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## Travelling With Kids



If you find yourself travelling with children, now is a good time to make sure they're secured in the vehicle safely. Statistics show many children are placed in booster seats and begin using seatbelts only too soon. Patience is a good rule to follow with car seats. Legally, children cannot be placed in a booster seat until they are 40 pounds. In addition, your car seat manual may contain other requirements for height or age. If children can still fit in their forward facing seats, it's always safer to keep them there. When in a booster seat, children need the seat belt to go over the correct spots on their body so they


Continued on page four...

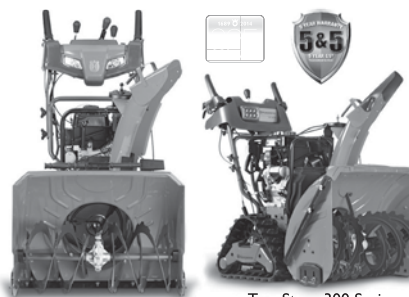
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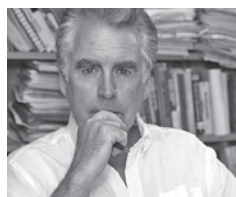
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# All The World's A Circus

## William Thomas

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

### Man In Grocery Line Ages Overnight

Drawing up a short list of helpful hints for seniors came to me recently when I spent two days behind a very sweet elderly lady at the checkout counter at my local Food Basics. I remember once seeing a tabloid newspaper headline: "Sisters Reunited After 18 Years in Supermarket Checkout Line." At the time I thought this was a funny foul-up; now I understand how this could happen.

First of all, when you're checking out, it's not absolutely necessary to read every headline on the tabloid rack out loud and follow up with a personal commentary of your own. Everybody agrees these Hollywood stars are all a bunch of freaks, so really one "tch, tch, tch" for each headline is sufficient. And "That Clooney kid can rattle my cage anytime" is entirely inappropriate.

I've learned one thing in all the years I've been doing my own grocery shopping, it's that when you show up at the checkout counter with items you have removed from their shelves, the store expects payment. That's why being presented with an itemized receipt should come as no surprise to you. That's why you may want to start breaking into that portable vault affectionately referred to as a purse well before you're asked to pony up.

So the first tip is: grocery shopping requires payment and lettuce can wilt and die in the time it takes some people

(and no, I'm not naming names here Lydia Procter) to produce legal tender at the cash register.

This brings me to another curious habit women practise: spending hours rummaging through their purses and never actually finding anything. You must remember that purses with multiple compartments, snaps, zippers and button-down leather latches were designed by a disgraced accountant who hated his mother. In the time it takes you to open the purse and dump three pounds of loonies onto the counter, you could have paid with the \$20 bill that fell on the floor. You did thank me for picking the \$20 bill up and handing it to you, but really my motives were purely selfish. I was hoping to get home for Thanksgiving! Sorry, I know that was a cheap shot, but really, would it kill supermarkets to have aisles for people in a hurry and a couple of other aisles for people who appear to be taking a slow-motion, line-dancing lesson while they're making their merry way through the checkout?


And while we're on the subject of purses, not unlike garages, it's always good to clean them out once in a while. My mother once went to the hospital for a routine scan and she produced so many health cards, she was suspected of being the ringleader in an elaborate black market scheme selling

*Continued on page three...*

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Continued from page two...

gallstone operations to illegal immigrants.

Please, trust me, the quality of health care in this country does not improve just because you can produce enough expired cards to play a game of euchre. Tip: any health card bearing your maiden name comes out of the wallet and goes into the family album.

Meanwhile, back at the checkout counter - which now looks like a line to buy bread in the old Soviet Union - you have paid, you have received your change and you're cramming those coins into that elusive little change purse when a really bad idea comes to mind. No, no, please. No matter how close your money compartment is to the photos of your grandchildren do not, I repeat, do not take them out to show the cashier.

I know you think of the cashier as your friend, but if you'd look behind you at the sea of faces flushed with anger, you'd realize that to the rest of us, she's a potentially dangerous witness and the last thing standing between you and the mob. Sure, she's still smiling pleasantly at you. That's because she's matured a lot as a person since you first arrived! We're all smiling at you because you're cuddly and cute as a button, but please, not photos of the kids

at camp last summer.

Okay, if you've already got the photos out then you gotta promise: just names, ages, grades, recent accomplishments and brief testimonials from teachers and coaches. And that's it. If you get into their plans for the future, I'm tossing a large bill down on the counter and I'm going over you with my groceries like OJ Simpson in that vintage airport ad for Hertz.

And finally, let's remember: old age is that stage of life when your conversations get longer but your body gets shorter. When you senior men are driving out there on the roads, or almost on the roads, it's not enough for the driver behind you to see knuckles on the steering wheel to confirm the presence of a person in that car. Wave every so often, so we know for sure you're in there. It's a safety precaution that's also good for circulation.

P.S. And that ain't the worst thing about being an old man. No, the worst thing is I became one almost overnight and sooner than you can say "Regularity Rules!" So many cheap shots - so little time left!

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

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## Espanola Councillor Running A Long-Distance Campaign



**Photo:** Assembling the water purification system, which cleans 5,000 litres of water per day.

**By Chloe Kneer** - "When it comes down to it, people are people and we all just need to remember that. We have the same dreams, same hopes, and same fears," says Stewart Meikleham just hours before he is expected to depart for northern India, his second deployment as part of the GlobalMedic rapid-response team. Meikleham will put his engineering background to good use once again as he and his team converge on Kashmir province, a disputed area between Pakistan and India, which has been hit by extreme weather that has led to mass flooding and devastation.

With a population of just under a million, the area is in dire need of fresh, potable water. This is where the GlobalMedic team comes in. They set up water purification systems and distribution centres where people can come get fresh water for drinking and cooking. The systems, which bring contaminated water up to Canadian drinking standards, can purify 5,000 litres of water per day. Contaminated water isn't the only looming threat in the area, as Meikleham explains. "The population is 90% Muslim, so we will definitely stand out as westerners. There is a heavy military presence in this developing nation. And, another big concern is bug infestation." While in the Philippines last Christmas, Meikleham slept on floors and cots. "We bring mosquito nets and sleeping bags because we never really know what our accommodations will

be like until we get there," he says. "I have a silk liner for my sleeping bag to help keep bed bugs from setting in."

Meikleham has been an Espanola councillor for the past four years and is running for re-election this time around. He realizes that running a campaign will be difficult, but not impossible, considering how far away he will be the next three weeks, a crucial time as Election Day is October 27.

"My hope is that people understand that I feel it's important to serve my community, but also the global community," he says. "Sometimes I can do both without a conflict, but in this case, I hope people will support me and understand as I take on this global endeavour."

As for how he plans to continue on the campaign trail, he says, "I'm going to try to run by social media." To that end, and also to keep in touch with his family, Meikleham has purchased a satellite texting device. He will also carry an emergency beacon with an "S.O.S." button should he encounter trouble in the field. His devices will allow him to send out a pre-written email along with GPS coordinates.

Once this deployment ends, Meikleham hopes someday to deploy to Palestine. He feels an incredible amount of compassion for the refugees in that area of the world. For more information, or to donate to GlobalMedic, visit their Facebook page or website at: [www.globalmedic.ca](http://www.globalmedic.ca).

*Continued from front page...*

## Travelling With Kids

stay safe in a crash. While in a booster, the lap belt needs to be low on the top of their thighs, the shoulder belt between their neck and shoulder and they need to be properly seated for the entire trip. This includes no slouching or leaning over. To transition to using a seat belt only, children need to be 8 years old, or 4'9" tall or 80 pounds. However, there are other factors to consider including if the child's knees bend at edge of seat and their back is against the vehicle's seat. Again, the lap belt should be low on the top of

their thighs, the shoulder belt between the neck and shoulder, and the child must be properly seated for the trip. Always follow the instructions for your car seat and vehicle. Make every ride a safe ride and buckle up! If you have questions there will be a free car seat clinic October 9, from 9:00 a.m. to 1:00 p.m. in Espanola EMS detachment. Call the Sudbury and District Health Unit to make an appointment at 705-222-9202, ext. 537. Walk-ins are welcome.

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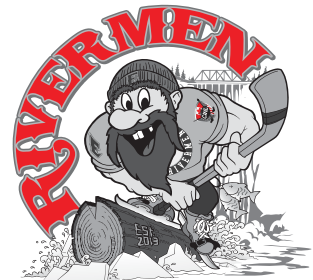


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## Rainbow District School Board Launches Safe Schools Mobile App

Rainbow District School Board is piloting a mobile application called Stand Up, Speak Out in the 2014-2015 school year. This free service allows students and parents/guardians to provide their school with anonymous information on student safety and bullying through a text message, phone call or web-chat.

Participating schools include local elementary school A.B. Ellis Public School.

"This pilot project is part of our ongoing efforts to maintain safe learning and teaching environments for all students and staff in Rainbow Schools," said Director of Education Norm Blaseg. "It encourages students to stand up and speak out in order to make a difference in their school community."

Students and parents/

guardians of participating schools are being invited to download the application, which is available for iPhones through iTunes and for Android devices through Google Play. Search "RS Stand Up Speak Out".

School administrators receive anonymous reports daily for follow up. If a report is received after 4 pm, it is sent to the school on the following weekday morning.

The Stand Up, Speak Out app also provides a list of community contacts and agencies for students and parents/guardians to access. This includes the Sudbury & District Health Unit, Greater Sudbury Police Service, and resources for mental health and addiction.

For more information, visit [rainbowschools.ca](http://rainbowschools.ca) and click on "Students".

## Recipe

It's pumpkin season! It's time for pumpkin pie and jack-o-lanterns and... pumpkin muffins if you don't want to wait for pie. These are moist, seasonally flavoured and delicious on a cool autumn day with a steamy cup of coffee or tea.

### Pumpkin Pie Muffins

- ½ cup of butter softened
- ¼ cup molasses
- 1 cup of canned pumpkin
- 1 tsp baking soda
- ¾ cup packed brown sugar
- ¼ cup raisins or chopped pecans (or both)
- 1 egg, beaten well
- 1 ¾ cup flour
- ¼ tsp salt
- ½ tsp cinnamon
- ½ tsp ginger
- ¼ tsp allspice

Grease or line 2 muffin tins. (Batter makes approximately 18 muffins) Preheat oven to 375 degrees. Cream butter, brown sugar and molasses together until well blended. Blend in egg and pumpkin. In a separate bowl stir together flour, baking soda, salt, cinnamon, ginger and allspice. Stir flour mixture into wet ingredients until just blended and moistened. Fold in raisins and/or pecans. Fill muffin cups. Bake 15-20 minutes until a toothpick inserted comes out clean.



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## Franco-Ouest And Saint-Joseph Students Celebrate Provincial Franco-Ontarian Day



On September 25, students from Espanola's École Saint-Joseph and École secondaire Franco-Ouest were among the 2,300 students from Conseil scolaire catholique du Nouvel-Ontario (CSCNO) schools taking part in the celebration of the provincial Franco-Ontarian Day. This annual Francophone pride event held in Chelmsford began with an animated march and concluded with a host of events on the École secondaire catholique Champlain school grounds. Wearing green and white clothing and proudly waving Franco-Ontarian flags and school banners, participants in this celebration of Franco-Ontarian vitality marched

through the streets of Chelmsford.

The provincial Franco-Ontarian day was celebrated officially for the fifth time on September 25th. The selected date coincides with the anniversary of the Franco-Ontarian flag, flown for the first time in Sudbury in 1975. Students and staff from É.s.c. Champlain and the CSCNO take great pride in celebrating our flag's 39th anniversary. While recognizing our Francophone and Catholic heritage, this activity promotes the excellence and dedication of our students as they seek to widen their Francophone space and fully live their culture in the province of Ontario.



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## Espanola Hosts Two All Candidates Nights

**By Chloe Kneer** - Espanola council and mayoral candidates had two opportunities to address the issues on the minds of their constituents this election season. The first was hosted by the LaCloche Foothills Chamber of Commerce and was moderated by Queensway Pentecostal Church Pastor Blair Phibbs. Phibbs and his family relocated to Espanola a few years ago and he did a good job moving the discussion along while providing a fair platform for candidates. Candidates were given five minutes at the beginning to introduce themselves and discuss what they felt are relevant issues. After an hour of introductions, the floor was open to those in attendance to pose questions to either particular candidates, or the entire panel.

The second night was hosted by the Espanola Citizen Group at the Espanola Legion. Long-time resident Richard Foucault moderated with a similar format to the first, but with the addition of a "yes or no" question session. Candidates were asked several questions, to which they could only reply yes or no. This segment garnered

the most interest from those in attendance. On the hot button issue of taxes, the panel unanimously agreed that taxes in Espanola are high. Another popular and well-discussed issue was the building of a new fire hall, as per the drawings that have already been commissioned. Jack McMillan, Jill Beer, Dawn Lalonde, and Tim Howard all said yes, they would proceed as per the drawings. Obtaining an OPP service proposal was probably the most heavily debated issue, and when asked if candidates would support an OPP service proposal, only Howard and McMillan said no, they would not. Both events were well-attended with lots of community involvement.

Espanola voters should be receiving their Vote By Mail packages this week. If you do not receive it, phone the municipal office at 705-869-1540 to speak with the election team. It is recommended that if you are mailing your return package that you do so before October 17. Your other options are to drop off your completed package at the municipal office or at the complex on Election Day, Monday, October 27.

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

### MUNICIPAL ELECTION - OCTOBER 27, 2014

**Notice is hereby given that the Township of Sables-Spanish Rivers will be conducting an election for the Office of COUNCILLOR. The Office of MAYOR has been filled by the Acclamation of Leslie GAMBLE.**

#### Voters List:

If you did not check VoterLookUp.ca to see if you are on the list of electors you may still come into the municipal office at 11 Birch Lake Road, Massey between the hours of 8:30 a.m. to 4:30 p.m., Monday to Friday. Please note that if you must add your name to the Voter's List, you will be required to show identification that shows your name, qualifying address and signature.

Polling Locations: All polls will be open from 10:00 a.m. – 8:00 p.m.

**ADVANCE VOTING PLACE - SATURDAY, OCTOBER 18, 2014**

- Township Council Chambers - 11 Birch Lake Road, Massey, ON

**REGULAR VOTING PLACES - MONDAY, OCTOBER 27, 2014**

- Town of Massey & Twsp. Of Salter, May, Tennyson, Harrow & McKinnon – S. Geiger School, 355 Government Road, Massey, ON
- Town of Webbwood & Twsp. Of Gough, Hallam & Shakespeare – Webbwood Seniors Centre – 16 Main St., Webbwood, ON
- Township of Victoria – Walford Community Centre – 410 Highway 17, Walford, ON

#### Proxies:

If you are unable to attend a voting place on either of the dates set for voting, you may appoint someone to act as your "proxy". The person appointed as a proxy must be entitled to be an elector and may only act for one person unless the person is the spouse, sibling, parent, child, grandparent or grandchild of the person making the appointment. Proxy applications may be filed during normal hours of the Clerk's office between Sept. 15th – Oct. 27th. On Advance Voting Day they shall be received between 12:00 p.m. - 5:00 p.m. Please contact the Clerk's office to obtain detailed information regarding the appointment of a proxy.

### ALL CANDIDATES NIGHT Township of Sables-Spanish Rivers

Tuesday, October 7, 2014 7:30 p.m.  
Massey and District Community Centre & Arena  
455 Government Road, Massey

### MASSEY ARENA - PUBLIC SKATING

**Starting October 10th –**  
Public Skating every Friday from 7:00 pm – 9:00 pm

**Starting October 12th –**  
Family Skating every Sunday from 5:00 pm – 6:00 pm

**Halloween Skate – FREE!**  
All Ages. Friday, October 31st, 2014 – 7:00 pm – 9:00 pm  
**Helmets are recommended!**

### PUBLIC NOTICE Pursuant to Bylaw 2012-05

**TAKE NOTICE** that the Council of the Corporation of the Township of Sables-Spanish Rivers will consider an amendment to the User Fee Bylaw regarding Fire Department rates at a meeting on WEDNESDAY OCTOBER 22, 2014 at 7:30 p.m. in the Council Chambers at 11 Birch Lake Road, Massey, Ontario.

Further information is available at the municipal office upon request.

Dated this 7th day of October, 2014.  
Kim Sloss, Clerk-Administrator

### MASSEY & TOWNSHIP PUBLIC LIBRARY NEWS

**STORY HOUR:** There are still openings available. Children must be 3 years old by December 31, 2014.

**UPCOMING EVENTS:** Poetry Contest "Library Inspires"; Appreciation Tea; Movie Matinee – watch for posters for more information.

**LIBRARY WEEK:** October 19 – 25, 2014; Amnesty Week!

**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) or like us on Facebook!

### USED WINDOWS FOR SALE

We have 12 used windows for sale – approximately 48" x 48". \$30.00 each. First come, first served

### FALL CLEAN-UP

The residents of the Township of Sables-Spanish Rivers are advised that the Tennyson Landfill Site, north of Massey (Tote Road) will be open in **October** as follows;

**EVERY SATURDAY 10:00 A.M. - 2:00 P.M.**

**THURSDAY, OCTOBER 9TH AND THURSDAY  
OCTOBER 23RD  
10:00 A.M. – 2:00 P.M.**

ALL TIPPING FEES APPLY

**FREE DISPOSAL OF BRUSH & LEAVES also available on the above dates, at the old landfill site location (Imperial St. North, Massey-1st left after cemeteries)**  
*(Confirmation from the Ministry of the Environment has been received to provide this service)*



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**Michael Mantha**

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# FIRE PREVENTION WEEK

## October 5-11, 2014



*Working*  
**SMOKE ALARMS**  
**SAVE LIVES**

**Test yours every month!**

### History of Fire Prevention Week

Fire Prevention Week was established to commemorate the devastating Chicago fire on October 9, 1871 in which more than 250 people died, 100,000 were left homeless, destroyed more than 17,400 structures and burned more than 2,000 acres.

The fire changed the way that firefighters and public officials in North America think about fire prevention and fire safety. The Fire Marshals Association of North America (today known as the International Fire Marshals Association), decided that the anniversary of the Chicago fire should be observed in a way to educate the public about the importance of fire prevention.

Fire Prevention Week was proclaimed in Canada in 1919 to commemorate the Chicago blaze, as well as a major fire that destroyed the Centre Block of the Parliament buildings in Ottawa on February 3, 1916.

### Fire Safety Tips & Facts

- Smoking while in bed, tired or under the influence of alcohol or medication is the most common cause of fires that kill.
- Most chimney fires occur with wood-burning fireplaces. Ensure chimneys are cleaned and professionally inspected regularly. Burn only small quantities of wood at a time.
- Keep a pan lid or cookie sheet handy in case grease or oil catches fire. The lid or cookie sheet should be slid over the top of the pan to smother the fire.
- Place candles in sturdy, burn-resistant containers that won't tip over and are big enough to collect dripping wax.
- Don't use candles in high traffic areas where children or pets could knock them over.
- Never remove the third prong on

a three-prong plug or bend it back to use a two-prong outlet. The third prong is a necessary ground for the appliance or heater.

- When bathing children, always turn cold water on first before the hot. Test the water temperature before allowing your child to get into the bathtub or shower. Consider adjusting your hot water heater to a maximum temperature of 49 C or 120 F.
- Turn pot handles towards the centre of the stove.

### Plan your escape now



### Maintain your smoke alarms

•Battery-operated smoke alarms will warn you when batteries need replacing. Despite this, make it a habit to change the batteries yearly.

•Install at least one smoke alarm outside each sleeping area. For improved safety, install a smoke alarm in every bedroom.

•Have a thorough yearly maintenance check of the furnace carried out by a professional.

•Lack of maintenance is the number one cause of dryer fires. That is why it is critical to clean the lint filter before and after each use, and wipe away any lint that has accumulated around the drum. Perform periodic checks to ensure that the air exhaust vent pipe is unobstructed (lint accumulation) and the outdoor vent flap opens readily.

•Extension cords must never be run inside walls or under rugs or furniture. They can be damaged by



Continued from page 8...

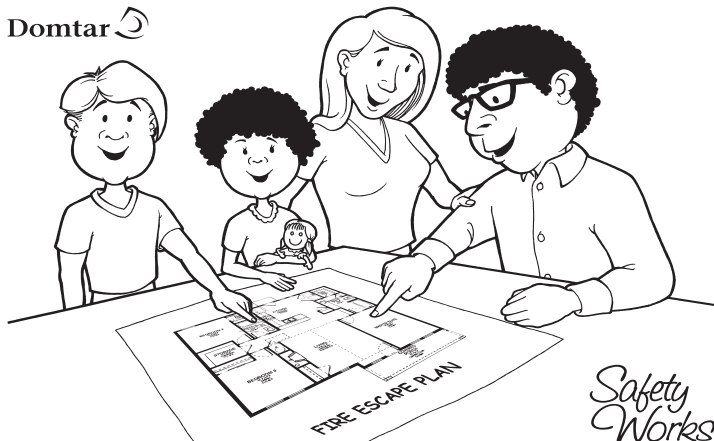
traffic or heavy furniture and start arcing, which can lead to a fire.

- It is important to install a carbon monoxide detector in your home. However, carbon monoxide detectors do not replace the need for prevention through yearly maintenance and inspection of heating systems and appliances.
- Do not overload electrical

outlets or use extension cords in the place of additional outlets.

- Use a screen in front of the fireplace opening to protect children and to prevent embers from escaping and igniting carpets, etc.
- Educate your children about the dangers of fire and make sure they know that all fires, even small ones, can spread very quickly.

Domtar



- In case of fire, get out and stay out! Use a neighbour's phone to call the emergency response number in your area.
- Be wary of buying novelty candles. Avoid candles surrounded by flammable paint, paper, dried flowers, or breakable/meltable containers.
- Equipment that uses natural gas should show a clear blue flame—a yellow or orange flame may indicate a problem. If a problem appears, call a qualified technician.
- Ensure a source of fresh air is available, for an example an open window or flue, when operating a wood-burning fireplace.

#### In case of a real fire



**Call for help from a neighbor's home  
Never go back inside a burning house**

### Fire Escape Plan

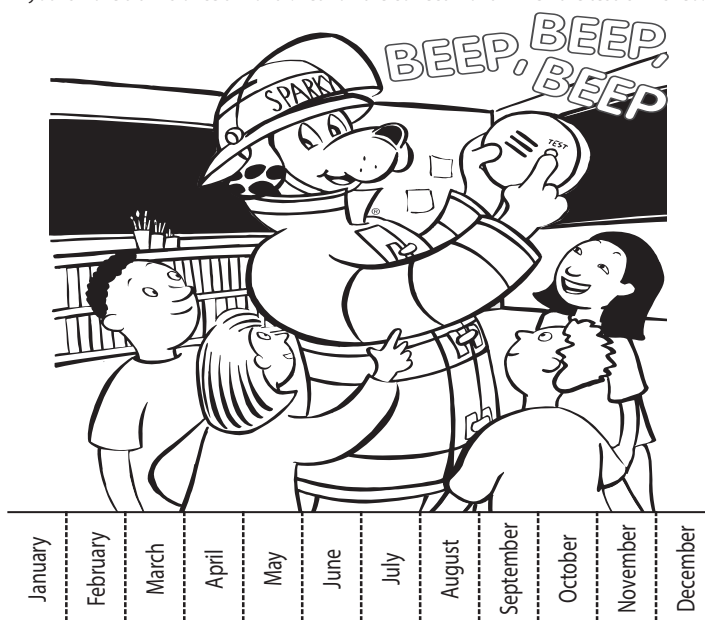
Statistics reveal that 78 percent of deaths from fire occur in the home, with most of the fatalities taking place between 2 am and 4 am, while occupants are asleep. That is why it is critical to develop an escape plan, because one needs to react quickly with a fire:

- practice your plan at night, getting down on your hands and knees with a flashlight while crawling to safety. Heavy smoke impairs breathing, which is why staying close to the floor increases chances of escape.
- In order to be able to react quickly to fire, draw a floor plan of your home showing all possible exits from each room. Where possible, plan two exits: a main route and an alternate route from each room.
- If you live in an apartment building, develop your escape plan taking into account fire escape procedures provided by building management.

For more tips and information visit [www.fireprecan.ca](http://www.fireprecan.ca)

Name \_\_\_\_\_ Date \_\_\_\_\_

Hang this sheet in an important place in your home. Remember to have a grown-up test your smoke alarms once a month. Tear off the correct month when the test is finished!



## SMOKE ALARMS

### LOCATING/INSTALLING

### SMOKE

#### ALARMS:

- Read and follow the manufacturer's instructions carefully.
- For best performance, an alarm should be mounted on the ceiling in or near the centre of the room, hall or stairway, and at the head of each stairway leading to an occupied area.
- Optimum location for wall mounts is at least 15 cm (6 inches) from the ceiling but not more than 30 cm (19 inches) from it.
- Avoid installing where the temperature is less than 50C (41oF) or exceeds 48oC (119oF).
- Keep alarms away from doors and windows.
- Never locate an alarm in front of an air register, fans or vents.
- Keep alarms at least 60 cm (2 feet) from any corner.
- Do not recess smoke alarms in walls or ceilings!
- Smoke alarms in rooms with ceiling slopes greater than 30 cm (one foot) rise per 2.4 m (eight feet) horizontally should be located on the high side of the room.
- Avoid locating an alarm at the peak of an "A" frame type ceiling.
- Never paint a smoke alarm.
- Keep alarms 60 to 90 cm (two to three feet) away from light fixtures.

### WHEN HAVING AN ALARM CONNECTED INTO THE ELECTRICAL WIRING SYSTEM OF A HOUSE YOU SHOULD:

- Use a qualified electrical contractor.
- Never install the alarm in the electrical circuit

except at the main panel. Alarms must also never be installed in a circuit connected to an on/off switch.

- Check the alarm when installation is complete.

### MARK YOUR CALENDAR: TESTING AND CLEANING:

- Test your smoke alarm monthly and clean it every 6 months. Mark it on your calendar so that you don't forget. Things to remember when testing your smoke alarm:
- Ensure that power is being transmitted to the alarm and that it will activate in the presence of smoke.
- Test your smoke alarm by pressing the test button.
- Even alarms with a pilot light that indicate power is being transmitted, should be tested regularly.
- Battery-operated smoke alarms will warn you when batteries need replacing. Despite this, make it a habit to change the batteries yearly.
- When you've been away from home for a few days, check your alarm on your return to ensure it is working properly.
- Remember, your smoke alarm can't protect you if the batteries have been removed or a plug has been disconnected.
- The lifespan of a typical smoke alarm is about 10 years, but some models last as little as 5 years.
- To clean the alarm, open the cover and gently vacuum the interior of it. Frequently, the alarm will sound while the unit is being cleaned.

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## SERVICES

**WILD GAME PROCESSING** – For all your wild game processing call 705-865-1886 or 705-865-9996. Cut, wrap, sausage, etc. No Sunday calls please. 10/14

**BOAT SHRINK WRAPPING** - \$12.00/linear foot, \$10.00/linear foot with motor winterization (\$60.00). Winterization includes bottom end oil change and fogging, or stabilizer. 705-988-5000. 10/07

**RESIDENTIAL/COMMERCIAL SNOW REMOVAL** - Reliable and Experienced Service. Affordable Seasonal and Daily Rates. Call now for a free quote 705-862-8613. 10/07

**MOPSTIX CLEANING SERVICE** – Residential and business cleaning. Call Jennifer for rates and fall special details. 705-662-8752 or email mopstix@hotmail.ca 10/07

**WHOLE HEALTHCARE BODY TALK** – Unable to get anywhere with regular medical care? Give Body Talk a try; cutting edge energy medicine. Call Sherry at 705-863-2612, In Touch Chiropractic Wellness, Espanola. 10/14

**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. 11/25 - 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. 11/25 - R

**ESPANOLA SELF STORAGE** – 6x8 and 8x10 Storage Units available in Espanola. Located behind the car wash. Call 705-869-8405. 11/25 - R

**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. 10/7 - R

## SERVICES

**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. 10/28

**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. 10/14 - R

## FOR SALE

**FOR SALE** – Remington Pump Action Model 760 30.06. Excellent condition, comes with see-through mounts, 2 clips, swivels, and sling and a 3x9 Tasco scope. \$650 firm, PAL required. Phone 705-869-2596 after 4:15 p.m.

**FURNITURE FOR SALE** - Ashley love seat and matching recliner \$475, solid oak kitchen table with 4 chairs, middle insert and matching 2-piece hutch \$675, solid oak 5-piece bedroom set headboard, mirror, two dressers, two end tables \$1500. Danby Premiere air conditioner with remote \$300. Call 705-521-3077 TFN

**FOR SALE** – Hardwood firewood for sale. Hard maple and oak. Cut, split, and delivered \$100/cord. Call Nathan Detroit at 705-865-3011. 10/7

## FOR RENT

**FOR RENT** - 2 bedroom house in Webbwood. Call Greg for details at 705-822-4734. 10/07

**FOR RENT IN ESPANOLA** – 3 bedroom house, no pets, no smoking. \$800/month, heat and hydro extra. First and last required. Call 705-869-1219, leave message. 10/14

**FOR RENT** – Lang Lake Resort winterized cottages. Full kitchens, satellite TV. Monthly rates available from October – May. Call 705-285-4241 for more details. 10/21

**FOR RENT** – 2 bedroom apartment available immediately. 45 Arthur Ct, Espanola. Please call 705-869-5989. References required and no pets allowed. 10/7

## EMPLOYMENT OPPORTUNITY

### Employment Opportunities

**Dittrich's Hair Salon** is looking for a “Receptionist & Experienced Hairstylist with Clientele” to join our team.

If you are motivated, enthusiastic and enjoy working with the public please drop a resume off at: 400 Centre Street, Espanola or email [kim\\_paradis@hotmail.com](mailto:kim_paradis@hotmail.com)

Resumes will remain confidential.

705-869-2915



# NOW HIRING FULL TIME POSITION AVAILABLE

# CASHIERS

**Fax Resume to 705-869-5770  
Deadline to Submit  
October 28, 2014**

## WANTED

**SOMEONE TO REPAIR A RECORD PLAYER** – Call Wayne at 705-869-2493 11/4

## BINGOS

**MASSEY AREA MUSEUM BINGOS** – November 3 at the Massey and District Arena. Doors open at 6:15 p.m. Bingo starts at 7:00 p.m \$1825 in cash prizes. 11/18 - R

## HELP WANTED

### CATERER WANTED

to cater wedding and other function etc. for Legion Kitchen, in Espanola ON. If interested call Pauline 705-869-3148 or email [pandora37@persona.ca](mailto:pandora37@persona.ca) Submit by: October 31



Ph. 705-869-6883  
toll free 888-231-3578  
Fax 705-869-3342  
email:  
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## BOARD MEMBERS REQUIRED

### Manitoulin Family Resources

Call for Board Members



Manitoulin Family Resources (MFR) is seeking volunteer Board Members to serve on the Board of Directors.

MFR provides the following services to Manitoulin Island and the North Shore:

#### Violence against Women Prevention Services

Haven House Shelter  
Crisis Telephone Line  
Outreach Counselling  
Child Witness Program

#### Children's Services

Manitoulin Best Start Hub  
Centre Based Child Care  
Home Based Child Care

#### Help Centre

Treasures Thrift Store  
Food Bank

#### Please apply to:

Board of Directors  
Manitoulin Family Resources  
P.O. Box 181 Mindemoya, ON P0P 1S0  
705 377-5532 ext. 243

\*\*\*\*

#### MFR Mission

To enhance the quality of life of individuals and families by providing resources, advocacy, support, and education through the agency's three program areas of Children's Services, Violence Against Women Prevention, and Food Security.

## NOTICE



### at Espanola High School

#### Registration at the Espanola Complex

Wednesday, October 8 • 6:00 – 8:00 p.m.

Thursday, October 9 • 6:00 – 8:00 p.m.

Friday, October 10 • 6:00 – 8:00 p.m.

First Session Monday October 27. Sessions will take place Mondays and Wednesdays from October to February

#### Divisions

U9 2006, 2007, 2008

U12 2003, 2004, 2005

U15 2000, 2001, 2002



Fee \$85.00 (includes EMSA Winter Program T Shirt)

Info call Lynne Gibson at 705-869-1691  
or Robert Rigby at 705-869-5231

## COMMUNITY NOTES

**Espanola Youth Centre Sport Nights** – October 8 for ages 11-13 and October 15 for ages 14-17 at AB Ellis Public School gym. Use the gym entrance.

**Municipal Elections All Candidates Nights** – Nairn Centre: October 8 at the Nairn Community Centre, 7:00 p.m. Massey: (Sables-Spanish Rivers Township) Tuesday, October 7 at the Massey and District Arena, 7:30 p.m.

**Meat Roll-Offs** - Espanola Legion Saturdays at 3:30 p.m. Everyone is welcome. Proceeds support your favourite local organizations.

**Espanola Public Library** – Family Playtime (drop-in) starting Thursday, October 9 from 10:00 – 11:30 a.m. (for 8 weeks) No registration required.

**Next Community Luncheons** - October 14 and 28 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 a.m. to 1:00 p.m. NO CHARGE. Everyone welcome.

**Children's Clothes Closet** – Free, gently used clothing, newborn - 6X, October 15, 9:30 a.m. – 1:00 p.m. at Calvary Baptist Church, 599 Barber Street, Espanola.

**Celebrating Quilting and Stitchery** - Presented by the North Shore Pins and Needles Quilting and Stitchery Guild. Saturday October 18, 10:00 a.m. – 4:00 p.m. at Espanola High School.

**Princess Tea** - Queensway Pentecostal Church on Saturday, October 18 1:00 – 3:00 p.m. Free advance tickets by calling 705-869-1700 or by stopping at the office. Ages 2-12 are welcomed with one adult.

**St. George's Church Dinner and Almost Silent Auction** - October 25 at 4:30 p.m. at the Espanola Legion. For tickets and information, phone 705-869-3690 or 705-869-2968.

**Community Living Espanola Harvest Lunch** – Wednesday, October 29, 11:00 a.m. – 2:00 p.m. at the Legion.

**Trunk or Treat** - Queensway Pentecostal Church on Halloween, Friday, October 31 between 5:00 – 7:00 p.m. We will be giving out treats, games, fun and free hot dogs.

**Remembrance Day Tea** – Espanola Legion, Saturday, November 1, 1:00 - 4:00 p.m.

**Espanola Reads** – 5th annual (CHANGE OF DATE) November 12th, 7:00 p.m. at the library room. Everyone welcome. For information, call Daphne Allen at 705-869-0475.

**Stomp Junior High Kick-Off** - Grades 5-8 on Wednesdays from 7:00 - 8:30 p.m. at Queensway Pentecostal Church. There will be fun, games, prizes, friendships and life coaching.

**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.

**VON Adult Centre** - Provides respite, activities, exercise and socialization. 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



**#16 Byron Sam**  
Fort St-James, BC



**#15 Marc Theriault**  
Hanmer, ON



**#43 Adam Johns**  
Waterford, MI



**#55 Cole Braney**  
Hanmer, ON



**#68 Andrei Yanovich**  
Aurora, CO



**#23 Cameron Anklewich**  
Calgary, AB



**#30 Austin Hannaford**  
Calgary, AB



**#89 Adrian Nicholas**  
Las Vegas, Nevada



**#97 Keegan Paulette**  
Kingston, Ontario



**#57 Zoyer Clayden Tabobondung**  
Parry Sound, Ontario



# It is with great pleasure that the Espanola Rivermen Junior 'A' Hockey Club will be starting their official hockey season on home ice on

## Friday, October 10th at 7:30 p.m.



The Rivermen are a part of an exciting new league, the Canadian International Hockey League which supports and develops Canadian as well as international student-athlete junior hockey players in their goal to seek out a university and/or college scholarship.

A welcoming introduction banquet for the Rivermen is set for Saturday, October 11th at 6:00 pm, at the Espanola Regional Recreation Complex, at which time the Rivermen plan to introduce their 2014-2015 players to our season ticket holders and North Shore junior hockey fans. It will be a great opportunity to come out to meet the players, support staff and volunteers and have your kids and other Rivermen fans have their photo taken with their favourite Riverman. Tickets are available at the complex front desk. Adult tickets are \$20 and children are \$10.

Once again, the Espanola Rivermen Hockey Club are doing their part for the community and reaching out to lend a helping hand. The month of October will prove to be an exciting start to the season as the hockey club will once again support and raise awareness for breast cancer with their "Pink in the Rink" campaign. There will be many activities over the month to help raise funds for this important cause with lots of player and fan interaction including team and other sports memorabilia auctions.

The Espanola Rivermen Junior 'A' Hockey Club appreciates your continued support and we look forward to seeing you this season.



## Espanola Rivermen Home Game Schedule

Friday, October 10	vs.	St Charles @ 7pm
Friday, October 17	vs.	Sudbury @ 7pm
Friday, October 24	vs.	Batchewana @ 7pm
Friday, November 14	vs.	Milton @ 7pm
Saturday, November 15	vs.	Colborne @ 2:30 pm
Friday, November 21	vs.	Sudbury @ 7pm
Friday, November 28	vs.	Batchewana @ 7pm
Friday, December 5	vs.	Sudbury @ 7pm
Friday, December 12	vs.	Batchewana @ 7pm
Friday, December 19	vs.	St Charles @ 7pm
Friday, January 9	vs.	Batchewana @ 7 pm
Wednesday, January 14	vs.	Sudbury @ 7pm
Friday, January 16	vs.	Batchewana @ 7pm
Friday, January 23	vs.	St Charles @ 7pm
Friday, January 30	vs.	Sudbury @ 7pm
Friday, February 6	vs.	Batchewana @ 7pm
Saturday, February 14	vs.	St Charles @ 7pm
Sunday, February 22	vs.	Sudbury @ 2:30 pm
Wednesday, February 25	vs.	St Charles @ 7pm
Friday, February 27	vs.	Toronto Academy @ 7pm
Sunday, March 1	vs.	St Charles @ 2:30pm

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



**#81 Zak Pregent**  
Birch Island First Nation



**#25 Andrew Plomer**  
Team Captain  
Gould City, Michigan



**#7 Talon McGregor**  
Espanola, Ontario



**#14 Carter Noble**  
Gore Bay, Ontario



**#4 Nevada Waindunbence**  
Birch Island First Nation



**#2 Brent Cooke**  
Thessalon, Ontario



**#24 Barry Pitawanakwat**  
Birch Island First Nation



**#29 Trevor Kalinowski**  
Commerce, MI



**#91 Jason Borer**  
Rebackerweg, Schweiz



**#27 Andrew Demarco**  
Astorville, ON



**#12 Alex Zerbel**  
Marquette, MI



**Tim Clayden**  
Club Governor



**Chad Clarke**  
General Manager



**Braden Podlatis**  
Play by Play



**Tom McCarthy**  
Head Coach



**Austin Leclair**  
Ast Equip Manager



**Mike Wink**  
Equipment Manager