent cards, flowers, food, and support during this very difficult time. We would also like to thank all the home care nurses, doctors, and staff at the Espanola General Hospital and Sudbury Laurentian Hospital for the excellent care that Grace received. Thank you to the members of the Webbwood Eagles Club for the wonderful lunch. A special thank you to Reverend Cory Vermeer for the beautiful service and Bourcier Funeral Home for their kindness and support during this time of need. Grace will be forever in our hearts and memories. Sincerely, The Kennedy Family

OBITUARIES



Joseph Robert Commission – Of Espanola passed away at Health Sciences North, Sudbury on Friday, May 2, 2014 in his 74th year. Beloved husband of Joan (nee Cada) of Espanola. Dear son of the late Harry and Mary (Kozachanko) Commission. Loving father of Joy (husband Greg Bednarski) of Espanola and Jody Grexton (husband Gerry) of Webbwood. Will be sadly missed by 4 grandchildren: Mallory (fiancé Tyler), Jason, Emily, and Jarrod. Dear brother of Katie Commission of Sudbury, Debbie Jones (husband Ivor) of Murfreesboro, TN, Anna Currie (Al, predeceased) of Burlington and the late Olga McGowan. Friends visited at Bourcier Funeral Home and funeral mass was at St. Jude Roman Catholic Church. Interment at Espanola Cemetery.

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Obituaries
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NOTICES



espanola
regional hospital and health centre
hôpital régional et centre de santé
d'espanola

NOTICE OF ANNUAL MEETING

Date: Wednesday June 25, 2014

Time: 7:00pm

Location: Espanola Senior Citizen's Drop-In Centre
799 Queensway Avenue
Espanola, Ontario

Board vacancies will be filled by vote.
Nominations must be received in writing and signed by two (2) corporate members by May 26, 2014 at 4:00pm to be eligible for election.

Corporate membership fee is \$5.00 and must be purchased by May 26, 2014 at 4:00pm to be eligible to vote on corporate affairs.

Memberships are available at Espanola Regional Hospital and Health Centre Business Office.



HELP WANTED

*Now hiring full time for days,
evenings, and weekends.
Please drop off resume.*

COMMUNITY NOTES

Next Community Luncheons - May 13 & 27 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 am to 1:00 pm. NO CHARGE. Everyone Welcome.

Clear Lake Stewardship Association Annual Yard Sale - May 17 from 10:00 a.m. - 2:00 p.m. at Clear Lake Beach. Sale raises funds and awareness about the CLSA and efforts to keep Clear Lake healthy.

Spaghetti Supper - Sacred Heart School, Wednesday, May 21, hosted by the grade 7 class to fund-raise for their class trip this summer.

Community Living Espanola's Annual Yard Sale - Friday, May 23 and Saturday, May 24, 9:00 a.m. - 2:00 p.m. at The Craft House, 345 Centre Street, Espanola. Rain or shine. (no early birds please)

Royal Canadian Sea Cadets First Annual Review - Wednesday, May 28 at the Espanola Complex, seating at 6:30 p.m., all welcome.

Good Food Box - Save money on fruits and vegetables. Large (\$17) or small (\$8) available. Call the Queensway Pentecostal Church to order. 705-869-1700.

Fair and Craft Sale - Beaver Lake Sports and Cultural Club, Saturday, May 24. If you're a crafter and you are interested in renting a table, call Eija for information at 705-866-1506.

VON Adult Day Centre - We provide activities, exercise and socializing, every Monday and Wednesday. Please call 705-869-3304 for more information.

Plant Sale - The Espanola Horticultural Society is holding its annual plant sale Saturday, May 31 from 8:00 - 11:00 a.m. at the Espanola Complex.

Fund-raising for Relay for Life - Will pick up returnable bottles at your home. Please call Marlene Wilson at 705-869-8365.

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.

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.

ALANON - Have you been affected by a relative or friend's drinking? Tuesday, 7:00 - 8:00 p.m. at the St. George Anglican Church, Tudhope St., Espanola or call 705-869-2536 or 705-869-6595.

Do you have a NOTE for the Community?

We invite not-for-profit organizations to submit information on their upcoming events in writing no later than

Wednesdays at 3:00 p.m. 25 Word Limit.

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

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OPEN HOUSE TOURS



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The Day Has Finally Arrived!!

The Board of Directors, of the Espanola Regional Hospital and Health Centre (ERHHC), would like to invite **all the residents of our community** to join us for an open-house to view the first phase of our new Emergency Department (ED). After three-years of planning and construction, our ED Redevelopment Project is near completion.

Serving the citizens of Espanola, Sables Spanish River, Nairn Hyman, Baldwin and visitors to our area, we think you will be pleased to see what we were able to accomplish with funding that was provided by the Government of Ontario and local citizens and businesses, through donations and fund-raising.

We are extremely proud of our achievements and ability to provide quality care to area patients in a new “state of the art” space that exceeds provincial standards. We want to share this excitement with all area residents.

Please join us on **Friday May 23, 2014, between 3 and 5 PM**, for guided tours of the new space. When you arrive, follow the directional signage to the new Emergency Department entrance.

After this date, we will not be able to provide tours to the public due to patient privacy requirements.



We hope you can join us for this very momentous occasion!

The Board of Directors

Espanola Police Report

The Espanola Police Service would like to advise the public of a Credit Card Scam making its way across Canada.

A person, purporting to be a representative of a financial institution's Visa or MasterCard Security and Fraud Department, will contact an individual via the telephone, and advise the individual that they've identified unusual purchases involving the person's credit card. The caller will provide his/her name, an employee badge or identification number, and the credit card company's contact number, all which will sound very official. The caller will then ask whether a purchase was made to a certain company, and when the answer to the question is "no," the caller will go on to verify the card holder's address, and once verified, the caller will then ask the card holder to verify the 3-digit security code number on the back of the card. This is to ensure that "you," the cardholder, are still in possession of the card. Once this number is provided to the caller, they have everything they need to make unauthorized Internet purchases using your credit card.

This credit card scam has been very successful, because the caller appears to be a legitimate representative of the credit card company, and solicits very little information from the cardholder, because they already know the cardholder's name, and address; the only information the caller is looking for is the 3-digit security code on the back of the card, and within minutes of hanging up the phone, large credit card purchases will be made on your card, which could affect your good credit rating.

The Espanola Police Service would like to remind the public to be vigilant when receiving telephone calls, and know whom you are talking to before you provide any personal or banking information. The callers can seem very convincing, but the most important thing to do is not to answer any questions, and advise that you will call the credit card company back directly, using the contact number on the back of your credit card. An actual employee of the Credit Card Company or Financial Institution will not be offended.

If you believe that you have been the victim of a Telephone Scam, or have received a telephone call that you believe was a scam, you can report the incident to your local police service, or contact the Canada Anti Fraud Centre at 1-888-495-8501.

In the month of April, the Espanola Police Service were called to investigate two separate Break and Enter incidents within the Town of Espanola, and are seeking the public's assistance in solving them. On April 7, 2014, a residence located in the area of Old Webbwood Road and Rogers Road, Espanola, was forcibly entered by unknown person(s). Once inside, the culprit(s) searched through several cupboards and drawers, before leaving with a quantity of alcohol. On April 14, 2014, unknown person(s) entered a residence located on Queensway Street, Espanola, by forcing a rear door. Nothing was taken from inside the residence, which was vacant and under renovations; however, damage to the door was estimated to be \$350.00.

On April 26, 2014, the Espanola Police Service attended a residence in Espanola in regards to a family dispute. Upon arrival, the father of a 23 year old requested officers assist him in removing his son from the household, due to ongoing issues. The son left without incident; however, several minutes later, he contacted his father on his cell phone and told him "you just signed your death wish." The father, acting quickly, passed the phone to an officer, who heard the son, still thinking he was talking to his father, threaten to kill him.

As a result of the incident, the 23 year old from Espanola was arrested, and charged with one count of Utter a Threat to Cause Death or Bodily Harm, contrary to Section 264.1 (1)(a) of the Criminal Code of Canada. He is to appear in Espanola Court on June 3, 2014, to answer to his charge.

The name of the accused is not being released at this time, as his identity may identify the victim in this matter.

Theft from Motor Vehicles: On April 27, 2014, the Espanola Police Service received complaints from many vehicle owners, reporting that during the early morning hours, their vehicles were entered, rummaged through, and property ranging from wallets and purses containing personal identification; loose change and paper currency; and personal accessories such as sunglasses and handheld electronic devices were removed. In one instance, the culprits located a set of keys in one of the vehicles, and started it, leaving it idling.

All of the vehicles targeted were left unlocked, and the Espanola Police Service is urging the public to lock their vehicles at all times when left unattended. Never leave car keys inside the vehicle in plain view or easily accessible, and place all valuables out of sight or keep them locked in the trunk. Remembering these few simple tips will help to deprive a thief of an opportunity to take your valuables.

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

Second Annual Safari Club Dinner Banquet

By Mal Brandow - We would like to take the time to thank everyone that attended our second annual Northeastern Ontario Safari Club Banquet in Espanola on April 12, as well as all the gracious donors that helped make it possible. Without the help of all the local donors giving generously and all the patrons willing to buy from our assorted trips and merchandise we had to offer our banquet would not have been the huge success that it was. This year, we cleared over \$13,000.

This money will go to local conservation efforts as well as the archery program initiative in the local schools. National Archery in the Schools Program (NASP) is a program that is done in school as part of the teaching curriculum. Educators are looking for ways to improve student motivation, attention, behaviour, attendance, and focus. Teachers strive to provincial and national educational standards regarding development of micro and macro motor ability and listening and observation skills. Wildlife conservation agencies are concerned too many young people are forgoing learning outdoor skills that will inspire them to spend more time in wild places. Natural resource professionals are convinced learning target shooting skills

will build in character and self-reliance development that will serve the future of wildlife conservation well. NASP was developed to serve these specific educational and conservation purposes.

Earlier this year we donated funds to two local groups to help with the deer feeding program to help them through the usually cold and harsh winter. This program also involved some of the local youth to assist in the feeding program. Learning first hand and enjoying wildlife conservation.

Our plans for the upcoming year are to grow SCI awareness in our local area while getting more youth involved and participating in NASP Archery and outdoor education. Working with and training youth educators in Wildlife Conservation. Work hard on local conservation efforts through partnerships and solo ventures. Effectively working and defending local and international hunting rights and access to hunt and the planning and the preparation for our next SCI banquet for April 18, 2015.

SCI and SCIF International is the leader in promoting and defending hunters' rights worldwide. SCIF (Foundation) is the global leader in wildlife conservation, wildlife education, humanitarian and anti-poaching efforts worldwide.

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Espanola cadet named Royal Canadian Sea Cadet of the Year – Ontario Division



By Danika Gravelle - The Navy League of Canada and the Department of National Defense have been in partnership for many years in support of the Royal Canadian Sea Cadet Movement.

Each year, the Navy League Board of Directors review submissions from most of the 243 Sea Cadet units across Ontario in order to determine the winner of the Navy League Cadet Medal of Excellence.

To be eligible for this award, the cadet must have attended a minimum of 80% of all activities in the current training year; achieved the rank of Petty Officer second class or higher; consistently set an outstanding personal example of dress and deportment; demonstrated a thorough grasp of cadet training, as indicated by promotions, examinations and previous awards and demonstrated good citizenship through community service activities.

The brand new corps, RCSCC #357 Hero of Espanola, submitted an application for CPO2 Pascal Gravelle, the corps current Cox'n. Chief Gravelle traveled to Toronto with his family to meet up with his officers at the Navy League's Annual General Meeting.

At the ceremonial luncheon, he received this distinguished Cadet Medal of Excellence for Ontario "in recognition of [his] outstanding leadership and service of the highest order to the Navy League of Canada and the Royal Canadian Sea Cadet Movement."

The Navy League's National President, Louise Mercier, and the President of the Ontario Division, Gordon King, presented Chief Gravelle with

two framed certificates acknowledging his outstanding achievement, along with the Medal of Excellence and ribbon. President Mercier also gifted him the first of the newly minted Navy League Presidential Coins. Lt. Col. Joseph MacMillan - Commanding Officer of the Regional Cadet Support Unit (Central),

represented by Lt. Col Tom McNeil, Deputy Commanding Officer, was also present at the ceremony.

At the age of sixteen, Chief Gravelle was quite overwhelmed being the recipient of this "Once in a Lifetime" award. In his acceptance speech, he acknowledged the many people who have contributed to his success. "Without all the support I have received throughout my cadet career, the opportunities that have been afforded me would be non-existent." Chief Gravelle spent the first four years of his cadet career with #306 Captain Kidd in Elliot Lake and partially attributes his success to that beginning.

Chief Gravelle went on to say, "I thank you all for the standard of excellence that you uphold, and all the support and opportunity you have presented to me, and the many other Canadian youth, as we prepare for our future."

The most important aspects Chief Gravelle has learned in his cadet career are the life lessons taught to him through leading others. "Much of this experience has been the constant push for better leadership in myself and those around me. I am learning not only how to manage people, but also how to inspire and influence the cadets under my responsibility."

Chief Petty Officer second class Gravelle summed up this momentous occasion with his thoughts on the future and the man he aims to be; "This is my promise to you; I will strive to exemplify and uphold the standard of excellence this award acknowledges in me today and throughout my life as a future leader of this Nation. Thank you."

Recipe

It may seem as though there's not much to a fruit salad other than tossing chopped fruit in a bowl, but a few simple tricks are important when making a fruit salad. It's important to pick fruit with the same level

of ripeness. Texturally, it will taste better if all pieces of fruit are soft and ripe with a slight crunch to each bite. Additionally, overly ripe fruit can disintegrate quickly into a pulpy mush that coats all the other fruit pieces. By mixing together ripe but not mushy fruits, salads look fresh for a longer period of time. Try and add equal amounts of each fruit and cut them into uniform pieces. Adding fresh citrus juice prevents fruit from browning and enhances the fruit's flavour. If your fruit is tart or just under ripe, adding a bit of sugar (or honey) makes it more enjoyable. A small dollop of whipped cream or yogurt adds a nice creaminess to the salad when serving. Thank you to one of our readers for sharing her favourite fruit salad recipe.

Fruit Salad

- 2 cups fresh pineapple
- 2 cups fresh strawberries (cut in half)
- 2 apples, chopped (Fiji work best and don't brown as quickly)
- 1 pint of fresh blueberries
- 2 cups of fresh grapes
- ½ lemon
- ¼ tsp ginger
- 1 tsp sugar (or more to taste)

Place fruit in a bowl. Squeeze half a lemon over the fruit. Add ginger and sugar. Stir to combine. Chill in fridge. Keeps well in the fridge for several days.

Kids Korner

Rainy Day Picture

- Construction paper or cardstock
- Cupcake liners
- Pipe cleaners
- Cotton balls
- Glue
- Scissors
- Markers, crayons
- Glitter Glue (optional)



Glue cotton balls along the top of the paper to make clouds. Cut or fold cupcake liners in half to make the top of the umbrella(s). Glue onto the paper. Cut pipe cleaners in half and curve one end to make the handle of the umbrella(s). Glue underneath the cupcake liners to make an umbrella. Use glitter glue to make rain coming from the clouds or draw raindrops.

Have a story or pictures to share?
Email: around@aroundandabout.ca