



www.aroundandabout.ca May 31, 2016 Issue #22 - Volume 20



Sleep apnea is a sleep related breathing disorder. The word apnea means 'no breathing,' and sleep apnea refers to pauses in breathing that occur during sleep. On average, these pauses last for 10 to 30 seconds, until the brain reacts to overcome the problem. With each episode of apnea, blood oxygen levels can be reduced, and sleep is disturbed as the sleeper must wake briefly to resume breathing. However, the sleeper typically does not become fully awake, and usually has no recollection of the awakening. This cycle happens repeatedly throughout the night, interfering with the normal sleep pattern that one needs to feel rested and refreshed in the morning.

Sleep apnea is associated with serious





Automotive services, maintenance and repairs, oil/fluid changes, tires, wheel alignments, and much more!

Drop in or call to book your appointment

Continued on page four...





- IN STOCK cpap equipment from 4 different manufacturers available at all 4 locations
- All clinical assessments are done by medical professionals, only qualified RRTs and RNs service our clients
- In home, after hours and weekend assessments are available by appointment

Our goal is patient compliance through frequent patient follow up and we strive to give the best customer service second to none.

15A - 2037 Long Lake Road
Sudbury868 Falconbridge Road
Sudbury2123 Algonquin Avenue
North Bay800 Centre Street
Espanola Mall705-523-9400705-525-7442705-474-5600705-869-0777

www.completehealthcarenorth.com



FREE distribution to your customers! To Advertise in the Around & About Business Directory, call 705-869-6883





All The World's Circus William Thomas

williamjthomas@gmail.com

American Pharoah To Northern Dancer – Breaking **Racing's Sperm Bank.**

Americans are over the moon about the headboard of his bed. American Pharoah, last year's Triple Crown Winner, the first thoroughbred only physical venture I know in which racehorse to win The Kentucky Derby, The Preakness and The Belmont Stakes in almost 40 years. They're even more excited that American Pharoah who earned \$8.7 million in two years of racing has already brought in \$20 million in less than three months as a stud.

Ashford Stud Farm of Kentucky bought the Pharoah's breeding rights and they are currently charging \$200,000 U.S. for one regal roll in the hay with a mare although technically that's not how it's done. And it's done the old-fashioned way ... nothing artificial, frozen or cloned. So far the Pharoah has mated with 100 mares and the five-month season which began February 15th is only at the halfway point. At this rate the horse will have earned \$40 million by the middle of July. At this rate he'll have to be fitted with the Viagra patch by June. And at this rate, Charlie Sheen will soon be eating nothing but oats and alfalfa and drinking from a water bucket nailed to

Racing's reproduction system is the an animal can earn astronomically more money than a human being. Think about it. In two and a half months, American Pharoah has made \$20 million breeding offspring that won't ever be born for another eight and a half months. Back in the 40s in Drummond, Quebec, Fred Turcotte sired five sons all of who became professional jockeys. And unless his wife Rose was keeping racing's secret of the century ... Fred did it for free. Amazing, with twelve children in all, Noel, Rudy, Roger, Yves and Hall of Famer Ron Turcotte made their careers piloting ponies.

Race reporters use the most euphemistic language in describing the rutting process. Having spent several summers in the backside of the racetracks, allow me to translate. The breeding barn is commonly known as "the love shack." A breeding mare is called a "blue hen." The reproduction act itself is referred

Continued on page three...



Around&About May 31, 2016 Page 2

To see our latest

Monthly Deals

Like us on

Facebook



Continued from page two...

to as "the stud covering the mare," but in fact, a boink is a boink whether it happens in a bedroom or a barn, no matter what the going rate is!

Celebrating American Pharoah as the greatest stud in horse racing history, Americans are overly impressed by the horse's fees whereas they need to wait and consider his foals. Years ago, horse racing fans were wild about a fabulous horse named Cigar who won an unbelievable 16 races in a row. At \$9,999,815 Cigar was and is the greatest money winner in the history of the Ashford Stud Farm sport. purchased him for \$25 million believing he would double and triple their investment in stud fees. After 34 breeding sessions, not one of his mares conceived. Shooting blanks, Cigar proved to be infertile. Since no stud fee is paid until a healthy foal is standing in front of the investor, this bust was spelled out in very big numbers.

These same Americans that are hailing the Pharoah as

"stud of the century" are from suffering collective memory loss. They're forgetting about the greatest stud that ever lived, the little Canadian horse named Northern Dancer. Northern Dancer was passed over at a 1962 yearling auction forcing Canadian tycoon E.P. Taylor and Windfields Farm to keep him. Nobody wanted the smallish bay at the reserved bid of \$25,000. So with the will of steel and a fierv temper, Northern Dancer set out to prove every expert in the business wrong. He won 14 out of 18 races, never finished out of the money and ran The Kentucky Derby in two minutes flat smashing a record that had lasted for 89 years. And that was just the beginning.

For over 20 years in the breeding barn, Northern Dancer proved to be the most magnificent stud in the history of thoroughbred racing. His initial stud fee of \$10,000 was higher than any Canadian horse before him and it quickly skyrocketed as his first crop of youngsters started piling up victories. In 1970 his son, Nijinsky II, became the first horse in thirty-five years to win the English Triple Crown. In 1981, ten of Norther Dancer's offspring sold at an auction for \$13,335,000; the sire himself had been passed over at \$25,000. Soon he was earning \$1 million for a one night stand that usually took place in the morning. In the spring of 1982, Windfields Farm's syndicate of shareholders, led by Charles Taylor, turned down an offer from a French consortium to buy the horse for \$40 million. Northern Dancer was twenty-six years old at the time, the age at which most horses have passed away. The French horsemen knew if The Dancer could keep up that pace for another two years, they could double their investment.

By the time of his death in 1990, Northern Dancer was genetically responsible for one thousand stakes-race winners; his progeny of 295 winning horses amassed career earning of \$183 million. In the 2015 Kentucky Derby, a full twentyeight years after Northern Dancer bred his last mare, every one of the eighteen horses entered in the race, often called "the two most exciting minutes in sports" boasted this stud's name on the sire side of their charts. That's more than strong genes; that's Kryptonite DNA delivered by bullets.

PLUMBING & HEATING 705-863-2877

steve@stevesplumbingheating.com

SALES AND SERVICE OF: • furnaces • fireplaces • boilers

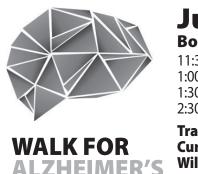
Over 15 years experience locally

FREE ESTIMATES

Still with great riches came low humor. When Taylor asked his right-hand man how an afternoon's breeding session had gone, stable manager, Joe Thomas replied, "Perfectly. Except he spilled about half a million dollars' worth on the floor."

Like too many men who like to think of themselves as "studs," for the time being, American Pharoah is all talk.

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



MAKE MEMORIES

MATTER

June 5, 2016 Board Walk Little Current, Little Current, ON 11:30AM - Registration, Fundraiser BBQ, Face Painting 1:00PM - Opening speeches and Zumba (warm ups) 1:30PM - Walk for Alzheimer's 2:30PM - Yoga (cool down), Closing speeches and prizes Transportation from Espanola Mall to Little

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.

REGISTER TODAY by calling Dana Crane 705-524-2024.

Proudly Sponsored By

Around&About May 31, 2016 Page 3

ABOUR



Espanola Town Council Report

By Chloe Kneer - Council discussed the upcoming OPP costing at the most recent regular meeting. The steering committee is in place and now what needs to be determined is the level of service the town would require, as this would weigh heavily on the quoted cost. "The basic level is not probably what we'd want," said Deputy Mayor Bill Foster. Councillor Bob Yocom explained that a website would be set up as a place for the public to find information as things move forward. If approved, a switch to the OPP instead of retaining the Espanola Police Service would be approximately a two year undertaking.

Council approved a couple of recommendations put forth by the Community Services Committee, one being the development of an outdoor active living and accessibility park at the Clear Lake open space, pending a grant from the Ontario Sport and Recreation Communities Fund. The other allocates a \$5,000 donation towards a three-day chainsaw wood-carving event at this year's Pumpkin and Fibre Arts Festival. In a recorded vote, a motion was passed to amend the by-law for window and door building permits. Currently, a permit must be taken when a home owner changes any door or window; the amended bylaw wouldn't require a permit for windows or doors that are replaced with like-sized windows and doors. The motion was updated after discussion to include the optional provision for home owners to pull a permit if they wish, citing that some residents would appreciate the extra protection when they hire a contractor to do a job.

Council also agreed to draft and send a letter to Ontario Premier Kathleen Wynne and various ministers requesting that the funding for Autism Spectrum Disorder be that of the direct-funding type and also that need, not age, should be the determining factor in the on-going treatment for children and youth. The resolution was tabled at the request of resident Dennis Lendrum, a strong advocate for families of children with autism. The next regular meeting of council will be Tuesday, June 14 at 7:30 p.m.

Your Choice Is Complete!

health conditions that include: hypertension, heart disease, cerebrovascular disease, depression, and type 2 diabetes. At Complete Healthcare Solutions, we offer a prescreening device for sleep apnea which can help patients physicians determine and if a sleep study should be performed. The pre-screening device is simple to use and the test is performed in the comfort of your own bed.

If a sleep study is required, the results of the pre-screening can be forwarded with a referral to a sleep lab, which may help determine the urgency of the sleep study. Once a diagnosis of obstructive sleep apnea is determined by a sleep lab, an auto CPAP trial is usually set up with a home care company. It is important to understand that it is completely the patient's choice of which home care company they will be seeing for their auto CPAP trial.

Complete Healthcare Solutions is conveniently located in the Espanola Mall and is the only Respiratory Home Care company in Espanola open from 9:00 a.m. – 5:00 p.m. Monday through Friday.

We're sorry we've missed you. To book a clinic appointment, please call 1 - 866 - 'e 16 - 30.

Tired of seeing this when you want service?



Come see us at the Espanola Mall



Tel (705) 865-3113 Cell (705) 862-4294



Around&About May 31, 2016 Page 4



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

"Birds I View"



Photo: Ovenbird

By Bob Rigby – Well, I do not have to tell you birders out there how spectacular the recent long weekend was for bird spotting. I spent three days camping, so besides fishing, I had ample time to get the binoculars out.

I'll first highlight the wood sighted, which warblers incidentally, I mention only to bring bird watchers an awareness of nesting birds in the area, and not necessarily a rush to create a birder list to see who spots the most birds. I would love to chat about every species individually, but for now, let's see what is arriving. Wood warblers sighted include: black and white. common yellowthroat, blackthroated green, black-throated blue, yellow, chestnut-sided, American redstart and ovenbird. These birds were in full song and plentiful in comparison to previous years.

The songsters were all singing over the long weekend, especially

the brown thrasher, which I could listen to for hours. They, like the gray catbird, are magicians at mimicking other bird songs. The gray catbird gets its name from the sound it makes, often mistaken for a cat. When the catbird sings, he ranks right up there with the best. Also seen were the rose-breasted grosbeak, gray-cheeked thrush,

hermit thrush, all in full song. More often than not, when a male bird is in full song it is an indication that he is in the territory where he will find a mate and nest.

This week's featured bird is the ovenbird, heard, but seldom seen. Its loud "teacher, teacher, teacher" is unmistakable in the bush. The ovenbird is categorized as part of the wood warbler family. It spends a great deal of time on the ground, looks like a small walking thrush and has a spotted breast and russet crown. It derives its name from the nest it builds on the ground, which resembles a Dutch oven.

I also located a pair of pied-billed grebes and it looks as though they will be breeding in a nearby marsh pond. This grebe is common in the south, but I've only recorded one nesting pair in the past ten years in this area. I hope you have enjoyed this week's sightings and I look forward to sharing the many others I spotted in the coming weeks. Visit www.aroundandabout.ca and click on Submit News Tip to let us know what birds you've seen.





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.

Express Player Commits To Davenport University



The Espanola Express are proud to announce that #14 Ian Thompson has committed to attend Davenport University to play hockey with the Davenport Panthers in the 2016-2017 season. The Davenport men's hockey team finished this season ranked fourth nationally with a 33-3-2 record. The Panthers won their league title in the GLCHL which granted them a birth in the Division 1 ACHA National Championships where their season ended in the semifinals.

Thompson, a forward, played 53 games for the Espanola Express this season, amassing 9 goals and 14 assists averaging just under a half point per game. Before coming to Espanola, he was an all-state 1st team all-star who scored 50 points in 25 games for Kenowa Hills H.S. in Grand Rapids Michigan.

"Ian showed up at the rink everyday ready to play hockey, and you couldn't ask for a better person off the ice," said Express general manager Chad Clarke. "Ian's speed will be missed here in Espanola as most teams knew if he got a step on you, he was gone. His quick take off and speed created a lot of odd man rushes," added co-coach Jason Rapcewicz.

The Espanola Express family would like to wish Ian all the best as he advances his career to the next level. We know Ian will be successful academically and athletically at Davenport.





SERVICES

HANDYMAN - ODD JOBS **COLOMBUS** - Need something fixed, painted, patched. Drywalled, or something put together, give me a call. Stephane Coulombe 705-863-3434. colombus87@eastlink.ca 6/7

L & M STOVE SHOP – 308 Albert St. Espanola. We stock a wide range of appliance parts and vacuum supplies. We stock elements, vacuum bags, etc. Call 705-869-2944. 6/14 - R

PHYSIOTHERAPY **OFFERED BY MARILYN** WITTMANN - Located at Physio Moves in the Espanola Hospital. Accepting new patients. WSIB and MVA patients welcome. Acupuncture available. Visit www.physiomoves.net for services, rates, and hours, or call 705-988-3737. 7/5 - R

COMPUTER APP SOLUTIONS-Complete computer repairs and service calls! Trojan and spyware removal – tune ups – system reloads – hard drive and memory upgrades. Upgrade to Windows 10 now. Call 705-869-8872. 6/21

EXCAVATION MINI SERVICES – Smaller excavation services for your spring/summer/ fall projects at home or cottage. Experienced operator for trenching, ditching, garage/shed foundations, weeping tile, stump removal, etc. Very reasonable allinclusive rates. Available 7 days a week. Servicing the Espanola, Island, North Shore and Sudbury areas. Contact directly or leave a message at 705-869-8168. 9/6

HANDY-DENN - Yard work: Clean-ups, cutting, grass weeding, repairs to decks and fences, pressure washing. Home repairs. Call 705-863-3778 or 705-583-2210. 6/7

CHIMNEY CLEANING - Over 20 years of local experience in cleaning, repairs, and installations. For your security, have your chimney cleaned and checked today. Call Larry at 705-844-2878. 6/28

ESPANOLA SELF STORAGE - 6x8 and 8x10 Storage units available in Espanola. Located behind the car wash. Call 705-869-8405. 6/7 - R

DIANA'S DOG GROOMING

- In need of dog grooming? All grooming is on a one to one basis via appointment. Ensuring that the most nervous elderly and puppies benefit from a positive ence. Salon trained to highest standard I offer experience. the grooming with a difference. A warm welcome awaits you and your dog at Diana's Dog Grooming, call to make an appointment at 705-688-3591. https://www.facebook.com/ dianasdoggroomingespanola/

FOR SALE

FOR SALE - 2005 Honda Si-G Coupe (2 door). Sunroof, power windows and locks. Încludes 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 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

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 for more information. Sponsored by Massey Agricultural Society.

NOTICE

espanola NOTICE OF regional hospital and health centre hôpital régional et centre de santé **ANNUAL MEETING** d'espanola

Date: Wednesday June 15, 2016

Time: 7:00pm

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

TOWNSHIP OF SABLES-SPANISH RIVERS NOTICE OF PUBLIC MEETING AMENDMENT TO A ZONING BYLAW {Planning Act Section 34(13)}

TAKE NOTICE that the Council of the Corporation of the Township of Sables-Spanish Rivers will hold a public meeting in order to consider an amendment to the Comprehensive Zoning Bylaw 2010-51. The public meeting will be held on Wednesday, June 22, 2016 at 7:00 p.m. in the Council Chambers at 11 Birch Lake Road, Massey, Ontario.

The purpose for the amendment would be to allow for a reduced front yard and The property is described as Gough Township, Parcel 17793, Plan 53R-10470 Part 2, 603C West Branch Road.

The land subject of this application is not subject of any other application under the Planning Act.

If a person or public body does not make oral submissions at a public meeting or if a person of packet out y acts not make one submissions at a packet meeting of make written submissions to the Township of Sables-Spanish Rivers before the bylaw is passed, the person or public body is not entitled to appeal the decision of the Council of the Township of Sables-Spanish Rivers to the Ontario Municipal Board.

If a person or public body does not make oral submissions at a public meeting or make written submissions to the Township of Sables-Spanish Rivers before the bylaw is passed, the person or public body may not be added as a part to the hearing of an appeal before the Ontario Municipal Board unless, in the opinion of the board, there are reasonable grounds to do so.

ADDITIONAL INFORMATION regarding this application is available at the municipal office at 11 Birch Lake Road, Massey, POP1PO during regular office hours. Dated this 31st day of May, 2016

Kim Sloss, Clerk-Administrator Township of Sables-Spanish Rivers 11 Birch Lake Road Massey, ON POP 1P0 Tel. 705-865-2646 inquries@sables-spanish.ca





EMPLOYMENT OPPORTUNITIES



DENTAL RECEPTIONIST/ ASSISTANT REQUIRED

Would you enjoy working in a positive, friendly atmosphere where you can feel proud of the work you do and be recognized for your efforts? We have a beautiful, newly renovated office, wonderful patients, enthusiastic dental team dedicated to quality care. We'd love to have you join us full time in Little Current.

Experience preferred, but would consider training the right individual. Please send a resume in confidence to:

Little Current Dental Centre. 14 Vankoughnet St. Box 100 Little Current On. POP 1K0 Phone (705) 368-2276 Fax: (705) 368-2323 Email: info@lcdental.ca

We look forward to meeting you!

Recipe

This is my new favourite salad and I make it at least once a week. It's simple to make ahead, and keep in the fridge for lunches and as a side dish for dinner. It's also easy to transport to potlucks

and barbecues. Quinoa is a grain that is nutrient rich with several health benefits; it's not only delicious as the main ingredient in this salad, but also a very healthy meal option. If you like Greek salad, you will like the flavours in this salad. Give it a try!

Greek Quinoa Salad

- 3 Tbsp freshly squeezed lemon juice
- 1 Tbsp red wine vinegar
- ¹/₄ tsp dried oregano
- 1 clove garlic, minced
- · kosher salt and freshly ground black pepper
- ¹/₄ cup extra virgin olive oil
- 1 cup quinoa
- 2 cups red tomatoes, halved
- 1 cup pitted kalamata olives
- 2 green onions (green and pale green part), thinly sliced
- ¹/₂ English cucumber, cut into small dice
- ¹/₂- 1 cup feta crumbled

Whisk together the lemon juice, vinegar, oregano, garlic and some salt and pepper in a small bowl. Slowly whisk in the oil until emulsified. Let sit at room temperature while you prepare the salad to allow the flavors to meld. Rinse the quinoa in a strainer until the water runs clear. Combine the quinoa, 2 cups water, 1 teaspoon salt and 1/4 teaspoon pepper in a small saucepan, bring to a boil and then cover and simmer until the water is absorbed and the quinoa is tender, about 15 minutes. Transfer to a bowl, fluff with a fork and let sit for 5 minutes to cool slightly. Add the tomatoes, olives, green onions, cucumbers, and feta. Add dressing and toss to coat. Add more salt and pepper to taste. Cover and refrigerate for at least 1 hour and up to 8 hours before serving. The longer it sits the better the flavour.

Employment Opporunity Haley Construction Limited

Plumbing/ceramic tile/general carpentry/handy person. *Experience required.* Full time work. Salary based on experience.

Please submit resume by: Email: dnhaley@sympatico.ca or Fax: 705-285-1806



Storefront, students and bakers Full-time and part-time shifts available Apply inside or online at TIMHORTONS.COM

~ AVAILABLE AT BOTH LOCATIONS ~ McKERROW and ESPANOLA

COMMUNITY NOTE

PROUDLY SPONSORED BY

Free Family Container Gardening & BBQ Lunch - RAIN OR SHINE Saturday, June 4 from 10am - 1pm at the Red McCarthy Memorial Ball Field Pavilion on the Queensway in Espanola. For more information or to volunteer please contact 705-862-7850.

Domtar

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.

Fundraising Bingo – Monday, June 6 at the Massey Arena. All proceeds in support of Massey Minor Hockey. Doors open at 6:00 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.

Espanola Area Friendship Circle Alzheimer Support Group – Monday, June 13, 12:30 - 3:00 p.m. at the Senior's Drop in Centre. For more information, call 705-869-1137.

Spaghetti Supper - June 18 from 5:00 – 7:00 p.m. at the Espanola Legion. Proceeds to Massey Agricultural Society.

Fish Fry - June 24 from 5:00 – 7:00 p.m. at the Native Touch in Massey. Proceeds to Massey Agricultural Society.

Annual Fish Fry & A Buffet Of Salads - Walford Community Centre, Friday June 24, from 4:30 - 6:30. No Pre-sold Tickets. For more information: Austin Clipperton-844-2289.

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

Around&About May 31, 2016 Page 7

