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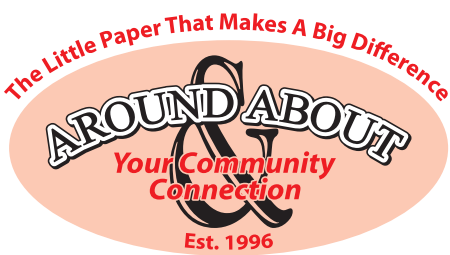
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November 26, 2019 Issue #48 - Volume 23

**Waubetek Celebrates 30  
Years With Awards**



By Rosalind Russell - The Waubetek Business Development Corporation based in Whitefish River First Nation celebrated its 30th year with awards. Of the four awards handed out at the gala this year, three are for local businesses. Kathryn Corbiere was awarded the

Continued on page four..

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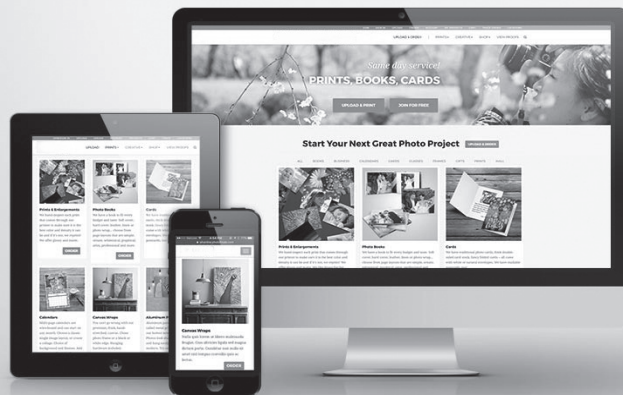
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# All The World's A Circus

William Thomas

williamjthomas@gmail.com

## Good Grief! Your Mother's Advice Was Right After

Ever since I discovered what has to be the greatest of all 7,500 apple variations in the world, the Honey Crisp, I've been averaging one a day. Then I remembered that old adage: "An apple a day keeps the doctor away." So I cancelled all my upcoming medical appointments including surgery on my baby finger and double downed to two a day.

Apparently the actual quote is: "Eat an apple before you go to bed and you'll keep the doctor from earning his bread." I tried that too but the fruit disagreed with the Reese's Pieces and Macieira.

Believe it or not, researchers have conducted a study with 8,399 participants to determine if there was any truth to this medical maxim and...there was! The results published in an issue of JAMA Internal Medicine concluded that 39% of daily apple eaters avoided doctor visits as compared to 34% of non-apple eaters. The study also showed apple eaters were less likely to require prescription medicine as well so... "An apple a day keeps the pharmacist at bay."

In 2016 scientists tested British humorist, P.G. Wodehouse's 1930 claim that "fish is good for the brain" and...damn! Right again. Results showed that consumption of fish boosts the grey matter in the brain that processes information and controls vision and memory.

"Carrots are good for eyesight." Yup. Apparently Vitamin A produces rhodopsin which improves eyesight in low light. An old friend named Dutchy Doerr would drive to Florida all the while chomping carrots from a bowl in his lap, believing his eyesight was improving as he went along. A second opinion concluded this was just another case

of distracted driving.

Scary to think that most of these old home remedies and wives tales are actually valid but I have to admit, when I was a sick-in-bed kid, my mother gave me warm ginger ale and guess what? Yup. Scientists now believe that the chemical gingerols helps to relieve nausea and vomiting.

So old adages and unproven proverbs-they can't all be right! Right?

"Cleanliness is next to godliness." No, because all atheists are not slobs.

"Garlic makes a man wink, drink and stink." Okay, that one's true.

"Birds of a feather flock together." Not any more. Observations at zoo's like the one in Denmark have seen gay penguins splitting from the pack to steal eggs, hatching them and later proving to be better parents than straight birds.

"Two heads are better than one." Yes, unless you're a sheep born in Chernobyl after April 26, 1986.

"There's no such thing as a free lunch." Sadly there is. Stats show that 499,415 people used a food bank last year in the province of Ontario, which is also home to 198,000 millionaires, 118,000 in Toronto alone. However, nothing is "a dime a dozen" anymore; everything seems to cost "an arm and a leg."

"Don't count your chickens before they hatch." Actually with the rampant use of steroids on poultry farms you have to count them before they hatch because they now reach maturity in about 95 minutes and they quickly scatter like a bunch of marbles dumped on the kitchen floor.

"Clothes make the man." Yes, Don Cherry

Continued on page three...

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*Continued from page two...*

proved this to be correct over a period of nearly 40 years on Coach's Corner. On his last broadcast he also validated that old saw: "Loose lips sink ships." "Cracking your knuckles causes arthritis." Not true. Cracking your knuckles just annoys older people who probably do have arthritis.

"You get warts from a frog or toad peeing on you." True. And to remove those warts you must have a eunuch pee on them. (Okay, that one I made up.)

"Sitting too close to the TV is bad for your eyes." No, sitting too close to the TV is bad for the people sitting behind you.

"Everybody should drink eight glasses of water a day." A myth I believe started by the people who make Depends. Drink when you're thirsty

"Early to bed, early to rise, makes a man healthy, wealthy and wise." Maybe, except women seem to achieve all that and more on a lot less sleep.

"I love all my kids the same." To hell you do! Rephrase: "I love all my kids almost as much as I love my dog."

"It's the booze talking." No that was you talking. And it won't be the booze apologizing either!

"Smile and the whole world

smiles with you." Yeah, especially if it's a crooked smile with one front tooth missing.

"Beating around the bush" and "Barking up the wrong tree"-that's just your average dog trying to catch a squirrel.

"Opposites attract." This must be true because Milania Trump is attractive, honest, modest, thoughtful, slim, scandal-free, non-racist and against bullying while her husband is...Donald.

And finally, not so much an old saying but a new statistic that leapt off the page of a newspaper trivia quiz I was doing on the weekend: "The average human being passes gas 14 times a day." With pen in hand I did a quick but accurate calculation based on four guys I have drank beer with, played sports with and shared a hotel room with. Conclusion: in order for that statistic to be true there are 8,746 human beings in the world who have never, ever farted! Just sayin'.

Oh, and: "You can tell a lot about an author by what he writes." Oops!

To buy a book or invite humorist William Thomas To be your guest speaker, go to [www.williamthomas.ca](http://www.williamthomas.ca) [williamjthomas@gmail.com](mailto:williamjthomas@gmail.com)

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# VS

## HOME GAME!!

**Saturday, November 30, 7:00 pm**

## Rainbow Schools Celebrated Indigenous Culture With Rock Your Mocs Day



Wearing moccasins is one of the ways students and staff in Rainbow Schools celebrate Native heritage.

Rainbow District School

Board Director of Education Norm Blaseg says schools across the Sudbury and Manitoulin districts celebrated Rock Your Moc Day.

He says it is a global movement held every year in November to celebrate the traditions of Indigenous Peoples.

Blaseg adds moccasins are an important part of Indigenous culture, and are as unique as the individuals who wear them.

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## New Shuttle Service To Accommodate Bus Travelers



Ontario Northland motor coach services around Manitoulin Island will end, but a new shuttle service is being set up to help travelers connect.

The new shuttle service will be provided by All in One Taxi of Little Current providing transportation from Little Current to Espanola.

As of this past Monday,

Ontario Northland will no longer provide business around Manitoulin Island.

The new shuttle service with special rates for bus ticket holders will fill that gap providing transportation to Espanola to connect with Ontario Northland and its busing services to Sault Ste. Marie, Sudbury and beyond.

*Continued from front page...*

## Waubetek Celebrates 30 Years With Awards

Youth Entrepreneur Award for her modern metal fabrication business on M'Chigeeng First Nation on Manitoulin Island. The Business Achievement Award was presented to Ben Kanasawe of Buzwah Fisheries, an aquaculture business located in Wiikwemikoong. And, Z'Gamok development

Enterprises of Sagamok-Anishnawbek First Nation was presented with the Entrepreneur of the Year Award in its role as a community corporation. The organization has provided \$94 million in investment financing to more than 3,000 Aboriginal businesses through a variety of industries since 1989.

## Former Espanola Man Recognized For Talent In Sound



PHOTO: Former Espanola resident, Mike Ashton, has been recognized by the Metalworks Institute of Sound and Music Production with a 2019 Alumni Award of Merit for his work in sound. Photo provided by MISMP.

A former Espanola resident is being recognized for his work in sound for various television series.

The Metalworks Institute of Sound and Music Production has presented a 2019 Alumni Award of Merit to Mike Ashton in recognition of his work in the sound department. Ashton has worked on such award-winning series as Star

Trek Discovery, Cardinal and Titans Netflix.

Star Trek Discovery was nominated for four International Emmy Awards this year including Outstanding Sound Design.

Read about all of Metalworks Institute's 2019 Alumni Award of Merit recipients: <https://metalworksinstitute.com/alumni-awards-of-merit-2019/>



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## Christmas Is Just Around The Corner

**By Grant Lewis** - It is difficult to think that Christmas is just around the corner again... what with some snow, little frost and cool temperatures at least at the time of writing this. But there are many clues in Espanola that signal the arrival of the festive season. The Christmas Cantata has released its schedule of concerts...one sure sign. The Lions Christmas Telethon for kids on December 7th is proof positive that Christmas is indeed not far off.

This means that the Lions Club toy drive is close by and in some cases has already started. Once again the town shows its generosity by supporting our local businesses as they strive to make the festive season more special for hundreds of kids. The Helping Hand Food Bank, Family Health Team, Tanner's, the Espanola Nursing Home, Giant Tiger, the United Church, our local schools, the Hart Store, the Toronto Dominion Bank, the Pinewood Motor Inn, and the North Shore Pins and Needle Stitchery Guild are all providing tremendous support for our toy drive once again. Sacred Heart Catholic School and A.B. Ellis Public School will be using funds raised

through school activities to make this Christmas special by "shopping for kids." The Lions club will match what is collected at the two schools! Unbelievable! And stay tuned for the Annual Teddy Bear toss at one of the upcoming Express hockey games. So keep in mind the Angel tree at Tanner's, the toy tree at the T.D. Bank; the gift tree at the Family Health Team, and decorations at Giant Tiger, and toys at the Hart Store.

You can help out of course by tuning in to the Telethon. This year, eight members of the club will be manning the phones at 4:00 p.m. Last year we had just over forty talented wrappers (not rappers), help Santa get the thousands of gifts ready for delivery. The date this year for wrapping will be Thursday, December 19th, in the Georgian Room at the Pinewood, starting at 10:00 a.m. So bring your scissors, talent and a friend and afterwards join us for lunch. Delivery of the gifts will be Saturday December 21st in the morning. It is a busy time for everyone but this town has ALWAYS managed to remember those who need our help and support at Christmas!

The One Tot Stop



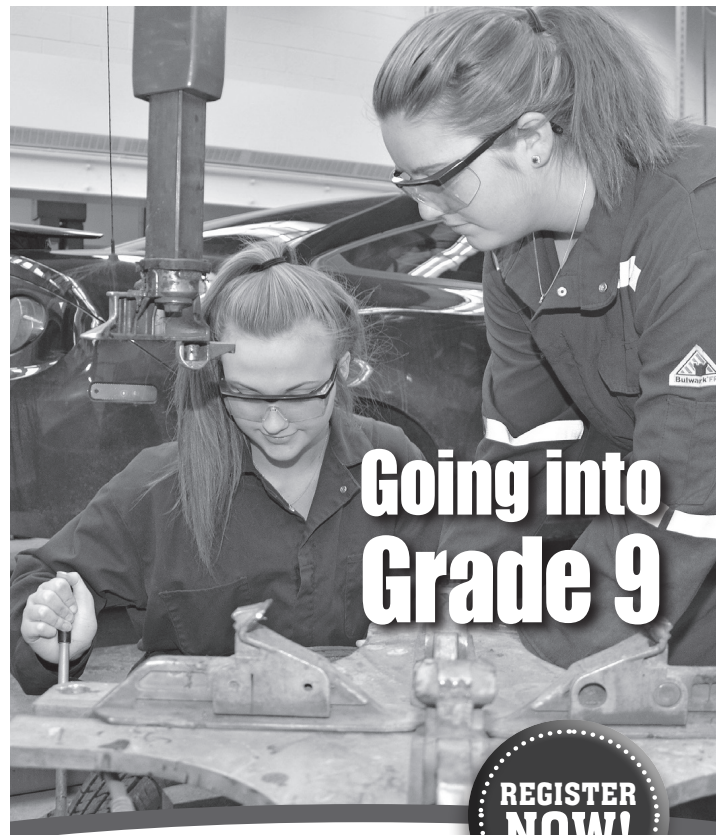
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 Rainbow Schools

## Information Nights

**Espanola High School**

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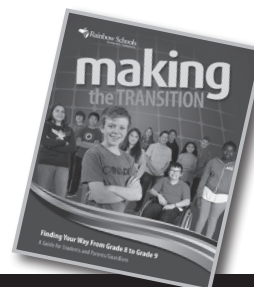
Kristina Rivard Gobbo, Principal | 705.869.1590 | 147 Spruce Avenue, Espanola

**Manitoulin Secondary School**

**Thursday, February 20, 2020 at 6 pm**

Jamie Mohamed, Principal | 705.368.7000 | 107 Bay Street, M'Chigeeng

**All Grade 8 students and their parents/guardians are  
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## CHRISTMAS MARKET

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## BIRTHDAY / ANNOUNCEMENT



*Happy 80th  
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## Recipe

'Tis the season to entertain  
and if you are like me, you  
have your regular favourite  
appetizers and dips that you  
like to serve. I think Nacho  
dip is a common dip found  
at most parties and the following recipe is similar but is  
made using seafood sauce and shrimp. Be sure to inform  
your guests that it contains shrimp in case someone has a  
seafood allergy.

## Shrimp Platter

- 8 oz pkg cream cheese
- ½ cup sour cream
- ¼ cup mayonnaise
- 1 cup seafood sauce
- ½ green pepper
- ½ red pepper
- 4 green onions
- Sliced olives (green or black)
- 1 large tomato
- 1 can shrimp
- 1 cup shredded mozzarella cheese

Place this on a dish or platter that you will serve it on. Mix cream  
cheese, sour cream and mayonnaise together and spread thinly  
over the bottom of the dish. Spread on seafood sauce. Finely  
chop vegetables, except the tomato. Sprinkle these and the  
olives, over the sauce. Rinse shrimp under cold water. Drain  
well. Dice the tomato. Do not add the tomato or shrimp until  
serving time. At serving time, scatter the shrimp and tomato  
across the top and sprinkle with the mozzarella cheese. Serve  
with nacho chips or crackers.



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# COMMUNITY NOTES

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**Espanola Game And Fish Big Buck Night** - Espanola Elk's Hall on Wednesday, November 27. Doors open at 6:30 p.m.

**Spanish River Snowmobile Club Meeting** - Thursday, November 28, 7:30 p.m. at the Spanish Town Office. Everyone is welcome to attend!!!

**Spanish Area Christmas Market** - Saturday, December 7 from 10:00 a.m. - 3:00 p.m. at the Four Seasons Waterfront Complex. Admission: Voluntary donation to the Spanish Medical Equipment Fund. All Proceeds go to the Medical Building Fund.

## *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](mailto:around@aroundandabout.ca)

Welcome to Local Hippie's weekly tip for living a greener life! Each week we will provide you with a quick tip to help you reduce your carbon footprint and change the world.



This week's tip: be earth-friendly with your Christmas lights!

For a lot of people, Christmas lights are what make the holiday season so magical! I have always loved driving through town and checking out everyone's twinkling houses, but have you ever thought about their environmental impact? Christmas lights can use up a huge amount of energy! Here are a few ways to keep them as earth-friendly as possible:

- > For your outdoor lighting, try solar-powered lights. These are as earth-friendly as it gets!
- > For your indoor lighting, use LED Lights. They use 80% less energy and last 10 times longer than incandescent bulbs! Your planet AND your electrical bill will thank you for it.
- > Only turn Christmas tree lights on when you're actually in the room to enjoy them. Don't waste energy by leaving them on all day long for no one to see.
- > Scale back a bit. As fun as it is to see every square-inch of a house covered in lights, it uses A LOT of energy! Only use lights to high-light key parts of your home.
- > Turn your outdoor Christmas lights off before you go to bed, or put them on a timer that will remember to do it for you!

Cheers to an earth-friendly holiday season!

Have questions? Feel free to forward them to [jaymie@localhippie.net](mailto:jaymie@localhippie.net)  
Have a happy hippie week!



**Moose Corner**

The Moose 99.3 FM CJJM - Espanola is proud to support local charities and organizations. If you have an event you want to share, please call Roz at 705-869-6397 or email your information to: [russell@moosefm.com](mailto:russell@moosefm.com) The Moose- Espanola's Biggest Variety! Your Station, Your News, Your Stories

DESMARAIS, KEENAN LLP

Municipal Act, 2001  
S.D. 2001, C.25  
R.R.O.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 **December 10, 2019, 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.: 98,195 (ID SSR-18-22)  
Roll No.: 000-008-19500-0000  
PIN: 73423-0501 (LT)  
Property: PCL 3 SEC D267; UNIT 3 PL D267  
SALTER; SABLES-SPANISH RIVERS

**Minimum tender amount: \$ 34,575.35**

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