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**New Elders Centre Under Construction In Whitefish River First Nation**



By *Rosalind Russell* - A new Elders residential centre is now under construction in Whitefish River First Nation.

Chief Franklin Paibomsai says the new \$2.6-million centre will house two two-bedroom apartments and six one-bedroom apartments with their own patio exits, as well as common areas, such as craft room, resource centre and foyer.

Paibomsai says at the present time many

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Continued on page four...

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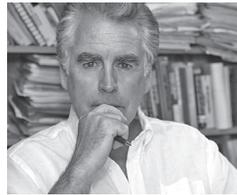
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## Food-The World's Nutritious Obsessive Compulsive Disorder

"Food--any nutritious substance that people eat or drink in order to maintain life and growth." Pretty simple and today, about as outdated as milk purchased last May and poured into this morning's coffee. Food has gone from being a nourishing plant, meat or fish-based commodity to a weapon of war, a killer of pets, the cause of eating disorders, the obsession of foodies, the grenades of recreational food battles, the demise of crickets, a motivator for murder, the delivery system for marijuana, the birth of a thousand terrible TV shows, an endorsement of gluttony and the fodder for really bad jokes. (Food is also a popular product of barter. I'm sure there's no connection but shortly after I wrote about the woman in Bradenton, Florida who offered an undercover cop sex in exchange for chicken nuggets, the local KFC in Port Colborne closed down. Honest!)

Let's start with food as stand-up comedy material for the Canadian National Exhibition. If not for the fact it brings with it the end of summer then the CNE should definitely be shut down because of "Apple Cheesecake Poutine Granny Smith Fries." Never mind the "Charcoal Ice Cream With Tabasco And Chili Peppers" or the "Mexican Scorpion Burrito." First Granny Smith would have horked the poutine cheesecake all over her ortho hush puppies and then swallowed a live scorpion in order to end it all. The CNE food menu is what you get if you fire a caterer like say Gordon Ramsey and replace him with the Nutty Professor.

The world has forgotten that food is simply the fuel that keeps the human machine operating. Have you seen what so-called "Internet foodies" have become? Purveyors of pornographic gorging. That is, Mukbang! For the last decade people in South Korea have been paying to watch other people eat food online.

The Number One Mukbang celebrity is a guy named Banzz who can wolf down ten hamburgers at a single sitting and has a following of 3,080,000 YouTube subscribers hanging on his every belch. Number Three is Shugi whose trademark is gobbling up four spicy rice cakes in one mouthful without making her producer puke and DKD, a team of two brothers who have attracted a following of 2.89 million paid viewers by eating with "real sound." Real sound? Remember when you were six and your mother cuffed you for talking with a mouthful of mashed potatoes most of which was dripping down the side of your face and everybody else at the table started to gag in unison. In South Korea this is known as a "unique skill set". Yuka, aka "Oogui" or "Big Eater" is famous for eating huge portions of spicy Korean food and then swallowing the webcam to end the show. Okay, that last bit I made up but still, this is binge eating's Game Of Thrones.

Shougi is a shoveler and could only improve her performance by replacing her chopsticks with a garden spade. Nickado Avocado sometimes cries over his food with a parrot on each shoulder while Erik The Electric rams 10,000 calories of Taco Bell fare down his gullet and then polishes it off with a Diet Coke.

Given the Global Hunger Fact that 82 million people do not have the food they need to live an active, healthy life--what the hell's wrong with South Korea?

I'm not saying Kim Jung-Un should nuke his neighbour to the south as he has threatened to do in the past but certainly sending in tens of thousands of Psychiatrists Without Borders is certainly not out of the question.

My biggest fear is that some enterprising foodie will look at the astounding number of people who are willing to pay to watch

Continued on page three...

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*Continued from page two...*

food being Hoovered down the entrance of the human digestive tract and wonder... how many people would sign up to watch it exit.

Yes, I know, a very disgusting thought indeed except in today's world of bored, dumb-downed and self-absorbed people, that concept could earn a guy named "Yu-Jun The Throne King" the title of "South Korea's Entrepreneur Of The Year." As well as a salary of \$10,000 a month earned with a parrot sitting uncomfortably on each of his shoulders.

If this debauchery of dumplings and all things noodles was limited to a dozen or so gorging contortionists--well, that would only be bizarre. But there are no less than 3500 Mukbangers operating in South Korea and most of them are household names!

Don't get me wrong, I had a guy who enjoyed watching me eat for twelve straight years. But that was different. He was a dog named Jake who sat there, patiently praying that I would miss my mouth.

At least 15 people have died after participating in competitive eating contest since Nathan's Hot Dog Eating Competition began in 1979. So common has this tragedy become, last week a guy died at a taco eating contest at a minor league baseball game in Fresno, California and...they didn't even cancel the game.

And finally, let's not overlook the demand of foodies for prompt service. Last month a customer at the O'Cheese Naan Pizzeria in Paris shot and killed the waiter for taking so long to bring him his sandwich. And isn't that the most outrageous thing you've ever heard...a guy ordering a sandwich in a pizzeria?!

According to Plato, knowledge was supposed to be the food of the soul. He could not have foreseen an age in which we have knowingly sold our souls for food.

And for comments, ideas and copies of The Legend of Zippy Chippy go to [www.williamthomas.ca](http://www.williamthomas.ca)

## PUMPKIN UP for October 19th

Gourds of spirit is needed to pumpkin up our town in preparation for the Pumpkin Festival & Fibre Arts Festivals. "These annual off season events are an opportunity to sell our town, promote local business and support community organizations" says, Mayor Jill Beer. Event and festival tourism is one of the fastest growing forms of tourism and becoming increasingly popular in rural areas as a means to revitalize local economies and champion destination development. In addition, events & community celebrations bring us together,

and provide fun recreational and cultural program opportunities." Surveys indicate that 50% of festival goers in Espanola come from away which bolsters the local economy & supports the fundraising efforts of local charities and organizations. Put some pumpkin in your promotion! Decorate your storefront or yard, host or sponsor an event. Check out the festival schedule to date at [espanola.ca](http://espanola.ca). For information, event & schedule inclusion contact [ckennelly@espanola.ca](mailto:ckennelly@espanola.ca) / 705-869-1961

## Massey Woman Still Waiting For A Live Liver Donor

A Massey woman says the most difficult part about having liver failure is waiting for a matching donor.

Elizabeth Cassidy has had liver failure since December saying her condition, Wilson's Disease, has made it impossible for her to absorb and excrete copper. She adds because of the degree of her liver failure, she is not able to be matched with someone who has passed on and donated their organs.

Cassidy says she is thankful for all the people who have continued to support her and her family, but is asking for people to consider getting tested so a match can hopefully be found. Only a small portion of a live liver is needed and all costs are covered.

Cassidy was in Toronto in mid-August to see the transplant surgeon and says finding a living donor is really important for me because of my MELD score," she said.

The Model for End-Stage Liver Disease (MELD) is a scoring system for assessing the severity of chronic liver disease and is calculated using the patient's

blood tests.

"My MELD score is around 18 now, so it's still quite low, and that means I am not eligible for a liver from a deceased donor," explained Cassidy.

Cassidy, who is married with a 14-year-old son, has managed her condition with medication until she went into liver failure last December.

Cassidy admits she is tired but is keeping up her spirits as best she can and is asking for anyone considering a donation to get tested. To be a living donor, a person must be between 18 and 60, but none of Cassidy's immediate family members qualify as her son is too young and her husband, Les, is over 70. Other people have also come forward to be tested, but no match has been found as yet.

For links to learn more, go to: [https://www.uhn.ca/Transplant/Living\\_Donor\\_Program/Documents/living\\_liver\\_donor\\_manual.pdf](https://www.uhn.ca/Transplant/Living_Donor_Program/Documents/living_liver_donor_manual.pdf)

and the health history form: [https://www.uhn.ca/Transplant/Living\\_Donor\\_Program/Documents/Living\\_Donor\\_Health\\_History\\_Form.pdf](https://www.uhn.ca/Transplant/Living_Donor_Program/Documents/Living_Donor_Health_History_Form.pdf)

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## Webbwood Eagles/Ladies Auxiliary Wins Award For Increasing Membership

A local area club and their ladies auxiliary has won first place in a provincial membership competition. Auxiliary member, Joan Leeson, says both the Webbwood Aerie #4629 men and the auxiliary received awards this week for taking first place in the Ontario Provincial Eagles Membership

Challenge. She adds the men increased their membership by 180%, the women by 172% and now have over 100 members. Adding to the win, long-time member Betty Fairbairn also received the Auxiliary's Mother of the Year Award for her years of contributing to the organization.



PHOTOS: Ladies: Members of the Webbwood Aerie #4629 Ladies Auxiliary received a plaque for boosting their membership. On hand (l-r): Joan Leeson, Dorothy Leisk, and Betty Fairbairn. Men: The Webbwood Aerie #4629 also received the provincial award and a cheque for winning first place in their provincial membership competition. Proudly accepting the cheque are (l-r): Leo Barnes, Dana Leisk and Lawrence Harris. Betty Fairbairn also received the Auxiliary's Mother of the Year Award for her years of contributing to the organization. Photos provided by Aerie 4629

Continued from front page...

## New Elders Centre Under Construction In Whitefish River First Nation

Elders live in their own homes, but assisted programming will make a big difference in many of their lives. He adds the ground-breaking was held last week and it is hoped the project will be completed by Spring of 2020. Lignum Builders of Espanola is heading up the project designed by Perry & Perry Architectural firm, the two firms responsible for design and construction of Espanola's new fire hall.



## Birch Island New Daycare/School Nearly Complete



government, Chief Franklin Paibomsai says a new integrated childcare centre is near completion. He says it will be much more than that since it is located right beside Shawanose School, which provides education from Junior Kindergarten

Integrating school programming and daycare has been the vision of the Whitefish River First Nation chief and his council for many years. Thanks to \$1.3-million dollars in funding from the federal

to Grade Six. The building houses several resource spaces, rooms for toddlers and pre-schoolers, a common foyer, kitchen and an entrance into the main school. Photo by Rosalind Russell

  
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### NOTICE OF PUBLIC MEETING AMENDMENT TO A ZONING BYLAW {Planning Act Section 34(13)}

**TAKE NOTICE** that the Council of the Corporation of the Township of Sables-Spanish Rivers will hold a public meeting in order to consider amendments to the Comprehensive Zoning Bylaw 2010-51. The public meeting will be held on Wednesday, September 25, 2019 at 6:00 p.m. in the Council Chambers at 11 Birch Lake Road, Massey, Ontario.

#### **File No. ZBA19-04**

**Purpose and Effect:** The purpose of the amendment would allow for a reduced setback of the front yard with shoreline frontage in the Rural zone. The effect is to permit an existing structure to remain closer than the required setback. The property is legally described as Victoria Township, Section 40, Parcel 40-1-2, Plan 53R-13611 Part 7, at civic address 178 Kring Road. The application is deemed to be complete for the purposes of Section 34 (10.1) of the Planning Act. The land subject of this application is not subject of any other application under the Planning Act.

#### **File No. ZBA19-05**

**Purpose and Effect.** The purpose of the amendment is to permit the establishment of a micro-cannabis operation that complies with Health Canada requirements for the growth of medical and recreational cannabis. The operation will be totally enclosed within a building with a footprint of 464.5 m<sup>2</sup> which is designed to provide the required security measures. The effect is to allow the installation of a cannabis growth operation employing 3-4 people on a 3.75 ha parcel legally described as May Township, Concession 2, Part of Lot 9, Plan 53R-15647 Part 3, at civic address 288 Lee Valley Road. The lands will be zoned Light Industrial (M1) Zone. The application is deemed to be complete for the purposes of Section 34 (10.1) of the Planning Act. The land subject of this application is not subject of any other application under the Planning Act.

**TAKE NOTICE** that if you wish to be notified of the decision of the Township of Sables-Spanish Rivers on the proposed application, you must make a written request to the Clerk of the Township of Sables-Spanish Rivers. To appeal the decision to the Local Planning Appeal Tribunal, send an appeal form to the Clerk of the Township of Sables-Spanish Rivers outlining the reasons for the appeal. You must enclose the appeal fee of \$300.00 for each application appealed, paid by cheque, made payable to the Ontario Minister of Finance.

*If a person or public body would otherwise have an ability to appeal the decision of the Council of the Township of Sables-Spanish Rivers to the Local Planning Appeal Tribunal but the person or public body does not make oral submissions at the public meeting or make written submissions to the Township of Sables-Spanish Rivers before the bylaw is passed, the person or public body is not entitled to appeal the decision.*

*If a person or public body does not make oral submissions at the public meeting, or make written submissions to the Township of Sables-Spanish Rivers before the decision is made, the person or public body may not be added as a party to the hearing of an appeal before the Tribunal, unless in the opinion of the Tribunal, there are reasonable grounds to do so.*

ADDITIONAL INFORMATION regarding these applications is available at the municipal office at 11 Birch Lake Road, Massey, P0P1P0 during regular office hours.

Dated this 3rd day of September, 2019  
Kim Sloss, Clerk-Administrator

### CLEAN-UP DAYS

Tipping fees at the Tennyson Landfill Site will be waived for all residential household waste on Thursday, September 26th and Saturday, September 28th, 2019 from 10:00 am until 4:00 pm.

Tipping fees will still apply for commercial or construction materials.

Please ensure all loads are properly secured and covered to prevent debris from blowing out of your vehicle or trailer!

### Employment Opportunity PARKS & RECREATION DEPARTMENT

The Township of Sables-Spanish Rivers is accepting applications from interested individuals for two (2) casual, part-time operator positions. These are part-time positions, and the days and hours of work may vary from week to week with scheduling being at the discretion of the Parks & Recreation Coordinator.

The successful candidates will possess excellent organizational and leadership ability, knowledge of equipment, vehicles and materials used in the recreation area. Skills in ice-making, refrigeration and other mechanical maintenance for municipal recreational facilities will be considered an asset. A criminal records check/vulnerable sector check is required from the successful candidates.

Written applications shall be accepted by the undersigned until 12:00 p.m., Monday, September 16, 2019. E-mail and faxed resumes accepted.

Kim Sloss, Clerk-Administrator  
11 Birch Lake Road  
Massey, Ontario P0P 1P0  
Phone: 705-865-2646  
Fax: 705-865-2736  
Email: [inquiries@sables-spanish.ca](mailto:inquiries@sables-spanish.ca)

### EMPLOYMENT OPPORTUNITY MASSEY MEDICAL CLINIC

The Township of Sables-Spanish Rivers is accepting applications from interested individuals to work as receptionist at the Massey Clinic. This is a permanent part-time position consisting of 24 hours per week. The days of work may vary from week to week with scheduling being at the discretion of the Office Manager.

The successful candidate will possess excellent computer skills and perform general office duties including typing, filing and scheduling patient appointments. Medical office experience would be considered an asset. Confidentiality in this office setting is imperative.

Written applications shall be received by the undersigned until 12:00 p.m., Monday, September 16, 2019. Email and faxed resumes accepted.

Kim Sloss, Clerk- Administrator  
Township of Sables-Spanish Rivers  
11 Birch Lake Road  
Massey, ON P0P 1P0  
[inquiries@sables-spanish.ca](mailto:inquiries@sables-spanish.ca)

### HYDRANT FLUSHING - MASSEY

Massey residents, please be advised that the Public Works Department will be flushing hydrants starting on September 9th and continuing through to September 20th, 2019 as weather permits.

Flushing may cause temporary discolouration of water or loss of pressure. Before using, please run your tap until the water is clear and refrain from doing laundry while flushing is occurring in your area. We apologize for the inconvenience that this may cause.

If you have any questions, please feel free to contact the Public Works Department at 705-865-2646 or 705-865-2358.

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## OBITUARY



**Kozachanko, Keitha Elizabeth Ellen** - after a brave battle with cancer Keitha passed away peacefully surrounded by family on August 26, 2019. Keitha was born on March 28, 1953 to Darwin and Leone Howard, the third of 11 children. She met and married Peter Kozachanko and started the family that became the pride and joy of her life. Krista (Bryan) came first followed soon by Tim (Renee) and Andy (Velma). Keitha loved sports. She was routinely involved in the activities in which her children participated. In the winter, Keitha would often be found at the Espanola Arena. She realized a life long dream of attending an Olympic Games. Keitha attended the Vancouver 2010 Winter Olympics. Nothing made her happier than when any Canadian team beat the USA. Keitha loved being a mother and adored being a grandma and Baba to her 6 grandchildren, Adam, Erin, Sophie, Spencer, Iris and Audrey. She so enjoyed attending all of their activities, teaching them pysanky and having sleepovers often. Keitha was a talented seamstress, learning and perfecting the art of smocking. Each of her granddaughters have beautiful hand crafted dresses as well as many little girls around the Espanola area. She was also an excellent gardener and was proud to be a founding member of the Espanola Community Garden and the Espanola Farmers Market, a legacy that she hopes will continue for years to come. Keitha is survived by her siblings, Patty, Darla, Sandy, Tim, Jamie, Lori and Darwin and is predeceased by Kenny, Judy and Peggy. She will be missed by many friends and family. Her wish was to have donations to Sacred Heart School Arts Program. Celebration of life to occur October 19, 1-4 pm at the Espanola Golf Club.

## EMPLOYMENT OPPORTUNITY



### Orr's Valumart Little Current

#### Now Hiring Meat Manager Full Time Permanent position

Job includes full benefits, incentives, wages negotiable

**If interested please email  
mon02602@loblaw.ca  
or call 705 368 0617 ext 103**

## EMPLOYMENT OPPORTUNITY

Community Living Espanola requires the services of a reliable "handyman" to provide minor repairs and general maintenance (labour only) to all its properties. This is a contract position on an "on-call" basis only. The successful candidate may need to supply some of their own equipment. C.L.E. will supply all materials required.

All interested parties should submit a resume no later than September 19th, 2019 to:

Community Living Espanola  
Re. Physical Services  
345 Centre Street



Espanola, Ontario P5E 1E4  
Attention: Human Resources Officer

# "Volunteer Appreciation Night"

Join Mayor Beer & Council  
for appetizers & laughs!

Saturday, September 28, 2019

Appetizers 7:00 – 8:00 p.m. • Show 8:00 – 9:00 p.m.

Internationally recognized comedian/ventriloquist  
@ the Espanola Regional Recreation Complex



CASH BAR

RSVP [dstlouis@espanola.ca](mailto:dstlouis@espanola.ca)

by September 13th  
with number of guests.



## COMMUNITY NOTES

PROUDLY SPONSORED BY



**Espanola Little Theatre Christmas Show Auditions** - September 3rd and 4th, 7:00pm at the Espanola High School. For more info call 705-822-3154.

**Family Fun Day** – Saturday, September 7 from 11:00 a.m. – 2:00 p.m. at the St. Georges Anglican Church Espanola.

**Spanish River Horticultural Society Flower & Produce Show** – Saturday, September 7 from 12:00 - 4:00 p.m. at the Four Seasons Waterfront Complex, 40 Garnier Rd, Spanish.

**Webbwood Eagles Ladies Auxiliary Spaghetti Dinners** - are back Saturday September 7, 4:30 - 6:00 pm. Call for take out the day of 705-869-4269.

**Walford Protestant Cemetery Board** - invites you to a Memorial Service and Tea on Sunday, September 8 at 2:00 p.m. at the cemetery. If inclement weather service will be held at Walford Community Centre.

**Espanola Area Friendship Circle Alzheimer Support Group** – Monday, September 9, 1:30 - 3:00 p.m. at the Seniors' Drop in Centre 799 Queensway Ave. Espanola. For more info contact Wendy Ashton 705-869-1137

**Northshore Pins & Needles Quilting & Stitchery Guild** - Next meeting, Wednesday, September 25, 7:00 p.m. at the Espanola Royal Canadian Legion. New members welcome.

**Espanola Seniors** - Memberships are now due. Members must come in person to join- Tue & Thurs 11:30 a.m. – 4:00 p.m. Friday 7:00 – 9:00 p.m. All seniors are welcome to join in at our Friday night social and play cards. For more info call Claire 705-862-2663.

**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](mailto:around@aroundandabout.ca)

Welcome to Local Hippy's weekly tip for living a greener life! Each week we will provide you with a quick tip to help you reduce your carbon footprint and change the world.

This week's tip: Give up your bottled body washes for bar soap!

The next time you visit the grocery store, I urge you to stop for a moment and take a look down the bath and beauty aisles. Look past the pretty labels and beauty claims to see hundreds of plastic bottles that will likely end up in the landfill or ocean.

How do I know this? A recent study has shown that only 9% of the world's plastics TRULY end up being recycled. The rest ends up in landfills or apart of the 8 million tonnes of plastic that ends up in the ocean EACH YEAR.

Our plastic bottles of soap are no exception! But luckily, I have a quick, easy, and affordable solution.

Switch out your bottles of body wash for bar soap! Not only can you buy them free of plastic packaging, they are often more affordable than bottled body washes. Bar soap can come in many fun scents and colours and I promise you'll still feel squeaky clean!

Have questions? Feel free to forward them to [jaymie@localhippie.net](mailto:jaymie@localhippie.net) or find me at the Espanola Farmers' Market. Have a happy hippie week!



## Recipe

I was excited when I found this recipe because Morning Glory Muffins are my favourite muffin AND like most people at the end of summer, I have zucchini that

I need to do something with. The crushed pineapple makes this loaf very moist and the mixed in ingredients are open to suit your taste; walnuts are also a nice addition.

### Morning Glory Zucchini Loaf

- 2 c. All purpose flour
- 1 tsp. Ground cinnamon
- 1 tsp. Baking powder
- 1/2 tsp. Baking soda
- 1/2 tsp. Salt
- 1 c. Vegetable oil
- 1/2 c. Granulated sugar
- 2 large Eggs
- 1 tsp. Vanilla extract
- 1 1/2 c. Grated zucchini (from 2 medium)
- 1 c. Grated carrots
- 1 c. Crushed pineapple, drained
- 1/2 cup Raisins

Preheat oven to 350° and grease a loaf pan with cooking spray. In a large bowl whisk together flour, cinnamon, baking powder, baking soda, and salt. In another large bowl stir together oil, sugar, eggs, and vanilla. Add zucchini, carrot, pineapple, and raisins. Add dry ingredients and stir until just combined. Pour batter into loaf pan and bake until a toothpick inserted into the middle comes out clean, about 1 hour 15 minutes. Let cool completely before serving.

