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New Espanola Walk In Clinic Open



Photo: Television connected to the Ontario Telemedicine Hub.

By Chloe Kneer - Espanola and area residents in need of medical care now have an alternative to heading to the emergency room at the Espanola Regional Hospital and Health Centre. John Kaldus, owner and pharmacist at Robinsons Pharmasave has just completed renovations and set up of a walk-in clinic at the store. "Putting this together took quite a lot of time and effort, so I'm glad it's finally rolled out and smooth," he says. Kaldus has been working on the walk-in clinic since last April. When patients enter Pharmasave they won't notice that much has changed in the layout of the store. They go to the pharmacy counter to check in, then to the cozy waiting area for their turn to see the doctor. Upon entering the exam room, everything that's typically found in the room is there, including a bed, a sink, a desk and some storage. However one piece of equipment stands out as being unique to this clinic: a

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Continued on page five...

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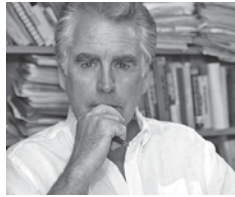
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Jose Afonso - Doorman To The Stars Retires

I have shaken the hand that shook the hand of kings and queens, presidents and prime ministers, Hollywood stars and the world's greatest spies. And last month I shook that cordial, soft hand for the very last time.

Jose Antonio Azevedo Afonso is retiring after 63 years as the doorman of the grand Hotel Palacio in Estoril, Portugal. I have been greeted by this man at the entrance to one of Europe's classiest hotels on five occasions and he always makes me feel I've

come to stay in his home where all the staff are family. In his blue suit with a red cape and matching cap set off by the white gloves and gold chains draped over his left shoulder - Jose Afonso wears the uniform of a doorman with pride.

He has bowed to greet the most beautiful women in all the world including Rita Hayworth, Gina Lollobrigida, Zsa Zsa Gabor and Audrey Hepburn. "Grace Kelly," said Jose "was very nice." With her, he had his picture taken.

Jose Afonso met Van Johnson and helped ensure Rex Harrison's privacy when the English actor preferred to dine alone in the Grill Four Seasons restaurant. Orson Wells, Ed Sullivan, Tyrone Power and Tony Blair - Jose has something nice to say about them all. Maurice Chevalier hummed in the elevator.

Jose has had a quiet word with some of the world's greatest movers and shakers like



Henry Ford II, the Agha Khan, the Rockefellers and the Rothschilds and Indira Nehru, later Gandhi and the third Prime Minister of India.

The close-knit towns of Estoril, Cascais and Sintra formed a triangular refugee camp for the world's rich and famous. What with World War II raging across Europe and Portugal being entirely neutral, this lush land sweeping up the mountains from the beaches of the Atlantic

became a haven for deposed kings and ex-queens as well as displaced dukes, duchesses, counts and countesses. Refugees with sprawling farms or four-storey villas and bank accounts in Switzerland. So many royalty lived in this tiny enclave, the Atlantic here was called "The Coast of Kings."

One James Bond, George Lazenby of On Her Majesty's Secret Service not only stayed at The Palacio but the fictional James Bond was actually born here. Ian Fleming returned to the Palacio after the war with the files of his favourite agent and friend, Dusan Popov, the Yugoslavian spy they called "The Tricycle." Fleming wrote on the balcony of Room #521 with a view of the ocean, the park and the Estoril Casino. That's where Popov became Bond and Casino Royal became the first of a series of 12 books that created an industry of 23 Hollywood movies.

Continued on page three...

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ESC Franco-Ouest Students Committed To The Rehabilitation Of An Espanola Stream



For the past seven years, students and staff from Espanola's École secondaire catholique Franco-Ouest have been engaged in efforts to rehabilitate the community's creek, which has a small natural population of brook trout. Their focus is on improving physical conditions in the creek and in spawning sites. After several years of hard work, a growing number of fry have

been observed downstream from the targeted area. The creek, located on the Espanola Golf Course, flows into the Spanish River.

For a second consecutive year, the project received a Jane Goodall Protecting Our Sacred Water grant valued at \$1,000. The grant is dedicated to water protection projects, the promotion of First Nation

perspectives in regards to the importance of protecting our waters and the development of a student-led action plan.

As the students worked to rehabilitate the banks of the creek and incorporate biological remediation techniques, they were made aware of Aboriginal knowledge in regards to sacred waters. The project also benefits from the support of the Espanola Golf Course, the Ontario Ministry of Natural Resources, Domtar, Learning for a Sustainable Future and the Jane Goodall Institute.

"In past years, the local creek suffered bank deterioration and sedimentation due to golf course activity," explained École secondaire catholique Franco-Ouest biology teacher Mr. Roc Larivière. "Through our efforts, we are seeking to maintain the viability of this aquatic ecosystem, which is part of our community heritage.

The project enables students to become involved in the Espanola community and take part in a major scientific, ecological, social and economic project. We also believe that

the restoration of an ecosystem is fully compatible with human activity."

"The project's success is dependent on the participation of students and on our ability to help them understand the importance of the relationship between ecology, community life and local industry," Mr. Larivière concluded.

For more information, please call Mr. Roc Larivière, biology teacher at École secondaire catholique Franco-Ouest in Espanola, at 705-862-7437.



Continued from page two...

A welcoming witness to all that fame - Jose Afonso was a nineteen-year-old kid from a poor family when he got his first job at the hotel as a bell boy. You might not think that the job of a doorman is one to be coveted or cherished for 63 years but this was The Palacio, the jewel of European hostelry.

Amid all the pomp and circumstance, a gaffe was bound to happen. The American couple Cindy Adams and Joey Adams visited The Palacio in the 50's - he to vacation, her to collect gossip. Joey was a comedian and humour writer and Cindy was one of the most successful gossip columnists of her day. The rich and famous who gathered for high tea every afternoon adorned with satin sashes and glittering jewels were rich fodder for Cindy's writing.

The interview that Cindy drooled over was a one-on-one with a frequent visitor to the hotel, the King Umberto of Italy. He was addressed at The Palacio as Sua Excelencia Rei, pronounced 'Ray.' For weeks Cindy hounded The Palacio public relations director to set up the meeting. With little time left in her visit, the PR guy finally made the royal connection. He was standing in the lobby next to the King of Italy when Cindy entered

with bundles of handcrafted souvenirs and gifts for the folks back home. Excited, she was showing off her purchases to the staff when the PR man finally got her attention and said:

"Your Excellency, may I present Cindy Adams. Cindy, this is Rei Umberto." Bubbly, as was her nature and still not quite focused, Cindy cheerily replied: "Hello Ray, what did you say your last name is?" Cindy had stopped just short of asking him to help her with her parcels. Kings don't have last names. Cindy didn't get the interview and Joey Adams, a stand-up comedian was likely crushed by being upstaged by his wife.

Please understand - I do not have the means to live in the lap of luxury but once in awhile, like a curious cat I like to jump up there to see what goes on. Thank you Jose, for showing me around.

Adeus Jose Afonso! You have earned a peaceful retirement in your beloved city of Braga. The stories you tell your great grandchildren will sound like fairy tales, except they'll all be true.

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



THE ONE TOT STOP DAY CARE MASSEY

would like to invite all families with young children to join us for an Evening Playgroup. We have three evenings available, come to one or come to all!

Where: S. Geiger School, west end of school

When: Wednesday February 25th 6 p.m. to 7 p.m.

Wednesday, March 4th - 6 p.m. to 7 p.m.

Wednesday, March 11th - 6 p.m. to 7 p.m.

Snacks will be provided



For more information call Janice at **705-865-3281**



Easter Seals Snowarama Rasises Over \$6,000 For Kids



Easter Seals Snowarama raised over \$6,000 on their annual ride to benefit children and youth with disabilities. Winners for the event included Theresa Land, Top Female Fundraiser; Ed Land, Top Male Fundraiser; Jenna Laforge, Top Youth Fundraiser Ages 12-17; Kayah Robinson, Youngest Youth Female Rider Ages 12-17; and Isaiah Robinson, Youngest Youth Male Rider Ages 12-17. Congratulations to all.



Photo: (Left to right) Mike Mantha, Lisa Richer, Kayah Robinson, Isaiah Robinson, Theresa Land, Ed Land, Carmen Bazinet, Rosalind Russell, Carol Hughes.

Council Wrap Up Reports

Sables-Spanish Rivers

By Chloe Kneer - The Sables-Spanish Rivers Council Meeting on February 11 had healthy debate over a proposed Exotic Pet By-law in the township. Mayor Leslie Gamble explained that the by-law was intended to quell the fears of some seniors living in public housing units by limiting the types of pet species that would be allowable in these types of shared dwellings. Recent incidents with large snakes and pet rats in other municipalities prompted Sables-Spanish to consider banning certain types and sizes of pets. Councillor Charlie Smith was unhappy with some of the wording in the by-law's draft, citing concerns

over limiting what farmers in rural areas may wish to keep. He and Councillor Harry Hobbs discussed what was being regulated municipally versus provincial and federal regulations. "I don't think we need another layer of bureaucracy when it comes to telling farmers what livestock they can and cannot have. It's not the government's business," Smith said.

Council also approved a motion in favour of setting the default speed limit on local roads in urban areas at 40 km/hr, rather than the current 50 km/hr. The Ministry of Transportation is seeking input from municipalities on the measure.

Espanola

By Chloe Kneer - There was little on the agenda at the most recent Espanola Town Council meeting, but councillors addressed a few things in their remarks before closing the meeting on February 10. Mayor Ron Piche read a prepared statement in regards to the recent decision by the Community Services Committee to scrap the hanging flower baskets that usually adorn the light posts in Espanola during the spring and summer months. He said, "This is no slippery slope or reason to be afraid [that council will be cutting necessary services]. We are very appreciative of what the Horticultural Society does to beautify our town, but when it comes to [Public Works] man hours and equipment to maintain hanging baskets, we must look at total cost. We are currently going over

the 2015 budget and looking at needs versus wants. This council is about saving money to keep our taxes down and we are working on it." Piche also explained that the idea of flying flags of every nation in the town is under discussion to support and symbolize all of the different ethnic groups in Espanola, much like the Bridge of Nations in Sudbury. Councillor Bob Yocom had high praise for the community in its support of blood drives at the Knights of Columbus Hall. The next blood donor clinic will be in April and Canadian Blood Services has decided to add an extra hour to the clinic due to people having to wait to give blood at a recent record turn-out for the clinic. Yocom also complimented local service groups for their participation in organizing events for the Winter Carnival/ Family Day long weekend.



Espanola & Area Family Health Team Let's Talk Series

Join the Registered Dietitian at the Elk's Hall on February 23rd from 9:45am-10:15am to discuss stir fry recipes and reducing sodium

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Manitoulin Northshore Victim Services Games Night and Open House



Victim Services is looking for **Volunteer Crisis Responders** to join our dynamic team. We provide initial assistance to victims of crime, trauma, and tragic circumstance. No previous experience necessary. Our training will provide you with the skills, knowledge, and confidence to become a Volunteer Crisis Responder.

Looking for more information? Drop in to the **Espanola Lighthouse** between 3pm and 6pm on **Feb. 26th** for our games night, and learn a little more about what we offer. Games and refreshments provided.

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Continued from front page...

New Espanola Walk-In Clinic Open

big screen television with access to the Ontario Telemedicine Hub.

The doctor running the clinic is an International Medical Graduate (IMG). She is a Canadian citizen who was educated in the U.S. and is waiting for a Canadian residency. That unique piece of equipment connects her to a licenced Ontario physician, with whom she consults on every patient she sees. They discuss what tests to perform and ultimately it is the consulting physician who diagnoses, refers, or prescribes medicine to the patient. The local doctor uses her tablet to check the schedule each morning to see who her consulting physician is for the day. Then she logs

into the hub to connect with that doctor.

Kaldus explains that his clinic is independent of the hospital and the Espanola Family Health Team, although it does have their support, and the clinic refers patients to the FHT services, for example the diabetes program. You do not have to be an "orphan" patient to visit the clinic. Kaldus says, "Anybody who has a family physician may still come see us, with no implications to their family practitioner, as this is a pilot project that is funded differently." Anyone needing prescription renewals or an assessment is welcome.

Hours for the walk-in clinic are Monday – Friday from 9:00 a.m. – 6:00 p.m. and Saturday from 9:00 a.m. – 3:00 p.m.



Photo: Waiting room at the new Robinson's Pharmasave Walk In Clinic

Félicitation à Amanda Laforge

Après tant d'années de travail que tu as consacré à tes études en travaillant toujours à temps plein, ce diplôme représente un grand succès tant attendu. Félicitation pour l'obtention de ton diplôme d'Éducation en services à l'Enfance de la part du personnel du Centre de la petite enfance d'Espanola ainsi qu'All Star Children Services Inc.

ALL STAR CHILDREN SERVICES INC.

Child Care Provided Along the North Shore
Service à la petite enfance

Recipe



I can't say that raisins are my most favourite thing but when added to certain recipes they do add a sweetness that I very much enjoy. For example, I love them in rice pudding and I love them in the following recipe. I think the secret is soaking them in liquid which allow them to plump up and not be hard, little morsels. Even as a child I loved the following cookies that my Grandma made; raisins and all. They are large, cakey, spicy and perfect dipped in a glass of milk.

Grandma Williams Jumbo Raisin Cookies

- 1 cup water
- 2 cups seedless raisins
- 1 teaspoon baking soda
- 1 cup margarine
- 1 cup brown sugar
- 1 cup white sugar
- 4 cups flour
- 1 teaspoon baking powder
- Dash salt
- ¼ teaspoon each (or a sprinkle as Grandma wrote) of cinnamon, nutmeg, ginger and/ or allspice
- 3 eggs
- 1 teaspoon vanilla

In a saucepan bring water and raisins to a boil and then simmer for 5 minutes. Set saucepan off of heat and add the baking soda, margarine, brown sugar and white sugar. In a large bowl, mix the flour, baking powder, salt, and spices. In a large measuring cup beat the eggs and add the vanilla. In the bowl with the flour mixture make a well. Dump in the raisin mixture and then the eggs. Mix well. Drop by tablespoon onto a greased cookie sheet. Bake at 350 degrees for 10 – 12 minutes. They will rise and be jumbo!

Espanola Skating Club

presents

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Featuring *Natasha Purich and Drew Wolfe*

Sunday February 22nd, 2015
At the Espanola Regional Recreation Complex
2:00PM

Tickets: Adult \$ 10.00
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TENDERS TAKEN

ESPANOLA GOLF COURSE NOW ACCEPTING APPLICATIONS – for Kitchen Lease & for Bar, ProShop, Grounds Crew, & Janitorial Staff. Closing date March 31, 2015. Please forward applications to: Espanola Golf Course, 309 Golf Course Road, Espanola, ON P5E 1A3. 2/17

WANTED

CARPOOLER WANTED - Looking for someone to carpool to New Sudbury Monday-Friday. Leaving Espanola between 7-7:30 a.m., departing Sudbury between 4-4:30 p.m. Call 705-918-0257. TFN

BINGOS

MASSEY AREA MUSEUM BINGOS – March 2 at the Massey and District Arena. Doors open at 6:15 p.m. Bingo starts at 7:00 p.m. \$1825 in cash prizes. 3/10 - R

FOR RENT

FOR RENT – 1 bedroom apartment at 45 Arthur Ct, Espanola. Available February 1, no pets allowed and references required. Call 705-869-5989. 3/10

FOR RENT - 2 bedroom apartment for rent at 196 Barber Street in Espanola, close to uptown. Non- smoking and not pet friendly. Available March 1, \$620 per month plus utilities. References required. 705-865-2413 or 705-662-8203. 2/24

FOR SALE

FOR SALE - 2004 Hyundai Sante Fe—Standard, used motor installed, 160k km on motor, 225k km on car. New water pump and timing belt. Will trade for quad or snowmobile of equal value. Asking \$4,000 obo Call 705-716-7564. 2/17

FIREWOOD – Limited amount of wood for sale. Call Greg at 705-822-4734. 2/17

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Employment Opportunity With The Town of Espanola

**Full – Time Labourer Position at the Public Works Dept.
File No. 2015-PWD-01AA**

Interested applicants are invited to submit a detailed application outlining current experience, background, and education in a sealed envelope or by email and quoting the file number by no later than 4:00 pm on Friday, February 27, 2015.

Applicants must have successfully completed Grade 12 or equivalent, and possess a Valid DZ Drivers License. As well, a knowledge and ability on heavy equipment and trucks will be considered as a benefit to this position.

The position will be on a permanent basis and will require evening, night shift and/or weekend work.

All considered applicants will be required to submit to a thorough medical examination prior to the final awarding of this position.

Salary: As per collective agreement

A Criminal Reference Check will be required.

We thank all applicants, however only those to be considered for an interview will be contacted.

In accordance with the Municipal Freedom of Information and Protection of Privacy Act, personal information is collected under the authority of the Municipal Act and will be used only for candidate selection.

The Town of Espanola is committed to providing accommodations throughout the hiring process. If you require an accommodation, we will work with you to meet your needs.

Joel Yusko
Manager of Public Works/Parks
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Email: jyusko@espanola.ca
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Learning to Grow Organically



Photo: Stuart McCall in one of his three greenhouses at McGrows Farms. Photo from www.mcgrowsfarms.ca.

The Espanola Horticultural Society held its meeting recently with guest speaker Stuart McCall, who is a northern Ontario transplant. McCall purchased five acres of property in Garson and since 1996 has been the proprietor of McGrows Farms and Gardens. Demand for his product has taken off and grown steadily through the years, necessitating expansion of their fields, the building of a total of three greenhouses and hiring students for extra muscle, the first of whom has worked

with them for five years now. McCall was in Espanola to discuss growing local, fresh, organic produce. As a member of the Eat Local Sudbury cooperative since 2008, he knows of what he speaks. McCall gave practical pointers to those in attendance, including only choosing to grow what our short growing season will allow (about 90 days frost-free maximum). When developing a new field, McCall suggests taking into account many factors, such as: the lay of the land, sun

COMMUNITY NOTES

Shrove Tuesday Pancake Supper – Espanola United Church, Tuesday, February 17, 5:00 – 6:30 p.m. Enjoy pancakes, sausages, dessert and tea or coffee. Tickets available at the door.

Alive Inside Private Screening – Join the Alzheimer Society Wednesday, February 18 from 7:00 – 9:00 p.m. at the Espanola Senior's Drop in 799 Queensday, Espanola.

Children's Clothes Closet - Free new or gently used children's clothing from newborn - 6X. February 18, 9:30 a.m. – 1:00 p.m. at Calvary Baptist Church, 599 Barber St. Espanola

Bean Supper - Zion Lutheran Church is hosting its annual Bean Supper on Sunday, February 22, from 4:30 – 6:00 p.m. at Zion Lutheran Church, Imperial Street South in Massey. For more information please call 705-865-2020.

Femmes Canadiennes Francaise d'Espanola Soup And Sandwich – Thursday, February 26 from 11:00 a.m. – 2:00 p.m. at the St. Jude Church.

Espanola Little Theatre Annual General Meeting - Saturday, February 28 at 1:00 p.m. at 601 Vanier Rd. Please send a message to elt.exec@gmail.com to confirm attendance.

Fund-raiser Breakfast – St. James Anglican Church, Massey. Sunday, March 1, 9:30 a.m. – 1:00 p.m. For information, call Marilyn at 705-865-2916 or RuthAnn at 705-865-2004.

Free Bus to Sudbury Seedy Sunday – On March 8. New and experienced gardeners welcome. Bus leaves Massey 8:15 a.m. and Espanola 8:45 a.m. Exchange and buy seeds, speakers, local food/garden vendors. To register, call the Sudbury and District Health Unit at 705-222-9202 ext. 537

Community Living Information Sessions – For individuals and families with developmental disabilities, learn more about access to community participation supports through the Passport Services program. Monday, March 9 at 6:00 p.m. at the Training and Resource Centre, Hwy 17, Massey and March 10 at 6:00 p.m. at Day Services Cafeteria, 345 Hwy 6, use Thornloe Street entrance. RSVP by March 2 to Kathy Ainslie 705-869-0442, ext. 30.

Scrap Your Way Into Spring - Saturday, March 21 at the Walford Community Hall, 9:00 a.m. to 9:00 p.m. Mother/child/grandma activity. Everyone welcome. Sponsored by St. Andrew's United Church. To register, phone Denise at 705-865-3399 or Jane at 705-865-2268.

Community Art Collective - Coral Reef Project sponsored by the Espanola Public Library, first Thursday of the month at 9:00 a.m. and third Thursday at 6:30 p.m. www.espanolafibreartsfestival.ca for 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

versus shade, wet versus dry areas, irrigation and micro-climate controls (wind shelter, etc).

He explained how sustainability affects crops and that rotating beds is necessary with certain produce, like carrots, but tomatoes, not so much. He also touched on composting and pests, since he maintains a certified organic farm. McCall frequently takes visitors on tours of his farm, allowing them to walk the grounds and become part of the surroundings. One of the best bonuses of growing

your own food, McCall says, is the shelf-life, "I am still eating tomatoes that we picked late in the summer; it's not easy to find produce that sits on your counter for months and remains edible." Gardening enthusiasts, new or experienced, are encouraged to jump on the Seedy Sunday bus Sunday, March 8. The bus is leaving from Massey at 8:15 a.m. and Espanola at 8:45 a.m. The ride to Sudbury is free for buying and exchanging seeds and more. Look for more information about the bus in the Community Notes.



Registration takes place March 3, 5, 10, 12, 24, 26 at the Espanola Recreation Complex from 6:00 p.m. – 8:00 p.m.

Division	DOB - Children Born	Fees
U5/U7	2008, 2009, 2010, 2011	\$ 75
U9/U11	2004, 2005, 2006, 2007	\$ 95
U13/U15	2000, 2001, 2002, 2003	\$ 120
U18	1997, 1998, 1999	\$ 120
19+	Open – up to and including 1996	\$ 135

Fees include full uniform (socks, shirt, shorts). Playing days and divisions will depend on registration.

- * Sign up to become a referee! Course available and paid by EMSA. Enroll your child now.
- * First-time registrants must bring proof of age.
- * 2015 season begins May 19th.
- * Competitive option for interested players.
- * **No late registrations in 2015.**

**Espanola Minor Soccer Association
Annual General Meeting**

Thursday, March 12 at 7:00 p.m.
upstairs at the Espanola complex.

All are welcome and encouraged to attend!

**Coaches and parent volunteers needed
this season. Phone Bob Rigby at 705-
869-5231, or Lynne Gibson 705-869-1691.**



REGIONAL BUSINESS CENTRE RÉGIONAL DES AFFAIRES

Register early - space is limited **705-688-7582**
regionalbusinesscentre@sudbury.ca
www.regionalbusiness.ca

NEED FREE SMALL BUSINESS ASSISTANCE ?

Our Small Business Consultant will be on-site reaching out to local small Businesses and would-be entrepreneurs to help answer your questions.

Starting a Small Business Seminar - 9:00 am to 10:30 am

Writing a Business Plan Seminar - 10:30 am to 12:00 pm

One on One Consultations - 1:00 pm to 4:30 pm

Date: February 23, 2015 **Address:** Cambrian College Employment Options, 91 Tudhope Street, Suite 101, Espanola.

