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Mental Health Week Is May 2 - 8



Canadian Mental Health Association
Mental health for all

Canadian Mental Health Association's (CMHA) 65th annual Mental Health Week is May 2 – 8. Espanola Council will declare it Mental Health Week in the town to help raise awareness and dispel the stigmas associated with mental health issues. Positive mental health is important to being healthy and happy, just as physical health is. CMHA is encouraging you to #GETLOUD during the week to either maintain positive mental health, or get it back. Positive mental health isn't merely about avoiding problems or trying to achieve a perfect life. It is about learning the tools that are necessary to cope with difficult situations. Everyone has challenges and sometimes staying mentally fit isn't easy and requires effort. There are many ways that you can take charge of your mental well-being. If you have a mental health concern, seek the help of a professional who can assist with your particular problem. For

SEE INSIDE FOR THE MENTAL HEALTH WEEK FLYER AND A FULL LIST OF EVENTS

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Continued on page four...

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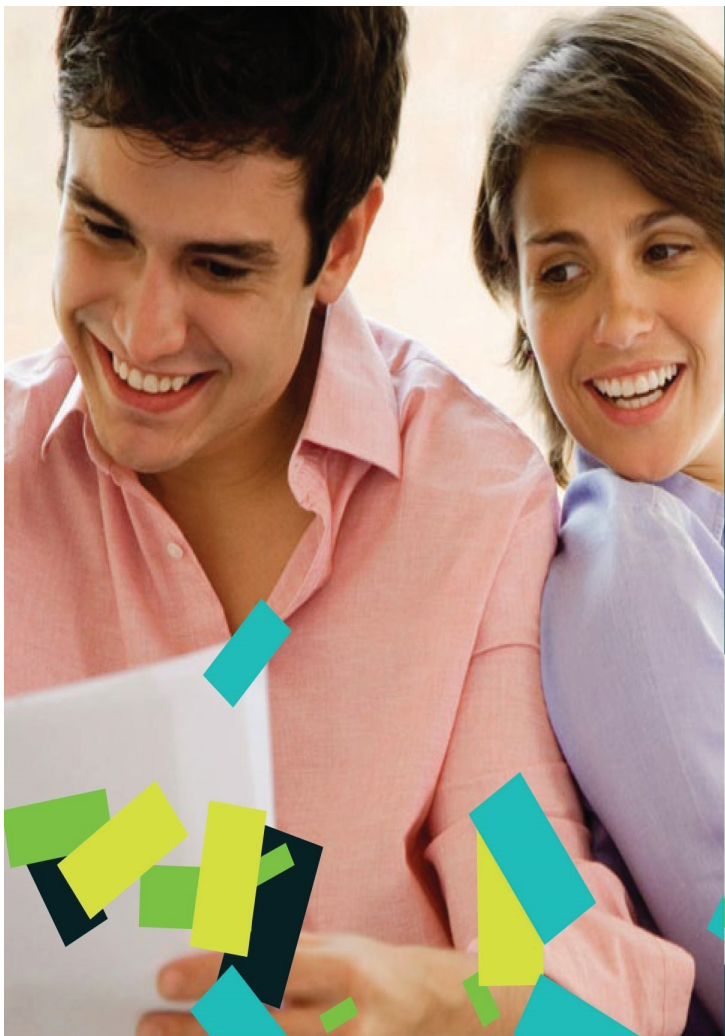
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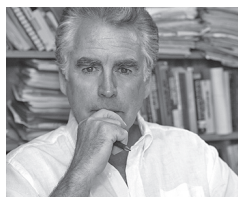


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All The World's A Circus

William Thomas

williamjthomas@gmail.com

Behind The Scene On The Book Tour

The people at McClelland Stewart (Random House) assured me that they would put the full force of public relations behind The Legend of Zippy Chippy, but it wasn't until I saw the seven-page media schedule for Toronto that it actually sunk in. As far as I can tell, they had me on every morning TV show in that city, radio programs from CBC's As It Happens to 610 AM and Square Off, online with Yahoo and full editorialized interviews with the National Post and the Toronto Star. Here then is the seven-day summary of quirky asides from a very long book tour.

I drive through a snowstorm from Port Colborne to my rented condo near Toronto's Rogers Centre where the lock box containing the key is frozen and I spend 20 minutes shivering on the sidewalk. Not off to a great start, much like the horse I wrote about.

Intimidated by CBC's legendary Carol Off, I do a bad interview in which I lose my voice twice and then sound like I'm drowning in a mug of water. I tell Carol I've dined twice with her husband Linden MacIntyre and refer to him as a "sweet" man. Carol playfully came up with a half dozen adjectives she would use to describe her spouse ... other than "sweet."

Things get better with Jim Coyle at the Toronto Star whose elderly Irish father was a player of ponies. I'm reminded that my

wee Irish mother, Margaret McLean used to secretly and illegally send money home to friends to purchase a ticket in the Irish Sweepstakes for her.

The next day it's the National Post with Joe O'Connor, the kind of guy who's so engaging you'd probably say something you'll regret when it comes out in the paper. I don't, but it still feels weird going into a studio and doing a video for a print newspaper.

Then it's on to Craig Rintoul with the Canadian Press who opens with: "You seem to have cornered the market on losers. When does your book on the Toronto Maple Leafs come out?" Craig compliments me by telling me he read my book in the bathtub and the laughter created a lot of waves. I'm reminded of the book tour for The Dog Rules (Damn Near Everything!) in which Hamilton radio personality Bill Kelly said: "I keep all your books in the bathroom and read a chapter or so every time I go to the john. I hope you don't mind?" I replied that I didn't mind at all as long as the books come out with the same number of pages they had when they went in! Nobody deserves that kind of criticism.

On air with dressage rider Arlene Bynon of Sirius XM Radio, she starts by making the statement that: "As thoroughbred horses go, trainers always believe that they can change

Continued on page three...



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Continued from page two...

bad habits and erratic behaviour. True?" My response: "Yes, trainers and wives." She loses her train of thought.

I'm sitting on a couch at yet another TV studio and they give the news guy the one-minute signal before he's on live to announce the 21st anniversary of the O.J. Simpson verdict. I'm not supposed to talk to him, but I can't resist telling him my personal recollection of that moment. "Hundreds of protesters lined the street in front of the LA courthouse screaming 'If it doesn't fit, you must acquit.'" All except for a skinny old man sitting in a lawn chair across the street with a handmade sign that reads: "If they acquit, they're full of s---t!" He has no reaction whatsoever, but he does his two-minute O.J. segment with one eye on the camera and the other eye on me.

Waiting to go on "The Morning Show" at Global Television, a young man is about to do a tribute to the late comedian Gary Shandling. I tell him my favourite Shandling bit in which the Cialis TV ad ends with the authoritative voice of a doctor warning: "If you experience an erection lasting more than four hours, call your doctor." Said Shandling: "If I ever experience an erection lasting more than four hours, I'm not calling a doctor. I'm calling everybody." The producer finds my contribution to the tribute 'unnewsworthy.'

Walking the halls of CHCH looking at photos of great TV

personalities of the recent past, I'm heartened that the station is still on air, chilled by the thought of the city of Hamilton without CHCH. Bob Cowan likes the book and we get along so well, we agree to meet again at Zippy Chippy Day, July 26th in Saratoga Springs, New York.

At a media warehouse in Etobicoke, I walk into a cave-like studio where Humble & Fred, together for 27 years are vacating the recording studio. This being the last of the seven-day media circus, I'm tired and disoriented. That's the best excuse I can come up with for saying to "Square Off" hosts Mark Hebscher and Liz West: "Ah, I can leave this sweater on or, I brought a blazer?"

They both look at each other oddly. As Liz rolls her eyes, Mark says: "This is radio." Yeah, I did the "that guy was so dumb he got all dressed up to do a radio show" joke ... for real! "Oh," I said, "then I guess I can take the pancake makeup off as well?"

Still, that was not the worst moment of the week. The worst was leaving a note for the Portuguese cleaning lady upon checking out of my Toronto condo, explaining that all those brown stains on the white bath towels were pancake makeup. Honest, they were.

For comments, ideas and copies of The Legend of Zippy Chippy, go to www.williamthomas.ca

Everybody's Got A Story - Share Yours As Part Of A Community Art Project



Photo: Everyone is invited to participate in the community art project making story flags, like the one pictured.

By Jody Pilon - Story telling has been an essential component of community life for thousands of years. In days past, people would gather communally to share stories. Stories of encouragement, hardship, pride, fear and sadness were shared as essential parts of life. Today, we listen to stories on the radio, watch movies that tell us stories and read books, newspapers and magazines – all telling us various stories. Some stories move us to action or emotion. Stitching Our Stories and Making Marks is this year's Espanola Fibre Arts Festival community art project, that will serve to:

- Provide an opportunity for individuals to give voice to a story by creating a 'story flag'
 - Coordinate opportunities for people to gather and create together through a tactile and visual means
 - Transfer the knowledge and skills of artists to the community
 - Foster a sense of community and belonging through learning and stitching together
 - Enhance opportunities for interesting and authentic cultural experiences
- Participants will be led through a series of exercises over the course

of six months. Beginning this month (April 27 at the Espanola Library), we will start with the story telling and writing aspect of the project. Writings may appear in the form of poetry, song, and essay, etc. Each writing will depend on the author and what story is being conveyed. Each of the following month's participants will encounter various artists who will offer support and wisdom in their area of expertise. Each 'story flag' will be unique and stories may be obvious or hidden. Techniques used in the creation of the story flags can include fabric printing and painting, hand or machine stitching, embroidery and embellished with found objects and hand dyed and reclaimed textiles. The use of a variety of colours, shapes and arrangements, textile collage and the use of reclaimed fabrics and found objects, dyeing, fabric resist techniques, embroidery techniques and appliqué may be employed in the creation of each flag.

Story flags will be created with various fibres. Specific instructions and details about the project will be provided to participants at the initial meeting April 27 or can be requested via e-mail to Jody Pilon. All workshops are scheduled for 7:00 p.m. at the Espanola Public Library board room. A donation of \$3.00 is suggested to attend each workshop. It is not essential to attend each gathering in order to participate in this community art project.

Story flags will be exhibited at the 5th annual Espanola Fibre Arts Festival in October. This community art project is supported by the Espanola Public Library and the Ontario Arts Council. For more information about the project or to donate supplies please contact Jody Pilon at coordinator@espanolafibreartsfestival.ca.

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Moose Corner

The Espanola Fibre Arts Festival Committee is selling rain barrels as a fundraiser for the 5th annual festival. Coordinator Jody Pilon says the fundraiser is a natural progression following the overwhelming success of the Coral Reef Project last year, which highlighted the ecological importance of coral reefs. This year's focus will be on water itself. The annual budget for the festival is around \$30,000 and the money raised from the sale of the rain barrels will help offset those expenses. Order them at <https://rainbarrel.ca/espanola/> or at the Knight Cruisers annual Cruise-In on Saturday, May 28.



Espanola & Area

Family Health Team

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Come on out to the Espanola Mall April 29th from 10am-2pm to have your blood pressure and blood sugar checked by the nurses. Have nutrition questions? Ask the Registered Dietitian!

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Shine A Light On Community Living Month

A collective effort in advocating for the full participation, inclusion and citizenship of people who have an intellectual disability will go to new heights next month, as the CN Tower in Toronto will be illuminated in blue and green as part of Community Living Month. In addition to Canada's most iconic structure showcasing Community Living's colours on May 11, Community Living Espanola and other member associations will also Shine a Light on Community Living that evening by having their buildings illuminated in blue and green and encouraging partners in their respective communities to do the same.

The provincial campaign is one of the many events and activities taking place throughout the month that will create awareness around inclusion for people with

intellectual disabilities. As part of Community Living Month, friends of Community Living also are encouraged to share selfies of themselves inspiring possibilities and posting their photos to Facebook, Twitter, Instagram and other social media using the hashtag #inCLusionselfie.

Community Living Espanola (CLE) is a non-profit organization supporting adults with developmental and physical disabilities. Our purpose is to promote and provide community inclusion in all aspects of living for those in our care. We operate several programs in Espanola including two group homes, a supported independent living program, family home and respite program as well as a community participation supports and passport program.

COMMUNITY LIVING ESPANOLA EVENTS:

MAY 2 – Community Living Espanola is kicking off the month with a flag raising at the Town of Espanola municipal building at 10:30 a.m. followed by a BBQ at 345 Centre Street.

MAY 11 – Everyone is invited to shine a light (blue and green) on Community Living.

MAY 19 – CLE's annual sock hop at the Elks Club is a great opportunity for people supported to celebrate together.

MAY 27 AND 28 – CLE's annual yard sale at 345 Centre Street.

MAY 28 - CLE at the Espanola Complex promoting awareness.



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Continued from front page...

Mental Health Week

example, your family doctor, a career counsellor or financial advisor, if your stresses are monetary. Positive mental health depends upon using the resources that are available to you, including the services of CMHA (www.cmha.ca) or employee assistance plan at work. Living healthily helps boost your mood and reaching out to trusted family and friends can be extremely helpful, especially for combatting depression.

Last week, Health Sciences North in Sudbury opened the

new Child and Adolescent Mental Health Program inpatient unit at the Ramsey Lake Health Centre. The facility provides services to children and youth under the age of 18 who have crisis, acute and long-term mental health care needs that require a stay in hospital. The local chapter of the CMHA in Sudbury is located at 111 Elm Street. You can contact them at info@cmha-sm.on.ca or 705-675-7252 if you'd like more information or to volunteer to help others.

Calling All Artists



This year's Distinguished Artist is Kathy Dolan. Thursday, June 30 is Artists' Night with a demonstration by Dolan from 4:30 – 6:00 p.m. for all artists who have entered the show.

From 7:00 – 9:00 p.m.,

The 39th annual La Cloche Art Show is accepting submissions for 2016. This juried show will accept work in the following eight categories: oil, acrylic, watercolour, pastel, coloured pencil and drawing, mixed media, photography and sculpture. Prizes will be awarded according to the jury's decisions.

awards will be presented, followed by a wine and cheese party for all artists, sponsors and volunteers.

Registration is due by June 10 and artwork along with a brief biography will be accepted June 17 and 18 from 1:00 – 5:00 p.m. at the Whitefish Falls Community Centre. To print your entry form, visit www.lacloche.ca.

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Be A Winner With The Massey Area Museum



The Massey Area Museum is holding a history contest. Every two weeks a new challenge will be posted on the museum's website, giving everyone who enters a chance to win a pair of museum tickets. Contest #1 is up now, asking: Who is this person? "One look at ___ and anyone wishing to tangle with him would have second thoughts. Built like a bulldog and just a tough ___ had a reputation as an aggressive fighter pilot and a man who cared more for his men and his mission than medals or promotions."

To make a guess you can go to the museum to enter or go to the Massey Area Museum website at masseyareamuseum.com/contest/contest-1-who-is-this-person.

There are many events planned this year in support of the museum, including the quilt raffle, running from May 10 – October 10. The famous fish fry's are also back, with the first one happening June 10. A September date is still to be announced. Volunteers are also working on a summer strawberry social and corn roast.

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Recipe

It's always nice to dive into a dish that's loaded with irresistible, melted, gooey cheese and this casserole fits the bill. Baked ziti is a lot like lasagna, but it's quicker to make with fewer layers to fuss over, and is equally as good. Add some crusty bread and a side salad, and you have a delicious meal for your family or dinner guests.



Baked Ziti

- 1 Tbsp olive oil
- 1 3/4 cup chopped yellow onions (1 medium onion)
- 1 lb. mild or hot italian sausage (depending on your taste preference)
- 3 cloves garlic, minced
- 1 (28 oz) can crushed tomatoes
- 1 (14.5 oz) can diced tomatoes
- 2 1/2 Tbsp tomato paste
- 1/3 cup slightly packed chopped fresh basil, plus more for topping
- 4 Tbsp chopped fresh parsley, divided
- Salt and freshly ground black pepper
- 1 (15 oz) container ricotta cheese
- 1 large egg
- 3 cups (12 oz) shredded mozzarella, divided
- 3/4 cup (3 oz) finely shredded parmesan, divided
- 16 oz. dry ziti pasta

Preheat oven to 350 degrees. Bring a large pot of water to boil for the pasta. Heat olive oil in a large deep, skillet and add the onions. Sauté for 2 minutes, and then add the sausage. Cook the sausage, breaking it up with a spoon, until cooked through. Add in the garlic during the last minute of cooking. Drain off the excess fat. Stir in crushed tomatoes, diced tomatoes, tomato paste, basil, 2 Tbsp parsley and season with salt and pepper to taste. Bring mixture to a light boil, and then reduce heat to low and allow it to simmer for 15 minutes. Meanwhile, in a mixing bowl, using a fork, stir together the ricotta, egg, 2 Tbsp parsley and season with salt and pepper. Mix in 1 1/2 cups of the mozzarella and 1/2 cup of the parmesan, set aside. Boil pasta in salted water according to directions on package. Drain pasta reserving 1/4 cup of the pasta water. Return pasta to empty pot, immediately add reserved pasta water and 1 cup of the red sauce and toss pasta to coat. Spray a 13 by 9-inch baking dish with non-stick spray. Spread 1 1/3 cups of the red sauce evenly into bottom of dish and then spread 1/2 of the pasta over sauce. Dollop spoonfuls of ricotta mixture all over pasta and flatten slightly with a spoon. Top with remaining pasta. Spoon remaining sauce evenly over pasta layer. Sprinkle top with remaining 1 1/2 cups of the mozzarella and 1/4 cup parmesan. Tent baking dish with foil (don't let it touch the cheese or it will stick) and bake 15 minutes then uncover and bake 10 - 15 minutes longer until cheese is melted throughout. Serve warm.

*** To all of you who have meant to buy a Mother May I cookbook but never got around to it, or if you are looking for a perfect, little Mother's Day gift, I have ordered one last box of books. I want to take this opportunity to thank everyone who has purchased a cookbook, and for all the kind words and encouragement that I have received. It was a personal project, and I am touched by how supportive everyone has been.

Cookbooks are available until they run out at:
 Around & About, Trail Side Sports and the
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YARD SALE

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THANK YOU



Ellen Rogers
Shannon

Thank you

We would like to extend our sincere thanks to everyone who visited, called and said prayers for Ellen. Thanks to the 5th floor staff at Health Science North. Not only did you make Ellen's last days very comfortable you were all very supportive to us. Thank you to our extended family and friends for your support, cards, food and phone calls through our difficult time. Ellen will be forever remembered.

On behalf of The Rogers, Kring and Shannon Families.

OBITUARY



ROOT, Thérèse (née Bertrand) - In loving memory of Thérèse Marie Root (née Bertrand), born June 18, 1926 who passed in Espanola, Ontario at the age of 89 on April 13, 2016. Beloved wife of Preston (predeceased August 17, 1987), mother of Gilbert Root pre-deceased on January 24, 2007 (wife Debbie), Claudette Holden (husband Keith), Allan Root and Melinda Lauzon (husband Richard). Beloved grandmother of Brad Holden (wife Lory Lachance), Stacey Patenaude (husband Mark), Jessica Root, Adam Root, Eric Root. Dear sister of Connie and sister Rita and the late Bert, Al, Leo and Harvey. Dear great grandmother of Sofia and Brady Holden and Adelyne and Amelia Patenaude. Friends called at the Bourcier Funeral Home, Espanola on Saturday, April 16 until the time of the Funeral Service at with the Reverend Lynn Heeley officiating. Interment in the Lee Valley Cemetery at a later date. Donations to Sudbury Developmental Services (Holland Group) or the Lee Valley Autumn Leaves.

IN MEMORIAM

IN MEMORY OF ALFIE AND LORRAINE SIMOND, HAPPY BIRTHDAY MOM.



The moment that you left us, Our hearts were split in two, One side filled with memories, The other side died with you. We often lay awake at nights when the world is fast asleep, And take a walk down memory lane with tears upon our cheeks. Remembering you both is easy, We do it everyday, But missing you is a heartache that never goes away. We hold you tightly within our hearts and there you will remain, As life goes on without you both, but will never be the same. Love and miss you, Your children.

*Obituaries
In Loving Memory
Thank You Ads
Births or Birthdays
Anniversaries
Engagements*

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EMPLOYMENT OPPORTUNITY

EMPLOYMENT OPPORTUNITY SUPPLY STAFF REQUIRED

Position: Early Childhood Educator
Term: On-Call as needed may extend to full-time in the Summer Months.

Summary: The Supply Staff is responsible for the health, safety and well being of the children in care. Other duties determined by the Maamwe Kendaasing Child Care Supervisor.

DOCUMENTATION WITH APPLICATION

1. Cover Letter, Resume, Three work related references;
2. Copy CPIC-vulnerable screening;
3. Copy of health assessment, an immunization record and a negative TB 2 skin test.
4. Copy of child related certificates, ECE, Child & Youth Worker, Child Development and/or Ontario Teachers Certificate.

Interested applicants please submit complete package to:

Maamwe Kendaasing Child Care Centre
P.O. Box 96
212 Rainbow Ridge Road
Birch Island, Ontario
P0P 1A0



Conseil des Services du District de

Manitoulin-Sudbury
District Services Board

210 boul Mead Blvd
Espanola, ON P5E 1R9
Telephone/Téléphone: (705) 862-7850
Fax/Télécopieur: (705) 862-7805
<http://www.msdsb.net>

The Manitoulin-Sudbury District Services Board is a municipal service management organization created by the provincial government to oversee the local planning, coordination and delivery of a range of services and programs divested to the municipal order of government. The specific programs our DSB is responsible for are: Ontario Works, Social Housing, Emergency Medical Services (Land Ambulance), and Early Learning and Child Care services.

The following Employment Opportunity is now available to anyone interested in joining our highly dedicated workforce.

PATIENT TRANSPORTATION ATTENDANTS

Contract Position in Espanola/Little Current

4 Positions Available

Competition #2016-01-PTS

Closing date: April 29, 2016

For position details, visit Job Opportunities on our website at

www.msdsb.net/index.php/careers

While all responses are appreciated, only applicants selected for an interview will be contacted.

Employment Opportunity

The One Tot Stop Day Care in Espanola/Massey is looking for caring, resourceful and flexible individuals for casual work. Previous experience working with young children is an asset.

If you are interested, please send your resume, cover letter, and letters from at least one professional and one personal reference to The One Tot Stop Day Care, Box 695 Massey, ON P0P 1P0; email: onetotstop@bellnet.ca, or drop off at The One Tot Stop Day Care, 128 Park St. Espanola, ON.

Deadline for applicants is May 4th 2016.



COMMUNITY NOTES

PROUDLY SPONSORED BY



Beaver Lake Club - Get creative with other art enthusiasts every Thursday 1:00 - 4:00 p.m. to paint and sketch. Bring your own supplies. Free admission.

Next Community Kitchen Luncheons - April 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.

Northshore Pins And Needles Quilting And Stitchery Guild - Next general meeting Wednesday, April 27 at 7:00 p.m. at the Royal Canadian Legion, Espanola. Everyone welcome.

Old Love - A play presented by Espanola Little Theatre on April 29 and 30 at Espanola High School, B1 gym at 7:00 p.m. Tickets at Rustie's Café or the door

Elks Elimination Draw Supper And Dance - April 30. Chicken and spaghetti supper 4:00 - 8:00 p.m. Draw 6:30 - 8:30 p.m. Music by DJ.

Mother's Day Craft Sale - Espanola Legion on Saturday, April 30 from 10:00 a.m. - 2:00 p.m. Book your table now at 705-869-1711.

Massey's Annual Clean Sweep - May 1, please meet at the Bible Chapel, 315 Castle St., at 9:30 a.m. All are welcome. Students, do you need community service hours? Sponsored by the InterChurch Council of Massey.

Voices of Spring Concert - Zion Lutheran Church, Massey on Sunday, May 1 at 7:00 p.m. 530 Castle Street.

Music Performance at the Espanola Seniors Drop-in Centre - A free evening of oldies rock, country and blues music with the band Girls Night Out May 6 from 7:00 - 9:00 p.m. at 799 Queensway Ave, in Espanola. For more information, call 705-869-4554.

An Evening Of Music - Friday, May 6 at 7:30 p.m. at the Espanola United Church. Local talent performing a wide variety of music including two choirs, vocal and instrumental solos and duets, Espanola Strings and much more. Plus a homemade pies auction. Free-will offering.

Blood Donor Clinic - Espanola Knights of Columbus Hall on Thursday, May 12 from 11:30 a.m. - 12:30 p.m. and 4:00 - 7:00 p.m.

Annual Massey Clean Sweep - Saturday, May 14, 9:30 at the Bible Chapel. Students, do you need "community hours"? Bags and gloves provided. See you there.

Open Door Fellowship - Join us in home every Thursday. For more information please call 705-869-4578.

Toastmasters - Develop communication and leadership skills. Learn to think quickly and clearly on your feet Mondays 7:00 - 8:30 p.m. at the Espanola Hospital board room. Call Katherine for details 705-507-3623 or visit our website <http://602922.toastmastersclubs.org>

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