

Paper Works Ink

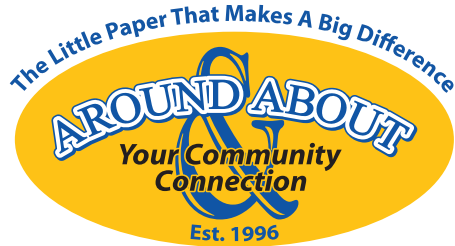
OFFICE & ART SUPPLY

4-400 Centre St., Espanola, ON P5E 1G3
www.paperworks1.ca

- OFFICE FURNITURE
- FULL COLOUR COPIES
- COMPUTER ACCESSORIES

705-869-2860

OFFICE **Pro**
Good People, Who Know



www.aroundandabout.ca

September 6, 2016 Issue #36 - Volume 20

ESPANOLA TAXI

705-869-1036

Like us on
Facebook

www.espanolataxi.com

2016 POLARIS SPORTSMAN 450 **STARTING AT \$5999**
PLUS FREIGHT, PDI & TAX



POLARIS

TRAIL SIDE SPORTS

705-869-0170
kevin@trailsidesports.com

The Most Wonderful Time Of The Year...



By Chloe Kneer – Back to school is more than spending hundreds of dollars on new clothes, backpacks and school supplies (although these are extremely important in the eyes of students). It is also reinstating good sleeping and eating habits and following some basic practices to ensure that everyone gets to and from school safely.

Summer causes children to forget many things: math is one for sure, but so is routine. Something as simple as safely walking or biking to and from school must be taught (to first year students) or relearned (by returning students) due to the changing patterns and increased traffic that the start of school brings. There are extra cars in school zones, and buses, let's not forget the buses. Here are some back to school safety tips:

- For parents and children:
- Walk on sidewalks where available.
 - Always cross at intersections.
 - Always wear a helmet when riding a bicycle.

Continued on page four...

CANADIAN TIRE

ESPANOLA

Back to School

We have everything you need for your back to school needs

LAWN TRACTOR BLOW-OUT SALE

PRICES SO LOW WE CAN'T ADVERTISE THEM!

ONLY A FEW MODELS LEFT!

Garnet's

120 McCulloch Dr., Espanola

Like us on
Facebook

PH: (705) 869-2886

FIRST HOME GAME!

VS

Friday, September 9

Espanola Recreation Complex

Puck Drops 7:30 pm

NEW INFANT PROGRAM SPACES AVAILABLE!

Sacred Heart Daycare Centre

Financial Assistance is available for those who qualify
For more information, please call

705-869-3171

www.ourchildren-ourfuture.net

ESPANOLA

705-869-2130

830 Centre Street

Espanola

Water softening salt

\$5.⁹⁹ / BAG

OK TIRE™

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

**Drop in or call to book your appointment
705-869-0333**

"Birds I View"



Photo: A brown creeper.

By Bob Rigby - It is that time of year when many birds start to frequent local gardens, many of them being birds you probably have not seen before. You may notice several species of sparrows in your garden, if you are fortunate to have a bird book for identification purposes. My neighbours' choke cherry tree must have had at least forty robins and twenty cedar waxwings feasting on the now over-ripe cherries. My apple tree was getting the same attention. Nothing to report on migrating wood warblers; it appears that they are in no hurry to head south with the nice weather we've had. I recently revisited the area where I thought a pair of broad

winged hawks may have nested, and was rewarded by seeing two fully grown chicks sitting on a branch close by the nest. It was not long before the chicks, who had been calling out with a high-pitched whistle, were rewarded with a chipmunk brought to them by mom. Then the fun began as these two siblings fought like cats and dogs for the possession of the meal.

While sitting on a log close by, I noticed movement on the side of a tree; to my surprise it was a brown creeper. After close observation, I realized there were four of them. This small brown bird with its flecks of white resembles the bark on trees, which makes it almost unnoticeable unless you catch them moving. The brown creeper has the same talents as woodpeckers and nuthatches, being able to climb up and down trees and along limbs upside down, feeding on insects. The beak on the bird is curved making it easy for it to reach into loose bark to search for bugs. The creeper does not excavate a hole like woodpeckers or nuthatches, but builds an untidy nest of twigs lined with moss and feathers and is usually tucked tight behind loose bark and out of sight.

A.B. Ellis Re-Greens Parking Lot For Playground



Photos: The new A.B. Ellis Public School at Espanola High School unveiled their new playground in what used to be the high school parking lot at the back of the school. Some of the equipment was moved from the former school site which now houses Sacred Heart, and there are also some new features, including picnic tables, a sitting area made from tree trunks and a gravel path that leads around the park.

HUSQVARNA'S BEAT THE BLIZZARD EVENT

FROM AUGUST 15 TO SEPTEMBER 30, 2016



100 SERIES
FROM \$529.99 MSRP

200 SERIES
FROM \$1,099.99 MSRP

300 SERIES
FROM \$1,999.99 MSRP

ASK ABOUT 0% FINANCING & MAIL-IN REBATES*

From small walkways to large driveways, Husqvarna snow throwers offer optimal performance in any environment. Powered by Husqvarna engines, they feature intuitive controls, ergonomic designs and are backed by an industry leading warranty. Ask your local dealer how you can qualify for 0 Down, 0 Payments, 0% Interest for 12 months and up to \$50 in rebates on eligible models. We can't stop winter from coming, but we can definitely make it easier to take.

EXTENDED WARRANTY OFFER

Go from 3 to 4 years of warranty when you purchase any snow blower.

*Ask for complete details and qualifying models. Offers valid only at participating local independent Husqvarna dealers.

For more information visit your local Husqvarna dealer or husqvarna.ca and connect with us online.

FIND YOUR HUSQVARNA AT

CONNECT WITH US ONLINE

**120 McCulloch Dr., Espanola
PH: (705) 869-2886
or (705) 869-6886**

Garnet's

© 2016 Husqvarna AB. All rights reserved.

Husqvarna
READY WHEN YOU ARE

BELL • BOOTH • SIRKKA • FABRIS
OPTOMETRISTS

**Espanola Mall
Little Current Hospital**

**705-869-2030
705-368-3245**

your eyes deserve an optometrist®



*The Canadian
Association of
Optometrists*

opto.ca

At Your Fingertip Business Directory
 High Circulation • Competitive Rates
 FREE distribution to your customers!
 To Advertise in the Around & About
 Business Directory, call 705-869-6883

Celia Chaput, CTC
 Independent Travel Consultant
Want to get away? I can help!
 AIR • HOTEL • CAR RENTAL • CRUISE • ALL-INCLUSIVE PACKAGES •
 ESCORTED TOURS • ATTRACTION TICKETS • TRAVEL INSURANCE
1.800.267.8713 ext. 6590, email
 cchaput@caaneo.on.ca or by mobile 705.863.1155
<https://caaneo.tstlcn.net/agent/CeliaChaput>

Advertise here for as little as \$24 per week
Call 705-869-6883 for details

Plumbing & Heating
Jason Cowles
 Certified Technician
 Serving **Espanola & Area**
 Business 705-583-3040
 Mobile 705-863-3332
 Sales & Service

ROYAL LePAGE
Anderson Realty
 BROKERAGE
 INDEPENDENTLY OWNED AND OPERATED
 2-114 Mead Street
 Espanola, ON P5E 1S5
 Office: 705-869-4230
 Cell: 705-862-4188
 Fax: 705-869-6299
 Email: paul.wright@royallepage.ca
Paul Wright
 Sales Representative

Don's Electric
(705) 869-0511
Cell (705)-862-0753
 E.C.R.A./E.S.A. #7009119
 Email: dcf@personainternet.com

LAMBAC
 A Community Futures Development Corporation
 Une Société d'aide au développement des collectivités
 Business Services • Services commerciaux
 Business Loans • Prêt D'affaires
Gore Bay
 1-800-461-5131
 (705) 282-3215
 Open Monday - Friday
 info@lambac.org
Espanola
 (705) 869-3656
 Open Tuesday - Wednesday
 www.lambac.org

Dittrich's Hair Design
 "A Look With A Difference"
 To see our latest Monthly Deals
 Like us on Facebook
NEW HOURS:
 Monday 9-5
 Tues, Wed, Thurs 9-7
 Friday 9-5
 Sat/Sun CLOSED
705-869-2915



All The World's A Circus

William Thomas

williamjthomas@gmail.com

Norway Needs Our Help! Seriously, Send Hard Liquor Now

I've been somewhat concerned about the mental state of the people of Norway ever since the 1994 Lillehammer Olympics attracted record numbers of homegrown fans to watch cross-country skiing. Not hockey, because there's action involved in that sport. Not curling, which can get very noisy if rocks happen to collide. And certainly not figure skating where Russian judges sometimes fire warning shots over the heads of fellow judges to get their points across.

Norwegians revere alpine skiing the way Americans love baseball, the way Brits adore soccer, the way Hungarians like putting the boots to refugees. So yeah, we have people in this world who consider cross-country skiing a spectator sport! Action? Once during the Lillehammer games, the cross-country skier in the lead fell down and the guy behind him won the race. They were both named Henrik. In Norway they still show that clip voiced-over with the words: "the thrill of victory/the agony of defeat."

So it was sad, but of little surprise that last week while listening to National Public Radio I learned that the hottest thing in Norway since neon-flashing Viking horns is slow television.

Jumping on the reality TV craze, Thomas Hellum, a producer at NRK Hordaland in Oslo recently set out to create an award-winning documentary show ... Norwegian style. He put a camera on the engine of the Bergen Railroad that travels east to west across Norway in seven hours and ... it was an immediate smash hit. With little sound, no commentary or subtitles,

the film is seven hours and four minutes of recorded footage from the front of the train, the actual time it takes the train to get from Bergen to Oslo.

And in Norway, population five million, 1.2 million people watched the entire show start to finish. I watched the first seven minutes online and the excitement of the first two minutes of seeing firsthand how a train slowly leaves a station was surpassed only by the next five minutes when the screen went black while the train proceeded, slowly mind you, through a tunnel. This was the 'break away' point when viewers began phoning friends and they too turned on their sets to watch a screen gone black. If you're planning to watch the Bergen Railroad Special, you might want to fill the fridge with beer and the spare bedroom with popcorn because there are 160 tunnels on that line! (Personally, I prefer the Norwegian name for the Bergen to Oslo video adventure – Fuhrerstandsmitfahrt – for no other reason than I really like saying Fuhrerstandsmitfahrt.)

Buoyed by these phenomenal audience numbers of Norwegians watching 436 straight minutes of train-spotting, Thomas Hellum proceeded to put cameras on a cruise ship that sailed along that country's 3,000 kilometre coastline. And ... wait for it ... 8,040 consecutive minutes of live ship footage that drew an audience of ... did I mention I don't make this stuff up – 3.2 million Norwegians. That's well over half the population of Norway watching TV for five-and-a-half days as a boat slowly winds its way along a coastline. Again, two-fours

Continued on page three...

Advertise here for as little as \$24 per week
Call 705-869-6883 for details

Billets Needed!
 Looking for families interested in housing Express Hockey Players.
 If you are interested in hearing more, please contact our billet co-ordinator Jess Rapcewicz 705-988-4410.

Rainbow Country General Services
 Specializing in keeping seniors in their homes
 Provide safety walk-through of home for fall hazards.
 Install hand rails, hand grabs, special railings, walkways.
 Free services - cutting and clearing (certified/insured with 30 years experience)
 Opening and closing of cottages **AND MUCH MORE**
GET A FREE QUOTE! 705-863-2492

RON RIVET Like us on Facebook
CLEANING SERVICES
25 YEARS OF EXPERIENCE
 Carpet & Upholstery Cleaning • Tile & Grout Cleaning
www.rrcs.ca 705-862-1914

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.

Continued from page two...

of beer, tons of popcorn because there's a lot of fog along the coast. They would have captured the entire audience of five million except during that same period, 1.8 million Norwegians were watching slickly packaged reruns of the 1994 Olympic Alpine Skiing Classic!

What the Fuhrerstandsmitfahrt is with these people?!? (It's fun, isn't it?)

Should you ever visit Norway, you will likely not actually meet a person because they'll all be indoors enjoying NRK TV's latest ventures which include 100 hours of non-stop chess, the complete footage of a reindeer migration in the north and eleven uninterrupted hours of knitting. All true. In the ninth hour of the pearl one/knit two show, the blue-haired star nicks her baby finger with a needle and several hundred viewers, mostly from the coastal regions had to be medevaced to nearby Finland for heart palpitations. And if you go, never ever mention that thing about watching paint dry. In Norway, that's potentially a two-week film festival.

Seriously, Norway is in trouble and needs our help and now! Please support my Bundles For Norway program in which the Canadian military will drop crates full of hard liquor, caffeine, fireworks and crystal meth on Norway's largest cities. Consider it a massive

humanitarian wake-up call.

I've always maintain that if the world ever receives an enema, the syringe goes in at Brindisi, Italy. I now believe if the world's medical community start searching for the walking dead, the stethoscope clamps down on the heart of Norway. No pulse, no problem, we got slow TV.

My real concern here is for the Arctic Circle. Norway is one of five countries laying a territorial claim to the planet's most northern ice cap. The rest of us – Canada, America, Russia and Denmark/Greenland – we just want to rape and pillage this pristine paradise with cruise ships, a theme park and oil rigs, leaving it as littered and despoiled as the face of Mount Everest.

But no, not the Norwegians. Their plan is to set up five million folding chairs around the polar rim so the entire population can go up there and watch Arctic ice melt. Warning to Norwegians: Soaker Alert! Scientists believe the Arctic ice cap is melting so fast, some puddles may appear under your chairs. Bring life jackets and extra socks. Happy Fuhrerstandsmitfahrting.

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

99.3 Moose FM
Espanola's Biggest Variety

Moose Corner

FUNDRAISER FOR MOBILITY VEHICLE FOR RYAN VLAAD - Despite being diagnosed with Cerebral Palsy at 11 months, 7 year-old Ryan Vlaad strives to be independent. The Lindsay youngster, whose family calls Espanola home, are raising funds to purchase a modified vehicle, so that he can continue to remain active. A Go Fund Me account has been set for anyone who wishes to donate from the local area. The family is trying to raise \$20,000. Check the Moose Facebook for a link to the account.

WELCOME BACK TO CLASSES

**ESPANOLA REGIONAL
RECREATION COMPLEX**

BEGINNERS WELCOME!



FREE YOGA IN THE PARK WITH ARTURO
BUTI YOGA **STEP AEROBICS** **STAND UP**
SPIN **SAFE STRENGTH TRAINING FOR ALL**
ZUMBA WITH KELSEY **DIAPERFIT**
SHALLOW WATER THERAPY **AQUAFIT**

**FREE PADDLE BOARD YOGA & OTHER
DEMO CLASSES COMING SOON!**

**For class, ice & pool info & schedules visit
espanola.ca & follow us on Facebook**

705-869-1961

Espanola
ONTARIO CANADA

Webbwood School Likely To Close As School Board Tries To Balance Budget



By Chloe Kneer – The Rainbow District School Board held a regular meeting on Tuesday, August 30 and approved modified accommodation reviews for Espanola, Sudbury and Valley East and North. The steep decline in enrollment has led to significant revenue shortfalls and there is a need to find more than \$3.6 million in annual operating savings to offset the reduction.

As such, it was proposed that Webbwood Public School be amalgamated into the new A.B. Ellis at Espanola High School beginning in September of 2017. The public will have the chance to provide input at a public meeting this fall (date to be determined). Delegations will make presentations to the school board as well. A final decision is expected in January, 2017.



STEVE'S

PLUMBING & HEATING

705-863-2877

steve@stevesplumbingheating.com

SALES AND SERVICE OF: • furnaces • fireplaces • boilers

FREE ESTIMATES

Like us on Facebook

Steve Donnelly Over 15 years experience locally

Continued from front page...

The Most Wonderful Time Of The Year

• Always walk your bicycle across a roadway. When crossing intersections without signals or crossing guards, children should:

- Stop before stepping into the road
- Increase your visibility and indicate your crossing intention to motorists
- Look in all directions before crossing
- Stop, Look and Listen for traffic
- Cross safely when the road is clear
- Walk, don't run, across the road
- Where possible, use the buddy system

When crossing intersections with signals, children should:

- Push the pedestrian button (where they exist)
- Wait for the pedestrian walk sign
- Increase visibility and indicate your cross intention to motorists
- Stop, Look and Listen for traffic
- Watch for turning cars or trucks
- Cross safely when the road is

clear

• Walk, don't run across the road When crossing with the assistance of adult crossing guards and student safety patrollers:

- Cross only under the direction of the guard

Railway Crossings:

- Many children in our communities must cross railway tracks daily. Ensure children are taught the only safe place to cross railway tracks is at a designated crossing.

For Drivers:

- Be aware of school zone signage.
- Reduce speed in school zones.
- Be ready to stop at all times. Children do not always notice oncoming traffic.
- Always try to make eye contact with children waiting to cross the road.
- Be patient and wait for children to complete their crossing before proceeding.
- Stop when directed to do so by a crossing guard.

Espanola Blood Donor Clinic

Thursday, September 15
Knights of Columbus Hall,
 (399 Mead Street)

11:30 AM – 2:30 PM & 4:00 PM – 7:00 PM

Please call 1 888 2 DONATE (1-888-236-6283) to book an appointment or on-line at www.blood.ca and help meet the continuing need for blood.

The One Tot Stop



Day Care

The One Tot Stop Day Care in Espanola has infant, toddler, preschool and school age spaces available.

For more information, please call Devina at 705-869-3282.

Massey: 705-865-3281 • Espanola: 705-869-3282
Email: onetotstop@bellnet.ca • www.onetotstop.com

Those Robots Are Just Milking It

By Grant Lewis - I've never figured out how much wood a woodchuck could chuck if indeed a woodchuck could ever chuck wood. But I do know that two robots can milk just over one hundred dairy cows, two to three times a day! So move over any woodchucks out there! These robots do even more. They store all kinds of information on the quantity and quality of that milk. Myself, I can barely remember what day it is. Plus, there's more! But you are going to have to keep Monday, September 12 free to find out what it is. Keith Emiry

will be the guest speaker at the September general meeting of the Horticultural Society. The Emirys have been on the same farm for over a hundred years and now share their farm with two robotic milking machines (so far they remain unnamed). Keith will also talk a bit about the Emirys' agricultural interests as well. He will also set a date for a farm tour. So, forget the woodchucks but remember Monday, September 12 at 7:00 p.m. at the Queensway Pentecostal Church in Espanola. Bring a friend.

Recipe

Several years ago I hosted a potluck, and a friend brought this delicious stuffed French bread. It was a nice addition; sliced up, and served for lunch.

This is also a great dinner recipe for those busy weekdays. It can be conveniently made ahead, wrapped in foil, and then baked; or baked open on a cookie sheet as the recipe suggests. It was also suggested that Frank's hot sauce can be added for a Buffalo chicken flavour or you can change it up a bit with a sprinkle of garlic powder and a different type of cheese. Don't be afraid to adjust the filling to your taste.

CHICKEN STUFFED FRENCH BREAD

- 1 loaf french bread
- 1 pound chicken breasts, cooked and shredded
- 1 1/2 cups Colby-Jack cheese, shredded
- 2 green onions, sliced thin
- 1 to 2 cups Ranch dressing

Preheat oven to 375° F. Line a large baking sheet with parchment or foil. Slice the French bread in half, lengthwise, so you have two equal pieces. Scoop out some the bread in the center of each piece to make room for the filling. Place bread in a large bowl and tear into small chunks. Set the two halves of French bread onto a large baking sheet. Set aside. In the large bowl with the pieces of bread ,add the shredded chicken, cheese, green onions and enough ranch dressing to make mixture wet. Spread chicken mixture evenly over one half of bread. Top with other half. Bake 10 to 15 minutes or until cheese is melted. Remove from oven and let stand 5 minutes before slicing and serving. Enjoy!





TOWNSHIP OF SABLES-SPANISH RIVERS

Phone: (705) 865-2646 Fax: (705) 865-2736

Email: inquiries@sables-spanish.ca

11 Birch Lake Road, Massey, ON, P0P 1P0

Website: www.sables-spanish.ca

NOTICE TO TAXPAYERS

The 2016 Final Tax bills have gone in the mail. If you do not receive your bill, please call the Township Office and we can resend a copy. You are still responsible for paying your property taxes on time and we accept the following methods of payment:

cash, cheque, money orders, debit, preauthorized payment plans, internet and telephone banking. You can also pay your bill at your financial institution.

Consider using our e-billing service to view and print your property tax bills. Once you are signed up, you will be notified by email whenever a new tax bill is available for viewing. You will no longer receive paper property tax bills. You can then pay your bill electronically through your financial institution's bill payment service. To sign up for e-billing, please click on the "Taxation" Quick Link on our website, www.sables-spanish.ca or contact this office for assistance.

ATTENTION MASSEY RESIDENTS

The Public Works Department will be flushing hydrants starting on **September 19th** and continuing through to **September 30, 2016** as weather permits.

Flushing may cause temporary discolouration of water or loss of pressure. Before using, please run your tap until the water is clear and refrain from doing laundry while flushing is occurring in your area. We apologize for the inconvenience that this may cause.

If you have any questions, please feel free to contact The Public Works Department at 705-865-2181 ext. 229 or 705-865-2358.

MPAC

The Municipal Property Assessment Corporation (MPAC) assesses and classifies properties in Ontario. These assessments are used by the municipality to calculate your property taxes.

MPAC representative Laura Voltti will be available to discuss assessment matters with the public at the Sables-Spanish Rivers municipal office on September 8, 2016 from 9am to 12pm.

VOLUNTEER APPRECIATION NIGHT

All are welcome to join us as we celebrate volunteers - the heart and soul of our community!! Thursday, September 22, 2016 at the Walford Community Hall. Doors open at 6:30 pm. Entertainment, Awards and light refreshments will be served.

GENTLE FITNESS FOR SENIORS

Focusing on strength, balance, endurance and fun to prevent falls and promote independent living.

Cost: **Free**

When: **Sept 27th for 12 weeks** at the Massey Arena Sadowski Room (elevator available)

Tues & Thurs afternoons: Standing Class at 1:15 pm; Seated Class at 2:30 pm

Registration and individual screening required before class participation. Contact Marg Benian, NP at margbenian@masseyclinic.ca or 705-865-2300 to register.

Helping you maintain independent living in our community!

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 amendments to the Comprehensive Zoning Bylaw 2010-51. The public meeting will be held on Wednesday, September 28, 2016 at 7:00 p.m. in the Council Chambers at 11 Birch Lake Road, Massey, Ontario.

File No. ZBA16-02

The purpose for the amendment would be to allow for a reduced front yard setback at the shoreline for a residential addition in the Rural zone.

The property is described as Victoria Township, Section 40, Parcel 40-1-3, Plan 53R-13611 Part 4, 5, 6, at 175 Kring Road.

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

File No. ZBA16-03

The purpose for the amendment would be to allow for a reduced front yard setback at the shoreline for a residential use in the Resource Recreation zone.

The property is described as Gough Township, Parcel 17177, Plan AB171, at 513A West Branch Road.

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

File No. ZBA16-04

The purpose for the amendment would be to allow for a reduced front yard setback for an accessory building in the Resource Recreation zone.

The property is described as McKinnon Township, Lot 12, Concession 5, Parcel 16762,

434 Cutler Lake 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 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 these applications is available at the municipal office at 11 Birch Lake Road, Massey, P0P1P0 during regular office hours.

Dated this 6th day of September, 2016

Kim Sloss, Clerk-Administrator

WASTE ELECTRONICS DAY

Bring your waste electronics to the Public Works Yard at 11 Birch Lake Road on September 26th, 2016 for FREE disposal!

Collection bin will be available from 12:00 noon till 7:00 pm.

DID YOU KNOW???

If you are a Not For Profit Organization or business operating in the Township of Sables-Spanish Rivers, you can send a link to your website to awhalen@sables-spanish.ca and it will appear on the www.sables-spanish.ca website.

CLASSIFIEDS

Real Estate • Rentals • Services
Lost & Found • Items For Sale
Prayers • Thank You • Notices
Personals • Vehicles
Special Occasion

Highest Circulation &
Best Rates In Town!



705-869-6883

SERVICES

HANDY-DENN – Yard work, clean-ups, grass cutting, weeding, repairs to decks and fences, pressure washing. Home repairs. Call 705-863-3778 or 705-583-2210. 9/6

MINI EXCAVATION 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 all-inclusive 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

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 10/11

ESPANOLA SELF STORAGE – 6x8 and 8x10 Storage units available in Espanola. Located behind the car wash. Call 705-869-8405. 10/27 - R

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. 10/4 - 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 - R

FOR RENT

FOR RENT - Lang Lake Resort - Waterfront suites and cottages available for rent. Full kitchen, satellite TV, Jacuzzi tub. Call 705-285-4241 for monthly rates. Available October 1. 9/27

ROOM FOR RENT – In Espanola, \$500 a month. Utilities, cable, and wifi included. Non smoking. Call or text 705-863-2797. 9/13

FOR RENT – One bedroom apartment available immediately. 45 Arthur Ct, Espanola. No pets, references required. Call 705-869-5989. 9/20

HELP WANTED

CASUAL WORKER REQUIRED – Some heavy lifting, must be capable of lifting 50 lbs. Thursdays and Fridays, hours vary. Must work well on your own. Minimum wage. Apply in person 85 Centre Street, Espanola.

EMPLOYMENT OPPORTUNITY



HELP WANTED

Hiring Full & Part Time, Day & Night Shifts.

EMPLOYMENT OPPORTUNITY

The Town of Espanola is seeking an ACCOUNTING CLERK

The Town of Espanola is a dynamic northern community strategically located in the heart of the LaCloche Foothills. The Town is currently seeking a full-time Accounting Clerk to contribute to the efficient and effective operation of the accounting department.

Responsibilities

- Maintain reporting for tangible capital assets in accordance with PSAB standards, knowledge of Citywide software would be an asset
- Maintain the Town's Asset Management Plan
- Review financial policies and make recommendations as required to ensure compliance with various applicable legislation and best practices
- Prepare funding applications and related reporting
- Reconciles and analyzes general ledger accounts
- Supports managers in various departments with financial information
- Perform various accounts receivable and accounts payable functions

Qualifications

- Post-secondary diploma in accounting or business related discipline
- 2- 5 years related experience
- Must possess competent computer skills in Microsoft applications, prior experience with Vadim would be an asset
- Ability to communicate effectively verbally and in writing
- Must maintain strict confidentiality of information

Salary: To commensurate with qualifications and experience.

Qualifying candidates will require a Criminal Reference Check.

The Town of Espanola is committed to providing accommodations throughout the hiring process. If you require an accommodation, we will work with you to meet your needs. Qualified applicants are invited to forward their cover letter and resume no later than **September 30th, 2016 by 4:00 p.m. to:**

File No. #2016 ADM-01 (AA)

Town of Espanola
100 Tudhope St., Ste. 2
Espanola, ON P5E 1S6
Email: town@espanola.ca
www.espanola.ca



We thank all applicants, however, only those to be considered for an interview will be contacted. In accordance with the Municipal Freedom of Information and Protection of Private Act, personal information is collected under the authority of the Municipal Act and will be used only for candidate selection.

THANK YOU

Thank You

Thank You

Thank You

As I sit here this morning trying to write this thank you, I feel numb and broken. Anyone who knows me knows I always tried to figure out my purpose in life. I now know it was to take care of my husband, children and grandchildren. My husband and I took care of each other, but he got tired and couldn't go on anymore. So I will continue on but will take care of myself for him. The children and grandchildren will take care of themselves for them. So I need to thank each and every one of you who brought flowers, food, money, cards, hugs, phone calls and words of encouragement. People who sat with me, stayed with me, who traveled to be here near and far. I want to write each name but there are just too many. Saying thank you doesn't seem like enough. I know in my heart I am truly blessed to have the most amazing FAMILY and FRIENDS, co-workers, bosses and acquaintances. Without each and every one of you I couldn't have got through this difficult time. I want to thank the Espanola Hospital and emergency staff, Dr. Bertrand you are amazing. The 911 operator, you know who you are. The amazing Pastor Katie Finlay from Queensway Pentecostal Church. The Espanola Legion for allowing us to have a celebration of Rick's life, and it was beautiful and perfect. I know he was with us having a beer and cursing the Blue Jays because they lost. The ladies who put on the luncheon at the Legion, it was perfect. I end this thank you saying you are all here with me through the worst time of my life. Without each one of you I would not have gotten through this. You all lifted me up and gave me the strength to get through. I love you all very much. Smile and hug the ones you love because that is what I am going to do. When the seasons change, when his stories get retold, when memories tug at your heart, remember he is always with us. I love you Rick Legrow you will forever be in my heart. XO

A million and more thank yous to each and every one of you.

Brenda, Ricky, Angie & Bobbi Ann.



OBITUARY



PODLATIS, Guenther of Massey passed away at the Espanola Nursing Home, Espanola on Wednesday, August 24th, 2016 at the age of 88 years. Beloved husband of Rosa (nee Hartmann) Podlatis of Massey. Dear son of the late Gustof & Bertha (nee Kukluk) Podlatis. Loving father of Karin Podlatis-Brown (husband Kelly) of North Bay, Paul Podlatis (wife Jodi), Andrew Podlatis & John Podlatis (wife Rosie) all of Massey, Anje Podlatis (friend Brent) of Espanola and the late Peter Podlatis (wife Lisa). Will be sadly missed by grandchildren, Kelsey, Keira, Julia, Hailey, Whitney, Braden, Devin, Alyx, Kurt, Ehrich, Anja, Jan,

Mackenna, Griffyn, Logan & Larson. Very dear brother of the late Erik & Kurt Podlatis & Ula Streich. Guenther's priority was his family and he was Opa to many. He believed strongly in hard work. He loved his farm and the outdoors; often found with his friends - the cats, dogs, horses and cows. Friends called at the Zion Lutheran Church, Massey on Friday, August 26th, followed by the funeral service with the Reverend Cory Vermeer-Cuthbert officiating. Interment in the Massey Grandview Cemetery. If so desired, memorial tributes may be made to the Zion Lutheran Church, the Massey Area Museum or the Alzheimer Society. Arrangements by Bourcier Funeral Home Ltd., Espanola.



705-869-6883

email:
around@aroundandabout.ca

**Around&About is printed
locally by OJ Graphix INC.**

Nicky Lamothe - **PUBLISHER
STAFF**

Andrew Vondette - Layout-Sales-Graphic Design
Bill Leeney - Graphic Design
Chloe Kneer - Sales/Correspondent
Vickie Trahan - Bookkeeping
Donna McDonald - Proof Reading
Rayann Muncester - Production

Distribution by Pelletier Holdings & Around & About

The advertiser agrees that the Publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by that portion of the advertisement in which the error occurred. There shall be no liability for non insertion of any advertisement. The publisher reserves the right to edit, revise, classify or reject an advertisement.

Ad space must be reserved Wednesday to be placed in the following week's issue. Copyright and/or property rights subsist in all advertisements and in all other materials appearing in this edition of Around & About. Permission to produce wholly, or in part, any part in any form whatsoever, particularly by photographic or offset process in publications must be obtained in writing. Any unauthorized reproduction will be subject to recourse in law.

FREE WOOD PALLETS

Call 705-869-6883 for details.

COMMUNITY NOTES

PROUDLY SPONSORED BY



Spaghetti Supper – Saturday, September 10 from 4:30 - 6:00 p.m. at the Webbwood Eagles, 3 Centre Street in Webbwood. Takeouts available. Everyone welcome.

The Espanola Horticultural Society General Meeting - Monday, September 12 at 7:00 p.m. at Queensway Pentecostal Church, Espanola. Guest speaker Keith Emiry. Find out about robotic milking machines and farming in the Massey area.

Espanola Area Friendship Circle Alzheimer Support Group – Monday, September 12, 1:30 - 3:00 p.m. at the Senior's Drop in Centre. For more information, call 705-869-1137.

Save A.B. Ellis (SABE) Public Meeting – Wednesday, September 14, 7:30 p.m. at the Espanola United Church. Come with ideas, information, vision.

Espanola Curling Club Annual Fish Fry, Auction And Dance – Friday, September 23. For tickets, call the club 705-869-2133 or Bill Giles 705-869-6237.

Manitoulin Northshore Victim Services - Recruiting volunteers to join their team of crisis responders. For information and an application, contact victimservices@vianet.ca or 705-370-3378.

Espanola Seniors Club - Come join the seniors club and enjoy all of our activities - exercise, euchre, cribbage, bridge, quilting, knitting. Phone 705-862-7206 for schedule and information.

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



Desjardins
Caisse populaire Vermillon

Espanola, Ontario
(705)869-2317

corrina.bourguignon@desjardins.com



Centre de la
**PETITE
ENFANCE**
d'Espanola

Owned and Operated by ALL STAR CHILDREN SERVICES INC

705.869.4800



Espanola

**Clinic Pharmacy
& PharmaChoice**

OPEN 365 DAYS A YEAR

Phone 705-862-7000 service@clinicpharmacy.ca
801 MCKINNON DRIVE



ESPANOLA TAXI

705-869-1036

Like us on
Facebook
www.espanolataxi.com



**830 Centre Street
705-869-2130**



Whitefish Falls
705-285-7474



ASSURANCE
RIVET
INSURANCE

**Home • Auto • Business
Insurance**

Phone: 705-524-3000
Fax: 705-524-6793
Toll Free: 1-866-524-3004

Back to School Safety



**Every Child Should Have A Safe Walk To School
Slow Down, Beware, And Drive Safe**

Get Prepared for Back to School Safety!

It's back to school time! - As school doors open, traffic gets a little heavier on our streets. People are back from holidays, school buses and public transit are on regular routes, and more people are walking, cycling or driving to school.

To help with the transition and share the roads safely, read our safety tips. Help everyone stay safe this school year!

3) Watch for Darting Children

Kids are small and easily distracted, and for drivers, this can create dangerous situations on the roads. Be vigilant and alert behind the wheel. You never know when a small child might step out from between parked cars or off a sidewalk. Your fast reflexes might be needed to prevent an accident.

Rules for getting on the bus safely:

1. Be at the bus stop on time. Never run to or from the bus.
2. Wait at the designated stop in a safe place well back from the side of the road.
3. Remember the danger zone around the bus. The danger zone is anywhere close enough to touch the bus. The bus driver cannot see you when you are in the danger zone.
4. If you cross the street to get on the bus: when the bus comes, wait until it has come to a complete stop. The bus driver will make sure all the traffic stops. The stop arm will be out and the red lights will be flashing. Watch the driver. When the driver knows it is safe, he or she will signal you to cross, but watch for traffic yourself. Walk, don't run.
5. Hold the hand rail as you get on the bus. Don't push or shove.

1) Observe School Zone Speeds

Although you should always obey posted speed limits, it is especially important during the school year. Children crossing the road on their way to and from school can easily get distracted and step into harm's way. Slowing down and being vigilant is crucial to keeping kids safe. Children are often out throughout the day at recess, lunch, and for certain classes, so it's important to drive slowly throughout the day.

4) School Buses

Most mishaps take place outside the bus. Make sure children don't arrive too early at the bus stop where they can wander or get into mischief. Make sure children wait well away from the road and stay back until the school bus makes a full stop and the doors open. Explain that they must walk at least three metres (10 feet) away when crossing in front of the bus so the driver can see them. When driving your car near a school bus please note that extra caution is needed. You shouldn't pass a school bus when the signal lights are flashing (as children are often crossing the road at that time), and drive slowly as a general precaution.

2) Obey the Crossing Guard

A crossing guard is there to keep children safe. If you come up to a set of lights, and the light turns green, but the crossing guard still says stop, follow his/her direction and not the traffic light. There might be a child still crossing the street that you can't see.

The following information is useful for school bus passengers and their parents.

Rules for on the bus:

1. Take your seat as quickly as possible and sit properly, facing forward at all times.
2. Hold bags and parcels in your lap. Do not put your feet into the aisle: someone might trip.
3. Keep your head, arms and everything inside the bus. Don't throw anything out the windows or around in the bus.

Continued from page A...

4. Talk quietly. The driver must concentrate to drive the bus safely.
5. Save snacks for snack time at school or for when you get home. They may spill or you may choke if the bus goes over a big bump.
6. No fighting, shouting or playing in or around the bus.
7. Always follow the bus driver's instructions.

Rules for leaving the bus safely:

1. When you leave the bus, hold

- the handrail and step away from the bus.
2. To cross the street in front of the bus, walk ahead at least 10 giant steps (three metres). Cross only when the driver gives a signal. Cross the street in single file.
3. If you drop something near the bus, don't pick it up. Tell the driver or another adult first.
4. If everyone is getting off the bus, the people at the front leave first. Do not push.
5. Be familiar with the bus driver's rules for emergencies.

Shoes That Fit Perfectly Prevent Injuries



If you've ever bought a pair of shoes that didn't fit well just because they were on sale, or looked too fabulous to pass up, you are certainly not alone. However, experts caution against these 'great buys', since ill-fitting footwear is one of the leading causes of preventable foot and lower limb injuries. "Shoes that are too long, too short, too tight, or too wide not only cause painful rubbing and squeezing, they can also force the wearer to adjust their natural gait," says Alison Smith, a Canadian certified pedorthist. "This in turn can cause them to shift their pressure and weight, often leading to pain and injury."

Smith says fashionistas and bargain shoppers aren't the only people who wear ill-fitting footwear. Many of us inadvertently wear poorly fitting shoes because we don't know how to tell if a shoe fits properly.

If you are fitting your own shoes, certified pedorthists advise the shoes should feel comfortable the moment you try them on. It is a myth that snug-fitting shoes will stretch over time. Make sure you have room to wiggle your toes, especially when you're standing and that

the heel of the shoe fits snugly around your own heel. Also make sure you buy shoes that match the shape of your foot. If your foot is wide and square, you should purchase shoes that are wide through the top. Most importantly, you should never assume you are always the same shoe size. Feet shift and change over time and different shoes fit differently, so you should have both of your feet measured often.

Painful, injured feet can have a serious impact on your mobility. To make sure you can keep doing the things you love, always buy supportive, well-fitting shoes. More information on fitting shoes properly can be found at www.pedorthic.ca.

Get The Perfect Fit

To ensure your footwear fits properly Canadian certified pedorthists recommend you follow these steps:

- Get your feet measured by a professional fitter, preferably using a Brannock device.
- Take the insoles out of your shoes and stand on them. Make sure you have a thumb width between the longest toe and the end of the insole. Also check that your first and fifth toe fit on the insole and don't hang off.
- Shoes should bend at the widest point of your foot, where your foot bends.
- Laces or Velcro will help to ensure your shoe fits snugly and supports the movement of your foot.

www.newscanada.com

Healthy Lunches Help Fuel Active, Smart Children

What's the best way to help your children get good grades and have energy for long afternoons at school? Pack a healthy lunch! Here are some tips.

Excel at school

When children eat a well-balanced lunch, it's easier for them to concentrate at school and have energy for afternoon activities. A nutrient-sparse lunch will make them more likely to reach for unhealthy recess snacks, when energy is low and sugar cravings kick in. This could lead to weight gain and health problems down the road.

Studies show that in addition to providing energy, healthy lunches filled with whole grains, vegetables, fruit and protein can lead to better grades and higher scores on standardized tests, especially when compared with children eating high-fat, salty lunches.

Carbohydrate-containing foods, such as whole grain wheat, corn and soybeans, are crucial for brain health. The Grain Product food group in Canada's Food Guide provides carbohydrates to the bloodstream to fuel the mitochondrial furnaces responsible for your child's brain power.

Lunches that kids love

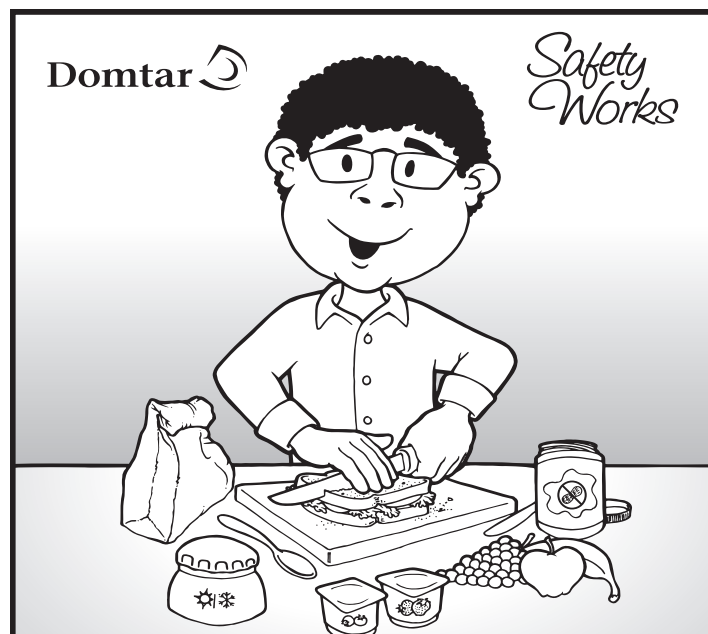
The healthiest carbohydrates include whole grains, vegetables, fruits and beans. They promote good health by delivering vitamins, minerals and fibre, which are required for normal growth and development. Grab that lunchbox and pack meals made with four food groups:

Vegetables and fruit
Grain products
Milk and alternatives
Meat and alternatives

Most kids love sandwiches, which are a great way to ensure they get a serving of Grain Products, a staple food group in Canada's Food Guide, and carb-rich brain fuel. Stack protein and vegetables on different shapes and sizes of breads. Use cookie-cutters to cut sandwiches into children's favourite shapes.

Pack whole grain crackers with cheese, or make modern ants-on-a-log with soy butter and currants on celery to harness brain power. Visit www.goodineverygrain.ca or www.healthgrainsinstitute.ca for more ideas.

www.newscanada.com



Tim Hortons
ESPANOLA • MCKERROW

Espanola
ONTARIO CANADA