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Massey Family Needs Your Votes




Photo: Lisa, Julien (Choo), Emily, and Ryan Richer.

By Chloe Kneer - May is Mobility Awareness Month and the Richer family of Massey is asking for your help in winning a new accessible van for their daughter, 12 year old Emily. The family's 2007 minivan is currently equipped with a manual ramp for Emily to be taken in and out of the vehicle. It is difficult for her parents, and as Emily grows, it will only become harder. The family must make regular trips to Sudbury for medical appointments, and Emily also still sees specialists at Sick Kids Hospital in Toronto. Round trip is twelve hours. Emily Richer's first trip to Sick Kids was when she was two days old. She was diagnosed with congenital central hypoventilation syndrome. In layman's terms, this means that the brain stem doesn't tell her to breathe when she falls into a deep sleep. As a result of her

Continued on page four...

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Warning To Seniors - Mumbling Can Cause Death

A long time ago when my mother came to live with me for a short period of time, we had some very testy moments. Margaret was 85 years old at the time and she had this harmless peccadillo ... no, it was more of constant peculiarity ... no, it was a bad habit ... okay she mumbled to herself and it drove me absolutely crazy to the point where I would spice up her strawberry-flavoured nutritional supplement with three hits of Tabasco every chance I got!!!

It was a tense period, two people living in close quarters and although I couldn't prove it, I think she was topping up my shampoo bottle with Nair.

The first time I broached the subject of mumbling by explaining there really needed to be a minimum of two people in a room during a conversation she flatly denied she talked to herself. She claimed what she did was 'think' louder than most people because she had a lot on her mind.

In other words she was overloading her mind as I was slowly losing mine. But no, she did not talk to herself. Rather than argue, I turned it into a kind of game in which I'd agree with her - she did not talk to herself.

So I would be sitting at my desk in my office when I'd hear my mother 'thinking' in the TV room: "Gee, I wonder what Gail is doing ... maybe I should call."

And then I'd go in and say: "Gee Mom, I

wonder what Gail's up to and maybe you oughtta give her a dingle."

To which my mother would get this incredibly astonished look on her face and say: "You know dear, I was just thinking about calling her ... you must be psychic or something."

A little while later after reflecting on some bad news from my sister Gail, I'd hear my Mom 'think': "Poor Alex, I should send her a card."

Then I would happen by and say: "Here's one of those Group of Seven stationary cards I ordered by mail ... you know you should send one of these to your friend, Alex. It might cheer her up."

And my mother got this amazed look on her face like she'd seen the Virgin Mary at the Shrine of Fatima and she said: "You won't believe this but dear, I was 'thinking' that very same thing," and she wandered off with the card in her hand, shaking her head all the way.

So in a very short span of time my mother went from presuming her son was too dumb to hold down a real job to believing that I was the smartest human being on the face of the earth.

This little game was working so well, I started to believe in it too. Maybe we all 'think' just barely beneath our breath. Maybe The Amazing Kreskin wasn't so amazing after all. Maybe he just had terrific ears.

Continued on page three...

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Continued from page two...

So my mother had this incredibly annoying habit of mumbling to herself and although it drove me nuts and caused me to occasionally leave her at the doctor's office overnight, I swear the situation never escalated to the point where I called in the cops. Not like the case of Robert Durst.

Last month I'm channel surfing when I came across CNN's true crime documentary "The Jinx" in which a wealthy American lunatic by the name of Robert Durst is denying he had anything to do with some very suspicious deaths including his ex-wife, a girlfriend and a male neighbour.

The 71-year-old Durst believed he could outsmart the investigator and host of the show who's half his age, is holding all the cards and is too young to mumble. Near the end of the interview Durst was shown two envelopes, one written by the killer of his ex-wife and one which he himself had admitted writing. When he could not identify one from the other because they are identical - he gets himself trapped on camera.

Then he excuses himself, walks into a nearby washroom where, forgetting that his lapel microphone is still recording, he mumbles to himself: "What the hell did I do?" Pause.

"Killed them all of course." Mumbling, Robert Durst confessed to two more murders that he was actually being questioned about. Soon he will be facing murder charges in California where the state is expected to seek the death penalty, which proves once and for all that mumbling, as I tried to tell my mother, can be harmful to your health.

For the record, my mother's mumbling was very annoying and yes, putting a squeaky toy under her pillow every night before she went to bed may have been wrong, but at no time did I try to have her arrested or even mention lethal injection.

With my seventies just around the corner and okay, some conversations with myself being increasingly audible, I cannot emphasize strongly enough that I am against the death penalty for older people who mumble. In fact I think seniors suspected of a crime need a new Miranda warning: "You have the right to remain silent. Anything you mumble may be used against you in a court of law."

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

No Negotiations In Sight



Photo: E.H.S. teacher Jayson Stewart is "protest painting" during the secondary teachers' strike. So far, Stewart has been prolific, creating a painting a day. He says he will continue as long as the inspiration is there.

By Chloe Kneer – As the secondary teachers' strike enters its third week and elementary teachers threaten unspecified "central strike action" (at press time), parents and students are left wondering what will become of the rest of the school year. Those with the most concern are grade 12 students who graduate in June. Both Espanola High School staff and the Rainbow District School Board office (to whom all enquiries are being directed) had not commented on provisions for students who should be celebrating the end of high school, not worrying about whether grad and prom will be taking place.

Sources say that yes, students will graduate, and that their mid-term marks will determine their final grades. To most involved, it looks as if the strike has no end in sight, with impasses on two fronts: negotiations with the provincial government (or the "central table," which also includes the Ontario Public School Board Association and OSSTF) and OSSTF's negotiations with the school boards. OSSTF District 3 President James Clyke says they would like to table a deal with the Rainbow District School Board, even if negotiations are stalled at the central table. However, he says, the school

board hasn't come back to talks. Now, back to grad: the sticking point is that the ceremony and after party are typically organized and hosted by teachers, along with parent volunteers.

Graduation ceremonies are held at the high school. Because teachers are prohibited from taking part in certain activities while on strike, this year the bulk of the responsibilities will likely be up to parents, and a different venue may have to be sought. Striking teachers are encouraging students and parents to get together and make sure they have the graduation and party they desire.

Espanola High School teachers have been overwhelmed with the support they've gotten from residents, who regularly wave, honk and drop off coffee and food for them. After spending a day picketing at the board office in Sudbury last week, many said that "by far" they are getting more support from the public in Espanola.

As for the elementary teachers' strike; the job action affects 817,000 elementary students province-wide. The ETFO is the largest union in in Canada and thirty-two school boards will be affected in Ontario. The separate school boards will be in a legal strike position in June.

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Continued from front page...

Massey Family Needs Your Votes

diagnosis, Emily underwent a tracheotomy at five weeks old. She was doing so well that she went home with her family at three and a half months old. In the coming years, Emily would also be diagnosed with visual impairment, epilepsy, and developmental delays. The Richers have been active advocates for children with special needs and Lisa, Emily's mother, has been on the committee for Snowarama for Easter Seals Kids for several years. Helping the

family attain their goal of securing a new accessible van is easy and can be done with a click of a mouse at the website <http://www.mobilityawarenessmonth.com/entrant/lisa-richer-massey-on/>. You can vote once a day for the month of May and those with the top ten votes move on to the final round and are chosen by NMEDA (National Mobility Equipment Dealers Association).

Espanola Minor Baseball Association Starts Its Season With 18 Teams

The Espanola Minor Baseball Association (EMBA) has decided to change up the game on the diamond this year. The season began yesterday, Monday, May 11, and runs until June 26 with the Windup on Saturday, June 27. There are nearly 200 kids involved this year.

"I'm absolutely thrilled to see our numbers come up so well," said EMBA president, Rosalind Russell. "We have not had this many teams in a very long time and it is a nice thing to see. With all these kids, it promises to be a great season out on the diamond." There are four T-Ball team, four Rookie Junior, four Rookie Senior, three Mosquitoes and three Pee Wee Bantam Combined. "We had no choice in regards to combining once again this year, but that said, most parents are fine with that ... as long as their children get to play, that's what counts." Russell adds more coaches and umpires are always needed.

"We are happy to have some 25 coaches, but we always need more. Some teams do not have an assistant coach and ideally we like to have a back-up, so my suggestion is that anyone who is coming out to watch their children's games, step up to the plate and offer to help out ... the rules are not difficult in slow pitch and it can be lots of fun, it's just another way to share with your child."

"Umpires will also be needed for the season. New umpires will be given all the tools they need to guide the game with the number one rule being; have fun! This is a paid position and is open to anyone from 13 years of age and up, including adults. They will be paid for their services on Windup Day," enthused Russell. "We hosted our coach's equipment meeting last Thursday, May 7, handing out the equipment and schedules, so we are set to go."

For more information, contact Russell at 705-869-6397.




Keeping The Cottage Secure



The warmer spring weather has finally made an appearance in the north. The lake is quickly receding and the trees are starting to bud. Many seasonal cottagers will soon begin the process of opening up their properties for the summer. The isolated cottage roads are now navigable and that means that thieves may be lurking about looking to hit the jackpot. It is important for property owners to take a few extra minutes to consider the tasks that they can complete to keep their properties as secure as possible when they prepare to open things up for the year. Here are a few tips that may help:

- Take items of value home. If this is not possible place them out of view or lock them in

a secure room or cabinet. If valuable items are not visible through a window and are locked up, they are less likely to be taken.

- Do not leave food or liquor in your cottage. In many break in incidents, liquor is one of the common items taken. If you decide to leave it in your cottage—once again store it out of sight.

- Make sure that all doors and windows are locked and secured when you leave. Do some extra work by installing theft prevention devices on your sliding patio doors and windows. Even a stick in the track to prevent the sliding door or window from opening will work in a pinch

- Close all your curtains and blinds so that thieves cannot see inside your cottage. If you don't have curtains, use a blanket or sheet to cover the windows. If they can't see in, they may not try to get inside, especially if you have made your property secure from the outside.

- Install quality locks on your doors. A dead bolt is always a good idea. You can also strengthen your doors and door strikes by installing longer screws right into the wood frame. This will make it harder for someone to kick in the door. When locking up your outbuildings, once again, quality tamper resistant locks and hasps are a good idea.

- Do not leave boats, ATV's or other vehicles out in the open and unsecured. If you can, bring them home or lock them up in a garage—and remove the keys. If you must leave them outside, lock them to a tree or some permanent structure. Install transom locks on your outboard motors. Remove the fuel from the fuel tank and engines.

- Lock up your gas cans or take your unused fuel home. Do not leave gas cans at camp unless you plan to use it over the winter. This may be used to steal your ATV, boat or sled. It also reduces the risk of a fire on your property.

- Tell your neighbours when you are not going to be at camp—especially if you have permanent residents living close by. They can be your eyes and ears when you are not there. If your area has Neighbourhood Watch, advise the block captain when you are leaving for the city. If you are a permanent resident, be alert to unfamiliar persons/vehicles in the area.

- Use your security system if you have one. You can also purchase battery operated motion sensing alarms. It will not prevent entry to your camp—but it may scare them off or alert a neighbour to the thieves.

- If you have a gate—lock it up. This will prevent thieves from driving up to your cottage.

- If your cottage has hydro, turn it off unless you must keep your refrigerator running. Turn off your water supply.

These are a few things that you can do when you will be away from your "piece of heaven"

. Break and Enters are crimes of opportunity. Securing your property as best as you can may reduce the opportunities for the criminals. For more information check the crime prevention section on the OPP website at www.opp.ca or visit the Sudbury Rainbow Crimestoppers website at www.sudburycrimestoppers.com.

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MEETING

Espanola Citizens Group
Town Hall Meeting

May 14, 7:00 p.m.
Knights of Columbus Hall.

New Website:
www.espanolacitizensgroup.ca

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NOTICE OF ANNUAL MEETING

Date: Wednesday, June 17, 2015

Time: 7:00pm

Location: Espanola Senior Citizen's Drop-In Centre
799 Queensway Avenue
Espanola, Ontario

Board vacancies will be filled by vote. Nominations must be received in writing and signed by two (2) corporate members by May 29, 2015 at 4:00 p.m. to be eligible for election.

Corporate membership fee is \$5.00 and must be purchased by May 29, 2015 at 4:00 p.m. to be eligible to vote on corporate affairs.

Memberships are available at Espanola Regional Hospital and Health Centre Business Office.

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Recipe

It's that time of year again, when my daughter has arrived home for the summer from university which also means it's time to start eating healthier. She's a very healthy eater and has agreed to teach me her ways while she is home. The following salad is one of her favourites and she eats it often as a meal. Later today we will be going to buy the ingredients to prepare this salad and other healthy meals and I have to go through my cupboards and throw out all the cookies and chips. Wish me luck.



Warm Lentil Salad With Roasted Red Peppers and Spinach

For the salad:

- ❖ 3 red bell peppers, quartered (or jarred roasted red peppers)
- ❖ 1 cup dried red lentils
- ❖ 3 cups loosely packed spinach
- ❖ 3 oz. goat cheese, crumbled

For the dressing:

- ❖ 1/4 cup olive oil
- ❖ 1/4 cup red wine vinegar
- ❖ 1 tsp prepared mustard
- ❖ 1 tsp honey
- ❖ 2 small cloves garlic, roughly chopped
- ❖ pepper to taste

First, roast the peppers. (If you are using jarred roasted red peppers, skip to the next step!) Preheat your broiler. Lay quartered peppers, skin up, on a baking sheet. (cover the baking sheet with foil for easier clean-up.) Broil until skin of peppers is completely charred, which will depend on your broiler, probably about 6-8 minutes. You want the skins to be totally black! Remove from oven and immediately place peppers in a large Ziploc bag and seal. Set aside for 10 minutes to steam. (This can also be done ahead of time.) Add lentils and 1 1/2 cups water to a small pot. Bring to a boil and simmer until tender but not mushy, 10-20 minutes. Check them at 10 minutes so that they don't become too mushy. Remove from heat, drain any excess water, and stir in spinach. Cover and set aside. Meanwhile, prepare the dressing by blending all ingredients together. After peppers have steamed for 10 minutes, remove from bag. Peel the charred skins off and discard. It's ok if some charred bits remain. Chop into bite-sized pieces and stir into the spinach and lentils. To serve, top spinach/lentil/pepper mixture with goat cheese and dressing. Enjoy hot! This also makes awesome cold leftovers.

**Send Your Recipe Ideas To:
mothermayi@aroundandabout.ca**



COMMUNITY NOTES

Next Community Luncheon – May 12 and 26 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 a.m. to 1:00 p.m. No charge. Everyone welcome.

Espanola Citizens Group Town Hall Meeting – May 14, 7:00 p.m. at the Knights of Columbus Hall. New Website – www.espanolacitizensgroup.ca

Sudbury Chamber Singers Concert “40 Years of Song” - Thursday, May 14, at 7:30 p.m. at the Espanola United

Massey Area Museum - Opening Saturday May 16 11am. - 7pm. Come for a tour and refreshments. Find something different. Orientation for volunteers on Tuesday, May 12 at 7:00 p.m. Clean the Museum Thursday, May 14 at 10:00 a.m.

Massey Clean Sweep - A family event to get our streets looking neat. Meet at the Massey Bible Chapel on Saturday, May 16 at 9:30 a.m. Gloves, vests and bags will be provided. Lunch to follow. Teens can get “Community hours” for high school. Just bring the paper to be signed.

Espanola Horticultural Society Plant Sale – Saturday, May 30, 8:00 – 11:00 a.m. at the Espanola complex (arena floor). Donations received the night before the sale. Everyone welcome.

Join the Walk for Alzheimer’s – Sunday, June 7 at the Espanola Mall. 1:30 p.m. registration, walk starts at 2:15 p.m. For more info call 705-869-1137.

St. Andrew’s United Church in Massey - Sunday service at 10:30 a.m. Sunday school welcomes all children. The last class is June 7 but join us again in September.

Monthly Pool Tournaments – At the Espanola Legion starting June 20. Call the Legion to sign up at 705-869-1711.

Hope and Help 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.

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



705-869-6883

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Forest Fire Season Is Here

Although the MNR reports that fire hazard in our area is currently low to moderate, there are nearly fifteen forest fires burning in the northeast region of the province. If conditions remain dry, the hazard could increase rapidly. The MNR reminds residents to use extreme caution and consult with your municipality on fire regulations.

For example, most towns will not allow daytime burning and they will require a permit to burn brush piles. The permits specify the dimensions of a pile and the hours that burning can occur. In addition to brush burning, shore lunch and camp fires are leading causes of forest fires each year. Those enjoying

these types of fires are urged to tend to their fires at all times and make sure they are completely out and not smoldering before leaving the area. If it is windy, the risk of a forest fire is high, so it is best not to burn.

Residents are also reminded that fireworks may be a danger and that burning residue from fireworks should be extinguished. Since all fires are investigated, those who are responsible for damage from fires could be held liable. To report forest fires in northern Ontario, phone 310-FIRE. To stay aware of conditions or see where active forest fires are currently burning, check out the MNR website at <http://www.affes.mnr.gov.on.ca/Maps/Fire/FireMap.html>.

So, What Are The Best Plants To Grow In Your Garden?

By Grant Lewis - So, what are the best plants to grow in your garden? Which plants are really hardy? Which plants will deer avoid? Can I split these after a few years?

All good questions and there are two good answers. Visit your local garden centres and greenhouse and support the local annual plant sale. In Espanola, you lucky people, both are available. It is very important to support our local businesses, after all they provide jobs, products and important services. Also by supporting your local Horticultural Society, they can continue to help keep our community a little more attractive during the summer months. The Espanola Horticultural Society maintains five garden beds and one community garden to make our town not just a fine paper town.

On Saturday, May 30, at the Espanola complex starting at 8:00 a.m., you will be able to choose from a great selection of proven plants freshly dug from local gardens. For many years the local "Hort" has teamed up with the Masons, and the Knight Cruisers to create a wonderful exciting day at the complex. Have a wonderful breakfast, check out the vintage cars and then pick up healthy, local plants to go in your own garden. And I haven't even mentioned the prices!!!!

So bring your questions, your concerns, and your wallets to the complex on the 30th. If you have plants that you are dividing up from your own garden, please drop off any extras at the Complex on Friday evening the 29th, from 6:00 p.m. till 8:00 p.m. A great way to recycle!



Espanola Royal Canadian Legion 1st Annual

WALLEYE FISHING DERBY

Saturday, May 23 Lower Spanish River

Launch time 6:00 a.m. Captain's meeting
May 22 @ 7:00 p.m. at the Legion.

Catch and release. Prizes for top 3 winners

Registration fee: \$75.00. **Deadline to register is May 20. For more info or to register call Anita 705-869-1711**

Proudly Sponsored by:






LOBSTER FEST

SATURDAY MAY 23RD

Espanola Curling Club, 58 Mead Blvd

Dinner: 5:30 – 7:30 p.m.
Dance: 9:00 – 1:00 a.m.
Dance only (\$15.00 @ the door)
Featuring Canucky Bluegrass Boys and Railroad Steele

\$55.00 / PERSON

Get your tickets before they run out, or by May 16th

Available at: The Beer Store, Hair Plus, Garnet's Rental, www.onlineregistrations.ca/lobsterfestespanola or Contact 705-869-3109

DINE ON A FRESH, POUND AND A HALF MARITIME LOBSTER DRIZZLED WITH HOT, MELTED BUTTER, OR JUICY PRIME RIB.

Proudly Sponsored by:




This event is in support of the
ESPANOLA CURLING CLUB
and Espanola's 4-time National Triple Jump Champion
CAROLINE EHRHARDT
as she prepares to qualify for and represent Canada at the Pan Am Games.