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May 10, 2016 Issue #19 - Volume 20

Canadian Blood Services
it's in you to give



Half of all Canadians will either need blood or know someone who will at some point in their lives. Yet only four percent of Canadians donate. Canadian Blood Services recruits and collects blood, plasma, and platelets at 36 permanent collection sites and more than 14,000 donor clinics every year. The next local blood donor clinic is in Espanola this Thursday, May 12 at the Knights of Columbus Hall; however you can book an appointment and donate anytime in Sudbury. The number to phone is 1-888-2-DONATE.

Donated blood helps patients in many different ways (that's why it is called the gift of life). Accident victims, those requiring transfusions during surgeries (particularly cardiac surgeries) and premature infants all benefit from donated blood. It is also separated into its components: red cells, plasma and platelets which can be used individually for patients with specific conditions.

Donors also experience health benefits

Continued on page four...

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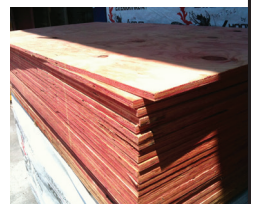
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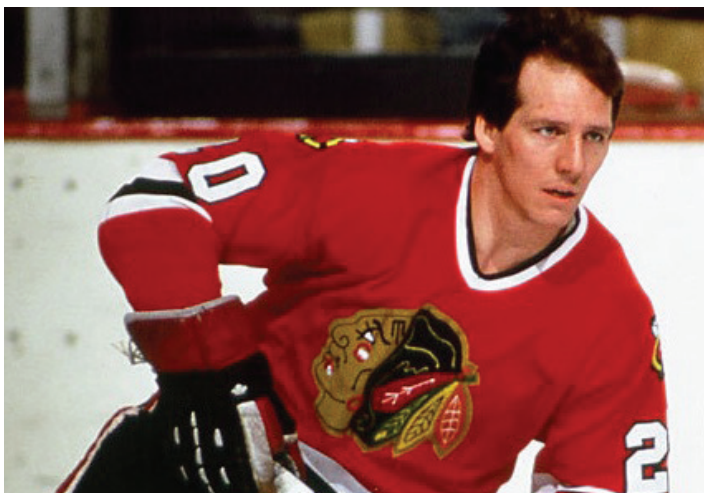
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Al Secord Becoming Hall Of Famer



Former Espanola resident and NHL hockey player Al Secord is being inducted into the Sudbury Sports Hall of Fame. Secord played in the NHL for 12 seasons, which included a 50-goal season in 1982 with the Chicago Blackhawks. He spent most of his NHL with the Blackhawks, but also enjoyed stints with the Toronto Maple Leafs and the Philadelphia Flyers.

Secord's career began in 1978

as a first round draft pick, and ended in 1990 when he retired a free agent from the Blackhawks. Secord is 58 years old, currently resides in south Texas and is a captain flying MD-80 airplanes for American Airlines.

He will be honoured on June 8 at the 48th annual House of Kin Sports Celebrity Dinner at the Caruso Club. Contact the House of Kin at 705-522-3600 for more details if you would like to attend.

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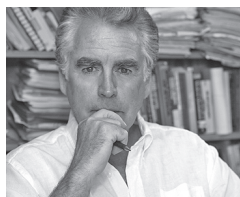
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All The World's A Circus

William Thomas

williamjthomas@gmail.com

My New Career – Stand-Up For One At McDonald's!

So I'm sitting in a McDonald's next to the National Post building in Toronto, waiting to do an interview with their feature writer Joe O'Connor. I'm with Scott Sellers, my publisher/publicist and the hardest working man in the Canadian book industry.

"And the horse jokes?" he adds. Now Scott knows I'm not real keen to make a horse's ass of myself on camera by reciting a bunch of silly horse jokes, but he agreed to it and therefore I agreed to it. Why a print newspaper is producing videos is beyond me.

"Yeah, I got the jokes," I say, pulling out a sheet of paper. A big believer in "a problem shared is an problem halved," I decide to spread the agony of really bad humour around a bit.

"So Scott," I said, "you being the guy that thought my idea for The Legend of Zippy Chippy was so good you offered me a publishing contract on the spot, I have a question for you."

"What's that?" he says, scrolling down on his cell phone, unaware he's about to be ambushed.

"The question is why do you think jockeys ride horses around a racetrack?"

Scott looked up from his phone confused:

"Why?"

"Because they're too heavy to carry!"

Scott bursts out laughing. I can't believe it. I only told him the joke so he'd see how lame horse joke humour really is and maybe he'd try and have that bit scrapped when we get to the National Post. I'm stunned; he actually liked the joke.

I persist: "What kind of computers do horses like to eat?"

Scott: "Huh?"

Me: "McIntosh."

Now he's laughing even harder and I'm shaking my head in disbelief.

"Why are horses such bad dancers?"

Scott manages to stop laughing long enough to say "Why?"

"Because they have two left feet!"

I'm killing him. Now he's trying not to laugh so loud because it's mid-morning, all we've had to drink is coffee and other customers are looking our way.

"Why did the female horse sleep all day?"

Scott looks around before shrugging his shoulders.

"Because she was a real nightmare." Same thing. He's shaking with laughter. I feel like Mr. Dressup surprising a class of school kids

Continued on page three...

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Continued from page two...

who just spent recess sharing a bag of sugar.

"Why did the man name his horse Flattery? Because it got him nowhere."

I'm starting to feel guilty watching a man whose body language is telling people around us that he might be experiencing a grand mal seizure.

"Does it mean good luck if you find a set of four horse shoes?"

Scott manages a "Yeah?"

"No, it means somewhere out there a horse is walking around in his stocking fee."

And that was the straw that broke Joe Camel's back. I had to remind myself that Scott Sellers is a leading light in Canadian literature, the modest and self-deprecating powerhouse at Penguin Random House Canada, a man loved by his colleagues and much respected by all who deal with him and here he is, doubled up over stupid horse jokes.

And yes, this also shows without a doubt that I possess a bit of a mean streak because as Scott was saying "No more, please," with hand raised toward me, I said fine, no problem.

And as we put on our coats, I whispered, "The ground."

"What?"

"What's the hardest part of learning to ride a horse? Yeah, the ground."

Like a matador using my handwritten set of horse jokes as a

sword, I move deftly in for the kill. "So this horse walks into a bar and the bartender says, hey, why the long face? And the horse jumps over the bar and stomps the guy to death because even horses hate horse jokes."

We exit McDonald's before we're asked to leave and of course after the National Post print interview, I went into the studio where the producer informed me that they scrubbed the 'horse joke bit.' Instead they did a nice and normal quick-hit video ... <http://news.nationalpost.com/news/canada/the-horse-that-won-by-losing-zippy-chippy-racings-famous-also-ran-celebrated-by-canadian-author>.

I dedicate this column to my friend Scott Sellers and I have one thing to say: "How do track officials determine which horse goes off as the favourite? They take a gallop poll."

Somewhere in the sprawling offices of Penguin Random House Canada, Scott is reading this column on the floor of a washroom and flushing a toilet at the same time so his colleagues can't hear him cackling half to death. P.S. Scott – may the horse be with you!

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



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Torch Run Comes Through Espanola



Photo: Community Living Espanola clients gather outside of the Espanola town hall in prep for the Torch Run around downtown. Photo by Jessica Brousseau.

The Law Enforcement Torch Run for Special Olympics came through Espanola on April 27. Helping welcome police from Sault Ste. Marie and Sudbury were the Espanola Police Service and Community Living Espanola clients.

The parade around downtown Espanola included sirens

from the police cruisers and cheers from onlookers. The Law Enforcement Torch Run is a huge fundraiser to help Special Olympics athletes with training and competition expenses. From Espanola, the torch proceeded west to Elliot Lake, and will wind up on May 26 in Guelph for the last leg of the Ontario run.



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May means wearing blue and green! It is Community Living Month. Community Living Espanola is just one of several in Ontario that will be in the blue and green in May. Locally, CLE is hosting a variety of events: May 11 - CLE invites everyone to SHINE a LIGHT (blue and green) on Community Living; May 19 - CLE's annual sock hop at the Elk's Club; May 27 & 28 - CLE's annual yard sale at 345 Centre St. and May 28 - CLE will be at the Espanola complex promoting awareness.



Espanola & Area

Family Health Team

From Soup To Tomatoes

Armchair-based Exercise program at the Elk's Hall
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"Birds I View"



Photo: Sharp shinned hawk.

By Bob Rigby - It's good to see the warmer weather has arrived with people getting out to do their yard work, as I did this past weekend. I cleaned out my bird house, which was home to a pair of house wrens last summer, where they reared two broods of chicks. I also had eastern bluebirds nest successfully last season in another bird house. While working in the yard recently, I had a few visitors: a song sparrow, chipping sparrow, and a yellow warbler that landed on my neighbour's budding lilac bush. He sang one verse of his song and was gone. I did manage to take a drive into the bush late Sunday afternoon, and I am glad I did. There, I saw a variety of waterfowl, mainly wood duck, ringed-neck duck, and a few common goldeneye. As I sat and watched the ducks, several tree swallows were skimming close to the water picking up insects. The woodlands close by was alive with sound from northern flickers, and as I walked towards the forest, a sharp shinned hawk flashed by in pursuit of a small bird. Speaking of birds of prey, a

pair of merlins (a small species of falcon) were present in the same area as last year, where they nested in an abandoned crow's nest.

Driving up Panache Lake Road, I stopped at Mud Lake looking towards the small rock island and noticed that a pair of herring gulls have nested, and on this day were constantly being tormented by a pair of Caspian terns. This altercation lasted

about 15 minutes with the herring gulls being the victors.

At press time, it is bone dry in the bush and I am hoping for a good rain to get the foliage growing. Not even the ferns have broken through, and there are still a few patches of snow. As we await the impending insect hatches with the following invasion of song birds, I thought it a good idea to talk about information for new birders. Over the years, I have purchased a library of bird books for my own study of the hobby, but anyone thinking of taking up bird watching may find the 'Peterson Field Guide to Birds of Eastern and Central North America,' an easy-to-use book for identifying birds. It is compact and has a wealth of information. As for binoculars, well I would leave that to the reader. I have had expensive glasses, but have either left them in the bush or given them a bump while going through, damaging them. You can spend a fortune if you wish, but for everyday bird watching, I personally prefer an inexpensive 10 X 42. Polish up those field glasses and enjoy!

Continued from front page...

Canadian Blood Services it's in you to give

from giving blood. By donating regularly, you reduce harmful iron stores in your body. By giving blood just once a year, you reduce your risk of heart attack by about 88 percent. The risk of stroke is also diminished, and iron reduction has been associated with cutting the risk of developing cancer.

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donating also provides a free blood analysis and a "mini check-up," including checking your pulse, blood pressure, body temperature, hemoglobin and more. This short physical can pinpoint issues that you may not know exist.

To book your appointment, phone 1-888-2-DONATE or visit the K of C Hall in Espanola Thursday, May 12 from 11:30 a.m. - 12:30 p.m. and 4:00 - 7:00 p.m.

Flower Power

We all love to preserve our beautiful flowers for as long as we possibly can for the maximum enjoyment of our efforts in growing them. Hopefully these tips will prove useful for you this summer. Our thanks to Sharon Sproule for sharing this adaptation from Ruth Jeffkins' article in an Espanola Horticultural Society booklet.

Conditioning of cut flowers:

Water your beds and borders the day before you start cutting.

Cutting in late afternoon is best. Alternatively, cut at dusk or early morning.

When collecting flowers, cut stems on a slant with a short sharp knife and plunge them immediately into a container of warm water.

Once in the house, stems should be recut under water to prevent formation of air bubbles. Tap water should stand for 10 minutes to allow air bubbles to escape before stems are placed in it. Handle

each stem separately, strip unnecessary foliage, remove thorns from roses, and check for insects and dirt.

Use clean containers, remove leaves below the water line, and use floral preservative, which can be purchased or made at home. Recipe #1 - 12 oz. carbonated beverage containing sugar and citric acid, 12 oz. water and 1/4 tsp household bleach. Recipe #2 - 1 qt. water. 1 heaping tsp. sugar, 2 tbsp. vinegar

When working with flowers, handle by stems and have heads extending over edge of table.

Never let water touch petals, as it may spot them, especially delicate fleshy petals.

Set containers in cool dark room for at least 8 hours, preferably overnight. Misting nearby air with cold water is helpful.

For conditioning of specific flowers, "Snippy Tips 1", produced by the Toronto Garden Club, is an excellent guide.

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Recipe

I have made this salad for supper several times now, and the flavours blend together deliciously. Cranberries and oranges were made to go together, and when you add in the creamy avocados, salty feta cheese and crunchy toasted almonds you have an incredibly tasty salad. The chicken makes this into a healthy meal, but it can also be made without the chicken as a side salad. I have also used different types of lettuce in this salad. A mix of baby greens and spinach is another great option. When time is short and I don't have time to make the dressing, I add in some chopped mandarin oranges to achieve the orange flavour, and then cheat a bit by using bottled balsamic fig dressing or poppy seed dressing. Any way you choose to make it; this is a great salad for the busy season ahead.

Cranberry Avocado Spinach Salad with Chicken and Orange Poppy Seed Dressing

Dressing

- 1/4 cup olive oil
- 1/4 cup canola oil
- 2 tsp orange zest
- 1/4 cup fresh orange juice
- 2 Tbsp fresh lemon juice
- 2 Tbsp honey
- 2 tsp dijon mustard
- 1/4 tsp salt
- 1 Tbsp poppy seeds

Salad

- 1 lb chicken, grilled
- 9 oz baby spinach
- 2 medium avocados, cored and diced
- 1 cup crumbled feta
- 3/4 cup sliced almonds, toasted
- 3/4 cup dried cranberries

Add olive oil, canola oil, orange zest, orange juice, lemon juice, honey, dijon mustard and salt to a blender. Pulse until well emulsified. Pour into a jar and stir in poppy seeds. Refrigerate until ready to use.

Add all salad ingredients to a large bowl. Pour dressing over top and toss to evenly coat. Serve immediately.



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COMMUNITY NOTES

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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.

Clear Lake Stewardship Association Fundraiser Yard Sale - Saturday May 14, 9:00 a.m. to 2:00 p.m. beside the Espanola Clear Lake Beach parking lot.

Lee Valley Hall – Back Road Country Band Saturday, May 14 from 1:00 – 4:00 p.m. Monthly meetings held every 3rd Tuesday of the month (next is May 17 at 6:30 p.m.)

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

Sables-Spanish Rivers Fire Department Yard Sale and BBQ - Saturday, May 14 from 8:00 a.m. – 2:00 p.m. at the Massey Fairgrounds. Item donations gratefully accepted. Call Guy at 705-863-9426 or Jill at 705-919-4596.

Children's Clothes Closet – Wednesday, May 18 from 10:00 a.m. – 2:30 p.m. at Calvary Baptist Church, Espanola. Sizes newborn – 6X.

Massey Agricultural Society Roast Beef Supper - Webbwood Eagles Club on Friday, May 20 from 5:00 - 7:00 p.m.

Next Community Kitchen Luncheon - May 24 at the Lighthouse in Espanola (across from the Royal Bank) from 11:30 a.m. to 1:00 p.m. No charge. Everyone welcome.

Community Living Espanola's 10th Annual Yard Sale - Friday, May 27 and Saturday, May 28, 9:00 a.m. to 3:00 p.m. Front parking lot area of The Craft House, 345 Centre Street, Espanola, ON. Rain or shine. (no early birds please).

Elks Doll House Draw – May 28 at the Knight Cruisers car show. Made and donated by Richard Duranleau. Proceeds go to Canadian Tire's JumpStart Program.

Knight Cruisers 14th Annual Cruise In And Craft Fair - Saturday, May 28 at the Espanola Regional Complex track and field. Entry is a non-perishable food. Breakfast and craft fair start at 8:00 a.m. Car show starts at 9:00 a.m.

Seniors Appreciation Day 55+ - Thursday, June 9 from 10:00 a.m. – 3:00 p.m. at the Espanola complex. Free aquafit programs, skits and songs, and dessert and coffee. Hosted by Friends of the Library. Free senior care van available. Call 705-862-0244.

Family Dodgeball Nights – Every Thursday in May at Webbwood Public Schools from 7:00 – 8:00 p.m.

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

EMPLOYMENT OPPORTUNITY

Employment Opportunity

Anishinabe Spiritual Centre requires
Part-time Maternity Leave Replacement Bookkeeper.
Experience with book keeping and Simply Accounting an asset.

Send resumes by email to:

anishinabespiritualcentre@gmail.com or drop off at
1091 Anderson Lake Rd., Espanola.

NOTICES



espanola
regional hospital and health centre
hôpital régional et centre de santé
d'espanola

NOTICE OF ANNUAL MEETING

Date: Wednesday June 15, 2016

Time: 7:00pm

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

Board vacancies will be filled by vote. Nominations must be received in writing and signed by two (2) corporate members by May 17, 2016 at 4:00pm to be eligible for election.

Corporate membership fee is \$5.00 and must be purchased by May 17, 2015 at 4:00pm to be eligible to vote on corporate affairs.

Memberships are available at Espanola Regional Hospital and Health Centre Registration desk.

EMPLOYMENT OPPORTUNITY

ESPANOLA REGIONAL HOSPITAL AND HEALTH CENTRE

Summer Student – Information Systems Support

We require one summer student for our Information Systems department. The successful candidate will be involved in the day to day functions of the Hospital Information Systems department.

QUALIFICATIONS:

The successful candidate should possess the following:

- Enrolled in a related post-secondary program
- Knowledge of Information Systems
- Experience working with Information Systems would be considered an asset
- Ability to provide regular attendance
- Bilingual in French and English is an asset

To apply in confidence, please forward your resume together with a cover letter outlining your relevant experience and qualifications by **May 20, 2016** to:

Human Resources Manager
Espanola Regional Hospital and Health Centre
825 McKinnon Drive
ESPANOLA, ON P5E 1R4
Fax (705) 869-4039
Email: recruitment@esphosp.on.ca



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Thank you for your interest.
Only applicants who have been selected for an interview will be contacted.

INTERNSHIP POSITION

Manitoulin Northshore Victim Services 1 Year Internship Opportunity



Public Relations Officer Little Current Office



Manitoulin Northshore Victim Services requires a self-motivated person with a high level of commitment and energy to join our dynamic team. The Public Relations Officer shall assist in raising the profile of Victim Services within our catchment area. Develop and strengthen relationships with local stakeholders and key community agencies, as well as provide crisis intervention to victims of crime and tragic circumstance.

Required Education and Skills

- University or college graduate who has graduated within the last three years from an accredited college or university. The candidate must be a graduate of a post-secondary degree or diploma program;
- The position will be a first full-time employment in the candidate's field of study;
- Knowledge of social services and victim issues;
- Presentation skills;
- Good oral and written communication skills;
- Ability to deal with crisis situations;
- Ability to maintain confidentiality and work in close relations with police, fire and emergency service providers;
- Ability to work with computers and current software;
- Ability to work independently and problem solve without constant supervision;
- Willingness and ability to maintain a flexible work schedule and be on call;
- Ability to speak French is an asset;
- Must have valid driver's license and access to a vehicle as some travel is required;

Direct Service Responsibilities

- Works cooperatively in a team environment with other staff and crisis volunteers;
- Delivers services to victims in the Manitoulin Island and North Shore areas in accordance with the Mandate, procedures and guidelines;
- Protocol Development with Community Agencies;
- Liaises with local programs, police and social service agencies when required, to promote the agency, exchange information and establish and maintain a cooperative alliance;

This position requires a criminal reference check, a valid driver's license and access to a vehicle. Proficiency in both official languages will be considered an asset.

Applications will be received until May 16th at NOON

Please submit resume along with three references to:
Manitoulin Northshore Victim Services
15 Water Street E – Unit 2, Box 702, Little Current ON
P0P1K0

Or email to mnvs@vianet.ca
Or by Fax: 705-370-3381

We thank all applicants; however only those selected for an interview will be contacted.

*THIS OPPORTUNITY IS
PROUDLY SUPPORTED BY:*



Service aux victimes de Manitoulin et Northshore Poste de stagiaire – 1 an



Responsable des relations publiques Bureau à Little Current



La responsable ou le responsable des relations publiques aidera à rehausser le profil des Services aux victimes dans la zone desservie. Développer et renforcer les relations avec les intervenants locaux et les organismes communautaires clés, ainsi que fournir une intervention en situation de crise aux victimes d'actes criminels et de circonstances tragiques.

Études et compétences requises

- Une diplômée ou un diplômé d'un collège ou d'une université et avoir obtenu son diplôme au cours des trois dernières années d'un collège ou d'une université reconnue. La candidate ou le candidat doit être diplômé d'un grade postsecondaire ou d'un programme menant à un diplôme;
- Ce poste sera, pour la candidate ou le candidat, son premier emploi à temps plein dans son champ d'études;
- Connaissance des services sociaux et des enjeux relatifs aux victimes ;
- Techniques de présentation ;
- Bonnes compétences de la communication orale et écrite ;
- Capacité de faire face aux situations de crise ;
- Capacité de maintenir la confidentialité et de travailler en étroite relation avec la police, les services d'incendie et les fournisseurs de services d'urgence ;
- Aptitude à travailler avec les ordinateurs et les logiciels courants ;
- Aptitude à travailler de manière autonome et à résoudre des problèmes sans supervision continue ;
- Volonté et la capacité de maintenir un horaire variable de travail et d'être sur appel ;
- Capacité à parler français serait un atout ;
- Permis de conduire valide et accès à un véhicule, car certains déplacements sont requis.

Tâches et responsabilités principales

- Travaille dans un environnement de travail en équipe en collaborant avec d'autres membres du personnel et les bénévoles de crises ;
- Offre des services aux victimes dans les régions de l'île Manitoulin et du district de la Rive Nord conformément au mandat, aux procédures et aux lignes directrices ;
- Élaborer des protocoles avec les organismes communautaires;
- Assure la liaison entre les programmes locaux, la police et les organismes de services sociaux au besoin afin de promouvoir l'organisme, échanger de l'information puis établir et entretenir des partenariats.

Une vérification du casier judiciaire sera effectuée. Le postulant doit avoir un permis de conduire valide et un véhicule. Être bilingue est également un atout.

Vous pouvez soumettre votre candidature avant le 16 mai à 12 h :

Service aux victimes de Manitoulin et Northshore
15 rue Water E – Unité 2, C.P. 702, Little Current ON P0P 1K0
Adresse courriel : mnvs@vianet.ca
Télécopieur : 705-370-3381

Nous remercions tous les candidats – Toutefois, nous communiquerons seulement avec ceux qui seront sélectionnés pour une entrevue.

*CETTE PERSPECTIVE
D'EMPLOI EST PARRAINÉE
FIÈREMENT PAR LA:*

