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May 27, 2014 Issue 21 - Volume 18

New Espanola Regional Hospital Emergency Department Opens



Photo: The new entrance to the ER.

By Chloe Kneer - When the Espanola Regional Hospital and Health Centre emergency department opened in 1988, it was meant to service 7000 visitors. Since that time, the volume of patients has more than doubled. Hospital CEO Ray Hunt explains, "Although we live in an area where population is actually declining, the population that remains is aging, so we attribute most of the extra volume to older residents having to visit the ER." In addition, Hunt says about 12% of the overall numbers are those who become frustrated with wait times in Sudbury, opting to drive to Espanola for quicker care.

In 2009, Hunt began the task of applying to the ministry for the funding of a new facility, not only to accommodate the increased volume, but also to upgrade services to meet current guidelines. He was turned down in his initial attempt and it wasn't until 2011 when the proposal was accepted and planning began. Projects

Continued on back page...

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All The World's A Circus

William Thomas

williamjthomas@gmail.com

The Planet's Oldest People - Interesting To The Very End

Hendrikje van Andel-Schipper, formerly the oldest woman in the world, once claimed there were three secrets to living a long life: eating one serving of herring every day, drinking orange juice and breathing. Replace the herring with BBQ'd chipotle steak, substitute the orange juice for Single Malt and I fully expect to match, indeed exceed Hendrikje's 115-year record of longevity. "Henny" as she was known to her friends who all pre-deceased her by three decades is now the subject of a medical study by Dutch scientists at the VU University Medical Center in Amsterdam who are trying to unlock the mysteries of her amazing age. Studying her blood and tissue samples they believe the answers lie in the stem cells that helped her fight off infections later in life.

Scientists noted that Henny who died in 2005 did not smoke or drink which helped boost her immune system but did not get her invited to many parties. She also perfected the automatic stress-relieving habit used by many old people when she opened her front door each morning and yelled: "Get the hell off my lawn." She shouted in Dutch of course and to no one in particular.

Another tip for those younger than her which up until 2005 who have included 6,491,935,429 people on the planet, was to stay active. Like all senior citizens Henny kept busy by standing on a street

corner in the afternoon and showing pictures of her grandchildren to perfect strangers. She spent mornings rooting through her purse trying to locate the photos of her grandchildren.

No, the truth is Henny did not have children which as every young mother knows, has to double your chances of living past 100 years. Henny lived with her parents until she was 47 years of age and remained unmarried until she was 49, so scientists are looking into the absence of bickering in that first half century with no bickering as a possible longevity enhancer.

Henny was different than most senior citizens, in that she rode a bicycle her whole life and never had a driver's licence. So she gradually got smaller behind the handle bars of a bike instead of the steering wheel of a car. She was the same as most seniors in that she sat on her glasses a lot, mixed her sleeping pills up with her laxatives, cursed whenever she entered a room and couldn't remember why, kept her hearing aid in her purse for safe keeping and opened childproof caps with a hammer. On the day she passed away they found almost twenty pounds of balled-up Kleenex in her pockets.

The reigning world's oldest man, Arturo Licata of Italy just passed away a month ago on April 24th. He died one week short of his 112th birthday As An Italian,

Continued on page three...


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Continued from page two...

Arturo was dating a 22-year-old girl from Morocco named Ruby and fighting 100-year-old charges of tax evasion.

So now the oldest man is an American from New York City who is 111 years old. At 111, he would have been just a little too young to date Henny and a little too old to be a Walmart greeter. It's what 12½-year-old kids call that pesky "in between" age.

As a New Yorker, this man never followed the standard rules of clean air, exercise, no smoking, no drinking. He still eats and drinks whatever he wants noting that the only problem these days is that when he sinks his teeth into a great steak ... they stay there. His name is Larry King.

Henny van Andel-Schipper did not move into a retirement home until she was 106, the age at which most people have spend several decades in a cemetery. Most amazing to the scientists was the fact that the autopsy of the world's oldest woman showed no traces of dementia, long believed to be inevitable with a person her

age. Henny never looked her age. Physically, she always felt like she was only 104.

The real key to Henny's very long life may have been as simple as her nationality. From personal experience I know the Dutch to be the most stubborn people on earth. You don't steal land from the ocean by being meek and mild in temperament. Maybe there were a lot of opportunities for her to pass away in her younger years and she simply refused to go.

In the final days of her life she was resigned to moving on. "It's been nice," she said shortly before she passed away, "but the man upstairs say's it's time to go."

How awful that the world's oldest woman had to die because the superintendent of the nursing home was kicking her out of her apartment. That just doesn't seem fair to me.

For comments, ideas and copies of The True Story of Wainfleet, go to
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Boating Season, OPP Urges Boating Safety

Personal Floatation Devices (PFD) are rarely found by Ontario Provincial Police (OPP) officers when recovering deceased boaters in marine incidents.

Last week was Safe Boating Awareness Week, and the OPP shed light on some notable marine fatality facts and engaged the public in helping boaters make wise choices on the water.

Of the twenty-three boaters who died in OPP investigated marine incidents last year, twenty of them were not wearing PFDs. This has been the trend for the past five years with eight out of ten victims who died in boating incidents between 2009 and 2013 being found with no PFD (or wearing them incorrectly). The late arrival of spring has made for a cold start to the boating season. In some areas of the province, ice is still present and the open waters remain cold. Cold waters are dangerous and it is especially important to wear a PFD during cold water seasons - it can make an unexpected mishap survivable.

Make sure you are well-dressed and consider taking a few

extra warming items on board. Hypothermia is a particularly significant risk right now. Boaters and those working and playing near the water need to remember - the colder the water, the less rescue time there is.

Before heading out, it is important to do a thorough check of your boat and safety equipment and even more important when the waters have just thawed. While the OPP has patrols underway on the water, they are reminding boaters that the unusual spring has delayed many operators and those who run into difficulties may experience delays with police assistance.

OPP statistics are also showing a five-year low in alcohol-related marine fatalities. Four people died in impaired boating incidents in 2013, compared to seven in 2012 and 2011, 14 in 2010 and 13 in 2009. In spite of the decrease, even one life lost due to alcohol use on the water is one too many. The OPP is asking the public to call 9-1-1 if they know or suspect that someone is operating a vessel while impaired. In doing so, you could be saving lives.

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Something Fishy Going On



By Grant Lewis - What do you do with thousands of pounds of fish guts, tons of sawdust, an old cement mixer with a tree growing through it, and an airport snow blower? Why, turn it into an environmentally friendly fish compost, of course! Mike Meeker and his wife Sharon, were frustrated paying to dump thousands of pounds of fish heads, skin and guts from their successful aquaculture business. "There has to be something better," they thought, "Why waste 45% of the fish?" Now comes the rusted, derelict cement mixer part -- give it a second life. Voila, Meeker's Magic Mix was born but not yet mature. With the help of botanists and biologists from the University of Guelph, the precise mixture of fish waste and sawdust had to be found. The final mixture could not burn, had to provide nutrients, contain the right amount of nitrogen, phosphorous and potassium with a hint of calcium

and NOT SMELL. A tall order to say the least. It took years and much experimentation with willing gardeners who used it in their beds. Finally the exact percentage of fish and chips became the miracle mix sold throughout the region today. Over 1.5 million pounds of fish "stuff" is used and over 40 tons of compost are produced each week.

The Espanola Horticultural Society is indeed pleased and honoured to have as their guest speaker at our next general meeting none other than Mike Meeker. He is an interesting and very entertaining presenter. Everyone is invited to hear Mike speak on Monday, June 2, at 7:00 p.m. at Queensway Pentecostal Church in Espanola. There will be time to meet Mike and socialize after the presentation. The door prize of course, will be two garbage cans full of Meeker's Miracle Mix. Hope to see you there... it should be a fishy meeting!

In The Loop

This week the "LOOP" will be short. There is little to report on in terms of council activity. Once again the Community Services meeting was cancelled.

This has been happening on a regular basis. The Corporate Services Committee and the Community Services Committee are two of the most important committees of Council. According to procedural bylaw these committees are to meet on a monthly basis.

Here comes the crunch...each committee should already have met five (5) times in 2014 ...to the best of our knowledge, in the first 5 months of 2014, the Corporate Services Committee has met only once and the Community Services Committee has not met at all.

These committees are the backbone of Council. They discuss corporate and community matters and make recommendations to Council for further discussion. Council can then accept, reject or ask for more information before making a final decision.

This becomes impossible when they cancel these meetings month after month after month.

Last week we wrote of the importance of making sure you are on the voter list. You can do so by telephone (1-866-296-6772) or online (VOTERLOOKUP.ca). We encourage everyone 18 years of age or older who is a resident of Espanola to do so as early as possible. Your vote is your voice for the next four (4) years!

*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.



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Minimum Wage Going Up Next Week

If you are a minimum wage-earning worker, as of next week, you're getting a raise. Ontario is increasing the minimum wage from \$10.25 to \$11 per hour on June 1. This new rate reflects the rise in the Consumer Price Index (CPI) since the last minimum wage increase in 2010 and is part of the provincial government's commitment to fairness. The government will also introduce legislation that would tie future minimum wage increases to the CPI. This will ensure the minimum wage keeps up with the cost of living, and that increases are predictable for businesses and families. Under the proposed legislation, increases would be announced by April 1 and come into effect on October 1. The proposed legislation would act on the recommendations of Ontario's Minimum Wage Advisory Panel, which included business, labour, youth and anti-poverty representatives. Ensuring the minimum wage is fair and predictable for both workers and business is part of the Ontario government's economic plan to invest in people, build modern infrastructure and support a dynamic and innovative business climate. "Increasing the minimum

wage will help improve the standard of living for hardworking people across the province, while ensuring that businesses have the predictability necessary to plan for the future," says Kathleen Wynne, Premier of Ontario

Quick Facts:

- The 75 cent increase reflects the annual change in Ontario's Consumer Price Index (CPI) since the last increase on March 31, 2010.
- The province's Minimum Wage Advisory Panel recommends that the province perform a full review of its minimum wage rates and revision process every five years.
- The panel held 10 public consultations across the province and received more than 400 submissions from organizations, businesses, and individual Ontarians.
- Increasing the minimum wage supports Ontario's Poverty Reduction Strategy. In the first three years of the strategy, approximately 47,000 children and their families were lifted out of poverty.
- The current minimum wage is \$10.25 per hour. It has increased nearly 50 per cent since 2003.



Boogie Rush Law Enforcement Torch Run

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Bluegrass In The Country Coming to Manitoulin Event Benefits Special Olympics

By Chloe Kneer - One of the greatest success stories in sport is happening right here, close to home. Manitoulin Special Olympics athletes have won two gold and three silver medals in World Special Olympics competition, and five current athletes are on Team Ontario and will be representing the province at the National Games in Vancouver in July. Few communities across Canada can boast these kinds of results.

While these athletes' dedication to their sports is key to their success, community support is also a crucial component in helping them achieve their goals. For the fifth year, all proceeds from Bluegrass In The Country will go to help Special Olympics athletes train, follow a proper diet, and purchase needed equipment in order to compete at a world-class level.

Bluegrass In The Country is a weekend of live bluegrass music at the Providence Bay Fairgrounds June 6, 7, 8. It is also the main fund-raiser for the year for Manitoulin Special Olympics. It is a full weekend of affordable outdoor fun, if you wish to camp for the weekend. Or you can attend nightly. Weekend passes are \$40 in advance or \$45 at the door,



with a reduced rate of \$25 for either Friday or Saturday night entry.

Some of the performers slated to play are Hard Ryde, the Canucky Bluegrass Boys, Rescue Junction, SweetGrass, and The Allen Family. In all, sixty athletes benefit from the funds generated by Manitoulin Special Olympics. They are all given the opportunity to compete and, win or lose, the motto is: "Let Them Be Brave In The Attempt."

For more information or tickets for Bluegrass In The Country, visit their website at www.bluegrassinthecountry.com or call 705-282-8158 or 705-282-0368.

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THANK YOU

THANK YOU – The family of the late Joe Wilson would like to extend heartfelt thanks for the assistance and comfort extended to them during Joe's long illness, his death, and the Memorial Service.

Thanks to the nurses, staff, and personal support workers at the Espanola Nursing Home, the Manitoulin Lodge at Gore Bay and the St. Joseph's Manor in Elliot Lake for their care of Joe.

To the Personal Support workers from Bayshore for their efforts in assisting Joe while he lived in the apartment at 410 Bell Street – thank you.

A very special thank you to Millie, Levina, and Noella - "The Angels of 410 Bell Street;" and to May, PSW. To the Rev. Lyn Heeley, Florence Erickson, Debbie Peters, Christy Hamill-Johnston and Wade Mathew – thank you for the meaningful part you played in the Memorial Service.

Thank you to The Espanola Masonic Lodge #527 who conducted their Memorial Service, and to Bourcier Funeral Home for their assistance in making the arrangements. Sincerely, the Wilson Family

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BINGOS

MASSEY AREA MUSEUM BINGOS – June 2 at the Massey and District Arena. Doors open at 6:15 p.m. Bingo starts at 7:00 p.m. \$175 in cash prizes. 06/03

Recipe

My daughter is home for the summer and has decided to eat healthier. In the process she has also been cooking dinner a couple times a week because apparently I make unhealthy things like potatoes and pasta. I'm really not complaining, I'm quite content to let someone else cook and I do enjoy eating healthier myself. Tonight she made a delicious stir fry that she served on brown rice. It was so tasty; that I decided it needed to be shared with all of you. I never think to add pineapple to dishes, but it added a nice, sweet flavour to the stir fry.



Stir Fried Chicken with Pineapples and Peppers

- 1/2 cup soya sauce
- 4 tablespoons white wine vinegar
- 4 boneless, skinless chicken breasts, diced
- 1/2 yellow pepper, cut into strips
- 1/2 red pepper, cut into strips
- 1 (20 ounce) can chunk pineapple in juice or 1/2 fresh pineapple, diced
- 1 teaspoon ground ginger
- 2 crushed garlic cloves
- 2 tablespoon cornstarch
- 2 tablespoons olive oil
- 1 medium onion, diced

Combine first five ingredients; stir well. Heat 1 tablespoon of oil in a large skillet and stir-fry until chicken is cooked through. Remove. Add another tablespoon of oil to the skillet. Add onions, peppers and pineapple and sauté. Pour in sauce and stir until thickened. Return chicken to skillet; heat through. Serve over rice.

Kids Korner

Toilet Paper Roll Sunflower

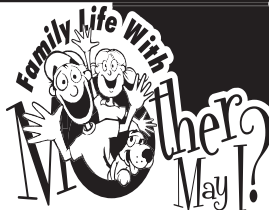
- recycled toilet paper roll
- paper
- yellow/green paint
- a paintbrush
- a black sharpie
- sunflower seeds
- glue



Start by crushing your toilet paper roll and creasing it so it looks like a petal. Draw a circle with sharpie in the middle of the paper (you can trace a soup can). Dip the toilet paper roll in yellow paint and start going around the outside of the circle. Once you have covered the whole circle with petals, start painting in the petals with the yellow paint. Put glue in the middle of the circle and add sunflower seeds to make the center of the flower. Once it dries, you can draw a stem and leaf at the bottom.

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

mothermayi@aroundandabout.ca



COMMUNITY NOTES

Royal Canadian Sea Cadets First Annual Review – Wednesday, May 28 at the Espanola Complex, seating at 6:30 p.m., ceremony starts at 6:45 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.

Knight Cruisers 12th Annual Cruise-In – In Espanola May 31 from 9:00 a.m. – 3:00 p.m. at the track and field beside the Espanola Complex. For more info call 705-869-4757.

Espanola Horticultural Society General Meeting – Monday, June 2 at 7:00 p.m. at the Pentecostal church. Our guest speaker will be the ever entertaining Mike Meeker. Everyone welcome.

Sables-Spanish Rivers Fire Department Fund-raiser Yard Sale – Saturday, June 7 from 8:00 a.m. – 1:00 p.m. at the Webbwood Fire Hall. Proceeds to the purchase of a fire safety training trailer for the community.

Massey Family Fun Day - June 7 at the Massey Arena 10:00 a.m. to 4:00 p.m. Events and activities for everyone and a BBQ. All money raised goes towards the Massey Arena Betterment Funds.

Tennis at Espanola Golf Club – Starting June 9: Community Living Mondays; senior doubles Tuesday, Thursday, Saturday; open play Friday. Starting June 28: youth Saturday. Free lessons, call 705-869-0475.

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

YARD SALES

Odds and Ends Sale – Saturday, June 7 at the Emory Building at the Massey Fairgrounds 9:00 a.m. – 2:00 p.m. Call for table prices and information 705-865-2070 or email masseyfair@bellnet.ca

Espanola Police Report

On May 17, 2014 at 8:06 p.m., the Espanola Police Service received a call to attend a residence in Espanola, regarding a family dispute. Upon arrival, police spoke to a male and female who were waiting for the police at the end of their driveway. In speaking to the male, he advised that he'd had an argument with the female, who is the mother of his child, and when he refused to let her take the child from the residence, she punched him in the face, causing an abrasion and swelling to his jaw. Police spoke to the female, who confirmed that she punched her estranged husband, and advised that she'd do it again if she needed to.

As a result of the incident, a 36-year old female from Massey was charged with Domestic Assault, contrary to section 266 of the Criminal Code. She was released on a Promise to Appear in Court on the August 5, 2014 to answer to her charges.

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



Ph. 705-869-6883 toll free 888-231-3578 Fax 705-869-3342
 email: around@aroundandabout.ca

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Continued from front page...

New Espanola Regional Hospital Emergency Department Opens



Photo: Left to right - Gary Clackett, project manager; Wayne Mezzomo, project coordinator; ERHHC CEO Ray Hunt; Clinical Manager of ER and Acute Care Jane Battistelli; construction superintendent Bruno Ropoli.

such as these are 90% funded by the Ministry of Health and Long Term Care and 10% by the communities through a combination of fund-raising, contributions, and reserve funds.

I was given an exclusive tour of the new emergency department in advance of the opening this past weekend. Workers were in the final stages, putting finishing touches on everything in preparation for the transition, which would take place, hopefully without incident, over the next couple of days. Although the new facility is shiny, modern, and has lots of natural light from big windows, the addition to the hospital site is seamless. The architecture mimics what's already existing on the outside. Inside, every detail has been attended to, thanks to Jane Battistelli, clinic manager of the ER and acute care. Jane has thirteen years of emergency experience as a nurse and she was awarded the daunting task of designing and

planning every aspect of the new emergency department, right down to the colours on the wall. For her, it was a labour of love, which was evident by how enthusiastic she was to show me the six new exam rooms that line the outside walls. The nurse's station is ground zero for monitoring all activity from when someone arrives at the ER to cardiac



Photo: Cardiac monitoring system.

patients who will benefit from the new cardiac monitoring system, which in itself cost more than \$350,000 and was



Photo: Ticket printer which alerts nurse's station of your arrival.

funded by the generosity of the community. There are storage areas, convenient cubbies for trays and carts, a separate entrance from outside in one exam room for quarantine patients to enter through so as not to infect others in waiting rooms, a "safe" room for mental health patients, a doctors' room, and a conference/telemedicine/ learning room for the many medical students who frequent the hospital. "Students who would come here never had a place to go in order to study or relax; now they do," says Battistelli. Also in the plans are a more convenient pharmacy and family room. Five more exam rooms will open in the near future,

bringing the total to eleven.

The building is new and so are some of the procedures. In order to fit new ministry guidelines, patients will be greeted by a nurse and triaged within fifteen minutes of arriving. This replaces the old practice of seeing registration first. Also, there will be only one main

entrance to the ER, rather than an "after hours" door. There are also twenty-two extra parking spaces at the hospital site.

Altogether, the new ER cost \$5.5 million and the size of the facility has tripled. The old emergency department will be repurposed and opened again at a later time.



Photo: New waiting area with bright windows.

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Phone: 705-869-0090

Fax: 705-869-0092

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