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Espanola Family Health Team recognized as Healthy Change Champion



PHOTO: Jake Marion, CEO, Webbwood Public Library, Aimee Belanger, Public Health Nurse, Public Health Sudbury & Districts, and Jon Brunetti, Primary Care Manager, Espanola Regional Hospital and Health Centre display some of what's offered at Webbwood Public Library. Photo supplied

By Rosalind Russell - The Webbwood Public Library is being recognized for its health services, not just its books. For their work to bring more services to Webbwood, two institutions have been named North East LHIN Healthy Change Champions says LHINS CEO, Jeremy Stevenson. Stevenson says the North East LHIN applauds

Continued on page four...

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## INVITATION Special general meeting



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A light snack will be served.

## Vote on the proposed merger of Ontario caisses

**Tuesday, November 27, 2018  
6:30 p.m.**

**École secondaire catholique Champlain**  
61 Brookside Road, Chelmsford

The meeting will be held in French, but English documentation will be provided. Members can ask questions in either language.

Only persons aged 16 and older who were caisse members on December 31, 2017 are eligible to vote.

Learn more about the proposed merger:  
[desjardinsontario.com](http://desjardinsontario.com)

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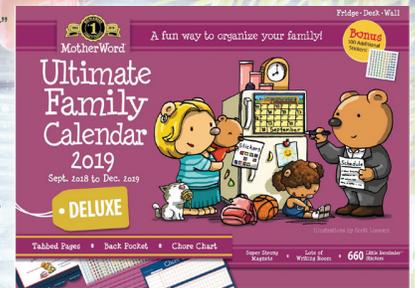
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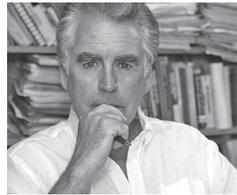
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# All The World's A Circus

William Thomas

williamjthomas@gmail.com

## Snowbirds Take Heed ... Florida's Having A Nervous Breakdown.

It's almost that time of year again when our national feathered flock hears the words "chance of flurries". And on that given signal, which only they can hear, our Snowbirds take off for sunny climes in Florida.

Right about now these heat-seeking Canadians are loading up the car. But trust me, with "carry" and "concealed carry", "open carry" and "no permit carry" these Canadians are not packing the way their American hosts are packing.

A few tips for those of you headed south for the winter. Remember, Florida's "Stand Your Ground" law allows a resident to shoot anybody who makes him or her feel threatened. So don't be wagging a finger at anybody down there even if they're breaking into your car. Talk in a cinema and those could be your last words. Get into a road rage incident and chances are you won't be leaving the scene of the crime, but the other guy will likely walk. Failure to applaud anything 'Trump' and you've just been identified as a potential enemy.

And if "stand your ground" doesn't work for a Florida shooter, there's always the "My dog did it" defense. After walking his dog Diesel one night in Jacksonville, 25-year-old Brian Murphy returned home where he claims to have seen a bright flash and heard a loud bang. Later Murphy would tell police he believed Diesel ran into the bedroom, jumped up on the nightstand where he kept his gun and accidentally shot

his girlfriend who was asleep in bed at the time. It was February when Murphy's girlfriend, Summer Miracle took a bullet in her right leg. Miracle claims she doesn't know who shot her. Murphy swears it was his "mischievous pup". And Diesel the dog is pleading the "stand on your two back feet" defense. Some good advice? If you do take your dog on your winter getaway, do not let Sparky play with the local dogs because in Florida they could be armed and dangerous.

Also, don't let your grandchildren play with kids in Florida. Gun-rights advocate, Jamie Gilt encouraged her four-year-old son to shoot anyone he saw as a threat. She offered this advice on her blog: Jamie Gilt for Gun Sense. So little Jimmy grabbed a .45 semi-automatic off the floor of his Mom's truck and shot her. When interviewed later by police, Jimmy denied shooting his mother and instead claimed he saw a dog named Diesel leaving the scene of the shooting driving his mother's truck.

I'm sure many Canadians have made long-lasting friendships with Americans on their winter sojourns and that's fine, but don't become a pest. After house guests in Bay County became rowdy and overstayed their welcomed, the host instructed his girlfriend to open fire on them. Which she did, wounding two people ... a guest and the boyfriend. (Apparently he felt yawning and looking at his watch a lot might seem

Continued on page three...

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**VS**  
**HOME GAME!!**  
**Friday, November 16, 7:30 pm**

Continued from page two...

rude!)  
Look, I'm not saying every citizen of Florida who owns a gun is a crazy-ass paranoid trigger-happy near-do-well. Not at all. I mean when Escambia County Sheriff's Deputy, Michael Wohler was flirting with Stephanie Byron at her workplace and the whole thing went south, he did not pull out his gun even though he had one and is authorized to use it. Instead, he gave his would-be sweetheart 50,000 volts with his taser. And although the policeman later baked her a cake that read: "Sorry I tased you", Stephanie is still spending more time with her lawyer than with Michael. And let's remember, not everybody in Florida has a gun. Certainly not the guy who tried to rob a Walmart brandishing a lobster. The woman at the cash register was completely confused, never before having seen ... wait for it ... a semi-automatic crustacean. And the guy who stopped at the take-out order at Wendy's in Jupiter did not have a gun. Otherwise he might have used it instead of brandishing ... wait for it ... a 3-foot alligator which he threw through the window by way of payment.

And if you play shuffleboard and you're good at it, don't play in Florida. After losing a match at the Pinellas Park

Senior Center, 81-year-old Herbert Hayden evened the score when he beat the crap out of his opponent, James Sutton with a shuffleboard cue. A sore loser, yes. But not as sore as the winner. Maybe anger management should be added to the centre's Sunday's activity schedule between canasta and four-corner bingo. Also be aware of Florida's "food entrapment" scam. Recently, 22 year-old Alex Direeno was charged with prostitution after she offered to do a specific sex act for an undercover Manatee County officer in exchange for \$25 and a box of Chicken McNuggets. Laugh if you like, but in Florida you could be walking along, minding your own business when a woman clad in spandex yells "Hey sailor, wanna split a pizza?" And the next thing you know you're mug shot is on the Internet next to Nick Nolte's and damn - you're wearing that same Hawaiian shirt!

So have fun in Florida and to guarantee yourself a safe stay, sit in the corner of your living room and do crossword puzzles until it is time to come home to Canada.

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

## Let's Scare Hunger Campaign A Success



École Secondaire Catholique Franco-Ouest students rocked it out this Halloween.

Joanna Castonguay says the students took part in the Scare Away Hunger campaign with huge success.

Over 1,500 non-perishable

items were collected for the Espanola and Massey Food Banks on Halloween night.

Castonguay says they also appreciate the assistance of Northern Ford for providing transportation for the food drive.

## Espanola Hospital Launching Petition Campaign For More Funding



signatures to advocate for additional resources. He says this year's goal is to advocate for eliminating unnecessary government forms, get more funding for additional staff and provide assistance for senior homes that require rebuilding. Copies of the petition are available at the hospital or by going to the website.

Support for long-term care from the Ontario government is of vital importance.

Lee Turley, the Director of Long-Term Care at the Espanola hospital says the Ontario Long-Term Care Association is collecting

Turley adds they will be forwarded to Algoma-Manitoulin MPP, Mike Mantha, in January.

To support the petition, go to: <http://betterseniorscare.ca> and support the Espanola Nursing Home residents.



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Continued from front page...

## Espanola Family Health Team recognized as Healthy Change Champion

the work of the two outstanding health service providers whose leadership is helping to meet the needs of people closer to home. "Northeastern Ontario is beaming with leaders like the Espanola and Area Family Health Team and Public Health Sudbury & Districts who listen to what Northerners need to live healthy and well in this beautiful part of the province," emphasizes Stevenson

Public Health Sudbury & Districts and Webbwood Public Library recognized that the library had many existing assets that could be used or enhanced to allow health service providers to offer programs there. Over the last year, they worked together to develop the space.

Earlier this year, the Espanola and Area FHT expanded its programming to Webbwood.

"Aligning with the goals of North East LHIN sub-region planning, the Espanola & Area Family Health Team felt that a programming satellite site was the best way to ensure equitable access to primary care services," said Jon Brunetti, Manager, Espanola and Area FHT. "Our vision is to offer a more robust delivery model that sets an example for other community agencies."

Together, the Espanola and Area FHT and Public Health Sudbury & Districts have implemented the From Soup to Tomatoes arm chair-based exercise program, the snowshoe and urban pole lending program, health promotion programming, and group programming.

The kitchen has been certified, and provides a space for the community to cook together and learn more about healthy eating.

In addition, an Ontario Telemedicine Network (OTN) connection was established in the library's community room, allowing health care providers to offer OTN appointments, including specialist appointments, to residents of Webbwood, eliminating the need for them to travel to a health care facility in another community.

"Together we are able to increase opportunities so that all residents in the Espanola and surrounding area can have control over their health, while knowing that more accessible and client-centred health care is available when needed," said Aimee Belanger, Public Health Nurse, Public Health Sudbury & Districts.

Many other organizations also offer services to residents in Webbwood.

Both the Espanola and Area Family Health Team and Public Health Sudbury & Districts plan to continue to strengthen partnerships and encourage more providers to explore similar models to service delivery. "It is our goal to develop or modify programming to meet the needs of the residents of Webbwood," said Brunetti. "By working together with the North East LHIN and other partners, we can create a service delivery model that enhances access for individuals in the community."

"Public Health recognizes the strengths in working together with community partners to address health inequities in our communities," said Belanger. "Partnering with the Webbwood Public Library is a prime example of how unique partnerships can be used to improve the health and well-being of a whole community."



# Espanola's Annual Santa Claus Parade Day

**Saturday, November 24th @ Recreation Complex**

**9am-12pm SKATE EXCHANGE**

Pick-up or donate gently used skates  
Hosted by Public Health Sudbury & Districts

**9am-2pm BAKE SALE**

Hosted by the Espanola Skating Club

**11am-1pm LIONS FREE SKATE**

**12-2pm LIONS VISIT with SANTA**  
FREE Hot Dogs, Cake & Juice for kids

**1-2pm LIONS FREE SWIM**

**6:15pm ESPANOLA STRINGS**  
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**7pm LIGHTED PARADE**

The parade leaves the Rec Complex parking lot to turn right on Spruce, Avery, Second & Mead ending at the High School Parking lot.

**7:30pm FREE HOT CHOCOLATE & COOKIES**

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## Rainbow Board Seeks Volunteers For Special Education Advisory Committee

The Rainbow District School Board is seeking applications to fill positions on the Special Education Advisory Committee for a period of four years, beginning January 2019.

The committee advises trustees on matters related to special education and is made up of volunteers from parent and community associations as well as two trustees.

Associations that further the interest of exceptional children

or adults can also nominate one person (and one alternate) to represent that association.

Meetings are held on a monthly basis throughout the school year.

The deadline for applications is Wednesday, December 5, 2018. Forward applications to: Kathy Wachnuk, Superintendent of Special Education Programs and Services, Rainbow District School Board, 408 Wembley Drive, Sudbury, ON P3E 1P2.

## Integrity Report Update - Sanctions Stay In Place, New Visionary Plan Passed

**By Rosalind Russell** - Resolving how to handle the findings of an Integrity Report calling for sanctions against four Espanola councillors was the focus of a special meeting.

The meeting, held Tuesday morning, November 6th, began with the resolution to remove the sanctions presented to council once again.

The resolution had been presented the week before when the four councillors; Ron Duplessis, Ken Duplessis, Ray Dufour and Heather Mallot, declared a conflict and left the room.

The three remaining council members voted in favour of removing the sanctions, but staff walked out, so the vote was not recorded because legally an appointed clerk had to be in place. Town lawyer Paul Cassen told The Moose at the time, that the resolution is legal because of a ruling under the Municipal Act that states if a quorum is present at the beginning of a meeting and conflict of interests are declared, the remaining members can vote on resolutions.

However, since there was no recording of the vote, it did not stand.

The sanctions issue is still outstanding because the same scenario took place Tuesday morning, but this time the motion was defeated.

This means council will still have to deal with the code of conduct issues and the nine department heads who brought their concerns before the Commissioner still have the option of going to the Ministry of Labour for resolution. Still with the story, the town's lawyer, Paul Cassen, then presented the comprehensive plan entitled 'Council's New Vision' which outlines how council and staff can better their working relationship.

An implementation committee will also be put in place to develop the new vision.

Council adopted the detailed document, which will be available for the public to review.

For the live feed, go to: [https://www.youtube.com/watch?v=ZeOIt\\_3hxQY](https://www.youtube.com/watch?v=ZeOIt_3hxQY)

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## MEETINGS

Massey Agricultural Society monthly meetings - 3rd Thursday of the month. Held at Massey Firehall @ 7pm. (Next meeting is November 15th) We welcome the public's attendance. 04/23

## EVENT

**CHRISTMAS VENDORS MARKET** – Sunday, November 18 at the Espanola Recreation Complex, 10:00 a.m. – 4:00 p.m. Vendor tables available. Call 705-936-7599. 11/13

## HELP WANTED

**HELP WANTED** – The Espanola Legion is looking for a part time bar servers. Must have Smart Serve. Please drop off resumes at the Legion to Gary. 11/13

**HELP WANTED** - Looking for caring, dependable person to provide part-time respite care for teenage girl with complex medical issues in her home. Must be available for a variety of shifts, including weekends. All training provided. Must be willing to provide CPIC if hired. If interested, please email resume with references to lricher@hotmail.com with RESUME in subject line or mail to Box 12, Massey, POP 1P0. 11/20

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## OBITUARIES



**Bishop – Jean** of Massey passed away at the Espanola Regional Hospital on Friday November 2, 2018 at the age of 95 years. Dear daughter of the late Frank & Annie (nee Hamelin) Menzies. Beloved wife of the late Alexander (Chum) Menzies. Loving mother of Joan Bishop of Toronto, Mary Bishop of Ottawa, John (wife Nancy) of Massey, Catherine Bishop (Fern) of Massey, Larry Bishop of Massey and Nancy Bishop of Massey. Cherished grandmother of Trevor, Cody, Bryce, Rosalind and great grandchildren Blake and Hunter. Dear sister of Alice Klann, Catherine Clarkson and Frank Menzies. (all predeceased). Rested in the Immaculate Conception R.C. Church, Massey on Tuesday November 6 from 10 AM up until the time of Funeral Mass at 11 AM. Interment in the Immaculate Conception Cemetery. If so desired, donations to the Northern Cancer Foundation or the Espanola Regional Hospital – Ultra Sound Equipment would be appreciated. Arrangements by BOURCIER FUNERAL HOME Ltd, Espanola.



**BEAUSOLEIL, Patricia "Trish" Margaret (nee Samms)** – After a lengthy illness, Trish passed away peacefully in Espanola on October 30, 2018 at the age of 67. Cherished wife and best friend of Roland Beausoleil of Massey, ON. Beloved daughter of Margaret Maybank of Cornwall, the late William (Bill) Samms and the late John Maybank. Trish will be sadly missed by her daughters, Nicole (Derek) Docherty of Coldwater, ON and Jodi (Curtis) Wacker of Humboldt, SK., grandchildren Brady, Jenna and Sawyer, and great grandchildren Raya, Gunnar and Chett. Beloved sister of Kathy (Doug) Utri of Maidstone, SK, Doug Samms of Port Hardy, BC, and Norma Lacosse of Cornwall, ON. and sister-in-law of Gerry Beausoleil (Cathy) of Massey and Rose Beausoleil (Steve) of Sturgeon Falls. Fondly remembered by 13 nieces and nephews, her last surviving uncle, and numerous aunts and cousins. Born and raised in Northern Ontario, Trish moved to Saskatchewan with her family when she was a teenager. After completing her schooling, Trish began working in the secretarial field. She returned to Ontario in 1978 and married Roland in 1992. She worked for Waterloo Region District School Board (Financial Services) from 1983 until her 2015 retirement when she and Roland moved "back home" to Northern Ontario. In keeping with Trish's wishes, cremation has taken place and interment in Espanola will occur in the Spring. In lieu of flowers, donations to the Espanola Regional Hospital Foundation or the Heart and Stroke Foundation would be appreciated.

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**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 **November 27, 2018, at the municipal office, 11 Birch Lake Road, Massey, Ontario P0P 1P0.**

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

**DESCRIPTION OF LAND(S):**

File No.: 97,236 (ID SSR-17-01)  
Roll No.: 000-003-17100-0000  
PIN: 73422-0078 (LT)  
Property: SALTER SECTION 32, PCL 4880,  
WAHSESEE LAKE,  
SABLES-SPANISH RIVERS

According to the last returned assessment roll, the assessed value of the land is \$38,500.00

**MINIMUM TENDER AMOUNT: \$ 7,777.81**

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:**

<b>Title</b>	<b>Name of Municipality or Board:</b>
Patricia Deline, Treasurer	Township of Sables-Spanish Rivers
<b>Address of Municipality or Board:</b>	<b>Phone No. of Municipality or Board:</b>
11 Birch Lake Road, Massey, Ontario POP 1P0	705-865-2646

**COMMUNITY NOTES**

PROUDLY SPONSORED BY



**Childrens Clothes Closet** - Wednesday, November 14 10:00 a.m. – 2:00 p.m., Accepting donations.

**SAVE A. B. ELLIS MEETING** - Thursday, November 15 1:30 - 3:00 p.m. at the United Church chapel. Everyone welcome

**Immaculate Conception Church Tea/Bazaar** - Saturday, November 17, from 11:30 - 2:30 p.m. at St. Mary's School, Massey.

**Christmas Tea & Bazaar** - Saturday, November 17, NOON - 2:00 p.m. at the United Church of Espanola. 137 Sheppard St.

**Boogie Mountain November Fest** – November 17 starting 9:00 a.m. we will have a SKI SWAP. Bring in your used gear, sell it or upgrade.

**Espanola Helping Hand Food Bank Annual Christmas Exchange** - November 19 9:00 a.m. – 12:00 p.m. @Rec Complex. For more information contact Theresa at 705-869-1597

**Zion Lutheran Church Massey Annual Harvest Supper** – Sunday, November 18 from 4:30 – 6:00 p.m. Turkey dinner with all the fixings, homemade rolls, variety of salads. For info call 865-2020.

**Walford Christmas Bazaar** - now accepting donations for - penny sale, silent auction and gently-used table for bazaar Nov. 24. Drop off at 36 Walford Rd. Walford between 1 and 5 or call 705-844-2364 for pickup.

**The Elks Christmas Hamper Radiothon** - Saturday, November 24th from 10 a.m. – 3:00 p.m. on the Moose 99.3 FM. at the Espanola Mall. Christmas Hamper Thursday, Friday, Saturday- Nov 22 to 24, 1:00 – 4:00 p.m. at the Espanola Elks Hall.

**Journey To Bethlehem** - Join us for an outdoor presentation., the Christmas Story, November 30 & December 1st from 6:00-8:30pm. Located in downtown Mindemoya. Free will offering.

**Free Indoor Pickle Ball** - Mondays 7:00 – 10:00 p.m. & Saturdays 9:00 a.m. – 12:00 p.m. at the Espanola High School Gym. Begins Saturday, November 3. Contact Mike 705-662-5859 or Greg 705-863-2684

***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**

Having a vegetarian daughter, I am always on the lookout for vegetarian recipes that I can make for her. Last week she was sick with a cold and my first thought was, "I should make her some chicken noodle soup", but I couldn't do that, so I found another soup that would be just as comforting and nourishing. Loaded with healthy vegetables, beans for protein, pasta for energy and cooked in a vegetable broth, it was perfect for her, but also for anyone who enjoys a delicious bowl of soup full of goodness.



**Minestrone Soup**

- 1 tablespoon butter
- 2 tablespoons olive oil
- 1 white onion finely chopped
- 1 cup carrots sliced thin
- 1 cup celery sliced thin
- 2 zucchini chopped (peeled if desired)
- 1/2 teaspoon salt
- 1 can (28 oz) diced tomatoes, do not drain
- 1 can (15 oz) kidney beans drained & rinsed
- 1 can (15 oz) tomato sauce
- 1 ½ boxes of vegetable broth ( 1,450 ml)
- 1 tablespoon dried basil
- 1/2 tablespoon dried parsley
- 1 teaspoon oregano
- 1-2 teaspoons salt more or less to preference
- 1/2 teaspoons pepper
- 1 cup spinach leaves about 1-2 handfuls (optional)
- 1 1/2 cups shell pasta

Melt butter and olive oil in a large stock pot over medium-high heat. Add the onion, carrots, celery, zucchini, and 1/2 teaspoon salt. Let cook for 8-10 minutes until tender, stirring occasionally. Add the diced tomatoes, beans, tomato sauce, vegetable broth, basil, parsley, oregano, salt and pepper. Stir together and let come to a low boil. Once boiling, turn down the heat to medium and let simmer for 10-15 minutes. Add spinach and dried pasta shells. Let cook until pasta is done. Taste and add more salt or other spices if wanted.