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It's Not Just A Stool ... A Badge Of Honour For The Friendly Massey Marathon



Photo: Will you get a unique milking stool this year? To do so, you have to take part in the annual Massey Marathon or one of its subsidiary races. Photo by masseymarathon.ca

By *Rosalind Russell* - It's not the bragging rights, it's not the medals, it's not the kudos ... it's the stool that the runners in the Friendly Massey Marathon crave. This is the 42nd year for the Friendly Massey Marathon founded by Norm Patenaude decades ago. Brady Ropp is the Parks and Recreation Coordinator for Sables-Spanish Rivers. He and his crew, including volunteers are gearing up once again to host some 200 to 250 runners, not only from the local area, but across Ontario, and even, from out of country. The Friendly Massey Marathon is also a qualifier for the Boston Marathon, so it holds a special place in many people's

Continued on back page...

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Continued from front page...

## It's Not Just A Stool ... A Badge Of Honour For The Friendly Massey Marathon

heart, especially as it winds its way through the beautiful area surrounding the Spanish River.

Ropp says he is as surprised as anyone else to find out how participants covet the wooden milk stools given out to everyone who registers and takes part in the event, which also includes the 30th Spanish River Half Marathon, the 12th Chutes 10 Kilometre and Fourth Annual Family Five Kilometre runs, as well as the Massey Predators Colour Run.

"It's amazing to see how many people love to come out to the event and take part. Norm Patenaude would certainly be proud," says Ropp. "He was very enthusiastic about the sport itself and he really helped shape the foundation of road running in Ontario.

"We continue his legacy in his honour."

Ropp says he doesn't know the story behind the wooden milk stools, but they have become a staple of the race.

"I wish I knew how it came about and I am going to try and find out," says Ropp. "It is crazy how people share their stool stories, how they are so proud to possess one, how much of an honour it is.

"Everyone wants to win one

because they carry such prestige in the racing world. You wouldn't think it would be the prize that it is, but people crave them."

Who can win one? "Everyone who registers and runs, walks, takes part. It is that simple. They are made for us by Rustic Craft out on Skead Road, so they are all hand-made making each one unique," explains Ropp.

It all takes place the weekend of July 20th. Registration takes place on Saturday with the 20 K and 5 K races taking place, then capped off with the annual Spaghetti Dinner. That's followed by the full- and half-marathons Sunday morning, bright and early at 6:00 am, with the annual Pancake Breakfast also taking place. The day is capped off with medals, qualifying times and the stool presentations. Will you get yours this year? Any age, anyone is invited to take part.

Volunteers are also much appreciated.

For more information or to volunteer, give Brady a call at 705-862-1426.

Email: info@masseymarathon.com or visit the Website: www.masseymarathon.com



**43<sup>RD</sup> Annual  
Friendly  
Massey Marathon**



&

30th Annual  
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1:00 pm - Massey Predators Colour Run Registrations

3:00 pm - 1k Colour Run

3:30 pm - 5k Colour Run

5:00 - 7:00 pm: Spaghetti Feast - Cost \$8.00/person,  
Under Age of 5 is Free

**Sunday, July 21**

5:00 - 5:45 am: No registrations accepted. Pick up race packages only.

6:00 am: FULL MARATHON START

6:15 am: 1/2 MARATHON START

6:30 am: CHUTES 10k START

7:00 am: FAMILY 5k START

8:00 am - 11:30 am: Pancake Breakfast

Cost \$6.00/person, under Age of 5 is Free

8:00 am: Awards ceremony will be on-going at the Arena as soon as the runners complete their race



**VOLUNTEERS NEEDED FOR ALL EVENTS  
FOR FURTHER INFORMATION:**

Contact Brady Ropp 705-862-1426

Email info@masseymarathon.com Website www.masseymarathon.com

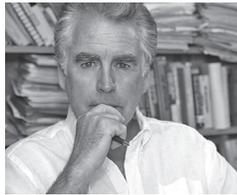
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# All The World's A Circus

William Thomas

williamjthomas@gmail.com

## Eat. Race. Love. The Legend Of "The Zipster" Lives On.

Everytime I get a Zippy Chippy Alert on the screen of my computer I'm convinced the poor old bugger has passed away. But no, he lives on at the precarious age of 28 not knowing that few horses ever make it to 30. Zippy is still feisty, happy and even healthy given that he's had such a rough life.

Whereas your average thoroughbred racehorse competes in only six to eight races, from 1994 to 2004 Zippy ran 100 races mostly at Finger Lakes Racetrack near Rochester New York. He also set a record by never winning even one of those races, a fact duly noted in the Guinness Book of World Records which branded the poopy-brown sprinter as the "losingest horse in thoroughbred racing history." This global slam was somewhat tempered when People Magazine placed Zippy Chippy in their "Top 50 Most Intriguing Personalities Of The Year 2000."

Not some unconnected waif of a racehorse, Zippy Chippy with Hall Of Fame ancestors like Man 'O War, Native Dancer, Bold Ruler and Northern Dancer was bred into blue-blooded equine royalty. But looking back on his career, it was like he was born into the Eaton family and went on to start a company called "Got Junk!"

Zippy did not care. He tried his best, he never quit and in fact, he believed he won most of the races. After each race he returned to the backside, head high and bobbing, prancing with his tail in the air and he'd make the kind of noise that let the other horses in the barn know that he'd kicked some serious ass out there today. Then he'd tuck into a big meal and immediately fall asleep. Zippy for all his quirky faults never lost sleep over losing. Most thoroughbreds aspire to "Run For

The Roses" at the Kentucky Derby. Zippy? He liked to stop and smell them... which in a two-minute contest will cost you a lot of valuable time.

In America where the underdog is always the favorite, Zippy Chippy became famous. CNN, The New York Times and Sunday Morning With Charles Kuralt all did features on America's most loveable loser. The Prime Minister of Japan cited Zippy in a speech to that nation's school children about working hard and persistence. Jay Leno made Zippy Chippy jokes like "Zippy Chippy no longer tries to finish the race first. Now he just tries to finish the race before dark!"

Zippy had so many fans, so many people that related to his 'never give up' attitude that they always bet on him and heavily. Instead of going off at 99 to 1 odds, Zippy was usually the race favorite which I assure you, was pressure this horse did not need.

When Zippy hung up his halter after race #100, he retired at Old Friends Farm At Cabin Creek, a seniors center for racehorses near Saratoga, New York. On day one, Zippy Chippy fell in love. A quick photographer captured the moment Zippy met Red Down South, their noses touching ever-so-gently by way of introduction. You should Google this photo at "Old Friends At Cabin Creek-Retired Thoroughbreds" to witness love at first sight, firsthand.

Both geldings, Zippy and Red have been inseparable for these last eight years. Whenever Zippy's creaky body starts to drag, Red pushes him to romp around their spacious outdoor pen. Whenever Zippy does something stupid as he's apt to do, Red bites him in the ass.

Whereas Zippy never won a race but

*Continued on page three...*

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*Continued from page two...*

earned \$30,834 in his career with second and third place finishes, Red Down South did win races and racked up \$116,650 in life-time earnings. As I said in my book, on a slow day at the farm when both of them are bored, Red gets into Zippy's face and paws the ground 30,834 times and then falls down laughing.

Zippy is a genuine star in horse racing circles in the same way "Eddie The Eagle" was MVP of the 1988 Calgary Olympics. His fans come to Old Friends each summer and buy my biography as well as his souvenir ball caps, mugs, T-shirts and keychains. In what I would characterize as a 'beautiful irony' Zippy Chippy is now helping to support 22 other thoroughbreds on the farm...and they did win races! (Red doesn't do that \$30,834 joke anymore.) So much so, Old Friends motto now reads: "You Don't Have To Come First To Be A Winner!"

I have visited Zippy Chippy at Old Friends Farm on three occasions since my book was published. Twice he's tried to bite me, once he head-butted

my shoulder and knocked me down and the last time when I gave him an apple he crunched into it with those big, yellow teeth and spewed juice down the front of my clean white shirt. If I'd been the one charged with naming this horse, it would have been Ungrateful Bastard. I'm thinking maybe 'cantankerous' is the key to a good long life. I tell you all this for two reasons. First, Zippy Chippy Day at Old Friends Farm near Saratoga is Tuesday, July 23. If you ever wanted to shove a carrot into the mouth of a living legend, this might be your last chance...if you know what I mean.

And second, no matter what your circumstances or lot in life, never give up. According to the life of the Zipster you just never know what crazy-ass thing might happen next.

William Thomas is a humour columnist.

For comments, ideas and copies of The True Story of Wainfleet, go to [www.williamthomas.ca](http://www.williamthomas.ca)

## Curbing And Abatement Nudge New Espanola Fire Hall Over Budget

FIRE HALL COSTS JUNE 25, 2019							
	ACTUAL COSTS TO DATE	OUTSTANDING	TOTAL PROJECT COSTS	2018	2019	TOTAL BUDGETED PROJECT COSTS	VARIANCE
PROFESSIONAL FEES							
Perry & Perry	22,896.00	15,264.00	38,160.00		50,000.00	50,000.00	1) 11,840.00 24%
TOWN OF ESPANOLA (PERMIT)	37,807.00		37,807.00				2)
			75,967.00			50,000.00	
GENERAL BUILDING CONTRACT							
UGNUM BUILDERS - Contract	2,161,485.30	89,158.04	2,250,643.34	830,200.00	1,424,000.00	2,254,200.00	3)
Change Order #1-hardware	1,690.27		1,690.27				
Change Order #2-abatement		22,726.06	22,726.06				
Change Order #3-paving		15,445.07	15,445.07				
CLEANCRETE CUTTING (CURB)	4,070.30		4,070.30				
HOME HARDWARE	14.62		14.62				4)
			2,294,589.66			2,254,200.00	- 40,389.66 -2%
EQUIPMENT							
FLAGS UNLIMITED (new pole)		1,974.85	1,974.85				
COMMUNICATION EQUIPMENT							
SPECTRUM		4,231.26	4,231.26		24,000.00	24,000.00	
DC COMMUNICATION		11,471.91	11,471.91				
BELL - ????							
EASTLINK - ????			15,703.18			24,000.00	8,296.82 35%
			2,388,234.69			2,328,200.00	- 60,034.69 -3%

1) Additional outstanding costs for professional fees is an estimate based on previous invoice.  
2) Town of Espanola permit fees, not budgeted for as it is a journal entry and not a cash outlay.  
3) Original 2018 Budget for construction was 1,625,000, however only \$830,200 of work was completed so this figure has been updated to reflect actual.  
4) Curb cutting was required for access from 4 truck bays.

The overall negative variance to date of \$60,034.69 includes \$37,807 for the building permit which is not a cash outlay but an inter departmental charge.  
The remaining variance of \$22,227.69 reflects change orders issued mostly for abatement and parking area improvements.

Photo: Espanola CAO, Cynthia Townsend, provided Around&About with the overview of the costs for building the new fire hall and demolishing the old one.

Parking accommodations and the removal of asbestos from the old Espanola fire hall has nudged up the budget for the project. The building of the new fire hall and demolition of the old was budgeted at \$2,328,200, but has gone over by some \$60,000. Of that, nearly \$38,000 is for the building permit, which is not a cash outlay, but an

interdepartmental charge. The remaining coverage of just over \$22,000 reflects change orders for asbestos abatement of the old hall and new curbs for access to all four bays. The only outstanding costs left are phone and Internet installation and services. Most of the funding has come out of reserves.

## Espanola Is Going To Pot ... Literally



Photo: Jeff Scharf (left) president-CEO of GaiaCann is collaborating with ONEnergy chairman Stephen J.J. Letwin to establish a scalable medical marijuana cultivation and extraction facility in Espanola. Photo supplied by GaiaCann/ONEnergy

A new Northern Ontario cannabis company will be building multi-faceted facilities in Espanola for the cultivation, process and sale of cannabis. GaiaCann is hoping to tap into the medicinal pot industry through a science-based approach. The 32,000-square-foot facility will be built in the Penage Lake Road in Espanola and is set to be licensed and begin operation in March of next year. That will be followed by a

larger, adjoining 100,000-square-foot facility, "The Greenhouse Project," capable of producing 9,000 kilograms annually. A third leg of expansion would take place across town on a Queensway Avenue property. The research facility will allow the company to do analytical testing, drug discovery to cultivation, extraction and purification. The company expects to create over 100 jobs on the cultivation sites alone.

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## OBITUARY



**Trowbridge - Alma Annie** of Espanola passed away at the Espanola Nursing Home on July 8, 2019 at the age of 75. Dear daughter of the late Ernest & Annie (nee Hartson) Abbott. Beloved wife of the late John Trowbridge. Loving mother of Albert (Sherry) of Espanola, Nancy Trowbridge of Espanola, Derek of Toronto, Gregory of Fredericton, N.B., and the late Tina. Cherished by grandchildren Shelby and Bethany Trowbridge, Renee Trowbridge and Charles-Antoine Boulianne. Dear sister

of Florence, Marie, Mary, Irene, Goldie, George-William, Joe, Gary, Ernest, Cyril, Jim, Calvin and the late Frank and Gertrude. Alma's family would like to thank the staff at the Espanola Nursing Home for taking such good care of their Mom. Friends and family were received at the Bourcier Funeral Home for a visitation on Wednesday July 10, 2019 from 7-9 PM. Funeral Service was on Thursday July 11 at St. George's Anglican Church, Espanola at 11 AM. Cremation to follow with interment of ashes at a later date. If so desired, donations to the Espanola Nursing Home would be appreciated. Arrangements by BOURCIER FUNERAL HOME Ltd. Espanola.

## COMMUNITY NOTES

PROUDLY SPONSORED BY



**Lee Valley Hall** - entertainment will be provided by the band called Nostalgia, Saturday July 27th from 1:00 to 4:00 p.m.

**Celebrate 100 years of Espanola Public/A.B. Ellis School** - Join us on August 2, 3, 4. Register online at <https://www.eventbrite.ca/e/ab-ellis-espanola-public-school-100th-anniversary-celebration-tickets-61092927591?aff=ebdssbdstsearch>

**Espanola Public Library Board Game Night** - NO fee or registration required! Every 3rd Thursday of every month 6:00-8:00 p.m.

**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.

### 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

## Registrations For 100th Anniversary Underway

Looking to plan a summer gathering, be a part of the party of the century.

Espanola Public/AB Ellis Public School is turning 100 in Espanola and registration is now available.

The Espanola Lions Club, Cruisers and other organizations are all lending their support to the event, which will include a

reunion dance, meet and greet, and celebratory cake.

The events will be hosted on the school grounds as well as at the Espanola Royal Canadian Legion Branch #39 throughout the August long weekend, August 2nd to 4th.

For registration and schedule information, check out the posters.

## Recipe

This recipe is slightly different than the usual broccoli salad that I make. Adding the broccoli slaw gives this salad an extra crunch. You can add raisins and sunflower seeds if you wish. This is a sweet and creamy broccoli salad with the perfect amount of crunch.

### Broccoli Salad

#### Dressing Ingredients

- 1 cup of Hellman's Mayonnaise (not Miracle Whip)
- 4 tbsp white sugar
- 3 tbsp vinegar

#### Salad Ingredients

- 5 cups of chopped up broccoli
- ½ medium red onion, diced
- 8 slices of cooked bacon, crumbled
- 1 cup of grated cheddar cheese
- 1 cup of broccoli slaw
- Raisins, Craisins or sunflower seeds- optional

Mix dressing ingredients together and set aside. Combine all salad ingredients together in a large bowl and pour dressing over. Mix well. Chill in the fridge until serving.



## Farmers Upset With Building Code

Charlie Smith, a long-time farmer in Sables-Spanish Rivers Township, is just one of several farmers who appeared before township council to complain about building permits for farm structures, such as barns.

He told council ever since the settling of the area, farmers built barns without interference by any inspector, engineer, committee, council or government rules.

He says in the past, agricultural buildings were exempt from the building code.

Smith believes council is

looking for a cash grab, but that could lead to farmers simply moving away to build a livelihood elsewhere, a sentiment echoed by the other farmers at the meeting in late June.

Smith emphasizes it is council's choice to enforce the building code, but that could mean less investment in farming properties in the future if farmers can't afford the building permits to construct the buildings they need to operate.

Council took their comments under advisement.

## Man Sentenced 21 Years For 'Horrific' Killing

A Webbwood man has been sentenced to 21 years in prison for murdering his spouse.

According to Sudbury court documents, Joseph Michael Pollars, piled clothes and other materials on the body of his wife and lit the room on fire after strangling her death.

The 32-year-old was under a court order not to be at the residence following a conviction of assault with a weapon.

Pollard had been initially charged with first degree murder in the death of 32-year-old mother of three, Alicia Armstrong, but pleaded guilty to the lesser charge of manslaughter last week.

The murder took place April 3rd, 2017.

The 21-year sentence was issued by Superior Court Justice Robbie Gordon.

Gordon also issued a lifetime weapons ban and a DNA order.

## Carol Hughes' - Buying Local Is Always A Win-Win

People may buy local foods for a variety of reasons but most do it because they know that eating locally means eating well. This is why you should take every opportunity to go to weekend farmers markets, roadside stands, or seasonal fruit carts this summer. In fact, there's never a bad time to take advantage of all of your options to eat locally.

It's no surprise that over eighty percent of Canadians agree that it's important to know where their food is coming from. With today's hyper-industrialized food economy, much of what happens takes place far away from the actual people who are consuming the food. For someone who is trying to buy ethically or even just sustainably, such a lack of transparency can be extremely frustrating.

On top of that, companies who mass produce food prioritize profit and try to get it shipped out as fast as possible. Their emphasis is on making sure the food has long shelf life, not how it tastes to the people who will end up eating it. That's not the case when you buy local. Buying local often allows you to get to meet the people who actually grow or prepare your food and help you feel good in knowing that you're receiving a product that people took pride in making.

As summer progresses, we have an exciting variety of in-season fruits and vegetables that become available. Local farms are able to grow foods according to the season and preserve genetic diversity while supplying a variety of food that has a longer harvest window. Summer isn't the only season where you can enjoy the fruits of what your local community has to offer. Instead of shopping at big box stores, many areas have grocery stores, butchers, and bakeries owned and operated by people in the community,

making it easy to buy locally throughout the year.

But local produce is just the beginning. Eggs, dairy, honey, maple syrup, cheese, as well as specialty products like handmade soap, and even services, can all be purchased locally. If you check your shopping habits, you might be surprised by how much can be replaced with quality, local goods. Consider the recent spread of craft breweries across the north that makes it even easier to cool off with a local beer. Of course buying local can also be expanded to buying food grown in Ontario, which gives you more options- especially for fresh produce.

Apart from supporting the regional economy, buying in your area is essential to creating a sustainable local food system. When food is produced close to where it is sold, pollution is reduced. Food that ripens on a truck only to sit in a supermarket the next day is picked out for its long shelf life and not for taste. Buying vegetables that are picked before ripening limits the nutritional content and flavour of food. Produce that is made and grown closer to home will be fresher and better for the environment.

Most importantly, buying local is an effective way to use your power as a consumer to support your community. This is a reciprocal relationship when you help your community, your community helps you right back. On top of that, having great tasting local food ensures that you aren't vulnerable to global food shortages, thereby increasing your own food security. When we support the hard work of local producers and harvesters, food manufacturers, farmers' markets, and restaurateurs, we bolster economic growth in our part of the province and help protect good jobs for our area.



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