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## Seniors Making A Difference



By Chloe Kneer – Having a vibrant, healthy senior community is a plus in any town. Seniors often contribute a great deal to the greater good with the time and resources that they have. To celebrate this, June is Seniors' Month in Ontario. This marks the 32nd anniversary of the month, which is dedicated this year to highlighting seniors that make a difference. The province introduced the Seniors' Secretariat to Twitter last year. For Seniors' Month 2016, they are encouraging Ontarians who know of a senior making a difference to take a photo of them in action and tweet it to @OntSeniors and use the hashtag #VibrantSeniors. The photos will be shared across the province during Seniors' Month in June. Locally, the Town of Espanola is recognizing seniors with a day of

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Continued on page four...

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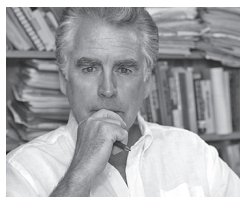
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# All The World's A Circus

William Thomas

williamjthomas@gmail.com

## Remember When "Trump For President" Was Funny?

Remember when the idea of Donald Trump becoming President of the United States was so ridiculous the farce played out all by itself? I do. It was February 17, 2011 when I wrote ...

"Watching America in the throes of a political nervous breakdown, I could imagine almost any wild and wacky presidential scenario except one involving Donald Trump. I never considered Donald Trump running for president and apparently neither did he until a telephone poll in New Hampshire asked voters a whole bunch of questions about a whole bunch of candidates. And the results were? Actually nobody really knows the results. Here's what Trump said about the poll: "I hear the poll results are amazing. I don't know what the poll results are. It wasn't my poll. I didn't take the poll, but I hear the results are amazing."

And that is what America needs, a man who has a calm and wise grasp on any situation and comes away with a complete understanding of the facts. As president, I can imagine Trump saying: "I hear the missiles that took out Moscow were amazing. I don't exactly know what happened there or if anybody survived. I didn't push the buttons that launched the attack. I wasn't even home at the time. But I hear the light show was amazing."

If change is what America wants, then absolutely Donald Trump is the man for the nation's top job. Here then are some news flashes you might be seeing sometime after the inauguration of

President Donald Trump. (Remember, I wrote this over five years ago.)

- In his first overseas visit as head of state, President Trump caused a diplomatic crisis when he refused to meet with German Chancellor Angela Merkel until quote: "She shows a little cleavage."

- Today President Trump abolished the death penalty throughout the entire country except for that one square block around Rosie O'Donnell's house.

- Today President Trump named starlet Kim Kardashian to the newly-created position of Secretary of Implants. When asked about the position, the president said he'd settle for 'missionary.'

- The president had a private audience with The Holy Sea at the Vatican in Rome today and after a 20-minute stand-off that included behind-the-scenes negotiations, the Pope kissed The Donald's ring first.

- One day after President Trump's 20% tax on Chinese imports took effect, Walmart declared bankruptcy sending tens of thousands of unemployed Americans running across the U.S. Border to find work in Mexico.

- President Trump announced the first world leader to visit the White House and be honored with a state dinner is ... Italian Prime Minister Silvio Berlusconi. Bunga! Bunga!

- While attending the Westminster Kennel

Continued on page three...

**ROYAL LEPAGE**

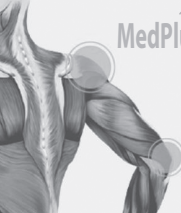
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Continued from page two...

Club Dog Show at Madison Square Garden yesterday, President Donald Trump's hair won first prize in the Best Toy Terrier category.

- In a measure aimed at reducing the annual operating deficit, President Trump today proposed selling off America's most pristine parcel of real estate, a national park he likes to call Canada.

- With America serving as host in 2014, President Donald Trump today officially disbanded the world's G20 Summit and replaced it with the Miss USA Pageant.

- After only two years in office and battling no less than several scandals including one involving Snooki, President Donald Trump's term came to a rather tragic end when, while admiring himself in the Oval Office mirror, he finally yelled "You're fired!"

Five years ago, the thought of that carnival barker living in the White House was ludicrous. Like Five-Star General Gary Busey leading troops into the war against ISIS.

Today Donald Trump is just six months and ten popular points away from the presidency and the fear of that happening has wiped away the laughter for all except the growing legions of his lunatic fringe followers. Trump's base of support consists of a bunch of white guys who are not real bright and damn proud of it and women who have no respect for other women. These people all hate their federal government so much (which is to say President Obama) that they're prepared to send Trump to Washington as a suicide bomber to blow the whole place up.

Although the world has witnessed mass movements of hatred where people were oppressed by communist or fascist regimes, this is a first for a democracy. Trump hates everyone who is not rich, arrogant, powerful or submissive to him. He hates anyone who does not match his skin colour and women who challenge his intelligence. He has shown hatred for all of his serious political opponents until he's brought them to their knees with high-powered, fictional bluster and then they're all "great guys" again. Tired of political correctness and angry with government in which both the left and right hate each other, Trump supporters keep piling on his bandwagon of bitterness and vengeance.

Trump's success to this point has elevated bullying to an art form and caused Blacks, Latinos and Muslims to take to the streets in protest. Trump's loud and proud voice of bigotry could well trigger race riots in America this summer. Donald Trump can only beat Hilary Clinton on November 8th if more haters show up at the voting booths than normal, rational people. Having underestimated America's appetite for self-destruction and loathing once five years ago, I would not dare be so presumptuous to say he cannot win.

For comments, ideas and copies of The Legend of Zippy Chippy, go to [www.williamthomas.ca](http://www.williamthomas.ca)

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<b>Vacation Bible School</b>	<b>July 11th - 15th</b>
<b>Summer Gymnastics Camps</b>	<b>July 18th - August 18th</b>
<b>SOCCER CAMP</b>	<b>July 18th - 22nd</b>
<b>Summer Choir Camp</b>	<b>July 18th - 22nd</b>
<b>Science North Summer Science Camps</b>	<b>August 8 - 12th</b>
<b>Swim Lessons</b>	<b>August 2-11 &amp; 16-25</b>
<b>Espanola Annual Mixed Slo-Pitch Tournament</b>	<b>Aug 12, 13, 14</b>
<b>College for Kids</b>	<b>August 15-19, 12-3pm</b>
<b>Canada's #1 Mobile Planetarium Tour of the Universe Show</b>	<b>Mon Aug 15th</b>
<b>Summer Rock Band Camp</b>	<b>August 15th - 19th</b>
<b>Giant Outdoor Family Movie Zootopia</b>	<b>Thurs. Aug 18th</b>
<b>Espanola Skating Club Summer Skating School</b>	<b>Aug 22nd - Sept 2nd</b>
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The Alzheimer Society branch serving Espanola, Manitoulin Island and North Bay will be hosting their annual Walk for Alzheimer's in June, but there are some changes with serving such a large area. Two walks are being combined for one big walk on June 5 along the boardwalk in Little Current. Veterans Transportation will provide a bus to and from the event. Contact Alison for details at 705-524-2024 ext 402 or by email at [ASloss@alzheimersudbury.ca](mailto:ASloss@alzheimersudbury.ca)

## Recipe

My rhubarb is up and ready to use, is yours? I have 4 large patches and these muffins are a great way to use some of those first tender stalks. I've been reading various baking tips and tricks recently, and found a couple of them really improved the end result when making these muffins. First, sifting flour a couple of times before measuring it will result in a very light muffin. Second, and just as important, remove muffins from the pan immediately when they come out of the oven, and cool them on racks. If muffins cool in the pan, the steam cannot escape, and it causes the muffin to become more dense and hard. Cooling them on racks prevents this. It makes a huge difference and is totally worth a couple burnt fingers.



### Rhubarb Sour Cream Muffins (Serves: 12)

- 2 cups all-purpose flour
- $\frac{3}{4}$  cup sugar
- 2-1/2 tsp. baking powder
- 1 tsp. cinnamon
- $\frac{1}{2}$  tsp. baking soda
- $\frac{1}{2}$  tsp. salt
- 1 cup sour cream
- 8 Tbs. unsalted butter, melted and cooled slightly
- 2 large eggs
- 1 tsp. vanilla extract
- 1 1/2 cups finely diced rhubarb



Heat the oven to 400°F. Line a 12-cup muffin tin with baking cups. In a large mixing bowl, combine the flour, sugar, baking powder, cinnamon, baking soda, and salt and whisk to blend. In a medium bowl, whisk together the sour cream, melted butter, eggs, and vanilla until smooth. Lightly stir the sour cream mixture into the dry ingredients with a spatula until the batter just comes together; do not overmix. Gently stir in the diced rhubarb. The batter will be thick. Divide the batter among the muffin cups. Bake the muffins until they're golden brown, spring back most of the way when gently pressed, and a pick inserted in the center comes out clean, approximately 18 to 22 minutes.

*Continued from front page...*

## Seniors Making A Difference

appreciation on Thursday, June 9. From 11:00 a.m. – 3:00 p.m., the Espanola complex will be abuzz with activities for seniors, including a soup and sandwich lunch hosted by the Espanola Express hockey team. Those 55+ are invited to take part in the day, and if

you plan to attend the lunch, you must order by June 1 by calling the complex at 705-869-1961. The Care Van is offering free rides. For the complete schedule, see the ad inside this issue of the *Around&About*.

## The Eat Local Farmers' Market Is Back

**By Grant Lewis** - How do you go from farming in the water to farming on the land? Simple... you sell your fish farm and buy 7 acres of fertile land on River Road. Voila! And, don't bother changing the name... North Winds!

That is exactly what Dan and Arlene Glofcheskie have done and have not looked back. Coming from a farm background, Dan is thrilled to be working the land literally from scratch. At the moment just over two acres are dedicated to the production of what he calls pure food. He admits that his produce is not certified organic because he does use some amendments such as leaves, sawdust and lime to battle the natural soil acidity in that area. No chemicals or artificial fertilizers are used!

But what to do with the surplus produce. After all, two acres can produce a lot. Why not start a farmers' market. Another voila! Espanola is indeed fortunate to have its own local farmers' market every Saturday morning during the summer in the parking lot of the Queensway Pentecostal Church. Dan

emphasizes that this is not a market but a true farmers' market. Crafts and artisans can only make up a tiny part of the market, while local growers such as the Glofcheskies and Sandy Loam Produce take up most of the space.

There are others along the North Shore, including Elliot Lake, Blind River, and a large one in Desbarats. People welcome the chance to buy locally grown produce. Locally means normally within a 60 mile radius. Local markets reduce the carbon footprint on the environment, people can meet the producers personally, the food is more secure grown nearby, a market is a social event and can be a great way to meet like-minded people.

The whole Eat Local movement is worldwide and makes perfect sense. This year there will be a few more vendors to add more variety to your Saturday morning outing. The Glofcheskies will be the speakers at the next Espanola Horticultural Society's meeting on Monday, June 6. Join us at 7:00 p.m. at the Queensway Pentecostal Church. Everyone is welcome and bring a friend.



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**Steve Donnelly Over 15 years experience locally**

**By Bob Righy** - Weather conditions can often impact on the arrival of our feathered friends returning home after wintering in a tropical climate, which would appear to be the case this year. This past week has been an exciting one with quite a few species of birds arriving. I've spotted an olive sided flycatcher, white and golden crowned sparrows, eastern bluebirds, a brewers blackbird, kildeer and a spotted sandpiper. In the birds of prey category, I saw marsh, broad winged and red shouldered hawks.

I must also tell you about the return of the house wren to my yard. He appeared last Sunday, spending a lot of time singing while popping in and out of the nest box I have provided. Did you know this little guy will go about building 2 or 3 nests, sometimes more, in preparation for his mate to select from? It is akin to bird house shopping.

This week's featured bird is the ruby throated hummingbird. This little feathered gladiator is Ontario's only nesting hummingbird, and is a favourite with bird watchers, whose sightings indicate to most that summer has arrived. However, nothing could be further from the truth. These little guys have been spotted for several weeks now in the province; you can even go on line and follow the tracking and sightings as the ruby throats make their journey northward. It is still a marvel how a bird this size, weighing only a few grams, can make a journey of 2,000 miles or more, but still arrives to cheer up everyone's garden. It is equally popular at summer camps. I have often had people say to me that they have seen other species of hummers in the province, but they are often confused with hawk moths and sphinx moths that hover and feed on nectar just like the hummingbirds. It is hard to imagine that these insects are larger than a hummingbird. About the male hummingbird, he is the one with the bright red chin, hence the name. He is the partner who best enjoys the summer, leaving the drudgery of nest building, incubation and the feeding and rearing of the chicks to the female. I saw my first ruby throated hummingbird the Thursday before last while sitting in a parking lot near downtown Sudbury. There was a piece of orange ribbon caught up on the branch of a black cherry tree, and a male hummingbird approached, thinking it was a blossom of some sort. He took a quick peek then whisked away in search of a real bloom. Share your sightings with us at [www.aroundandabout.ca](http://www.aroundandabout.ca), then click on Submit News Tip.



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## Seniors Appreciation Day 55 +

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10am-11am

10am-3pm

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**FOR SALE** - Left hand set of golf clubs. Call 705-869-1516 for details. 5/24

**FOR SALE** - 2005 Honda Si-G Coupe (2 door). Sunroof, power windows and locks. Includes winter tires and rims (not studded) and after-market exhaust system. Great starter car! As is. Asking \$3,250. Can be seen in Webbwood. Call 705-626-0039.

**FOR SALE** - Get fit. Ion 7.9T treadmill \$500; Orbitrek pedal arm wheeler \$50; York Glider rowing machine \$50; weight lifting bench with 225 lbs. of weights, arm and bar \$200; abdomen sit up bar \$50. \$600 for all. Phone 705-869-4329 6/7

**FOR SALE** - Charbroil BBQ with side burner and rotisserie burner \$50; Skil 18 v. tool combo: drill, circular saw, reciprocal saw, light, with four batteries, charger and carrying case \$50; DeWalt 3/8 electric drill with case \$60; Skil 7 1/4" 12 amp electric circular saw \$40; Black and Decker 3 in 1 electric hand saw \$25. Phone 705-285-4304. 5/24

## FLEA MARKET

**FLEA MARKET EVERY SATURDAY** - Starts this weekend May 28 from 8:00 am - 2:00 p.m. - Massey Fair Grounds - Visit [www.masseyfair.ca](http://www.masseyfair.ca) for more information. Sponsored by Massey Agricultural Society.

## REAL ESTATE

**CONDO FOR SALE WILLISVILLE, ONTARIO** - Cottage or charming 2 bed 1 bath condo. New renovated kitchen and bathroom. Upgraded electrical, shed and parking. Access to water and dock. 705-626-1299. 5/24

## FOR RENT

**FOR RENT** - 2 bedroom apartment available immediately, 1 bedroom apartment available June 1. 45 Arthur Ct, Espanola. No pets, references required. Call 705-869-5989. 5/31

## HELP WANTED

**PART-TIME HELP WANTED** - 15-20 Hours per week. Cinders Health Food Store Espanola Mall. Drop resumes off or email [info@nasacademy.com](mailto:info@nasacademy.com) 5/24

## EMPLOYMENT OPPORTUNITY

# Tim Hortons NOW HIRING

Full-time days and afternoon shift available.  
Benefits, flexible schedules.

Apply inside or online at [TIMHORTONS.COM](http://TIMHORTONS.COM)

~ AVAILABLE AT BOTH LOCATIONS ~  
**McKERRROW and ESPANOLA**

## Help Wanted

**Canadian Tire is looking for a Licensed Automotive Technician**

- Full time position, able to work evenings and weekends

### Job summary

- The Service Technician is responsible for performing vehicle repair and maintenance as assigned in accordance with dealer and corporate standards.

### Required Experience (Qualifications)

- Must possess a Automotive Service Technicians certificate of qualification.
- Ability to read and comprehend written instructions and information.
- General mechanical skills.
- Must have a valid driver's license.
- Ability to drive manual transmission vehicles.
- Work well in a team environment.
- Professional appearance.
- Manual dexterity, good judgment and ability to operate power and hand tools and other types of machinery safely.
- Three years of work experience as a service technician (preferred).
- Demonstrated customer service skills.

Please contact Will Piche at the automotive service counter. Call (705)869-3591 or email a [resume@ctservice@ontara.net](mailto:resume@ctservice@ontara.net)



**CANADIAN TIRE  
ESPANOLA**

## YARD SALE

**YARD SALE** - May 28 and 29. Bicycles, antiques, collectibles, household items, everything you can think of. 406 Bois St. Espanola. 5/24

## VENDORS WANTED

**Indoor Flea Market  
starting May 28  
Massey Fair Grounds**

\$20 per table

**Saturdays 8:00am-2:00p.m.**

Visit [www.masseyfair.ca](http://www.masseyfair.ca)  
go to Vendors, Flea  
Markets, Forms - Vendor  
Flea Market Contract 2016

**Sponsored by Massey  
Agricultural Society.**

## NOTICE/MEETING



# Annual General Meeting

**Espanola Curling Club**  
**Monday, May 30, 2016 • 7:00 p.m.**

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• <b>Introductions</b></li> <li>• <b>Financial Reports</b></li> <li>• <b>Reports of Officers and Affiliate Clubs</b></li> <li>• <b>Other Business</b> <ul style="list-style-type: none"> <li>- Viability of Womens Club</li> <li>- Constitutions Changes</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• <b>Election of Officers (2-year term)</b> <ul style="list-style-type: none"> <li>- Introduction of chair and scrutineers</li> <li>- <b>Eligible positions:</b> <ul style="list-style-type: none"> <li>- President</li> <li>- Vice President</li> <li>- Director – Bar</li> <li>- Director – Building &amp; Ice</li> </ul> </li> </ul> </li> </ul> |
|--|--|

## THANK YOU



# THANK YOU

The Lions Club of Espanola would like to thank the residents of Espanola and area for their tremendous generosity in our recent Food Bank Drive. With your help, we were able to collect over 2800 food items and over \$1,000 in cash and gift cards. Special thanks to the following for making this success possible:

### Our Grocers:

Winkels Independent  
FreshCo  
Giant Tiger

### Our Printers:

Around & About  
O. J. Graphix

### Our Fellow Volunteers:

Helping Hand Food Bank  
Espanola Minor Soccer League

## EVENT



## Espanola & Area Family Health Team

### Let's Talk Series

Join the Registered Dietitian on May 30th at 9:45am at the Elk's Hall to discuss plant-based diets!  
No registration required.

**705-862-7991**



**705-869-6883**

email: around@aroundandabout.ca

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Nicky Lamothe - PUBLISHER

### STAFF

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Vickie Trahan - Bookkeeping  
Donna McDonald - Proof Reading  
Rayann Muncaster - Production

# COMMUNITY NOTES

PROUDLY SPONSORED BY



**Read And Beat Coffeehouse** - Massey Public Library presents its third coffeehouse on Friday, May 27 from 7:00 - 8:30 p.m. Short stories, poetry and live music along with light refreshments. Free will donation.

**Lee Valley Hall** - Join us for the band "Girls Night Out," May 27 from 7:00 - 9:00 p.m. Sponsored by the Lee Valley Autumn Leaves.

**Webbwood Recreation Committee Bake Sale** - Espanola Mall Friday and Saturday, May 27 and 28. Friday 4:00 - 7:00 p.m., Saturday 10:00 a.m. - 1:00 p.m. Baked goods donations appreciated. Call Tracey for information at 705-862-2512.

**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. Rain or shine (no early birds please).

**The Espanola Horticultural Society** - Annual plant sale on Saturday, May 28 8:00 a.m. at the complex. If you are dividing plant material in your garden and would like to drop off any extras, please do so on Friday, May 27, 6:00 p.m.

**Big Paper Plate Breakfast** - In the Espanola complex Saturday, May 28 from 8:00 - 11:30 a.m. Hosted by Espanola Masonic Lodge.

**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.

**E-Waste/Community Trunk Sale** - Saturday, May 28 from 9:00 a.m. - 3:00 p.m. in the A.B. Ellis/EHS parking lot, Espanola. Reserve your parking space at 705-869-1590. Bring your e-waste including computers, game systems, cables, USB drives, cameras, etc.

**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.

**GeNeXt! Summer 2016 Kickoff** - Saturday, May 28 Black Creek pier in Espanola from 10:00 a.m. - noon. Learn some great survivor and bush craft skills. Open to all ages. Check out [www.genext-ccc.com](http://www.genext-ccc.com) or call 705-583-2281.

**Walk For Alzheimer's** - June 5, Rendezvous Pavilion, Water St West, Little Current. 11:30 a.m. - 3:00 p.m. Register today by calling Dana Crane 705-524-2024. Transportation from Espanola Mall to Little Current provided by Veterans Transportation. Will depart at 10:45 a.m. and return at 3:00 p.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 School from 7:00 - 8:00 p.m.

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

### 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](mailto:around@aroundandabout.ca)

# CUPE

CUPE represents over 30,000 social services workers in the Province of Ontario. We work hard to provide care to people with developmental disabilities, providing child care, working with families in crisis and delivering programs such as Ontario Works. Government cuts force cuts to the people we serve. Social service workers are leading campaigns to defend our work.

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