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March 5, 2019 Issue #10 - Volume 23

**Espanola Diabetes
Educator Makes A
Global Impact: Hughes**



A diabetes educator from Espanola is helping people work toward better fitness using a novel approach that has gained a global audience. Algoma-Manitoulin-Kapuskasing MP, Carol Hughes, told Parliament Wednesday, February 20th, Susan Clarke is a diabetes educator making a big difference in people's lives. She says Clarke noticed a gap for those who needed to exercise and she put together a program for clients, calling it From Soup to Tomatoes. Clarke knew any program had to be free, easily accessible, designed to address mobility issues, and above all, be led by a professional to ensure safety and avoid injuries. Hughes says the classes started 13

Continued on page four...

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All The World's A Circus

William Thomas

williamjthomas@gmail.com

Canada – A Coast To Coast Comedy Show

My most recent survey of coast-to-coast Canadian calamities reveals that the rest of this country may in fact be just as screwed up as Ontario! If you've been following the machinations at Premier Doug Ford's White House ... sorry, Queen's Park you must be asking yourself: "But Bill, how can that be?" We start the comedy tour in British Columbia with the headline: "B.C. polar bear sees acting parts melt away." In the movie-making industry CGI (computer-generated imagery) has become so popular a 24-year-old stunt bear named Agee is now out of work. Whereas this roaring, flailing 800-pound man-eater once threatened fellow actors on set, an animator now draws her death-threatening gestures into the scene with a pen. So not only are polar bears starving and drowning due to the warming of the ice shields, now they can't even get a part in a Coke commercial!

Crossing into Alberta where the Calgary Herald ran the story: "Dead cow reportedly kicked slaughter house worker." Turns out this posthumous protest against the consumption of red meat happened in Berlin, Germany. In Alberta dead cows don't kick. It's against the law. They do however continue to fart after death. This still boggles the mind – methane from cows accounts for 27% of global greenhouse gas emissions which is 28 times more than carbon dioxide! Like the world needed one more reason not to eat at McDonalds.

In Labrador it was recently revealed that thousands of residents have for the last 80 years been illegally setting their clocks to Canada's Atlantic time and not Newfoundland's quirky "half-hour later" time. Prosecutors are reluctant to charge them because they'd all just show up early for their court appearances.

In an international war of stupid statues, Saskatchewan's Mac the Moose has just been dethroned as the world's tallest moose by Storelgen, a shiny, chrome-plated moose in Norway that was built 30 centimeters taller. Moose Jaw residents have already raised \$11,000 to make Mac taller with

either high heels, hockey skates, a Mountie hat or a Roughriders helmet.

My suggestion – don't go up, go big! Put such a huge and graphic set of wedding tackle on Mac, Storelgen can only shrink from inadequacy! Okay, so the Moose Jaw Visitors Centre will lose its family audience but sometimes you just gotta take a stand.

In Manitoba, people are still trying to come to grips with two quirky by-laws that banned singing on public transit and recognized the marriage of two dogs. These two events are not related. The newlyweds took a limo to the church, not a city bus.

In Ontario, the problem with political jokes is that so damn many of them got elected last year! Trying his damndest to match his Bully Bro in Washington who is now suspected of selling political favours on his first official day in office, Ford's first under-the-table act as premier was to ask the Ontario Provincial Police to provide him with a tricked-out RV camper and you know... keep quiet about it.

Noting President Trump's recent medical exam where he weighed in at 239 pounds, just seven pounds short of obesity, Premier Ford asks KFC to set up a kiosk in the corner of his Queen's Park office and ... keep quiet about it.

After Ford sees Trump mocking a reporter with a severe physical disability he immediately cuts funding for programs that treat autistic children. Noticing Trump's dislike for anybody who does not speak English, Ford cuts funding for Ontario's Francophone residents. Trump jumps off the Brooklyn Bridge, Ford heads to the CN Tower to ... (Sorry, daydream alert!)

Whereas most Canadian teachers are trying to eradicate bullying and violent behavior two elementary schools in Quebec have introduced "rough play" and "jostling" for their students. Kids are being encouraged to spend recess pushing, shoving, and wrestling in the snow so that when they return to class "they are more energetic and ready to learn." Not to mention limping and looking for their

Continued on page three...

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Continued from page two...

teeth. The winners will grow up to become bare knuckle cage fighters and the losers will hire personal injury lawyers.

Thieves in Moncton, New Brunswick made off with huge bags full of money from The Coin Cabinet, a store that deals in collectable currency. Turns out the robber's loot was all in \$1 and \$2 bills, paper currency that went out of circulation in Canada 32 years ago. RCMP are telling New Brunswick retailers to be on the lookout for \$1 and \$2 bills on which somebody has added two zeros with a magic marker. Jeffrey Arthur Feehan walked out of two Atlantic Superstores in Charlottetown, Prince Edward Island, with packages of meat in his underwear thereby setting a record for scrotal swelling. Atlantic Superstores could not provide the evidence at trial because a clerk put the meat back on the shelf where it was picked up and purchased. Warning: if you bought a roast at an Atlantic Superstore on or about the end of January, cook well before serving and Purell the gravy. Andy Goudry was not an

accomplice in the "rump roast in your pants" caper. He had an ironclad alibi. He had no pants! Goudry was out on the town celebrating his grandmother's 80th birthday when he somehow lost them. When nobody he asked on the streets of Halifax had seen his pants – not making this up – Andy offered a reward for their return. The reward offered was not meat but money... in \$1 and \$2 bills.

And finally in Newfoundland the Moustache Club's 2019 charity calendar features fat, bearded, long-haired men dressed as mermaids and posing half-naked on The Rock's rugged coastline. If you look at the photo of 'Red the Mermaid' at "Tipping the Scales For A Cause" you will never eat fish again! Even vegetarians will be turning to rump roast. Coast-to-coast Canada - a nation of accidental comedians.

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

Espanola's David Harrison Retires As Statistician



Espanola's David Harrison started reporting his first statistics back in 1957 for a local Espanola team. Since then, Harrison has been

the long-time statistician for several hockey affiliations including the Northern Ontario Junior 'A' Hockey League and the Sudbury Wolves, to name just two.

The Junior 'A' League renamed the Most Gentlemanly Award the Dave Harrison Trophy two years ago to mark his decades with their league.

And, Harrison has been the statistician for the Sudbury Wolves since they entered the Ontario Hockey League in 1972. This past weekend he officially retired and the Wolves hosted a retirement night for him.

The retirement game took place Saturday, March 2nd in Sudbury

Biidaaban Hockey Classic Crowns AB Ellis The Winner



Photo: AB Ellis Public School in Espanola is this year's champion of the Biidaaban Hockey Classic. Photo provided by Frank Paibomsai

Every year, elementary school students get together for the Biidaaban Hockey Classic. Hosted by Biidaaban School in Sagamok Anishnawbek First Nation, school teams

took to the ice to challenge each other.

It was a clean sweep for AB Ellis Public School in Espanola who defeated Ecole St. Joseph 4-2 in the finals.

Record-Breaking Year For Little NHL

The Little Native Hockey League, has a record 237 clubs from Ontario registered for this year's tournament.

What started out with 17 teams on Manitoulin Island 48 years ago, has grown so much it has had to be held in Mississauga to accommodate the thousands who attend.

The tourney is set for March 11th to 14th at 17 rinks scattered throughout Mississauga.





Happy International Women's Day!
Joyeuse Journée Internationale des Droits des Femmes!



Carol Hughes, MP/députée
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Anishinabek Police Service Suspends Its Chief And Deputy Chief



John Syrette



Dave Whitlow

The two most senior officers of the Anishinabek Police Service have been suspended until the outcome of a disciplinary hearing.

Police Chief John W. Syrette and Deputy Chief Dave Whitlow were/are suspended with pay on February 15th.

According to a statement released by APS board chair Jeffrey Jacobs, the suspensions were issued following complaints regarding the conduct of certain members of the senior command.

The statement did not specify the nature of the allegations, but stated the board had hired an external investigator after receiving the complaints.

A disciplinary hearing is expected to be held in the Spring.

In the interim, Inspector Mark Lesage will serve as the acting police chief.

The Anishnabek Police Service has 12 detachments in 16 communities throughout Ontario, including Sagamok-Anishnawbek First Nation.

Photo provided - APS



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Continued from front page...

Espanola Diabetes Educator Makes A Global Impact: Hughes



Photos/logo provided

years ago and now have a global audience on YouTube, allowing for people to exercise in remote areas, at home or in group settings.

Hughes emphasizes its success has helped saved thousands of dollars in health care.



Espanola Looking To Improve Efficiencies At The Sewer Treatment Plant

The Town of Espanola is partnering with the local Ontario Clean Water Agency to look into two options to improve efficiencies at the sewage treatment plant.

Once someone flushes the toilet, they really don't concern themselves with where the waste goes, but agency spokesperson, Indra Maharjan, says there are several opportunities for the town to improve efficiency at the plant when it comes to disposal of solid waste.

One option is to install geotubes that can dry the waste, called aerobic digestion, which can save haulage disposal fees to Sudbury.

Rather, he says, the solids would go to the local landfill or to be used in farming/soil operations.

That option carries a cost of \$1.4 million.

The second option carries a much higher cost of \$10 million and creates savings by diverting food waste away from the landfill and creating energy, in the form of gas, which can then be sold on the grid.

Council gave Maharjan's team the go-ahead to apply for funding for both, but stressed they are under no obligation to accept either project.

Maharjan is expected to report back to council by late summer.



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THANK YOU

What A Surprise!



Many, many thanks for the wonderful gathering of family and friends.

Thank you for the cards and well wishes in celebration of our 80th birthdays! Your kindness and generosity was overwhelming. All your thoughtful gifts are very much appreciated!

Thank you, thank you to our children, grandchildren, and yes great grandchildren; Lori; Leslie, Tony, Emilie, Taylor, Andrew, Miller; Craig, Tracy, Corinne (facetime) & Dawson, from the bottom of our hearts.

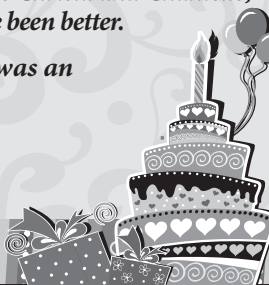
We loved the surprise, the décor, the memory wall of pictures, the food, the cake (Taylor), Jocelynn's poem, and Tracy's warm memories and recollection in poetry.

Thank you to the staff at Cortina, servers Christa and Chantelle, you out did yourselves! It could not have been better.

Thank you again to our children, it was an awesome afternoon!

Love you lots, lots, lots

Bessie & Jr Budge.



COMMUNITY NOTES

PROUDLY SPONSORED BY



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.

Women's Wellness Day - March 9 from 9:00 a.m. - 2:00 p.m. at the Espanola Recreation Complex. To register or for more info call 705-370-3378.

Boro and Sashiko Stitching - Join enthusiasts March 14, 2:00 p.m. at the Espanola Recreation Complex. More info call Jody 705-566-7653

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

Recipe

Fuel to Go Muffins really live up to their name; they are seriously loaded with protein and nutrients but also taste delicious. This is an amazing breakfast muffin, after school snack, or a great way to refuel the athletes in your life. If you are hiking, snowshoeing or spending the day skiing or snowboarding, be sure to pack along some of these muffins. They taste amazing, boost your energy and will fill you up!



Fuel to Go Muffins

- 2 cups whole wheat flour or all-purpose flour
- 3/4 cup sugar
- 1 tbsp cinnamon
- 2 tsp baking powder
- 1/2 tsp salt
- 1/2 cup shredded coconut
- 1/2 cup each of raisins, dried cranberries, dried blueberries (1 1/2 to 2 cups total) or any kind of dried fruit like figs or apricots
- 2 cups grated carrots
- 1 apple, shredded
- 8 oz can crushed pineapple, drained well
- 1/2 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 1/4 cup chia seeds
- 1/4 cup hemp seeds
- 3 eggs
- 2/3 cup vegetable oil can also use olive oil
- 1 tsp vanilla

Mix together flour, sugar, cinnamon, baking powder and salt in a large bowl. Add dried fruit, coconut, seeds, raisins, crushed pineapple, apple and carrots. Stir to combine. In separate bowl whisk eggs with oil and vanilla. Combine this mixture with dry ingredients and mix until just incorporated. Batter will be very thick. Fill 12 baking cups heaping full. Bake at 350 degrees for 30-35 minutes, until tops are nicely browned and crusty. These also freeze very well.

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OBITUARIES

ROOT, Allen - June 8, 1961 – February 22, 2019. A Gift Returned to God. In loving memory of Allen Root, who passed away unexpectedly although peacefully in Espanola, Friday, February, 2019 at age of 57. Beloved son of Preston Root pre-deceased August, 1987, Therese Root (nee Bertrand) pre-deceased April, 2016. Beloved brother of Gilbert Root pre-deceased January, 2007 (Debbie), Claudette Holden (Keith), Melinda Root (Craig Livingston). Beloved uncle of Brad Holden (Lori), Stacey Patenaude (Mark), Jessica Root, Adam Root (Ashley), Eric Root. Great Uncle of 4 children. Celebration of Life at Lee Valley Hall, Massey, at a later date.

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FOR SALE – Limited dry wood for sale, also kindling for backyard fire. Call Greg 705-822-4734. 3/26

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HAIRSTYLIST AMANDA FAIRBURN - previously from Dittich'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

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MEETINGS

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

HELP WANTED

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OBITUARIES



Bell – In loving memory of Eldon Spencer Bell. It is with great sadness that we announce the passing of Eldon at the Espanola Nursing Home on February 21, 2019. Eldon is survived by his daughter Lorie of Australia. He was predeceased by his wife Beverley on January 3, 2019. Dear son of the late Arnold & Mamie Bell. Loving brother of Jo-Anne (predeceased). He will be greatly missed by his niece Sue Rooney and her siblings Bob Jr. (Louise), John (Kelly) and Walter Rooney. Also greatly missed by his caring cousins Glen & Marlene Wilson and Brian & Karen Wilson. Eldon will be greatly missed by his long life friends. Also sadly missed by neighbors Dan & Arlene and their kids. At Eldon's request there will be no visitation or service. Donations of sympathy may be made to the Espanola Nursing Home Therapeutic Garden. Interment at a later date in the Espanola Cemetery. Arrangements by BOURCIER FUNERAL HOME Ltd, Espanola.



Eshkakogan – Adelard of Sagamok passed away at his home on February 21, 2019 at the age of 63. Dear son of the late Dominic & Gladys (nee Toulouse) Eshkakogan. Beloved husband of Sandra (nee Jones). Loving father of Joshua of Sagamok, Mitchell (Stephanie) of Sagamok and Juliet of Sagamok. Cherished by grandchildren Tessa, Dominic, Donnell, Donte, Jacinta, Jaxon, Joseph and great grandchild Samara. Dear brother of Monica Fox (late husband Stephen) of Wikwemikong, Eileen Smith (husband Patrick) of Sagamok, Gordon Eshkakogan (Cathy) of Sagamok, Alan Ozawanimke (Yolande) of Sagamok and the late Bryan, Sharon, Freida Eshkakogan and John Redsky. Friends and relatives may be received on Saturday February 23, 2019 for a visitation at the New Community Centre for 3 PM. Funeral Mass on Monday February 25 at 1 PM at St Raphael Spiritual Centre with Fr. Jerry officiating. Interment in the New Sagamok Cemetery. Arrangement by BOURCIER FUNERAL HOMR Ltd, Espanola



Spencer Wilson born November 3, 1929, passed away peacefully at his home with family by his side on February 24, 2019. Cherished husband of 61 years to Edith Wilson (nee Ritchie). Beloved son of Thomas Henry (Harry) and Viola (nee Church) Wilson. Beloved father of Debbie Peters, Kathy Wilson, (Terry Gattoni), David (Gretchen) Wilson. Grandfather to Kayla (Michael) DeMarco, Ryan (Shannon) Carroll, Courtney Leclair (Blake Eshkakogan), Samantha Peters (Kyle Gionette), Spencer Wilson (Tamara Gionette), Zachary Wilson (Lisa Johnson) and Noah Wilson. Proud great grandfather to Draiden, Jack, Max, Levi, Addison, Zayden and Baby Gionette. Beloved brother of Loretta (Orville) Todd both predeceased, Linda (Russell) Baptist both predeceased, Amy (Earl) Vallee both predeceased, Elda (Theobald) Mathews both predeceased, Thomas "Bud" (Janet) Wilson both predeceased Joe Wilson, predeceased, Robert "Bob" (Betty) Wilson, Brenda ("Billy" predeceased) Hobbs. Brent predeceased (Judy) Wilson. Special brother to Earl Vallee predeceased. Special uncle to numerous nieces and nephews. Spencer was a manager for the LCBO for 37 years. Spencer coached hockey and broomball in his younger years and loved the game of golf. He sang in the church choir and in the Voices of Spring. Funeral was held at St. Andrew's United Church, Massey on Monday March 4, 2019 at 11:00 AM. Donations can be made to St. Andrew's United Church or the Massey Museum. Arrangements by BOURCIER FUNERAL HOME Ltd, Espanola.

BÉNÉVOLE

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EMPLOYMENT OPPORTUNITY



Espanola & Area
Family Health Team

Espanola & Area Family Health Team
Registered Nurse –
Temporary Full-Time until March 31, 2019
Permanent Part-time starting April 1, 2019

QUALIFICATIONS:

- Completion of BScN or RN diploma program with current registration in good standing with the College of Nurses of Ontario
- Demonstrated knowledge of the role of interdisciplinary health care providers as part of a collaborative team.
- Experience in OTN coordination.
- Understanding of community based primary care prevention programming.
- Demonstrated understanding and application of the vision, mission and values of the Family Health Team initiative.
- Good organizational skills and time management skills. Demonstrated ability to manage multiple tasks, prioritize workload.
- Ability to provide attention to detail.
- Excellent communication skills and strong interpersonal skills.
- Ability to provide regular attendance.
- Knowledge of Consent and Release of Information legislation
- Bilingualism (English and French) is an asset

To apply in confidence, please forward your resume together with a cover letter outlining your relevant experience and qualifications.

Consideration of applicants will begin immediately and continue until the position is filled.

Human Resources Manager
Espanola Regional Hospital and Health Centre
825 McKinnon Drive
ESPANOLA, ON P5E 1R4
Email: recruitment@esphosp.on.ca

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

EMPLOYMENT OPPORTUNITY



Conseil des Services du District de

Manitoulin-Sudbury
District Services Board

210 boul Mead Blvd
Espanola, ON P5E 1R9
Telephone/Téléphone: (705) 862-7850
Fax/Télécopieur: (705) 862-7805
<http://www.msdsb.net>

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Communications Officer – Espanola
INTERN (12 Months)

Competition #2019-02-AD

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While all responses are appreciated,
only applicants selected for an interview will be contacted.



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