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Espanola Phoenix Soccer Teams Have A Busy Summer



Photo: The Espanola Phoenix were recently in Elliot Lake to play ELMSA and Camp Bil-O-Wood teams.

By Chloe Kneer – Espanola Minor Soccer Association has seen the soccer season expand from just 6 weeks in the summer a few short years ago to a now year-round program, including a winter indoor season and two competitive travel teams in the U13 and U15 divisions. Last summer the teams competed in Sudbury and Huntsville and this year, they have already been

Continued on page five...

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All The World's A Circus

William Thomas

williamjthomas@gmail.com

Advice to Americans Travelling Abroad

According to USA Today, a non-profit business association is attempting to enhance the time-worn image of American tourists by promoting an attitude adjustment when travelling abroad. The World Citizen Guide put forth by Business for Diplomatic Action (BDA) has already been embraced by the Travel Industry Association of America. The guide politely suggests Americans travelling in foreign lands should tone it down, dress it up and miss a meal once in a while. Also "People overseas don't just dislike our foreign policy; they dislike us."

It's like that old Bob Hope line: "It's a thrill to be here in Russia. Surprisingly enough, I'm not having any trouble with the language. Nobody speaks to me." I don't see Americans as loud, arrogant and poorly dressed ... at least not since I quit going to Florida. Anybody who thinks Americans make for lousy tourists has not stayed at a Caribbean resort hotel popular with middle-class Germans. Charming, how they still snap their fingers for waiters and gather in doorways. Or British football fans in southern Spain who learned everything they knew about international etiquette from watching Fawlty Towers. Or middle-age Brits who will only eat in a Portuguese restaurant if it serves

'mushy peas.' Every North American traveller could benefit from the advice offered by the World Citizen's Guide – speak lower and slower, avoid slang, listen as much as you talk, lose the cut offs and tank top and avoid hot-button topics. If a discussion of religion and politics can get you into a brawl at your local bar, mentioning Bush, Cheney and God in Cairo will likely get you mummified. And if you eat at a McDonald's in Paris, a city with thousands of quaint little bistros, then you should probably be deported. And no, Taco Bell in Europe does not qualify as "local cuisine," not even in Mexico.

Here then are a few dos and don'ts for North Americans travelling abroad. Do not say: "Hey! Is that kid taking a leak in that fountain!?" Say: "Ah mais oui, the Manneken Pis! How every chic." Do not say: "That's the Eiffel Tower!?" It looks like the Empire State Building with anorexia!" Say: "Boy that's a really neat tower! Can I bungee jump that thing?" Do not say: "I can't believe this place doesn't have an ice machine!" Say: "Excuse me, but my wife has sprained her ankle on your carpet. Could we have a bag of ice per

Continued on page three...

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Continued from page two...

chance?"

Do not say: "That's Big Ben! Why in Texas, we wear Rolexes that are bigger than that thang!"

Say: "Hey, that's one fine clock you got there. Does it have a snooze alarm?"

Do not say: "What the hell kinda game is that? Nobody's gettin' knocked out cold!"

Say: "No, I love soccer. I just wish they'd throw a few more touchdowns instead of punting all the time."

Do not say: "Did I see Florence? Are you kidding? She took off with half my traveller's checks and my camera. If I wasn't married, I'd have called the cops!"

Say: "Two twenties and a ten? Whatever happened to three coins in the fountain?"

Do not say: "The Hanging Gardens of Babylon? Sounds great. Back home we use mostly lethal injection or the electric chair."

Say: "I agree, those guys and their gondolas are really cute. It's a great way to celebrate flooding."

Do not say: "You'd think a taxi driver in London, England would be able to speak a little American!"

Say: "You're really freaking me out. Would you please drive on the other side of the road?"

Do not say: "I love opera especially when the fat guy gets stabbed and sings for another hour and a half."

Say: "Personally I prefer La Siesta to La Traviata. It's more refreshing."

Do not say: "I certainly am aware of the two greatest

gifts Italy gave the world. Sophia Loren."

Say: "I understand everything you're saying. I own every season of The Sopranos!"

Do not say: "Yeah, we had a delightful seven-course meal last night in Dublin – a boiled potato and a six-pack of beer."

Say: "No, that's good to know. If it's cold, it's soup in Spain and if it's warm, it's beer in Britain."

Do not say: With an East Indian accent: "Ghost? Oh sorry, I thought you said goat."

Say: "I always know when I'm in an undeveloped country because kids still listen to their parents."

And finally, say "Eh?" a lot. It never hurts to be mistaken for an overly polite Canadian. Just learn how to say 'please' and 'thank you' in the local language and all the words to the Hockey Song. I love ice hockey, ball hockey, barn hockey, road hockey, table hockey, tongue hockey, pond hockey, field hockey, hockey, hockey, hockey, hockey, hockey ... A toque goes well with this song.

Of course, if Americans keep avoiding getting passports like they're speeding tickets, this problem of travelling abroad is pretty much going to take care of itself.

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

Espanola Residents Running In Federal Election



Photo: Former Espanola Mayor Mike Lehoux, Jeff Lehoux and Heather Wilson.



He decided to go in to politics when he was working in Sub-Saharan Africa doing humanitarian aid. He says, "I am concerned about the direction this country is going under the Harper Conservatives and I know we can do better." Lehoux says he met Wilson when they were in Ottawa at candidate training. Although Jeff left Espanola to join the Armed Forces a number of years ago, they were able to share small town stories. Lehoux says, "I know how hard it is to fundraise and get out and meet

When the voters go to the polls in October, there will be two names of residents of Espanola on the ballot. One is a current resident and one former resident. Heather Wilson is running for the Federal Liberals in Algoma-Manitoulin-Kapuskasing, in which Espanola is more or less centrally located. Jeff Lehoux, son of former mayor Mike Lehoux is running for the Liberals in Renfrew-Nipissing-Pembroke. Jeff has lived in this area just outside Ottawa since he joined the Canadian Armed Forces in 1995. Former Espanola Mayor Mike Lehoux is excited that his son is running in the election. "He worked very hard to get the nomination and he would work very hard representing the people in his riding should he given the chance," the elder Lehoux says.

Jeff Lehoux, a decorated Afghanistan veteran, has a history of serving his country and looks forward to continuing to do so.

people. If there is anyone that can help Heather out, I urge them to get in touch because I believe Trudeau to be a true leader and I believe he will bring Canada back to a country we can all be proud of." For Wilson's part, she spends her time travelling around the 103,000 sq km in the riding, knocking on doors, attending community events and raising money to launch her campaign. Wilson says, "I have been to all areas in this massive, beautiful riding; from Kapuskasing and Hearst to the north, Echo Bay and Wawa to the east, Manitoulin Island to the south and Nairn Centre to the east. It is truly an awesome opportunity and I will work just as hard to represent the people of this area should I be given the chance."

The election is slated for October 19 of this year and Wilson will take on incumbent NDP Carol Hughes and Conservative candidate Andre Robichaud.


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The Ontario School Board Coordinating Committee unites 55,000 school board workers in the public, Catholic, English and French school systems across Ontario. We include education assistants, custodians, and tradespeople, early childhood educators, school safety monitors and social workers, in schools and board offices. We allow education workers to share information and strategies for bargaining, and to discuss issues and policies of concern. We help locals fight contracting out and defend public education in the face of budget cuts

Opp Urges Motorists To Beware Of Moose

The Ontario Provincial Police (OPP) are urging the motoring public to beware of moose along the highway while out driving.

The moose are being driven out of the bush by the high number of bugs this year due to a very wet spring. They are seeking relief and do that by leaving their normal habitat and making their way out to the highways where there are fewer insects pestering them. Drivers can do the following things to help prevent and/or avoid collisions.

- Be sure to follow the speed limit. It is much easier to stop a vehicle that is not going too fast.
- Scan the shoulders of the highways so an errant moose may be spotted before it makes its way onto the road. Have any passengers in the vehicle do this also.
- Be particularly vigilant during the hours of dawn and

dusk when moose are harder to see.

- Be aware of moose crossing signage. Those signs are strategically placed where more moose are congregating.

- If a moose is on the highway, pull over to the right onto the shoulder, turn on your hazard lights and wait for the animal to move. Do not honk your horn or scare the moose.

- If your vehicle is involved in a collision with a moose, phone your local police so both your vehicle and the moose can be removed from the highway quickly.

Detachment Commander/Inspector Richard Riopelle states, "The OPP is concerned primarily about public safety. If we can offer any education to help motorists avoid a collision on Ontario's Highways with a moose, this is our goal."

Espanola Police Report

Since July 8, the Espanola Police Service has responded to eight complaints of car windshields being smashed in the Town of Espanola, and are seeking the public's assistance in identifying the person(s) responsible. On July 8, 9, and 11, an unknown person or persons threw an object, such as a rock or brick, through windshields of vehicles parked on Queensway Avenue, Secord, Southon, and Barber Streets and Mead Blvd. The accumulated damage to the eight vehicles is in the thousands of dollars.

On July 9, the Espanola Police Service received a complaint of a male going door-to-door in the Secord Street area of Espanola, identifying himself as a sales person for Energy Guide. An Espanola Police officer responding to the call, located the male on Secord Street, and upon request, the male could not produce a Hawkers and Peddlers licence from the Town of Espanola to permit him to go from place to place within the town limits on a one time or intermittent basis to sell his goods or services. As a result, a 24 year old male from Kitchener was charged with operating as a hawk and peddler without a licence, contrary to section 3.3 of the Town of Espanola Hawkers and Peddlers By-law 2226/09. The offence carries a fine of \$610.00, which includes the victim's surcharge. The Espanola Police Service would like to remind the public that you are under no obligation to answer questions, provide copies of your utility bills, or to permit access to your home to people soliciting door to door. If you chose to speak to door to door sales people, always make sure that you ask for company credentials, and ascertain if they have a Hawkers and Peddlers licence to conduct place-to-place business in Espanola. If you have concerns about the legitimacy of these individuals, or they become aggressive, contact police.

On July 11, at 1:55 a.m., the Espanola Police Service responded to a complaint of a party occurring at an Arthur Court. home, which was going on for several hours, disturbing residents in the area. Upon arrival, police could hear shouting coming from the rear of the property, which contravened the by-law, and as the homeowners had received previous warnings about excessive noise, an 18 year old occupant of the home was charged under the noise by-law. The Municipal Noise By-Law 1189/96, which deals with the control of noise, ensures that people have a right to and should be ensured an environment free from unusual, unnecessary, or excessive sound or vibration which may degrade the quality and tranquility of their life or cause a nuisance. Pursuant to the Provincial Offences Act, a person in violation of the by-law could be subject to fines of up to \$2000.00 or 6 months in jail or both.

On July 13, the Espanola Police Service received an anonymous complaint about an occupant in a car shooting a paint ball gun at another car while traveling on the roadway. Within minutes of the complaint, a member of the Espanola Police Service stopped the identified vehicle on Annette Street, and while speaking to the driver, the officer observed an open container of alcohol in the rear seat. As a result, the officer searched the vehicle pursuant to the Liquor Licence Act and located drug paraphernalia, a paint ball gun with paint balls, and another small container of liquor; a 15-year old occupant of the vehicle was also found in possession of half a gram of marijuana. As a result of the traffic stop, the 19 year old female driver was charged under the Liquor Licence Act with Driving a Motor Vehicle with Open Liquor. The 15 year old was cautioned under the Youth Criminal Justice Act for Possessing a Controlled Substance. At this time, the Espanola Police Service have not received a complaint of a mischief to a vehicle involving a paint gun, and are asking anyone who may have sustained damage to their vehicle in this manner, to contact the Espanola Police.

The police would like to remind the public that pursuant to Section 79(5) of the Ontario Child and Family Services Act, any child under the age of 16 years must be in the accompaniment of a parent or guardian, or an individual 18 years or older who is authorized by the parent or guardian, if they are in a public place between the hours of midnight and 6:00 a.m. The police are authorized to apprehend any child under 16 years that is not in the accompaniment of a parent, guardian, or authorized person during these times, and take them home or to a designated place of safety.

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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Continued from front page...

Espanola Phoenix Soccer Teams Have A Busy Summer

to Elliot Lake and Keswick. A trip to Timmins is in the works for August.

Unlike most of the competitive teams in southern Ontario, which have designated boys and girls squads, the Espanola Phoenix are mixed teams, consisting of both boys and girls. This is due to not having a large enough population in the area to support separate girls and boys teams. When they enter tournaments, however, they must play in the boys division.

For younger players, there are U9 and U11 festival teams. Those teams were in Sudbury last weekend at the Fabio

Belli Memorial Tournament and will host teams in Espanola from Sudbury, Elliot Lake and Timmins on Saturday, August 29, which is wrap-up day for Espanola Minor Soccer. Everyone is invited to attend to watch the emerging soccer talent and take part in the barbecue.

EMSA is grateful for the ongoing support of the local business community, without whose help the programs could never have expanded to the degree that they have. Each year, new equipment and jerseys must be purchased. The teams are always on the lookout for new sponsors to help defray these costs.

Pan Am Games / Massey Marathon Wrap-Up



Photo: Courtesy of Terry Fallat.

Friends and family in the stands in Toronto, and neighbours and community supporters at the Espanola complex back home watched as Caroline Ehrhardt competed on the world stage for the first time at last week's Pan Am Games.

Though Caroline finished thirteenth, she matched a personal best of 13.08 metres in her first attempt in the triple jump. The 23 year old then tried to push herself, but faulted on her next two jumps. Exhausted, but exhilarated, Caroline enjoyed her moment in the spotlight and called competing at the Pan Am Games a "great experience."

Closer to home, there were 217 registrations at the Massey Marathon on July 19. Nineteen of those were runners from Massey

and Espanola. The full marathon first place finishers were: in the men's division J.P. Butler and in the women's Lindsay Manning. In the 10k, Massey's own Logan and Aric Emiry placed second and sixth respectively, with Colton Lafrance of Espanola coming in fifth. Twelve runners qualified for the Boston Marathon at this summer's event.



Photo: Federal Liberal candidate Heather Wilson ran a 10k, pictured here with 1/2 marathoner Tammy Sheppard and her 10k runner husband Jeff Sheppard at the Massey Marathon.

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Lifeguard Training Funding For Espanola

Retention of Lifeguards and Aquatic Instructors is an ongoing challenge in small communities, "Every fall we lose our trained guards who leave for post-secondary education and quite often, we don't have enough qualified people in training to replace them," says Dianne Polden, Manager of Espanola Leisure Services. "Given our ongoing challenge to staff the pool and sustain our aquatic programs we applied to the Ontario Sport and Recreation Communities Fund for funding to provide training opportunities to increase the capacity of qualified lifeguards and instructors."

The Ministry of Tourism, Culture and Sport awarded the Town of Espanola \$38,200 for a two-year project which will support lifeguard and instructor training as well as the acquisition of new equipment to offer innovative and trending aquatic programs. "This is a win for our community," says

Polden, "this funding will open opportunities to youth and adults wanting to explore careers in lifeguarding. This funding will afford us the opportunity to invest in our community and build our capacity for aquatic program delivery."

Espanola Leisure Services invite the community to fill out an expression of interest application. Candidates must be interested in water safety and health and fitness. A limited number of candidates will be accepted for the training with the hope of beginning the program in September and completing in June of 2016. Successful completion of the course will not guarantee employment at the Espanola pool but will increase opportunities for general employability throughout the country at pool and supervised beaches.

Applications are available at the front desk of the Espanola complex or online at espanola.ca

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THANK YOU

To all my friends and family for the lovely turn out to Bob's memorial and also to Brigetta and Charlene for organizing it with Jason's help. Also Sasha for the Eulogy and Shonah for the picture display. RSP Robert. Love Noella.

NOTICE

NOTICE - The Massey Area Museum Bingos have been cancelled for August and September. The Bingos will resume on October 5, 2015.

Recipe

Don't be afraid to try these brownies. My daughter and a friend of mine have both made these, and swear they are delicious and taste just like the classic brownie.

They are fudgy, sweet, and gluten free but are also loaded with fiber and omega-3. A guilt-free treat that you can even trick your kids into eating.



Black Bean Brownies (gluten free)

- ❖ 1 (15.5 ounce) can black beans, rinsed and drained
- ❖ 3 eggs
- ❖ 3 tbsps vegetable oil or coconut oil
- ❖ ¼ cup cocoa powder
- ❖ 1 pinch of salt
- ❖ 1 tsp vanilla extract
- ❖ ¾ cup white sugar
- ❖ 1 tsp instant coffee (optional)
- ❖ ½ cup chocolate chips (optional)

Preheat oven to 350 degrees. Lightly grease an 8 x 8 square baking pan. Combine the black beans, eggs, oil, cocoa powder, salt, vanilla extract, sugar and instant coffee (if using) in a food processor or blender and blend until smooth (3 minutes or more to puree the bean skins well). Pour the mixture into the prepared baking pan. Sprinkle the chocolate chips over the top. Bake in preheated oven until the top is dry and the edges start to pull away from the sides of the pan; about 30 minutes.



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COMMUNITY NOTES

Next Community Kitchen Luncheons - July 28 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 a.m. to 1:00 p.m.

Children's Clothes Closet - Calvary Baptist Church, Espanola. July 29 from 10:00 a.m. - 2:30 p.m. Sizes from newborn to 6X.

Beats 4 Blues Concert - Fundraiser and awareness concert for mental health. Donations go to Child and Family Services in Espanola. Saturday, August 1 at 390 Highway 17, Walford, in the parking lot. Starts at 1:00 p.m. and goes all day. For information, call Glenda at 705-862-1614.

The Espanola Horticultural Society - We're always pleased to have Linda Hugli as our guest speaker. Join us at the Queensway Pentecostal Church on Monday, August 10 at 7:00 p.m. Everyone welcome and bring a friend.

The Good Food Box - Benefit from the savings of wholesale prices and increase healthy choices! Get the Good Food Box every month in Espanola, Nairn & Massey! Call 705-521-6717 x.104 for more information.

Yoga (chair style) - at the Espanola Elks Hall Monday, Wednesday, Friday at 11:00 a.m. (30 min classes).

Tennis at Espanola Golf Club - Community Living Mondays 1:00 p.m.; senior doubles Tuesday, Thursday, Saturday 10:00 a.m.; open play Friday 5:00-7:00 p.m.; youth Saturday 11:00 a.m. Free lessons, call 705-869-0475.

Al-Anon Meetings For Families and Friends of Alcoholics - Meetings are Tuesdays at 7:00 p.m. at St. George's Anglican Church, Espanola. Call 705-869-2505 or 869-6595 for information.

AA Meetings At St. George's Anglican Church - Tudhope St., Espanola, Wednesday at 8:00 p.m. and also Thursday at the United Church at 8:00 p.m.

Toastmasters - Develop communication and leadership skills, which in turn foster self-confidence and personal growth. Mondays 7:00-8:30 p.m. at the Espanola Hospital board room. Call Pauline for details 705-869-4016.

Drug Problem? - We've been there. We can help. Narcotics Anonymous, meetings are Tuesdays and Saturdays 7:30 p.m. - 9:00 p.m. United Church Espanola 137 Sheppard St.

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

Do you have a NOTE for the Community?

We invite not-for-profit organizations to submit information on their upcoming events in writing no later than **Wednesdays at 3:00 p.m. 25 Word Limit.**
Fax: 705-869-3342 or E-mail: around@aroundandabout.ca





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