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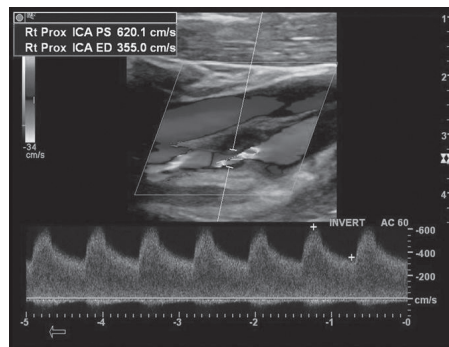


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New Vascular Ultrasound Needed For Local Hospital



By Rosalind Russell - The Espanola Regional Hospital needs to replace ultrasound equipment.

Manager of Diagnostic Imaging, Phil Smith says the unit used for vascular ultrasound needs replacing.

"It is the ultrasound unit used for vascular ultrasound. It is also a back up unit for general ultrasound. So it's primary use is procedures involving arteries and veins. We are looking for blockages, aneurysms (bulges in the vessel), blood clots in the veins and many other things," explains Smith.

Smith says the old one was state of the art when it was purchased however is now at the end of it's life.

"Advancements in ultrasound through those years are dramatic. The bar is continuously being raised. We need to keep up with this image quality. Our

Continued on page four...

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Some Friendly Help From Island Neighbours Assists Two Espanola Area Groups

Members of the Little Current Lions Club and Little Current Legion Branch #177 were in Espanola mid-March to support not one, but two local organizations.

Lions President, Bruce Burnett and Legion member, Linda Bowerman, presented a cheque for \$1,950 to Community Living Espanola to go towards programs and services. They then made their way to Canadian Tire to present a

\$1,000 cheque to Canadian Tire representative, JP Lamothe for Jumpstart, which provides funding to children who can't afford registration and/or equipment for sports. The money was raised through

the Catch the Ace Lottery. The progressive prize for next Wednesday's Catch the Ace draw will be \$1,000 plus 30% of this week's ticket sales. Tickets are available at the CLE office.



CLE PRESENTATION: Little Current Lions Club members, President Bruce Burnett, Treasurer Mike Dubreil and club members, Junior Cub Chloe Bowerman, Eunice Beaudoin and Lori Draper, as well as Little Current Legion Member, Linda Bowerman, join Community Living Espanola CEO Louise Laplante and staffer, Kathy Ainslie in presenting a cheque for \$1,950 to go towards supporting local programs and services.



JUMP START CANADIAN TIRE: Little Current Lions Club members, President Bruce Burnett, Treasurer Mike Dubreil and club members, Junior Cub Chloe Bowerman, Eunice Beaudoin and Lori Draper join Canadian Tire spokesperson, JP Lamothe and Controller Stacey Van Allen in presenting a cheque for \$1,000 for the Jump Start Program.

Photos by Rosalind Russell

Espanola Minor Ball 2018 Registration

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All The World's A Circus

William Thomas

williamjthomas@gmail.com

Dealing With Bell And Fighting Through Wireless Hell

I did not bite on Bell's initial offer of their new fiber optics service when they introduced it to my neighbourhood a few years ago. Way too expensive. But recently I heard about a \$100 per month offer and called Richard, the local Bell salesman. After he consulted with three Bell 'experts,' he said it wasn't possible. "You're in a black hole." But Richard, I argued, the optics line goes over and above my driveway and all my neighbours are plugged in and if I cut that line they'll all be switching over to my new system, Black Screen/Bad Optics. Richard said he'd get back to me, which he never has.

I kept calling until I got a slick Toronto salesman who laughed at Richard's "black hole" theory. Not only was I eligible for Fibe 300, he could have it installed first thing Monday morning. \$100? Yeah, sure. Done! The installation takes most of the day, but by five o'clock my house is wired to the future – Wi-Fi, phone and fax lines and not one, but two TVs receiving Bell's "Good Package" of channels. When I told "Slick" in Toronto what programming I'd been getting with Shaw, he scoffed: "Way more, way better with Bell." Oddly, when I asked the installation guy questions about channels he hesitated, guessed and then finally admitted he doesn't own a television!!!

A bit of a give-away right there because by noon the next day everything crashed. First the televisions went dead. Then I was on the phone with a Bell troubleshooter trying to get the TVs working when the phones went silent. And when I went out to my office to email Bell repair, my computer was down as well. Bit of a give-away #2 – their email address is "NoReply-BellService."

So as a proud, one-day member of Bill's Fibe 300 Club, I find myself three doors down asking a handyman in a neighbour's cottage if I can borrow his cell phone to call Bell!! And just before I used up all his power, it works! Angelo, a troubleshooter in Toronto gets my phones and computers running again and promises to have a repairman come out the next morning to fix the TVs. Because I can't call him personally, I ask Angelo to call me back in the morning so I don't have to keep repeating my problems to new techies, but no. He cannot call out. He's a Bell Telephone employee using a phone that only works one way. Plus, he can't accept calls. That's a little like a car salesman who doesn't own a driver's licence. I remind him back in 1876 that would have been a real big problem for Alexander Graham Bell who would have had to use sign language to summon his assistant Thomas Watson! I can

Continued on page three...

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Continued from page two...

tell by Angelo's response, he's not real familiar with Alexander Graham Bell.

The next day I keep a portable phone in my pocket between "8:00 am and noon" so I don't miss the repairman's call. Bingo! At 11:05 am the phone rings and ... it's Bell's customer service asking me how I like my new fiber optics system?!? I lay a three-minute rant on the poor bugger but in fairness, if you deleted all the swear words it would only have been a 20-second missive. And in those 20 seconds ... you had to see this one coming ... I missed the call from the repairman who does not have a callback number. I quickly hit *69 and get the ubiquitous and useless 1-866 number that connects me to Donna in the Philippines. "How can I help you today, Mr. Thomas?" I refer Donna to Customer Service Potty Mouth Rant at NoGDRReply Bell Service ...

So now, I'm dealing with a Bell Telephone repairman who does

not have call messaging on his phone! Alexander Graham Bell: "Mr. Watson, come here. I want to see you." Watson: "Leave a message, Al. I'm on another call."

But Installation Guy Number Two does show up and fixes everything Installation Guy Number One screwed up. He asks me how I like HBO and Crave TV. Ah, I didn't get that in the Good Package! Oh, he says, I thought they gave those channels free to everyone who signs on.

My next four days are spent talking to troubleshooters all over the world about how their "Not So Good Package" is not nearly as good as my Shaw dish was. Donna in Manila Vince takes over and ... never calls me back. Bob in New Brunswick is very nice, but his hands are tied ... probably with a tangle of telephone lines. I can never get hold of Slick or even Angela in Toronto, but finally a fine gentleman by the name of

Anthony who takes my situation seriously and solves all my problems. I wound up not with Bell's "Good Package," but their "Better Package" ... man, can these people use a writer ... at a discount.

So yeah, I'm now a happy Bell customer because in the end I got that fantastic \$100 fiber optics deal for only \$160 a month. And look at all the nice people I met along the way. And I'm going to be even happier if and

when I even figure how to access HBO and Crave TV.

Alexander Graham Bell: "Mr. Watson, come here. I want to see you." Watson: "Ah, Al, I gotta real bad feeling about this one. Why don't we work on that wireless radio wave thingy that Marconi was gasbagging about?"

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

Local Athlete Proudly Wears Gold For Sudbury Synchro!



Training begins each September and wraps up in May with practices held 3 days a week at Laurentian's Jeno Tihanyi Olympic Gold Pool.

Athletes focus on a combination of conditioning, flexibility training, land drilling as well as up to 10-13 PLUS hours in the

By Melanie E. Flabiano - Top notch coaching, dedication and hard work pays off for Sudbury Synchro Club's Athletes including Espanola's own Sophia Flabiano earning several medals at the Central/North Regionals held at Laurentian University March 9, 10 and 11th.

Flabiano's second year with the Club is off to an impressive start exceeding her personal best by nearly four points, proudly earning Gold in individual figures in her 11-12 age category for the North, placing 9th overall in Central / Northern Ontario.

Phenomenal volunteers, officials, judges, coaches and the attendance and cooperation of coaches and athletes from Clubs across Central / Northern Ontario, some as far as Thunder Bay all helped WOW the hometown Sudbury crowds.

The 11-12 team coached by Courtney Stasiuk came second in championship score in the North and finished first in their routine. Placing fifth in Central out of 11 teams. Julianne Crittenden, Heidi Fink, Sophia Flabiano, Rachelle Prevost and Amy Seguin all proudly accepted their Silver medal and first place ribbons.

water to develop their technique, refine their Figures and perfect their Team Routine throughout the season.

Figures are a pre-determined series of precise, specific maneuvers performed independently for a panel of judges and are scored per swimmer. The Team Routine is not to miss as it involves loud music, intricate costumes, dynamic figures and pattern changes as well as acrobatics ultimately providing an entertaining showcase of these athletes' skills.

With 5 meets throughout the 2017/18 season between Waterloo and Etobicoke and 3 already under our belt, SSSC swimmers show no sign of slowing down.

The Club intakes new swimmers to it's Competitive program each Fall and holds several "Try Synchro" opportunities throughout the season.

Stay tuned for Summer Training Camp dates and details!

For more information or if you'd like to get involved, visit www.sudburysynchro.com or look for us on Facebook: Sudbury Synchro Swim Club.

New Park Enhancements Being Considered For Espanola

With respondents to a 2016 Oracle Poll carried out in Espanola indicating the lack of activities for youth being the top third priority, several parties are coming together to enhance a local park.

According to a report submitted by Espanola Economic Development Officer, Cheryl Kennelly, it states The Espanola Family Health Team and Sudbury Public Health have been talking to United Way about partnering with the town for a new dirt pump track for youngsters.

Since Domtar Mill employees regularly contribute to United

Way, the organization is keen to invest in Espanola on a project with long-standing benefits.

The United Way would be responsible for the installation of the track and in return, would ask the park be re-named "Wolves United Park" since a funding source is the 50/50 draw with the Sudbury Wolves. It has been suggested that Sherwood Park may be the ideal location.

The proposal was presented to council on March 21st and is expected to come up for discussion and resolution at regular council within the next couple of weeks.

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Espanola Public Library's First Escape Room A Huge Success

By Jaymie Muncaster - On Friday March 16th and Saturday March 17th the Espanola Public Library ran their very first Escape Room - a group activity where participants are locked inside a themed adventure room and must figure out how to escape before the time runs out. The library's escape room was appropriately named "The Abandoned Library" and was set inside of a dusty, old, deserted library room.

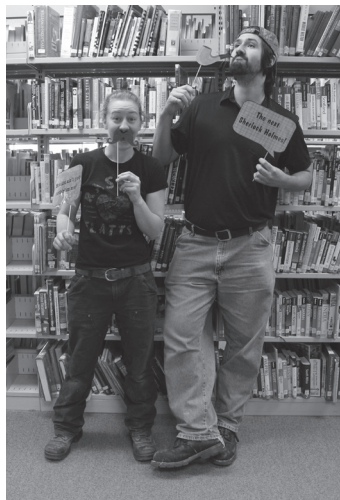
The teams consisted of 4-6 people who were charged a small fee of \$3 per person. Groups entered the escape room, which was located in the library's meeting room, and the timer was set. They had 60 minutes to locate 4 code numbers, arrange them in order, and slide them under the door to be released. Finding the clues involved things like decoding secret messages, using black-light flashlights to uncover invisible ink, and locating hidden keys for various locked boxes and closets.

The room was designed by library employees Shylene Lingenfelter and Jaymie Muncaster, who said that "escaping the room required a lot of teamwork and creative thinking." After months of planning, the library staff were elated to see all the time slots fill up in a matter of days. In total, they had 7 teams participate in the escape room, 3 of which managed to locate all of the code numbers and escape before the time ran out.

First place was awarded to

Alyx Podlatis and Alex Shank, who escaped in 40 minutes despite the fact that half of their team was unable to make it. For winning first place, they received a free large pizza and 8 breadsticks, courtesy of Toppers Pizza. Second place was awarded to Natasha Elliott, Jeff Elliott, Alexis Elliott, Sierra Elliott, Cindy Lalonde, and Real Lalonde, who escaped in 43 minutes. For second place they received a "movie night" package, which included pop, popcorn, and a brand new DVD. All proceeds from the escape room will be used for future library programming, which, as a result of much positive feedback, will include another escape room at the end of June. Stay tuned!

[Photo: First place winners Alyx Podlatis (left) and Alex Shank (right)]



Continued from front page...

New Vascular Ultrasound Needed For Local Hospital



Photo: A fundraising drive is underway at the Espanola Regional Hospital and Health Centre for a new ultrasound similar to this one.

The vascular ultrasound machine is similar to what the hospital is hoping to buy for their diagnostic department.

Photos provided by Phil Smith

community needs to be assured that when they come to this facility, that they are getting the best possible test. The same tests are being done but will have better images," explains Smith.

And he also emphasizes with more tests being able to be done in Espanola, people will not have to travel, especially those who have chronic illnesses that make it difficult to travel.

"If you get better image quality, inevitably you will reduce the amount of people heading elsewhere for testing. For example, those tough cases where you had difficulty seeing something in the past thereby not able to confidently rule something out would likely result in testing elsewhere ie Cat Scan, MRI or even more invasive procedures such as angios (dye test). This causes delays in treatment, anxiety, costs to the system, and risks. A newer unit may have simply

obtained the images needed and ended it there."

The new piece of equipment is expected to cost around \$200,000 and Smith hopes to have it installed within the next 12 months. His department continues to use the equipment available and he believes no shut down will be needed.

"A quick configuration to hook up to our computer systems (half hour, literally a few settings) and then plug the unit in. We get an applications specialist from the vendor to come on site to show us how to use it to it's potential. They would be here for 2 or 3 days, and they are also accessible after for help by phone, email or even they could actually remote in to the unit if we need them to. The technologist then just needs to get used to where everything is. They need to get to know where the buttons are, so that they basically watch the scanning screen and don't need to find the different functions." Smith says the original machine was installed in January, 2007, and thousands have benefited from the service.

"I don't know of any other hospital of this size that offer this range of vascular testing. Because of this, we pull from not only our catchment area, but also Blind River, Elliot Lake, Manitoulin and the west side of Sudbury. This saves patients from these outlying areas from needing to drive into Sudbury. The wait times are also greatly reduced.

Funding for the new piece of equipment has to be raised locally with limited supports from other supports including government, so the Espanola Hospital Auxiliary is already undertaking the task to cover the cost with its Mother's Day Draw coming up and other fundraisers.

Donations can also be made in memory of a loved one.

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Recipe

Making bread or dinner rolls can be a scary thought for many people, I'm one of those people. BUT I found this recipe online and have made it three times with amazing results. It is much easier and foolproof if you have a stand mixer, but this recipe can be made the old fashioned way using a wooden spoon and then kneading. These are perfectly soft, homemade dinner rolls that will look impressive on your Easter table. Don't be afraid to try it.



Simple Delicious Homemade Dinner Rolls

Yield: 24 rolls

- 2 cups warm milk
(warm in the microwave until luke warm)
- 2 tablespoons instant dry yeast
- ¼ cup white granulated sugar
- 2 teaspoons salt
- 6 tablespoons salted butter, softened
- 2 large eggs
- 6 cups all-purpose flour
- 1 tablespoon melted butter



In the bowl of a stand mixer, combine warm milk, yeast, sugar, salt, butter, and eggs. Add in 5½ cups of flour. Using a dough hook, turn the mixer on to a low speed. Once the flour starts to incorporate into the dough, increase the speed to a medium. Slowly add the remaining ½ cup of flour until the dough pulls away from the sides of the bowl. The dough mixture should be slightly sticky and soft. Add more or less flour until the dough reaches the desired consistency. The amount of flour you add in bread making is always an approximation and you should go by feel. Transfer the dough to a lightly greased mixing bowl. Cover with parchment paper and then a towel and let rise 90 minutes in a warm spot. Lightly grease a baking sheet. Punch down the dough and form into 24 rolls. Place on the greased baking sheet in six rows of four. Cover again, and let rise 1 hour. Preheat oven to 375 degrees. Bake the rolls for 12 to 14 minutes, until lightly browned. Remove rolls from oven and brush with melted butter. Serve the rolls warm, or to cool, let rest on the pan for 15 minutes before transferring to a wire cooling rack. Once cooled completely, store in a plastic bag.

COMMUNITY NOTES

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Massey Area Museum - Penny Sale Fundraiser at Home Hardware Massey, March 19 to April 2.

Community Luncheon - March 27 2018 from 11:30 a.m. - 1:00 p.m. at the Lighthouse. Espanola (across from the Royal Bank) NO CHARGE, EVERYONE WELCOME

Community Tax Volunteer Clinic 2018 - Royal Canadian Legion Espanola, 10:00 a.m. - 4:00 p.m. every Thursday from March 15 - April 19. To see if you qualify stop in to the Legion.

Espanola Helping Hand Food Bank Meat Roll Offs - at the Espanola Legion every Saturday for the month of March. The fun starts at 3:30 p.m. Everyone is welcome.

Sables-Spanish Rivers Township Inter Church Council - invites folks to: walk, bike or drive March 30 for Good Friday, 10:00 a.m. start in Sagamok at the Anglican Church to the Lutheran in Massey. Join us at the bridge in Massey, Easter morning sunrise at 6:45 a.m. on April 1. For more information, call 705-582-2012.

Easter Morning Service - Queensway Pentecostal Church Easter Morning Service begins at 10:30 a.m.

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.

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

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.

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.
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Espanola Blood Donor Clinic

March 27

Espanola Columbus Club

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12:30 p.m.-2:30 p.m. and 4:00 p.m. - 7:00 p.m.

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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. cherylsmessage7@gmail.com 4/17 R

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ESPANOLA GOLF & COUNTRY CLUB – Now accepting resumes for Bar, Pro Shop, Grounds, Cleaning, and Kitchen. Only Successful applicants will be contacted. 309 Golf Rd., Espanola, ON, P5E 1A3 or email espanolagolfclub@persona.ca 3/27

FOR RENT

FOR RENT – 1 bedroom apartments. One available March 1, one available April 1. First and last rent required. Webbwood. Call 705-869-0511. 4/17

COMMERCIAL SPACE FOR RENT – Espanola UPI Service Center. Prime Location, hwy 6 Espanola. For more info call. 705-863-1355. 3/27

FOR SALE

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

LOST

Red square garnet ring with 2 diamonds on each side. Between mall Barber St. Reward if found, call or text to 705 862 0430.

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

THANK YOU

Thank You

The family of the late Laura Wright would like to extend our thanks to all of the people who support us at the time of her death.

The donations of meals, flowers, and donations to charities of her memory are much appreciated.

A special thank you to all of Mom's friends and neighbors who helped and supported her over the last few years. Your care and love are much appreciated.

Thank you again to all.

THANK YOU

Community Living **THANK YOU** Espanola

COMMUNITY LIVING ESPANOLA would like to thank everyone who contributed to the success of our **2018 CASH CALENDAR** campaign. Together with ticket sales and donations we raised **\$9,915.46** towards our new wheelchair minivan which has been purchased.

Please refer to our **WEBSITE** – www.clespanola.ca or our **FACEBOOK PAGE** for the full winners list.

Watch for the CLE Cash Calendars on sale again this fall!

Louise Laplante, Executive Director
Community Living Espanola

OBITUARY



Peltoniemi – Stella Victoria of Espanola passed away at the Espanola Regional Hospital on Friday March 16, 2018. Dear daughter of the late Peter & Mary (nee Karpow) Buratynski. Beloved wife of Rudy Peltoniemi. Loving sister of Peter Buratynski (wife Jackie) of Espanola and the late Ann & Bob Ford and the late Madeline & Moe Ellison. Also sadly missed by many friends and relatives. Stella was retired from the Royal Bank and always enjoyed doing her many crafts.

By request of the family no visitation or funeral. Cremation with burial of ashes at a later date. If so desired, donations to the Hospice Suite at Espanola Regional Hospital would be appreciated. Arrangements by Bourcier Funeral Home.

IN MEMORIAM

In Loving Memory of Joanne Sonnenburg

March 2, 1948 - March 27, 2017



We thought of you today,
But that is nothing new.
We thought about you yesterday,
And days before that too.
We think of you in silence,
We often speak your name.
Now all we have are memories,
And your picture in this frame.
Your memory is our keepsake,
With which we'll never part.
God has you in his keeping,
We have you in our heart.

NOTICE - REQUEST FOR TENDER

Request for Tender: Dock Operations Whitefish Falls Dock

The Local Services Board of Rainbow Country will accept sealed, written tenders for a "contract to operate the town dock on the Whitefish River".

The contract term will be for three (3) years: May 1, 2018 to April 30, 2021. The tenders shall include the dollar value for each operating year. Yearly tender amounts are due by June 1 of each contract year.

The successful bidder will be required to show proof of insurance (Certificate of insurance)

The highest or any tender will not necessarily be accepted.

Bidders must enclose a cheque dated June 1, 2018 for the current year operation with the tender. Tenders may mailed with a post mark no later than March 30, 2018, be hand delivered to a Board Member or submitted before 7 p.m. at the LSB public meeting on April 3, 2018.

Opening of the sealed tenders and awarding of the contract will take place at the Local Service Board public meeting scheduled for 7 p.m., April 3, 2018 at the Whitefish Falls Community Center, Whitefish Falls, ON.

Complete terms and conditions of the Operating Agreement are posted on the Board's website: <https://rainbowcountrylsb.wordpress.com>
Questions can be directed to rainbowcty@hotmail.com

EMPLOYMENT OPPORTUNITY

ESPANOLA
REGIONAL

HYDRO

NOTICE OF VACANCY POWERLINE MAINTAINER

Espanola Regional Hydro

requires a qualified Powerline Maintainer experienced in all aspects of an electric utility distribution system including overhead, underground, meters & working with voltages of up to and including 44KV. MEU experience is a definite asset. Working with a three-person crew, you will be required to be "ON CALL" on a three-person rotation.

Powerline Maintainer

The ideal candidate is one that possesses an MEA Journeyman Powerline Maintainer Certification. Preference will be given to those who possess a post secondary Powerline Technician Diploma. Consideration will also be given to those who possess a Grade 12 diploma and have successfully completed the post secondary course - AC circuits and machines - ELR 109, or equivalent course, have completed two (2) years of the MEA or EUSA apprenticeship and are able to successfully complete the required testing program that will include an Electric Theory examination.

The successful candidate is one who has a sound mathematical and mechanical background, with good communications skills and a team player. A sound working knowledge of the associated issues of Health and Safety regulation and legislation is also required.

Successful performance in this position is dependent upon sound technical ability, good communication and organizational skills, and by the nature of the position, the individual must be physically fit for this work and be able to respond in a reasonable time to after hour call-outs.


Espanola Regional Hydro services some 3300 customers in the three communities of Espanola, Massey and Webbwood.

The service centre is located in Espanola which is situated some 75kms west of Sudbury and 45kms north of Manitoulin Island. Visit the websites at www.espanola.ca and www.sables-spanish.ca for more information pertaining to the three communities we serve.


We welcome all applications, but will advise only those selected for an interview. All applications will be retained for one (1) year for future opportunities.

APPLICATIONS STATING QUALIFICATIONS AND EXPERIENCE WILL BE ACCEPTED UNTIL April 2, 2018 AND MAY BE ADDRESSED TO:

ESPANOLA REGIONAL HYDRO
598 SECOND AVE
ESPANOLA, ON P5E 1C4
Fax: (705) 869-2433
E-mail: randymosley@erhydro.com



705-869-6883
email: around@aroundandabout.ca
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