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He suggests the public keep an eye on their Facebook Page for more

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ESPANOLA



# Saving A Life – Know How To Use A Defibrillator



*By Rosalind Russell* - An Espanola man saved another by knowing how to use a defibrillator.

Arbour, who is 66, had stents inserted in a vein near his heart nine years ago. He says he felt no pain, nothing when he collapsed.

Espanola Royal Canadian Legion President Gary MacPherson was carrying out Legion business with member and Sergeants-at-Arms Don Arbour when Arbour collapsed back on June 11th. he collapsed. "I love to run, I run about five kilometres a day. That day, I ran about 2.5 kilometres to the Legion to meet up with Gary to sign cheques and finish *Continued on page four...* 

# Need help finding a job, accessing education, or hiring and training staff? We're here to help!

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# All The World's rcus William Thomas

williamjthomas@gmail.com

# **Buffalo Takes Yet Another Kick In The Butt**

In their desperate, last-minute search successful and yet they will forever be for a temporary home, the Toronto Blue Jays looked like that big dumb dog at the Humane Society, the one everybody adores but nobody wants to adopt. Nobody wanted the Jays after being rejected by Canada, Pittsburg, Baltimore and Florida... except Buffalo, New York. Blue Jay executives and players let it be known that bush-league Buffalo was their very last choice for a pandemic home and in fact they considered playing all their games on the road rather than settle for Sahlen Field. Well, the hot dogs slipped the bun, boys because your new home is "Weiner Field" and the warning track is the New York freeway.

Typical of Buffalonian's luck: Major League Baseball is coming to your city and you won't be able to see it--except on TV or from the shoulder of that freeway.

Sahlen Field sure wasn't Toronto's Field Of Dreams—"Build it but we ain't comin'!" Formerly known as Pilot Field, it's a charming and comfortable Triple-A ballpark but without major league amenities. But to listen to the dissing of the Blue Jay's you'd have thought the place lacked an outfield fence and a home plate.

It seems the city of Buffalo, New York just can't win for losing. One of the best franchises in NFL history, Jim Kelly's Buffalo Bills went to the Super Bowl four times in a row in the early 1990's. No other team has ever been so consistently

remembered as the team that didn't win it. In the 1970's the Buffalo Sabres iced the "French Connection," the most exciting line in hockey history and they'll always be remembered for twice having advanced to the Stanley Cup finals and going home without the trophy. (Thanks of course to Philadelphia Flying Goons and Brett Hull's illegal foot in the crease.)

The NBA's Buffalo Braves were a 70's team of great talent and lousy management. In a suspicious bait n' switch, three franchises swapped homes and the "City of Light" was left with an empty arena. First in America to install electric street lamps, last to see the shining of silver trophies.

Buffalo's bad luck has not been limited to sports. Saddled with poor transportation, the city finally built a subway system in the early 1980's but by then most of the people had moved to the suburbs and many companies had left town. Once a thriving trading port in the 1800's--the Erie Canal made Buffalo the commercial linchpin between the Great Lakes and the Atlantic Ocean--the city has seen 55% of its population shrink in the last 75 years. Unlike those folks who slag the "Queen City' for its snow storms, high crime, and contribution to fine dining--chicken wings--I quite like the place. (I still hold Frank and Teresa of the Anchor Bar personally responsible for my high

Continued on page three...





Around&About August 4, 2020 Page 2

#### Continued from page two...

#### cholesterol.)

In my last book about the losingest horse in thoroughbred racing history one chapter was titled: "If Zippy Chippy Were A City, He'd Be Buffalo, New York." Like "The Zipster," the city seems to take one giant stride forward and then somebody bumps it two lengths back.

Thirty years ago, the symbol of the city's cultural renaissance was a work of art called Green Lightning, commissioned by the city and created by sculptor Billie Lawless. Everybody supported the project, but nobody really understood it. Spread out on the ground, it looked like an unlit jumble of neon tubes on a green silkscreened background.

But when they plugged it in on the night of the grand unveiling, oh yeah, they knew what they were looking at! When the neon lights lit up the sculpture in the sky, Mayor Jimmy Griffin's head almost exploded. His guests, dignitaries including governor Mario Cuomo, either stared at their feet in embarrassment or put their hands over their mouths to stifle laughter.

Billie Lawless's neon-andwire masterpiece, meant to spear-head the rebirth of Buffalo's entertainment scene, was a vivid depiction of--wait for it--two penises dressed like the Planters Peanut character, doing a snappy little dance number and wearing top hats, white gloves and tails. Yeah, Green Lightning--shuckin' and jivin' with well-dressed junk. For cartoon characters, they sure had heart: two dicks dancing like crazy.

Going ballistic, Griffin pulled the plug immediately and later tried to have the artwork destroyed. The mayor was subsequently found guilty in court of violating Mr. Lawless's civil rights. Apparently there is nothing in the United States Constitution about the "right to bear schlongs." Oddly, Green Lightning was shipped to Chicago where it was displayed for the next ten years without a whisper of protest.

I'm thinking it was just a matter of a bad title. Green Lightning was abstract and meaningless, and just confused everybody. I've always been a believer that the tile of a piece of art should state exactly what the beholder is looking at. My title for that particular work of art should have been: It's Just One F#%@king Thing After Another.

Buffalo, Zippy Chippy and now the Toronto Foot Longshard not to love them, even if they're an acquired taste. Like suicide wings, beef on weck, and Flutie Flakes.

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

## **Funding For Transit And Community Projects**

cleaning.

There's some good news for municipal governments, struggling with financial problems due to the coronavirus pandemic.

Two-billion dollars. split between the provincial and federal governments, will be allocated to transit systems to help them cope with lost revenue and additional expenses incurred for protective measures and

Another two-billion dollars of federal and provincial money will go to municipalities to help with community assistance projects and public health. Ontario received sevenbillion from the federal

billion dollars from the federal government as part of its "Safe Restart" program.

There's still about five-billion dollars in that fund to be allocated.

## Household Hazardous Waste Day Coordinated Between Four Local Communities

A joint Household Hazardous Waste Day is being hosted by four local area communities. Joel Yusko, the public works manager in Espanola says the townships of Baldwin, Nairn & Hyman and Sables-Spanish Rivers has teamed up with the Town of Espanola to help residents get rid of toxic waste that cannot be disposed of in landfills. communities can bring their waste to the public works garage in Espanola on Saturday, September 26th between 8 am to 4 pm.

Yusko adds there is a wide range of hazardous waste residents may not be aware of, such as batteries,

light bulbs, cleansers, even cosmetics, so visit espanola.ca for the complete list or click on the photo.

Residents from all four

## Some Legions Remain Closed While Some Are Open

Royal Canadian Legions across Ontario had the option of reopening earlier this month as part of Stage

Three of the COVID-19 provincial sanctions.

However, several have decided to remain closed for at least another month. Massey #432, Blind River #189 and Little Current #177 all remain closed although some are continuing to fundraise, such as hosting take out nights with no contact. The three all plan to remain closed for at least another month to see how COVID-19 Stage Three unfolds

and the protocols are updated. Espanola #39 and Gore Bay #514 have chosen to open and both have COVID-19 protocols in place.

For more information, contact your local branch.







## Saving A Life – Know How To Use A Defibrillator

up some Legion business. I remember signing a cheque and then nothing."

MacPherson, who had learned how to use the portable defibrillator they have installed in the hall, called 911 and then began resuscitation procedures on Arbour.

"We were just working and I heard a strange noise, looked up and Don had collapsed on the floor. He was on his stomach and I rolled him over on to his back and then I had to get his arm out from underneath as well. He was very, very heavy. It wasn't easy to do. He was purple. I worked as quickly as I could. "I had already called 911 and they were on the phone with me. I ran to the defibrillator. followed the instructions and brought him back. By then. Manitoulin-Sudbury **Emergency Medical Services** had arrived and whisked him away."

MacPherson personally went looking for Don's wife, Liz, and family members to tell them what happened. He did not want to do it over the phone, more so since he and Don had been friends a long time.

Arbour was flown to Health Sciences North in Greater Sudbury within the hour and EMS had to use a defibrillator four more times to bring him back.

"Most people, when they are revived, wake up and have some idea of where they are. I wasn't doing that. They had to put me in an ice bath when I arrived in Sudbury and induce a coma. I woke up a couple of days after I collapsed wondering where I was and what was going on."

Meanwhile, a supervisor of EMS had made a special trip back to the Legion to shake MacPherson's hand stating, "you saved his life." MacPherson says the piece of equipment should be in every public place because, to put it simply, it works!

A defibrillator is a machine that sends a high energy electric shock through the heart. This high energy electric shock is called defibrillation. The aim of this shock is to return a heart to its normal working state if it goes into cardiac arrest.

He says, ironically, it was Arbour who had pushed for the defibrillator to be installed in the hall.

Arbour says he is grateful to MacPherson and for having the equipment in place.

"I had to have three stents put in my heart and am now on blood thinners, but I am alive, I am here. I had some short memory loss, but have now fully recovered."

He adds the only thing that worries him is he had no warning signs and there is no easy test to make sure his stents are fine.

"I had no idea that the stents they put in nine years ago had completely blocked up. The doctors say there is no way to know if that is happening and doing a dye test is considered invasive, but I guess have to live with that. I am grateful to be here and will take care of myself best I can."

Both men feel every Legion, let alone every public place should have a defibrillator and as many people as possible should know how to use one.

Arbour plans to continue his work at the Legion and his other interests and has a very important new one: a grandchild born just a week ago.

His wife Liz says, "Gary is a hero. We are so grateful to him for saving Don's life."

She also agrees access to a defibrillator should be available to everyone so more lives can be saved.

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# **TOWNSHIP OF SABLES-SPANISH RIVERS**

Phone: (705) 865-2646 Fax: (705) 865-2736 Email: inquiries@sables-spanish.ca 11 Birch Lake Road, Massey, ON, POP 1P0 Website: www.sables-spanish.ca

## NOTICE OF A PUBLIC MEETING Concerning Applications for Consent And Application for Validation

**TAKE NOTICE** that the Council of the Township of Sables-Spanish Rivers will hold a public meeting on **Wednesday, August 26, 2020 at 6:00 p.m.,** at the Township Office, 11 Birch Lake Road, Massey in order to consider proposed applications under Sections 53 and 57 of the Planning Act, RSO 1990 as amended.

#### Consent File Nos. C-20-05 & 06

The purpose of these consent applications is to provide for a new lot per application in the Rural zone. The effect will provide for two new rural residential lots. The property is described as Salter Township, Section 13, Parcel 8309, 35 West Lake Road.

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

#### Validation File No. VAL-20-0-1

Validation, if granted, will rectify any prior violations of the subdivision control provisions of the Planning Act. Consent had never been granted under the Planning Act to sever abutting lands owned by the same owner. This validation approval in effect shall validate the title to these parcels.

The subject property is described as Township of Hallam, Concession 6, Part Lot 8, Parcels 490 and 726. The lands subject of this application is subject of consent application file no. 19-04 under the Planning Act application.

**TAKE NOTICE** that if you wish to be notified of the decision of the Township of Sables-Spanish Rivers on the proposed application, you must make a written request to the Clerk of the Township of Sables-Spanish Rivers. 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 applicable appeal fee for each application appealed, paid by cheque, made payable to the Ontario Minister of Finance.

If a person or public body would otherwise have an ability to appeal the decision of the Council of the Township of Sables-Spanish Rivers to the Local Planning Appeal Tribunal but the person or public body does not make oral submissions at the public meeting or make written submissions to the Township of Sables-Spanish Rivers before the bylaw is passed, the person or public body is not entitled to appeal the decision.

If a person or public body does not make oral submissions at the public meeting, or make written submissions to the Township of Sables-Spanish Rivers before the decision is made, the person or public body may not be added as a party to the hearing of an appeal before the Tribunal, unless in the opinion of the Tribunal, there are reasonable grounds to do so.

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

Public Participation in this Public Meeting will be conducted by electronic means. To attend remotely call 705-865-2646 for details and instructions. If you do not wish to provide input but would like to hear the audio recording, listen online on <u>www.sables-spanish.ca</u> (YouTube)

Dated this 4th day of August, 2020 Kim Sloss, Clerk-Administrator Township of Sables-Spanish Rivers 11 Birch Lake Road Massey, ON P0P 1P0 Tel. 705-865-2646 inquries@sables-spanish.ca

#### NOTICE OF THE PASSING OF ZONING BYLAW (Planning Act-Section 34)

TAKE NOTICE that the Council of the Corporation of the Township of Sables-Spanish Rivers passed Bylaw 2020-31 on the 22nd day of July, 2020.

#### File No. ZBA 20-04; Bylaw 2020-31

PURPOSE AND EFFECT: The purpose of the zoning amendment is to allow for an accessory building to exceed the 6 metre maximum building height to 7.9 metres, and to allow for a reduced interior side yard setback from 4 metres to 3 metres. The property is described as Harrow, Concession 3, Lot 10, Parcel 14898, Plan 53R-11494 Part 2. This application is not subject of any other application under the Planning Act.

APPEAL - The last date for filing a notice of appeal of the by-law is August 24, 2020. Any such appeal must be filed with the clerk of the municipality and must set out the reasons for the appeal and must be accompanied by the fee required by the Local Planning Appeal Tribunal. Only individuals, corporations and public bodies may appeal a by-law to the Local Planning Appeal Tribunal. A notice of appeal may not be filed by an unincorporated association or group. However, a notice of appeal may be filed in the name of an individual who is a member of the association or the group on its behalf. No person or public body shall be added as a party to the hearing of the appeal unless, before the by-law was passed, the person of public body made oral submissions at a public meeting or written submissions to the Council of the Township of Sables-Spanish Rivers or, in the opinion of the Tribunal, there are reasonable grounds to add the person or public body as a party.

This bylaw is available for inspection in the municipal office during regular office hours.

Dated this 4th day of August 2020 Kim Sloss, Clerk-Administrator

## Public Notice Financial Statements

The Township of Sables-Spanish Rivers 2019 Financial Statements have been posted on our website **<u>www.sables-spanish.ca.</u>** A copy of the 2019 Financial Statements is available at no charge upon request. Please call 705-865-2646 for more details.



#### THE 2020 MARKETPLACE MAY BE CANCELLED BUT WE CAN STILL SUPPORT LOCAL!

If you were planning on attending the marketplace this year send us your posters, advertisements and any other information regarding your products so we can share your goods within our township!

Sables-Spanish Rivers

Send all information to Amanda at ecdev@sables-spanish.ca or drop it off at the Township office.



#### SERVICES

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ACUPUNCTURE – To make an appointment call 705-863-3223 or email cherylsmassage7@gmail.com 8/4 R

#### FOR RENT

**FOR RENT** – 1 bedroom apartment, available Sept 1. Open concept, laminate flooring throughout, large windows, has been recently renovated. Appliances included. Hydro extra. \$675.00 / month. 705-869-5015. 8/4

#### YARD SALE

YARD SALE - 8 Mary St, Webbwood on August 8th at 8:30 a.m.

MINI-EXCAVATOR FOR HIRE/RENT – Daily and weekly rates. Affordable float fee's. All your excavation needs. Incl Blueskin/ wetbasements, Fully insured. 30+ years. 705-863-0095. 8/11

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**ESPANOLA SELF STORAGE** – 6x8 and 8x10 Storage units available in Espanola. Located behind the car wash. Call 705-869-8405. 8/4 - **R** 

**TOTAL CONTRACTING SERVICES** - Carpentry, renovations, painting, drywalling, tile & grout, flooring, bathrooms, siding, windows, steel & shingle roofing, decks, tree cutting, dump runs. Call 705-936-6160 9/8 - R

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FOR SALE – 2003 Chev Silverado LS extended cab with box cover. Call 705-662-3770 for details. 8/11

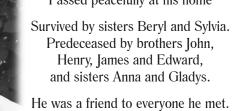
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WANTED TO PURCHASE – 18ft travel trailer with slide out, in good condition. Call 705-869-2854. Espanola. 8/4

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OBITUARY





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#### **EMPLOYMENT OPPORTUNITY**



Conseil des Services du District de 210 boul Mead Blvd Espanola, ON P5E 1R9 Manitoulin-Sudbury District Services Board Distric

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.





**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

# **Local Adventures**

As a result of COVID-19, most people have been keeping their travels local this summer - which sounds good to me! Local travel has a much smaller impact on mother earth than lengthy trips in the car or on a plane.



This week I thought I'd share a few of my favourite local spots to explore:

• Chutes Provincial Park in Massey: Wonderful hiking trail with several views of the chutes and some spots to swim.

• Mississagi Provincial Park in Elliot Lake: Multiple hiking trails and swimming spots - my favourite being the Helenbar Lake Trail!

• Cup & Saucer Trail off Hwy 540 on Manitoulin Island: a beautiful trail through the Manitoulin extension of the Niagara Escarpment that offers amazing views of the Island.

• Willisville Lookout on Willisville Rd: a quick, but very steep, hike up the mountain for a gorgeous panoramic view. Wear good shoes!

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

Have a happy hippie week!



# Tax Deadline Extended To End Of September

The federal government has again extended the deadline for paying any 2019 taxes you may owe.

The April 30th date was originally extended until

September first, to keep more money circulating in the economy during the coronavirus pandemic.

That has now been pushed back to September 30th.

# RECIPE

If you know me, then you will know that this recipe isn't mine. I cannot tolerate spicy food; but my friend who loves spicy food has highly recommended it for



my column. Creamy potatoes with a bit of a kick, takes this potato salad over the top! Potatoes are tossed with a creamy dressing, celery, diced eggs and quick pickled onions and jalapeños. It's got crunch, spice, and a creamy yet tangy dressing. If time permits, make at least one day ahead. It's even better on the second day.

## **TEXAS POTATO SALAD**

- 2 lbs Yukon Gold Potatoes sliced into 1" cubes, skin on
- 3/4 Tbsp + 1 3/4 tsp salt
- 2 eggs
- 1/3 Cup Red Wine Vinegar
- 1 Tbsp sugar
- 1 cup Red Onion sliced thin, into 1/2 moons
- 2 Fresh Jalapeños, medium, 1-sliced into rings, 1 minced (seeds included) with 1/2 the minced reserved for garnish
- 5 Tbsp Yellow Mustard
- 5 Tbsp Mayonnaise
- 1 tsp Ground Pepper
- 1/16 tsp Cayenne Pepper, ground
- 1/2 cup Celery thinly sliced, about 1 rib
- 2 Tbsp Finely Chopped Chives for garnish
- Paprika, optional

In a large pot, add potatoes and cover with cold water. Add 3/4 Tbsp salt. Bring to a boil, reduce heat and simmer for between 8-15 minutes. Simmer until just fork tender, but not mushy. Drain. Hard boil the eggs, peel and dice. Meanwhile, in a medium bowl, whisk together vinegar, sugar, and 1 tsp salt. Add onions and jalapeños to the brine (reserve 1/2 the minced jalapeños for garnish). Marinate for at least 20 minutes stirring occasionally. Drain, reserving pickling brine. When potatoes are done put into a large mixing bowl and add 3 tbsp's of the pickling brine. Place in refrigerator for 20 minutes. Add pickled jalapenos, onions, celery and eggs to the potatoes. For the dressing, whisk together the mustard, mayonnaise, pepper, <sup>3</sup>/<sub>4</sub> tsp salt and cavenne pepper. Pour over salad, reserving a few tbsps of dressing. Gently mix. Taste and add more pickling brine or reserved dressing to your desired taste. Garnish with minced ialapenos, chives and sprinkle with paprika if desired. Refrigerate for at least an hour. Flavour and spiciness will improve as it sits. Keep in mind when adjusting flav@rs.