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Legion Exploring Banner Project



By *Rosalind Russell* - Remembering those who made the ultimate sacrifice is the focus of a new initiative by Espanola Royal Canadian Legion Branch #39. Legion President, Gary McPherson, says the Legion will not only honour the 27 Espanola veterans who fell in battle in World War One and Two, the Korean

Continued on page four...

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Fireworks And Fire Hoses



The Sables-Spanish Rivers Township Firefighters hosted a Boot Drive at the Tim Hortons at the corner of Highway 6 And 17 on Friday evening ... SHOUT OUT AND KUDOS

TO ALL THOSE WHO SUPPORTED THE CAUSE helping to raise \$800 FOR the new training trailer and Canada Day Fireworks!!! Photos supplied by SSRT FIREFIGHTERS!

The One Tot Stop



Day Care

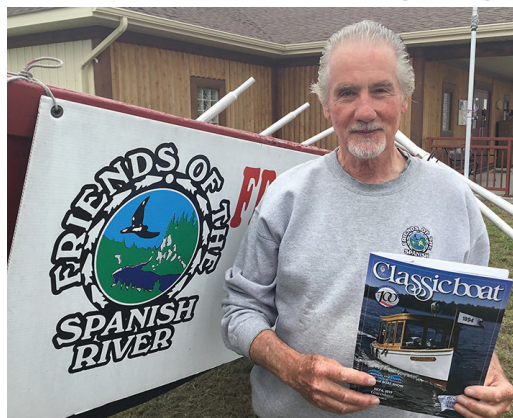
The One Tot Stop Day Care, S. Geiger Site has expanded and we now have infant spaces!

For more information, please call Janice at 705-865-3281 or email jkonetotstmary@gmail.com

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Email: onetotstop@bellnet.ca • www.onetotstop.com

Pointer Boat Featured In A National Boating Magazine



attend the 39th Annual Summer Vintage Boat Show in Gravenhurst July 4th and 6th, which attracts thousands.

And, although he is not bringing the boat, which is on permanent display at the Massey

It may have been dry-docked many years ago, but the Friends of the Spanish River Pointer Boat continues to make waves. Bill McKenna, the former chair of the Friends, has written an article about the 32-foot replica built by Ed Tate of Sudbury for the Friends back in 2000.

According to The Moose, the article is the main feature of this month's edition of the Classic Boat Magazine produced by the Antique and Classic Boat Society of Toronto, which will be distributed at a major boat show.

McKenna says he is excited to

Area Museum, he is excited to promote the North Shore and the history of logging in Northern Ontario.

The boat was displayed at schools, country fairs, Earth Day Celebrations, Great Canadian Shoreline Annual Cleanups, (as a working boat), and cruises down Northern Ontario Rivers. 'Big Red' became very popular with 'kids' of all ages!

The boat was donated to the museum in 2011.

Copy of article and photos supplied by Bill McKenna.

Starts Wednesday, July 3!

BLACK FRIDAY



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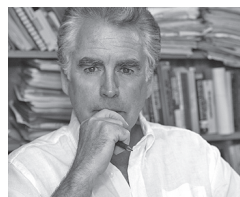
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All The World's A Circus

William Thomas

williamjthomas@gmail.com

Aging By Medical Survey-It Never Dagnabbit Fails!

As my mother Margaret used to say when the toast hit the kitchen floor jam-side-down: "It never dagnabbit fails." And trust me as you get older the toast hits the floor more often, your glasses find new and strange places to hide and a pair of socks can fight you like two dogs about to be bathed.

I'm not talking about daily events that boost your blood pressure like my twice-weekly trip into town during which I inevitably get behind a driver who is doing 40 km/h on a 40 km/h road! Who goes 40 kilometres per hour? Not Usain Bolt. He ran 44.72 km/h and he didn't hit the brakes going around curves! Note to senior drivers: if the people who are passing you are yelling: "Get a horse!" bump it up a bit.

Once I get to town I not only get the new trainee at the supermarket checkout counter, the woman in front of me just decided to take up 'coupons' that very same morning while she was driving into town... at 40 km/h. And if even one photo of a grandchild comes out of that wallet I'm faking a bout of claustrophobia and running for the parking lot.

For as long as I can remember - I've been taking a handful of vitamins everyday ... vitamin C, niacin, a multi-vitamin, calcium ... thinking they were helping me ward off disease. Then one day in my morning paper a medical study out of Tufts University concluded that there is no health benefits to vitamins whatsoever. There went thousands of dollars worth of sweet placebo dust. Same with echinacea which I really believed helped me head off a cold.

Oh, and I take a low-dose aspirin every day to prevent heart disease except last month, a study from Harvard Health claimed that only works if you're recovering from a heart attack. Otherwise, an aspirin a day is doing a healthy heart more harm than

good. So yeah, I've spent hundreds of dollars aggravating a very important organ that was perfectly healthy before I started self-medicating it!

Eggs! According to scientific reports eggs were great for you until one day they were bad for you then doctors dialed back the dangers of cholesterol being the silent killer and eggs were okay again.

I swear, as I was sitting down to have supper on Saturday, March 16 with a plate of fried eggs over toast with a slice of peameal bacon on the side because I like to have breakfast for dinner when Lester Holt opened his NBC Nightly News cast with "According to a study by Northwestern Medicine if you're a breakfast person be very aware - eggs can cause heart disease." Yeah, not after dinner did he tell me that but just as I was squeezing ketchup over the yolks! (Oh, I ate the damn things alright but to compensate, the next morning I took two low-dose aspirin.)

Wait! It gets better. There was a time when I was a magazine editor working 16-hour days and I had to prepare my suppers ahead of time, on weekends. It was the 1980s and not a scientist alive made a noise about red meat. So, on Sunday, I would marinate four blade steaks to get me through to the Friday-night fish fry. Somehow I lived long enough to heed the warning that red meat was a "killer on the plate." So I switched to chicken. Barbequed, roasted, steamed with vegetables I could eat chicken every day of the week. Except not this week because while watching the CBS Evening News last month, a study by the American Journal of Clinical Nutrition, revealed that: "When it comes to high cholesterol, white meat is no better for you than red meat." Yeah, if the steak-a-day diet didn't kill me, the freakin' beer

Continued on page three...

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Continued from page two...

can chicken will. Sadly those are the only two colours meat comes in, folks – red or white. So I still had barbeque chicken last night but this morning I took three low-dose aspirins. Two in case they've pivoted and now believe aspirin helps ward off heart disease and the other one because all this nonsense is giving me a migraine.

About a year ago the light at the end of the tunnel was getting out of focus so I went to the optometrist thinking I needed stronger lenses in my glasses. "Good news", she said, "your eyes have actually got stronger so we'll be giving you lenses with a weaker prescription." Wow! So there is at least one silver lining in the aging process. I was elated...for about 12 hours. Because the next day I went to Dan at Port Optical to order my glasses

and he gave me the real news. "Yeah, That's how you know the cataracts are on the way!" I will survive all this "death by new study" stupidity. But you know how it's going to end for me? I'm creeping up the steps of a stage where a medical scientist is delivering a research paper on how chicken, if it's stuffed with beef can cure heart disease when I drop the pie I'm carrying, slip on the lemon meringue and break my freakin' neck.

Still, I committed to staying fit for as long as I can by sticking to a simple regime of daily exercise, healthy eating and moderate-to-heavy drinking.

And For comments, ideas and copies of The True Story of Wainfleet

go to www.williamthomas.ca

Manitoulin-Sudbury DSB Shows The Numbers

The Manitoulin Sudbury District Social Board has seen increases in its 2019 budget and administration staff met with Espanola council to explain those increases. Integrated Social Services Director, Donna Stewart says Espanola's share of the social services budget is \$10 million-454-thousand, 428 dollars an

increase of just over \$74,000 from 2018.

That's a jump of .72% that comes from taxpayers as part of the 2019 Espanola Municipal Budget.

For the complete report, go to: <https://www.facebook.com/AroundAbout-936309413126010/>



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Espanola Royal Canadian Legion Branch #39 Executive Sworn In



The Espanola Royal Canadian Legion Branch #39 executive has been sworn in for the next two years.

Special guest, First Deputy Commander, Sharleen Sissons, led the swearing in of the officers.

Gary McPherson was elected for another term as president as well as chaplain.

First Vice President Dan

Kryzanowski and Second Vice President, Judy Track, Past President, Jack Fraser and Sargeant at Arms Don Arbour were joined by the directors; Greg Gilbert, Laura MacPherson, Bob Laplante, Ian Armstrong and Rosalind Russell.

The ceremony took place Wednesday evening, June 12th, 2019.

Espanola Ratepayers Will Pay Separate Water And Hydro Bills With North Bay Hydro Taking Over The Utility

As of this fall, ratepayers in Espanola will no longer pay their water and wastewater billings directly to the Espanola Regional Hydro Corporation.

Rather, the town is assuming the billing as part of the process of selling Espanola Hydro to North Bay Hydro with no changes to the rates.

Ratepayers will receive a bill quarterly that can be paid at the bank or online by cash, debit or cheque.

They will also receive a new account number.

New authorization forms for

pre-authorized payments will also be available for anyone.

If you wish to pay your water bill monthly, you will have to go to the Town of Espanola and fill out the pre-authorized forms for monthly payments with the payment being taken out of your account the 15th of every month.

The monthly cost for water for a residence in Espanola is \$99.91.

The forms are now available at the Town of Espanola office.

The change takes place October 1st with hydro distributing its own billing process.



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43RD Annual Friendly Massey Marathon



&



30th Annual
SPANISH RIVER HALF-MARATHON

12th Annual Chutes 10K

4th Annual Family Fun 5K

Massey Predators Colour Run

*209km E of Sault Ste. Marie, MI
465km NW of Toronto*

MASSEY, Ontario
Sunday, July 21/2019 6:00 am Start

All Events Held at the
Massey And District Community Arena
OPEN TO THE PUBLIC

Saturday, July 20

11:00 am - 6:00 pm - Registration at Massey and District Arena
1:00 pm - Massey Predators Colour Run Registrations
3:00 pm - 1k Colour Run
3:30 pm - 5k Colour Run
5:00 - 7:00 pm: Spaghetti Feast - Cost \$8.00/person,
Under Age of 5 is Free

Sunday, July 21

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 as soon as the runners complete their race



**VOLUNTEERS NEEDED FOR ALL EVENTS
FOR FURTHER INFORMATION:**

Contact Brady Ropp 705-862-1426

Email info@masseymarathon.com Website www.masseymarathon.com

Continued from front page...

Legion Exploring Banner Project

conflict and in Afghanistan, present veterans and those who have passed on will also be part of the project.

McPherson adds 32 banners have already been purchased since the launch this week.

The idea for the banners originally came out of Saint John. Garth Zwicher, the secretary of Branch #26 in Sackville, New Brunswick, visited his father back on 2015. His father, a Korean War veteran, was living in the Ridgewood Veterans Facility. He found out that Saint John Legion Branch #69 was working with the facility on what was being called 'the Banner Project'. The Legion, in cooperation with a local cemetery, advertised they would offer a limited number of banners, which would hang from hydro poles along a street in Saint John.

They sold out in two days with a waiting list for even more.

Zwicher also took the idea and ran with it.

Families provide the final proof of their veteran and it is transposed onto the vinyl banners. The idea has gained momentum from the east coast to British Columbia.

Zwicher says, "The town has been very supportive from the start and it was certainly a good feeling when families bought into the idea.

"When you see the pictures, hear the stories and become aware of the connections between the veterans, their family and the community, it really drives the point home about how these young men and woman volunteered to serve their country. Those fortunate to survive that service came home to help build the community."

That commitment continues today and McPherson heartily believes the people of Espanola and area will embrace the project, a unique way to remember those who made the ultimate sacrifice.

For more information, email: rcl-39@persona.ca or phone 705-869-1711. The cost per banner is \$175 each.

McPherson emphasizes the banners can last about five years or so and are then turned over to the families.

McPherson adds all Espanola veterans, who have passed away will also be remembered in this unique way.

Knit A Stitch Or Two Great Success



SHOUTOUT to all the ladies who came out to help with the Knit A Square at Inspired Creations Cafe this Saturday ... goal 100 squares knit for chemo and cancer patients . Outcome: 94

Done, But Organizer Laura Courtemanche will have those done in no time ... Another one is planned for the fall. You Rock Ladies!!! Photos supplied by Laura Courtemanche



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 A PUBLIC MEETING Concerning Application for Consent and Zoning Bylaw Amendment

TAKE NOTICE that the Council of the Township of Sables-Spanish Rivers will hold a public meeting on **Wednesday, July 24, 2019 at 6:00 p.m.**, at the Township Office, 11 Birch Lake Road, Massey in order to consider a proposed application for Consent under Section 53 of the Planning Act, RSO 1990 as amended as well as to consider an amendment to the Comprehensive Zoning Bylaw 2010-51 under Section 34(13) of the Planning Act, RSO 1990 as amended.

Consent File No. C-19-05

The purpose of this consent application is to provide for a new lot in the Residential zone based on water access. The property is described as May Township, Concession 3, Lot 4, Parcel 9327 at 2444 Highway 17.

The lands subject of this application is not subject of any other Planning Act application.

Zoning Bylaw Amendment No. ZBA-19-03

The purpose of this amendment once approved is to allow for increased percentage of lot coverage in the Rural zone. The effect would be to allow for the construction of a storage building. The property is described as Victoria Township, Section 28, Parcel 28-4-4 at #6 Wuorinen Road.

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

If you wish to be notified of the decision of the Township of Sables-Spanish Rivers in respect of the proposed applications, you must make a written request to the Township of Sables-Spanish Rivers. This will also entitle you to be advised of a possible Local Planning Appeal Tribunal (LPAT). Even if you are the successful party, you should request a copy of the decision since the Township of Sables-Spanish Rivers decision may be appealed to the Local Planning Appeal Tribunal by the applicant or another member of the public.

To appeal the decision to the Local Planning Appeal Tribunal, send an appeal form to the Clerk of the Township of Sables-Spanish Rivers outlining the reasons for the appeal. You must enclose the appeal fee of \$300.00 for each application appealed, paid by cheque, made payable to "The Minister of Finance".

If a person or public body that files an appeal of a decision of the Township of Sables-Spanish Rivers in respect of the proposed consent does not make written submission to the Township of Sables-Spanish Rivers before it gives or refuses to give a provisional consent, the Local Planning Appeal Tribunal may dismiss the appeal.

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

Dated this 2nd day of July, 2019

WELCOME CYCLISTS!

The Township of Sables-Spanish Rivers will be hosting a "water stop" on July 31st, 2019 at Heritage Park (across from the lights) between 1-4pm for the Great Lakes Waterfront Trail - Lake Huron North Channel expansion. Our community will welcome 140 cyclists on their journey from, Sault Ste. Marie along the North Shore of Lake Huron to the city of Sudbury.

ATTENTION MASSEY WATER USERS WATERING BYLAW

This is a reminder that Bylaw 2003-10 regulates the use of municipal water for lawn and garden care.

- Even numbered houses may water on even-numbered days
- Odd numbered houses may water on odd-numbered days

Watering is only to take place between the hours of **7:00 am and 10:00 am and from 7:00 pm and 10:00pm.**

Failure to comply can result in fines. Complete bylaw available at www.sables-spanish.ca and at the Township office.

BUILDING PERMITS

Did you know...."Sea-Cans" and "Transport Trailers" (with or without wheels) cannot be used for storage on your property without first obtaining a building permit. Please contact the Building Inspector to find out what may be required.

The Inspector is in the office on Mondays, Wednesdays and Thursdays. If you require an inspection, please be sure to call in advance. If you wish to discuss your project with the inspector, please call or email to book an appointment. He can be reached at 705-865-2646 during normal office hours or by email at building@sables-spanish.ca

ANNUAL FRIENDLY MASSEY MARATHON

July 20th, 2019:

- Registration for all races 11 am – 6pm
- Spaghetti Supper - 5pm-7pm

July 21st, 2019:

- Pancake Breakfast 7am-11am
- Friendly Massey Marathon, Spanish River Half-Marathon and Chutes 10K and Family Fun 5K (races start at 6:00 am)

Volunteers needed, call Brady 705-862-0620. Student Volunteer Hours Available. Visit their website www.masseyamathon.com for more details.

MASSEY AREA MUSEUM NEWS

Are your kids looking for something to do? Sign up for the "Museum Mash Up" – July 22 to 26, from 9:30 to 12:00. \$50.00 for the week or \$15.00 for the day. Ages 6 to 12. Call 705-865-2266 for more information.

We have a new exhibit "Yester Years Laundry Display". Come see how easy we have it today!

The Museum will be open seven days a week beginning July 2nd to September 2nd : Monday to Friday 9am to 6pm and Saturday and Sunday 10am to 4pm. Hope to see you there!

Be sure to visit our website at www.masseyareamuseum.com for all the latest news and events!

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FOR RENT - 1 bedroom apartment, available July 1. Open concept, laminate flooring throughout, large windows, has been recently renovated. Appliances included. Hydro extra. \$650.00 / month. 705-869-5015. 7/9

FOR RENT - Brentwood Village, New Garden Homes Espanola 55+. Only 1 left, available September 1, 2019. 2 bd, 2 bath, plus garage. \$1695.00 + Utilities / month. Contact 705-863-0487. 7/2

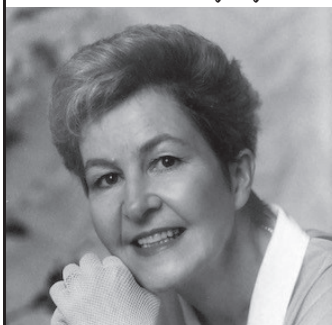
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CELEBRATION OF LIFE

*McKnight, Barbara
Celebration of Life*



Graveside service to be held
July 6th, 2019 at 11:30am
Lee Valley Cemetery on Cutler Lake Rd, Massey

Celebration & informal time of remembrance to follow at Lee Valley Hall, 983 Lee Valley Rd, Massey (X-road is Cutler Lk Rd)
Open to family and friends.

NOTICE / ANNOUNCEMENT

**LABRECQUE FISHER
Optometrists**

**WOULD LIKE TO ANNOUNCE
THAT THEY HAVE MOVED TO
425 CENTRE ST. IN ESPANOLA**

NOTICE / MEETING

**Notice of A Special Meeting
Thursday, July 17th, 2019
Massey Fair Office @ 7:00pm**

All members who are "paid-up members for both 2018 and 2019" are invited to a special meeting of the Massey Agricultural Society.

Purpose of this special meeting is for those paid-up members to adopt the revised Constitution for Massey Agricultural Society.

Copies of the revised Constitution will be circulated at the meeting. Doors will open at 6:00pm.

*This special meeting
"is not" open to the public.*

Massey Agricultural Society



NOTICE

Domtar Annual Outage, Community Awareness

Domtar Espanola will begin its annual maintenance shutdown on **Sunday, June 23/2019 resuming production Monday July 15/2019.** As regular operations cease and maintenance work begins, the community may be subject to periodic louder than normal noises coming from mill property.

We apologize for this inconvenience however we would like to assure everyone the noises are in the best interest of public safety.



THANK YOU

*The Lee Valley Autumn Leaves thank everyone
for the tremendous support on the grand
reopening of the Lee Valley Hall.*

All talented musicians that entertained to great delight

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Burk's Shell
Rona
Family Hair Center

Janeway RX
Pharmachoice
Bistro Restaurant
Home Hardware Massey
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Help Wanted

- 10-15 Hours Per Week
- Must have a valid driver's license
- Able to lift 50lbs
- Willing to be flexible with hours
- References with contact information

Please email resumes to: resumespw@aroundandabout.ca



Orr's Valumart Little Current

Now Hiring Deli Bakery Manager Full Time Permanent position

Job includes full benefits, incentives, wages negotiable

Retail Food/ Kitchen experience are required.

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



Conseil des Services du District de

Manitoulin-Sudbury
District Services Board

210 boul Mead Blvd
Espanola, ON P5E 1R9
Telephone/Téléphone: (705) 862-7850
Fax/Télécopieur: (705) 862-7805
<http://www.msdsb.net>

The Manitoulin-Sudbury District Services Board is a municipal service management organization created by the provincial government to oversee the local planning, coordination and delivery of a range of services and programs divested to the municipal order of government. The specific programs our DSB is responsible for are: Ontario Works, Social Housing, Emergency Medical Services (Land Ambulance), and Early Learning and Child Care services.

The following Employment Opportunity is now available to anyone interested in joining our highly dedicated workforce.

INTEGRATED PROGRAM ASSISTANT – Espanola TEMPORARY FULL-TIME

Competition #2019-04-ISS

Closing date: July 12, 2019

For position details, visit Job Opportunities on our website at www.msdsb.net/index.php/careers

While all responses are appreciated,
only applicants selected for an interview will be contacted.

COMMUNITY NOTES

PROUDLY SPONSORED BY



The Lee Valley Autumn Leaves strawberry shortcake Social - July 13 at 1:00 p.m. Entertainment by bluegrass band Third Fox. Everybody welcome

Hope Jackson Memorial Fund - Bursary for a post-secondary student. For more info call Beth at 705-865-2249

Espanola Public Library Board Game Night - NO fee or registration required! Every 3rd Thursday of every month 6:00-8:00 p.m.

Lighthouse Community Lunch - Free community luncheon at the Lighthouse, across from the Royal Bank, every second and fourth Tuesday of the month, 11:30 a.m. - 1:00p.m.

Do you have a NOTE for the Community?

We invite not-for-profit organizations to submit information on their upcoming events in writing no later than

Wednesdays at 3:00 p.m. 25 Word Limit.

E-mail: around@aroundandabout.ca

YARD SALES

Zion Lutheran Church Massey Annual Yard Sale and BBQ - Saturday July 6th, 9am to 2pm. If you would like to donate some items for the sale, please call the church at (705)865-2020 or message us on Facebook.

Recipe

I'm keeping it simple today folks. I have company coming for the weekend and was looking through my recipes for an easy dessert to have on hand. I found this old, classic recipe and it's perfect; quick to make and always popular. I'm not a fan of the multicolour marshmallows, so I use regular ones; either one will work. The secret to this recipe is not to add the marshmallows too soon; I have made that mistake and ended up with a melted mess (although it still disappeared).

Butterscotch Confetti Squares

- ¼ cup butter
- ½ cup peanut butter
- 1 cup butterscotch chips
- 1 250 g bag coloured marshmallows

Melt butter and peanut butter over low heat, stir in butterscotch chips and melt stirring constantly. Cool mixture for about 10 minutes. Note: Do not add marshmallows if the mixture is too warm, two things will happen; either the marshmallows will melt or the liquid mixture will go to the bottom and the marshmallows will float on top. A little tip I learned; before you add the marshmallows you should be able to hold your hand on the bottom of the pot, if it is just slightly warm then you can add marshmallows. Add marshmallows and stir until they are well coated. Press into an 8x8 pan lined with parchment or wax paper. Refrigerate and cut into squares. Note: you can double the recipe and put it in a 9x13 pan.

AROUNDABOUT Your Community Connection
PAPERWORKS OFFICE & ART SUPPLIES
705-869-6883
email: around@aroundandabout.ca
Around&About is printed locally by OJ Graphix INC.

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