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Access To Local Healthy Food



The LaCloche Foothills Food Network (LFFN) invites you to improve your food knowledge by ordering a Good Food Box, signing up for a community garden box, or purchasing food from a local producer. LFFN is a group of individuals and organizations working to increase access to safe and nutritious food, and to promote healthy food choices and food skills for all residents. Some upcoming LFFN activities, open to the public, include:

Good Food Box Program

Watch your mailbox at the end of

Continued on page five...

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What If The Airlines Ran Grocery Stores?

One day you hear on the news that a major airline has just purchased the supermarket chain where you happen to be a regular customer and you think - that's weird. Those airline people don't know anything about the retail food industry!?! But then you remember - those airline people don't know much about the airline industry either. Hence - all those stories about passengers trapped on planes on tarmacs for 24 hours with no food and overflowing toilets.

You don't think much about it until the next time you go to your local grocery store and you get mugged at the front door by the Salvation Army lady.

"That's a pretty aggressive Sally Ann solicitor out there. She hit me up for twenty bucks," you say to the manager.

"No, we got rid of all those charity cases. She's our new, uniformed parking lot attendant."

"Parking? We gotta pay for parking? At a grocery store?"

"Yeah, \$20 per visit, but it's only \$99 for the whole week. For one low price you can come here and shop every day."

"That's highway robbery! From now on I'll walk here and leave my car at home."

"Why walk when you can take our new City-Wide Supermarket Shuttle."

"What's that going to cost me?"

"Your car."

"Why do the grocery carts have licence plates?"

"Those are our In-Store Transport Rental Vehicles. We rent them for ten dollars an hour."

"That's outrageous. What's that small

screen in front of the baby seat?"

"That's a DVD monitor for the kiddies. They can watch cartoons and animated movies for free."

"Free?"

"Yeah. The ear buds are seven dollars in case they want sound."

"And that little black knob?"

"That's the Tiny Tot Sugar Transponder. That goes off every time the child gets near cookies, candies and ice cream."

"Doesn't matter. I don't have kids."

"That's okay, we rent those too."

"Why are all the aisles different sizes?"

"The really narrow ones where you see customers have to walk sideways? Those are the Economy Aisles. They're free."

"And the wide ones?"

"The spacious ones where you can walk normal and operate a cart? Those are the new Customer Comfort Zones. They're ten bucks an hour extra."

"You gotta be kidding!"

"As a bonus the wide aisles offer free food samples."

"Free?"

"The samples are free. Napkins cost five dollars each."

"What happened to all the people who worked at the checkout counters?"

"We got rid of them. Now all these new checkout counters are fully automated and every one of them is an express line, 10 items or less."

"How much?"

"A modest 25¢ surcharge on each item."

"What if I have 20 items?"

"You go through twice. Over here

Continued on page three...

Continued from page two...

is our new Emergency Medical Room complete with defibrillators, oxygen tanks, neck braces, I.V. hook-ups. Someday this could save your life."

"That explains the banner."

"A little in-store promotional joke - Our Ding Dongs Are To Die For. That was my idea."

"What's that cost? The life's savings?"

"Well that would be awkward not to mention indelicate - trying to extract cash or debit cards from someone who is possibly dying so ..."

"Personal cheque?"

"No starting today all shoppers must have their credit card numbers tattooed on their wrists."

"Are you serious?"

"Don't forget the expiry date."

"What happened to the produce section?"

"We replaced it with state-of-the-art washrooms. Hand towels, seat warmers, the works."

"No more fruit or vegetables?"

"Of course we have fruit and vegetables ... in cans."

"Let me guess, coin-operated toilets?"

"No, of course not. Credit card-operated toilets. With the flick of your wrist you're in!"

"I won't pay it!"

"No problem. We also offer

free facilities ... at the Shell station two blocks down."

"Who's that weird guy in the corner with the gun across his lap?"

"Oh, he's a sky marshal. When the airline bought the grocery chain he lost his job. But he's our CEO's brother-in-law so ... he works for us now."

"What in the hell's name would an armed guard do in a grocery store?"

"Mostly he makes sure customers aren't smuggling in their own bags."

"I can't bring my own grocery bags anymore?"

"No for obvious terrorist-related reasons we will now provide new and safer grocery bags."

"How much?"

"Five dollars each."

"They look like the old bags."

"We strive for continuity."

"What does the sky marshal do?"

"I'm sorry, I'm not at liberty to say, but if yesterday's shooting is any indication ..."

"What?"

"Don't squeeze the Charmin!"

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

Espanola Resident Wins \$1 Million on 6/49



Congratulations to Karl Kozachanko of Espanola for winning the guaranteed \$1 million prize from the February 28 Lotto 6/49 draw.

"I was at the store when I scanned some old tickets," recalled Karl. "I was just about to buy some more tickets when I realized I won!"

The long-time lottery player couldn't believe it. "I was a little shocked. When I realized the amount I felt light-headed," he said.

Karl plans to travel and help his kids with his winnings. The winning ticket was purchased at Tony's Variety and Video on Mead Street in Espanola.

Espanola Police Service Thanked



Photo: (Left to right) Joanne Pendrak, past director Law Enforcement Torch Run; Ed Stortz, EPS Constable and Boogie Rush Mud Run organizer; Steve Edwards, Espanola Police Chief.

The Espanola Police Service was awarded a commemorative plaque for the Highest Increase in Gross Revenue in Ontario (2014) for helping generate over \$38,000 to benefit the Law Enforcement Torch Run. EPS and the OPP partnered on the inaugural Boogie Rush Mud Run in Espanola last May. The event drew over 500 participants, including Special

Olympics athletes, to whom Law Enforcement Torch Run proceeds go for training and equipment. Combined, police services all over the province of Ontario raised more than \$2 million. Easter weekend, Joanne Pendrak will host a fund-raiser at Costco in Sudbury and the Boogie Rush Mud Run returns for the second annual event on May 23.

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Second Annual Autism Acceptance Was Au-some



Photo: Crystal Shawanda delighted the children with her company.

By Chloe Kneer – The Espanola complex was abuzz with families who deal with autism on a daily basis for the second annual Autism Acceptance Event. Area businesses, residents, and organizations came together to support the fun-filled day, which included a swim, lunch (with cake!), Zumba, bowling, and an Espanola Rivermen hockey game. Juno nominated singer Crystal Shawanda made a 20 hour trip back to the north along with her husband in order to sing the national anthem at the hockey game

and to spend quality time with the children and their families. MPP Michael Mantha was also in attendance at the day's activities. The complex was packed. "Of the 165 that registered, 141 showed up, with some walk-ins. It was an amazing day," said organizer Dennis Lendrum. Lendrum has long been an advocate and supporter of those with autism and their family members. He knows first-hand the daily challenges that need to be met, as he has a grandchild on the Autism Spectrum.



Photo: Lunch is served.

There are a wide-range of symptoms to watch for if you feel your child may have autism. Children typically start exhibiting certain behaviours before the age of five. These can include delays in verbal communication, sensitivity to noise, lack of eye contact, repetitive body movements, among others. Some children identified as autistic are extremely high functioning, as in the case of local resident Blake Priddle. Priddle has openly discussed having Asperger's. He made a speech at the

Autism Acceptance Event, talking openly about his early struggles to fit in at school. He discussed the interventions that his parents and teachers made to help him overcome some of his shyness. Priddle became active in the theatre and is now pursuing a career in radio broadcasting. The eighth annual Autism Awareness Day is April 2. To see many more pictures from the Autism Acceptance Event and to support autism locally, like the Autism Acceptance Facebook page.



Photo: Cake donated by Marie Gagne.



Photo: Wendy and Dennis Lendrum get a lift from the Espanola Rivermen hockey players.

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Continued from front page...

Access to Local Healthy Food

March for a pamphlet about the Good Food Box (GFB) program. The GFB program delivers boxes of fresh vegetables and fruit, the third Wednesday of every month, to host sites including the municipal office in Nairn Centre (705-869-4232), Queensway Pentecostal Church (705-869-1700) in Espanola and the Massey Arena (705-865-2519). Orders must be paid by the second Wednesday of the month for either a large box at \$17 or a small box at \$8. With wholesale purchasing, the good food box is a very good value and always

includes at least one local produce item. To order a Good Food Box, contact the host site in your community.

Community Gardening

The LFFN also promotes community gardens and can help you start one in your community. Contact Keitha Kozachanko at 705-583-2128, regarding the Espanola Community Garden on Algoma Street, or Peggy Young Lovelace at 705-869-0225 for the community garden in McKerrow. Beds are available at both sites. Also available is the Local Food Producers of the

LaCloche Area pamphlet produced by the LFFN in 2014. You can obtain a copy at your local municipal office, library or at the Espanola office of the SDHU. Planning for a Food Preservation Workshop in September is currently

underway. Look for advertising in the near future. Interested in becoming a LFFN member or would like more information? Contact Cheryl McCaw, Sudbury and District Health Unit, at 705-222-9202, ext. 310.

Sea Cadets Help With Annual Seniors Supper



Photo: RCSCC #357 Hero cadets gratefully accepting the Espanola Lions Club donation. Officers A/SLt Dave Roy (upper left), SLt Darryl Nadeau (upper right), Commanding Officer Lt(N) Vickie Boucher (lower center) and Lion Randy Edwards (lower center).

Award-Winning Quilts Coming to Espanola

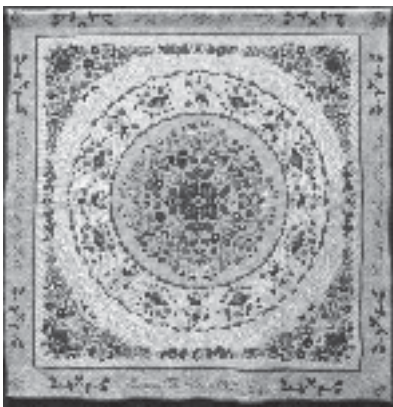


Photo: Myra Tallman (Pattern by Margaret Docherty in 'Birds 'n' Roses') Consider the Lilies.

Espanola has been chosen as a designated stop in a unique, first-time cross-Canada tour of award-winning quilts, quilted wall art and apparel objects by the Canadian Quilter's Association (CQA). An excited Cindy Bergeron of Espanola Quilters said, "This display goes far beyond appealing to just quilters. It is truly a magnificent display of Canadian art and artists. There are two tours of 19 pieces each and one of them is coming to Espanola. Every quilted piece is made

by a quilter who has won a prestigious Canadian National Juried Show award. We Espanola Quilters couldn't believe our good luck at being chosen for inclusion as a stop for one of the tours."

Each show will be displayed at quilt guilds, quilt shops, galleries, community centres, churches, libraries, etc. As they make their way to the annual Quilt Canada event in

Lethbridge, Alberta, in June, the Espanola showing will be at Cindy Bee's Quilt Shoppe at 70 McCulloch Drive May 15 – 20.

All quilts will be for sale, as will greeting cards featuring the quilts. Proceeds will be donated to The Children's Wish Foundation of Canada. (www.childrenswish.ca). See this year's winning quilts, wall hangings and apparel, including Manitoulin's Myra Tallman's work at <http://www.canadianquilter.com/photo-gallery/national-jury-show.php>.

Local Sea Cadets RSCC #357 Hero assisted the Espanola Lions on Valentine's Day with the Paul Zahorek Memorial Seniors Supper.

During the event, uniformed Cadets and Officers assisted 220 seniors with coat checks, handing out flowers and helping seniors with food, drinks and dessert. .

Tips from the coat check and draw proceeds for a gift basket were topped off with a generous thank you donation to the Cadets by the Lions totaling \$1,000.

The Lions Club are excited to welcome the Cadets back next year to assist, after rave reviews from the seniors and Lions.

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TAX TIME! Margaret's Tax Prep – over 40 years' experience. By appointment or chance. 71 Walford Rd, Walford. 705-844-2289. 03/10

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BINGOS

MASSEY AREA MUSEUM BINGOS – April 6 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

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

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

OBEDIENCE CLASSES

NS&IKENNEL CLUB DOG OBEDIENCE CLASSES – at A.B. Ellis School, Espanola. Registration/demonstration March 24, 2015 at 7:00 p.m. Bring vaccination records, NO DOGS. Classes start March 31, 2015. 03/17

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IN MEMORIAM



Miss Me But Let Me Go
When I come to the end of the road,
And the sun has set for me,
I want no rites in a gloom-filled room,
Why cry for a soul set free?

*Miss me a little but not too long,
And not with your head bowed low,
Remember the love that we once shared,
Miss me but let me go.*

*For this is a journey that we all must take
And each must go alone.
It's all part of the Master's plan
A step on the road home.*

*When you are lonely and sick at heart,
Go to the friends we know,
And forget your sorrows by doing good deeds.
Miss me but let me go.*

In Loving Memory of
Bob Coyne
June 22, 1944
March 10, 2007
Age 62

*Love Forever,
Suzanne, Brian, Ruth, Robert, Ryan, Jillian*

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Espanola

CLE CASH CALENDAR 2015 WINNERS LIST

Community Living Espanola would like to thank everyone who purchased **CLE Cash Calendar** tickets and or donated towards our Snoezelen (multi sensory) Room. The support we have received again this year has been outstanding!

Congratulations to the following:

\$1,000 Winners:

Marc Samson, Johnathon Taricani, Kim White

\$100 Winners:

Leanne St. Pierre, Dana MacGuire, Rebecca Finch, Scott & Lori Thibodeau, Raymond & Gail Whalen, Suzie Giroux, Freda Bourrier, Shelley Pelletier, Ramona Stables, Sandy Stewart, Kevin & Jody Levesque, Shirley Blight (x2), Ray Pilon, Stephanie Phillip, Jo-anne Laframboise, Laurie Clow, Diane Stewart, Karen Thibodeau, Mark McGregor, Bob & Annette Martin, Kim Pettit, Charles Grayson, Andrea & Bob Soltys, Jackie Commanda, Tony & Leslie Kozachanko, Gerald Tuffy, Lisa Lockwood, Murielle Leblanc, Alphonse Fortin, Noreen Gratton

\$100 Gift Card Winners:

Ken Hodge, Joanne Moody, Shelley Insley, Betty Finch, Andree Demontigny, Natalie Newton, Keitha Kozachanko, Rejeanne Gravel, Angela & Patrick D'Arcy

Watch for the CLE Cash Calendar again this fall!

Louise Laplante, Executive Director
Community Living Espanola

Recipe

I got this recipe years ago from my friend Nicky and it still remains one of our favourites. It's great served with crackers or nacho chips.



Nicky's King Crab Dip

- 1 package Imitation Flaked Crab, chopped fine
- 8 oz cream cheese, softened
- 1 cup Hellman's mayonnaise
- 1/3 cup (or more to taste) seafood sauce
- 2 green onions, chopped fine
- Lemon juice to taste
- Tabasco sauce to taste

Using a mixer, cream the softened cream cheese. Using a food processor, or by hand, chop the crab fine. Chop the onions fine. Combine the cream cheese, crab and onions. Add the rest of the ingredients and mix well. Add lemon juice and tabasco sauce to taste. Chill.

COMMUNITY NOTES

Massey Agricultural Monthly Meeting – Tuesday, March 10 at Massey Fire Hall at 7:00 p.m. Everyone is welcome.

Next Community Kitchen Luncheon - March 10 and 24 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 am to 1:00 pm. No charge. Everyone welcome.

Massey Agricultural Ice Fishing Derby - March 14 at La Cloche Lake. Registration 9:00 a.m. Derby starts at 10:00 a.m. till 4:00 p.m. For more info 705-865-2973

C.W.L Soup And Sandwich Luncheon – Come celebrate Saint Patrick's Day Tuesday, March 17 from 11:00 a.m. – 2:00 p.m. at the St. Jude Parish Hall.

Alzheimer Society First Link Learning Series – Starting Wednesday, March 18 from 10:00 a.m. – 12:00 p.m. To register please call Alison at 705-524-2024 ext 402

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.

Free Drop-In Family Playtime – Espanola Public Library, starting March 25. 10:00 a.m. – 11:30 a.m. for six weeks. Toys, puzzles, games, and books for age 5 and under.

Espanola Handgun Club Annual Meeting – Friday, March 27 at 7:00 p.m. sharp in the upstairs Regency Room at the Pinewood Motor Inn, Espanola.

Free Fruit Trees, Bushes and Vines Workshop - Saturday March 28, 1:30 to 4:00 p.m. at Queensway Pentecostal Church, Espanola. Would you like apples, pears, cherries and grapes growing in your yard, farm or park? Two guest speakers, refreshments served, and door prizes. Register by contacting the Sudbury and District Health Unit at 705-222-9202 ext. 537.

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.

AA Meetings At St. Georges Anglican Church – Tudhope St., Espanola, Wednesday at 8:00 p.m. and also Thursday at the United Church at 8:00 p.m.

VON Adult Day 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