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 September 8, 2015 Issue 36 - Volume 19

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Back To School Safety



By *Chloe Kneer* – Back to school is more than spending hundreds of dollars on new clothes, backpacks and school supplies (although these are extremely important in the eyes of students). It is also reinstating good sleeping and eating habits and following some basic practices to ensure that everyone gets to and from school safely. Summer causes children to forget many things: math is one for sure, but so is routine. Something as simple as safely walking or biking to and from school must be taught (to first year students) or relearned (by returning students) due to the changing patterns and increased traffic that the start of school brings. There are extra cars in school zones, and buses, let's not forget the buses. Here are some back to school safety tips:

For Parents and Children:

- Walk on sidewalks where available.
- Always cross at intersections.
- Always wear a helmet when riding a bicycle.
- Always walk your bicycle across a roadway.

Continued on page six...

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All The World's A Circus

William Thomas

williamjthomas@gmail.com

Officially We're In Recession. Unofficially, We're Screwed.

Well, it's official - Canada is in a recession. Statistics Canada has released financial numbers that meet the technical definition of a recession. Not only did the country's gross national product fall in the first two quarters of 2015, but members of the Canadian Senate also stole 25% more taxpayers' money than usual. Things are so bad Senator Pamela Wallin is now using her own frequent flyer points to reduce the cost of all the personal travel which she bills to the government.

The energy sector of the economy is exhausted, the job market is down and the Canadian loonie is dropping like Mike Duffy's jaw when he first saw the Mounties coming up the walk.

The stock market is killing our retirement savings. One day Greece kicks it in the ass and the next day China puts it in a strangle hold. If the loonie falls any lower, Snowbirds will be spending this winter on Park Place and taking the B&O Line to get there.

The price of gasoline is going up while the cost of a barrel of oil is going down. Gold goes up. Silver slides. Commodities go down, pork belly futures get slaughtered. It's painful, like watching a drunk dance his way through Royal Doulton's factory outlet window.

Financial experts in Washington (Oxymoron Alert!!!) claim that although

we are experiencing 'Mickey Rooney growth' while fighting off a 'Patsy Cline decline,' it is nowhere near the 'badder than a junkyard dog' setback predicted by Leroy Brown. In short, the economy is so bad the experts are running out of doomsday clichés to describe it. Seriously, investing money these days is so dicey even The Wealthy Barber took a haircut.

Yes, the Northern American economy is bad. But how bad?

- The economy is so bad desperate-for-cash Canadian banks are installing ATM's on the back of ATV's.
- The economy is so bad the youngest of the Kardashian girls may have to live with natural breasts.
- The economy is so bad the Stopwatch Gang just robbed a food bank.
- The economy is so bad in order to cut down on travel expenses, Madonna has started adopting American kids.
- The economy is so bad the last Annual Conference of U.S. Central Bankers in Wyoming was held ... not making this one up ... at Jackson Hole.
- The economy is so bad libraries are now accepting canned goods as payment for overdue book fines.
- The economy is so bad even white collar crime on Wall Street crime is down.
- The economy is so bad, in a desperate

Continued on page three...

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Continued from page two...

attempt to get the money markets moving Washington has decriminalized Ponzi schemes and issued day passes to Bernie Madoff.

•The economy is so bad the U.S. government has announced major military funding cuts by promising to invade 40 percent less counties next year.

•The economy is so bad that Canadian Finance Minister Joe Oliver now admits that when he characterized our situation as being “robust” and “growing” he had his fingers crossed behind his back.

•The economy is so bad, before they could attend a meeting of the world’s eight richest countries, the Canadian delegates had to get through the qualifying round.

•The economy is so bad last night’s top contenders on television’s “the Biggest Loser” were Portugal and Spain.

•The world economy is so bad, yesterday the Euro achieved par with Pioneer Bonus Bucks.

•The economy is so bad President Obama ordered the Department of Agriculture to conduct a space station experiment to see if money really can grow on trees.

•The economy is so bad major

American newspapers have suspended publishing for six months and are donating the paper to the U.S. mint.

•The economy is so bad Standard & Poor’s have downgraded “Two And A Half Men” to “One Skinny Guy And That Kid From Look Who’s Talking.”

•The economy is so bad the Canada Pension Plan is now sending seniors monthly cheques, that are post-dated.

•The economy is so bad when they first heard the phrase double-dip recession, Mike trampled Molly in a race to the nearest Haagen-Dazs.

•The economy is so bad Conrad Black’s personal valet is now working from home.

The economy is so bad Rupert Murdoch’s newspaper reporters are only hacking into phones with free long distance package.

•The economy is so bad Bill and Melinda Gates will be holding a lawn sale Saturday, September 12th at 8 a.m. No not 6:30 a.m. Not 7 or 7:30. Eight and not a minute before.

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

CUPE

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

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Back to School Safety



**Every Child Should Have A Safe Walk To School
Slow Down, Beware, And Drive Safe**

Get Prepared for Back to School Safety!

It's back to school time!

As school doors open, traffic gets a little heavier on our streets. People are back from holidays, school buses and public transit are on regular routes, and more people are walking, cycling or driving to school.

To help with the transition and share the roads safely, read our safety tips. Help everyone stay safe this school year!

1) Observe School Zone Speeds

Although you should always obey posted speed limits, it is especially important during the school year. Children crossing the road on their way to and from school can easily get distracted and step into harm's way. Slowing down and being vigilant is crucial to keeping kids safe. Children are often out throughout the day at recess, lunch, and for certain classes, so it's important to drive slowly throughout the day.

2) Obey the Crossing Guard

A crossing guard is there to keep children safe. If you come up to a set of lights, and the light turns green, but the crossing guard still says stop, follow his/her direction and not the traffic light. There might be a child still crossing the street that you can't see.

3) Watch for Darting Children

Kids are small and easily distracted, and for drivers, this can create dangerous situations on the roads. Be vigilant and alert behind the wheel. You never know when a small child might step out from between parked cars or off a

sidewalk. Your fast reflexes might be needed to prevent an accident.

4) School Buses

Most mishaps take place outside the bus. Make sure children don't arrive too early at the bus stop where they can wander or get into mischief. Make sure children wait well away from the road and stay back until the school bus makes a full stop and the doors open. Explain that they must walk at least three metres (10 feet) away when crossing in front of the bus so the driver can see them. When driving your car near a school bus please note that extra caution is needed. You shouldn't pass a school bus when the signal lights are flashing (as children are often crossing the road at that time), and drive slowly as a general precaution.

The following information is useful for school bus passengers and their parents.

Rules for getting on the bus safely:

1. Be at the bus stop on time. Never run to or from the bus.
2. Wait at the designated stop in a safe place well back from the side of the road.
3. Remember the danger zone around the bus. The danger zone is anywhere close enough to touch the bus. The bus driver cannot see you when you are in the danger zone.
4. If you cross the street to get on the bus: when the bus comes, wait until it has come to a complete stop. The bus driver will make sure all the traffic stops. The stop arm will be out and the red lights will be flashing. Watch

the driver. When the driver knows it is safe, he or she will signal you to cross, but watch for traffic yourself. Walk, don't run.

5. Hold the hand rail as you get on the bus. Don't push or shove.

Rules for on the bus:

1. Take your seat as quickly as possible and sit properly, facing forward at all times.
2. Hold bags and parcels in your lap. Do not put your feet into the aisle: someone might trip.
3. Keep your head, arms and everything inside the bus. Don't throw anything out the windows or around in the bus.
4. Talk quietly. The driver must concentrate to drive the bus safely.
5. Save snacks for snack time at school or for when you get home. They may spill or you may choke if the bus goes over a big bump.
6. No fighting, shouting or playing in or around the bus.
7. Always follow the bus driver's instructions.

Rules for leaving the bus safely:

1. When you leave the bus, hold the handrail and step away from the bus.
2. To cross the street in front of the bus, walk ahead at least 10 giant steps (three metres). Cross only when the driver gives a signal. Cross the street in single file.
3. If you drop something near the bus, don't pick it up. Tell the driver or another adult first.
4. If everyone is getting off the bus, the people at the front leave first. Do not push.
5. Be familiar with the bus driver's rules for emergencies.

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Healthy Lunches Help Fuel Active, Smart Children

What's the best way to help your children get good grades and have energy for long afternoons at school? Pack a healthy lunch! Here are some tips.

Excel at school

When children eat a well-balanced lunch, it's easier for them to concentrate at school and have energy for afternoon activities. A nutrient-sparse lunch will make them more likely to reach for unhealthy recess snacks, when energy is low and sugar cravings kick in. This could lead to weight gain and health problems down the road.

Studies show that in addition to providing energy, healthy lunches filled with whole grains, vegetables, fruit and protein can lead to better grades and higher scores on standardized tests, especially when compared with children eating high-fat, salty lunches.

Carbohydrate-containing foods, such as whole grain wheat, corn and soybeans, are crucial for brain health. The Grain Product food group in Canada's Food Guide provides carbohydrates to the bloodstream to fuel the

mitochondrial furnaces responsible for your child's brain power.

Lunches that kids love

The healthiest carbohydrates include whole grains, vegetables, fruits and beans. They promote good health by delivering vitamins, minerals and fibre, which are required for normal growth and development. Grab that lunchbox and pack meals made with four food groups:

Vegetables and fruit
Grain Products
Milk and alternatives
Meat and alternatives

Most kids love sandwiches, which are a great way to ensure they get a serving of Grain Products, a staple food group in Canada's Food Guide, and carb-rich brain fuel. Stack protein and vegetables on different shapes and sizes of breads. Use cookie-cutters to cut sandwiches into children's favourite shapes.

Pack whole grain crackers with cheese, or make modern ants-on-a-log with soy butter and currants on celery to harness brain power. Visit www.goodineverygrain.ca or www.healthygrainsinstitute.ca for more ideas.

Remember - There's precious cargo aboard!
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Shoes That Fit Perfectly Prevent Injuries



If you've ever bought a pair of shoes that didn't fit well just because they were on sale, or looked too fabulous to pass up, you are certainly not alone. However, experts caution against these 'great buys', since ill-fitting footwear is one of the leading causes of preventable foot and lower limb injuries.

"Shoes that are too long, too short, too tight, or too wide not only cause painful rubbing and squeezing, they can also force the wearer to adjust their natural gait," says Alison Smith, a Canadian certified pedorthist. "This in turn can cause them to shift their pressure and weight, often leading to pain and injury."

Smith says fashionistas and bargain shoppers aren't the only people who wear ill-fitting footwear. Many of us inadvertently wear poorly fitting shoes because we don't know how to tell if a shoe fits properly.

If you are fitting your own shoes, certified pedorthists advise the shoes should feel comfortable the moment you try them on. It is a myth that snug-fitting shoes will stretch over time. Make sure you have room to wiggle your toes, especially when you're

standing and that the heel of the shoe fits snugly around your own heel. Also make sure you buy shoes that match the shape of your foot. If your foot is wide and square, you should purchase shoes that are wide through the top. Most importantly, you should never assume you are always the same shoe size. Feet shift and change over time and different shoes fit differently, so you should have both of your feet measured often.

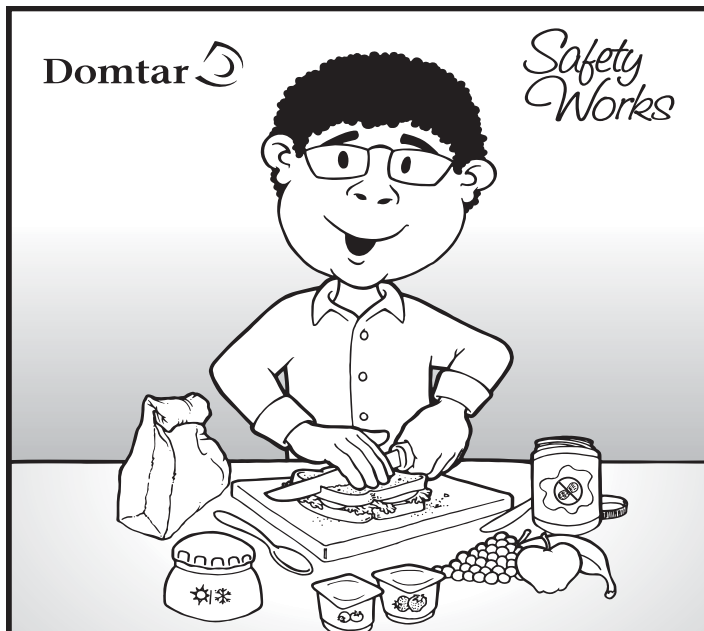
Painful, injured feet can have a serious impact on your mobility. To make sure you can keep doing the things you love, always buy supportive, well-fitting shoes. More information on fitting shoes properly can be found at www.pedorthic.ca.


Get The Perfect Fit

To ensure your footwear fits properly Canadian certified pedorthists recommend you follow these steps:

- Get your feet measured by a professional fitter, preferably using a Brannock device.
- Take the insoles out of your shoes and stand on them. Make sure you have a thumb width between the longest toe and the end of the insole. Also check that your first and fifth toe fit on the insole and don't hang off.
- Shoes should bend at the widest point of your foot, where your foot bends.
- Laces or Velcro will help to ensure your shoe fits snugly and supports the movement of your foot.

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Continued from front page...

Back To School Safety

When crossing intersections without signals or crossing guards, children should:

- Stop before stepping into the road
- Increase your visibility and indicate your crossing intention to motorists
- Look in all directions before crossing
- Stop, Look and Listen for traffic
- Cross safely when the road is clear
- Walk, don't run, across the road
- Where possible, use the buddy system

When crossing intersections with signals, children should:

- Push the pedestrian button (where they exist)
- Wait for the pedestrian walk sign
- Increase visibility and indicate your cross intention to motorists
- Stop, Look and Listen for traffic
- Watch for turning cars or trucks
- Cross safely when the road is clear
- Walk, don't run across the road

When crossing with the assistance of adult crossing guards and student safety patrollers:

- Cross only under the direction of the guard

Railway crossings:

- Many children in our communities must cross railway tracks daily. Ensure children are taught the only safe place to cross railway tracks is at a designated crossing.

For Drivers:

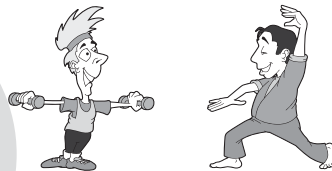
- Be aware of school zone signage.
- Reduce speed in school zones.
- Be ready to stop at all times. Children do not always notice oncoming traffic.
- Always try to make eye contact with children waiting to cross the road.
- Be patient and wait for children to complete their crossing before proceeding.
- Stop when directed to do so by a crossing guard.

BACK TO CLASS!

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Fall Swim Lesson Registration
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*****Check for swim lesson information at espanola.ca or call the Recreation Complex at 705-869-1961**

Espanola Youth Competes in the National Sea Cadet Sailing Regatta



The National Sea Cadet Sailing Regatta was held in Kingston, Ontario the week of Aug. 17-21. All regions of Canada were represented at this regatta with a total of 25 Boats taking part. Each sea cadet region across Canada sent their top sailors to this National event. To qualify for this event, a cadet must first sail in their respective provincial championships. Representing 357 RCSCC HERO out of Espanola was Chief Petty Officer 2nd Class Riley

Nadeau who skippered along his crew of Reese Markey out of RCSCC Falklands from Ottawa. Riley and Reese previously won the Provincial Sailing regatta which qualified them for Nationals. The regions that were represented were: Pacific (BC), North Western (Alberta, Saskatchewan, Manitoba), Central (Ontario), Eastern (Quebec) and Atlantic (PEI, Nova Scotia, New Brunswick, NFLD). After five intensive days of racing, the team of Riley Nadeau and Reese Markey finished in the top five sailors from across Canada in fourth place overall. In the final race of the day on Friday, Aug. 21, Riley and Reese got off a perfect start and when they made their final turn for home, not another boat was in sight. It was a fantastic win to finish with a great result in the standings. Riley has one year left as a Sea Cadet and hopes next year will be the one.



First Day Of School Is Today!

Rainbow District School Board welcomes 13,440 students when classes resume today, Tuesday, September 8, 2015

According to official predicted enrolment for the start of the 2015-2016 school year, Rainbow District School Board will welcome 13,440 students in Rainbow Schools when classes resume on Tuesday, September 8, 2015. There will be no early dismissal on the first day of school.

In the elementary panel, enrolment will total 8,407 students including 5,848 in the English Program and 2,559 in the French Immersion Program.

In the secondary panel, enrolment is expected to reach 5,033 students including 4,400 in the English

Program and 633 in the French Immersion Program.

Enrolment is calculated as full-time equivalents.

This fall, 1,518 children are expected to be enrolled in Kindergarten in Rainbow Schools, a full-day program for four and five-year-olds. A total of 1,021 students have registered for Grade 9 classes in area Rainbow Schools.

Official enrolment data will be available at the end of October.

Rainbow District School Board is the largest school board in Northern Ontario with 35 elementary school buildings and 9 secondary school

buildings in Sudbury, Espanola, Manitoulin and Shining Tree. The Board also offers educational programs at Barrydowne College (a re-engagement school at Cambrian College), the N'Swakamok Native Friendship Centre, the Shkagamik-Kwe Health Centre, the Children's Treatment Centre, the Ruth MacMillan Centre, Frank Flowers School and Cecil Facer Secondary

School.

The first day of school is today, Tuesday, September 8, 2015 for all area school boards, including Rainbow District School Board, the Sudbury Catholic District School Board, le Conseil scolaire catholique du Nouvel-Ontario and le Conseil scolaire public du Grand Nord de l'Ontario. There will be no early dismissal on the first day.

SCIF Sables Canada & Lund Boats AYA Fishing Tournament



Photo: Grand Prize Winners, Lund Boat, Motor & Trailer Package & more, Tim Martel's Team - "The Martels"

By Mal Brandow--- Wow, what a day! Angling Teams from across Northern Ontario gathered at Espanola Bay on Agnew Lake for the First Annual "SCIF Sables Canada & Lund Boats AYA Fishing Tournament". This Angler/Young Angler Tournament introduced fishing, conservation, sportsmanship and the excitement of catch and release tournament fishing with families, friends and mentors. The fishing was phenomenal, every team brought in fish to be weighed. The youth were the shining stars as they out fished the team captains and contributed to the greatest weights of the teams! After a hard day of fishing, all the teams headed to the McKerron Recreation Centre for the awards presentations and a great BBQ. Everyone went home winners with great prizes and gifts!

We're excited to announce that this will be an annual event so save the date for the third weekend of August 2016 for our second annual SCIF Sables Canada & Lund Boats AYA Fishing Tournament! For more information contact by email Mal Brandow gunsablazen.mb@gmail.com

I would like to give a very special thank you to all of our dedicated volunteers, donors and sponsors for a highly successful day. None of this could have succeeded, without everyone's efforts, including our conservation partners at the MNRF Conservation Enforcement office in Espanola.

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There's A New Vet In Town!

Those who have been by Espanola Animal Hospital in the past several weeks may have already met Dr. Crissy Olson, our newest associate. Crissy is a recent graduate of the Royal Dick Veterinary College in Edinburgh, Scotland. Crissy is a native of Northern Ontario and obtained a degree in paramedicine in 2003. After working as a paramedic in Sudbury for 7 years, she was accepted to the veterinary program in Edinburgh which she completed this spring.



Dr. Olson has a keen interest in avian and exotic medicine and emergency and critical care. She will be assuming the majority of daily practice work and client care, at which she excels. We wish her much success and have great expectations for her!



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Family Health Team

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Free 6 week, once weekly program that helps adults manage their symptoms of chronic pain. Starting September 15th 6:30pm-8:30pm
Caregivers and/or support persons are also welcome. Please call to register.

705-862-7991

Over \$1 Billion Available To University Students: Get Your Share!

University students in Ontario shouldn't get discouraged by the cost of tuition - more than a billion dollars in grants, bursaries, scholarships and loans is available to offset the sticker price.

In fact, Ontario has one of the most generous financial support systems for university students in Canada, with most students paying nowhere close to the full cost of tuition.

"I think of the full cost of tuition as the 'advertised fee level' and the money students actually pay as 'net' tuition," says Patrick Deane, Chair of the Council of Ontario Universities (COU), and President of McMaster University. "On average, students receiving help through the Ontario Student Assistance Program (OSAP) pay roughly half of the advertised fees."

Ontario universities provided \$840 million in non-repayable bursaries and scholarships to students in 2013-14, including \$171 million on financial

aid for students whose needs were not fully met by OSAP. More than \$1 billion a year is also provided by the Ontario government through OSAP aid on loans and grants for students in colleges and universities.

Did you know that more than one in four OSAP recipients pays less than a quarter of the sticker price, and one in 10 students collecting OSAP had their entire tuition fee covered by student financial aid?

Income tax credits reduce the actual cost of tuition even further.

"There is so much financial aid available to students in Ontario," says Deane. "Students and their parents should arm themselves with this information and make sure they understand the difference between net tuition and advertised fees."

To learn more about what student aid is available in Ontario, visit www.cou.on.ca.

www.newscanada.com

News from the Park



**Michael Mantha MPP/député
Algoma-Manitoulin**

As the summer winds down we start to get our children ready for the back to school and daycare routine. For most working parents their day doesn't end at 3pm when school is out so they need to find alternative childcare. Parents returning to work for the first time also struggle with finding daycare.

The fact remains that young families across Ontario are struggling to find quality child care that they can afford. The liberal government before the last election committed to improving child care in Ontario, they promised that families could expect better from your government.

Last November, members of the Liberal Caucus unanimously endorsed NDP Leader Andrea Horwath's motion to "partner with the Federal Government to ensure that every parent in Ontario has access to childcare at a cost of no more than \$15 a day per child." Your MPPs made it clear that your government would work collaboratively to deliver on this important commitment.

Ontarians took your government at its word to put the child care needs of families ahead of your own partisan interests. September is nearing and the child care crisis in this province has not been addressed.

Now we are disappointed to see the Liberal government playing politics with our kids during this federal election campaign. Over the weekend Education Minister Liz Sandals

publicly attacked the NDP plan to deliver \$15 a day child care to a million children across Canada, despite your own government's endorsement of that plan in the Legislature. This doesn't seem to be a Minister who is committed to families in this province.

The Liberal government is well aware that the NDP is the only "willing federal partner" with a plan to deliver on this commitment for families in Ontario and across the country. Tom Mulcair has repeatedly stated that the NDP will work closely with provincial governments to deliver on this commitment and to meet the unique needs of each province. He has specifically committed to work closely with Ontario in recognition of our unique circumstances, such as our existing full-day kindergarten programming.

Yet, the Liberals, instead of reaffirming their willingness to work together, Minister Sandals chose to attack the only plan from a federal political party to work with the Province of Ontario to deliver \$15 a day child care.

Worst of all, Minister Sandals claims that she has no idea how \$15 a day child care "would impact Ontario families." That is a deeply troubling statement because the answer could not be more clear: Families cannot afford to wait any longer for the affordable child care they need. Parents who expect your government to put their family's best interests ahead of the best interests of the Liberal Party must be sorely disappointed.

Our NDP caucus is urging the Premier to publicly reject the Minister's attempt to play politics with this important issue - and to recommit your government to work with a willing federal partner to deliver \$15 a day child care to all Canadian families.

It's time to put Ontario families ahead of the Liberal Party's political games. Parents and kids deserve better than to see your government attacking the only plan to deliver \$15 a day child care to families here in Ontario and across the country.

As always, please feel free to contact my office about this issue, or any other provincial matters. You can reach my constituency office by email at mmantha-co@ndp.on.ca or by phone at 705-461-9710/1-800-831-1899.

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705-869-0333



CORRECTION: Last week I accidentally reversed the number of pasta shells needed for Cheese-Stuffed Baked Pasta Shells. The recipe should have said 24 Jumbo shells and not 42 Jumbo shells. My apologies to anyone who ended up with a pot full of extra shells.



Recipe

I plant beets in my vegetable garden in the spring solely to make pickled beets in the fall. We love them, and eat them with many meals. I've been using my mom's recipe for over 20 years and it still remains my favourite pickled beet recipe. Some people make a more vinegary recipe; this one makes a sweeter pickle.
 Mom's Beet Pickles (2 quarts or 4 pints)

- ❖ Fresh beets (enough to fill jars)
- ❖ 2 cups white vinegar
- ❖ 3/4 cup cold water
- ❖ 2/3 cup white sugar
- ❖ 1 tsp salt
- ❖ 12 whole cloves
- ❖ Small cheesecloth bag of mixed whole pickling spices

(Place the seasonings on a double thickness of cheesecloth. Bring up the edges of the cheesecloth and tie securely with kitchen string. If you prefer, a cloth tea sachet (available in tea shops) or tea ball infuser also makes a great spice bag.)

Wash fresh beets and cut tops 1/4 inch from the beet and leave the tails on. Don't peel. Boil in salted water until cooked. Drain and put into cold water. When cool enough to handle, peel beets. Fill sterilized jars with beets. If beets are large you can cut them, but try to keep the size of beets the same. To make the brine, place ingredients into a pot and bring to a boil. Reduce heat and simmer to dissolve the sugar. Discard bag of mixed pickling spices and pour brine into jars to cover beets and seal. Ready in 2 - 3 weeks.

Mother May I Cookbook

Finally, after 4 years of effort, much encouragement, gentle persuasion, and a lot of help, I have finally completed a recipe book. It's a compilation of favourite and most requested recipes from the last 12 years of my column. To add a personal touch, at the beginning of each section I have added a tribute to some of the important women in my life and a picture drawn by my mom to represent them. This book is mostly a personal accomplishment for me, but I hope it provides a collection of tried and useful recipes for my readers and supporters to enjoy. Books are being sold for \$15.00 and can be found at Around & About, 85 Centre Street or at Trail Side Sports, 50 McCulloch Drive.

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OPTOMETRISTS



It's that time of year again...

Book your back to school eye exams today!

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MASSEY MINOR HOCKEY REGISTRATION

6:00 - 8:00 p.m.

MASSEY AND DISTRICT ARENA


September 8, 9, 10, 2015

September 14, 15, 16, 2015

TYKES	\$400 + 50 FUNDRAISING = \$450.00
NOVICE	\$460 + 50 FUNDRAISING = \$510.00
ATOMS	\$520 + 50 FUNDRAISING = \$570.00
PEEWEE	\$520 + 50 FUNDRAISING = \$570.00
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SERVICES

MASSAGE THERAPY
– Offered by Krista Zdyb R.M.T. Located at In Touch Chiropractic & Wellness Center, Espanola. Half Hour and Full Hour Appointments available. Therapeutic, relaxation, and hot stone massage. New patients welcome. Call 705-862-7171. 9/15

**H A N D Y D E N
LANDSCAPING SERVICES**
– Full yard maintenance services, rubbish removal, decks, fences, painting, pressure washing. Call Dennis 705-863-3778 or 705-583-2210. 9/15 - R

CPITS TRAILER SALES
– Massey, 705-865-3176 (for appointment). 21' toy haulers with travel trailer amenities from \$12,990. Cargo trailers for work or play all lengths/sizes. 10/13 R

RAINBOW VALLEY FARM
– Offering indoor/outdoor horse boarding. Only 10 minutes from the heart of Espanola. Call for details. 705-869-0478. 9/29

**ESPANOLA SELF
STORAGE** – 6x8 and 8x10 Storage units available in Espanola. Located behind the car wash. Call 705-869-8405. 10/27 - R

**APP COMPUTER
SOLUTIONS** – Complete computer repairs and service calls available! Trojan and spyware removal – tune ups – system reloads – hard drive and memory upgrades. In-home service calls start at \$50. Brand new and refurbished systems (1 yr. warranty) delivered. Call 705-869-8872. 9/22

CHIMNEY CLEANING
– Over 20 years of local experience in cleaning, repairs, and installations. For your security, have your chimney cleaned and checked today. Call Larry at 705-844-2878. 11/03

DAYCARE - Private in home daycare, spaces available now! Flexible hours 6-6, with flexible rates! Call Becca at 705-207-0039 for more information. 9/22

**MASSAGE THERAPY &
ACUPUNCTURE** - by Cheryl Van Allen, R.M.T. Treatment focused on pain relief or relaxation. Covered by most insurance companies. Gift certificates available at the front desk. Located at the Pinewood Motor Inn. 705-869-3460. 10/27 - R

L & M STOVE SHOP – 308 Albert St. Espanola. We stock a wide range of appliance parts and vacuum supplies. We stock elements, vacuum bags, etc. Call 705-869-2944. 9/8 - R

HOUSE FOR SALE

HOUSE FOR SALE – Three bedroom, 2 bath, 2 storey with eat-in kitchen, living/dining rooms, large workshop, on a nice corner lot. Located in Massey. Call anytime 705-869-8583 or 705-865-1438. 9/22

FOR SALE

FOR SALE – Dual wheel trailer. Excellent condition, plated. Call Greg 705-822-4734. 9/8

DANCE CLASSES



**BALLROOM
DANCE
CLASSES IN
ESPANOLA**

Learn to: JIVE, FOXTROT, TANGO, and much more! 10 Week Program From Sept 29 - Dec 1. Intermediate Class: 6:45 - 8:00 p.m., Beginners Class: 8:15 - 9:30 p.m. For more info call Colette at 705-698-2387.

FOR RENT

FOR RENT – 2 bedroom house. Large yard. Available immediately. First month plus security deposit. \$800.00 / month plus utilities. Call 705-869-8189.

FOR RENT - Lang Lake Resort - Waterfront suites and cottages available for rent. Full kitchen, satellite TV, Jacuzzi tub. Call 705-285-4241 for monthly rates. Available October 1. 9/22

FOR RENT – One and 2 bedroom apartments available now. 45 Arthur Ct, Espanola. No pets and references required. Call 705-869-5989. 9/22

FOR RENT – Two bedroom apartment, no steps, 525 Second, Espanola. Available October 1, with hydro and stove. 705-869-2443. 9/15

**WINTERIZED COTTAGE
FOR RENT**—located 5 miles south of Espanola on hwy6 on Loon Lake 1044 Birch Lane, fully furnished, large porch, beautiful view of the lake! Minimum one year lease. Suitable for one or two adults. Available September 1. Phone 705-869-1248 Ask for Al. 9/8

FOR RENT—Newly renovated 3 bedroom townhouse in Espanola available September 15, 2015. Non smoking. No pets. Rent \$740.00 plus utilities. First and last month's required, plus references. Call 705-869-3223. 9/15

FREE WOOD PALLET

Call 705-869-6883
for details.

THANK YOU

Thank You

A special thank you to Constable Rob Forcier and Constable Matt Sonnenburg, the paramedics who were called to Antonen Rd. on Birch Lake August 10th. In a time of terrible loss they were most supportive. Also the girls at Stewart's General Store.

*Thank you Carl
Troupe and Family*

SOCIAL GATHERING /BIRTHDAY

SOCIAL GATHERING - Please come help celebrate Marie Dufour's 75th birthday on Saturday September 12th from 1-4 at 439 Second Ave (beside the car wash) Coffee and cake will be served Best wishes only!!

EMPLOYMENT OPPORTUNITY

HELP WANTED – Nick's Sales and Service. Full-time small engine marine/motorcycle licensed mechanic. Apply in person at 770 Centre Street, Espanola, or by fax to 705-869-3640. 9/15

AUDITIONS

Espanola Little Theatre AUDITIONS

For Norm Foster's Dear Santa

Looking for adults and children aged 7+, for onstage and backstage support.

**Saturday, September 12th
10:00 a.m.**

**Espanola Public Library
Conference Room**



705-869-6883

email:
around@aroundandabout.ca

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**Fax Resume to 705-869-5770
Deadline to Submit
September 15, 2015**

NOTICE

Community Living
Espanola

**NOTICE OF
ANNUAL GENERAL MEETING**

Monday, October 5th – 7:00 p.m.

Day Services Cafeteria – 345 Centre Street, Espanola
(back entrance)

A membership must be purchased prior to **September 25th, 2015** in order to be eligible to vote at the 2015 AGM. Memberships can be purchased for \$3 at CLE's Administration Office at 345 Centre Street, or by calling Debbie at 705-869-0442 ext 21.

If you are interested in becoming a Board Member for Community Living Espanola, please contact Debbie at 705-869-0442 ext 21 for further information.

Kathy Lewis, Chair



**NOW HIRING:
Registered
Practical Nurses**

We offer flexible hours and exemplary wages. Applicants must be certified in first aid/ CPR and must be in good standing and have a current CNO registration. We service Espanola, Manitoulin Island and the North Shore.

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Little Current, Ont. P0P 1K0

Email: ndhs@outlook.com
Phone: 705 348 0170
Fax: 705 368 0620

COMMUNITY NOTES

French And English Story Hour Registration – Wednesday, September 9 at 9:00 a.m. at the Espanola Public Library.

Espanola Sea Cadets - Every Wednesday, 6:00 – 9:00 p.m. at the Espanola Legion starting September 9. Free leadership, seamanship and physical fitness training for youth, ages 12-18. Call 705-862-7700.

Massey Area Museum - Fish Fry on the Museum Grounds, Friday September 11/15. 4:00 p.m.- 7:00 p.m. Fresh whitefish, fries and coleslaw. For more info contact the Museum 705-865-2266

Celebration of Life Service and Tea – Sunday, September 13 at 2:00 p.m. at the Walford Protestant Cemetery, the Reverend Lyn Heeley presiding. Refreshments will be served at the Walford Community Centre. Open to everyone.

Espanola Area Friendship Circle Alzheimer Support Group – Monday, September 14, 1:30 -3:00 p.m. at the Senior's Drop in Centre. For more information, call 705-869-1137.

Children's Clothes Closet – Calvary Baptist Church, Espanola, September 16, 10:00 a.m. - 2:30 p.m. Sizes newborn to 6X.

Free Savouring Your Garden Workshops - Learn food storage and preservation techniques. September 24, Canadian Hearing Society, Sudbury. RSVP 705-522-9200, ext. 495 or September 25 in Little Current. RSVP 705-370-9200, ext. 735.

Next Community Kitchen Luncheons - September 22 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 Curling Club Fundraisers – Fish fry and silent auction Friday, September 25 at 6:00 p.m. Tickets available from club members or by calling 705-869-6237.

St. James Anglican Church - Annual roast beef supper with all the fixings and silent auction Sunday, September 27 at the Massey Legion Hall. Doors open at 4:30 p.m. For more information, call 705-865-2004

Massey and Area Museum - Educational and fun experience for children. In each room, you must find Sam of the Sauble's hiding place. Every child who tours the museum will receive a free large freezie and a ballot for a weekly draw for a McDonalds kid's meal.

Espanola Helping Hand Food Bank - The food bank needs volunteers. If you would like more information, call 705-583-3045 Wednesdays between the hours of 11:00 a.m. - 3:00 p.m.

PD Day Camp 2015-16 – At Queensway Pentecostal Church, pre-registration required for ages 6-12. Runs 8:30 a.m. – 4:30 p.m. on school PD days starting September 28. Crafts, stories, daily activity options, limited spaces. Call Angela Phibbs at 705-869-1700 for more information.

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 x.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

Spend The Winter At Our House!



Espanola Curling Club



2015/16

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FOR MORE INFORMATION

Espanola Curling Club 705-869-2133

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Book now for your bonspiel or Christmas party
Memberships.... Call Jack 705-869-3186

**Registration forms online at www.eteamz.com/espanolacurlingclub or
at club. Send registration and performance to
Espanola Curling Club, 58 Mead St**

www.eteamz.com/espanolacurlingclub

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