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**Espanola Hospital
 A "Provincial Example" Of
 Integrated Health Care**



Photo: ERHHC CEO Ray Hunt, Chair Janet Whissell, MPP Glenn Thibeault, and Cynthia Stables cut the ribbon on the newly expanded and renovated hospital site.

By *Chloe Kneer* – The Espanola Regional Hospital and Health Centre celebrated the culmination of many years' worth of work on Tuesday, October 13, as phase four of the renovations at the hospital and specifically the emergency department, were officially unveiled to the public. The \$6.4 million project has been nearly a decade in the making and is a testament to the dedication of the hospital foundation, auxiliary, and hospital CEO Ray Hunt, who also announced that he is stepping down

Continued on page four...

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All The World's A Circus

William Thomas

williamjthomas@gmail.com

Stop Trump! Stop The Wall! Stop Watching TV!

Man, the things you learn while watching TV! One Sunday, while watching ABC's special, extended coverage of the Pope's Visit To America which was interrupted by ads for Viagra, I learned something about 'product placement' and how that wasn't a very good one.

From CNN comes the mind-boggling statistic that according to their most recent Cable News Network/Opinion Research Corporation poll, 29 percent of Americans believe that President Obama is a Muslim. Yeah, one third of all Americans polled believe that Barack Obama hauls out a prayer rug five times a day and faces east toward Mecca which will come as a shock to Vice President Joe Biden who has always believed his boss was praying for the Cubs to win a World Series.

From that same poll comes the much higher statistic that 43 percent of Republicans believe President Obama is a Muslim which is perfectly understandable since 89 percent of them still believe Ronald Reagan is God.

The highest number, 54 percent of the people, who believe Obama is a Muslim also happen to be supporters of Donald Trump for president. I too believe President Obama is a Muslim, it's just that with his support for women and gays and his appetite for BBQ ribs and cold beer after a good round of golf - I just don't think he's a very good Muslim. Somebody should really confront him about this issue

on a Sunday when the Obama family is attending a service at St. John's Episcopal Church in Washington, D.C.

Broken down for strictly good, comic entertainment value - I'm not making this up - of those who took the CNN/ORC survey, 4 percent believe President Obama is Catholic, 2 percent think he's Mormon, 1 percent believe he is Jewish and 1 percent think he's something else.

In this poll in which 897 registered voters were interviewed by telephone, it is hugely reassuring that no percent of Americans contacted believed President Obama is white. So there's still hope.

From watching NBC's Meet The Press, I learned that Republican presidential candidate Wisconsin Governor Scott Walker believed that building a wall across the US-Canada border was "a legitimate idea worth exploring." Fittingly, Scott Walker dropped out of the race for president when his popularity numbers revealed he was not a legitimate contender worth pursuing.

But that northern wall idea to match the one Donald Trump plans to build along America's southern boundary with Mexico - it just won't go away. According to the latest Bloomberg Politics poll, four in ten Americans now agree that building a wall along the 8,850-kilometre border between our countries is a good idea. That's an outstanding forty percent of Americans

Continued on page three...

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Continued from page two...

who want to see a giant wall where once the longest, undefended border in the world stood!

Boy oh boy, we burn their White House to the ground just once, like 201 years ago and they're just never going to let us forget it. To support his plan to build a wall with Mexico, Donald Trump referred to those people as criminals, murderers and rapists. The best he can do to justify the northern barrier is call us a "bunch of funny-talking arsonists."

My own personal poll among neighbours from both countries predicts that if Donald Trump is elected president of the United States, as many as 42 percent of Americans will pick up roots and relocate to Canada. This will no doubt cause 77 percent of Canadians to pick up roots and move to Norway. The world does not need more mass immigrations. Stop 'The Donald.' Stop the walls. Please have the U.S. election this November, not next November. And just think by October 19th our federal election campaign will have endured for 77 days and we are already beyond sick and tired of it. As I'm writing this, there are 405 days remaining in the U.S. federal election campaign with voting day set for November 8, 2016. Look, I'm not saying that the American election is not the kind of rip-roaring entertainment that

threatens every comedy show on television. I'm just saying One Flew Over The Cuckoo's Nest did not go on for four hundred bloody days!

Why can't we all get along? For two hundred years we were friends and allies, cross-border visitors and friendly competitors. We even have nicknames for each other with Americans calling us "The Great White North" and us playfully referring to America as "The Satan To The South." A wall on the border of Canada and the United States would be prohibitively costly, contentious and unnecessary. We already have barriers that prevent Canadians from freely entering the United States. It's call the international bridge and border crossing system. Try going into the States on a Friday afternoon or on any holiday weekend. Add a few hundred more trucks and buses, devalue the Loonie a few more points and nobody's going to America anyway.

And for the record, I still think President Barak Obama is "something else." If he had produced a birth certificate that showed he was born in Vancouver, I'd have voted for him in our election.

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

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EHS Spartans Cast Their Votes



Photo: Asia Zaiser and Britney Lamothe assist Arie Ram.

Students in Jayson Stewart's Civics class were responsible for acting as clerks and election officials in the "federal election" that was held at Espanola High School last week. The school has hosted the mock election for many years, with all supplies, including ballots, privacy screens and ballot box provided by Elections Canada. It is as close to the real thing as it gets.

Students were encouraged to come by the polling place outside of room G10 in the high school over three consecutive days

during fourth period. There, their names were looked up on a master list of the high school (all grades were encouraged to vote) and they were given a ballot containing the names of the candidates in the Algoma-Manitoulin-Kapuskasing riding. Students were taught to fill out the ballot, fold it and place it into the ballot box. For their efforts, they got an "I Voted" pin to take with them. High schools across the nation take place in the initiative, but results were guarded closely until after the real election results were announced.



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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

Espanola Town Council Report

By Chloe Kneer – Council revisited their prior decision not to allow a zoning change for the vacant lot at Oscar and Adelaide Streets in order for Habitat for Humanity to build a duplex instead of a single family residence in Espanola. The motion to reverse their decision was carried, thereby paving the way for Habitat for Humanity to break ground once the plans are approved and building permits issued. The new zoning will allow Habitat to help house two families in the area, a move that they say will be beneficial to the community which has limited access to affordable housing for lower income families. The idea of a duplex is also a strategic one in order to keep property taxes lower on the homes.

Also brought forward was discussion for the proposed Autism Acceptance Tree Park. Dennis Lendrum submitted drawings and a conceptual plan for the park, which has changed since he last presented to council. It is because of these changes that council is being given updated information.

Estimates price the park at around \$500,000, plus yearly maintenance and upkeep costs. Several councillors took issue with the price tag, saying that taxpayers would likely support some of the funding, but not all. Lendrum has promised to fundraise and seek grants to assist with the construction of the park. It was suggested by Councillor Ron Duplessis that perhaps having one centralized park rather than several scattered about town could be explored. Out of the discussion, the issue of a recreation master plan also arose. The master plan was recommended in the service delivery review. Councillor Meikleham expressed that he would like to see the tree park being pursued in parallel with a master plan, rather than bogged down in bureaucracy waiting for the plan to be finalized. Lendrum will be invited back to council to make another presentation. After that, a public information session will be held to inform residents of the plan and open the idea to comments and suggestions.

Continued from front page...

Espanola Hospital A “Provincial Example” Of Integrated Health Care

after eight years. Hunt’s successor will be Nicole Haley, who previously filled the role of Chief Nursing Officer/Director of Clinical Services at ERHHC.

When it opened in 1988, the Espanola hospital emergency department served 7,000 patients per year. By 2010, that number had climbed to 15,000. In anticipation of continuing to service the greater use they saw year after year, Hunt and his team began applying to the ministries in 2008 for expansion. “We thought we had a good proposal, but there were many other towns who were in great need also,” said Hunt. After three attempts and a very compelling argument, the expansion was finally approved, and the five step process leading up to construction was implemented.

In 2013, ground was broken for the new emergency department. After completion of a new emergency entrance and the addition of several triage and treatment rooms,

the hospital started the daunting task of renovating the reception, lab and ultrasound/x-ray areas. Hunt says it was akin to “repairing the engine of a bus as it’s going down the highway.” The goal was to minimize patient disruption while adding 2,200 square feet of new space and renovating 6,800 square feet of existing space.

Speakers including Espanola Deputy Mayor Bill Foster, Sudbury MPP Glenn Thibeault, and Cynthia Stables from the Northeast LHIN, touted the importance of the campus as being a hub for families and a provincial example in integrated health care in that the facility offers many different aspects of care all in one location.

CEO Ray Hunt has accepted the position of CAO for the Northern Ontario School of Medicine and will be working at the Laurentian campus in Sudbury beginning November 2. We thank Mr. Hunt for his service in Espanola and wish his family the best in his new endeavour.



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Mindemoya	Day 1 - October 22	Day 2 - October 29
Earlton	Day 1 - November 2	Day 2 - November 9
Timmins	Day 1 - November 3	Day 2 - November 10
Verner	Day 1 - November 13	Day 2 - November 30
Powassan	Day 1 - November 14	Day 2 - November 21
Bruce Station	Day 1 - November 18	Day 2 - November 25
Wkwemikong	Day 1 - November 20	Day 2 - November 27
Powassan	Day 1 - January 15	Day 2 - January 22
Verner	Day 1 - January 16	Day 2 - January 23
Earlton	Day 1 - February 1	Day 2 - February 8
Cochrane	Day 1 - February 2	Day 2 - February 9
French Verner	Day 1 - December 7	Day 2 - December 14
French Earlton	Day 1 - December 8	Day 2 - December 15

Environmental Farm Plan

Bruce Station	Day 1 - October 27	Day 2 - November 3
Wkwemikong	Day 1 - November 5	Day 2 - November 12
Mindemoya	Day 1 - November 6	Day 2 - November 13
Earlton	Day 1 - November 16	Day 2 - November 23
Timmins	Day 1 - November 17	Day 2 - November 24
Verner	Day 1 - December 4	Day 2 - December 11
Powassan	Day 1 - December 12	Day 2 - December 19
Powassan	Day 1 - February 5	Day 2 - February 12
Verner	Day 1 - February 6	Day 2 - February 13
Earlton	Day 1 - February 15	Day 2 - February 22
Cochrane	Day 1 - February 16	Day 2 - February 23
French Earlton	Day 1 - January 11	Day 2 - January 18
French Verner	Day 1 - January 12	Day 2 - January 19

Traceability

Bruce Station	Day 1 - November 17	Day 2 - November 24
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Biosecurity for Beef Producers

Sudbury	November 7
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Food Safety

Manitoulin	Day 1 - November 19	Day 2 - November 26
Powassan	Day 1 - November 28	Day 2 - December 5

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Flu Headquarters
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Recipe

The season has changed and it's now time for comfort food. Nothing is more comforting on cold days than a hot bowl of soup. This is a nice change from the traditional chicken soup; it's creamy, and the wild rice adds a nice, chewy texture plus nutty flavour. The rice takes a while to cook so it should be precooked for 45 minutes until the grains split open, and then added to the soup. Serve with crusty bread for the perfect comfort meal.



Chicken Wild Rice Soup

- ❖ 1 cup (170g) wild rice
- ❖ ¼ cup (60ml) vegetable oil
- ❖ 1 onion, chopped
- ❖ 2 medium sized carrots, peeled and chopped
- ❖ 2 large stalks celery, chopped
- ❖ 1 tsp dried thyme
- ❖ ¾ cup (115g) allpurpose flour
- ❖ 8 cups (1.9 liters) chicken broth
- ❖ Salt and pepper
- ❖ 2 cups (300g) cooked chicken, cubed
- ❖ 8 oz (225g) mushrooms, stems removed and sliced
- ❖ 1 cup (240 ml) halfandhalf
- ❖ ½ cup (25g) chopped parsley

COMMUNITY NOTES

Next Community Kitchen Luncheons - October 27 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 am to 1:00 pm. No charge. Everyone welcome.

Read and Beat Coffeehouse -The Massey Public Library is presenting a coffee house as part of its Public Library Week celebration on Friday, October 23 at 7:00 p.m. There will be readings from new authors, celebrated authors as well as musical presentations. Refreshments. Free!

Harvest Moon Dance – Lee Valley Hall, Saturday, October 24 from 7:00 – 10:00 p.m. Music by Back Road Country Band, sponsored by the Lee Valley Autumn Leaves.

St. Andrew's Harvest Ham Supper and Talent Auction – Sunday, October 25 at 5:30 p.m. at Massey Legion. For tickets, call Donelda 705-865-2450 or Lee 705-865-2559.

Community Living Espanola's 6th Annual Fall Harvest Luncheon - Tuesday, October 27, 11:00 a.m. - 2:00 p.m. at the Royal Canadian Legion, Espanola, Tickets available at 345 Centre Street, or by calling 705-869-3131 or at the door (door prizes and penny table).

Northshore Pins & Needles Quilting & Stitchery Guild – Next General Meeting Wednesday, October 28, 7:00 p.m. at the Royal Canadian Legion in Espanola.

Espanola Game and Fish Meeting - Thursday, October 29 at the Espanola Elks Hall at 7:30 p.

Family Playtime – Drop-in program at the Espanola Public Library, starting Thursday, October 29. 10:00 – 11:30 a.m. Toys, puzzles, games and book available, with a story reading.

Queensway Pentecostal Church Trunk Or Treat – Saturday, October 31 from 4:30 – 7:30 p.m. Decorate your car to win prizes. For information, call Katie at 705-869-1700.

Annual Food Bank Christmas Exchange - Nov. 21st 9: 00 a.m. to 12:00 p.m. Items can be dropped at the complex Nov. 20th. Decorations free. Donations accepted. Any questions-call 705-583-3045.

Espanola Elks Mixed Darts – Still looking for new players. Tuesdays 7:00 p.m. now through May, 2016. For more information, call Debby at 705-869-2925.

The Good Food Box - Benefit from the savings of wholesale prices and increase healthy choices! Get the Good Food Box every month in Espanola, Naim and Massey. Call 705-521-6717 ext.104 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.**
E-mail: around@aroundandabout.ca

Cook wild rice in 4 cups (960ml) of water for 45 minutes or until it fluffs up. Drain any remaining liquid left in the pot. Set aside. In a large pot, add vegetable oil. Sauté onions, carrots, and celery until they soften, about 3 minutes. Add dried thyme and all-purpose flour. Cook and stir for another 2 to 3 minutes. Pour in chicken stock. Bring to a boil. Add cooked wild rice and pour in halfandhalf. Bring soup back up to a boil and allow it to heat through, about 5 minutes. Turn off heat. Stir in chopped parsley.



Volunteers Help Make Clear Lake Project Happen

The Clear Lake Stewardship Association (CLSA) is pleased to announce the completion of the rerouting of the creek at the east end of the lake. The project stems from a catastrophic flood in 2011 which caused the creek to cut a new course eating away at the public beach. Action had to be taken to stop the erosion and unhealthy runoff into the lake. The CLSA spearheaded the project with the guidance of the Ministry of Natural Resources and the Town of Espanola to reroute the stream back to its original course for the benefit of the entire community.

According to Liz Cairns-Bois, the Secretary and Chair of the CLSA, "it was a daunting task that required design work, permit application, excavations, loads of gravel and finally limestone to line the new creek bed." Cairns-Bois said the key to the success of the project was the cooperation of the town, "None of this would have been possible without the total and unfailing support of the Town of Espanola, specifically the Public Works Department", said Liz Cairns-Bois.

The association sought out and received a tremendous amount of support in the community for the project. The Lions Club of Espanola

got the ball rolling by pledging money. Belanger Construction dug the trench and graveled the new streambed.

The final piece of the puzzle was getting limestone to line the new streambed. According to Cairns-Bois the community really pulled together to make it happen. Don Eadie Construction donated the stone, all 16 pallets of it. Anne Benness at Fisher Wavy coordinated the transportation of the stone. Home Hardware sent out their forklift to off load the pallets and place them "nice and close to our work-site."

On October 3, volunteers from the CLSA and the Lions Club along with some equipment to speed up the process, showed up to lay the stone. A special thanks goes to Merle Canjar for donating and bringing coffee and for fetching the super good pizza lunch that was donated by Dynamic Family Restaurant.

Cairns-Bois summed up her feelings on the completion of the project by saying, "The story is really about how the community and the town came together for the benefit of everyone."

For further information please contact Liz Cairns-Bois at 705-869-3679 or visit the CLSA website at clearlakestewardshipassociation.ning.com

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