



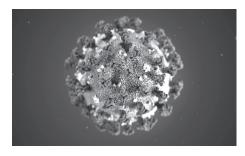




www.aroundandabout.ca

March 17, 2020 Issue #11 - Volume 24

First case of **COVID 19 in Sudbury**



By Rosalind Russell - (As of press time) Public Health Sudbury & Districts Medical Officer of Health, Dr. Penny Sutcliffe, has confirmed the first positive case of the coronavirus in the Sudbury and Manitoulin Districts.

Having a confirmed case in our area is not unexpected given the transmission of this virus around the world, says Dr. Sutcliffe.

She says a man in his 50s presented himself at the emergency department of Health Sciences North on Sunday.

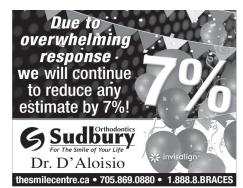
Following testing, Dr. Sutcliffe says the man was discharged home where he remains in self-isolation.

While the investigation is ongoing, she adds it is known that on March 2nd and 3rd he attended the Prospectors & Developers Association of Canada 2020 convention in Toronto.

Dr. Sutcliffe emphasizes the unit is actively involved in follow up and is collaborating with the Ministry of Health and the local health system.

"Our focus is on breaking the chain of

Continued on back page...





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Espanola







First case of COVID 19 in Sudbury

transmission to limit the spread of infection and as a precautionary at 705.522.9200 (toll-free measure, we are asking those who attended the convention to monitor for symptoms for 14 days," Dr. Sutcliffe said.

Health Sudbury & Districts at 705.522.9200 (toll-free measure to mention your symptoms and your travel history, including the countries you visited. If you are

The Public Health Agency of Canada and the Ministry of Health advise all travellers to monitor their health for fever, cough, and difficulty breathing for 14 days after arriving back in Canada. If symptoms develop within 14 days, returning travellers are directed to selfisolate as quickly as possible and immediately call their health care professionals or public health to make arrangements to be tested. Symptoms of COVID-19 can range from mild to severe and include fever, cough, and difficulty breathing (shortness of breath). Complications from the COVID-19 can include serious conditions, like pneumonia or kidney failure, and in some cases, death.

IMPORTANT: If you suspect you have symptoms of COVID-19, call Telehealth Ontario for medical advice at 1.866.797.0000 (TTY 1.866.797.0007) or Public

705.522.9200 (toll-free 1.866.522.9200). Be sure to mention your symptoms and your travel history, including the countries you visited. If you are ill and must visit a health care professional, call ahead and tell them that you have a respiratory illness. You may be asked to wear a mask while waiting for or receiving treatment to prevent the spread of illness. If you need immediate medical attention, call 911 and mention your travel history and symptoms.

At this time, the virus is not circulating locally. However, this is a rapidly changing situation requiring that our agency, community, and individuals be prepared for the potential wider spread of the infection in the community.

Visit phsd.ca/COVID-19 for information about how you can prepare for the spread of COVID-19, how to monitor your health, and what to do if you think you are sick. For additional information, please call Public Health Sudbury & Districts at 705.522.9200 (toll-free 1.866.522.9200).

M'chigeeng Resident Can Dream To The Max With A \$1 Million Lotto Max Maxmillions Win



Toronto, ON – Howard Debassige of M'Chigeeng can realize his dreams after winning a \$1 million MAXMILLIONS prize in the February 25, 2020 LOTTO MAX draw.

Howard, a 57-year old chef, discovered his win by using a Ticket Checker at a pharmacy. www.aroundandabout.ca

"I was very shocked," he shared, while at the OLG Prize Centre in Toronto to pick up his cheque. Howard plans to travel, pay bills, and save the remainder of his win.

"It feels good to win the lottery," he concluded.

LOTTO MAX players in Ontario have won over \$5.2 billion since 2009, including 68 jackpot wins and 595 MAXMILLIONS prizes, right across the province. LOTTO MAX is \$5 per play and draws take place on Tuesdays and Fridays.

The winning ticket was purchased at Barb's Kiosk on Centre Street in Espanola.

Sagamok-Anishnawbek First Nation Has A New Doctor

A Sault Ste. Marie doctor will be joining the Community Wellness Department in Sagamok-Anishnawebek First Nation.

Dr. Kevin Caruso is a graduate of McGill University and the Canadian College of Naturopathic Medicine.

He began his family practice in 2001 in Sault Ste. Marie with a focus on obesity and diabetes. As a naturopath, he identifies,

diagnoses, and treats patients for specific conditions and illnesses, similar to that of a contemporary medical doctor, but using a more natural approach to treatment.

Dr. Caruso will hold clinics at the clinic every Monday from 9:00 am to 3:00 pm.

To book an appointment for a consultation with Dr. Caruso, contact Sandra Camillo, Community Health Nurse at 705 865 2171 ext. 336.

Team Blake Fundraisers Assist Espanola Family







Three separate fundraisers were successful in assisting an 11-year-old Espanola boy and his family.

Co-organizer Taryn Bond says the events, all held Saturday, included a spaghetti dinner hosted by the Webbwood Eagles, and a hockey game and dance hosted by Team Blake.

Taryn says the community stepped up to assist Blake Bond and his family offset costs not

705-368-3245

covered by any government or other support programs.

She says over \$9,000 was raised, adding, that Blake is continuing to receive treatments at hospitals in Ottawa and Toronto.

Blake underwent a bone marrow transplant last year Taryn explains and is now dealing with serious side effects brought on by the anti-rejection drugs he has to take on a regular basis.



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SAlways look on the bright side of...COVID-195

So some guy on the other side of the earth thanks to this unique contagion, a one before he can belch, the global economy crashes, cruise ships become floating prisons, two billion surgical masks go on back order, people are greeting each other with toe touches instead of handshakes or fist bumps, two women in Australia get into a cat fight over toilet paper and although the Pope is unable to do his job, the vice-president of the United States finally has one.

Folks, the world is no longer a global village. With almost eight billion people rubbing shoulders and breathing the same air, this planet has become a highlycontagious hamlet with issues of panic and paranoia.

The only way this killer pandemic could be worse is if it had broken out among the nine million citizens of New York City and taking charge of it, President Donald Trump assured the world it was just a case of whooping cough and he was flying the worst sufferers to Mar A Lago on Boeing Max 737's.

Yet even in the darkest of earthly catastrophes, there is a silver lining. As the Monty Python song goes—"Always look on the bright side of life."

I mean really, what kid doesn't jump for joy when no matter what the reason, he hears his school is closing down?

You know that annoying little man at the office who has to be four inches from your face when he talks to you? Well

with peculiar taste buds eats a bat and meter distance between people is now the new rule. And doesn't the new normal of 'no touching' fold nicely into the #metoo movement.

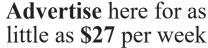
> Don't mingle. Trust me, spending quiet time alone is not just a stress-reliever, it's good for the soul. Remember that bumper sticker: "The more people I meet, the more I love my dog."

> Back to the bright side, frequent flyers have abandoned the 'spot the terrorist' game upon boarding in favour of 'ID the cougher and self-exile in the washroom.' Also, there's 398 Canadians who have renewed respect for our military after they were successfully sequestered at Canadian Forces Base Trenton for 14 days.

> Remember how you're having a great time near the end of your vacation and you think--man; I'd love to spend another week here! Well, if you had chosen a Princess cruise, your holiday would have been extended by two or three weeks...at no charge!

> Internationally speaking, COVID-19 sure put an end to those violent street protests in Hong Kong. Had they continued, the students would have had to 'double mask'--one to hide their identity and the second so they wouldn't catch the virus. And if nothing else, this contagious affliction has managed to knock Harry and Meghan off the front page of world

> > Continued on page three...



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Continued from page two...

newspapers. Strangely, it seems to have propelled Harry's brother Prince William into the headlines after he made a lame joke about coughing and spreading this plague. Gawd, did we learn nothing from SARS and then Conservative cabinet member John Baird's similar gag? Answer: no. Otherwise there would be some sort of vaccine in warehouses around the world that would stop or at least slow down the speedy spread of this pathogen.

Speaking of high-speed, much like the breakout of SARS, COVID-19 has shown the world that the Chinese can build hospitals faster than your kid can construct the Leaning Tower of Pisa with Lego pieces. After lying and denying the outbreak in the city of Wuhan, the Chinese got deadly serious by constructing a 1000-bed hospital with isolation wards and 30 intensive care units...in 10 days!

Here in Ontario where small town hospitals have been closing down faster than video rental stores and patients are now being stacked on cots in the hallways of existing hospitals. We need to hire that Wuhan construction foreman and his drone-like workers. Hell, we could have a new 500-bed hospital built here in Port Colborne over a long weekend.

You had to love the way

President Donald Trump took full charge of the national emergency as Washington and California were first confronted by the coronavirus. Or as he referred to it as "the new hoax." Yes, with that lie and four more serious ones including blaming Barack Obama for the whole mess the president was able to nudge closer to a record 15,416 false statements since he took office, an all-time personal best.

No doubt it's time for the world to press hard for solutions but hardly a time for global panic. To put things in perspective, more people die of tuberculosis every day and more people die of air pollution every five hours than the number of people who have succumbed to COVID-19 in the first two months. Approximately 22 million men died in WWI and the same year it ended, 1918, 52 million died of the Spanish Flu. And back then nobody was eating bats or getting into a fist fight over toilet paper. And finally, amidst all the deadly doom and gloom, with

everybody wearing masks these days--it's a helluva confusing time to rob a bank. The new normal: no touching, no breathing, no problem. To buy a book or invite

humorist William Thomas To be your guest speaker, go to www.williamthomas.ca williamithomas@gmail.com

NOJHL Announces Its 2019-20 Award Recipients – Espanola Express Receive 3 Awards



The Northern Ontario Junior Hockey League announced Wednesday its award honourees for the 2019-20 season.

Earning the NOJHL's top individual honour, the Carlo Cattarello Trophy as Most Valuable Player is Blind River Beavers captain Caleb Serre.

The Espanola Express received 3 awards for the 2019-20 campaign.

NOJHL TROPHY – BEST **DEFENCEMAN:** Mattias Salem. Espanola Express: A breakout campaign saw the 20-year-old blueliner from Ont., pace all Brampton. league blueliners in offensive production with 66 points as he notched a NOJHL-best 16 goals among defencemen while adding 50 assists along the way. Salem also finished fourth in overall league scoring, marking the first time in two decades a defenceman finished in the Top 5, among all skaters, in that department.

NOJHL TROPHY – BEST **OVERALL TEAM PLAYER:** Salem. Espanola Express: An anchor on both ends of the ice for the Express,



Salem figured in on 40 percent of Espanola's goal totals throughout the year.

He also led all NOJHL defencemen offensive in production with 66 points, which was also the fourth highest total among all league skaters.

Mattias Salem also made 1ST **ALL-STAR NOJHL. TEAM, Defence.

MIRL "RED" MCCARTHY MEMORIAL AWARD NOJHL COACH OF THE YEAR: Dave Clancy, Espanola Express: Clancy was recognized for his efforts behind the bench with the Express.

As head coach of Espanola, he guided his club to a seven-win and 16-point improvement in the league standings while also leading the Express to a playoff berth for first time since 2016.

Under Clancy's guidance, his team has increased their win and point totals each campaign with the club.

For the full list of awards visit: http://www.aroundandabout. ca/nojhl-announces-its-2019-20-award-recipients-espanolaexpress-receive-3-awards/



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SERVICES

LOCAL AMANDA FAIRBURN formerly of Dittrich's Hair Design is now located at 120 Tudhope St. (across from Espanola Hospital. Accepting Pharmasave). Please Amanda at (705)822-6161 to book an appointment Stylez By Amanda welcomes new clients. 4/14

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FOR RENT - Small 2 bedroom house in Webbwood. Available April 1st. Call Greg for more info. 705-822-4734.

IN MEMORIAM

May the winds of Heaven blow softly and whisper in your ear

How much we love and miss you

and wish you were here

Sheldon Bentley Jan 20, 1959 - March 18, 2016

Loved and always missed

Donna, Curtis & Craig





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Around&About is printed locally by OJ Graphix INC.

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OBITUARIES



Leizert - Bernice of Espanola passed away at the Espanola Nursing Home on March 7, 2020 at the age of 81. Dear daughter of the late Clifford & Elizabeth Jane (nee Orr) Gannon. Beloved wife of the late Cecil Leizert. Dear sister of Tom, John, Vera, Francis and the late Jim, Vincent, Mildred, Isabelle and Mary. Also, will be sadly missed by many friends and relatives. Cremation with a Graveside Service at a later date in the spring at the Webbwood Catholic Cemetery. If so desired, donations to the

Canadian Diabetes Foundation would be appreciated. Arrangements by BOURCIER FUNERAL HOME Ltd, Espanola.



McGregor - Joyce Mary of Espanola Passed away at the Espanola Regional Hospital on March 11, 2020 at the age of 68. Dear daughter of the late Arnold & Alice (nee Raymond) Reid. Beloved wife of Wayne McGregor. Loving mother of Laurie Carney (Allan) of Espanola, Sherry Hodgins (Jodie) of Porcupine and Raymond McGregor (Stephanie) of Wawa. Cherished grandmother of Nathan, Adrian, Ryan, Kora, Elsa and Owen. Dear sister of Melvin Reid (Nicky) of Nairn Centre, Patsy Patterson (Gerry) of Larder Lake, Melvina Baird (Dale) of Gaspe Que, Laura Adams (John)

of Cambridge, Raymond Reid (Terrie) of Paris Ont., Tim Reid of Paris Ont., Allan Reid (wife Katrina) of Barrie and Trevor Reid (Lori) of Kitchener. Also, will be sadly missed by many friends & relatives. Cremation with a Celebration of Joyce's Life will be on Saturday March 21, 2020 at the Nairn Centre Community Hall from 1-3 PM Interment in the Narin Centre Cemetery at a later date in the spring. If so desired, donations to Community Living, Éspanola or the Northern Cancer Foundation would be appreciated. Arrangements by BOURCIER FUNERAL HOME Ltd, Espanola.

IN MEMORIAM



In Loving Memory of a Dear Partner, Dad, Dido, Brother, Uncle & Friend.

BORIS JOHN PETCOFF

January 29, 1935 - March 24-2014

We are here to endure the beams of love. ~ William Blake ~

DAD YOU ARE LOVED AND REMEMBERED EVERY DAY

Elaine, Theresa, Barbara, John, Peter, Paul, Patti, Zena, Darcy, Veronica, Charlie, Gillian, Fox, Pete, Karyn, Maria, Nancy, Paul, Mark, Joel, Todd and families.

NOTICE

Novel corona virus (COVID-19)

symptoms: fever, and/or cough, other upper respiratory tract infection symptoms and difficulty breathing (shortness of breath).

If Symptoms are MILD:

Call Public Health at 705-522-9200 or your health care provider.
Call your health care provider **PRIOR** to visiting them in person.

If symptoms are SEVERE:

Go to the hospital Emergency Department or call 911 if urgent.

Thank you, Massey Medical Clinic

Recipe

I had supper at my parents' house the other night and my mom made rice pudding for dessert. It got me thinking that I should put the recipe in my column. It's been a



favourite dessert in our family my entire life. There are many recipes and methods for making rice pudding. Many make it with leftover rice on top of the stove, but my mom's is baked in the oven using eggs for thickening which gives it a custard texture. We serve it in a bowl, with whipping (35%) cream poured over; which makes it creamy and delicious. In my opinion it must also contain raisins, but if you're not a raisin fan they can be omitted. A drizzle of maple syrup and a sprinkle of cinnamon on top is also delicious. I'm giving you my mom's recipe as she has it written, but I recently made it and have added in approximate measurements.

Mom's Rice Pudding

- ½ cup of long grain rice
- Handful of raisins (1/4 to ½ cup depending on your preference)
- 3 cups of milk
- 2 eggs, beaten
- ½ cup of sugar
- Sprinkle of nutmeg (½ tsp), cinnamon can also be added
- 1 tsp vanilla

Put rice and raisins in a saucepan, add enough water to cover. Boil until rice is nearly done and water has been absorbed. Meanwhile heat milk in the microwave until lukewarm (mine took 40 seconds). When rice is done, combine rice, raisins, milk, beaten eggs, sugar, nutmeg and/ or cinnamon and vanilla. Pour into a 1-2-quart casserole dish. Bake uncovered at 350 degrees until thickened. (Mine took just over 2 hours). Serve warm or cold with cream.

COMMUNITY NOTES

PROUDLY SPONSORED BY



Massey Legion Irish Stew Supper & Live Music – Tuesday, March 17, doors open at 4:30.

Espanola Public Library - Harry Potter Movie Marathon! March 17 & 18 starting at 9:00 a.m. Jack Box Party Games! March 19 10:00 a.m. - 4:00 p.m. Crash Team Racing 1 on 1 Racing! March 20 10:00 a.m.-12:00 p.m. 1:00 p.m. - 3:00 p.m. Children under 9 require adult supervision. 705-869-2940.

C.W.L. Saint Patrick's Day Soup & Sandwich Luncheon – Tuesday, March 17 from 11:00 a.m. – 1:00 p.m. at the Saint Jude Parish Hall.

Children's Clothes Closet - at the Calvary Baptist Church Wednesday, March 18, 10:00 a.m. – 2:00 p.m. Not accepting donations at this time.

Massey Area Museum March Monthly Meeting — Will be held Wednesday March 18, 7:00pm, instead of Thursday March 19, 2020. The public is always welcome.

Save A. B. Ellis Meeting over 100 years in Espanola! Thursday, March 19, 2020 1:30—3:00 United Church chapel Everyone welcome

North Shore Anglers & Hunters Spring Meeting - Thursday, March 19, 7:30 p.m. at the Walford Community Center-Hwy 17, Walford, On. Everyone is welcome-Get Involved!!!

Free skiing for Seniors at Boogie Mountain - sponsored by the Espanola Lions. Monday, March 23 from 10:00 a.m. -4:00 p.m. Includes lift ticket, instruction and rentals! Anyone over 50 is welcome and bring a friend.

Spanish River Snowmobile Club Meeting - Thursday, March 26th, 7:30 p.m. at the Spanish Town Office-Spanish, On. Everyone is welcome to attend!!

Espanola Seniors Citizen Club Spring Tea - March 27 11:00 a.m. - 2:00 p.m. at the Drop In Center 799 Queensway Avenue. More info, call Claire Lamothe 705-862-2663.

Annual Ham and Bean Dinner - Webbwood Eagles on March 27, 4:30 - 6:00 p.m. Please help support your local museum. For tickets, call 705-822-5957 or buy at the door.

Memorial Hymn Sing - St. Andrew's United in Massey Sunday, March 29th at 7:00 p.m

Free Tax Clinics – at Espanola Legion, must meet certain criteria to qualify. Please contact legion for more info and available dates.

Free community luncheon at the Lighthouse - every second and fourth Tuesday of the month 11:30 a.m. - 1:00 p.m. Everyone welcome.

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

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