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www.aroundandabout.ca April 3, 2018 Issue #14 - Volume 22

Validate Your Fellow Women



By Rosalind Russell - Women must actively validate other women ... that's the simple message brought to Espanola by a world renowned feminist in mid-March.

Julie Lalonde is a Canadian women's rights activist. A native of Sudbury, Lalonde is a proud French speaker and also deems Ottawa home. She was the keynote speaker at the annual Women's Wellness Day held in Espanola in late March.

Lalonde is the power behind Carleton University's Sexual Assault Centre and Hollaback! (Ottawa) as well as the voice behind the radio show, "The Third Wave".

Lalonde shared her own story from fear to fearless sharing her experience of having been stalked for over a decade by one man. The stalking only ended when he died in a car accident.



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All The World's A Circus William Thomas

williamjthomas@gmail.com

Odds And Ends And Words That Wound

This just in ... after trying to help PC Leader, ex-Leader, Wannabe Leader Again Patrick Brown's political career, Russia has issued a statement saying they're getting out of the business of rigging elections, for good!

From Britain where, as it turns out, Brexit may also have been a rigged vote with illegal money used to sway opinion, comes Royal news of ... Sir Ringo Starr! Really? Ringo got a knighthood!?! Can Viscount Ozzy Osbourne, Baron Boy George and Lady Lady Gaga be far behind?

So you're a 19-year-old kid from London, Ontario driving to nearby Clinton to take your driver's test and you're late. The other four kids in your car are also going to take their tests and they are also late. Whatteryagointodo? Well, not 160 km in an 80 km zone that's for sure. Charged with racing by the OPP, the kid had his licence suspended and as if this couldn't be anymore embarrassing – he had to spring for cab fare to get everybody back to London.

Spent an entire day last week trying to break into PayPal's vault of online systems to report suspicious and probably fraudulent transactions on my account. Then I heard on the news that President Donald Trump is proposing that drug dealers get the death penalty. And I would fully support such a bill provided it included computer hackers as well. Oh and litterers. Yeah, and people who talk during a movie at the cinema.

Proving yet again that the new Toronto is the old Detroit, a war between rival gangs that is being raged again in that city. Recently gang member Thanh Ngo was shot dead much like his father Ngoc Ngo was assassinated back in 2014. And let's not forget Chang Thong Vo. Nicknamed "Tommy," Vo was a member of a Vietnamese gang and eventually died in a hole of bullets face down on Gerard Street East with an AK47 lying beside him. But four years earlier, with a pistol shoved down the front of his baggy pants, Vo accidentally shot off part of his own pe**s. New name on the street? "No Wang" Vo. So yeah, sometimes words can be as painful as a bullet impersonating a circumcision scalpel.

So I'm at the checkout counter of an unnamed Canadian Tire store somewhere in Ontario, paying for an ottoman which is in a heavy cardboard box. The middleaged woman at the register is pleasant enough, but also struggling to flip the box over in order to scan the price. I try to help, but in so doing shifted more of the





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weight to her side of the box. That's when she broke a finger nail and at that same instant screamed: "F-k!" A private, painful moment had just gone loudspeaker public. I looked at her. She looked at me. We both looked down. And the people behind me lapsed into a chilly, awkward silence. The "F" Bomb had been detonated accidentally. She continued to ring up my purchase but what she really wanted to do was make herself invisible. Hardly offended, I felt real sympathy for this woman.

I could tell she was a nice lady and truly mortified by her oneword outburst. However, it was also a telling moment in the state of our language in today's society. Atrocious!

I was scanning Amazon's Bestsellers Humor list and came across no less than two of the top 20 that have the F-word in the title including Go The "F—k To Sleep which appeared to be an animated bedtime reader for children! Comedian Bill Maher uses that word so casually on his HBO show, he guests and his audience are no longer shocked. Newspapers now print the word fully lettered and there's a popular Canadian punk band out there which CBC Radio euphemistically refers to as "F'ed Up." No prude here, I myself use that word, not often and I am trying to quit.

I used to be the guy who lectured teenagers cursing (and smoking) outside a convenience store. "Hey! Hey! There's girls present here!" Now the girls are as foul-mouthed as the boys and I just shake my head and walk on by them. The 'F-bomb' has become 'F-normal.'

Today's prolific and public profanity is much more than lazy syntax or feeble brains on limited vocabulary. I think our language is in perfect sync with the rest of the general downward trend of this world as we slide fearfully and helplessly to a very bad end. Our expletive-laced language goes hand in hand with our pervasive mood of moral mediocrity which reveals itself in rigged elections, hacking and an unprecedented level of corruption worldwide.

Meanwhile back at Canadian Tire, the silence was killing us all so I turned to the shoppers behind me and said: "She meant to say 'heck.' Okay?" Sorry, best I could do. Mel Brooks may have said it best: "I have been accused of vulgarity. I say that's BS."

On a lighter note, last week there was a fatal crash in Arizona in which a driverless car killed a pedestrian. With all the years of testing, these autonomous vehicles are still a hundred times safer than those with a human at the wheel. Still a spokeswoman had to come out and defend these prototypes and a bit frustrated, she said: "And let's remember, robots don't drink!" And I'm thinking – no, not yet they don't! But when the robots come to realize the state of the planet they're about to take over, they'll be knockin' 'em back like three guys named Bob at the Belmont Hotel! It remains to be seen what effect a serious hangover will have on Artificial Intelligence.

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



cambriancollege.ca/springopenhouse See all that Cambrian has to offer at our Spring Open House!

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Daffodil Campaign Launch In Espanola



It's a sure sign of Spring ... the annual Daffodil Campaign is getting underway in the local area.

April is Daffodil Month for the Canadian Cancer Society and the Daffodil Pin campaign takes place nationwide.

Today, over 60 percent of Canadians diagnosed with cancer will survive compared to about 25 percent in the 1940s when the Canadian Cancer Society first began funding cancer research.

In Espanola, Winkel's YIG will host a fundraiser April 8th and 9th selling pins and volunteers are appreciated.

Miss Espanola 2018 Hosting Fundraiser For Children's Cancer Organization



Miss Espanola 2018, 22-yearold Danyka Sabourin will be representing Espanola at the Miss North Ontario Regional Canada Pageant, which will be in April.

Sabourin attended College Boreal and works at Care Partner.

As part of her platform, Sabourin is doing fundraising for the Northern Ontario Families of Children with Cancer.

She is hosting a spaghetti dinner and bake sale on April 14th from 5:00pm until 7:30pm with all proceeds going to the organization.

For more information or tickets, call 862-2817.



Validate Your Fellow Women

"In my undergrad, I started her truth, she is a woman who off in journalism because I wanted to tell people stories. I hated the program, so I switched to Women studies and Canadian studies and that really made me realize how much privilege I had, and how my life revolved around me in terms of going to school, working, socializing.

"I felt like it was really important for me to kind of walk the walk in terms of what I was learning. So, I started working with young girls, in particular. I discovered these girls had all had experiences of violence in their lives and that really drove me to talking about the prevalence of violence against women and in particular, how it is normalized from the day we are born to just sort of expect that we are going to experience violence, at some point. That sort of led me on this path and I guess the rest is history."

Lalonde's message focused on women validating women. When a woman says she has been assaulted, she should be believed. Lalonde shared some interesting statistics. For every 1,000 sexual assaults that take place in Canada, only 33 are ever reported, 27 make it to court and three lead to convictions.

She says women have to learn to speak their truths. Lalonde is also a powerful advocate for the Never Again and Me Too movements, which have gained so much attention lately.

"I think an empowered woman is a woman who doesn't censor herself, who can speak her truth anywhere, anytime. Whether that's like speaking truth to power or just speaking

feels that she is entitled to having a voice.

Lalonde continues to share that message, not only in Canada, but around the world. She is a frequent media source on issues of violence against women and her work has appeared on Al Jazeera, CBC's The National, TVO's The Agenda, Vice, WIRED magazine and FLARE, among others.

She counts getting a sexual assault centre at Carleton, keeping calm while debating Margaret Wente on live TV and having Stephen Harper side with her, as career highlights.

Lalonde has won numerous awards for her work including "Best Volunteer in a Leading Role" by Volunteer Ottawa, a two time winner of the "Femmy Award" and she is a recipient of the Governor General's Award in Commemoration of the Persons Case.

The day was also filled with crafts, socializing, life skills training and sharing stories. The Women's Wellness Day was hosted by The Town of Espanola and the Mnidoo Mnissing Coalition Against Domestic Violence.



Photo - Julie Lalonde, keynote speaker at the Annual Women's Ŵellness Day. Photos by Rosalind Russell and Elly Charette



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

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Why Join A Club Or Organization?

Your answer to the above question could be to help or give back to your community, or to help your kids and grandkids or both. But...you say you're too busy –i.e. Kids in hockey or some other sport etc. Are these sporting events expensive. You bet.

Well consider this...when there aren't any more clubs in town to raise funds or fundraise to support or donate to these sports groups and other worthwhile organizations such as Camp Quality, diabetes, cancer research and the list goes on, where is the money going to come from?

Well, chances are the parents/ grandparents will be paying an even higher cost than they are now to keep their kids in sports if they are to continue on.

For some time now our local clubs are running out of numbers to do volunteer work. Volunteer work could mean working a bingo, sitting at the mall selling raffle tickets, working a barbecue or fish fry, helping out on July 1 or Elks Christmas Hamper Fund or bartend.

We need more volunteers/ members to keep these clubs going, which keep our community a little nicer, and better place to live in.

Most clubs have 12 to 20 meetings a year lasting an hour to an hour and a half. You don't have to go to all the meetings, but go to enough to know what's going on. Club's need your input, your suggestions, some of your time and your support.

Not only financial support for kids sporting events, but also hospitals, health related groups such as the cancer society, diabetes, Camp Quality, food banks, school bursaries, and the list goes on. All these groups will not be receiving the extra funding that is needed. Community functions such as the Elks July Picnic, Christmas food baskets and the availability to hospital equipment (beds, walkers, wheelchairs, etc.) will no doubt disappear because of the lack of volunteers and the lack of monies needed.

So, if we have given you something to think about... check out some of your local clubs. Find out what they support and how they're involved in the community events. Make a phone call, ask an active member or drop into a meeting or two. Ask questions and see firsthand what goes on. Ask for a list of what the Elks or any organization does in regards to charitable donations and community endeavors.

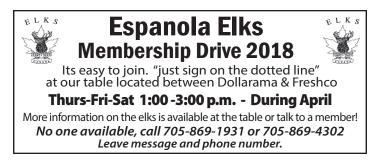
If you and your family or families' family don't want to pay even higher costs then join a club and keep the cost down. Join.

Don't catch yourself after the fact saying...I wish I had known they were in need of more members...I would have joined. It's what you can do for your community...

To enquire about the Espanola Elks contact membership director Gary Tennant at 705-869-4302 or the Elks Hall 705-869-1931.

Time is running out.

Gary Tennant Membership Director, Espanola BPO Elks Lodge #346, Espanola



Recipe

The following is a copycat recipe from a famous food chain. I can't say where but after you taste it you will know. It's a delicious mix of creamy, tangy and



sweet. I like to make it and have it on hand for quick meals.

Copycat Macaroni Salad

- 7 ounces elbow macaroni, cooked
- 2 celery ribs, minced
- 1/4 cup thinly diced carrots (very thin!)
- 1 tablespoon instant minced onion
- 1/3 cup sweet pickle, diced fine
- 1 1/2 cups Miracle Whip
- 1/2 cup Mayonnaise
- 1/4 teaspoon black pepper
- 1/4 teaspoon dry mustard
- 1 teaspoon sugar
- Salt

I.



Combine everything just as listed. Refrigerate salad tightly covered several hours before serving.

Sell-Out Crowd For Team Blake



The game started and not everyone had still found seats at a fundraiser for an Espanola youngster at the Espanola Regional Recreation Complex last night.

Nine-year-old Blake Bond of Espanola has literally hundreds of people behind him in his fight against cancer.

While he is at the children's hospital in Ottawa for treatment, his family members and supporters were hosting a fun game between the Espanola

Express and Eagles alumni versus Team Blake.

Just under \$11,000 was raised and Blake and family extend a huge thank you to the many supporters who came out to help. The funds raised will go towards assisting the family with costs not covered by any program or government plan.

And, Team Blake brought home the win with a final score of 10 to 8.

Photos by Rosalind Russell and Team Blake





SERVICES

P H Y S I O T H E R A P Y 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. 4/17 - R

REIKI ENERGY THERAPY – John Fraser Reiki Master day and evening appointments. Call Escape to Serenity Spa to book 705-869-0505. Distance healing – john.fraser@live.com 4/10.

THE RITCHIE'S ARE AT IT AGAIN! Get your fire wood before next winter. Dry Firewood cut, split, delivered. Hardwood maple. More info, call Mina at 705-865-3017, if no answer leave message, will call you back. 6/12.

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NOTICES

CHERYL'S MASSAGE THERAPY & ACUPUNCTURE – NEW LOCATION as of April 9th. 363 John St. Espanola. To make an appointment call 705-869-3223. cherylsmassage7@ gmail.com 4/17 R

HELP WANTED

NOW HIRING - Lead Cook Position, Elliott's Restaurant, Manitoulin Island, Little Current. Some cooking experience & a passion for food is required. Apply in person or email - elliottsrestaurant@ hotmail.com 4/10

THE ESPANOLA ELKS CATERING - We can now supply you with a caterer that can accommodate groups of 200 +. For more information call 705-869-1931 or 705-869-4302. Leave your name and phone number. 4/24

HANDYMAN - ODD JOBS COLOMBUS - Need something fixed, painted, drywalled, built or flooring done, call me. Stephane Coulombe, 705-863-3434. 5/8 - R

ESPANOLA SELF STORAGE – 6x8 and 8x10 Storage units available in Espanola. Located behind the car wash. Call 705-869-8405. 4/10 - **R**

TOTAL MAINTENANCE SERVICES: Plowing, carpentry, painting, steel & shingle roofing, tree cutting, decks, landscape construction, yard maintenance, dump runs. 705-936-6160 4/24 - **R**

Call 705-869-6883 To Place Your Classified Ad!!

RENTAL WANTED

RENTAL WANTED - Room and Board or 1 Bedroom Apt. Espanola only. Clean, respectful, 18 year old working student. Please call 705-862-0548. 4/17

FOR SALE

FOR SALE – Single Canopy bed. Cream Coloured. Mattress and posture board included. Have two bedspreads to choose from. In good condition. \$100.00 OBO. 705-866-1325. 4/3

FOR SALE – Hay for sale, 4 x 5 round bales. Call 705-865-2338. 4/10

EMPLOYMENT OPPORTUNITIES

Employment Opportunity

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- 15-20 Hours Per Week
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- Must be personable & enjoy working with the public
- Retail sales experience an asset
- Office Administration an asset
- Experience with Word & Excel an asset
- Willing to be flexible with hours
- References with contact information

Email resumes:

resumespw@aroundandabout.ca or drop off in person to: 85 Centre Street, Espanola



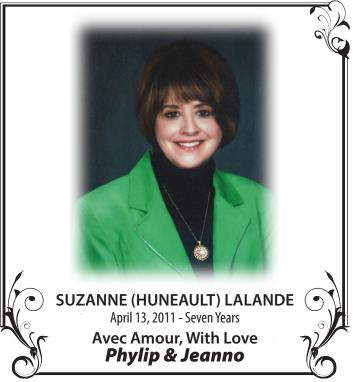
PAPERWORKS

Rehabilitation Practitioner / Justice Case Manager, Little Current Full-Time – 35 hours per week (Contract up December 31, 2018 with possibility of extension)

Deadline for accepting applications is *Friday, April 6, 2018 at noon.*

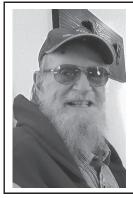
Please visit our website at https://sm.cmha.ca/get-involved/careers/ for all application details.

IN MEMORIAM



PaperWorks, 85 Centre Street, 705-869-6883

OBITUARIES



Munro – George David of Massey passed away at the Espanola Regional Hospital on March 20, 2018 at the age of 85. Beloved husband of Cecile (nee Larocque). Loving father of Christine Munro of Sudbury and Celia Chaput (husband Dan) of Espanola. Cherished grandfather of Tea and Troy. Dear brother of the late Lester Munro, Ruth McLeod, Don Munro and Irvin Munro. No visitation or funeral. A graveside burial service at a later date in spring at the Webbwood Protestant Cemetery. Arrangements by BOURCIER FUNERAL HOME, Espanola.

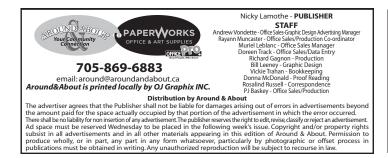


Yocom, Gabrielle Eva

August 23, 1928 – March 24, 2018 Gabrielle passed away peacefully and with grace in her 90th year, surrounded by her family at the Espanola Nursing Home March 24, 2018. She joins her husband and true love Jim (predeceased 2006) of fifty-four years. Gabrielle will be forever loved by her children, Robert, Linda (Tom), (Son-in-law Rick predeceased 2005) Diane, Patricia (Jerry) and Donald (Donna). A very proud Grandmother to Bradley, Jarrott (Jessica), Jennifer (Ben)

and Jeremy. Loving Great Gramma to Dylan, Jacob, Riley, Cole, Madison and Charlotte. Beloved sister of Ronnie (predeceased), Estelle, Jeanine, Hervé, Maurice, Bernie (predeceased), Frank, Richard and Roly. Ever the social butterfly, Gabby was always busy with her family and many friends, her church, the Catholic Women's League and her bridge club. She will always be remembered for her outgoing personality, love of music and dancing and her ability to bring life to so many occasions through her lively piano playing. We wish to express our sincere thanks to Dr. Salam and the many caring nurses and staff at the Espanola Nursing Home, Queensway Place and Espanola Regional Hospital and Health Centre. Mom was very lucky to have so many who cared so much! Friends visited on Monday, March 26, 2018 at the Bourcier Funeral Home, Espanola. Funeral Mass was held on Tuesday, March 27 in the St. Jude R.C.C with Fr. Raymond Akor officiating. Cremation to follow with interment of ashes in the Espanola Cemetery at a later date. In lieu of flowers, kindly donate to the Espanola Nursing Home Therapeutic Park, The Alzheimer Society or the Charity of your choice. Dancing with the Angels!

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







Spanish Horticultural Society Meeting - Thursday, April 5 at 6:30 p.m. at the Royal Canadian Legion. Everyone is welcome!

Webbwood Eagles Spaghetti Dinner - Saturday, April 7 from 4:30 - 6:00 p.m., everyone welcome. Also plan to attend wing night every Thursday at the club. Visit @ WebbwoodEagles on Facebook for details.

Community Luncheons - April 10 & 24 from 11:30 - 1:00 p.m. at the Lighthouse, Espanola (across from the Royal Bank). NO CHARGE, EVERYONE WELCOME.

St. George's Church Annual Spaghetti Dinner and Silent Auction – Saturday, April 14 at the Espanola Legion, doors open at 4:00 p.m., Dinner at 5:00 p.m. for tickets call 705-869-3499.

Royal Canadian Legion Service Officer - Sherry Culling, Service Officer is coming the week of April 15th. For more info contact Gary or Judy at 705-869-1711.

Children's Clothes Closet – Calvary Baptist Church, Espanola Wednesday, April 18, 10:00 a.m. - 2:30 p.m. no donations needed at this time. Thank You

Community Tax Volunteer Clinic 2018 – Royal Canadian Legion Espanola, 10:00 a.m. – 4:00 p.m. every Thursday until April 19. To see if you qualify stop in to the Legion.

Espanola Lions Celebrates 70 Years - Join us for a delicious roast beef dinner, on Saturday, April 21, Pinewood Motor Inn, Georgian Room. 5:30 Social, 6:30 Dinner. Tickets - 705-869-3330.

S. Geiger Public School Massey Spring Variety Show - THE LION ON THE PATH Two performances: Wednesday, April 25, 1:00 p.m. & Thursday, April 26, 7:00 p.m. Tickets are available at the school 705-865-2052.

Meat Rolls Off at the Espanola Legion - Come support Espanola Minor Soccer on Saturday afternoons beginning at 3:00 p.m. during the month of April.

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



Have an event coming up, a fundraiser, a charity gathering, contact The Moose for complimentary mcing and assistance with your event ... let Roz help you put together your event, call 705-869-6397 or email: rrussell@moosefm.com