







**September 5, 2017 Issue #36 - Volume 21** 

Lionism Alive And Well-100

**Years Young Internationally** Celebrating Locally



By Rosalind Russell - Espanola is well known for its various charitable organizations and clubs that assist the community in the endeavor to see its citizens happy and the community growing. One such organization is the Espanola Lions Club, which has been a mainstay in Espanola for decades.

With dedicated men and women taking on a number of projects throughout the year, from the Christmas Toy Drive to the annual food drives, the club has been a steadfast part of Espanola. But where did it all begin ... well, you have to take a walk down memory lane for that according to long-time Lion, Grant

"The year is 1917. I remember it well.







with new ATVs & SxSs Continued on page four



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#### **PUBLIC NOTICE**

# FOR APPLICATIONS FOR CONSENT and ZONING BYLAW AMENDMENT

{Planning Act Section 34 and 53}

*TAKE NOTICE* that the Council of the Township of Sables-Spanish Rivers will hold a public meeting on *Wednesday*, *September 27*, *2017 at 7:00 p.m.*, at the Township Office, 11 Birch Lake Road, Massey in order to consider proposed applications under Section 34 and Section 53 of the Planning Act, RSO 1990 as amended.

Consent File No. C-17-07

The purpose of this consent application is to allow for a new lot in the Rural zone. The property is described as Salter, Section 35, Parcel 5417, Plan 53R-17629 Part 1, 1689 River Road. The lands subject of this application is not subject of any other Planning Act application.

#### Consent File No. C-17-08

The purpose of this consent application is to allow for a new lot in the Rural zone. The property is described as McKinnon, Concession 4, Lot 9, Parcel 27673, Plan 53R-9499 Part 1, 250A Moose Lake Road.

The lands subject of this application is also subject of a Planning Act zoning bylaw amendment application, File ZBA17-01 as described below.

#### Consent File No. C-17-09

The purpose of this consent application is to allow for a new lot in the Rural zone. The property is described as Hallam, Concession 5, Lot 12, Parcel 9765, 221 Gannon Road. The lands subject of this application is not subject of any other Planning Act application.

#### Zoning Bylaw Amendment File No. ZBA-17-01

The purpose of this zoning bylaw amendment application is to allow the following on the severed and retained portions of Consent File No. C-17-08: reduced lot areas, lot frontages and lot depths, and frontage/access over Crown Land via a seasonal municipal road as is existing.

If you wish to be notified of the decision of the Township of Sables-Spanish Rivers in respect of the proposed applications, you must make a written request to the Township of Sables-Spanish Rivers. This will also entitle you to be advised of a possible Ontario Municipal Board Hearing. Even if you are the successful party, you should request a copy of the decision since the Township of Sables-Spanish Rivers decision may be appealed to the Ontario Municipal Board by the applicant or another member of the public

To appeal the decision to the Ontario Municipal Board, send an appeal form to the Clerk of the Township of Sables-Spanish Rivers outlining the reasons for the appeal. You must enclose the appeal fee of \$300.00 for each application appealed, paid by cheque, made payable to the Ontario Minister of Finance.

If a person or public body that files an appeal of a decision of the Township of Sables-Spanish Rivers in respect of the proposed consent does not make written submission to the Township of Sables-Spanish Rivers before it gives or refuses to give a provisional consent, the Ontario Municipal Board may dismiss the appeal.

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 zoning 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, and 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 during regular office hours.

Dated this 5th day of September, 2017 Kim Sloss, Clerk-Administrator

#### WASTE ELECTRONICS DAY

Bring your waste electronics to the Public Works Yard at 11 Birch Lake Road on September 26th, 2017 for FREE disposal! Collection bin will be available from 12:00 noon till 7:00 pm.

#### NOTICE OF A STATUTORY PUBLIC MEETING RESPECTING A PROPOSED AMENDMENT (5-YEAR REVIEW) TO THE OFFICIAL PLAN OF THE TOWNSHIP OF SABLES-SPANISH RIVERS

(pursuant to the provisions of Section 26 of the Planning Act, R.S.O. 1990, Chapter P.13.)

TAKE NOTICE THAT the Township of Sables-Spanish Rivers Council will hold a PUBLIC MEETING on:

#### WEDNESDAY, OCTOBER 11, 2017

At **6:00 pm** at the

Township of Sables-Spanish Rivers (Council Chambers) 11 Birch Lake Road, Massey, Ontario

THE PURPOSE of the Public Meeting is to invite comments from the public on revisions to be considered in updating the Official Plan. Revised and new policy areas for the update to the Plan include: building strong, healthy communities; providing a range and mix of housing types; planning for the integration and management of infrastructure and community services; conserving the natural environment, water resources and natural heritage resources; promoting alternative and renewable energy systems that reduce the dependence on fossil fuels, and planning for the impacts climate change; providing for local food security; ensuring land use compatibility and protection against natural and human-made hazards; protecting natural resources (i.e. minerals, agricultural lands, forests, pits and quarries) and coordinating land use decision making including consultation with Indigenous communities. The effect will be to better manage growth and development, community services and infrastructure in the Township over the next 10-20 years. As part of this review, Council is seeking input from the public on revisions to the Official Plan. The format of the meeting will include a presentation by the Township's planning consultant followed by an opportunity for the public to make verbal or submit written comments. Please mark your calendars and plan to attend this important meeting.

As this update pertains to all land within the jurisdictional limits of the Township of Sables-Spanish Rivers, a key map has not been produced.

**IF YOU WISH TO BE NOTIFIED** of the decision of the Council of the Township of Sables-Spanish Rivers on the proposed Official Plan Amendment, you must make written request to the Clerk of the Township (see address below).

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 proposed Official Plan Amendment is adopted, the person or public body in not entitled to appeal the decision of the Ministry of Municipal Affairs and Housing (approval authority) 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 proposed Official Plan Amendment is adopted, the person or public body may not be added as a party to the hearing of an appeal before the Ontario Municipal Board unless, in the opinion of the Board, there are reasonable grounds to add the person or public body as a party.

ADDITIONAL INFORMATION about this matter is available at the municipal office during regular office hours.

Kim Sloss, Clerk-Administrator

#### CELEBRATION OF LIFE SERVICE

The Walford Protestant Cemetery Board is holding a "Celebration of Life Service" and Tea on Sunday, September 10, 2017 at 2:00 p.m.

Pastor Chris Johnson, of the North Shore Seventh Day Adventist Church will preside at the service at the cemetery. Refreshments will be served at the Walford Community Centre. Since only limited seating is provided, you may wish to bring a lawn chair. In case of inclement weather the service will be held in the hall. Please plan to come and bring your friends & relatives.

Harvey Gamble, Walford Protestant Cemetery Board



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# All The World's William Thomas

williamjthomas@gmail.com

#### **KFC – A Secret Recipe Love Story**

Last Mother's Day, Kentucky Fried Chicken released a steamy romance novella: Tender Wings Of Desire. They described it as a "brief escape from motherhood into the arms of your fantasy Colonel." Said KFC's director: "The only thing better than being swept away by the deliciousness of our Extra Crispy Chicken is being swept away by Harland Sanders himself." Tender Wings Of Mercy was released on Mother's Day to promote KFC's "\$20 Fill Up." Add your own "oil change" joke here.

I know what you're thinking ... are you sure it was Mother's Day and not KFC's April Fools Day ... "The Spring Chicken Special"?

The heroes of the story are a hunk named "The Colonel" and the other, a runaway teen named Lady Madeline Parker. In short order Lady Madeline runs away from home, takes a job as a barmaid at the Admirals Arms in an unnamed harbour town and falls in love with a rippled Colonel Sanders who happens to be a sailor. "His hair was light and fair, framing his head in airy curls." Really? Because I remember ol' Harland as being white-haired and chubby, smirking like he's just swallowed a canary ... or as it's called at KFC ... an appetizer. I like to think The Colonel loved KFC so much he had to be Heimliched on a daily semi-regular basis.

Madeline's first kiss with The Colonel comes with so much secret sauce, she blows lunch all over his cute look sailor suit ... no, sorry. Madeline's first kiss liberates her sexually, she sleeps with the Colonel, becomes his fiancee and then finds out he happens to be the wealthy owner of a chicken restaurant empire in Kentucky.

Wow! I did not see that one coming. I thought, as barmaid at the Admiral's Arms she might eventually reject the drunken sailor Sanders and fall into a same-sex relationship with the married woman next door who owned the fish & chips shop, thereby marrying into Mrs. Paul's Frozen Fish empire. Relax. At no time does Bob Evans Sausage make an appearance in this

Not sure about Tender Wings Of Desire. I'd go with a more realistic story line, characters you can relate to and ... I'd go with Chicken Fingers On Your Thigh, Feathers On Your Tush.

He was brutally handsome, she was skinny and plain. He offered to let her go ahead of him at the counter; she told him to get stuffed.

Clerk: "So that's one stuffed popcorn chicken. You want poutine with that?"

Then she spotted the black bow tie, the nerdy, black-rim glasses and the small, subtle chicken bone pierced through his nose. She was besotted!

"No poutine," he said, "but could I get an extra breast?"

He had her at "poutine." She wanted him, now. She wanted him more than a Mixed Bucket Feast slathered in spicy Buffalo sauce.

"I'll give you an extra breast," she said, "if that's what you want. I'll have a third one implanted right here in the middle."

He had a nasty reputation as a cruel dude, he could see she was lonely, hungry and crude. They had one thing in common, they loved KFC. She had named her dog Drumstick. He had the 1,228 calories Double Down Sandwich tattooed on his ass. She once did a topless selfie with a stranger who brought her a KFC Deluxe Shake. He once ate the 20 piece Original Bucket Meal in one sitting ... including the bucket. Instead of photos of family members, they both kept Value Fun Meal coupons in their wallets. It was all too finger lickin' good to be true.

They were two crazy American kids with sauce-splotched lips sucking face and greasy hands wandering everywhere like blind mice on a mole hill. Suddenly it was head over heels ass over tea kettle, alabaster thigh against swollen Nuggets crazy kinda KFC love. Out of nowhere came the sound of a chicken being choked.

She was a struggling pop star trying to

Continued on page three...



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distance herself from her famous father, a country and western one-hit-wonder. He was just a guy who walked out of an Eagles song, taking some of the lyrics with him. They were lying on their backs now in a park, the grass the colour of coleslaw. A beautiful orange butterfly flew lazily, ten feet above their heads. As he pointed toward it, she nailed it with her tongue. Astonished, he watched her tongue recoil into her mouth but not before she spat the endangered Monarch onto the grass.

"Oh my God," he said. "You're Miley Cyrus!"

"Miley Ray Cyrus," she said

moodily. "MRC for KFC! Get it?"

"Your father is Billy Ray?"
"That's what everybody thinks.
Truth is, my real father was The
Colonel himself. And you?"

"Harland," he said and the cracking of his voice surprised even him. "Harland Sanders Junior."

So next Mother's Day, don't forget KFC's special gift pack "The Inbred Family Bucket With Chicken Tongues And Squeaky Beaks." It's the treat the whole family can enjoy.

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







The Moose 99.3FM CJJM 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



The One Tot Stop Day Care has Infant spaces available. We have been providing infant care in the Espanola area since 2010. We are now located in the new A. B. Ellis School (Espanola High School Building).

For more information, call Paula at 705-869-3282 or email theonestopdaycare@bellnet.ca www.onetotstop.com

#### Third Annual ATV Ride Just Around The Corner – Join Your Local Firefighters To Fight Muscular Dystrophy

Fall is in the air and with it comes one of the most popular events held in the Autumn in the Espanola area ... it's time for the Third Annual Espanola Fire Association ATV Poker Run where local firefighters, their families, friends and supporters, come together to raise funds for the cause.

Trevor McVey has been involved since the beginning and he loves the opportunity to get down and dirty for such a great cause.

"It's a fantastic way for people to spend time together and help out the cause," explained McVey. "The ride itself is four to five hours long and we cap off the day with a nice dinner.

"This year the run will be through the Bass Lake to House Lake area and back capped off with a dinner at the Espanola Elks Hall."

McVey says the run has raised over \$7,000 the first two years.

"We raised \$7,000 over the last two years and we are just blown away by the response, which is absolutely terrific. We are hoping to grow on that and have set a goal of \$5,000 for this year. The number of participants has also grown; 93 the first year, 198 last year. Our maximum is 250 because the Elks hall can't fill any more than that. I think we will accomplish that quite easily this year."

The firefighters, including Espanola, have long been known for their support in fighting muscular dystrophy. Since incorporation, Muscular Dystrophy Canada has been supported by more than 800 fire departments and associations across Canada, which raise over \$3 million annually to fight the disease. Fire Fighters are Muscular Dystrophy Canada's largest network of supporters.

Muscular dystrophy (MD) is a group of muscle diseases that results in increasing weakening and breakdown of skeletal muscles over time. The disorders differ in which muscles are primarily affected, the degree of weakness, how fast they worsen, and when symptoms begin. Many people will eventually become

unable to walk.

There are nine main categories of muscular dystrophy that contain more than thirty specific types. The most common type is Duchenne muscular dystrophy (DMD) which typically affects males beginning around the age of four. The disease is genetic: MDs are due to mutations in genes that are involved in making muscle proteins. This can occur due to either inheriting the defect from one's parents or the mutation occurring during early development. Diagnosis often involves blood tests and genetic testing.

There is no cure for muscular dystrophy. Physical therapy, braces, and corrective surgery may help with some symptoms. Duchenne muscular dystrophy, which represents about half of all cases of muscular dystrophy, affects about one in 5,000 males at birth. Muscular dystrophy was first described in the 1830s by Charles Bell. The word "dystrophy" is from the Greek dys, meaning "difficult" and troph

meaning "nourish".

Research dollars are used to try and find a cure. Gene therapy, as a treatment, is in the early stages of study in humans.

The Third Annual Espanola Fire Association ATV Poker Run is set for Saturday, September 9th Registration is from nine to ten am with the run to follow. The entry fee is \$40 per person, which also includes the dinner. Pledges and additional donations are also appreciated. McVey says the support from the business community has been terrific.

"It's just amazing how the businesses in Espanola and the North Shore have stepped up to assist us with this fundraiser, so we will have draws for some really terrific prizes following the dinner. We are all excited to see the poker run grow even more this year. Thanks to everyone for helping out and see you on the trail!"

For more registration, contact McVey at 705-507-9280.

Get your tickets at: Garnet's, Nicks and Trailside, Home Hardware, Riverview Variety in Sagamok.





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#### Lionism Alive And Well – 100 Years Young Internationally – Celebrating Locally

Not exactly!," chuckles Grant. "The United States Bought the Danish West Indies for 25 million dollars and quickly renamed them the U.S. Virgin Islands; the Russian Revolution began, the Czar abdicated, the United States enters the Great War and Canada proves its courage and strength at Vimy Ridge. And to the delight of the youngsters, Raggedy -Ann appears in stores.

"And Melvin Jones...whoa... who is Melvin Jones? Melvin Jones was a Chicago insurance man and chair of his local business club. In June, he challenged his membership to use their business skills to improve their community. And the Lions Club was born, one hundred years ago."

Since then, over 200 countries have embraced the aims and ideals of Lionism which is the focus of its direction: "We Serve." In 1920, the first Lions club was founded in Windsor, Ontario. Today, there are over 1.4- million Lions around the world.

Why the Lion? Lewis says certain traits of the lion appealed to the founders of the club and explains how the logo was designed.

"They especially appreciated the strength, courage, activity and loyalty of the regal beast," explains Lewis. "The logo features two lions on either side of a blue circular shape with a large gold "L" in the middle. They face away from the centre, symbolizing looking back to the past and forward to the future. On top in gold is "Lions", and below is "International".

In 1925, Helen Keller addressed a Lions convention and first used the phrase,"Knights of the Blind." To this day, June 1st is Helen Keller Day, a day when Lions International introduces new programs for the blind.

Until 1968, local clubs dedicated themselves to mainly local needs. Then Lions International was formed to extend programs worldwide. Many of those programs were adopted at home.

"In 1984 Lions Quest, a program for elementary schools was introduced and used in Espanola schools for years," says Lewis. "Sight First", "Opening Eyes", and "Sight for Kids", were a few of many programs funded by Lions International. \$15 million dollars was given to alleviate the misery of the South Asian Tsunami in 2004. Other Lions International aid programs included: \$5 million to Hurricane Katrina;

& 6 million to Haiti; \$12 million to Japan following the devastating earthquake in 2011; \$12 million to support the "One Shot, One Life" program. This program was co-ordinated with the Gates Foundation to inoculate millions of children for measles."

And that does not include what the Lions do locally. The dedicated volunteers assist with the annual telethon for Christmas, plus host a local toy drive in the Espanola and North Shore area, host food drives throughout the year to assist the Espanola Helping Hand Food Bank and are always quick to assist when there is a crisis. They are also quite popular for their successful hosting of the annual Seniors Appreciation Dinner, which has been renamed the Paul

and Hester Zahorec Dinner in memory of the pair who were dedicated volunteers before their passing. And what would Christmas be without the Lions bringing in Santa for the day to meet with the kids? And the list goes on and on.

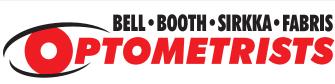
Since 1968, Lions International has donated just over \$1 billion.

Lewis adds as Lionism enters its second century, the local club will continue to serve Espanola and the North Shore as best they can. The local Lions will also be sharing more of their story over the next year and celebrate the centennial by continuing to give back to the community. Anyone interested in finding out more about Lionism and/or wanting to join, contact Grant Lewis at:

gklewisesp@hotmail.com



**Photo:** Espanola Lions host the annual Seniors Dinner every year ... here the members meet up with Santa to kick off Christmas celebrations.



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#### Webbwood Public School – Sweet Beginnings And Now Sweet Endings



By Edith Presseau - School starts this week and children, parents and friends are always anxious and excited to begin another year. Sadly, this year, there will be a big change for children living in Webbwood. Their school has been officially closed for financial constraint reasons by the Rainbow District School Board. Not only has the community lost an integral partner in Webbwood, it has lost a community centre, an activity area and so much more. One of its former students, Edith Presseau, keenly feels the loss and took it upon herself to write a bit about the history and her time at the school. This is part one of a two-part series recalling her time as a part of Webbwood Public School.

I am Edith Presseau, maiden name St.Michel, and I grew up in Webbwood Public School. I was here when we had a full house. There weren't extra rooms and the school yard was bustling. It was a great place to be a kid. And I think that we have to remember just that ... It doesn't matter during which era you are a kid in, or where you were a kid, it's always a time of freedom, curiosity and learning. And having been connected to Webbwood School in many different capacities for the past 40 ... some years, I have to say that the students who have come through these rooms hold precious memories and have learned a lot. It is thank you to the staff and community who invested so much of themselves that I confidently say, GROWING UP IN WEBBWOOD was the best thing that ever happened to me!

In April of 1989, our school hosted a reunion and thanks to Barb Philip's keen journalism skills, I'd like to share some of what appeared in the Mid-North Monitor in May of that year.

Following Jennie McLandress' 1894-1900 "home school," the first bricks and mortar Webbwood School was built. It consisted of four classrooms and offered instruction for grades 1 through 10. When it was destroyed by fire in 1955, students were relocated to this site and into a brand new, state of the art two-room school.

My Aunt Enid was in grade 6. Aunt Laura in Grade 5 while Uncle Carson was in Grade 3. In speaking with them it was exciting times and ... just like now the thought of having a "new" learning environment was both daunting and exciting. There is one thing that we can always count on and that is change. So as we go through my recollection of Webbwood's history and my time here, please keep in mind that we are not the only school that has closed nor will we be the last. What we do have is the opportunity to hold dearly all that we have gained from this building and most importantly from the people who gave us the gift of knowledge.

During my time, the original two

1956 classes, were known as Miss Sloss' and Mr. Matchett's rooms and of course the "up the hill" bathrooms. Oh ... The bathrooms, I'm certain that every graduating class has a story about those bathrooms. If we weren't swinging the railings, Doug was going headfirst into the garbage can. Mr. Batman couldn't get there fast enough. No bullying involved – it was just the innocence of country kids. We were a close knit family, where everyone looked out for one another.

Then in the '60s when the boomers started sending their children to school, our population grew. The one room school houses in Shakespeare and Pleasant Valley couldn't sustain their numbers and busing to Webbwood began. Two more rooms were added. centre wall of these rooms was retractable in order to open them up for concerts and open concept teaching. I'm thinking that you know which rooms I speak of? The kitchen with the "drive through" window was now available to offer sweet treats during outdoor games days, and especially sweet were the pop and chips given on the last day of school by Mr. Solomon from the bus company.

It was during this time that my grandmother, Ann St.Michel left the Shakespeare school to join the staff in Webbwood. In 1969 my mother, Edith St.Michel would join the staff and team teach with grandma, offering cutting edge, progressive education to the students of Webbwood, publishing always kitchen tried and student tested cookbooks and specialty greeting cards. Webbwood School has consistently been a place of pride, as I've already said being

curious, innovative and risk taking was always part of our mandate here. Students were given their best chance... even Mrs. Launder's class of 40+ students and mostly boys keeping her on her toes, or the stealthiness of one industrious student during French class who tied Mme Bruneau's shoes laces to her portable French cart; school feasts, art shows, community involvement and partnerships were just that; participation and involvement were an expected part of being "Webbwood."

In the 1970's it was a practise that

the wall of the primary classes be opened so that for two weeks, students would receive project based art and music lessons. We would group together to plan, share ideas (and sometimes they were the impossible) and use found materials ... they were the best! The little rock art lion, complete with furry mane, still sits in my garden today. Or memories of the mosaic we reproduced of "A Sunday Afternoon on the Island of La Grande Jatte by Georges Seurat," that took up the entire wall in one classroom, still brings such sense of accomplishment and happiness. Following the long periods of work sessions we regrouped to sing! Everyone gathered around the piano or guitar and joined in for concert preparations. Our school hosted the most amazing sounds of traditional Christmas carols and if we were lucky we were always treated to some requests following our practises, which included: "One Tin Soldier" by The Original Caste or "Tie a Yellow Ribbon 'round the Old Oak Tree" by Tony Orlando.

Part two continues in next week's edition of Around&About

#### espanola Fibre Arts Festival October 19, 20, 21 & 22 2017



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#### **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!

#### 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.

#### 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.

#### 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.

#### 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.

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

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.

#### 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.

- 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.

# Be careful! A new school year is starting. Michael Mantha MPP Algorne-Manitoulin 1-800-831-1899 mmantha-co@ndo.on.ca



(705) 885-1252 1050 Lonsdale Ave, Sudbury sudburywebdesign.com hello@sudburywebdesign.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 than 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-alog with soy butter and currants on celery to harness brain power. Visit www.goodineverygrain.ca or www. healthygrainsinstitute.ca for more ideas.

www.newscanada.com

#### **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







#### The 2016 Census ... What Does It Tell Us About ... Ourselves?

Statistics Canada has some interesting details in its release of the 2016 Census, like we are growing, but that is thanks to immigration and not new births, common law and same sex marriages are on the rise, and living alone is also going up.

Canada's population increased to 35,151,728 last year largely driven by growth in the West, according to 2016 census data released Wednesday, August 2, 2017 by Statistics Canada.

The country's population has grown five per cent since the last census in 2011, when it was at 33.5 million, the highest rate of growth among G7 countries. However, the growth rate declined from the 5.9 per cent increase recorded in 2011.

About two-thirds of the increase recorded in 2016 was due to net immigration into the country, while the rest was from new births.

Canadians are living increasingly alone and without children too.

The number of Canadians living alone increased to its greatest share since Confederation and was the most common type of household in the country in 2016, representing 28.2 per cent of all households in Canada.

That is an increase from 25.7 per cent in 2001. Fully 13.9 per cent of the Canadian adult population now live by themselves. That figure stood at just 1.8 per cent in 1951.

According to Statistics Canada, this puts Canada well in line with the United Kingdom and the United States, though countries like France and Germany have more single-person households. The single-person household is

most common in Quebec at 33.3 per cent, while British Columbia and Nova Scotia also have more single-person households than the Canadian average. The lowest rates could be found in Nunavut (18.9 per cent), while less than one in four adults in Alberta and Newfoundland and Labrador were living alone.

Due to its aging population, the biggest increase in single-person households occurred in the Atlantic provinces, with rates of growth two to four times greater than Canada as a whole. Women are more likely than men to be living alone due to their longer life expectancy. On the bright side, however, the share of senior women living alone has decreased.

"This is the result of an aging population," said Johanne Denis, a director general at Statistics Canada. "We're also seeing higher rates of separation and divorce, delayed couple formation among younger Canadians and more women in the labour force. These are trends that other countries are also experiencing."

And less kids for the time being anyway ... The 2016 census found that the rate of growth since 2011 among couples living without children has been greater than among those couples living with children, at 7.2 per cent to 2.3 per cent.

Couples with at least one child represented 51.1 per cent of all couples, their lowest share on record. The biggest decline occurred in Atlantic Canada, with Nova Scotia having the lowest share at 42.8 per cent.

Nunavut had the highest share of couples living with children at 76.5 per cent, while the Northwest Territories, Ontario, Alberta and Manitoba were all above the national average.

"The growth is fuelled by boomers becoming emptynesters," said Laurent Martel, director of the demography division at Statistics Canada.

The census also found that 69.7 per cent of all children under the age of 15 live with both their biological parents, while 6.1 per cent live with two parents, one of them a step-parent. But just under one-fifth of Canadian children live in single-parent households — four-fifths of them with a single mother. However, the rate of single-father households has increased significantly since 2001.

Common law and same sex couples are on the rise. Though married couples still form the majority of couples in Canada, the share of common law couples has increased dramatically since 1981 to 21.3 per cent from 6.3

per cent.

After Nunavut, where half of couples are common law, Quebec has the highest share of unmarried couples at 39.9 per cent. That gives Quebec a far higher share of common law couples than some countries like Norway and Sweden that have relatively high rates.

According to the census, 42.7 per cent of common law couples in Quebec live with children. The rate in other Canadian provinces is just 11.7 per cent.

The number of same-sex couples in Canada has also increased, up 60.7 per cent from 2006, while the rate of growth among all couples has been just 9.6 per cent over that time.

The census counts 72,880 same-sex couples in Canada, representing 0.9 per cent of all couples. About half of them live in Toronto, Montreal, Vancouver and Ottawa-Gatineau.

About 12 per cent of samesex couples live with children, well below the 51.4 per cent of opposite-sex couples that do. About four-fifths of samesex couples with children are female.

And as for the kids who still with their parents ... while more Canadians might be living alone and without children,

Canadian parents with children are seeing them stay at home for a longer time. Among Canadians between the ages of 20 and 34, 34.7 per cent still live with their parents, with Ontario having the highest rate in the country. That is up from 30.6 per cent in the 2001 census. Toronto is the city with the most young adults yet to leave the nest at just under half, or 47.4 per cent.

Accordingly, the share of young adults living both outside of their parents' homes and with families of their own has fallen to 41.9 per cent from 49.1 per cent in 2001.

"Economic conditions and the higher cost of housing, particularly in the Greater Toronto Area, are behind this increase in children living with their parents for a longer time," said Denis.

Multi-generational households, however, are the fastest growing in the country — up 37.5 per cent since 2001, a greater rate of increase than households in general. This could be explained by the greater frequency of multigenerational households among Indigenous and immigrant communities, two growing sectors of the population.

To review the census, visit: statcan.gc.c

#### Police Report: Espanola Woman Charged With Theft Over \$30,000 - Local Service Club Involved



After a lengthy investigation into an internal theft and fraud at a local service club, the Espanola Police Service laid charges against a local 51-year old woman.

In October of 2016 the Espanola Police Service began their investigation, a search

warrant was obtained for banking records and after an extensive investigation it was found that over \$30,000.00 was not deposited into 2 bank accounts. Money from these bank accounts frequently was distributed to local charitable causes.

Criminal charges of Fraud Over \$5,000.00 and Fraud Under \$5,000.00 were laid against the female who is to appear in the Ontario Court of Justice in Espanola on October 23, 2017 to answer to the charges.

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#### Jump Day Sees Some 100 New Students At Ehs - Some Programming And Athletic Changes



School bells will be ringing and school buses running very soon, but for new students at Espanola High that came a little early. Jump Day 2017 was held on Wednesday, August 30th to welcome some 100 new Spartans to the central high school in Espanola.

Principal Marty Punkari welcomed students, parents and staff to the gathering some basic sharing information with them.

He says Espanola High prides itself on respect for adding,"when evervone something happens, 10% is what happened, the other 90% is how you react to it. Maintaining a positive attitude will help you here (at EHS)." Punkari added the students hail from six feeder communities throughout North Shore and students will definitely find some big differences. For example, the new library, located on the left in the main lobby, is now complete and construction is finishing up on a relaxation room for students who are facing a stressful situation. Besides guidance counsellors, there is also a social worker on staff as well. also noted programming is changing for Grade nine students this year. "We are placing a strong

emphasis on English and Math, so those courses are now a year long while others are only a semester. We want to make sure (vou) have a good strong start with the programming."

Punkari added the students can also begin their volunteer civic hours right away. All students in Ontario must complete 40 hours of civic volunteering to graduate.

Other new additions to the school this year is in athletics. Tony Yachuk who oversees athletic programs says niners can get started in athletics on day one if they so choose.

"We have cross country try outs right away, as well as basketball and volleyball, even golf, and something new this year is flag football for the girls."

It was also suggested that if students were interested in having something new at the school, they can approach staff to see if the idea is feasible. whether it be a new athletic idea, arts and culture or club. Following the presentation by staff, everyone took in exploring the classrooms, finding their lockers, and meeting their teachers.

School officially starts Wednesday morning. September 6th.



#### Recipe

I work with one of the best bakers in town and she was kind enough to share the following recipe with me. She says the secret is to use a large navel orange and to use butter not margarine.



I have heard from someone who has had these muffins that they are moist, delicious and disappear quickly when served. I can't wait to try them.

#### **Orange Raisin Muffins**

- 1 whole navel orange (seeds removed)
- ½ cup orange juice
- ½ cup raisins OR chopped dates
- 1 egg
- ½ cup butter
- 1 ½ cups all-purpose flour
- <sup>3</sup>/<sub>4</sub> cup white sugar
- 1 tsp baking soda
- 1 tsp baking powder
- ½ tsp salt



Preheat oven to 375 degrees. Line or grease 12 muffin cups. Cut the orange into pieces and remove any seeds. Put the whole orange, peel and all, with the orange juice into a blender and whirl until peel is finely chopped. Drop in the egg and butter and blend until just combined. Mix together the dry ingredients with the raisins/dates. Pour orange mixture over dry ingredients and stir only until moistened. Fill prepared muffin cups <sup>3</sup>/<sub>4</sub> full. (Makes 9 to 12 muffins depending on size of orange and if you add extra raisins/ dates) Bake for 15-20 minutes.



#### 705-869-6883

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# CLASSIFIEDS

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#### **SERVICES**

ESPANOLA SELF STORAGE

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

HANDYMAN - ODD JOBS COLOMBUS - Need something fixed, painted, drywalled, built or flooring done, call me. Stephane Coulombe, 705-863-3434. 9/26 - R

#### MINI EXCAVATING SERVICES

- Excavator, compact tractor, dump trailer now available, for smaller jobs, garage, shed, driveways, ditching, trenching for propane, water & hydro lines. Contact Brad 705-869-8168. 9/12

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. 9/5 - R

TOTAL MAINTENANCE SERVICES – Carpentry, painting, home and yard care, roofing, tree and stump removal, wood cutting, deck and driveway sealing, dump runs, and home organizing. 705-936-6160. 9/12 R

**DESIGN DRAFTING SERVICE**-New Homes, Additions, Garages, Dormer, Decks & Porches—service provided by Allen Rosario. Call 705-690-7053 or email the.revit.geek@gmail.com for more information! 9-12

#### **FOR RENT**

**FOR RENT** - Small store/office for rent in Espanola. Available August 1st, 2017. Call 705-869-2944 for more information. 9/12

#### **ESTATE/YARD SALE**

ESTATE/YARD/GARAGE SALE—Sept 8&9 from 8am-1pm. 222 Spruce Street, Espanola (Corner of Spruce & Sime) 9/5

#### FOR SALE/NOTICE

Ron is closing his workshop. Everything must go. All hand tools, power tools, accessories, and so much more available for viewing on Saturday, September 9, 2017 from 10: 00 am-4:00pm at 362 Mead Blvd in Espanola. No reasonable offer refused. 9/5

#### 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. 9/5 - R

APP COMPUTER SOLUTIONS— Complete computer repairs & service calls! Tune ups – system reloads – hard drive and memory upgrades. Laptop screen replacement Experts. Call 705-869-8872. 9/12

#### THANK YOU

THANK YOU - I wish to thank my family especially Tim & Fran for the lovely 80th birthday party held August 12th. The Hardwood Boys band did a fantastic job! The pot luck food was delicious, the people who dropped by were wonderful, and the gifts are much appreciated. Thank you so much love, Stella Gatchell. 8/29

THANK YOU-- Our greatest gratitude to all the nurses and staff at Espanola Nursing Home. Thank you to the PSW's that took EXTRA time and care to make sure mom always looked classy. To the dietary staff that appreciated mom's good appetite. To Kathy the hairdresser who always made mom look like a million. To Jane thanks for keeping moms ten little pigs always tender. To housekeeping for always keeping mom's room fresh and clean. To the RPN's thank you for overseeing mom's care extremely well done! To administration thank you for addressing all of our concerns no matter how big or small they may have been. Espanola can be proud of their nursing home and all who work there. A place our mom called home for many years. A big heart felt thank you from the family of Marie Soucy. Keep doing what you do! 9/5

THANK YOU - A warm hearted thanks to my family and friends who make my 90th birthday a day I will remember always. To the St. Laurence Auxiliary for the wonderful luncheon they provided and for the gift of a beautiful wicker loveseat. The gifts and cards although unexpected were very much appreciated. A special thanks to Mary and David Page for going above and beyond. And last but not least was the very special mass rendered by Father Cecil. The attendees were totally impressed by the service. Than you all again. Madeline (Mickey) Stewart 9/5

#### THANK YOU

### Thank You

We wish to express our most heartfelt thanks to all of our family, friends, neighbours and co-workers for your prayers, words of comfort, support and for being there for us during this difficult time. We also wish to express our sincere thanks to all that travelled from afar, sent cards, flowers, gifts of food, masses and charitable donations in memory of our Mom Rita Meier. The abundance of online tributes and expressions were so beautiful and heart-warming. We are especially grateful to Dr. Knox, Dr. Mahoney and the Nurses of the Espanola General Hospital for their extra special care. Our most sincere thank you to the Nurses, PSW's, Doctors, Staff and Volunteers of the Espanola Nursing Home and Manitoulin Centennial Manor. You are truly our very special angels. Your care and compassion has touched us so deeply and we thank you from the bottom of our hearts. Also to Andrew for his extra special love in the preparation of such a beautiful piece for the online edition of the Around & About and to Lori and Whitney for all of your special love and care in helping with and arranging the many preparations for the Service and the Celebration of Life for Grandma. We would also like to thank Mr. Faulkner. We so appreciate you taking the time to travel to Espanola to do the service for us. Your words were so beautiful and touched our hearts and souls so very deeply. Thank you to the Bourcier Funeral Home for helping us through our loss and to the Dynamic Family Restaurant for catering such a lovely lunch.

The Meier, Rogerson and Vondette Families

#### **OBITUARY**



GRIGNON, Robert Arthur of Espanola passed away at the Espanola Nursing Home on Thursday, August 24, 2017 at the age of 88 years. Beloved husband of the late Lucette (nee Roy) (1999). Dear son of the late Emile & Juliette (nee Savard) Grignon. Loving father of Emile (partner Terri) of Espanola, Pierrette Belair (husband Philip) of Oshawa & Monique Lacasse of Espanola (husband Daniel predeceased). Will be sadly missed by grandchildren Blair, Craig, Janelle, Danae, Micheline, Céline, Julie, Joel, Mireille, Jean-Yves, Josée, & Véronique & Margat-grandchildren, Predeceased by

14 great-grandchildren. Predeceased by granddaughter Jamie (1997). Very dear brother of Annette Seguin of Montreal, Georgette Nichols (husband Gordon) of Sudbury, Stella Desmarais of Sudbury & the late Noel Tremblay & Carmelle Miller. Friends may called at the Bourcier Funeral Home, Espanola on Tuesday, August 29th from 2-4 and 7-9 p.m. Funeral Mass from St. Jude Roman Catholic Church, Espanola was held on Wednesday, August 30th at 10:00 a.m. with Father Gerry officiating. Interment in the Espanola Cemetery. If so desired, Memorial tributes may be made to the Espanola Nursing Home or St. Jude Memorial Fund.

#### IN LOVING MEMORY

# In Loving Memory



**FULLER-Murray Allan** of Espanola – In honour of Murray, there will be a Celebration of Life held at the Knights of Columbus on Saturday, September 9th from 12pm-4pm.

Friends and family are encouraged to attend to share fond memories of Murray and help us all remember a wonderful man.

#### **EMPLOYMENT OPPORTUNITIES**



# WANTED

# Automotive Technician and Tire Technician

apply at 801 Centre St. Espanola, ON



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regional hospital and health centre

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# ESPANOLA REGIONAL HOSPITAL AND HEALTH CENTRE

#### **Assistant Director of Care, Long-Term Care**

We are currently looking for a permanent full-time Assistant Director of Care for our Long-Term Care facility. The successful candidate will offer assistance in managing the nursing care and the overall operation of our 64-bed nursing home and will be an integral part of our resident care team, involved with the planning and coordination of resident care, development of policies and procedures and will act as a liaison with physicians, staff, public and other departments. Reporting directly to the Director of Care, the Assistant Director of Care is a highly motivated individual who demonstrates effective supervisory skills combined with exceptional problem solving and change management abilities.

As an innovative and creative leader, the successful candidate will foster and support a team environment to ensure the attainment of our organization objectives and will act as a role model for all staff and promote the reputation of the facility in the community.

Qualified candidates will be registered with the College of Nurses of Ontario and will possess excellent communication and strong interpersonal skills. Experience working in a Long-Term Care facility is required. Working knowledge of unionized environments and bilingual in French and English would be an asset.

Please submit your resume and cover letter in confidence by September 11, 2017 at noon.

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

The description of the second of the second

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

#### **Employment Opportunity**

McCulloch Insurance (1951) LTD has an opening for a full time personal lines registered insurance broker. We are a locally owned, independent insurance brokerage operating in Espanola since 1951. We pride ourselves on employing local staff with an opportunity for growth.

#### Responsibilities and duties:

- Processing policy changes and new business
- Maintain relationships with clients
- Increase knowledge in the insurance industry

#### **Position Requirements**

- Post-secondary education is an asset
- Bilingual (French & English) is an asset
- Previous or current experience as a broker is an asset

Please contact Allen McCulloch at (705) 869-4333 or allen@mccullochinsurance.ca for any questions and to submit a resume.

#### **NOTICE / MEETING**



# Member Bar-B-Q and Annual General Meeting

#### Sunday, September 17 starting at 5pm

Please join us to help us plan the upcoming ski season and help us keep this wonderful community organization vibrant for an active winter season in 2017/18.

# COMMUNITY NOTES



PROUDLY SPONSORED BY

Spanish Horticultural Society—12th Annual Flower and Produce Show— Saturday, September 9 from 12-4p.m. 40 Garnier Road in Spanish.

**Spaghetti Supper** - September 9 at the Webbwood eagles from 4:30 - 6:00 p.m.

**Walford Protestant Cemetery Board** - Is holding a "Celebration of Life Service" with Pastor Chris Johnson. Tea to follow at Walford Community Centre --SUNDAY SEPT 10, 2017 - 2:00 P.M.

**Espanola Area Friendship Circle Alzheimer Support Group** – Monday, September 11, 1:30 - 3:00 p.m. at the Senior's Drop in Centre. For more information, call 705-869-1137

**Clothing Swap** - St. George's Church, 213 Tudhope St., Saturday. September 16 at 9:00 a.m., call 705-869-3939 for more information

**"Jesus is Enough" Women's Conference** - October 13-14, registration 6:00 – 7:00 p.m. Friday PM session 7pm Queensway Church, 270 Queensway, Espanola. Call 705-869-1700 for more info.

**Espanola Helping Hand Food Bank** - located at 87 Centre Street, open every Wednesday between the hours of 10:00 a.m. and 2:00 p.m.

# **Do you have a NOTE for the Community?**We invite not-for-profit organizations to

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