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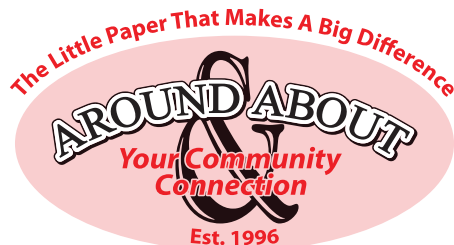
PHARMASAVE

Espanola Helping Hand Food Bank News

The term 'food bank' is used to describe any large-scale food recovery program that redistributes food, free of charge, to the community.. (thecanadianencyclopedia.ca). The funding of individual food banks differs. Our local food bank receives some funding from local municipalities. However, we could not operate without the donations, both monetary and food, that we receive from the generous individuals, groups, businesses, and service clubs in our area. Integral to the success of our operation are its volunteers. We have a volunteer base of 42 dedicated individuals. Thank you to them and we continue to thank all those who donate to the EHHFB for their generosity.

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September 2, 2014 Issue 35 - Volume 18

Second Annual Ovarian Cancer Awareness Walk This Weekend in Espanola

OVARIAN CANCER AWARENESS



HOPE - STRENGTH - SURVIVE

By Grant Lewis - Espanola not only has a heart, but it has a huge heart. Two recent events prove this. One event involved a torch, special Olympians, and a few tears. The other involved an incredible family, great music and good food. Both involved iron-like determination and guts. I refer to the Boogie Mountain Mud Rush and the recent Rock for a Cure that the Tessier family held at their home to raise funds for the Northern Cancer Research Foundation. The unbelievable support of the community and especially that of local businesses was truly astounding. Well done, Espanola.

It is unfortunate that these events have to be held at all, but we do live in a world of challenges and necessities. June 2013 was not a kind month for local resident Lisa Gamelin. After being diagnosed with Stage 1 ovarian cancer, Lisa took charge of her own health and decided additional surgery and four rounds of chemo were called for.

During her chemo treatments in August, Lisa discovered that Ovarian Cancer Canada sponsored a Walk of Hope on

Continued on page four...

Save The Date!

Plan to attend the Espanola All-Candidates Night, Tuesday, **September 30**
7:00 - 10:00 p.m.

At The Espanola Legion Branch 39
370 Annette Street



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All The World's A Circus

William Thomas

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Nature - Biting The Hand That Helps

Very much unintentionally I have created a small-animal theme park on my kitchen patio. It started when I was late in getting my hummingbird feeders hung up. Boy, were they steamed. They buzzed me while I read. They sat on an overhanging branch and stared at me. They did everything but knock on my kitchen window. Nature's little helicopter, I love to hear their hovering motors.

So with the hummingbirds happy, I toss a handful of sunflower seeds near the fire pit for the chipmunks. Hate squirrels, love chipmunks, love cardinals, hate starlings, so sue me PETA.

Last summer it was just one chipmunk and now it's two adults and a small one. I think they must be family because they're constantly fighting with each other.

The house wrens nesting in the hanging flower pot was not my idea. And the female with the bent beak and long tail? Man, has she got a mouth on her! Her shrill screaming could only be considered a song if it was heard at a Celine Dion concert.

I toss more seeds away from the fire pit to keep the chipmunks and wrens from fighting over the initial offering and all is calm ... until a squirrel rushes onto the patio to take a run at one of the chipmunks and gets a haircut from the protective female wren as well as a really loud lecture.

By the time I get back with my slingshot the squirrel is gone but a Baltimore Oriole has descended on the hummingbird feeder. The bird is heavy and awkward so that the feeder is now swinging side to side and spilling sugar water on the patio. I scare the Oriole off by clapping my hands loudly which the mother wren mistakes for applause and she begins an ear-splitting aria that drives me into the house.

As I plod around the patio from crisis to crisis, I can hear the scattering chipmunks and the fluttering wrens screaming: "The giant is coming! The giant is coming." And I must say, as someone who does not have a lot going for him these days, I feel rather powerful.

Before I can clean up the spill, an army of ants has beat me to it and bees are now swarming the feeder which is still dripping with liquid sugar. I sweep away the ants and spritz the bees with a water bottle until they too send me running through the kitchen door.

This once friendly patio arrangement is now going south faster than a Mideast cease fire and I'm forced to watch it all behind the safety of my kitchen window thinking, man, would I ever make a lousy game warden like on Africa's Serengeti's Plain where crocodiles pick their teeth with the antlers of wildebeests.

Continued on page three...

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Continued from page two...

As I head for the lake for a swim, I notice the bees are gone, the ants are dead, the Oriole has not returned but the hummingbirds have, all the while pooping on the feeder's arm to display their considerable displeasure that their feeder has become a multi-use drinking fountain.

After a swim, I'm about to dip my feet in a bucket of water I keep at the top of the beach steps to rinse off the sand when I notice a large toad in there treading water. Discolored, he's been there for a day or two and I now suspect one of my ungrateful patio dwellers pushed him in but I can't prove it. I dump the bucket onto the lawn and although still alive, it's hours before he actually hops away.

Meanwhile back at "Critter Kingdom" all three chipmunks get into a real knock-down donnybrook over the sunflower seeds and the wrens are dive-bombing them from above because they're getting too close to the flower pot nest. The ants are back, the yellow jackets have returned, angrier than ever, both wrens are screaming blue-blooded murder and the Oriole and two hummingbirds are sitting on an overhanging maple branch waiting for United Nations peacekeeping observers to

arrive. The only good thing to come of all this is that the toad lived and I'm hoping he will go on to eat his weight in ants. Completely disillusioned by attempts to give nature a helping hand I bring in the hummingbird feeder, hose down the patio, relocate the flower pot to the far side of the house and start throwing sunflower seeds over the fence in order to get the chipmunks to relocate to my neighbour's patio, like refugees fleeing a war zone.

Instead of being heartened by the magical sounds of birds and small animals in my manmade menagerie, I have learned that no good deed goes unpunished and nature per se, really is an ungrateful little world just past my kitchen door. Suddenly I'm a big fan of the food chain. The next time I have an urge to interact with critters, I'm going to do the drive-thru at African Lion Safari and let the monkeys throw poop at my car. At least those evil little primates let you know where you stand ... which by the way, is not with your head out the sun roof.

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

Espanola Police Report

On August 26, 2014, Paul McColeman, the 42-year old Espanola man facing a variety of sexually related offences involving Luring Children, was arrested by the Espanola Police Service and charged with three counts of breaching the terms of his release order.

The Espanola Police allege that McColeman, on two occasions, used a cellular phone in a manner that violated the conditions of his release, and that on one of those occasions, he was outside of his residence without his surety.

McColeman appeared in bail court in Sudbury to answer to the newest charges of Breach of Recognizance, contrary to section 145(3) of Criminal Code. He was held in custody, and appeared in Espanola Court on September 2.

On July 26, 2014 at 3:45 a.m., the Espanola Police Service were called to a residence on Centre Street, regarding a suspicious male banging on the door of the home, attempting to get inside. Upon police arrival, the female caller told police that the male suspect had gone into her back yard. Police searched the yard, and found the male hiding in some bushes. In speaking to the male, police discovered that he was under the influence of alcohol, and was adamant that the house he was attempting to enter was his own; he did not seem to realize that his own home was four blocks from his current location. As a result of the male's intoxicated state, and his inability to care for himself, he was arrested for being Intoxicated in a public place, and transported to the Espanola Police Service where he was lodged in the cells until he was sober.

Upon his release, the 21-year old from Espanola was issued with a Provincial Offence Notice under the Liquor Licence Act, for being Intoxicated in a Public Place.

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

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Lions Club Breakfast Fundraiser

Sunday, September 7th

8:00 – 11:00 a.m.

Espanola complex \$8/person, all proceeds go to O.C.A.W.

Meet the Espanola Rivermen

Come out and support the

2nd Annual

Ovarian Cancer Awareness Walk

OVARIAN CANCER AWARENESS



HOPE - STRENGTH - SURVIVE

Continued from front page...

Second Annual Ovarian Cancer Awareness Walk This Weekend in Espanola

the first Sunday in September. Rather than support a national organization with large administrative expenses, Lisa wanted to stay local. A PET scan campaign was the perfect alternative. A PET scan is able to detect ovarian, breast, brain and lung cancer at a very early stage. Sudbury is now raising funds to buy one. This was all that Lisa and her supporters needed. The fun began!

This dedicated group discovered Teal Toes! It is a campaign in support of ovarian cancer. Then the fun really began! There has been a Teal Toes Photo Shoot where over fifty people painted their toes teal. The pictures were posted on Facebook and went truly viral all over the world. The inaugural walk, with only two weeks to organize, attracted over 100 enthusiastic walkers, raising over \$4000. This July, there was a Teal Toes Tarts, Tea and Market with jams and muffins. Another \$1400 went into the coffers.

The fun continues!

The Teal Toes group bagged groceries at Winkel's for \$1300. On August 22, committee members were set up at the Espanola Mall raising awareness for the big walk. Local radio station Moose FM is doing music trivia contests in support of Teal Toes. The town has donated space and time for meetings and is proudly flying a locally designed flag at the

town office for the month of September.

Now this is where the rest of us join the fun. The walk will begin with a Lions' breakfast at the Espanola complex starting at 8:00 - 11:00 a.m. on Sunday September 7. We all know how good the Lions' breakfasts are, especially the pancakes! There will be a registration table set up at the same time. At 10:00 a.m., you can have your teal painted toes photographed and framed. Boas, tutus, and other props will be available to enhance your toes. I know mine need all the help they can get! There will be a brief introduction, slide show, information about ovarian cancer, and an "in memoriam" presentation. Then, the walk. Everyone is invited with or without pledges. A draw for a door prize will take place afterwards.

If you are unable to take part in the walk, you can make online donations. Go to the Northern Cancer Foundation website; go to "Ways to Help" tab and donate. The Espanola walk is there.

The goal this year is \$10,000. But more important is the hope that one person armed with a new awareness of ovarian cancer will make that life-saving appointment with their doctor.

Lisa's outcome is a happy one. With our generosity, and support, pray there will be many more.

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TIME

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NOTICE OF A PUBLIC MEETING Concerning Application for Consent

TAKE NOTICE that the Council of the Township of Sables-Spanish Rivers will hold a public meeting on Wednesday, September 24, 2014 at 7:30 p.m., at the Township Office, 11 Birch Lake Road, Massey in order to consider a proposed application for Consent under Section 53 of the Planning Act, RSO 1990 as amended.

File No. C-14-05 The purpose of this consent application is to provide for a new lot in the Rural Zone.

File No. C-14-06 The purpose of this application is to provide for a lot addition in the Rural Zone.

The property is described as May Township, Lot 11, Concession 2, Part of Parcel 7932, Brouse Road.

The land subject of these applications is not subject of any other application under the Planning Act.

If you wish to be notified of the decision of the Township of Sables-Spanish Rivers in respect of the proposed consent, you must make a written request to the Township of Sables-Spanish Rivers. This will also entitle you to be advised of a possible Ontario Municipal Board Hearing. Even if you are the successful party, you should request a copy of the decision since the Township of Sables-Spanish Rivers decision may be appealed to the Ontario Municipal Board by the applicant or another member of the public.

To appeal the decision to the Ontario Municipal Board, send an appeal form to the Clerk of the Township of Sables-Spanish Rivers outlining the reasons for the appeal. You must enclose the appeal fee of \$125.00 for each application appealed, paid by cheque, made payable to the Ontario Minister of Finance.

If a person or public body that files an appeal of a decision of the Township of Sables-Spanish Rivers in respect of the proposed consent does not make written submission to the Township of Sables-Spanish Rivers before it gives or refuses to give a provisional consent, the Ontario Municipal Board may dismiss the appeal.

ADDITIONAL INFORMATION regarding this application is available at the municipal office at 11 Birch Lake Road, Massey, during regular office hours.

Dated this 2nd day of September, 2014

Kim Sloss, Clerk-Administrator
Township of Sables-Spanish Rivers

ATTENTION MASSEY RESIDENTS

The Public Works Department will be flushing hydrants starting on September 15th and continuing through to September 30th, 2014 as weather permits

Flushing may cause temporary discolouration of water or loss of pressure. Before using, please run your tap until the water is clear and refrain from doing laundry while flushing is occurring in your area.

We apologize for the inconvenience that this may cause.

If you have any questions, please feel free to contact
The Public Works Department at
705-865-2646 ext. 229 or 705-865-2358

WASTE ELECTRONICS DAY

Bring your waste electronics to the Public Works Yard on
September 25th, 2014 for FREE disposal!
Collection bins will be available from 12:00 noon till 7:00 pm.



THE SABLES-SPANISH RIVERS FIREFIGHTERS ASSOCIATION IS RAISING MONEY TO PURCHASE A FIRE SAFETY TRAINING TRAILER. BUY YOUR SMOKE ALARMS OR YOUR CARBON MONOXIDE ALARMS HERE AND **ALL PROCEEDS** WILL GO TOWARDS THE PURCHASE OF THE FIRE SAFETY TRAINING TRAILER.

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Are you recorded as an eligible elector for the upcoming municipal election? voterlookup.ca allows electors to confirm whether they are on the Preliminary List of Electors, used to prepare the Voter's List for election day.

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For more information, please contact the Township office at 705-865-2646 or MPAC at 1-866-296-6722.

STREET HOCKEY – GUINNESS WORLD RECORD

Join **MASSEY MINOR HOCKEY** as they attempt to break the Guinness World Record for Street Hockey- Most Players in an Exhibition Match! Not only are they raising funds for Massey Minor Hockey, they are taking the opportunity to break a world record! Participants must be 12 by December 31, 2014 and older, must be able to play for a full 10 minutes and also raise a minimum of \$100 in pledges. It will be held Saturday, **September 13 at 10:00 am in Massey** ... Registration is now open! Register and get your pledge sheet now! Don't forget there will be a prize for the most pledges raised ... Sponsorship for businesses is also available. To register or for more information, check out: www.masseypredators.weebly.com

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Back to School Safety



Get Prepared for Back to School Safety!

It's back to school time!

As school doors open, traffic gets a little heavier on our streets. People are back from holidays, school buses and public transit are on regular routes, and more people are walking, cycling or driving to school.

To help with the transition and share the roads safely, read our safety tip. Help everyone stay safe this school year!

1) Observe School Zone Speeds

Although you should always obey posted speed limits, it is especially important during the school year. Children crossing the road on their way to and from school can easily get distracted and step into harm's way. Slowing down and being vigilant is crucial to keeping kids safe. Children are often out throughout the day at recess, lunch, and for certain classes, so it's important to drive slowly throughout the day.

2) Obey the Crossing Guard

A crossing guard is there to keep children safe. If you come up to a set of lights, and the light turns green, but the crossing guard still says stop, follow his/her direction and not the traffic light. There might be a child still crossing the street that you can't see.

3) Watch for Darting Children

Kids are small and easily

distracted, and for drivers, this can create dangerous situations on the roads. Be vigilant and alert behind the wheel. You never know when a small child might step out from between parked cars or off a sidewalk. Your fast reflexes might be needed to prevent an accident.

4) School Buses

Most mishaps take place outside the bus. Make sure children don't arrive too early at the bus stop where they can wander or get into mischief. Make sure children wait well away from the road and stay back until the school bus makes a full stop and the doors open. Explain that they must walk at least three metres (10 feet) away when crossing in front of the bus so the driver can see them. When driving your car near a school bus please note that extra caution is needed. You shouldn't pass a school bus when the signal lights are flashing (as children are often crossing the road at that time), and drive slowly as a general precaution.

The following information is useful for school bus passengers and their parents.

Rules for getting on the bus safely:

1. Be at the bus stop on time. Never run to or from the bus.
2. Wait at the designated stop in a safe place well back from the side of the road.

3. Remember the danger zone around the bus. The danger zone is anywhere close enough to touch the bus. The bus driver cannot see you when you are in the danger zone.

4. If you cross the street to get on the bus: when the bus comes, wait until it has come to a complete stop. The bus driver will make sure all the traffic stops. The stop arm will be out and the red lights will be flashing. Watch the driver. When the driver knows it is safe, he or she will signal you to cross, but watch for traffic yourself. Walk, don't run.

5. Hold the hand rail as you get on the bus. Don't push or shove.

Rules for on the bus:

1. Take your seat as quickly as possible and sit properly, facing forward at all times.
2. Hold bags and parcels in your lap. Do not put your feet into the aisle: someone might trip.
3. Keep your head, arms and everything inside the bus. Don't throw anything out the windows or around in the bus.
4. Talk quietly. The driver must concentrate to drive the bus safely.
5. Save snacks for snack time at school or for when you get home. They may spill or you may choke if the bus goes over a big bump.
6. No fighting, shouting or playing in or around the bus.
7. Always follow the bus driver's

Continued on page seven...

Continued from page six...

instructions.

Rules for leaving the bus safely:

1. When you leave the bus, hold the handrail and step away from the bus.
2. To cross the street in front of the bus, walk ahead at least 10 giant steps (three metres).

Cross only when the driver gives a signal. Cross the street in single file.

3. If you drop something near the bus, don't pick it up. Tell the driver or another adult first.
4. If everyone is getting off the bus, the people at the front leave first. Do not push.
5. Be familiar with the bus driver's rules for emergencies.

Shoes That Fit Perfectly Prevent Injuries



If you've ever bought a pair of shoes that didn't fit well just because they were on sale, or looked too fabulous to pass up, you are certainly not alone. However, experts caution against these 'great buys', since ill-fitting footwear is one of the leading causes of preventable foot and lower limb injuries.

"Shoes that are too long, too short, too tight, or too wide not only cause painful rubbing and squeezing, they can also force the wearer to adjust their natural gait," says Alison Smith, a Canadian certified pedorthist. "This in turn can cause them to shift their pressure and weight, often leading to pain and injury."

Smith says fashionistas and bargain shoppers aren't the only people who wear ill-fitting footwear. Many of us inadvertently wear poorly fitting shoes because we don't know how to tell if a shoe fits properly.

If you are fitting your own shoes, certified pedorthists advise the shoes should feel comfortable the moment you try them on. It is a myth that snug-fitting shoes will stretch over time. Make sure you have room to wiggle your toes,

especially when you're standing and that the heel of the shoe fits snugly around your own heel. Also make sure you buy shoes that match the shape of your foot. If your foot is wide and square, you should purchase shoes that are wide through the top. Most importantly, you should never assume you are always the same shoe size. Feet shift and change over time and different shoes fit differently, so you should have both of your feet measured often.

Painful, injured feet can have a serious impact on your mobility. To make sure you can keep doing the things you love, always buy supportive, well-fitting shoes. More information on fitting shoes properly can be found at www.pedorthic.ca.

Get The Perfect Fit

To ensure your footwear fits properly Canadian certified pedorthists recommend you follow these steps:

- Get your feet measured by a professional fitter, preferably using a Brannock device.
- Take the insoles out of your shoes and stand on them. Make sure you have a thumb width between the longest toe and the end of the insole. Also check that your first and fifth toe fit on the insole and don't hang off.
- Shoes should bend at the widest point of your foot, where your foot bends.
- Laces or Velcro will help to ensure your shoe fits snugly and supports the movement of your foot.

www.newscanada.com

Healthy Lunches Help Fuel Active, Smart Children

What's the best way to help your children get good grades and have energy for long afternoons at school? Pack a healthy lunch! Here are some tips.

Excel at school

When children eat a well-balanced lunch, it's easier for them to concentrate at school and have energy for afternoon activities. A nutrient-sparse lunch will make them more likely to reach for unhealthy recess snacks, when energy is low and sugar cravings kick in. This could lead to weight gain and health problems down the road.

Studies show that in addition to providing energy, healthy lunches filled with whole grains, vegetables, fruit and protein can lead to better grades and higher scores on standardized tests, especially when compared with children eating high-fat, salty lunches.

Carbohydrate-containing foods, such as whole grain wheat, corn and soybeans, are crucial for brain health. The Grain Product food group in Canada's Food Guide provides carbohydrates to the bloodstream to fuel the mitochondrial furnaces responsible for your child's brain power.

Lunches that kids love

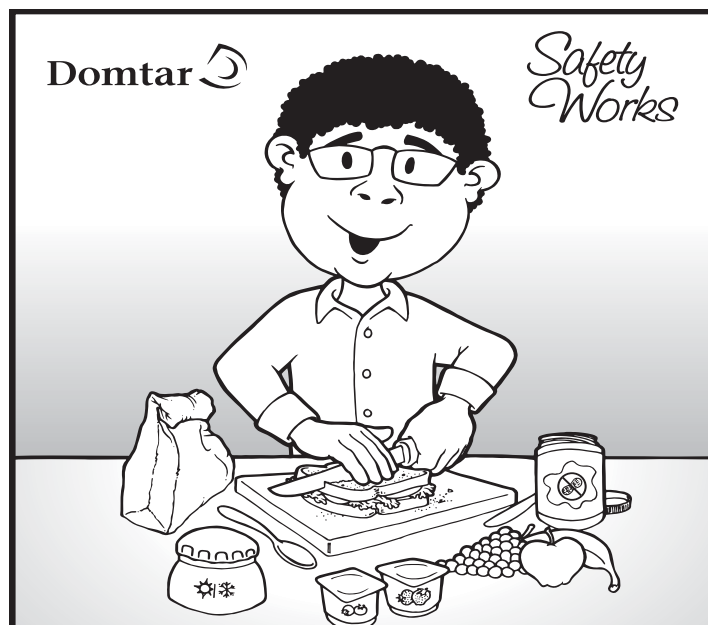
The healthiest carbohydrates include whole grains, vegetables, fruits and beans. They promote good health by delivering vitamins, minerals and fibre, which are required for normal growth and development. Grab that lunchbox and pack meals made with four food groups:

Vegetables and fruit
Grain Products
Milk and alternatives
Meat and alternatives

Most kids love sandwiches, which are a great way to ensure they get a serving of Grain Products, a staple food group in Canada's Food Guide, and carb-rich brain fuel. Stack protein and vegetables on different shapes and sizes of breads. Use cookie-cutters to cut sandwiches into children's favourite shapes.

Pack whole grain crackers with cheese, or make modern ants-on-a-log with soy butter and currants on celery to harness brain power. Visit www.goodineverygrain.ca or www.healthylgrainsinstitute.ca for more ideas.

www.newscanada.com




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SERVICES

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 Wellness & Chiropractic, Espanola. 09/16

PHYSIOTHERAPY – offered by Marilyn Wittmann. Located at Physio Moves in the Espanola Hospital. 705-988-3737. Visit www.physiomoves.net for services, rates, and hours. WSIB and MVA accepted. Acupuncture available. 09/30 - 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. 09/30 - R

ESPANOLA SELF STORAGE – 6x8 and 8x10 Storage Units available in Espanola. Located behind the car wash. Call 705-869-8405. 09/30 - R

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

NANCY'S NORTH SHORE FOOT CARE CLINICS – September 5 in Webbwood and September 30 in Massey. Call Nancy Bishop, Registered Practical Nurse, at 705-865-2623 to book your appointment. \$25, gift certificates available. Home visit available. Also registered with Veteran's Affairs. 09/9 - 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

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

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. 09/2

FOR RENT

FOR RENT – Room available for rent commencing Sept 1. Laundry included, call for more info. Must be clean. Call 705-869-5889. 09/09

FOR RENT - Lang Lake Resort winterized cottages. Full kitchen, satellite TV. Monthly rates available from October – May. Call 705-285-4241 for more details. 09/16

FOR RENT – 3 bedroom apartment, \$750 + hydro. Available October 1. Call 705-869-1378. 09/09

FOR RENT – 2 bedroom apartment, centre of Espanola, \$700/mo + hydro. Available immediately. Call 705-698-0645. 09/09

FOR RENT - House for rent, close to uptown. 2 bedrooms, 2 baths, large yard, includes fridge, stove, washer, dryer, dishwasher, and central vac. No smoking. Asking \$800/month plus utilities. Available any time. Please call 705-869-8189. 09/23

COMMERCIAL SPACE FOR RENT



NEW OFFICE SPACE in KFC Plaza in Espanola (760 sq. ft.). Very reasonable rent. Call 705-869-1742. 09/23

FOR RENT – Commercial space, \$750 inclusive, Centre Street, Espanola. Available immediately. Call 705-869-1378. 09/09

BINGOS

MASSEY AREA MUSEUM BINGOS – October 6 at the Massey and District Arena. Doors open at 6:15 p.m. Bingo starts at 7:00 p.m. \$1775 in cash prizes. 09/23 R

EMPLOYMENT OPPORTUNITY



HELP WANTED

**NOW HIRING ALL POSITIONS
FULL AND PART TIME
WE PAY ABOVE MINIMUM WAGE
BENEFITS AVAILABLE**

FOR SALE

LOCATED IN WEBBWOOD – 2 building lots, 1 with double garage with 200 amp service. Fully insulated and heated. Also pump house and well. 705-865-2551. 09/09

FURNITURE FOR SALE - Ashley love seat and matching recliner \$575, solid Oak kitchen table with 4 chairs, middle insert and matching 2-piece hutch \$775, 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

FOR SALE - 15 ft aluminum fishing boat, 4 pedestal seats, 50 hp mercury with easy loader trailer. Asking \$2000 firm. Call 705-869-0611. 09/16

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 SALE – 175 amp gas welder, Wolfpak, 320 hours, Honda engine. Also, lots of other tools in garage. Call Jonathon at 705-583-2298. 09/23



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call Robina or Blanche 705-285-4335

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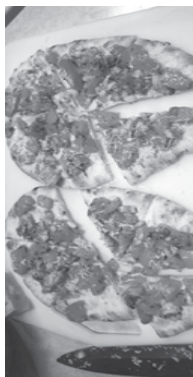
Recipe

I made the following recipe for supper the other night to accompany grilled chicken and pasta. I used fresh tomatoes and basil out of my garden and it was so delicious, I could have made a meal out of just the bruschetta. I didn't feel like going back outside to grill the Naan so I did it in the oven on a cookie sheet at 400 degrees until the Naan bread was as crispy as I wanted it. If you want you can pop it back into the oven or onto the grill for a bit after you add the bruschetta to melt the cheese or don't as the recipe suggests which will keep the tomatoes firmer. It's yummy either way.



Grilled Naan Bread with Bruschetta Recipe

- 2 slabs Naan bread
- 3 vine ripe tomatoes, diced
- 1/4 cup fresh basil, chopped (you can also use cilantro if you prefer)
- 1 clove of garlic (or 1/4 cup red onion, chopped if you are not a garlic fan)
- Juice of 1/2 a lime (I didn't have a lime and it was still delicious)
- 1/4 cup of Parmesan cheese, freshly grated
- Splash of olive oil
- Salt and pepper to taste



Grill 2 slabs of Naan bread for 1 minute on each side or until desired crispness. If you prefer a soft bread rather than a crispy texture, sprinkle the bread with some water. Combine ingredients in a bowl and spoon onto the bread. Grate or sprinkle the cheese directly over the bruschetta and serve immediately.

Note: you can also sprinkle it with mozzarella cheese and place it back into the oven for a minute until the cheese melts.

MASSEY MINOR HOCKEY REGISTRATION

6:00 - 8:00 p.m.

MASSEY AND DISTRICT ARENA

September 2, 3, 4, 2014

September 8, 9, 10, 2014

| | |
|---------------------|-----------------|
| MIGHTY MITES | \$100.00 |
| TYKES | \$475.00 |
| NOVICE | \$500.00 |
| ATOM | \$500.00 |
| PEE WEE | \$500.00 |
| BANTAM | \$500.00 |
| MIDGET | \$500.00 |



**WANT TO BECOME A VOLUNTEER,
ASK US HOW YOU CAN HELP OUT**

COMMUNITY NOTES

Popcans for Petsave - If you would like to donate your aluminum cans for a good cause please phone 705-869-6357 after 6:00 pm.

Espanola Elks Dart League - Looking for new players. Tuesdays 7:00 - 9:00 p.m. Sept 2 - Dec 1. Call Debby at 705-869-2925 or the Elks Hall 705-869-1931.

French and English Story Hour - Espanola Public Library, Register Wednesday, September 3 for 10 weeks. Tuesday mornings are English and Wednesday mornings are French. For information, call 705-869-2940.

Espanola Seniors Euchre Tournament - Saturday, September 6 at 1:00 p.m. at the Seniors' Drop In Centre.

Webbwood Fraternal Order of Eagles 4269 Ladies Auxiliary Monthly Spaghetti Supper - 3 Centre Street, Webbwood, Saturday September 6 from 5:00 - 6:30 p.m. Everyone welcome. For more info, contact the club at 705-869-4269.

Workplace Wellness Challenge - Climb That Mountain registration and opening wellness event called Your Health Matters, will be on September 9 from 12:00 - 1:00 p.m. at the Espanola complex

Royal Canadian Legion Meat Roll Offs - Any club wishing to raise funds through the meat roll offs from October - April should submit their applications by September 15. Email rcl-39@persona.ca or call 705-869-1711.

Kara Huffman Bouillon Memorial Fishing Derby - Saturday, September 13 on Agnew Lake in support of the Kara Huffman Bouillon Trust Fund for the O.P.P. officer's children's education. Phone 705-936-7688 or email lisa.bouillon@ontario.ca to donate.

Espanola Sea Cadets #357 Hero - 12-18 year olds...looking for a rewarding way to spend your time? The local sea cadet corps offers leadership, adventure, memorable experiences and lasting friendships. Every Wednesday night from 6:00 - 9:00 p.m. at the Espanola Legion starting Sept 3rd. Visitors and new cadets always welcome. 705-862-7700 or www.espanolaseacadets.com for more information.

Espanola Horticultural Society Tour - What to do with tons of fish guts and sawdust? Find out on Saturday, September 20. Join us as we tour Meeker's on Manitoulin Island. The tour will explain how the Magic Mix is made followed by a tour of the Blue Goose fish farm. Non-members welcome. For more info and directions, please call 707-865-3005.

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

Bushido Martial Arts

At The Espanola Elks Club

Join Anytime!

**"Be part of Espanola's
Growing Martial Arts Community"**



Classes start Sept. 8, 2014

Monday & Thursday

6:00-6:45 - Ages 6-11

7:00-8:15 - Ages 12 & up

Chuck Trahan

Renshi

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Massey Predators Seek to Break Guinness World Record

The Massey Predators are not only raising funds for Massey Minor Hockey, they are also looking to break a Guinness World Record by having the most street hockey players in an exhibition match. The event takes place Saturday, September 13 at 8:00 a.m. at the Massey Arena. Everything kicks off with a carbo-loading pancake breakfast and the game begins at 10:00 a.m. The qualifications are simple: you must be at least 12 years old by December 31 of this year,

collect at least \$100 in pledges, and be able to play for at least ten minutes.

The goal is to get 150 players, but, as the saying goes, the more the merrier! Massey Minor Hockey is looking for sponsors to take part as well. If your business would like to get involved, you can email masseypredators@hotmail.com or visit their website at www.masseypredators.weebly.com for more information. Prizes will be given to the participant with the most pledges.

McKerrow Dedicates New Playing Field Inaugural Soccer Invitational a Huge Success

Some remarked that it was the weekend summer returned to northern Ontario. Thankfully, after almost a week of rain, the sun was shining on the dedication and grand opening of the Cpl. Glen Arnold Memorial Sports Field in McKerrow August 23-24. Soccer clubs from Elliot Lake, Espanola, Sudbury, and the boys and girls Aboriginal Team Ontario (some of whom travelled from Moose Factory, Sioux Lookout and Thunder Bay) converged on the field, which has largely sat vacant for the better part of a few years. The project was no easy task, given a strict timeline (and a lot of bad summer weather) once the date had been set for the invitational on third weekend in August. McKerrow Councillor David Fairbairn and his colleagues had their hands full erecting fences, nets, and growing grass on what used to be a gravel ball field. Buildings were painted, a sign bearing the name of the fallen corporal was made and installed. Espanola Minor Soccer Association tournament coordinator Bob Rigby organized and invited all of the teams that took part; he also measured and lined the field...twice. Yes, the rain had washed away the first attempt and the night before play was to begin it had to be redone. After it was all said and done, the smiles on the children's faces and the very apparent gratitude of a military family whose son had made the ultimate sacrifice made the effort well worth it. The invitational will become an annual event in McKerrow and Espanola.



Photo: Mrs. Arnold cuts the ribbon just before the first soccer game commences at the new Cpl. Glen Arnold Memorial Sports Field in McKerrow. Councillor Ray Maltais (left), Mr. Arnold and Councillor Vern Gorham (both right) look on.



Photo: Mary McKenzie pipes in the procession, which included Espanola Legion Branch members.



*Fun, Friendship & Fitness...
Join one of our many growing Leagues!*

Regular Registration

Oct. 1, 2, 7 & 8 at 7 p.m.
Espanola Curling Club, 58 Mead St., Espanola

Save
7%
by Aug 31
or 5%
by Sept 30

| | |
|---|---|
| <p>UNLIMITED LEAGUES \$470.00 ONE LEAGUE \$370.00 NEW CURLER \$250.00 FAMILY \$800.00</p> | <p>JUNIOR (13-18) \$115.00 BANTAM (12 & under) \$75.00 <small>FEE PRICES INCLUDE HST SENIORS DISCOUNT - \$30.00 LATE REGISTRATION FEE OF \$25 APPLIES AFTER OCTOBER 30th.</small></p> |
|---|---|

TENTATIVE LEAGUE SCHEDULE

Monday - Two Person Curling
Tuesday - Afternoons & Ladies (Nights)
Wednesday - Youth (after school)
Wednesday - Mixed/Open (Nights)
Thursday - Afternoons & Mens (Nights)

Have A Special Event or Want To Organize Your Own Bonspiel?
Call The Club For More Details!
BOOK THE CLUB NOW
For Your Christmas Staff Parties!
CALL LISA 705-869-4927

FOR MORE INFORMATION
Espanola Curling Club 705-869-2133 or Call Jack 705-869-3186
www.eteamz.com/espanolacurlingclub
Check us out on Facebook!

2nd Annual Ovarian Cancer Awareness Walk

Sunday, September 7th

Lions Club Breakfast from 8:00 – 11:00 a.m.

Photo Shoot 10:00 a.m. – noon

Pre-registration for the walk all morning.
Noon – 12:30 p.m. - registration continues with a slide show.

12:30 p.m. Opening Ceremonies – words from Lisa Gamelin and the Northern Cancer Foundation.

Route is from the Espanola complex, Avery Drive, Second Avenue to Highway 6, Park Street, back to the complex.

OVARIAN CANCER AWARENESS



HOPE - STRENGTH - SURVIVE