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Lions Club TV Bingo: Where Does The Money Go?



By Grant Lewis - Another lucky winner in Lions TV Bingo. Actually we are all winners, even though you haven't won in three years! Be patient, and rest assured that there are hundreds of others in our community who are winners thanks to your continued support. Many have asked Lions members, "Where does the money go?" Well, here is a breakdown. In all, \$54,000 was spent helping groups, clubs, camps, schools and individuals in our area. Our local schools received almost \$4,500 in scholarships and other support. We like to help out Northern Children's camp especially if one of our own is attending. This year the Lions Club contributed \$900. The Lions Club likes to get behind local fund raising initiatives. This year we donated \$15,000 to Habitat for Humanity and \$5,000 to Community Living. Their van is almost as old as this writer!

Continued on page five...

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See Pages 6 & 7 for Fire Prevention and Safety Tips

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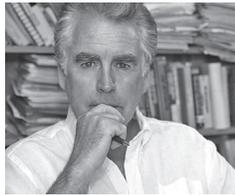
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All The World's A Circus

William Thomas

williamjthomas@gmail.com

Japan Revisited 25 Years Later

It was 25 years ago that I toured Japan with a very good men's basketball team called "POITS" (Piss On It Tomorrow's Saturday!) Whereas Portugal is similar to Spain and Chile might remind you of Argentina, Japan is a lot like Saturn. Fascinating, exotic and strange. In Tokyo you won't see a gum wrapper on the street, but if you go to the beach, that's where they're burning huge heaps of garbage. Their street-side vending machines contain such a variety of products from vodka to socks, you'd never have to go to a store. Japanese men wait months or more just to confirm a tee-off time ... at a driving range. They keep birds caged everywhere, yet place boxes of crickets in the subways to give commuters the sound of nature.

Japanese businessmen are oh so polite and efficient until after work at eight in the evening when many of them hit the bars and binge on sake, whiskey and beer like a westerner's never seen before. The last commuter trains from Tokyo to the suburbs are know as The Vomit Express.

Normally, spending time with ordinary Japanese people would be infinitely interesting, except that I spent a lot of time with Dale Hajdu, POITS captain, my roommate, my accountant. In Japanese, this is known as chotto-matti – punishment for having done something terrible in a previous life. So Dale and I spent four days and nights living with a boy named Sue who in fact had never heard of Johnny Cash. Tsuda Yashushi, a graceful athlete on the All-Ishikawa Prefectural Team, picked us up at the train station where television crews and print reporters covered the arrival of the Canadian team like an Olympic event. What a country, we thought.

Seaweed and salmon eggs for breakfast? Uragiyas are country restaurants beside rivers where the very popular national dish of uragi is served. Uragi is grilled over barbecues and served over rice and is very, very tasty until it is translated into English. Then it's eel. Deep down eel is – as every Canadian knows – actually a snake that is really good at holding its breath under water.

The bottom line is, our diets are different. What we would normally call in Truly Nolen Pest Control for, the Japanese will serve up as a side dish on a bed of mountain fern. Nonetheless, they are thinner, healthier and live longer than we do so ...

The Japanese are the most gracious and generous hosts on the face of the earth and the mere mention of an item means it will be found, bought, wrapped and in your suitcase before you leave for the airport. Hence, a good word to avoid in Japan is koi (carp).

We went immediately to his house in a small suburb of Kanazawa, where Sue took us into a tiny room and explained in the best international language of hand signals that no, this was not where we would store our luggage. The luggage must go outside because this was our bedroom. Two mats side-by-side on the floor represented our double bed. "What a sense of humour!" we said.

Now I'm not above bribing an accountant for a better tax return, but if anybody had ever suggested I would one day sleep with mine, I'd have crammed a bunch of T-4 slips up his nose. Now here we were, sitting cross-legged

Continued on page three...

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Continued from page two...

at the dining table with Sue, having just tied our suitcases to his roof and not having slept for nearly two days, when our host emerged from the kitchen with a beautiful ornate tray of cold beer and lunch packs.

Then Sue pointed out a blue label on the side of the small metal keg of beer that read in English "Cold and Ready to Drink." We thought that was fine until, right before our bleary eyes, the blue label slowly disappeared. I said that's it, I'd had enough to drink for today. But then Sue explained that the metal tankard of Sapporo Beer was temperature controlled with the label automatically disappearing when the beer dropped below an acceptable temperature. What a country. And just before we all dived into the sushi and cold shrimp with our hashi (chopsticks) and toes (toes), Sue said: "Grass?" And I said: "Grass!" And Dale said: "Grass?"

And Sue rose immediately and went out to the kitchen to get the stash and we both said: "What a country!" Cold beer, exotic food and now he wants us to smoke some dope?

When Sue returned from

the kitchen with glasses for the beer, Dale and I were noticeably relieved because we'd spent the whole time ripping through the Japanese dictionary for the term "bail bond."

I doubt we'll ever be invited back because instead of just saying ohaiyou (pronounced "ohio") or "good morning" to our hosts at the start of each day, Dale, a basketball fanatic turned that into "Ohio Buckeye." After the team moved to another city, it was explained to us that by saying "ohaiyou bakay" we had inadvertently been greeting these precious people with the phrase "Good morning you stupid son-of-a-bitch." Sorry and remember Dale did that.

Twenty-five years! "Domo arigato" to the trip organizer, Paul Ferris. Thank you to Mark Rosinski for hosting the reunion. What a terrific group of guys who will forever and fondly remember the late Pat Rosinski.

For comments, ideas and copies of The Legend of Zippy Chippy, go to www.williamthomas.ca

Birds I View



Photo: When we think of migrating birds, often this formation that geese use comes to mind; however, many species of birds migrate at night under darkness.

By Bob Rigby - Last week proved to be a good one for watching migratory birds. The sky was clear and the winds favourable for the birds to set off on their journeys south. Not sure if the readers of my column are aware that most of our migratory birds fly by night, in pitch darkness, often heard as huge flocks. Sometimes these flocks number in the thousands and they fly over us undetected. On occasion these flocks of various species of birds will come to ground if bad weather prevails, but that has not been the case thus

far. I have managed to observe yellow-rumped warblers, magnolia warblers, hermit thrushes, grey cheeked thrushes, and a Canada warbler, but nothing out of the ordinary so far. I did happen to see a small group of golden crowned kinglets, passing through and amongst that group I noticed a couple of ruby crowned kinglets.

The kinglets are tiny birds, smaller than a chickadee, and resembles the warbler family with a pointed black beak, olive and yellow colourations. However, their tails are shorter than that of the warbler family. Both birds display a striking centre forehead colouration; in the ruby crowned a brilliant red, and in the golden crowned a deep yellow. Once again a common nesting visitor to this area but very difficult to observe.

Next week we will be talking about the theories on how birds actually navigate migration.

Lyme Disease: New Local Facebook Page Seeks To Educate And Support Those Infected

By Chloe Kneer - Not long ago, northern Ontario residents could classify Lyme disease as something that's "NMP" (not my problem). Not anymore. The disease is prevalent in our area as Lyme ticks have spread from coast-to-coast in the United States and across the border to Canada, where it was previously thought to be safe to roam in the woods worry-free. A new Facebook page, headed up by Espanola siblings Jolene and Daniel Courtemanche, seeks to bring awareness to the disease, how it is spread and how utterly devastating it is to the body. Unfortunately, many of those who contract Lyme are not diagnosed in a timely fashion. Incubation can be from three to thirty days, or the disease may lie dormant for years, even decades, before a stressor triggers its effects. Often symptoms resemble those of fibromyalgia and Alzheimer's and unfortunately blood tests are often unreliable.

"One of the big problems with

Lyme disease is that due to the medical industry's failure to diagnose and treat it properly, people get desperate and seek alternative treatments," says Daniel Courtemanche. "These alternative treatments vary from absurd to merely ineffective to widely dangerous."

The symptoms of Lyme can run the gamut from joint pain, ringing in the ears (tinnitus), brain fog, chronic fatigue and depression. Basically, Lyme mimics many of the diseases that are already widely known, so doctors tend to assume other issues rather than Lyme. And, since the majority of doctors are not well-versed in Lyme and there are only three labs in North America with reliable tests (the most consistently reliable of those is Igenex), misdiagnosis happens in over 60% of cases.

Information about Lyme, symptoms to be aware of, and where to be tested are all posted on the Facebook page: Espanola Lyme Disease Awareness and Support.



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Community Living Espanola Furthers Goal Of Inclusion



Photo: CLE client Peter Sullivan cuts the ribbon and officially opens the Community Employment and Connections Room.

By Chloe Kneer – Community Living Espanola recently cut the ribbon on its new Community Employment and Connections Room. “This space was transformed and will be used by people supported in our programs to work towards their community inclusion goals whether this includes preparing to enter the competitive job market and/or volunteer opportunities and related activities,” says Executive Director Louise Laplante. “It will also be used by our self-advocate group, People With Power, to hold meetings and videoconferences with other self-advocate groups. The room is equipped with two new computers with internet/

wifi access, one of which is a touch screen computer with a wheelchair accessible desk, a 42 inch TV for education and learning purposes and a boardroom style table and chairs.”

The room is the product of the annual Community Living Cash Calendar fundraiser. Laplante explained that CLE likes to use fundraising monies for projects that the Ministry of Community and Social Services doesn't cover. The 2017 Cash Calendar fundraiser (which kicks off at their annual Harvest Luncheon on October 26 from 11:00 a.m. – 2:00 p.m. at the Espanola Legion) will be used towards the purchase of a new wheelchair accessible mini-van.

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Espanola Town Council Report

By Chloe Kneer - Espanola Council declared September Childhood Cancer Awareness Month and flew the gold flag all of last month to help bring awareness to childhood cancers. To further the education/awareness, at the September 27 regular meeting, they heard from Dayna Caruso of the Northern Ontario Families of Childhood Cancer, an organization which supports families whose children are battling the disease. Caruso wanted to inform council of the facts of childhood cancer, which, in northern Ontario has rates higher than other areas of the province (approximately 175 cases per million compared to 150 per million). She explained that cancer rates in children have risen nearly 30% in the last decade, but despite the higher rates, research and development of new drugs is at a virtual standstill, because childhood cancer is seen as “rare” and not a big enough market for drug manufacturers to invest in. Childhood cancer is often sugar-coated when it is talked about,” said Caruso.

You hear about the three out of four children who survive, but what about that one child who doesn't? Unfortunately, there have only been three new drugs developed for childhood cancers since 1980. Most of the treatment that is available to pediatric patients has been around since the 1970's.” She also went on to discuss the financial and emotional impact that families deal with while having a child treated for cancer, which can be devastating. The NOFCC aims to assist during the difficult time, which often lasts up to six months, or more. Council also took up the business of the leaf and yard waste schedule, saying it will run for several weeks beginning in early October. Planning is underway for the second annual open house where residents can come and talk openly with councillors and town department heads. And, the issue of online streaming of council meetings came up with Clerk Paula Roque saying it will begin soon. The next meeting of council is October 11 at 7:30 p.m. at the municipal offices.

\$3 Million Grow Op Busted In Sables-Spanish Rivers Township

On September 20, officers from the Ontario Provincial Police Organized Crime Enforcement Bureau, Sudbury Unit, with the assistance of members from the Espanola OPP Detachment, OPP North East Region Emergency Response Team, and OPP Aviation Services, arrested and charged two individuals with drug related offences following the execution of a search warrant. The arrests and charges stem from an investigation into a large scale outdoor marijuana growing operation. A Controlled Drugs and Substances Act (CDSA) search warrant was executed at a property in the community of Sables-Spanish Rivers Township and resulted in the seizure of 3,100 marijuana

plants in various stages of growth. The estimated street value of the plants seized is \$3,100,000. Fei Chen age 36, and Kan Zhong age 34, both from Markham, Ontario, were located at the property and have each been charged with: Production of Marijuana, contrary to Section 7 (1) of the Controlled Drugs and Substances Act and Possession of a Controlled Substance for the Purpose of Trafficking, contrary to Section 5(2) of the Controlled Drugs and Substances Act. Both of the accused have been released from custody and are scheduled to appear in the Ontario Court of Justice on November 7 in Espanola. The investigation into the grow operation continues.



VS



HOME GAME!!
Friday, October 7, 7:30 pm



Moose Corner

FUNDRAISER FOR MOBILITY VEHICLE FOR RYAN VLAAD - Despite being diagnosed with Cerebral Palsy at 11 months, 7 year-old Ryan Vlaad strives to be independent. The Lindsay youngster, whose family calls Espanola home, are raising funds to purchase a modified vehicle, so that he can continue to remain active. A Go Fund Me account has been set for anyone who wishes to donate from the local area. The family is trying to raise \$20,000. Check the Moose Facebook for a link to the account.

Continued from front page...

**Lions Club TV Bingo:
Where Does The Money Go?**

Children have always been important to our members. We sponsor free swims at the Espanola Complex at a cost of \$7,900. We support our local teams, including minor baseball, hockey, soccer and pond hockey to the tune of \$2,300. Our children's Christmas party and toy drive receive \$4,500 and well worth it. Last year over 400 kids and their families enjoyed hot dogs with Santa, and almost 200 kids received gifts from Santa! It is our policy to support local charities and clubs, and though we recognize the immense work and results of national groups like the Canadian Cancer Society, Heart and Stroke etc., we strongly feel that we get more bang for our buck by keeping our money local. It takes millions of dollars to run these major groups and administrative costs are substantial. As a result we were truly pleased to help the following with just over \$8,000 of support:

North Shore Rescue, Sea Cadets, 4-H, Massey Marathon, Helping Hand Food Bank, Elks, Pumpkin and Fibre Arts Festival, Northern Cancer Centre, Terry Fox Run/Walk, Snowarama for Easter Seals, and the list goes on. We were pleased to help the new Iranian family in Massey with \$1,000, our local seniors for \$1,200, medical emergencies at \$2,000 and the Clear Lake stream rehabilitation for \$1,000. I could go on, but you get the point. We are dedicated to our community. I know it appears I am bragging and maybe I am a little. But your Lions Club is vital to many in our area. We stand behind our motto: WE SERVE. So next time you play bingo and lose, keep in mind there are many who do win. We appreciate your support of our club and look forward to another year of helping others. Lions TV Bingo is every Wednesday evening at 6:30.

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**Honouring Jessica:
Family Fundraising For Headstone**



Photo: Jessica graduating from Espanola High School.

By Emily Southwind (Jessica Lynn Southwind-Holmes' sister) - Jessica Lynn Southwind-Holmes was born April 3, 1995, with a condition called spina bifida, a defect that formed sacs on the spine. She also had hydrocephalus, which is a tube running from her head to her belly that would drain fluid. Normally, the body drains itself. Jessica spent her entire short life in a wheelchair and wasn't supposed to live past her teen years. Luckily, she surpassed that and her family and friends were gifted with twenty years. Jessica was a survivor and always worked hard, but she struggled. Despite her daily challenges, however, she always managed to say goodnight with a hug and a "love you, mom." Those who knew her remember her as a wonderful, loving person. No, we didn't have a

spectacular life. We have had a rough go at life, but we loved each other unconditionally, and stayed strong for each other. Jessica was always being who she is, a happy go lucky girl who is always smiling even though it was the worst day of her life. We always got through it. Jessica passed away November 16, 2015. It was so sudden and left everyone who knew her absolutely broken. My mom wants to put Jessica Lynn Southwind-Holmes in her final resting place on the one year anniversary of her passing, next month. Our hope is to purchase a really nice headstone that I know my sister would love. The only issue is the price. To help pay for it, we've set up a GoFundMe page and gratefully accept all donations. Thank you for any support you can give. The link to the page is: www.gofundme.com/2pcy9yc



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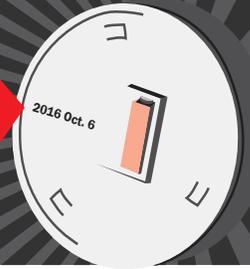
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FIRE PREVENTION WEEK

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Replace Smoke Alarms Every 10 Years



**Fire Prevention Week
Oct. 9-15, 2016**

Age matters when it comes to your smoke alarms.
Check the manufacture dates on your smoke alarms today!

1

Remove the
smoke alarm
from the wall
or ceiling.



October 6, 2016



2

Look at the
back of the
alarm for
the date of
manufacture.

3

Smoke alarms
should be
replaced 10
years from
the date of
manufacture.



4

Put the alarm
back on the
ceiling or wall
if it is less than
10 years old.



A closed door may
slow the spread of
smoke, heat and fire.



Test smoke alarms
at least once a
month by pushing
the test button.



If the smoke alarm
sounds, get outside
and stay outside.
Go to your outside
meeting place.



Install smoke alarms in every sleeping room and outside each
separate sleeping area. For the best protection, make sure all
smoke alarms are interconnected. When one sounds, they
all sound.



Call the fire
department from
a cellphone or a
neighbor's phone.
Stay outside until
the fire department
says it's safe to go
back inside.

History of Fire Prevention Week

Fire Prevention Week was established to commemorate the devastating Chicago fire on October 9, 1871 in which more than 250 people died, 100,000 were left homeless, destroyed more than 17,400 structures and burned more than 2,000 acres. The fire changed the way that firefighters and public officials in North America think about fire prevention and fire safety. The Fire Marshals Association of North America (today known as

the International Fire Marshals Association), decided that the anniversary of the Chicago fire should be observed in a way to educate the public about the importance of fire prevention. Fire Prevention Week was proclaimed in Canada in 1919 to commemorate the Chicago blaze, as well as a major fire that destroyed the Centre Block of the Parliament buildings in Ottawa on February 3, 1916.



SMOKE ALARMS

LOCATING/INSTALLING SMOKE ALARMS:

- Read and follow the manufacturer's instructions carefully.
- For best performance, an alarm should be mounted on the ceiling in or near the centre of the room, hall or stairway, and at the head of each stairway leading to an occupied area.
- Optimum location for wall mounts is at least 15 cm (6 inches) from the ceiling but not more than 30 cm (19 inches) from it.
- Avoid installing where the temperature is less than 50C (41oF) or exceeds 48oC (119oF).
- Keep alarms away from doors and windows.
- Never locate an alarm in front of an air register, fans or vents.
- Keep alarms at least 60 cm (2 feet) from any corner.
- Do not recess smoke alarms in walls or ceilings!
- Smoke alarms in rooms with ceiling slopes greater than 30 cm (one foot) rise per 2.4 m (eight feet) horizontally should be located on the high side of the room.
- Avoid locating an alarm at the peak of an "A" frame type ceiling.
- Never paint a smoke alarm.
- Keep alarms 60 to 90 cm (two to three feet) away from light fixtures.

WHEN HAVING AN ALARM CONNECTED INTO THE ELECTRICAL WIRING SYSTEM OF A HOUSE YOU SHOULD:

- Use a qualified electrical contractor.
- Never install the alarm in the electrical circuit

except at the main panel. Alarms must also never be installed in a circuit connected to an on/off switch.

- Check the alarm when installation is complete.

MARK YOUR CALENDAR: TESTING AND CLEANING:

- Test your smoke alarm monthly and clean it every 6 months. Mark it on your calendar so that you don't forget. Things to remember when testing your smoke alarm:
 - Ensure that power is being transmitted to the alarm and that it will activate in the presence of smoke.
 - Test your smoke alarm by pressing the test button.
 - Even alarms with a pilot light that indicate power is being transmitted, should be tested regularly.
 - Battery-operated smoke alarms will warn you when batteries need replacing. Despite this, make it a habit to change the batteries yearly.
 - When you've been away from home for a few days, check your alarm on your return to ensure it is working properly.
 - Remember, your smoke alarm can't protect you if the batteries have been removed or a plug has been disconnected.
 - The lifespan of a typical smoke alarm is about 10 years, but some models last as little as 5 years.
 - To clean the alarm, open the cover and gently vacuum the interior of it. Frequently, the alarm will sound while the unit is being cleaned.

Domtar



Fire Escape Plan

Statistics reveal that 78 percent of deaths from fire occur in the home, with most of the fatalities taking place between 2 am and 4 am, while occupants are asleep. That is why it is critical to develop an escape plan, because one needs to react quickly with a fire:

- practice your plan at night, getting down on your hands and knees with a flashlight while crawling to safety. Heavy smoke impairs breathing, which

is why staying close to the floor increases chances of escape.

- In order to be able to react quickly to fire, draw a floor plan of your home showing all possible exits from each room. Where possible, plan two exits: a main route and an alternate route from each room.
- If you live in an apartment building, develop your escape plan taking into account fire escape procedures provided by building management.

Fire Safety Tips & Facts

- Smoking while in bed, tired or under the influence of alcohol or medication is the most common cause of fires that kill.
- Most chimney fires occur with wood-burning fireplaces. Ensure chimneys are cleaned and professionally inspected regularly. Burn only small quantities of wood at a time.
- Keep a pan lid or cookie sheet handy in case grease or oil catches fire. The lid or cookie sheet should be slid over the top of the pan to smother the fire.
- Place candles in sturdy, burn-resistant containers that won't tip over and are big enough to collect dripping wax.
- Don't use candles in high traffic areas where children or pets could knock them over.
- Never remove the third prong on a three-prong plug or bend it back to use a two-prong outlet. The third prong is a necessary ground for the appliance or heater.
- When bathing children, always turn cold water on first before the hot. Test the water temperature before allowing your child to get into the bathtub or shower. Consider adjusting your hot water heater to a maximum temperature of 49 C or 120 F.
- Turn pot handles towards the centre of the stove.
- Battery-operated smoke alarms will warn you when batteries need replacing. Despite this, make it a habit to change the batteries yearly.
- Install at least one smoke alarm outside each sleeping area. For improved safety, install a smoke alarm in every bedroom.
- Have a thorough yearly maintenance check of the furnace carried out by a professional.
- Lack of maintenance is the number one cause of dryer fires. That is why it is critical to clean the lint filter before and after each use, and wipe away any lint that has accumulated around the drum. Perform periodic checks to ensure that the air exhaust vent pipe is unobstructed (lint accumulation) and the outdoor vent flap opens readily.
- Extension cords must never be

run inside walls or under rugs or furniture. They can be damaged by traffic or heavy furniture and start arcing, which can lead to a fire.

- It is important to install a carbon monoxide detector in your home. However, carbon monoxide detectors do not replace the need for prevention through yearly maintenance and inspection of heating systems and appliances.
- Do not overload electrical outlets or use extension cords in the place of additional outlets.
- Use a screen in front of the fireplace opening to protect children and to prevent embers from escaping and igniting carpets, etc.
- Educate your children about the dangers of fire and make sure they know that all fires, even small ones, can spread very quickly.
- In case of fire, get out and stay out! Use a neighbour's phone to call the emergency response number in your area.

In case of a real fire



Call out to others



Call for help from a neighbor's home Never go back inside a burning house

- Be wary of buying novelty candles. Avoid candles surrounded by flammable paint, paper, dried flowers, or breakable/meltable containers.
- Equipment that uses natural gas should show a clear blue flame—a yellow or orange flame may indicate a problem. If a problem appears, call a qualified technician.
- Ensure a source of fresh air is available, for an example an open window or flue, when operating a wood-burning fireplace.

Tim Hortons
ESPANOLA • MCKERROW

Espanola
ONTARIO CANADA



TOWNSHIP OF SABLES-SPANISH RIVERS

Phone: (705) 865-2646 Fax: (705) 865-2736

Email: inquiries@sables-spanish.ca

11 Birch Lake Road, Massey, ON, P0P 1P0

Website: www.sables-spanish.ca

NOTICE OF THE PASSING OF ZONING BYLAWS (Planning Act-Section 34(18))

TAKE NOTICE that the Council of the Corporation of the Township of Sables-Spanish Rivers passed the following bylaws on the 28th day of September, 2016.

Bylaw 2016-26

The land to which the bylaw applies is described as Victoria Township, Section 40, Parcel 40-1-3, Plan 53R-13611 Part 4, 5, 6, at 175 Kring Road. The purpose for the amendment would be to allow for a reduced front yard setback at the shoreline for a residential addition in the Rural zone.

Bylaw 2016-27

The land to which the bylaw applies is described as Gough Township, Parcel 17177, Plan AB171, at 513A West Branch Road. The purpose for the amendment would be to allow for a reduced front yard setback at the shoreline for a residential use in the Resource Recreation zone.

Bylaw 2016-28

The land to which the bylaw applies is described as McKinnon Township, Lot 12, Concession 5, Parcel 16762, 434 Cutler Lake Road. The purpose for the amendment would be to allow for a reduced front yard setback for an accessory building in the Resource Recreation zone.

The lands subject of all of the above applications is not subject of any other application under the Planning Act.

The last date for filing a notice of appeal is **October 24, 2016**. A Notice of Appeal must be filed with the Clerk of the Corporation of the Township of Sables-Spanish Rivers, setting out the reasons for the appeal. This must also be accompanied by the fee required by the Ontario Municipal Board.

Only individuals, corporations and public bodies may appeal a zoning bylaw to the Ontario Municipal Board. A Notice of Appeal may not be filed by an unincorporated association or group. However, a Notice of Appeal may be filed in the name of an individual who is a member of the association or the group on its behalf.

No persons or public body shall be added as a party to the hearing of the appeal unless, before the bylaw was passed, the person or public body made oral submissions at a public meeting or written submissions to the Council or, in the opinion of the Ontario Municipal Board, there are reasonable grounds to add the person or public body as a party.

This bylaw is available for inspection in the municipal office during regular office hours.

Dated this 4th day of October 2016
Kim Sloss, Clerk-Administrator

WEBBWOOD PUBLIC SCHOOL

The Rainbow District School Board has issued a News Release that outlines proposed changes to the delivery of education in our area.

This includes consolidating the Webbwood Public School into the new A.B. Ellis Public School in Espanola as of September 1, 2017.

The public will have an opportunity to provide input at the Espanola planning area public meeting on Thursday, November 3 at Espanola High School, 147 Spruce Avenue, Espanola from 6:00 to 8:30 p.m. or contact Nicole Charette, Senior Advisor of Corporate Communications and Strategic Planning – Rainbow District School Board at 705-674-3171 ext 7217.

WEBBWOOD RECREATION COMMITTEE - USED BACK PACK COLLECTION

The Webbwood Recreation Committee is currently collecting gently used back packs and thermal lunch bags to help any student of any age in need.

If you have any you would like to donate, please contact us at the number and email address listed below, or any Webbwood Recreation Committee member.

Contact Tracey at 705-862-2513 or email webbrecommittee@hotmail.com

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 an amendment to the Comprehensive Zoning Bylaw 2010-51. The public meeting will be held on Wednesday, October 26, 2016 at 7:00 p.m. in the Council Chambers at 11 Birch Lake Road, Massey, Ontario.

File No. ZBA16-05

The purpose for the amendment would be to allow for a reduced front yard setback at the shoreline for a residential use in the Resource Recreation zone.

The property is described as Victoria Township, Section 17, Plan 53M-1278 Lot 13, #40 Sunset Bay Drive.

The land subject of this application is not subject of any other application under the Planning Act.

If a person or public body does not make oral submissions at a 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 of the Council of the Township of Sables-Spanish Rivers to the Ontario Municipal Board.

If a person or public body does not make oral submissions at a public meeting or make written submissions to the Township of Sables-Spanish Rivers before the bylaw is passed, the person or public body may not be added as a part to the hearing of an appeal before the Ontario Municipal Board unless, in the opinion of the board, there are reasonable grounds to do so.

ADDITIONAL INFORMATION regarding this application is available at the municipal office at 11 Birch Lake Road, Massey, P0P1P0 during regular office hours. Dated this 4th day of October, 2016

Kim Sloss, Clerk-Administrator

EMPLOYMENT OPPORTUNITY

The Township of Sables-Spanish Rivers is accepting applications for the position of a **CASUAL PUBLIC WORKS OPERATOR**

- ✓ Must possess a valid DZ licence
- ✓ Must be willing to work on an as-needed, on-call basis including accepting call-outs as dictated by road conditions and weather
- ✓ Must be willing to submit a criminal records check
- ✓ Road testing will be included in the interview process

The following qualifications will be considered an asset:

- Common Core Surface Miner Training
- experience in operating an excavator, grader and loader
- Grade 12 education

Written applications shall be accepted until Friday, October 21, 2016 at 4:30 p.m. E-mail and fax copies accepted.

Kim Sloss, Clerk-Administrator

MASSEY & DISTRICT COMMUNITY CENTRE AND ARENA

SKATING SCHEDULE

Public Skating - Friday 6:30p.m. – 8:30 p.m.

Moms & Tots / Seniors Skating - Tuesday 10:30 a.m.

Family Skate – Sunday 5:30p.m. – 6:30 p.m.

**skating times are subject to change without notice. Call for updates on the winter season schedule, special events and rental rates. 705-865-2519

Please visit our Facebook Page: "Township of Sables-Spanish Rivers Parks and Recreation Department" for event updates

We now have INTERAC and accept Debit Cards for payments.

CLASSIFIEDS

Real Estate • Rentals • Services
Lost & Found • Items For Sale
Prayers • Thank You • Notices
Personals • Vehicles
Special Occasion

Highest Circulation &
Best Rates In Town!



705-869-6883

SERVICES

L & M STOVE SHOP – 308 Albert St. Espanola. We stock a wide range of appliance parts and vacuum supplies. We stock elements, vacuum bags, etc. Call 705-869-2944. 10/4 - R

HANDYMAN - ODD JOBS COLOMBUS - Need something fixed, painted, patched, drywalled, or something put together, give me a call. Stephane Coulobme 705-863-3434. colombus87@eastlink.ca 10/11

LAWN MOWING AND FALL CLEAN UP - Get your yard in shape before winter. 705-918-2456. TFN

PHYSIOTHERAPY OFFERED BY MARILYN WITTMANN - Located at Physio Moves in the Espanola Hospital. Accepting new patients. WSIB and MVA patients welcome. Acupuncture available. Visit www.physiomoves.net for services, rates, and hours, or call 705-988-3737 - R

STORAGE SPACE AVAILABLE – Located in Espanola. Call 705-869-1705. 1/10

CHIMNEY CLEANING – Over 20 years of local experience in cleaning, repairs, and installations. For your security, have your chimney cleaned and checked today. Call Larry at 705-844-2878. 11/15

LEE VALLEY FEEDS – Taking orders for skid lots of wood pellets. Order now and save. We also carry deer feed and a full line of livestock feeds. 416 Lee Valley Road. 705-865-9996. 10/11

HANDY-DENN – Yard work, clean-ups, grass cutting, weeding, repairs to decks and fences, pressure washing. Home repairs. Call 705-863-3778 or 705-583-2210. 10/4

ESPANOLA SELF STORAGE – 6x8 and 8x10 Storage units available in Espanola. Located behind the car wash. Call 705-869-8405. 11/22 - R

APP SOLUTIONS- COMPUTER Complete computer repairs and service calls! Trojan and spyware removal – tune ups – system reloads – hard drive and memory upgrades. Clean up your PC today. Call 705-869-8872. 10/25

CLASSES

CINDERS NATURALS HEALTH FOOD STORE - is giving a workshop on Soap Making for Beginners. 4 dates to choose from: Oct. 6, Oct 8, Nov 4, Nov 5. Visit store in the Espanola mall or call 705-583-2555 in order to register. Register early to avoid disappointment. 10/4

FOR SALE

FOR SALE – ATV up seat, like new. Fits Yamaha. Asking \$100. Call 705-869-2969. 10/4

FOR SALE – Four 2-year old Firestone P245/70 R17 winter tires used only 9 kms. Mounted on rims, balanced and ready to install. Also have pressure sensors included. Call 705-869-6217. 10/18

Call 705-869-6883

To Place Your Classified Ad!!

THANK YOU

THANK YOU - I want to thank my wife Darlene, your and my children, plus brother for the best birthday present ever! Love, Garry 10/4

FOR RENT

FOR RENT – 2 bedroom apartment, available November 1. \$900 all inclusive. 705-862-2467. 10/11

FOR RENT – One bedroom apartment available immediately, 2 bedroom November 1. 45 Arthur Ct, Espanola. No pets, references required. Call 705-869-5989. 10/18

THANK YOU

THANK YOU to the Sables-Spanish Public Library Board for giving me the opportunity to serve the residents of the municipality for twenty-two years. A special thanks for the gifts, words of inspiration in my journal and the special events held for my retirement. Thank you to the staff and patrons that made my experiences at the library so rewarding. The library will always be a special part of my life. Elizabeth Gamble

THANK YOU



Thank You

CONSTANTINEAU, RICHARD (TINO)

We wish to express our heartfelt thanks to all our family, friends, neighbours for your many kind words, prayers, cards, floral tributes, gifts of food and charitable donations in memory of Rich. To all at the visitation and church service, I thank you for the love extended to our Portuguese family, making them feel at ease and welcome. Sincere appreciation to Rev. Blair Phibbs and our church family at

Q.P.C. for your support and uplifting service. To Blair, Katie, Paulette and Diane for the special music and to the readers and to the ladies for the wonderful lunch. We are grateful for the care, compassion and understanding shown Rich while in the hospital and Nursing Home. Special thanks to the Kirkwood Site, Sudbury for their level of treatment and care given. To those who treated Rich with patience, dignity and respect in his last years, we are truly blessed. To the Tin Cup gang, the Legion "roll off" people, the guys at the Curling Club, fellow Elks and finally the wonderful Alzheimer Support Group. With sincere gratitude and blessings, *Rhea, Darren & family*



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



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THANK YOU



FRIENDLY MASSEY MARATHON THANK YOU

On behalf of the "2016" Race Committee, we would like to thank our sponsors for their generous support. Without this support, the run could not have been a success. A special thanks to all the volunteers for their long hours and hard work throughout the weekend. The volunteers make this race the "Friendly" Massey Marathon.

Amateur Radio Club	Manitoulin Transport
Anishnabek Police Service and Fire Dept.	Marvin Ritchie Logging
Around & About	Massey Home Hardware
Back Home Bistro	Massey Motel
Belanger Ford	North Shore Trophies
Blue Heron Resort	Farquhar Dairy/Massey Wholesale
Burk's Shell	McCulloch Insurance
Canadian Tire	Mohawk Motel
Carol Hughes	Nick's Sales & Service
Chutes Provincial Park	Northern Ford Sales
Coyote Woodworks	O.J. Graphix
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Espanola Lions	Royal Canadaian Legion
Freelandt Caldwell Reilly	Royal LePage Anderson Realty
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Godin Insurance	TD Children's Races
KJ Beamish Construction	Town of Espanola
Lebrecque Fisher Optometry	Township of Nairn-Hyman
TBell Transport	Township of Sables-Spanish Rivers
The Walden Group	TSSR Public Works, Arena and Fire Dept. Staff
JI Enterprizes	Urban Windows
Jim's Portable Toilets	Watt Supplies
Jim Stonemann	William Ropp
John's Auto Repair	Winkel's Independent Grocer
Manitoulin-Sudbury DSSAB	Z'Gamok

NOTICE

DESMARAIS, KEENAN LLP

Municipal Act, 2001
S.D. 2001, C.25
RR.0.1990, Reg. 824

FORM 6 SALE OF LAND BY PUBLIC TENDER

The TOWNSHIP OF SABLES-SPANISH RIVERS

Take notice that tenders are invited for the purchase of the land(s) described below and will be received until 3:00 pm local time on **October 26, 2016, at the Township Offices, 11 Birch Lake Road, Massey, Ontario POP 1PO.**

The tenders will then be opened in public on the same day at 3:15 pm local time, at **the Township Offices, 11 Birch Lake Road, Massey, Ontario.**

DESCRIPTION OF LAND(S)

File	92,973 (ID SSR 15-02)
Roll no.	000-001-15001-0000
Pin	73424-0102
Property	PCL 6085 SEC SES; PT LT 11 CON 6 HARROW AS IN WP3151 EXCEPT LT 29615 & PT 1 53R17037; SABLES-SPANISH RIVERS

MINIMUM TENDER AMOUNT \$7,776.81

Tenders must be submitted in the prescribed form and must be accompanied by a deposit in the form of a money order or of a bank draft or cheque certified by a bank or trust corporation payable to the municipality (or board) and representing at least twenty per cent (20%) of the tender amount.

Except as follows, the municipality makes no representation regarding the title to or any other matters relating to the land(s) to be sold. Responsibility for ascertaining these matters rests with the potential purchasers.

This sale is governed by the Municipal Act; 2001, and the Municipal Tax Sales Rules made under that Act. The successful purchaser will be required to pay the amount tendered plus accumulated taxes and the relevant land transfer tax.

The municipality has no obligation to provide vacant possession to the successful purchaser.

For further information regarding this sale and a copy of the prescribed form of tender contact:

Title	Name of Municipality or Board
Patricia Deline, Treasurer	Township of Sables-Spanish Rivers
Address of Municipality or Board	Phone No. of Municipality or Board
11 Birch Lake Road, Massey, Ontario POP 1PO	705-865-2646

EMPLOYMENT OPPORTUNITY



Espanola & Area

Family Health Team

The Espanola & Area Family Health Team is currently recruiting a part-time Registered Dietitian (15 hours per week).

The successful candidate will have familiarity with the health issues of the community and will work collaboratively with other primary care providers to improve the health of the patients accessing services through the Family Health Team.

Responsibilities Include...

- Provide general dietetic care to patients in keeping with the standards of the College of Dietitians of Ontario
- Develop and implement nutrition education programs with other team members
- Provide nutrition teaching and support to patients (individually and in groups)
- Work collaboratively with other FHT staff and community organizations to improve patient care, service delivery and coordination
- Act as patient advocate to problem solve and ensure health care needs are met with internal and external providers
- Facilitate Rx requests including faxing, calling to pharmacies, verifying and calling patients for follow up appointments when required.
- Maintain patient charts in the EMR
- Support patients by making appropriate referrals within the Family Health Team.
- Model and promote a positive team based work environment and maintains confidentiality. Attend/participate in team meetings and lunch and learn opportunities.
- Perform other related duties as assigned.

Qualifications:

- Current registration in good standing with the College of Dietitians of Ontario
- Demonstrated experience working in community setting or primary care setting
- Ability to problem solve effectively and independently
- Demonstrated knowledge of the role of interdisciplinary health professionals and the ability to work effectively within a collaborative team
- Strong interpersonal and communication skills
- Experience working in an electronic medical record system is an asset
- Fluency in English and French is an asset
- Good organizational skills and time management skills. Demonstrated ability to manage multiple tasks, prioritize workload.
- Knowledge of Consent and Release of Information legislation
- Knowledge and experience with nutritional needs for diabetic clients (chronic disease management)
- Bilingualism (English and French) is preferred

To apply in confidence, please forward your resume together with a cover letter outlining your relevant experience and qualifications by October 11, 2016 to:

Human Resources Manager
Espanola Regional Hospital and Health Centre
825 McKinnon Drive
ESPANOLA, ON P5E 1R4
Fax (705) 869-4039
Email: recruitment@esphosp.on.ca

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

COMMUNITY NOTES

PROUDLY SPONSORED BY



Edge Of The Box Theatre And Movement For Autism And Special Needs
– Starts October 5 for ages 8-13. Take part in a 7-week program of self-expression through movement, role playing and theatre games. Still a few spots available. Call 705-869-2737 for information or to register.

North Shore Anglers And Hunters Walleye Rearing Program Fundraiser
- Thanksgiving dinner Sunday, October 9 at Waterfalls Lodge at 5:00 p.m. For reservations, call 705-844-2169 or 705-844-2255.

The Northshore Pins & Needles Quilting & Stitchery Guild - 20th Anniversary Quilt Show October 15, 10:00 a.m. – 4:00 p.m. & October 16, 10:00 a.m. – 2:00 p.m. and the Espanola High School. Next meeting on Wednesday, October 26, at the Espanola Legion Hall at 7:00 pm. All are welcome.

Volunteers Needed - The Canadian Cancer Society needs volunteers at our Colour Run on Sunday, October 16 in Espanola. Sign up at vhub.at/Sudbury or call 705-670-1234, ext. 3706.

Community Living Espanola's Fall Harvest Luncheon - Wednesday, October 26 from 11:00 a.m. - 2:00 p.m. at the Royal Canadian Legion, Espanola. Tickets at 345 Centre St., call 705-869-3131 or at the door.

Knights of Columbus 33rd Annual Sportsman Stag – Friday, November 4. For Tickets call Marc 705-869-0692.

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

Apple Crisp is a favourite fall dessert, and a recipe most people have on hand. This apple crisp with thinly sliced Granny Smith apples baked with a cinnamon glaze and a delicious oat/crumb topping is one of the best you'll ever taste. It's easy to put this dessert together and delicious to make with those beautiful apples that are in season. This is a great dessert recipe for upcoming Thanksgiving dinner.

Best Apple Crisp

For the crumb topping:

- 1/2 cup flour
- 1/2 cup old fashioned oats
- 1/2 cup brown sugar
- 1/2 tsp baking powder
- 1/4 tsp ground cinnamon
- dash of salt
- 1/3 cup unsalted butter, diced into small chunks

For the Apple filling:

- 3-4 large Granny Smith apples, peeled and sliced thin
- 3 Tbsp butter, melted
- 2 Tbsp flour
- 1 Tbsp lemon juice
- 3 Tbsp milk
- 1/2 tsp vanilla extract
- 1/4 cup brown sugar
- 1/2 tsp ground cinnamon
- dash of salt

Preheat oven to 375 degrees F. In a medium size bowl combine the crumb topping ingredients with a fork or pastry blender until it resembles small crumbs. Refrigerate while you prepare the apple filling. For the Apple Filling: In a small bowl, combine melted butter and flour until well blended. Add lemon juice, milk and vanilla and stir well. Stir in brown sugar, cinnamon, and salt. Pour butter mixture over apples and toss to coat. Pour apple mixture into an 8x8-inch baking dish and spread into an even layer. Sprinkle crumb topping evenly over the apples. Bake for 30-35 minutes or until golden brown and top is set. Remove from oven and allow to cool for at least 10 minutes before serving. Serve with vanilla ice cream or whipped cream.

Note: To make this recipe ahead of time: Make the apple filling, adding a tiny bit more lemon juice so the apples don't brown. Store the apple filling in an air-tight container, in the fridge, for up to one day. Make the crumble topping and put it in a separate ziplock bag, in the fridge. When ready to bake, remove from the fridge, and sprinkle the topping on top. Bake as directed.

