

PHOTO KIOSK
Prints as low as
.35¢ each!!

PAPERWORKS
OFFICE & ART SUPPLIES

85 Centre St., Espanola
705-869-6883

The Little Paper That Makes A Big Difference

AROUND & ABOUT
Your Community Connection

Est. 1996

www.aroundandabout.ca

October 17, 2017 Issue #42 - Volume 21

Check out our
October Flyer online

SLAPSHOT SAVINGS

PAPERWORKS
OFFICE & ART SUPPLIES

85 Centre St., Espanola
705-869-6883

**2018 POLARIS
INDY VOYAGER 155**
\$9399 PLUS PDI,
FREIGHT
AND TAX

**TRAILSIDE
SPORTS**

705-869-0170
rick@trailsidesports.com

Your Votes Needed For Espanola High Courtyard



A couple of weeks ago, Around&About printed a story about Espanola High School wanting to turn their center courtyard into a peaceful gathering place for students. That initiative, led by teacher Jayson Stewart, has moved another step forward. Stewart says the school has applied to the Aviva Community Fund and your vote is needed to access the funding. The Aviva Community Fund helps people make positive change in your community. For eight years, Aviva has been putting their money where their business is — investing in charitable community initiatives across Canada, supporting the causes the public care about most, and strengthening local communities. Aviva has provided more than \$7.5 million in project funding to date, and will donate another \$1+ million this year. What can you do? Vote ... go to: www.avivacommunityfund.org to vote online. Voting is easier than ever - cast all 18 votes at any time during the Voting Round! Ideas with the most votes will go on to be finalists.

Continued on page four

CANADIAN TIRE
ESPANOLA

3 DAYS ONLY!
Fri-Sun, October 20-22
For Auto Service Centres that are closed on Sundays, the offer will run on Friday, Saturday & Monday, October 20, 21 & 23

30X
CT "MONEY"
on all qualifying
tire purchases!

**EXCLUSIVELY for
Canadian Tire Options*
Mastercard* & Options*
World Mastercard*
Cardmembers**

My Canadian Tire "Money"
Includes all season, performance, light truck and winter tires. See inside back cover for details. No rain checks. In-store only.

ROADSIDE ASSISTANCE
BONUS*
Canadian Tire Roadside Assistance Silver Plan with the purchase and installation of 4 tires at any Canadian Tire Auto Service Center. Reg \$59.99 (plus applicable taxes)

Limited time offer!
Oct 20 - 26, 2017

*Applies to automotive tires only. Offer has no cash value and is for one time use only. For complete membership features, terms and conditions and activation instructions, please see the Canadian Tire Roadside Assistance Silver Plan brochure provided by the Auto Service desk at the time of qualifying purchase.

4 SEASON'S
septic service
For Your Septic & Porta Potty Needs

**NOW SERVING
ESPANOLA
& AREA!!**

705-869-2448
705-356-3444
1-800-587-3599

IT'S TIME TO GET
THE BEST FOR LESS

GET SPECIAL SAVINGS ON SELECT HUSQVARNA PRODUCTS

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

Garnet's

Husqvarna
READY WHEN YOU ARE

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

Home hardware
ESPANOLA

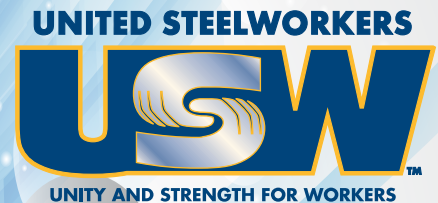
705-869-2130
830 Centre Street
Espanola

In stock Deer feed
\$17.99/BAG



McCulloch **INSURANCE** (1951) LTD
HOME • AUTO • RECREATIONAL • BUSINESS

705-869-4333



**COMPETITIVE
HOME AND AUTO
GROUP RATES FOR
ACTIVE MEMBERS
AND RETIREES**


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

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


RAINBOWCOUNTRY
GENERAL SERVICES

705-863-2492
SPECIALIZING IN KEEPING SENIORS IN
THEIR HOME
ANY JOB. ANY SIZE. ANYTIME
<http://rainbowcountry.wixsite.com/generalservices>

Special Rates for Seniors

- Renovations • Light Plumbing
- Light Electrical • Shed Packages
- Siding • Demolition
- Dump runs • Tree Removal
- Lawn Cutting • Snow removal
- Decks/patio and Fencing.

RON RIVET  Like us on Facebook
CLEANING SERVICES
25 YEARS OF EXPERIENCE

- Carpet & Upholstery Cleaning
- Tile & Grout Cleaning

www.rrcs.ca 705-862-1914


Bonnie Meier
Broker
705-862-0249
For all your Real Estate needs

Serving Espanola & Surrounding Area


KEYSTONE
REAL ESTATE INC.
705-692-4152

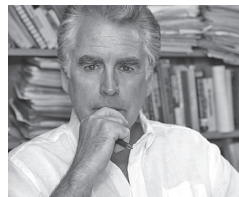
Don's Electric
(705) 869-0511
Cell (705)-862-0753
E.C.R.A./E.S.A. #7009119
Email: dcf@personainternet.com

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

Dittrich's
Hair Design
"A Look With A Difference"

To see our latest Monthly Deals **705-869-2915**

 Like us on Facebook



All The World's A Circus

William Thomas

williamjthomas@gmail.com

The Beat the Clock Diet

New diets and weight-loss scams are still popping up with the frequency of nasty presidential tweets. Unfortunately they have the same results – SAD.

There was the Wine & Egg Diet – one egg and one glass of white wine for breakfast. Two of the same for lunch. And four eggs plus a half bottle of white wine for dinner. This diet came with a warning to take a breathalyzer test before operating your walker on your way to bed. These dieters naturally graduated to the Drinking Man's Diet which added martinis and mixed drinks to the white wine culminating in self-induced comas at nightfall.

The Blood Type Diet matched different food groups to different blood types. Although dieters were urged to "B Positive," the results turned out to "B Negative."

The Baby Food Diet had grownups eating the jars of baby food every day with the option of a real meal for supper. This diet resulted in considerable weight loss once 14 jars of partly digested baby food were deposited into the porcelain bowl at the end of each day. The Baby Food Diet was so disgusting, many eaters actually welcomed the WWII Rations Diet. The "F" Plan Diet was centered around fiber, but instead of weight loss, it wound up losing family and friends to excessive flatulence.

There were the perfunctory scams – the Cookie Diet, the Lemonade Diet, The Grapefruit Diet, the Water Diet and the Cigarette Diet. What? In the 1920s Lucky Strike introduced the Cigarette Diet to the models and actresses who needed to stay slim for their jobs. The diet with the slogan "Reach For A Lucky Strike Instead Of A Sweet" claimed the more you smoked, the less appetite you would have for food. Results were inconclusive what with the dieters having lungs removed and hearts replaced all the time.

Then there was my diet. The Beat The clock Diet. It was written as a spoof on

dieting decades ago but now that we live in the Age of Ridiculousness, I think it will actually work. On my Beat The Clock Diet, you can eat anything your little heart desires: pizza, chocolate fudge sundaes, back bacon sandwiches, Mars bars, shrimp crepes, cream puffs, lasagna, buttered popcorn washed down with eight-ounce glasses of Baileys or vodka jello shooters. As a matter of fact, those ten items right there actually make up the essential nutritional food groups of the Beat The Clock Diet. In fact, that is the diet – those ten items three times a day for three weeks. Substitute anything for anything your heart desires.

But, as Bud Collier used to say on the game show Beat The Clock, you've got just two minutes to complete the task. Broken down, you have 20 seconds for breakfast, 40 seconds for lunch and a full minute for supper. It is recommended you prepare all items ahead of time and have them well-placed at arm's length on the table in front of you. Organization is everything on this diet. Knock over a glass or get a kernel of popcorn stuck in your teeth and whoops! There goes breakfast.

Another member of the family, hopefully a fellow dieter stands on the end chair across from you with a whistle and a stop watch. If you live alone, hire a student to come in to play Bud Collier.

"On your mark ... get set ... (remember to unwrap those Mars bars) ... go!"

Go after the softer foods first since they can pretty much be swallowed whole. Knives and forks will tend only to slow you down and in the final seconds could prove fatal. Rubber gloves are permitted and a beach towel draped down the front of you makes much more sense than a napkin. Food that gets accidentally rammed up your nose doesn't count unless you can inhale it.

Remember, when the final whistle goes

Continued on page three...


TV Bingo
6:30 P.M.
Wednesdays
Espanola

Tune into Local Channel 10 or come on out to the Espanola Regional Recreation Complex.


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.tstllc.net/agent/CeliaChaput>

 Travel Insurance Rewards Auto



The One Tot Day Care – S. Geiger Site,
is now open 6:00 a.m. to 7 p.m.
Monday to Friday.

**For more information call Janice or
email onetotstop@bellnet.ca**

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

Continued from page two...

you must stop your intake of food, but you can continue to chew. The last 10 seconds of every meal of the Beat The Clock Diet are known as “the loading zone.” If you’ve paced yourself and finished with a flurry, when the whistle blows your face should look like that of a squirrel with a bad case of the mumps foraging under a walnut tree.

And of course, when you’ve completed your meal and are officially finished, the host hits you in the face with a banana cream pie just like the television show. On my diet, whatever you can trap with your tongue, that’s known as dessert. It’s estimated you can lose up to 100 pounds in three weeks of the Beat The Clock Diet, not to mention teeth and those friends who watch you eat.

This diet is not for everybody. Slow eaters and people who talk with their mouths full, find

it very restrictive. So do people not accustomed to belching out loud.

For those who like the Beat The Clock Diet, but find it a bit inflexible, I included a supplement diet plan that compliments and adds variety to a day’s meals. It’s called the “I Snuck-A-Snack” supplementary diet. First, you hide all ten essential food items in your bedroom clothes closet. When the phone rings or the doorbell goes off at any time of the day, you have until the ringing stops to run to the closet and gorge yourself. And Tums come with calories so, no, just suffer. “No chest pain, no weight gain” - that’s the slogan of the Beat The Clock Diet.

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

Vacancy On Council

Espanola has a vacancy to fill. Espanola council agreed at their regular meeting last week to fill the vacancy by appointing the next candidate with the highest votes, meets all requirements and is willing to accept the position. That could be Heather Malott

– Dougan who says she will take the position if she meets the requirements. That decision is expected to be made by the next meeting two weeks from now. The vacancy opened following the resignation of Stewart Mickleham.

Sacred Heart Daycare Centre

INFANT, TODDLER, PRESCHOOL BEFORE AND AFTER SCHOOL

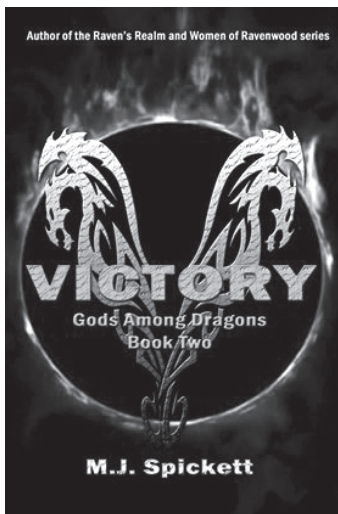
SPACES AVAILABLE!

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

705-869-3171

www.ourchildren-ourfuture.net

Prolific Espanola Writer, M. J. Spickett, Is Releasing Her Ninth Book, The Second In A Trilogy Series.



truly is.

Spickett says she began focusing on novels back in 2001.

“Victory is my ninth published novel, second Young Adult book,” she says. “I began writing Young Adult when my son was five in hopes of having a book series he can enjoy at a younger age than my typical novels.”

Spickett writes a variety of fantasy: historical, urban and dark. Her latest series features dragons and more subtle magic!

“It is sort of a coming of age story where the main character is trying to learn about himself, which is a theme used in many of my books,” adds Spickett. Spickett held a book launch at the Espanola Public Library yesterday, Monday, October 11th.

Softcover copies are available for \$20, hardcovers is about \$36.50 and e-book \$3.99.

Check it out on her website: www.mjspickett.com.

The third book in the Gods Among Dragons saga will be available October 2018.

M.J. Spickett, author of the SIBA nominated novel Brothers, book one in the Gods Among Dragons saga, is releasing book two, Victory. Fantasy fiction for young adults, Spickett says the trilogy centers around the main character, Eiryk Redhairs and his dragon brother, Kalama. They are in a race against time to find ancient artifacts used to open the Bifrost connecting the nine realms. In the process, Eiryk may finally learn who and what he

**To view our monthly flyer go to
www.paperworks1.ca**

CASE BY CASE LEGAL SERVICES

A Professional Corporation

Lisa Hobbs Licensed Paralegal

Licensed by the Law Society Upper Canada
Phone: 705-869-8733
Email: Lisa_Hobbs@outlook.com

Janet Gray Licensed Paralegal

Licensed by the Law Society Upper Canada
Phone: 705-507-9189
Email: Janet_Gray@outlook.com

Free 30 min consultation

Singh Dentistry

Dr. Maninder Singh

Hours:
Monday 9-5
Tuesday Closed
Wednesday 9-5
Thursday 9-5
Friday 9-5

FOR ALL OF YOUR DENTAL NEEDS

State of the art facility
We deal directly with Insurance Companies
Free dental whitening kit with new patient exam

91 Tudhope St., Espanola 705-869-1880

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

FAMILY TIME POOL & PLAY

◊ Wed Oct 25th – Dec 6th (6 weeks excluding Nov 8th)

◊ 9:15-10:45am Drop-in for stories & songs in the Library meeting room (free)

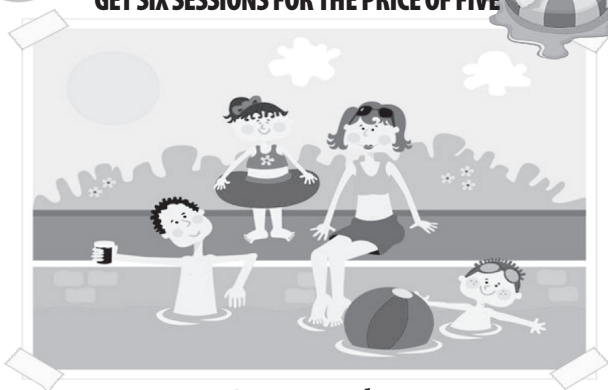
◊ 10:45-11am change into swim suits

◊ 11-11:30am water safety lessons with songs & play

◊ Parents \$8.48 drop-in includes tax

◊ Children under 4 are free

REGISTER IN ADVANCE \$42.40 AND
GET SIX SESSIONS FOR THE PRICE OF FIVE



Espanola

ESPANOLA'S ANNUAL PUMPKIN FESTIVAL

October 20th - 22nd
@ RECREATION COMPLEX
175 Avery Drive



Featuring

CARVER KINGS

Professional chainsaw wood
carvers in action! Oct 20-22.
Carvings for Sale!

SAT OCT 21

* Professional
Pumpkin Carver
Melissa Lapierre 9am-2pm



* Pumpkin
breakfast
* Food Vendors
* Pumpkin
Weigh in

SUN OCT 22

* 5km Colour Run



f espanola.ca
705-869-1961

CHECK SCHEDULE FOR EVENT TIMES



Continued from front page...

Your Votes Needed For Espanola High Courtyard

Stewart says Mike Barrati, EHS construction teacher, will also be having students build gazebos and benches for the space.

The high school is also asking for donations from the public in the form of outdoor furniture, plants and decorations.

To donate, call Stewart at 869-1590.

• The 15 ideas that receive the most votes in each of the two funding levels in the Community Development, Community Health and Community Resilience categories plus the five ideas that receive the most votes in the Community Legacy category and the idea with the

highest Aviva broker partner votes (Top Ranked Broker-Supported idea) will become Finalists.

• The 35 Finalists are then evaluated by our independent panel of judges who choose the Grand Prize Winners.

• Grand Prize Winners receive up to \$100,000 (if entered into the large level of funding), up to \$50,000 (if entered into the small level of funding) and \$150,000 (if entered into the Community Legacy category).

• Finalists that do not become Grand Prize Winners will receive a \$5,000 donation to a charity of their choice.

Rainbow Schools Collecting Gently Used Winter Clothing

Rainbow Schools are making this winter a little warmer by participating in the Winter Clothing Drive powered by Cooper Equipment Rentals in support of Our Children, Our Future.

Everyone is invited to drop off gently used winter clothing at any of the Rainbow District School Board's elementary and secondary schools in Espanola, Massey, Manitoulin Island and Sudbury until October 30, 2017.

Clothing will be redistributed within the schools and communities served by the board.

"This is our third year of participating in the Winter Clothing Campaign," said Walden Public School Principal Chris Bourré who is co-ordinating the effort on

behalf of Rainbow Schools.

"Last year, we collected 5,478 items of clothing, from coats, to hats, to scarves, to mitts. Thanks to generous donations, we were able to help more than 3,600 families in need in our community. This year, we hope to expand our reach to 4,500 families.

"In Rainbow Schools, we nurture the physical, mental, social and emotional well-being of students. We are proud to join with Cooper Equipment Rentals and our partners in the community to keep families warm this winter. We thank everyone for their support."

In addition to Rainbow Schools, clothing will be redistributed through a storefront location at the Rainbow Centre in Sudbury from November 1 to 8, 2017.

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

October 19-22, 2017

6th Annual Espanola Fibre Arts Festival



~ ALL NEW LOCATIONS ~

Thursday, October 19th

7:00 PM – 9:00 PM @ United Church of Espanola 137 Sheppard Street

Papermaking as Global Engagement an Evening Lecture
with Drew Matott - light refreshments to follow

Friday, October 20th

9:00 AM – 3:30 PM @ Espanola Golf & Country Club 309 Golf Club Road

Felted Pendant Workshop
with Judy Cooper - registration in advance

7:00 PM - 9:00 PM @ Espanola Mall 800 Centre Street

Opening reception and textile
installation from South Africa
- the Universe Canticale

Saturday, October 21st

9:00 AM - 4:00 PM @ Elks Hall & Columbus Club

Makers Market Free admission
with Eventbrite Ticket otherwise \$2.00

Paper Making with Peace Paper Project - free activity
Mini Workshops - Paracord Survival Bracelet,
Steampunk Fascinators & Mixed Media Mandalas
Espanola's Eat Local Farmer's Market

7:30 PM – 9:00 PM @ Espanola Legion 370 Anette Street

"I Made it Myself" Fashion Show &
Sweet Treat Extravaganza - tickets \$15.00

Sunday, October 22nd

9:00 AM - 3:30 PM @ Espanola Golf and Country Club 309 Golf Club Road

Felted Pendant Workshop
with Judy Cooper - registration in advance

9:00 AM - 4:30 PM @ Columbus Club 399 Mead Blvd

Rug Hooked Denim Hand Bag Workshop
with Trudy Bolduc - registration in advance



**Workshop Details &
Registration Information**

www.espanolafibreartsfestival.ca



ONTARIO ARTS COUNCIL
CONSEIL DES ARTS DE L'ONTARIO
an Ontario government agency
un organisme du gouvernement de l'Ontario



Espanola Mall



ANISHINABE
SPIRITUAL CENTRE

CLASSIFIEDS

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

Highest Circulation &
Best Rates In Town!



SERVICES

MASSAGE THERAPY & ACUPUNCTURE - By Cheryl Van Allen, R.M.T. Treatment focused on pain relief or relaxation. Covered by most insurance companies. Gift certificates available at the front desk. Located at the Pinewood Motor Inn. 705-869-3460. 10/31 - R

HANDYMAN - ODD JOBS COLOMBUS - Need something fixed, painted, drywalled, built or flooring done, call me. Stephane Coulombe, 705-863-3434. 11/21 - R

PLOWING & TOTAL MAINTENANCE SERVICES - Carpentry, painting, roofing, tree and stump removal, wood cutting, deck and driveway sealing, dump runs, and home organizing. 705-936-6160. 11/7 R

ESPANOLA SELF STORAGE - 6x8 and 8x10 Storage units available in Espanola. Located behind the car wash. Call 705-869-8405. 10/24 - R

CHIROPRACTOR - DR. DARIO LAURENTI, D.C. 26 years' experience. Instrument, Manual, Cranial Adjusting, Acupuncture, Orthotics. Call 705 869 2737. All Insurances accepted. 11/7

FOR RENT

FOR RENT - One bedroom apartment for rent in Webbwood. \$550.00. Utilities included. No pets. Please contact 705-862-1526. 10/24

FOR RENT - Small store/office for rent in Espanola. Call 705-869-2944 for more information. 10/31

DIANA'S DOG GROOMING - In need of grooming for your fur baby? Call to make an appointment. All grooming is on a one to one basis via appointment. Ensuring that the most nervous elderly and puppies benefit from a positive experience. Salon trained to the highest standard I offer 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/dianasdoggroomingespansola/> 10/17

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. 10/31 - R

FOR SALE

FOR SALE - 4 General Altimax Arctic tires. #225/60 R16. No rims. 80% tread remaining. Asking \$300. Call 705-869-1016. 10/17

FOR SALE - Limited amount of dry wood for sale. Call Greg. 705-822-4734. 10/31

FOR SALE - 4 Michelin X-Ice-12 tires. #245-65R-17. Steel wheels / 5 hole rims. 20% worn - off a Jeep Commander. \$550.00. 705-869-4994 ask for Leonard. Cell 705-862-2481.

FOR SALE - Hardwood - Firewood. Maple & Oak. Cut/Split/Delivered. \$100 per cord. \$50.00 Delivery. Call 705-865-3011. 10/24

NOTICE

NOTICE: West River Bridge Closure

Gendron Construction is advising the public that they will be closing the West River Bridge at **kilometre 5** on the **Fox Lake Road** Resource Access Road within Mongowin Township.

Work is scheduled to occur from **September 29 to October 31**. The bridge will be closed to all traffic and is necessary to ensure worker and public safety.

If you have any questions or concerns please contact the Ministry of Natural Resources Sudbury District Office at 705-564-7866

EMPLOYMENT OPPORTUNITY

Employment Opportunity

Dittrich's Hair Salon is looking for a **"Part-time licensed stylist"** to join our team.

If you are motivated, enthusiastic and enjoy working with the public please drop a resume off at:
400 Centre Street, Espanola

**Dittrich's
Hair Design**

**Tim Hortons
NOW HIRING
FULL TIME TEAM MEMBERS
STUDENT POSITION ALSO AVAILABLE
~ ESPANOLA LOCATION ~**

**We offer flexible scheduling and
a great benefit package
Drop off resume or go to workattims.ca to apply**

*Obituaries • In Loving Memory
Thank You Ads • Births or Birthdays
Anniversaries • Engagements*

To place your announcement call or email

**705-869-6883
around@aroundandabout.ca**

Nicky Lamothe - PUBLISHER
STAFF
Andrew Vondette - Office Sales-Graphic Design Advertising Manager
Rayann Muncaster - Office Sales/Production Co-ordinator
Muriel LeBlanc - Office Sales Manager
Doreen Track - Office Sales/Data Entry
Richard Gagnon - Production
Bill Leeney - Graphic Design
Vickie Trahan - Bookkeeping
Donna McDonald - Proof Reading
Rosalind Russell - Correspondence
PJ Baskey - Office Sales/Production

705-869-6883
email: around@aroundandabout.ca
Around&About is printed locally by OJ Graphix INC.

Distribution by 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.



Moose Corner



The Moose 99.3FM CIJM Espanola is proud to support the Canadian Cancer Society for the local area. The Moose is an official media sponsor of this year's Colours of Hope Run 5 K in Espanola taking place OCTOBER 22ND, 2017. You can run, walk, bring the stroller, bike, but let's just beat cancer ... together!!! To register, obtain a pledge form or for more information, visit: www.cancer.ca/coloursofhopeespanola

Recipe

I realize Thanksgiving is over but until Halloween is over, it is still pumpkin season. I have to share this recipe with you because these cupcakes are seriously some of the best I've ever eaten. I owe my daughter all the credit for this one. She made these for Thanksgiving and I can't stop eating them. If you like pumpkin spice and pumpkin pie, you will love these. They taste like moist, pumpkin pie filling with a creamy, spicy frosting. Follow the recipe directions and you won't be disappointed.

Pumpkin Spice Cupcakes with Cinnamon Cream Cheese Frosting

For Cupcakes

- 2 cups Self-Rising Flour OR 2 Cups All-Purpose Flour + 2 tsp Baking Powder
- 1/2 tsp salt
- 2 tsp pumpkin pie spice
- 1 can (15 oz) pumpkin puree
- 1/2 cup milk
- 1 tsp vanilla extract
- 1 cup packed brown sugar
- 1 cup granulated sugar
- 1/2 cup butter, room temperature or softened
- 3 large eggs, room temperature, lightly beaten



For Cream Cheese Frosting

- 1- 8 oz package of Cream Cheese, room temperature
- 1/2 cup unsalted butter, room temperature
- 1 lbs confectioner's sugar
- 1 tsp pure vanilla extract
- 1 tsp cinnamon

For Pumpkin Spice Cupcakes:

Preheat oven to 350 degrees. Add cupcake liners to a 12-cupcake pan, or grease pan. Mix flour (or flour+baking powder), salt, and pumpkin spice in medium bowl. Set aside. Combine pumpkin puree, milk, and vanilla extract in a medium bowl. Set aside. Cream brown sugar, sugar, and butter in the bowl of your stand mixer (or use a hand mixer). Add eggs in thirds, mixing thoroughly between additions. With your mixer on low, beat in flour mixture in thirds, alternating with half of the pumpkin puree, until all is combined. Using an ice cream scoop, fill each section in the cupcake pan 3/4 full. Bake for 20-25 minutes, or until a toothpick inserted comes out clean. Repeat for second dozen.

For Cinnamon Cream Cheese Frosting: Cream together cream cheese and butter. Add half of the confectioner's sugar, beat on low until combined. Add other half. Once combined, add vanilla and cinnamon. Beat until combined. Once cupcakes are cool, frost and add cinnamon for garnish.



VS



HOME GAME!!

Friday, October 20, 7:30 pm

COMMUNITY NOTES

PROUDLY SPONSORED BY



Domtar

Espanola Public Library Fall Book Sale – October 17, 2:00 p.m. – October 21, 2:00 p.m.

S.A.B.E. Meeting – (Save A.B. Ellis) October 18, 7:30 p.m. at the United Church. Everyone Welcome.

Children's Clothes Closet – Calvary Baptist Church, Espanola, Wednesday, October 18. 10:00 a.m.- 2:30 p.m. Newborn - size 6.

Using the Paper Arts for Social Action & Art Therapy - an Evening Lecture with Drew Matott October 19, 7:00 p.m. Light Refreshments to follow. Espanola United Church - Free Event

Harvest Tea and Bake Sale – Friday, October 20 from 1:00 – 3:00 p.m. at the Seniors Complex. Sponsored by St. George's. 705-869-3939

South African Textile Exhibit Universe Canticale - Opening Night October 20, 7:00 p.m. at the Espanola Mall.

Pumpkin Pancake Breakfast - Presented by the Espanola hospital Auxiliary At the Espanola Rec Center Oct. 21 from 8:00 – 11:00 a.m

St. Andrew's Harvest Ham Supper & Auction – Sunday, October 22 at 5:30 p.m. at the Massey Legion. For tickets call 705-865-2450.

Femmes Canadiennes Francaises d'Espanola Soup & Sandwich – Thursday, October 26 from 11:00 a.m. – 2:00 p.m. at the St. Jude Parish Hall. Tickets available to adults and children

Community Living Espanola's 9th Annual Fall Harvest Luncheon - Friday, October 27 from 11:00 a.m. to 2:00 p.m. at the Royal Canadian Legion, Espanola. Tickets available at 345 Centre Street, or by calling 869-3131 or at the door.

Espanola United Church Roast Beef Dinner – Sunday, October 29. 1st Sitting 5:00 p.m., 2nd 6:15 p.m. Call 705-869-1215 for advanced adult and children tickets or for take-out/delivery.

Knights of Columbus - Sportsman Stag, Friday, November 3. Smoked Fish & Chowder and prizes. Contact KOC members for tickets.

Royal Canadian Legion Branch 39 – SGT. Wilson Presents the Original Sound of the 40-50's, The Airforce Show. Saturday, November 11 at 7:00 p.m. Tickets available at the Legion Bar or at the door.

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