

PAPERWORKS
OFFICE & ART SUPPLIES

COPY - FAX - SCANNING SERVICES
PHOTO PRINTING & OFFICE FURNITURE

MONDAY-FRIDAY 9-5:30
705-869-6883

OFFICE Pro
Good People, Who Know

The Little Paper That Makes A Big Difference

AROUND & ABOUT
Your Community Connection
Est. 1996

www.aroundandabout.ca

February 26, 2019 Issue #9 - Volume 23

NATT www.NattSafety.com
Safety Services 90 Gray Street, Unit 3
Espanola, ON 705.682.3362 Ext 900

COMPLETE SAFETY TRAINING SOLUTIONS

CONFINED SPACE * WORKING AT HEIGHTS *
AODA * WHMIS * POWER ELEVATED WORK
PLATFORM * FORKLIFT * FIRST AID * LIFT TRUCK
* OVERHEAD CRANE * MORE

CUSTOMIZED TRAINING AVAILABLE

CONTACT US TO DISCUSS.

2019 POLARIS INDY VOYAGER 144
\$8899 PLUS PDI, FREIGHT AND TAX



TRAIL SIDE SPORTS
705-869-0170
rick@trailsidesports.com

The Deer Are In Serious Trouble



PHOTO: The deer need help this year due to the aggressive winter weather that has trapped deer and made it difficult to feed. Photo provided by Espanola Game and Fish Protective Association.

The deer are starving and a local game and fish member says deer are dying in droves because of the harsh winter conditions.

Leland Morley, the president of the Espanola Game and Fish Protective Association, says this is the second extreme winter deer kill off in the last ten years and that could spell disaster for the herd.

Morley says there was a big kill off back in the late forties and game and fish clubs brought in deer to re-establish the herd, and once again in the late sixties and early seventies.

Continued on page four...

CANADIAN TIRE ESPANOLA

Hit The Road With Savings

Save Up To **25%**



On Selected Tires

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

NOW SERVING ESPANOLA & AREA!!

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

PAPERWORKS
OFFICE & ART SUPPLIES



\$199.99 MVL 2786 **\$359.99** MVL 2756 **\$359.99** MVL 25451



\$678.99 G3060DPAWH

OFFICE Pro
Good People, Who Know

705-869-6883 85 Centre St., Espanola

The One Tot Stop

The One Tot Stop Day Care, S. Geiger Site has expanded and we now have infant spaces!

For more information, please call
Janice at 705-865-3281 or email
jkonetotstmary@gmail.com

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

Home hardware ESPANOLA

705-869-2130 **\$47.99**
830 Centre Street PLUS TAX
Espanola

BIRCH PLY OFFGRADE 3/4" LIMITED STOCK



The Snow Queen

Live Theatre

By Little Red Theatre



**Saturday,
March 9, 2019
2:30 p.m. - 3:30 p.m.**

**Espanola Recreation
Complex Auditorium**

Volunteer donation to support
summer programs for youth

Presented by the
Espanola Public Library
and Espanola Leisure Services



MARCH BREAK FUN!

**THE SNOW QUEEN
KIDS ART CAMP & CLASSES
DODGEBALL TOURNAMENT
FREE SWIMS
FREE SKATE
FREE MOVIES*PUZZLES*GAMES
FREE FAMILY TRIVIA NIGHT
FREE FAMILY YOGA
TOONIE SKATES*SHINNY*JUNIOR SQUASH
FREE SNOWSHOE LENDING**

**FOR INFO AND THE MARCH BREAK
SWIM SCHEDULE VISIT**

espanola.ca

705-869-1961



Tim Hortons



At Your Fingertip Business Directory

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

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

MORTGAGE ALLIANCE
Kelly Ranta
Mortgage Agent • Lic # M16001131
Cell: (705) 507-5771
Email: Kranta@mortgagealliance.com
www.mortgagealliance.com/kellyranta
20 Second Ave. N
Sudbury, ON P3B 3L6
Corporate Office: 2005 Sheppard Ave. E., Suite 200, Toronto ON M2J 5B4 LIC# 10530

TV Bingo
6:30 P.M.
Espanola Wednesdays
Tune into Local Channel 10 or come on out to
the Espanola Regional Recreation Complex.

RE/MAX
Crown Realty (1989) inc., Brokerage
Independently owned and operated
Paul Wright
Sales Representative
paul.wright@remaxcrown.ca 114 Mead Street, Unit 2
www.remaxcrown.ca Espanola, Ontario P5E 1S5
Cell: (705) 862-4188 Bus: (705) 869-4230
Fax: (705) 869-6299

Studio Twelve
Hair Design
New Clients Always Welcome
Formerly **Dittrich's**
Hair Design
705-869-2915

STEVE'S
PLUMBING & HEATING
705-863-2877
steve@stevessplumbingheating.com
SALES AND SERVICE OF: • furnaces • fireplaces • boilers
FREE ESTIMATES Like us on Facebook
Steve Donnelly Over 15 years experience locally

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

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



All The World's A Circus

William Thomas

williamjthomas@gmail.com

Misheard, Misread, But It's Still A "Wunderfilled World."

There's an awful lot of stuff going straight over my head these days. Yesterday I was listening to the radio and the last item on the noon news is that Hasbro, the US toy and board game giant just received a patent on the smell of Plato. And I'm thinking ... really?!? I mean, sure Plato was a great philosopher, but as a man he sweated, farted and ate garlic with the best of 'em. Plus 2400 years ago deodorant hadn't even been invented! Why in the hell would Hasbro ...

This of course got corrected when I saw it in print: "Hasbro has officially received a patent from the United States Patent and Trademark Office for the scent of Play-Doh, a sweet smelling, vanilla-like fragrance first marketed in 1956."

Well okay, that's maybe a lot more pleasant but equally ridiculous. Is Hasbro really going to send "Cease and Desist" orders to new mothers producing vanilla-scented breast milk? Play-Doh! Honestly, I'd really rather take a whiff of Plato than a squishy hunk of rubber. (But before he died, of course.)

There's so much noise all around us, white and otherwise, human hearing in general has become muddled. The Internet has become a high-speed confessional for people who hear certain phrases and song lyrics incorrectly.

There's a very long list of people who for years have been singing along to slightly incorrect lyrics like Starship's "We built this city on sausage rolls". Also, by bopping along to Annie Lennox's "Sweet dreams are made of cheese", these misfiring lipsyncers have accidentally created what could easily become a delicious musical omelette.

Still stuck on food confusion, many of those same song lovers have been wrongly belting out that great line from the Paul

Young song: "Every time you go away you take a piece of meat with you."

Even diehard Adele fans misconstrued her Chasing Pavements lyric and found themselves shouting out the line: "Or should I just keep chasing penguins?" (Answer no, not unless you're a leopard seal.)

Maybe it's due to the people who are simply so self absorbed - "This is me eating a sandwich! LOL" - but their misheard phrases are way too common on the Internet like "bone apple tea" to that! And "Eating a beagle" instead of a bagel appears way more times that you think. LOL.

Browsing comments and reviews from some of these very opinionated submitters, I see that "home of sexuals" is a popular topic on the Net. Sadly, there's also a lot of talk about "sue of side". The "hull of cost" in history is a hotly debated with many people claiming to be "grapeful" that they weren't part of it. Also there's a fair bit of criticism against certain nationalities including the "porch of geese". I've spent a lot of time in the land of "porch of geese" and believe me, there's no more goose poop in that country then there is in Canada.

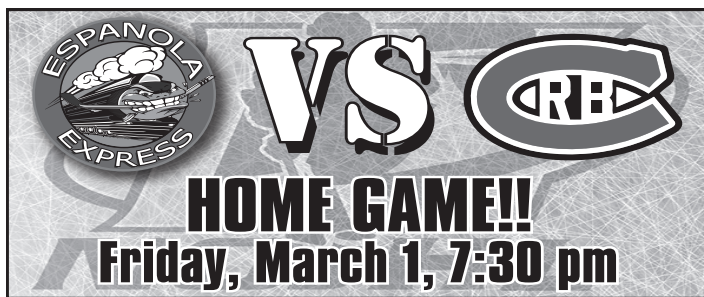
"I hate having in some near, I never sleep." Are you failing miserably in spelling the word "insomnia" or is it too much "near beer" that's keeping you awake at night. "Hablagated" to make their personal views known, very few people see themselves as "escape goats". (For the record, a scape goat is an easy target of blame while an escape goat is just a stubborn little Billy on the run.)

Attitudes range from those exchanging personal messages that are "none shallot" to "cheaky" as in "What kind of 'pre-madonnis' are you?" In the thin air of

Continued on page three...

Singh Dentistry
Dr. Maninder Singh
Hours: Monday 9-5
Tuesday Closed
Wednesday 9-5
Thursday 9-5
Friday 9-5
FOR ALL OF YOUR DENTAL NEEDS
State of the art facility
We deal directly with Insurance Companies
Free dental whitening kit with new patient exam
91 Tudhope St., Espanola 705-869-1880

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



Continued from page two...

cyberspace every man has his “weekness” and even Superman eventually is confronted by his “crip tonight”. Let’s remember Kryptonite is really a “youthimism” for anybody’s “all kill his heel”.

Of course in the grand scheme of things in the World Wide Web, none of this matters “a toll”, particularly the Bikini Atoll blown away by US nuclear tests in the mid-1950s.

Although all this stuff makes me crazy and even skeptical that the world, thanks to the Internet, will ever return to a place where grammar and spelling count for anything, I too have been a contributor to misheard words and sadly, repeated them quite often.

I remember singing along to the great Louis Armstrong song It’s a Wonderful World:

I see skies of blue, And clouds of white, The bright blessed of day, Dogs say goodnight, And I think to myself, What a wonderful world.

And I thought to myself, wait a minute! Dogs don’t say goodnight? Dogs may whine,

whelp, woof, wiggle, pee, prance, sneeze, snort, scratch and sniff – but dogs do not possess verbal skills beyond that of a French mime at a silent charity auction for the hard of hearing.

Think about it, if dogs talked they wouldn’t have to chase cats. They would just yell things like: “Your mother sleeps with strays in the alley!” And that cat would come gunning for Sparky.

You can imagine how I felt weeks later after ranting about this to a friend, going over the whole case I just made for dogs not talking, and she said something I’ll never forget. She said: “It’s ‘dark sacred night’, stupid.”

I see skies of blue, And clouds of white, The bright blessed of day, The dark sacred night.

Yeah, that sounds about right. Okay, so I made a little mistake. Hey! It’s still a “Woof! Woof! Wonderful World” out there.

For comments, ideas and copies of Never Hitchhike On The Road Less Travelled, go to www.williamthomas.ca

Jack Talks:

Youth Talk To Youth About Mental Health

Jack Talks are coming to Rainbow secondary schools in February as part of Rainbow District School Board’s ongoing efforts to continue the conversation about mental health. Guest speakers Ashley Quackenbush and Yasseen Tasabehji from Jack.org will use the power of their personal stories to inspire and educate students during a series of presentations.

Jack.org is the only national network of young leaders transforming the way we think about mental health. With initiatives and programs designed for young people, by young people, their goal is to end the stigma of mental health in their generation and increase the well-being of Canada’s young people.

Jack Talks aim to increase knowledge of mental health issues, including signs of distress and resources for help; provide audiences with tools to engage young people in conversations about their mental health; decrease mental health silence and stigma in communities; and inspire audiences to become leaders for change.

By delivering vital information in a relatable way, and speaking openly from personal experiences, young speakers make an otherwise uncomfortable conversation comfortable.

Guest speaker Ashley Quackenbush, also known as DJ Scratchely Q, was born and raised on Manitoulin Island. As a professional disc jockey, one of Ashley’s greatest achievements was opening for the Canadian band A Tribe Called Red. In addition to her role with Jack Talks, Ashley is the director of music and official DJ for Worth Living, where she uses her personal journey and knowledge

of mental health to help end the stigma.

Yasseen Tasabehji was born and raised in Damascus, Syria and moved to Canada at the age of 17. A proud graduate of the University of Toronto with a Bachelor of Science, Yasseen is currently pursuing his Masters of Education and Developmental Psychology at the Ontario Institute for Studies in Education. Yasseen enjoys sharing concepts of happiness, empowerment and self-expression, and believes by lighting the candles of others, we can make the world a brighter place.

“Jack Talks contribute to the Board’s vision of creating learning environments that promote positive mental health and well-being for all,” said Norm Blaseg, Director of Education for Rainbow District School Board. “These personal and poignant presentations will inspire our students to look out for themselves and to recognize the importance of helping others who are experiencing distress.”

Rainbow District School Board adopted its first Mental Health Strategic Plan in September 2018. The plan guides the Board’s work by embedding student mental health policy within its strategic planning; raising awareness to decrease stigma and increase the capacity to recognize the signs of mental health problems early and how to access the appropriate intervention; and implementing evidence informed promotion, prevention, and intervention mental health services to promote mentally healthy classrooms.

To access the Mental Health Strategic Plan, click here: <https://www.rainbowschools.ca/parents/resources-for-parents/mental-health-well/>

Your natural health care needs addressed locally

**Sylvia Marasco, B.A., N.D.
Naturopathic Doctor**



(705) 671-9965

by Appointment Only

F-87 Centre Street, Espanola (at Rebound Therapeutic Services)

Wednesday, February 27, 2019

Manitoulin Secondary School
10:30 am to 11:30 am

Espanola High School
1:30 pm to 2:30 pm

WINTER TIRE SALE!!

BOOK NOW!

FOR YOUR WINTER MAINTENANCE PACKAGE

705-869-0333 **OK TIRE**

Espanola Council Accepts Cheque For Energy Initiative



Photo: The Town of Espanola partnered with R.V.A., the local Ontario Clean Water Agency and Sault Ste. Marie PUC to install a blower to make the sewage plant more energy efficient. The Town was presented with a cheque of the savings so far on Tuesday afternoon, February 19th. On hand were (l-r): Mark Britton with Sault Ste. Marie PUC, Deputy Mayor Bill Foster, councillor Heather Mallott, Mayor Jill Beer, Keith Stringer with Ontario Clean Water Agency, councillor Ray Dufour and Indra Maharjan, also with the Ontario Clean Water Agency. Photo by Rosalind Russell

Finding a way to save energy usage at the local sewage plant has added up some savings, not only in energy, but in cash, for the Town of Espanola.

A study was carried out in 2013, which determined installing a blower at the sewage plant could make it more efficient and that could add up to some savings in hydro.

In 2014, the upgrade was completed by R.V.A., an engineering and consulting firm, which estimated some

320,353 kilowatts of energy has been saved since the install.

The local Ontario Clean Water Agency also applied to Sault Ste. Marie's PUC for energy savings incentives and between the four partners, the first cheque of nearly \$27,000 in savings was presented Tuesday afternoon, February 19th.

The project cost just over \$148,000, but council can expect to see the payback within three years.

Continued from front page...

The Deer Are In Serious Trouble

Morley emphasizes the LaCloche Deer Herd and Whitefish Mountains Herd are one big one that are in jeopardy of extinction this winter.

The snow, over six feet deep in places, with thick crusts of ice, have made it impossible for deer to reach any ground stock, such as grass and it also makes it difficult for them to move, except on trails. That makes them more susceptible to wolf or coyote attack because they are unable to run away from the danger. And, in cold, bitter conditions such as we have seen this winter, does will either absorb their fetuses or drop them in order to survive themselves.

Morley says the association has received funding from the Ontario Federation of Angler and Hunters and ministry approval to feed the deer in the Whitefish Falls and House Lake area.

He adds, "all we can hope for is saving enough deer this winter to bring back this great resource back to past year's status."

Having members of the public helping to break trails and cut

cedar boughs are good starts. "We ask that they don't cut the whole tree down because deer also use these big cedar as canopy shelters."

He also recommends deer be fed a fifty/fifty mix of corn and oats because pure corn is too rich and could kill them.

"With experience from the Ministry of Natural Resources and Forests biologists, we have the proper formula for feeding: this consists of a mixture of corn and oats along with cedar boughs, this will change after couple of weeks to more fifty /fifty mix of corn and oats."

Still with the story, around 15 volunteers headed out in the Whitefish Falls area on Saturday, February 16th to clear deer trails, cut some boughs for the deer to feed on and to leave out some feed. The club extended a huge thank you to Garnet's Rental for leading the initiative to assist the animals.

Anyone wishing to help the deer by providing financial assistance or oats/corn, can contact Morley on the Espanola Game and Fish Facebook page.

Espanola Council Delving Into Budget Process

The first draft of the Espanola municipal budget has been released showing an increase in taxes if it were to stand as it is now.

The Town of Espanola is looking at a tax increase of 4.37%, nearly \$331,500, but the work is ongoing to bring the increase down.

Town CAO, Cynthia Townsend, says last year money was taken

out of reserves to bring in a zero increase in taxes.

Townsend adds departmental budgets have decreased by .3%, nearly \$24,500, but that is much less than the \$355,000 drawn from the reserves last year.

Budget talks continue and staff and council are looking at ways to bring the increase down for taxpayers.

THE SOURCE
DEALER

"The store for all your electronic and music needs"

Located in the Espanola Mall

Vintage Electronics & Sound (2008)

705-869-4820

www.thesource.ca/shopFlyer

View the paper for FREE every week at
www.aroundandabout.ca

Family Weekend Activities Full Of Happy Winners

There were plenty of activities to take part in over the Family Day Long Weekend, from the Beaver Lake Carnival to ice fishing derbies to games and activities indoors and outdoors.

The Elliot Lake Ice Fishing Derby was a big win for a Massey man.

Cody Solomon won the top prize on Saturday, February 16th taking home \$23,850.

It was the first time the Massey resident took part taking the title with a 53 cm pike, that's nearly 21 inches.

Whitefish River First Nation Chief, Franklin Paibomsai, Chief Shining Turtle, was pleased to see 112 people come out for the annual Ice Fishing Derby on McGregor Bay.

The big winner of the day was Angela Peltier and there were also plenty of other prizes as

well.

The Annual Beaver Lake Carnival was a fantastic frolic of snowy fun. It all kicked off Friday night, February 15th, with spaghetti dinner and fireworks.

Ten teams competed in the Jug Curling competition on Saturday. First place winners were Team Vincent, 2nd Place was Team Healy, 3rd Place was Tim Hurtins and 4th was Team Thompson!

Painting, cards, a snowmobile poker run and paint class were just part of the fun.

And the Queensway Pentecostal Church also hosted a fabulous Family Day at the Espanola Regional Recreation Complex on Monday, February 18th.

Photos provided by: Franklin Paibomsai, Jenn Bousquet, Beaver Lake Sports & Cultural Club, Mike Mantha

Funds Raised For Massey Family



Photo: A fundraising dinner held for Beth Cassidy raised \$722. Cassidy is in Toronto Hospital waiting for a liver transplant. Her husband, Leslie Knibbs, and son, Scotty, travel back and forth to see her, but those expenses are not all covered by government supports. Photos provided by the organizers/Carol Hughes.

A Massey woman who is waiting for a liver transplant, and her family, have received some financial support from the local community.

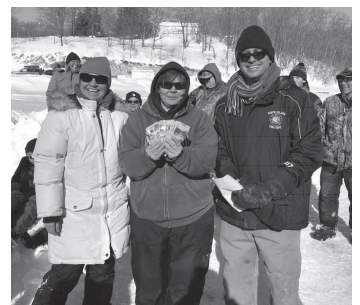
Beth Cassidy, who is a well-known musician and an educational assistant at Biidabhan School, has a rare liver disease called Wilson's disease, where her body does not assimilate copper properly. Her liver failed in December and she is in Toronto hospital waiting for a transplant.

To offset the costs of her family having to travel and other unsupported expenses, the dinner held on Saturday raised \$722.

The dinner was a big success

with people helping out in so many ways. Brenda Mercecia won the hand-made twig chair made by Ray Owl. Gina Stonepoint of Sagamok was the assistant chef and Wes McDonald washed dishes the entire time. He also provided the hall and Angel O'Watch took care of things at the door. Kim Stresman and Dee Larouge helped with meal prep and decorations. Beth sent a message thanking everyone for their support.

A Go Fund Me has also been set up. Go to: <https://www.gofundme.com/supporting-my-wife-with-liver-transplant-stay> to make a donation.



CLASSIFIEDS

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

Highest Circulation &
Best Rates In Town!

Interac MasterCard VISA
705-869-6883

SERVICES

DR. DARIO LAURENTI, D.C. - CHIROPRACTOR
- 27 years' experience. Instrument, Manual, Cranial Adjusting, Acupuncture, Orthotics. Call 705-869-2737. All Insurances accepted. 3/5

HANDYMAN - ODD JOBS COLOMBUS. I do flooring, painting, mudding, drywall, trim, install doors and frames, build head boards and bed frames and much more...call me Stephane Coulombe 705 863 3434. 4/23 - R

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

ESPANOLA SELF STORAGE - 6x8 and 8x10 Storage units available in Espanola. Located behind the car wash. Call 705-869-8405. 3/19 - R

PHYSIOTHERAPY OFFERED BY MARILYN WITTMANN - Located at Physio Moves in the Espanola Hospital. Accepting new patients. WSIB and MVA patients welcome. Acupuncture available. Visit www.physiomoves.net for services, rates, and hours, or call 705-988-3737. 3/19 - R

TOTAL MAINTENANCE SERVICES - Plowing, carpentry, painting, steel & shingle roofing, tree cutting, decks, dump runs. No job too big or too small. Call 705-936-6160 2/26 - R

FOR SALE

FOR SALE - Limited dry wood for sale, also kindling for backyard fire. Call Greg 705-822-4734. 2/26

NOTICE

HAIRSTYLIST AMANDA FAIRBURN - previously from Dittrich's Hair Design has moved to a new location Stylez by Amanda located at 120 Tudhope St Espanola (previously Sassy Photos). Call (705)822-6161 to book an appointment. Everyone welcome. 03/19

CHERYL'S MASSAGE THERAPY & ACUPUNCTURE - NEW LOCATION AS OF MARCH 1. 118 Tudhope St. Espanola. In Touch Chiropractic & Wellness Group. Across from the Royal Bank. To make an appointment call 705-863-3223. cherylsmassage7@gmail.com 3/19 R

MEETINGS

Massey Agricultural Society monthly meetings - 3rd Thursday of the month. Held at Massey Firehall @ 7pm. We welcome the public's attendance. 04/23

CLASSES

LEARN UPHOLSTERY / SEWING - Courses - Furniture, Marine, RV, or Auto. Day/Evening/weekend classes. Limited spaces available for each class. Feb.- Apr. Financing may be available. More Info at 705-862-0457 or boattopscovers@gmail.com 3/12

THANK YOU



The Family of Bob Ross would like to thank many people:

LIHN and Bayshore for the care he received at home. Those who took time to visit him. Espanola Nursing Home Staff for the excellent care. For the many calls, emails, facebook messages. For those who dropped off flowers, and sent cards or flowers.

We were overwhelmed by the attendance at the celebration of life

The Ross Families.

FOR SALE

BROTHER HL 4570CDW LASER WIRELESS WORKGROUP COLOUR PRINTER



Up to 30 ppm, 250-sheet input tray, 2400 x 600 dpi. USB, LAN, USB host, Wi-Fi, AirStation OneTouch Secure System (AOSS). Takes Bond paper, envelopes, glossy paper, labels, plain paper, recycled paper, thick paper. Compatible with Windows XP or later, Apple MacOS X 10.4.11 or later, Windows Server 2000 or later.

Comes w/ 4 fairly new ink cartridges. Asking \$150, Call 705-869-6883

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

Recipe

Baked chicken with peppers, onions and mushrooms covered in melted cheese. What's not to love? I have made this dish a couple of times and it's quite easy to make and very delicious. Serve with rice, quinoa or noodles and you have a quick and tasty meal.



Baked Chicken with Peppers and Mushrooms

- 3 lbs chicken breasts or thighs, boneless & skinless
- 1 large garlic clove, minced
- 1/2 tsp salt
- Ground black pepper, to taste
- 1 medium onion, finely chopped
- 10 button mushrooms or 2 portobellos, chopped
- 2 large bell peppers, chopped finely
- 1 tbsp olive oil
- 1 cup hard cheese like mozzarella or marble, shredded

Preheat oven to 425 degrees. If using breasts cut in half lengthwise. In a large baking dish, add chicken, garlic, salt and pepper. Mix well to coat evenly and spread in a single layer. Cover and bake for 20-25 minutes. Chicken is cooked when pale and surrounded by clear juices. In the meanwhile, preheat large non-stick skillet on low-medium heat and swirl oil to coat. Add onion and saute for a few minutes, stirring occasionally. Add mushrooms and saute for a few more minutes, stirring occasionally. Add bell peppers and saute for 5 more minutes, stirring. Remove chicken from the oven and turn broiler on High. Separate chicken a bit from each other and top each piece with vegetables (sprinkle around chicken too) and top with cheese. Broil for 5 minutes or until cheese is melted. Serve hot with rice, quinoa or veggies.



COMMUNITY NOTES

PROUDLY SPONSORED BY



Northshore Pins & Needles Quilting & Stitchery Guild - Next meeting, Wednesday, February 27, 7:00 p.m. at the Espanola Royal Canadian Legion. New members welcome.

Spanish River Snowmobile Club Next Meeting - Thursday, February 28th, 7:30 p.m. at the Spanish River Inn, Spanish On. Everyone Welcome.

World Day of Prayer 2019 Slovenia - Hosted by the St. Jude Parish Friday, March 1 at 7:00 p.m.

World Day of Prayer in Massey - March 1 at 7:00 p.m. Held at Immaculate Conception Roman Catholic Church. This year's host country is Slovenia.

Zion Lutheran Church Massey Annual Baked Bean Supper - Sunday, March 3, 4:30 - 6:00 p.m. For more information call 705-865-2020.

Walford Catholic Women's League Annual Pancake Breakfast - Sunday, March 3, 9:00 a.m. - 12:00 p.m. at the Walford Community Center. For more details contact 705-844-2887.

Espanola United Church Shrove Tuesday Pancake Supper - Tuesday, March 5, 5:00 - 6:30 p.m. 137 Sheppard St, Espanola.

Massey Area Museum - Open to play board games, card games on Wednesdays & Fridays from 1:00 - 5:00 p.m., until March 31. Family Fun Saturdays, March 9 & 23, 1:00 - 5:00 p.m.

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

Canadian Cancer Society, Sudbury & District - We need volunteers in the Espanola area to sell pins for our daffodil campaign. To get involved and make a difference, visit: www.mycsschedule.ca

Lighthouse Community Lunch - Free community luncheon at the Lighthouse, across from the Royal Bank, every second and fourth Tuesday of the month, 11:30 a.m. - 1:00 p.m.

From Soup to Tomatoes - Basic Class 9:00 - 9:45 a.m., Gentle Class 10:00 - 10:45 a.m., Yoga Class 11:00 - 11:30 a.m. Mon-Wed-Fri at the Elks Hall for all three classes. Mon-Wed-Fri Basic class only at the Seniors Drop In Centre.

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



Moose Corner

The Moose 99.3 FM CJJM - Espanola is proud to support local charities and organizations. If you have an event you want to share, please call Roz at 705-869-6397 or email your information to: rrussell@moosefm.com The Moose- Espanola's Biggest Variety! Your Station, Your News, Your Stories



705-869-6883

email: around@aroundandabout.ca

Around & About is printed locally by OJ Graphics INC.

Distribution by Around & About

The advertiser agrees that the Publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by that portion of the advertisement in which the error occurred. There shall be no liability for non insertion of any advertisement. The publisher reserves the right to edit, revise, classify or reject an advertisement. Ad space must be reserved Wednesday to be placed in the following week's issue. Copyright and/or property rights subsist in all advertisements and in all other materials appearing in this edition of Around & About. Permission to produce wholly, or in part, any part in any form whatsoever, particularly by photographic or offset process in publications must be obtained in writing. Any unauthorized reproduction will be subject to recourse in law.

Nicky Lamothe - PUBLISHER

STAFF

Andrew Vondette - Office Sales/Graphic Design Advertising Manager
Rayann Muncester - Office Sales/Production Co-ordinator
Muriel Leblanc - Office Sales Manager
Doreen Track - Office Sales/Data Entry
Richard Gagnon - Production
Crystal Lecuyer - Office Sales/Production
Bill Leeney - Graphic Design
Vickie Trahan - Bookkeeping
Donna McDonald - Proof Reading
Roseline Russell - Correspondence
PJ Baskey - Office Sales/Production