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August 11, 2020 Issue #32 - Volume 24

\$60,000 And Counting ... Canoe 4 COVID Keeps Going



Photo: The six members of Canoe4COVID team were presented with Rec Strong T-shirts compliments of the City of Elliot Lake, all part of the Moose Kindness Cruiser summer program. From left to right: Will Vyse, Cailan Maurutto-Robinson, George Kirijian, Nolan Aziz, Jacob Heisey and Tim Mulligan

By Rosalind Russell - The six teens canoeing for food banks across Canada are not slowing down any time soon. They feel like Energizer bunnies that keep going and going, but with that comes a huge sense of accomplishment. That's because when they arrived in Espanola last Tuesday night, they found out they had not only reached their primary goal of \$60,000 for Food Banks Canada, they are now exceeding it. They were further astounded by the generosity of the community with a \$2,800 donation from Tanner's YIG in Espanola. Another \$300 was donated to the Espanola Helping Hand Food Bank in their name by the Espanola Lions Club. The six also received new t-shirts and gift cards compliments of the Moose Kindness

Continued on back page...

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Continued from front page...

\$60,000 And Counting ... Canoe 4 COVID Keeps Going



Photo: Behind the boys: Tanner Lafreniere
Canoe4COVID canoeists – left to right: Will Vyse, Cailan Robinson, Jacob Heisey, Tim Mulligan, Nolan Aziz, Georges Kirijian.

Cruiser, and took in other small donations from the community. Canoe4Covid are six teens who are currently on a 2,000-kilometre canoe trip across Ontario with one tent and two canoes.

They started out in northwestern Ontario and admit the first 20 days was some of the toughest travel ever because of the lack of any known canoe route through the area. The bugs and days of walking through the heavy bush was a challenge for all six, especially through a huge swath of land where they literally portaged for three days because there was no water route.

The weather was also a factor with them having to hold up their trip by two days due to the heavy winds on Lake Superior, but eventually, they made their way to calmer water and started to enjoy the trip, including spotting a moose or two and a bear, as well as plenty of bald eagles.

The six admitted they didn't always agree, but in the end, they are 'all brothers and found common ground' to work through the challenges and get everything done. With everyone knowing what needed to get done, they could easily set up or take down camp by the time they reached the half-way mark. As for COVID19, they say it is almost surreal to return to 'civilization' seeing people in



Photo: The Espanola Lions Club presented a \$300 in the name of the six canoeists of Canoe4COVID to the Espanola Helping Hand Food Bank.



Photo: Espanola Mayor Jill Beer offered words of congratulations and encouragement to the six young men who make up the Canoe4COVID team.

masks and physical distancing, but all six return to the city and their respective lives by the end of August, so they expect that will take some adjustment as well.

Last Wednesday, they were headed east to North Bay, they plan to be there by August 14th, and then they will eventually make their way down the Mattawa and Ottawa rivers to finish their 2,000-kilometre trip in the nation's capital, concluding 60 days of hard canoeing for a great cause, and a trip of a lifetime.

Want to follow their journey – go online: @Canoe4Covid www.canoe4covid.com /Canoe4Covid

The Sudbury Superstack Turns Another Chapter In Its History



had been erected in its place.

Construction on those two structures was completed in 2019.

Before work can begin, there will be a two-month transition period, during which the stack will remain on standby as a backup.

The deconstruction of Sudbury's Superstack, once the tallest structure of its kind in the world, will begin soon.

Vale announced in a press release on Friday it had decommissioned the 381-metre stack at its Copper Cliff Complex in Sudbury during a period of regular maintenance. Vale said it had finished tying in the flue system to two smaller 137-metre stacks that

Once the transition period is complete, the dismantling work will begin.

The first stage of disassembly is the removal of the inner steel liner from the stack, a process that could take a few years starting from the top, down. No timeline for its total demolition has been set with the gradual deconstruction of the iconic structure, which was built 50 years ago.

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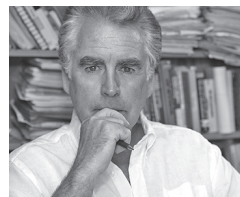
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All The World's A Circus

William Thomas

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America's Medical Meltdown- The Wrong Doctors Are On TV

As COVID-19 rages across the United States, watching doctors on American TV trying to explain it away would make Marcus Welby puke! The three biggest contributors to America's medical mess of misinformation are unqualified charlatans with great TV ratings. Although the host of "The Doctor Oz Show," Mehmet Oz does not have a medical degree, he does believe in 'alternative medicine' which is like a parachutist relying on a 'virtual ripcord.' A recent medical study revealed only 46% of Dr. Oz's on-air claims are accurate. Warning: do not clean your teeth with lemons, it will eventually destroy them and currently, there are no foods on the market that cure cancer. Pushing to open up America's schools, Oz says: "It may only cost us 2 to 3 percent in terms of total mortality." In other words a lot of kids would contract the virus, proportionally not that many would die and those who did die would not have a big impact on the bottom line.

Dr. Phil who is not a real doctor but a popular TV frankenstein figure created by a mischievous Oprah Winfrey offers another unique take on the pandemic. Unqualified to practise psychology in the United States, Dr. Phil cited the annual death toll of 45,000 Americans by car accident, 480,000 from smoking and 360,000 by drowning in swimming pools and concluded: "But we don't shut the country down for that." That's correct but

car fatalities, cancer and drowning are not spread by coughing and sneezing.

Then there's the exponential factor. If American intensive-care expert Hugh Montgomery is correct, one COVID positive person, in a snowball effect, could infect 59,000 others. So pretty soon, Dr. Phil, all Americans are either dead or incapacitated and you'll have to bring in 300,000 immigrants to keep the country running and President Trump is not going to like that one bit.

And then there's Dr. Stable Genius himself who's history with real doctors includes bribing a New York podiatrist to falsely diagnose him with bone spurs so he could dodge the Vietnam War and later getting his personal White House physician to swear he weighs 249 lbs. Dr. Trump hosts semi-regular COVID-19 White House briefings at which he champions cures that are false and potentially fatal. Along with his snake oil solutions to the pandemic like drinking bleach and shooting ultraviolet light inside the body- Trump claims testing is the problem. "If we stopped testing, we'd have fewer cases." Which is statistically true. I mean if the police did away with the roadside breathalyzer, there would be a lot less impaired drivers on record. The bodies would keep piling up of course but the statistics would look more favorable. Flipping the page from fiction to nonfiction, Dr. Anthony Fauci is a real doctor and

Continued on page three...

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Continued from page two...

one of the most respected immunologists in the world. He used to attend Trump's COVID-19 briefings but he's been put in quarantine after publicly exhibiting symptoms of telling the truth. Fauci was careful not to contradict Trump directly because he'd like to continue living in the United States and there's no technical term at the National Institution of Infectious Diseases for... fruitcake!

Out of the limelight but not the crosshairs, Dr. Fauci now travels with a security contingent because he and his family are receiving death threats from Trump supporters. Despite the best efforts of the White House to discredit the truth sayers, he's the only medical authority most Americans still trust. Sadly he's no longer on TV.

Always on the hunt for someone with a medical degree to support his cockamamie theories and what with Dr. Strangelove unavailable, Trump has glommed on to Dr. Stella Immanuel. Last week the president had nothing but praise for the physician from Houston saying she is: "very impressive" and "an important voice."

Besides supporting Trump's false claims for a COVID cure and the uselessness of masks, the fire and brimstone physician/preacher believes in astral rape, demon sperm and reptilians who are running the US government. (Trump somehow did not take personal offence to that claim.) Dr. Immanuel believes gynecological problems are caused by women having sex with demons and witches in their dreams and that the vaccine is being designed to

prevent people from becoming religious. As I write this her popularity is rocketing among tens of millions of viewers on the right-wing internet.

So far Dr. Immanuel has not blamed the pandemic on E.T. or questioned Snow White's virginity. So far she has not identified Sneezy as a symptom spreader but she has warned that if Sleepy dozes off at one more White House medical briefing, Jesus will smite him on the spot. Added Dopey: "Very impressive. An important voice."

If Dr Immauel is willing to swear that the pandemic is about to disappear and more importantly, the president weighs only 249 lbs, she'll be the next Chief Medical Officer of the United States.

So with Dr. Fauci, a trustworthy, world-renowned expert of infectious disease trying to save America with sound science and enduring death threats for his efforts and Dr. Stella Immanuel, a physician who believes some of America's medical problems stem from horny aliens--what are the chances of the United States wrestling the COVID pandemic into submission any time soon?

That being said, here in Canada, if you're one of those people who still believes COVID-19 is a hoax and you're unwilling to wear a mask but you wake up coughing, breathing hard and feverish--do the rest of us a favor--get on the drug hydroxychloroquine. I hear good things.

Books written by William Thomas are available at www.williamthomas.ca and delivered by Canada Post. Comments: williamjthomas@gmail.com

Marina Work Underway In Gore Bay, Thanks To An Anonymous Donor

The Town of Gore Bay got a nice surprise, an anonymous donation to complete phase one of their marina expansion. Gore Bay Mayor Dan Osborne says they received the donation earlier this month, so the town is moving ahead with expansion.

He says the project includes removing old docks and installing new ones, as well as decking.

Osborne says in total, there will be some 36 new slips for

marine vessels once phase one is completed.

Council passed a motion to award the tender to Build North Construction at a cost of just over \$1.9-million dollars. Osborne says not only will the company carry out the work but they will also fill the role of engineer in managing the project.

He says the work will begin right away and it is expected to be completed by the end of October.

Bait Management Strategy To Protect Fisheries In Ontario

The Ministry of Natural Resources and Forestry have concerns with live bait harvested in one area of the province being shipped, sold and later used in another region.

Natural Resources Minister John Yakabuski says that the strategy is increasing the risk that illegal or infected bait will spread disease to other fish populations.

So, earlier this week, his ministry announced they are creating four bait management zones in Ontario to limit the spread of aquatic invasive species and fish diseases.

Yakabuski says Northern Ontario will be divided into two zones, Northwest and

Northeast.

He says the government has also designated 34 fish species that may be used as bait, and anglers are allowed to possess up to 120 baitfish and 120 leeches.

He adds commercial operators are not restricted in the amount of bait they can possess, but remain responsible for the sustainable management of bait in their Bait Harvest Areas.

The strategy, now posted on the Environmental Registry of Ontario, <https://ero.ontario.ca/notice/019-0518>, was developed with input from bait operators, anglers, and Indigenous communities.

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Massey Area Museum - Attention Artists, we are having our annual VIRTUAL Jessie Burnside Art Show from August 15 to Sept 15. Go to our website for all the information and to submit your artwork.

Espanola Public Library - Our Book Return is now open 24/7. Curbside Pick-Up available Monday, Tuesday, Thursday, Friday. Accepting calls from 10am-1pm and pick-ups are scheduled 1pm-4pm.

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

Tips for Harvesting

If you ask me, there's nothing better than a dinner table full of veggies grown in your own backyard - they're fresh, nutrient-dense, and have a very small carbon footprint (no travel involved!). If you planted a garden this year, you have likely been enjoying the fruits of your labour for a couple weeks now. Here are a few of my favourite vegetable harvesting tips:

Harvest vegetables daily: explore your garden each day to see what has ripened. Picking vegetables as soon as they're ripe often encourages the plant to produce even more.

Bigger is not always better: most vegetables are at their peak tenderness and flavour when they're of medium size. Leaving vegetables to grow too long & big can cause them to feel tough and taste bitter. Most seed packets will describe each vegetables' ideal size for harvest.

Look for signs of trouble: when you're harvesting, watch for signs of trouble, such as yellowing leaves or rotting fruit. Remove the problem by trimming it from the plant - preventing it from sucking nutrients and energy away from its healthy counterparts.

Harvest honourably: be gentle with your plants, give them a good sprinkling of water, and thank them for what they've given you. A plant that is well cared for will continue to care for (feed you) in return.

Have questions or comments? Feel free to forward them to jaymie@localhippie.net

Have a happy hippie week!



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Ontario Legion And Auxiliary Branches Provides Grant To Health Sciences North Foundation

Health Sciences North Foundation has received a \$4,762 grant from the Royal Canadian Legion Ontario Provincial Command Branch and Ladies' Auxiliaries Charitable Foundation. Foundation president Anthony Keating says the money will go towards the purchase of an anesthesia cart for the MRI

suite at the Sudbury hospital. Legion Branch 76 president Len Leclair made the presentation on behalf of provincial command, saying the donation is just another way they are able to support veterans and ensure quality health care services. The presentation took place in late July.

New School Announced For Blind River

Two area school boards are partnering together to build a new elementary school in Blind River.

Last Friday, Lucia Reece, the director of education with the Algoma District School Board confirmed the province has approved funding the new school in partnership with the Conseil scolaire public du Grand Nord de l'Ontario.

She says the two boards have been working together since 2017 to build a shared school from JK to Grade 12.

It will also house a child care

centre as well as an Early ON Child and Family Centre, and Integrated

Design Engineering-Architecture, adds Reece.

Construction of the new school will depend on various factors including the site selection and design process, which will be done in collaboration with the Town of Blind River.

She adds those processes and COVID-19 protocols will be factored in so there is no timeline at this time, although the work will begin shortly and parents will be updated as the process unfolds.



Kindness Cruiser Weekdays

Do you know someone who has been kind? Nominate them by private messaging Roz on Facebook at Moose FM CJJM 99.3- Espanola or go to myespanolanow.com and fill out the form or call 705-869-NEWS!
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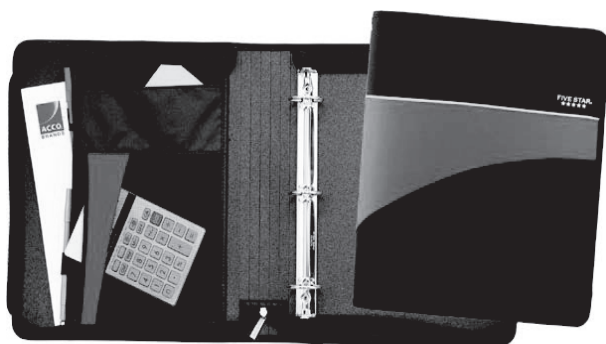


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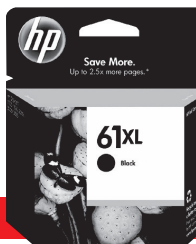
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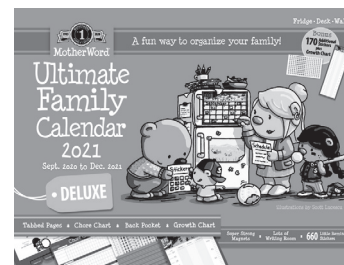
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OBITUARIES



McFarlane - John, formerly of Port Hope passed away at the Espanola Regional Hospital on July 28, 2020 at the age of 66. Dear son of the late John & Catherine (nee McAlpine) McFarlane. Loving father of Keri Schumacher (husband Kyle) of Bowmanville and Kristin McFarlane of Espanola. Cherished by granddaughter Cora Schumacher. Dear brother of the late Marilyn Burke. Also, will be sadly missed by many friends & relatives. Cremation with interment of ashes at later date in Port Hope. Arrangements by BOURCIER FUNERAL HOME Ltd, Espanola.



Lacasse - Richard of Espanola passed away at home on July 29, 2020 at the age of 77. Dear son of the late Ernest Sr. & Marie Claire Bourcier. Beloved husband of the late Diane (nee St. Jacques). Loving father of Andre Lacasse of Espanola, Carole Lacasse Loader (husband Tim) of Castleton, Lorraine Beland (partner Jude) of Espanola and Dan Lacasse of Sudbury. Cherished by 6 grandchildren. Dear brother of Arthur Lacasse Sr. (Jeannette) of Espanola, Denis (Ruth) of Espanola, Claire Sokoloski (Rick) of Espanola, Simone Nadeau (Ron) of Espanola, Julie Courtemanche (Denis-predeceased) of Vandeuil-Dorion, and the late Edward, Lucien, Ernest Jr. Also, will be sadly missed by many friends & relatives. Cremation with interment of ashes at a later date in the Espanola Cemetery. Arrangements by BOURCIER FUNERAL HOME Ltd, Espanola

IN MEMORIAM



In Loving Memory

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**We love you Mom
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Wonderful Fond Memories

Ten years have passed since we last spoke
Oh how you loved to laugh and joke
Even in your final days

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your application.



Phone: (705) 869 2687 Email: info@espanoladental.ca

800 centre street unit 108, Espanola, ON P5E 1J3
Located in the Espanola Mall



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, Paramedic 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.

Finance Supervisor – Espanola

Permanent Full-Time
Competition #2020-04-AD
Closing date: August 14, 2020

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.

NOTICE / REGISTRATION DATES

Espanola Minor Hockey Association 2020/ 2021 Registration **ESPANOLA REGIONAL RECREATION COMPLEX**

Registration date:
August 25 & 27 From 6:00 – 8:00 pm

New Online Registration!

Can't make registration? No Problem!
Online registration is open now.

See our website:
www.espanolaminorhockey.com
Or our Facebook page:
Espanola Minor Hockey Association
For links and information about online registration.



Recipe

Are you wondering what to do with all the cucumbers that are growing in your garden, or just looking for a way to use fresh cucumbers at this time of year? This salad is sweet and tangy and takes just minutes to put together. I use my vegetable slicer to slice the cucumbers thin, so that the peel softens as it sits. You can adjust the vinegar and/or oil to get the tanginess you enjoy.

Cucumber Salad

- 1-pound English cucumbers, unpeeled, very thinly sliced
- 1 1/2 teaspoons kosher salt
- 1 1/2 teaspoons sugar
- 1/3 cup red onion very thinly sliced or thinly sliced green onions
- 1/3 cup fresh dill, chopped
- 2 tablespoons red wine vinegar
- 1/4 teaspoon black pepper
- 2 tablespoons olive oil

Toss the cucumber slices with the salt and sugar in a medium sized bowl. Let the cucumbers sit for 5-7 minutes. Add the onion and dill to the bowl. In a small bowl, whisk together the red wine vinegar, pepper and olive oil. Pour the dressing over the cucumber mixture and toss to coat evenly. Let the salad sit for 10 minutes, then serve.



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