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February 9, 2016 Issue 6 - Volume 20

Getting Help For Those Whose Job It Is To Help

These are called mourning bands and symbolize the loss of a first responder's life. They are put across badges in honour of the fallen paramedic, officer or firefighter.

By Chloe Kneer – It is no secret that first responders (firefighters, paramedics and police officers) see and experience the unfathomable as part of their jobs. The after-effects of dealing with tragedy and loss can weigh heavily on those whom we depend to secure our safety and well-being in a crisis. Unfortunately, many lives are lost in these professions, not only in the line of duty, but also at the hands of the workers themselves, who suffer from PTSD (post-traumatic stress disorder) at a rate that is twice as high compared to other areas of employment. There is, and has been, a steady stream of information about suicides circulated among first responders via social media and other sources for some time. Finally, Ontario looks to be recognizing the problem and is seeking to bring awareness and change policy as it pertains to getting first responders the treatment they need when they suffer PTSD.

A new advertising campaign, which starts next month on digital media and radio, aims to boost awareness of PTSD

Continued on back page ...

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Continued from front page...

Getting Help For Those Whose Job It Is To Help

in order to ease the stigma that it carries. Because of a perception of weakness, often first responders will not report it. It is this fear and shame that leads to isolation. The hope is that by informing the general public, people will more fully understand what first responders face on a daily basis.

The ad campaign is only one way in which the government and unions hope to help those we rely on when "life happens." It has long been the case that in order to qualify for help under WSIB, first responders must prove that their post-traumatic stress disorder was triggered by a

tragic situation on the job. The move is towards not having such a standard of proof, which can be difficult, but rather to recognize that experiencing tragic situations is inherent in the job itself and PTSD is a workplace illness, like many other ailments that are covered more readily. The provinces of Manitoba and Alberta have already recognized PTSD as a workplace illness, leaving Ontario falling behind in protecting its first responders. Breaking down the barriers that lead to effective treatment of PTSD will be introduced in parliament in the next couple of weeks, after the mid-winter break.

Baldwin Fire Chief Retires



Photo: Bob Clement, retiring Baldwin fire chief.

Congratulations to Bob Clement, who announced his retirement as Fire Chief from the Baldwin Township Fire Department after 41 years of dedicated service. His successor will be Deputy Fire Chief Blair Ramsay, whose tenure took effect January 22.



Photo: The volunteer firefighters of the Sables-Spanish Rivers Fire Department have faithfully collected at the Massey Fair, rain or shine, doing a boot drive for over six years. Last week, they presented a cheque for over \$1,950 to Muscular Dystrophy Canada.



HOME GAME!!
Friday, February 12, 7:00 pm

Local Arts Update



Photo: The Coral Reef Project under construction at the Timber Village Museum. Installation is now complete and the exhibit is open until April 8. Photo courtesy of the museum's Facebook page.

The Coral Reef Project was put together with the help of over 100 local and foreign crafters from three countries. Thousands of hours were spent crocheting, knitting, stitching and assembling the installation from materials which also included papier mache and bobbin lace. The project resembles a scene from under the sea with coral, sea life and more.

If you missed seeing the Coral Reef Project at the 4th annual Espanola Fibre Arts Festival, you have a second chance to see the impressive display as it is currently on loan to the Timber Village Museum in Blind River. You can see it now until April 8. The Timber Village Museum is home to many artisans' works and the display will also include paintings, photographs and more by talented local artists. For hours and information, call the museum at 705-356-7544 or like their Facebook page. Planning

for the 5th annual Espanola Fibre Arts Festival is underway and will be held the third week in October.

Local artist Jocelyne Sobeski has been invited to participate in an art show sponsored by the Studio Art Quilt Associates (SAQA). The SAQA is an international association which promotes studio art quilts. They have various calls for art submissions. Sobeski's piece is called Moonlight. She says, "I have recently moved here from the city of Waterloo, where the effects of light pollution do not allow for the brightness that we get to experience here in the north. [Moonlight] is inspired by a moonlit sky in our little corner of northern Ontario."

The SAQA takes the chosen quilts on tours. Visit www.saqa.com for more information on the association and to see pictures of some of the works.



Photo: Moonlight, by Jocelyne Sobeski, a piece that was chosen to be part of an art show sponsored by the SAQA (Studio Art Quilt Associates).

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All The World's A Circus

William Thomas

williamjthomas@gmail.com

Elderly Drivers – No Napping At The Wheel

This year approximately four million drivers over the age of 65 will take to roads and highways in Canada - the highest number in history. Statistics Canada arrived at that number by using satellite imagery and global positioning devices to photograph four million cars being driven very slowly with their blinkers still on.

According to accident statistics, seniors are the most collision-prone drivers on the road today. The good news is, people seldom get hurt in those accidents because they drive so 8%*! 'in' slow ... particularly while I'm driving behind them! We don't need maximum speed limits anymore; we need minimum speed limits so your car doesn't stall out while you're trapped behind an eighty-year-old driver. On quick trips around town, there have been times I'd wished I brought a lunch. (And yes, I have been tempted to lean on the horn but then I'm afraid I'd wake the guy up!)

If you look at the higher accident rates of senior citizens you can't help but come to the conclusion that the difference between a good driver and a bad driver is approximately 40 years. This doesn't make sense to me. People in their 80's

and 90's have less time left in life than the rest of us. Being that close to the ultimate deadline, wouldn't you think they'd actually be driving faster rather than slower?!?

Elderly drivers bring with them a whole set of unique problems. Like ...

He: "Damn, for a moment there I forgot which pedal was the brake!"

She: "At this point that's not a problem, Dear. Your car keys are still in the house."

Or he: "Damn, this turn signal will not shut off."

She: "Actually Dear, that's your pacemaker; the battery must be low again."

That and the even more disturbing conversation when the wife calls the old guy on his cell while he's on the freeway and tells him it's all over the news that a lunatic is out there going the wrong way on the same highway. And his response is: "One? Hell, there's hundreds of them coming at me!"

Frequent collisions have sparked the debate about whether or not elderly drivers should be subject to more frequent and more stringent testing. As it stands, drivers 80 years of age and over have to

Continued on page three...

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Continued from page two...

renew their licences and take a written test every two years. The purpose of this exercise is to demonstrate to drivers in their 80's and 90's that things have changed a lot since they received their very first licence. Some of the common problems senior drivers face are easily remedied. For instance, if you find yourself pulling over all the time in order to clean bird poop off your windshield, seagulls may not be your problem. Try giving your glasses a good cleaning before you leave home.

Similarly, if you find yourself constantly swerving to avoid a tree in the middle of the road, it might be more of an optical illusion. In fact it might just be that scented pine cone hanging from the rear-view mirror. Get rid of it.

And speeding to your destination is unacceptable even if you're trying to get there before you forget where it is. Go slow, drive around for awhile, it'll come to you. Most drivers do not slow down and look both ways on a green light, but I guess if you're not in any hurry.

And if you're having your licence renewed with the testing guy in the passenger seat and due to a sudden dizzy spell you mistake a stop sign for a deer, but then the transport official compliments you on coming to a full stop in front of the stop sign ... don't mention the 'deer thing.'

Distractions. Forget hearing problems or side effects from medications, today's cars are now equipped with backup cameras and a cruise control button where you used to honk the horn! What they don't have are ejection seats for serious

high-speed emergencies which would make for a nice, expensive option as well as a lot of fun.

Distractions? I'll be honest with you, I'm just a decade away from that mandatory renewal test and I frequently find myself sitting in the driver's seat of my Subaru trying to order coffee at the Tim Hortons drive-thru by speaking into the garbage bin. And then louder when I get no response. And finally: "Damn kids!"

I know I'm being a bit harsh on aging drivers, particularly with my own renewal test looming in the not-so-distant future, but there's an eighty-five-year-old man who drives the road I walk on every day and although I've seen him a hundred times, I know he's never seen me. Completely focused on the road, he has no idea I'm on the shoulder, two feet off his front bumper. Of course given the speed he's driving, if he does hit me, I'll likely sustain just some severe bruising below the knee ... but still it's the principle of the thing.

All this reminds me of that old joke in which a group of very, very senior citizens are sitting around a retirement home in Florida complaining about their leg cramps, memory blanks, heart palpitations, blurred vision, frequent blackouts and the occasional seizure until one of them reminds them of the silver lining in the story. "Well, at least we can all still drive."

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

Making Northern Highways Safer: Hwy 17 Reclassified For Winter Maintenance



The efforts of the Lacloche Foothills Municipal Association (LFMA) and local Ministry of Transportation staff have paid off. In 2014, the political leaders of the LFMA municipalities, which include the Town of Espanola, Townships of Baldwin, Nairn and Hyman, as well as Sables-Spanish Rivers, launched a campaign to have the class of Highway 17 between Sudbury and Espanola reclassified from a Class 2 to a Class 1. Their efforts were supported by way of resolution from then-Mayor Marianne Matichuk and council of the City of Greater Sudbury. After reviewing traffic volumes, MTO confirmed a change in maintenance class was warranted and implemented the increased maintenance level for this winter.

"We would like to publicly thank MTO Minister Del Duca and the local MTO staff for working together with our municipalities to make our northern highways safer for our residents, as well those who visit our communities during the winter months. This change in classification of Highway 17 will see shorter plow route times this winter," said Nairn and Hyman mayor/spokesperson for LFMA Laurier Falldien.

The class change will see the bare pavement standard increase to eight hours instead of sixteen hours after a winter event. Plow truck route times will be decreased from 2.2 hours to 1.6 hours. As a direct result of the cooperative work done between the province and the LFMA municipalities three more plows will be on the road.



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ANNOUNCEMENT

Carmen is returning to Hair
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February 2 - Working Tuesday,
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Thank You

The family of the late Alice Spry
wish to thank everyone for the
sympathy and support shown to us
during this difficult time. First and
foremost a very special thank you to
all the caregivers (Dr. Knox, Paula,
Pat, nurses, PSW's and kitchen
staff), the compassion and care you
gave our mother while she was in the
Espanola Nursing Home will always
be appreciated. You truly are angels.
Thank you to Reverend Cory for
your understanding. Your kind words
of support were greatly appreciated.
Many thanks to the United Church
Choir for singing Mom's favourite
hymns. Thank you to the pallbearers
for carrying our Mother on her final
journey. Thanks to the UCW for
the delicious lunch served after the
funeral. Thank you to Jamie Bourcier
and staff for guiding us through
this difficult journey. And finally, a
special thank you to our cousin Jean
who is always there for us, to share in
the good times and the bad.

CONGRATULATIONS



I'm so proud of my daddy, Mike Ashton! First
he won a scholarship from the Mississauga
Waterfront Festival, and then he graduated
with honours from the 'Show Production and
Event Management' program at
Metalworks Institute of Sound and Music
Production. He was even presented with
the Founder's Award for the class of
2015! Wow, Daddy, you are amazing!
Grampa Wayne, Gramma Wendy,
and Auntie Cat are proud too, and
delighted that you are following
your passion!

Love Alyssa

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In Loving Memory

PHOTO

Obituaries

To place one, give us a call

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Recipe

Unfortunately for me, I cannot tolerate spicy (hot) food which sometimes limits my options, but my friend on the other hand enjoys it and has no problem eating it. She loved the following recipe and suggested I share it with you. It's a spicy, healthy, vegetarian alternative to chicken wings. They are a little crunchy on the outside with a slight crunch in the middle. Delicious dipped in ranch dressing. If like me, you can't tolerate the heat, you can leave a few aside and season with salt and pepper and dip in a garlic aioli for another yummy variation.



BUFFALO CAULIFLOWER (Serves: 2-4 servings)

- 1 head of cauliflower

For the batter:

- ½ cup all-purpose flour
- ½ cup water
- dash of Frank's Wing Sauce (or Frank's Original Hot Sauce)
- ¼ teaspoon garlic salt
- ¼ teaspoon dried onion powder



For the buffalo sauce

- ¼ cup Frank's Wing Sauce
- 3 Tablespoons salted butter, melted
- pinch of salt

Preheat the oven to 450 degrees. Line a baking sheet with tin foil and spray with non-stick spray and set aside. Wash your head of cauliflower and cut into pieces. In a medium bowl, mix together the batter ingredients. It will be fairly thick. Dip each piece of cauliflower into the batter until fully and evenly coated. Place onto the prepared baking sheet in a single layer. Bake for about 15 minutes until the batter just hardens. In a small bowl, mix together the buffalo sauce ingredients. Once the cauliflower pieces are done, remove from the oven and brush with the buffalo sauce. Again, fully and evenly coat each piece. Put back into the oven and bake for a few more minutes (5-7 minutes), until the sauce has mostly dried and the cauliflower is crispy. Remove from the oven, let cool, then enjoy! Dip in Ranch Dressing.

COMMUNITY NOTES

PROUDLY SPONSORED BY



Junior Curling Meat Roll Offs – At the Espanola Legion, 7:00 - 10:00 p.m. on Fridays: February 12, 19 and 26. Saturdays at 3:30 p.m.

Next Community Kitchen Luncheons - February 23 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 a.m. to 1:00 p.m. No charge, everyone welcome.

Spaghetti Supper – Knights of Columbus, Friday, February 12 at 6:00 p.m. at the K of C Hall in Espanola. Call Marc for details 705-869-0692.

Webbwood Valentine's Dance Party - All ages child and youth Valentine's dance party and lip sync/air band battle contest, Friday, February 12, 6:00 – 10:00 p.m. Pre-register with Tracey 705-862-2512 or Tina 705-862-7674.

Valentine's Day Dance - Come celebrate Valentine's Day at the Webbwood Eagles on Saturday, February 13 from 8:00 p.m. until 12:00 a.m. Proceeds in support of the Webbwood Public Library.

Children's Clothes Closet – Calvary Baptist Church, Espanola, Wednesday, February 17 from 10:00 a.m. - 2:30 p.m. Sizes newborn to 6X.

Blood Donor Clinic - At the Espanola Knights of Columbus Hall Thursday, February 18 from 11:30 a.m. – 2:30 p.m. and 4:00 - 7:00 p.m. Call 1-888-2-DONATE.

Espanola Legion - Open house on Sunday, February 21 from 1:00 - 4:00 p.m. Cribbage tournament Sunday, February 28, 1:00 p.m. For information, call the Legion 705-869-1711. Entry fee to play.

Northshore Pins And Needles Quilting And Stitchery Guild - Next general meeting Wednesday, February 24, 7:00 p.m. at the Royal Canadian Legion, Espanola. Everyone welcome.

Diner de Bucheron Lumberjack Luncheon – Fevrier 24 February. 11:00 a.m. – 2:00 p.m. Salle St. Jude Hall. Home-made beans, ham, coleslaw, Coffee, tea and dessert.

Massey Area Museum - "In My Heart." Buy a heart for someone to show you care. Available at Massey Home Hardware; Webbwood - Stewart's; Walford Marcel's Restaurant. Name entered into a draw. Proceeds to the museum.

Curling Funspiel – Fundraiser for Victims Services at the Espanola Curling Club on Saturday, February 27. Register your team of four or single by calling 705-370-3378 or 1-866-392-7733.

Toastmasters - Develop communication and leadership skills, which in turn foster self-confidence and personal growth. 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.

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WINTER CARNIVALS AROUND THE CORNER

The Moose is proud to take part! The Moose 99.3FM CJJM will be part of the Espanola and Massey Winter Carnivals. We are co-sponsoring the Snow Sculpture Contest in Espanola on Saturday, February 13 and then the Chili Cook-Off in Massey on February 20. For more information, call 705-869-6999.