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Getting Your Teenager To Work With You, Not Against You



There may be times when you think your teenager is working against you—being difficult; fighting you every step of the way; determined to get what he or she wants, no matter what.

Think back to when you were a teenager and then consider this possibility—your son or daughter is simply becoming more independent, and you're having trouble adjusting.

A lot of parents want and expect their teenagers to be more independent and to express their own opinions. But they're not prepared for that to happen at home. Strategies that used to work when your teenager was younger don't work anymore. It's time for a new approach. It begins with a dialogue.

Talk to your teen. But, instead of asking why he or she is behaving this way or that, see what kind

Continued on page four...

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All The World's A Circus

William Thomas

williamjthomas@gmail.com

And That's Why I Love Small Town Living!

When I first moved to Wainfleet so very long ago, I opened an account at Niagara Credit Union in Port Colborne. It was so long ago the ATM outside the bank was operated by a gas generator. It was so long ago the credit union's motto was: "You can't take it with you, but if you want to try - we fireproof for free!"

I remember the front-line staff - Debbie Crowe, Karen McKay and Next Teller who hardly ever showed up for work. The manager Frank Hannaway had such a thick accent that nobody could understand him and nobody cared. He was Irish and a lot of fun to deal with.

Much like today, it was a cold day in March with a couple of inches of fresh snow when a guy walked in and robbed the place. Simple as that, he handed the teller (no, not Next) a holdup note which claimed he had a gun and walked out the front door with a bag full of bills. Back then they didn't have silent alarms or exploding dye packs or armed security guards. They had Frank.

So the robber climbs aboard his getaway vehicle and takes off down the street. More precisely, he jumped onto his CCM two-wheel bicycle and peddled off down the sidewalk of King Street which is technically illegal. Everybody was clear on the model of the bike because after some slip slidin' in the snow, in order to get aboard the bike with the bald tires, all of the staff and Frank Hannaway had time to gather at the black, one-way window and watch the getaway happen. Then Frank calmly walked out the back door of the bank, got into a car driven

by a customer who was just leaving the parking lot and, as a bit of a fan of crime adventure, said something he always dreamed of saying: "Follow that bike!" A chase ensued if you could call it that. Walking behind the robber at a safe distance (remember there was word of a gun) were customers from the bank, shoppers, Joel The Window Washer and his cart, a few high school kids on lunch break, a taxi driver hoping for a fare, a lawyer waiting for an ambulance to chase and "Bond, Frank Bond."

Sadly, it was as close as the town of Port Colborne will ever come to hosting a St. Patrick's Day Parade. It was like the O.J. Simpson chase - slow and fun to watch but you had to hope this guy was not making a run for the border of Mexico.

The road was slippery and Frank had to make sure the guy driving the pursuit car did not get too close to the group on foot who were following the erratic tire marks in the snow.

At some point the guy finally came around to the conclusion that a bicycle in snow is an exceptionally bad choice of getaway vehicle and he abandoned his CCM two-wheeler near a set of railway tracks.

Having the advantage of a motorized vehicle, Frank was able to follow the robber, block by block after he took off on foot. When the police did show up they weren't sure if they were responding to a robbery in progress or conducting crowd control. They arrested the guy in a backyard where he was sitting in

Continued on page three...

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Continued from page two...

a hot tub counting the loot. Although the police made the actual arrest, it was Frank's posse who had led the charge. Before they hauled him off to jail, one of the arresting officers noticed that the knife they found in the guy's jacket pocket was inconsistent with the gun mentioned in the holdup note. When asked the bank robber said that in his haste he had written several holdup notes but the spelling of the word "knife" just didn't

look right to him. And that's why I love small town living! Even in the midst of a bank robbery the whole community comes together to help. After a long winter it was good for everybody to get out and go for a walk. Frank Hannaway retired recently as one of the nicest bank managers you would ever want to meet. He should have received an award from the Royal Canadian Mounted Police - only one robbery on

his watch and yes, he got his man. All these years later I keep hoping the robber has reformed and turned his life around. Maybe he's become rich by inventing snow tires for bicycles or a spelling app for cell phones. But then yesterday I read where a robber in Florida was stunned and okay, dismayed at being taken down by security police at the bank's entrance as he was casually making

his exit with a bag full of cash because a friend had convinced him that if he smeared lemon juice on his face he would be invisible to the electronic security cameras! That's when I think naw, that guy - Port Colborne's 'Bicycle Thief' - he just moved to warmer climes.

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

Autism Ontario Flag To Be Raised In Espanola On Autism Awareness Day April 2



By Chloe Kneer – Autism Awareness Day is this Thursday, April 2, and once again the Autism Ontario flag will be raised at the Espanola Municipal Office at 11:00 a.m. Everyone is invited and encouraged to attend. Autism is gaining a lot of attention, especially recently on social media. Two young autistic

boys who had invited classmates to their birthday parties and had no RSVP's, both ended up with huge surprises when their mothers decided to post their stories on Facebook. Both boys not only got more guests at their parties than they could fathom, but one had his new phone blow up with happy birthday texts from around the world. Life on the autism spectrum can be complex due to the wide-ranging severity of the disorder. Those with Asperger's who are highly intelligent but lack social skills often fit into society with little or no detection. Others have more trouble because of their lack of ability to

communicate or their fixation on repetitive behaviours. Being sensitive to external stimuli is another symptom that those on the spectrum suffer from. It is estimated that one in forty-eight children now fall within the autism spectrum. Getting information early and having your child tested and diagnosed is key to helping with their development. ASD is diagnosed through a

series of different measures, including observation and testing by a team of doctors and other professionals. Most often, parents and caregivers are the first to notice symptoms. There are many treatment options available and contacting organizations such as the Autism Society of Canada or Autism Ontario (www.autismontario.com). The Autism Ontario flag will fly for the rest of April.

Sudbury Fitness Challenge Mountain Bike Tour Will Return For 2015



The Walden Mountain Bike Club is very excited to announce that the Sudbury Fitness Challenge Mountain Bike Tour event will make its return in 2015! This family and participation oriented event will take place at Sudbury's mountain biking home, the Naughton Ski / Bike Trails, on July 26. The event will feature a kids' race for younger riders and then a main event with 4, 8 and 16 kms distances for

all ages. The race course will feature several of the more popular lower trails and will be a blast for all skill levels with some fun cyclocross type features in the stadium area. This year's event will be a hit with anyone who loves mountain biking. There will be music, prizes and some tasty treats. Mark this day on your calendars and be sure to come to Naughton and enjoy a great day of fun with the Walden Mountain Bike Club. For more information visit the WMBC club website at www.waldenmbc.ca or check us out on Facebook.



Espanola Mall

EASTER BUNNY

Come and visit with the Easter Bunny on Saturday, April 4th, from 11 a.m. to 2 p.m. He will be available for pictures and will be giving away goodie bags.

The Mall will be closed Good Friday, April 3rd and Easter Sunday, April 5th.

800 Centre Street, Espanola ON
Customer Care Centre 705-869-4443
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Council Wrap Up Report

Espanola

By Chloe Kneer – Espanola department heads from public works, the fire and building departments were present at the most recent regular meeting of council to make their cases for hiring employees to fill open positions that they have. Council imposed a hiring freeze a few weeks ago in anticipation of the external service review that will be done by KPMG this spring. The report is expected to identify possible efficiencies within the town's staff structure, and council has been arguing that they do not want to go forward in replacing employees that have left, or are soon retiring, until the full report has been presented. They feel once the service delivery review is completed (by the end of June), they will have the information they need to proceed with major decisions.

After questions and discussions, council defeated two motions for hiring, one in public works and the other in the building department. Only the fire department received approval to find a volunteer firefighter to maintain its full complement. Once the votes were recorded, and just prior to adjournment of the meeting, Town Clerk Cynthia Townsend felt obligated to express her disappointment with the decisions, asserting that council lacked the "experience" to make decisions such as these, and also saying that council should not be telling department heads what they need. She went on to say, "I am not going to sit here and pretend that this is acceptable behaviour." Townsend feels that the decision not to hire

as per the department heads' recommendations, or the seeking of contract employees in lieu of full-time employees will hurt staff morale and open the town up to liability issues (in the case of not having an additional full-time building inspector). Councillor Ken Duplessis appeared taken back with Townsend's remarks and requested an in-camera session immediately.

Prior to council's regular meeting, a special meeting was held so that Chas Anselmo from KPMG could discuss the process of conducting the external service review. Anselmo told council that he's been part of nineteen review teams and that he will not only be probing each department that is to be included in the review (the only department being left out is the police), but also speaking with residents and other stakeholders. Anselmo is planning an open house for taxpayers and service groups to get their input for the study. For the purposes of the review, KPMG will look at communities of similar size and households and specifically at those with an arena and attached pool. Comparators are to include Cochrane, Hearst, Iroquois Falls, Kapuskasing, and Parry Sound. Parry Sound, Anselmo explained, was selected based on its being a "hub" that serves outlying communities, much the way Espanola does. The full report is expected to cover four major areas: efficiencies and effectiveness enhancements; cost recoveries; service level reductions; and alternate service delivery.

Continued from front page...

Getting Your Teenager To Work With You, Not Against You

of response you get when you ask questions that begin with what—as in, "What kinds of things would you like to be able to do that you currently can't?" or simply, "What would make you happier?" Now you're talking! Looking for help? You're not alone.

Group Triple P offers support to help you manage your teen's behaviour and prevents the kinds of problems that make your family life stressful. It also provides parenting

techniques and strategies to help you set up routines that work for your family.

Please join us for a FREE Triple P Group for parents of teenagers facilitated by the Sudbury and District Health Unit. The series begins on Tuesday, April 28, from 5:00 -7:30 p.m. at Espanola High School. It is important to attend every session. A light meal is included. To register, please call 705-222-9202 ext. 406 or visit <https://triplep.mysudbury.ca>.

Minimum Wage Hike This Fall

Just as Ontario residents are getting information about who has made the 2015 Sunshine List (which discloses public sector salaries of \$100,000 or more for the year 2014), minimum wage earners found out that they will be getting another raise this October. Last June, the minimum wage in Ontario went from \$10.25 to \$11.00/hour, the second highest in Canada. This fall, Ontarians will make an extra 25 cents an hour, bringing

the adult minimum wage to \$11.25/hour.

Last fall, the government enacted legislation that tied the minimum wage to inflation, so every year the new rate will be announced by April 1 to take effect the following October. It is the ninth hike in the minimum wage since 2003. The Northwest Territories will have the highest minimum wage in the country when their new rate comes into effect in June at \$12.50/hour.

Happy Easter

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Recipe

Easter is this coming weekend and that usually means people come together to celebrate the occasion with the traditional ham or turkey or in my case, both. When feeding a large group of people, it's nice to have a couple of casseroles as well. I usually make a potato casserole and this year I think I'll also make the following rice casserole. I've had this recipe for years and I love how simple it is to throw everything into a small roast pan, put it in the oven and let it do its thing. It makes a large casserole which is great for leftovers during the week. I have the best luck using Uncle Ben's rice, it comes out the perfect texture and not mushy. Feel free to add any of your favourite fried rice ingredients, I sometimes add green pepper or small pieces of broccoli but I will give you the basic recipe.



Rice Casserole

- 2 cups uncooked long grain rice (not instant, I like Uncle Ben's)
- 1 envelope onion soup mix
- 3 tbsps soya sauce
- ¼ cup vegetable oil
- 1 can sliced mushrooms or 1 cup of fresh mushrooms, sliced (Save water from canned mushrooms to add; if using fresh mushrooms, add ¼ cup of extra water)
- 1 large stalk of celery, diced
- 2 cups water with mushroom juice or 2 ¼ cups of just water
- Can also add small diced green pepper, broccoli, carrots etc.

In a small roast pan or large casserole dish, combine everything together except the mushrooms. Place the mushrooms on top. Cook in a covered casserole dish at 350 degrees for one hour.

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ADULT BALL HOCKEY PLAYERS to play once a week on Thursday nights at the Espanola Regional Recreation Complex starting April 9th. No experience necessary. Teams and individuals are welcomed. Players must be 35 and over, but may have 5 players under the age of 35, but must be 18 or over. For more information like us on Facebook - Espanola Ball Hockey League or text 705-862-1975.

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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. 5/5 - R

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 STAFF
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COMMUNITY NOTES

Easter Luncheon, Bake Sale, Silent Auction, And White Elephant Table - Wednesday April 1, 11:00 a.m.- 1:30 p.m., at the Massey Legion.

Espanola United Church Women's Easter Bake And Craft Sale - Thursday, April 2 at the Espanola Mall from 9:00 a.m. to 3:00 p.m.

Espanola Legion Meat Roll Offs - Every Friday night starting Good Friday, April 3 at 7:00 p.m. to support Espanola Minor Soccer.

St. James Anglican Church Massey Easter Services - Good Friday walk at noon at Gowen Gilmore; Easter Sunday sunrise service on the bridge at 6:30 a.m. and at 11:00 a.m. at the Anglican Church. Call RuthAnn for information at 705-865-2004.

Easter Service - Zion Lutheran Church in Massey is holding an Easter Sunday service on April 5, at 2:00 p.m. with Pastor Sid Hills officiating. This will be a communion service. Everyone is welcome.

Espanola Horticultural Society Meeting - Alan Emiry is April's guest speaker. He will explain the process of bringing five acres of land into five acres of delicious strawberries. Monday, April 6 at 7:00 p.m. at Queensway Pentecostal Church, Espanola. Everyone welcome.

F.O.E 4269 Ladies Auxiliary Monthly Spaghetti Supper - April 11, 4:30 to 6:00 p.m. 3 Centre Street, Webbwood. For more information, call 705-869-4269.

Massey Agricultural Monthly Meeting - April 14 at the Massey Fire Hall at 7:00 p.m. Everyone is welcome.

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. 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.

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.

Christian Musicians Needed - For a non-denominational contemporary worship. Looking for acoustic and bass guitarists and keyboardist. Phone 705-665-3455 or email BruceBirtwistleGODdrummer@yahoo.ca

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

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- Grade 12 diploma
- Successful completion of a Food Service Worker Program approved by the Ministry of Health and Long Term Care
- Successful completion of Food Handler Training Program
- Knowledge of institutional cooking
- 2 years recent cooking experience
- Capable of safely lifting 50 pounds (23 kilograms) and standing several hours
- Bilingual in French and English is preferred.

To apply in confidence, please forward your resume together with a cover letter outlining your relevant experience and qualifications by April 8, 2015 to:

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The successful candidate should possess the following:

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- Ability to provide regular attendance
- Experience in Hospital Pharmacy environment is an asset
- Bilingualism in French and English is an asset

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Thank you for your interest. Only applicants who have been selected for an interview will be contacted.



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ESPANOLA REGIONAL HOSPITAL AND HEALTH CENTRE

Dietary Aides

We require two part-time Dietary Aides. The successful candidates will be responsible for preparing and portioning food and serving our patients, residents and staff. They will also be required to clean equipment, dishes and work areas.

QUALIFICATIONS:

The successful candidate should possess the following:

- Grade 12 Diploma
- Successful completion of Food Service Worker Program approved by the Ministry of Health and Long Term Care
- Successful completion of Food Handler Training Program
- Knowledge of food cookery and standards of sanitation
- Knowledge of therapeutic diets
- Capable of safely lifting 50 pounds (23 kilograms) and standing several hours
- 1 year of recent experience in a hospital or restaurant kitchen preferred
- Ability to provide regular attendance
- Bilingualism in French and English is an asset

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