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How Does The Massey Marathon Measure Up? 40 Years And Still Running Strong!



By Rosalind Russell - The Massey Marathon is still running strong, but how does it measure up in comparison to others? Well, the story goes back to its' founder, Norm Patenaude and his connection to the Olympics. It all started with the 1972 Olympic Marathon Trials held in Montreal, where the course had been measured once with the instrument that was considered the best at the time: the surveyor's wheel. It was a surprise when no Canadians were able to qualify for the 1972 Olympics and the analysis of the kilometre time splits revealed the course to be too long by a kilometre.

Patenaude, yup, he was a marathoner, and Ron Wallingford had placed 4th and 11th respectively in these trials. During that year, Patenaude, the unofficial National Marathon Statistician, had been trying to compile an up-

Continued on page four...

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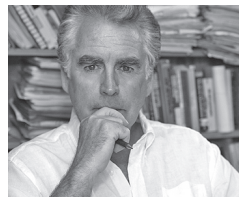
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All The World's A Circus

William Thomas

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And The Dumbass Democratic Voters Award of 2016 Goes To

THE PEOPLE OF THE PHILLIPINES AND DIRTY DUTERTE. On Monday, May 9, 2016, the people of the Republic of the Philippines decided they needed a change. After 30 years of democratic rule since getting rid of the dictator Ferdinand Marcos and the shoe factory he was married to, corruption and nepotism drove Filipinos to drastic change. So last spring the people in all 7,641 Philippine islands voted for a mass murderer to become their protector and president. That's right, Filipinos looked deep into the toilet of third-world politics and up popped Rodrigo Duterte. Duterte has used both police and vigilante groups to summarily execute more than 6,000 citizens who were believed to be involved in illegal drugs. This sure cleaned out the backlog of court cases, but still seems somewhat extreme in a country where citizens are supposed to be charged and put on trial. President Duterte not only brags about killing his own citizens, he also boasts about raping women. Duterte once told his soldiers that they were allowed to rape three women each, but ... "if you marry four, son of a whore you will be beaten up." This dually-elected president of 100 million people also joked about the 1989 rape and murder of an Australian missionary claiming he should have been "first in line." So good on ya, voters of the Philippines, you win the "Dumbass Democratic Voters Aw... No! Wait!

THE BRITS AND BREXIT. Just six weeks after President Duterte celebrated his inauguration by using a couple of pot-smoking teenagers for target practice, the

people of Great Britain decided they could do death one better. In an ill-advised federal referendum, the Brits unplugged their own life support system and committed political suicide.

Ruin Britannia began with a cowardly act by Prime Minister David Cameron to call a referendum on the nation's divorce from the European Union instead of staring down a group of narrow-minded nationalists in his own party. Nobody believed a vote to exit the EU would succeed except a wide range of extremely pissed-off people who knew next to nothing about the subject at hand.

Out with the baby and bath water went David Cameron, the economy, jobs, banks, good wages and the British Isles as we once knew them. In came inflation, a devalued pound, higher prices on food, housing, travel and imported goods. Estimates of job losses go as high as 80,000 over the next two years and the U.K. Independent Party that won the referendum has now collapsed. With the land mines of terrorism, mass migration, worldwide hacking and climate change planted all around them – the Brits voted to go it alone rather than rely on the support of 28 other countries. That's an even worse decision than Prince Charles tossing aside a beautiful princess in favour of a Rottweiler! So congratulations you balmy bunch of pub crawlers, you win the 2016 award for the "Dumbass Democratic Voters..." No! Wait!

THE AMERICANS AND DONALD TRUMP. On a Tuesday, November 9, 2016, just four-and-a-half months after Brits locked themselves in the Tower of

Continued on page three...

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Continued from page two...

London, Americans came to the polls in droves to do one better. "Leaving an organization is easy," they said. "We, on the other hand will relocate our country to another planet!" And they did! Using ballot boxes like rocket fuel, American right-wing voters removed their nation from the World of Reality and sent it spinning into space where it has made a rather hard landing on the planet Looney Tunes, it's surface covered with fairy dust and spent shells.

Watching the insanity of this White House gang of sycophants, bumbling billionaires and truth deniers, it is safe to say that President Donald Trump has become more of a cartoon figure than Shrek. The plot line of the animated film has the ogre making deals in order to take back his swamp after it is was overrun by fairy tale creatures. Wait! That's President Trump's national strategy as well. So little difference between the green monster that croaks and the bloated, hairy buffoon that tweets.

If with the flick of his claw, Larry The Lobster was making decisions at the highest level of the United States government – I would bet my car he'd have a 75% higher success rate than Donald Trump.

Watching the once most powerful and democratic country in the world reducing itself to a gong show at a daycare

centre is still highly entertaining provided of course, the ogre doesn't get us all killed. So yeah, you whacky Fox News 'Yankee Doodles,' you win the "Dumbass Democratic ..." No! Wait! It's a tie!

THE RUSSIANS AND VLAD THE IMPALER. According to their "Most Outstanding Person In History" poll last week, 38 percent of Russians voted for the Soviet dictator Josef Stalin while 34 percent cast their ballots for the current dictator Vladimir Putin. Best historical estimates reveal Josef Stalin murdered as many as 60 million Russians who opposed him. During Vladimir Putin's reign of terror, it's believed he has killed only 38 of his critics. A long way to go, but it seems Russian voters are hoping he can still close that gap.

Running for their lives out the door of this lunatic asylum we call a world, the guards threw the keys over the wall and into the outstretched hands of the inmates. Ignorance plus anger equals disaster.

Look, I understand the horrible consequence of a voter making a irreparable mistake at the ballot box. I once voted for Brian Mulroney. It's this international movement of mass stupidity I just can't get my head around.

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

Espanola Man Convicted On All Sex Related Charges Involving Boys – Dangerous Offender Designation Now Being Sought

Paul McColeman, 45, of Espanola was found guilty of 34 charges involving sex with teenage boys ... the same boys who, earlier this year during the trial, testified that they saw him as a father figure.

Justice Patricia Hennessy delivered her verdict in a Sudbury courthouse on Thursday, June 29th.

McColeman's convicted charges include:

- 13 counts of luring a child under 16
- 3 counts of luring a child under 18
- 8 counts of sexual interference
- 3 counts of procuring
- 2 counts of exposure
- 5 counts of invitation to sexual touching.

The court heard that McColeman set up two Facebook accounts and an MSN account under the names Treber Boucher, Jennifer Johnson and "Hyperchick" to set up the sexual acts with the complainants.

The victims were contacted and befriended between 2006 and 2014. Some were as young as 11 years old when they were first lured.

The acts were referred to as pranks, dares or missions. They included oral sex, masturbation and anal sex with a person who was later discovered to be McColeman. Once a boy completed the act, he would receive drugs, money or alcohol almost immediately afterwards. Judge Patricia Hennessy said she believes McColeman was behind the online contact for many reasons.

One of those reasons is that the same IP address was used to log on to both Treber Boucher and McColeman's Facebook accounts on several occasions, sometimes within minutes of each other.

Some of the boys knew McColeman before the online contact, but didn't know he was behind the accounts until later. Many of them frequented McColeman's house. Hennessy told the court she noticed all of the victims had troubled

home lives, were using drugs or alcohol, and were looking to increase the amount they were using.

Some of the boys had testified that they felt they could open up to McColeman.

In her summation, Hennessy noted how close victims became with McColeman. She said one victim's police statement described the sexual activities as "what sons and fathers do together."

Hennessy said the defense tried to paint McColeman as someone with "extreme generosity," who was trying to show these boys that there were "good people in this world." In her analysis of the case, Hennessy said she found this "implausible."

"While McColeman wanted to paint himself as the Mother Theresa of this small town...he enabled these boys to maintain a disruptive lifestyle," Hennessy told the court before she delivered the verdict.

During her analysis, Hennessy said she acknowledged some inconsistencies between some of the complainants' initial police statements and their testimonies. That includes details like where, when and how some of the sexual acts happened. But many of these details, she said, were irrelevant, and that their similar stories were fact-based.

Hennessy continued to say it's not unusual for young complainants to be erroneous with their testimony about sexual crimes, and that the court cannot expect a child's recollection to be at the same standard as an adult's.

"Some were children when the events occurred," she said. "Some were still children when they testified."

There is a publication ban on any details that could identify the victims in this case.

McColeman's sentencing is scheduled for July 14. The Crown may pursue a dangerous offender designation at that time.

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Sing a Song of Canada Concert a Huge Success



By Dianne Emiry - The skies of Massey were filled with Canadian music on Friday, June 30th at the Sing a Song of Canada concert. The concert began at 1 pm with the singing of O Canada in Ojibwe, English, and French and continued until 150 songs were performed.

Over 100 performers took to the Heritage Park stage to share their musical talents. The repertoire included traditional Canadian songs including I'se the B'ye and Farewell to Nova Scotia, Canadian rock standards including Taking Care of Business and 38 Years Old, as well as original songs composed for the concert. There were traditional dance performances, a gymnastics

routine, bands, choirs, square dancing, piano solos, and fiddle tunes.

The concert was planned as a celebration of Canadian music and to showcase local talent. Some concert highlights included an appearance by members of the band Seldom Seen, a performance by Alice and Nick; 2017 winners of Laurentian's Got Talent, and a performance by the award winning choir Voices of Spring. Music will continue through the summer at the Massey Museum. The piano used for the Sing a Song of Canada concert has been placed on the porch of the museum and will be available all summer for people to play a favourite tune.

Continued from front page...

How Does The Massey Marathon Measure Up? 40 Years And Still Running Strong!

to-date official all-time marathon ranking list, but it soon became apparent that the statistical time results had no value without a list of accurately measured courses.

He then organized the initial Canadian Course Measurement Program based mostly on international correspondence with Ted Corbitt (U.S.A.) and a little with John Jewell (Great Britain). With the help of Ron Wallingford, then Canadian Track and Field Association (C.T.F.A.) Technical Co-ordinator, he proposed a road course measurement policy to C.T.F.A. in 1972.

In 1974, C.T.F.A. finally accepted in their rules that all marathons, national championships and international road and walking events be certified prior to competition.

Bob Lazenby measured the first Canadian certified course, which was the 1974 National Marathon Championships held in Kitchener, Ontario. Lazenby later joined efforts with Patenaude to form the first measurement sub-committee. At the 1975 Boston Marathon, on his initiative, a group of people including Ted Corbitt and Gabriel Duguay met to form the first Canadian Road Runners Club and discuss road course measuring. Duguay, a runner himself, was dissatisfied with the non-existent road measuring standards in Quebec in 1974, and had been encouraged by Michel Rose to establish national and international contacts to develop a program for the Quebec Road Runners Association.

In early 1976, Lazenby suggested the evaluation of measuring reports, which had been done by Ted Corbitt up to now, be handled in Canada only. That summer, Patenaude and Ron Wallingford took care of the measurement of the Olympic Games Marathon, using the calibrated bicycle method.

At the 1979 Commonwealth Games Trials, the first Canadian course measuring meeting was held at which Duguay was nominated to replace retiring Bob Lazenby.

In 1979, he translated all of Ted Corbitt's measuring documents (with Ted's authorization), and mailed them to the 77 Quebec road race directors, in 1980. In that

year Patenaude started to attend the Run Canada meetings to update the measuring rules and have a section on course measurement included in the Run Canada Policy Handbook.

In January of 1984, he and Duguay got together with C.T.F.A.'s Technical Director, Tom MacWilliam to propose a plan for the development of qualified measurers and certifiers in Canada. The purpose of the plan was to standardize the work done by all the existing measurers and certifiers, improve the measuring and reporting of important road race measurements, increase the number of people on the road course measurement and certification sub-committee, bring the Canadian Road Course Measurement Program level to an acceptable international level and encourage more.

1999 proved to be the beginning of a new chapter in Canadian course measurement and certification. Two pivotal events allowed an evolution in the process: Pete Riegel's measurement seminar in Vancouver, and the Pan Am Games in Winnipeg. These allowed measurers from different parts of the country to meet and discuss how things could be improved. Bernie Conway, Canada's only IAAF/AIMS Grade 'A' measurer at the time, was given Athletics Canada's blessing and full support in becoming the country's chief measurer and certifier. The system is now funded solely through certification fees and independent of its governing body's funding priorities.

And in all that time, Patenaude was also busy founding, running and organizing the Massey Marathon, it is still called the Friendly Marathon by many, and it has continued his long traditions since then. And how does the Massey Marathon measure up? Well, it is one of Canada's longest running marathons, pun intended, continues to be one of the most popular marathons in the world and is a qualifier for the Boston Marathon, so get out those running shoes, take a deep breath and join in the fun the weekend of July 16th. Patenaude would love it.

Sources: John Craig and Laurent Lacroix

Norm Patenaude file photo

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Swimming Advisory Issued For Espanola's Beach



A swimming advisory has been issued for Clear Lake Beach in Espanola's south end.

As a result of routine water samples exceeding the acceptable bacteriological water quality standards, the Sudbury & District Health Unit has posted swimming advisory signs to inform the public that the beach water quality is not suitable for recreational use at this time.

A swimming advisory is a precautionary notice that informs the public about specific

risks to health and safety.

Going into the water when bacteria are present in high concentrations puts bathers at risk for infections. Illness can occur if swimmers swallow beach water; if water gets into their ears, eyes, or nose; or if it comes in contact with open wounds.

The Health Unit will notify the public when the bacterial levels return to acceptable standards for bathing beaches.

File photo

Habitat For Humanity Celebrates The Carter Work Project In Espanola

Sponsors and volunteers will build a fence at Espanola's new Habitat for Humanity home as part of Canada's biggest Habitat project this coming Monday, July 10th.

Habitat for Humanity is participating in the 34th Jimmy & Rosalynn Carter Work Project to help build 150 new homes for Canada's 150th anniversary.

The initiative is part of Habitat Canada's biggest ever build project, and Espanola is one of almost 50 communities participating nationally. So, on July 10 starting at 10:00 AM, a new fence will be built at the new Habitat for Humanity Duplex built last year at 359 Adelaide Street. Volunteers and sponsor, Eacom, will work alongside the homeowners to celebrate the Carter Work Project and make Habitat history with the local

community.

Local dignitaries, volunteers, sponsors and Habitat homeowners from Espanola will be on hand for photos and interviews.

Founded in 1985, Habitat for Humanity Canada is a national, nonprofit organization working toward a world where everyone has a decent and affordable place to call home. Habitat for Humanity brings communities together to help families build strength, stability and independence through affordable homeownership. With the help of volunteers, Habitat homeowners and 56 local Habitats working in every province and territory, they provide a solid foundation for better, healthier lives in Canada and around the world.

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3:00 pm - 1k Fun Run

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5:00 - 7:00 pm: Spaghetti Feast - Cost \$8.00/person,
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Sunday, July 16

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

6:00 am: FULL MARATHON START

6:15 am: 1/2 MARATHON START

6:30 am: CHUTES 10k START

7:00 am: FAMILY 5k START

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

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

8:00 am: Awards ceremony will be on-going at the Arena
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RETIREMENT/THANK YOU

Hanging up my mailbag!!!

I am happy to announce my retirement after 23 years working at Canada Post Webbwood outlet on June 16, 2017. Many thanks to my family, friends and customers for all your support, well wishes and cards. Also my fellow Canada Post workers for the wonderful lunch celebration and gifts. After 23 years of service with Canada Post Webbwood I am hanging up my mail bag and investing in the big 3 G's. Granddaughter, Golfing and Gardening!

Many thanks,

Lynda Stewart-Retired June 16, 2017

THANK YOU

Thank You

I would like to thank all those who aided in my lake rescue on July 4th. Special thanks to Andrew Dagg who without his help I might not have made it to shore. Also to the couple who brought my boat and vehicle into town for me.

Reg McLennan.

Thank You

The family of the late Catherine Mokohonuk would like to thank friends and relatives for the messages of condolences, cards of sympathy and donations. Thank you to Espanola Community Living Staff who cared for her for many years. Thank you to Dr. Knox and all of the staff who took such excellent care of Cathy at our Espanola Nursing Home for the past nine years. Special thanks to the R.P.N.'s, P.S.W.'s and Recreation Staff who became family to her. An extra special thanks to Mora Leale who became a true friend to Cathy the past two years. We are truly grateful.

Sincerely,

Dianne Mokohonuk, Roy, Jennifer, Logan, Kelly & Tracy.

COMMUNITY NOTES

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The Massey Area Museum presents Discovery Wednesdays in July - July 12, 19, 26 10:00 a.m. - 2:30 p.m. Have fun and explore the past. Contact 705-865-1669 reserve your space. Also check out our Fabulous Fashions Through the Decades during the month of July in the upstairs gallery.

Yard/Bake Sale - St. Andrews United Church (across from Massey Legion) Saturday, July 15 at 8:00 a.m.

BBQ at the Massey Legion - Saturday, July 15 at 11:00 a.m. Sponsored by the Ladies Auxiliary.

Lee Valley Hall "Strawberry Social" & Open Mic Jam Session - Sunday, July 16 from 1:00 - 4:00 p.m. Sponsored by Lee Valley Autumn Leaves. For more information please call 705-863-3338.

McKerrow Summer Fun Day - July 22 from 11:00 a.m. - 3:00 p.m. at the Baldwin Recreation Center. We need volunteers! If you would like to volunteer please contact Marie at 705-929-3845.

The Lighthouse Community Luncheon - is cancelled until further notice because of renovations to the building.

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

REGISTRATION

ESPANOLA MINOR HOCKEY ASSOCIATION 2017 /2018 Registration



ESPANOLA REGIONAL RECREATION COMPLEX



Early Registration Dates:

Monday, July 10 & Wednesday, July 12 - 5:30-7:30 p.m.
Tuesday, July 18 & Thursday, July 20 - 5:30-7:30 p.m.

"Early" Registration Fees:

IP - First Year - Free + \$50 Fundraising Fee = \$50.00
IP - \$100 + \$50 Fundraising Fee = \$150.00
Novice - \$460 + \$50 Fundraising Fee = \$510
Atom - \$480 + \$50 Fundraising Fee = \$530
Peewee - \$600 + \$50 Fundraising Fee = \$650
Bantam - \$640 + \$50 Fundraising Fee = \$690
Midget - \$650 + \$50 Fundraising Fee = \$700

*Take advantage of our "Early" Registration dates and pay last year's fees.

"Early" registration fees will only be applicable during the above registration dates, and will end at 7:30 on July 20 - NO EXCEPTION

Other Registration Dates

Monday, August 14 & Wednesday, August 16 - 5:30-7:30 p.m.
Tuesday, August 22 & Thursday, August 24 - 4:00-7:30 p.m.

Prices will increase between \$25 - \$35 depending on division.
Any registration after 7:30pm on Aug 24 will be subject to a \$50 late fee.

New this year to children born in 2011 & 2012 EMHA will be introducing the initiation program. Registration will be free for first time hockey players of this age.

****Families who qualify for these great deals will be responsible for \$50 fundraising fee****



The One Tot Day Care - S. Geiger Site,
is now open 6:00 a.m. to 7 p.m.
Monday to Friday.

Please call 705-865-3281 or email:
onetotstop@bellnet.ca for more information

Massey: 705-865-3281 • Espanola: 705-869-3282
Email: onetotstop@bellnet.ca • www.onetotstop.com

Recipe

A tube of ready-made pizza dough, sliced pepperoni and a bag of cheese strings is all you need to make this delicious snack for the kids (and adults) this summer. If you are not a fan of pepperoni you can leave it out and make these just cheese sticks. Unlike fried mozzarella sticks, these all get done at the same time. No messy oil and they're golden, buttery, cheesy and delicious.



CHEESY PEPPERONI PIZZA STICKS

- 1 tube Pillsbury pizza crust
- 40 pepperoni slices
- 10 mozzarella cheese sticks
- 2 tbsp butter
- 1/2 tsp garlic powder
- 1/2 tsp dried parsley
- Optional: marinara or pizza sauce for dipping



Preheat oven to 450 degrees F. Spread pizza dough out on a lightly greased baking sheet. Cut the dough into 10 equal size rectangles. Arrange 4 pepperoni slices on each rectangle and top with a mozzarella cheese stick. Roll up the pizza dough, enclosing the cheese stick, pinching the seams closed. Melt the butter and add the garlic powder and dried parsley. Brush the pizza sticks with the butter. Bake for 10 to 12 minutes or until golden brown. Enjoy warm with a side of marinara sauce for dipping if desired.



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