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November 16, 2021 Issue #46 - Volume 25

#### Wounded Warriors Canada Supported By Espanola Walkers



**Photo:** Adam Lachance, Tyler Rydall, Brandon Courtemanche, and Jeremy Penner. Photo provided by Brandon Courtemanche and used with permission.

By Rosalind Russell - An Espanola man and three of his friends took part in a walk Saturday, November 6th to raise awareness and funds for Wounded Warriors Canada. Local firefighter and mine rescue worker, Brandon Courtemanche says he became interested in the work of the organization and wanted to help the cause.

He says Wounded Warriors Canada is a national mental health service provider that creates an environment of compassion and hope for Canada's veterans, first responders and their families.

Courtemanche says the foursome who named themselves the Spanish River Rats walked 22-kilometres walk raising \$1,175 for the organization.

He adds they plan to stay organized, attract more members and make the walk an annual event.



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#### **Teddy Bear Toss Planned For Espanola**



**Photo:** The Annual Teddy Bear Toss will be hosted by both the Espanola Lions and Espanola Legion.

The Espanola Lions Club and the Espanola Legion are partnering together once again to host the annual Teddy Bear Toss.

Lion spokesperson Lewis says the toss started with the local Junior A hockey team some years ago but had to be switched up to meet COVID-19 protocols last year. The toss will continue in a similar fashion this year, with the public invited to toss their teddy bears or other stuffies November 27th from 4:30 pm to 6:30 pm with donors invited to toss them at the cannon near the Legion's main entrance.

He says the stuffies are collected as part of the Agnes Michon Lions Toy Drive.

Lewis adds there will also be hotdogs and hot chocolate available.

#### **Renewal Of OPP Contract For Espanola Means More Savings**

The Town of Espanola has saved just over a million dollars in policing since eliminating the municipal service three years ago and bringing in the Ontario Provincial Police.

A report being released to Espanola council will detail how money was saved with the switch.

The report also points out that there were savings because of the decrease in court costs due to the pandemic and that will need an adjustment once the system returns to normal.

Council will also be discussing the new contract showing estimated OPP costs for 2022 at just over \$1.26 million based on the OPP standard costing model.

This estimate is made up of base service, call for service, overtime, court security, and prisoner transportation, and includes a \$10.563 credit which came from a 2020-year end adjustment.

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#### **Espanola Artist Donates Oil Painting** To Sacred Heart School



Photo: Painting donated to Sacred Heart School. Photo provided by Penny Bois and used with permission

well-known Espanola artist has donated an original painting to the new Sacred Heart.

Penny Bois says she started painting the "Canadians We Stand United" at the beginning of the pandemic.

She says even though everyone had to isolate, she

felt as a nation people had united together to help each other as best they could during the various shutdowns.

Bois adds she feels the painting sends a strong message to students and donated the painting to the school late last week.

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# My New Family Doctor Is Also The Clinic's Assistant/Receptionist/Cleaning Lady

Have you noticed that our healthcare system is overworked, under appreciated and shrinking faster than a violet under a UV vaccine. I'll say no and you show me the lamp?!?

"Knock knock."

"Who's there?"

"Collin."

"Collin who?"

"Collin all doctors! Collin all doctors! Five million Canadians need to book an appointment!" I was not all that upset to learn that five million Canadians do not presently have a family doctor until that number suddenly jumped to 5,000,001. Me. During my last visit to the clinic I was talking about this to Lynn, the assistant to my former doctor who semi-retired and moved out-of-province. His replacement from England never showed up.

"So Lynn, why don't you take over as the doctor?"

Lynn who was taking my blood pressure laughed. I did not.

Seriously, how difficult can it be? I come in and you pretend you're happy to see me. I tell you what's troubling me and you bring up my chart on the computer and punch in details of today's visit. Then you either write me a prescription, send me for bloodwork or refer me to a specialist. That's all your boss

Lynn was now looking at me like my health issue was probably more mental than physical. Seriously, put on a white tunic, hang a stethoscope around your neck, show interest, exude sympathy and then pass me along to someone else.

Lynn wasn't buying into my new healthcare plan in which assistants and receptionists at medical clinics will now replace General Practitioners

It's easy. I come in and tell you that it really hurts when I do this and you say: "So don't do that." I leave, you bill OHIP and everybody's happy. Plus, if you call me "Hon" I'll leave you a tip.

Think about it, Lynn. You're already giving me my annual flu shot, checking for fever

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and testing my blood pressure and heart rate. Every so often suggest I get that shingles vaccine. I'll say no and you show me the photos of people who suffer from the disease. Then you help me up and bring me to with smelling salts. I then beg you to give me two shingles shots, the booster and something that'll help me sleep tonight.

Also, you won't get any complaints because nobody ever answers the phone and your message says you can't leave a message! Lynn began taking her own blood pressure. Okay, let's say I come to see you and I'm ranting about a pulmonary embolism or degenerative myelopathy or other things neither of us know anything about. You just say: "I'm a doctor. This is an apple. Get lost." Or I'll come in and point to my right eye which is so bloodshot you can barely see the pupil and you'll say: "I think you have pink eye."

And I'll say: "Well, I'd like a second opinion."

And you'll say: "Okay, that shirt doesn't match those shorts."

I had a great GP for 20 years. Jim. I'd book an appointment twice a year and we'd talk — golf, the weather, amazing medical breakthroughs like the guy featured on 60 Minutes who played the violin while he was undergoing brain surgery.

At the end of our conversation Jim would prod this and probe that and ask how I was feeling. I'd say 'great' and he'd tell me to come back in six months. That system worked perfectly — a chat, a flu shot, his assurance that my good cholesterol was beating the crap out of my bad cholesterol — and I'd be on my way.

Until the day that the system failed. The day the latex glove came out.

Jim was checking a small cyst in the groin area and I guess I didn't hear him bring up the subject of prostate enlargement because I was talking at the same time about how I have a surprising low threshold for pain and... HULLO!!!

Continued on page three...





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Continued from page two...

You know how these antivaxxers are running around putting the rest of us in danger, ensuring that the COVID-19 virus will be with us forever and brandishing signs that scream "Violation of bodily rights?!?"

When you hear the words "Bend over, this will only take a minute" from a man of authority — well, that right there is a legitimate reason to protest against doctors and... wear a wetsuit to all future medical check-ups. So Lynn, when you bring up the subject of Digital Rectal Exam, I'll say 'don't do that', you nod in agreement and we'll get along just fine.

Lynn, you might as well take over the doctor's practice because I've already spoken with Milly, the cleaning lady that comes into the clinic on weekends and she's quite keen to become the next GP. In fact, not only has Milly never missed an episode of General Hospital, she's already enrolled in the online Doctorate of Medicine course at Rochville University where Chester Ludlow, a purebred Pug, recently received his MBA. (Honest!)

Trust me, Lynn. On your worst day as the new GP — suffering a migraine, with the parking lot under four feet of snow and the Internet down — for five million Canadians without a family doctor it would still be better than nothing.

For a comment or a signed copy of The Dog Rules - Damn Near Everything email: williamjthomas@gmail.com

# FOR SALE

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# **COMMUNITY NOTES**

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**Espanola Food Bank Christmas Exchange** - Saturday, November 20th from 9:00 a.m. - 12 noon At the Espanola Recreation Complex. Drop off your gently used Christmas decorations on Friday, November 19th at the Complex. Donations to the Food Bank appreciated.

**Live Nativity** – Churches of Espanola will be presenting a live nativity at the ballfield pavilion as part of the Christmas parade November 27 from 7:00-9:00 pm. Everyone is welcome to come and be a part of this event.

**Walford Christmas Bazaar n' Tea 2 Go** – December 11 from 1:00 – 3:00 at the Walford Community Centre. Donations Appreciated. Advanced Penny Sale & 50/50 tickets will be available. Call 705-844-2887 for more info.

**Craft Sale** – Every Thursday at the Sr. Drop-In-Centre (799 Queensway) from 11:00 a.m. – 2:00 p.m. Every week until Christmas.

**Samaritans Purse Christmas Gift boxes** - Anyone interested in operation Christmas Child, you can text me at 705 506 5702 and I will be happy to get the boxes to you.

**Lions Catch the Ace** - Tickets are available at Tanner's, Tuesdays and Thursdays from 11:00 a.m. till 3:00 p.m., and in the Mall Mondays and Wednesdays from 11:00 a.m. till 3:00 p.m.

**Elks Lodge 346 Hospital Equipment Donations -** If you are in need of any hospital beds, wheelchairs, shower chairs or commodes etc, please call Steve Philpott at 249-879-8634.

**Al-Anon Support for families and friends** - Troubled by someone's drinking. Meetings every Tuesday at 7:00 p.m. at St George's Anglican Church, Tudhope St. More information @ al-anon.org

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

My friend shared this delicious recipe with me that her family enjoys. Even if you are not eating low carb, you'll enjoy this light but flavourful casserole that is



quick and easy to make. It's also a great way to sneak some extra vegetables into the kids.

#### **Low Carb Taco Casserole**

- 10 ounces Frozen Cauliflower Rice
- 2-3 Tablespoons Oil
- 2 Lbs Ground Beef
- 1 Small Red Bell Pepper seeded, chopped
- 1 Small White Onion chopped
- 4 Tablespoons Taco Seasoning
- 1 Tablespoon Tomato Paste
- 1/2 Cup Water
- 3 Cups Shredded Colby/Jack Cheese
- 1 Cup Sour Cream
- Optional Toppings: Chopped Lettuce, Chopped Tomato, Sliced Black Olives, Avocado/Guacamole, Cilantro, Sliced Jalapeno, Salsa, Hot Sauce

Preheat oven to 350°F. Pan fry the cauliflower rice in oil over medium/high heat until browned. Transfer to greased 2qt casserole dish and spread in an even layer. Brown ground beef with red pepper and onion over medium/high heat. Drain excess fat if necessary, then add taco seasoning, tomato paste and water. Stir and cook until liquid absorbs. Transfer to casserole dish in an even layer on top of cauliflower rice. Top with shredded cheese and bake for 10-15 minutes. Spread sour cream over the top. Sprinkle with extra shredded cheese and preferred toppings.

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**HELP WANTED** - Part time office manager. Computer, internet skills a must. Microsoft Word, Power Point, Excel. Submit resume to carey.on@eastlink.ca 11/16

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#### **WANTED**

WANTED HOUSEKEEPER - References required. 705-862-0530. 11/16

# Moose Corner

Be listening to The Moose 99.3 FM - CJJM for all the latest news, weather, sports and events. Hosting an event? Have a story to share? Call the NEWS LINE AT 705-869-NEWS ... that's 869-6397!

#### **OBITUARY**



**Donald Quinton** (75), of Kingston, Ontario passed away peacefully on Sunday, November 7th, 2021 at Providence Care Hospital with his family by his side. He was born in Rodney, Ontario, on September the 8th, 1946 on his family farm, the youngest of five. His early career at the Royal Bank brought him to Northern Ontario where he later got into the hotel business. He eventually semi-retired on his farm in McKerrow near Espanola while working for the

Township of Baldwin. He moved to Kingston two years ago. He loved spending time with his family. He also enjoyed playing cards and being in the outdoors quading, fishing and hunting. Don loved to have a good time! He was a jokester with a great sense of humour and everyone who knew him would agree. (Where did you hide the ball Dad?). He was a hard working and caring man who put others before himself. Don left a permanent mark etched on our hearts and is already missed by his wife of over 55 years, Brenda, and his children, Tammy (Joe) and Tim (Susie). As the proud Grampa of four, he lives on in the hearts and accomplishments of Maddy, Quinton, Connor and Ali. Fondly remembered by his siblings, nieces, nephews, in-laws, extended family and many friends. Many thanks to all of the outstanding health-care providers that cared for Don in Ottawa and Kingston, along with the compassionate staff at Providence Care Hospital. If you wish to make a donation in memory of Don, please consider the Espanola Food Bank. A celebration of life in Don's honour will be held on November 20th, 2021 from 2 pm to 4 pm at Snoopy's Landing Hall, 9 Short Street, McKerrow, Ontario. All applicable Covid-19 restrictions will be in place. Non-perishable food donations will be accepted at the hall.

#### NOTICE



#### **Royal Canadian Legion Branch 432, Massey ON Notice to the General Public**



Poppy fund campaign for October 1, 2020 - September 30, 2021

October 01, 2020 Balance \$5,915.39 Receipts \$6,381.07 Expenses (including wreath \$5,037.98 Donations & awards.

September 30, 2021 Balance \$7,258.48

Sincere thanks to the general public for making this campaign a success. Thanks to all who participated in any way. Special thank you to the Espanola Lions Club for their donation.

Margaret Ann Behm, Poppy Chairman



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



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The following Employment Opportunity is now available to anyone interested in joining our highly dedicated workforce.

#### Case Manager - Espanola Temporary Full-Time

Competition #2021-17-ISS
Closing date: November 18, 2021
For position details, visit Job Opportunities
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While all responses are appreciated, only applicants selected for an interview will be contacted.



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