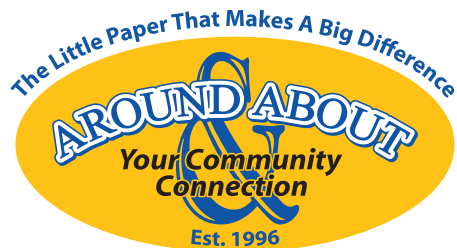


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Women's Program Expands Business



Photo: Logo supplied by LAMBAC

By **Rosalind Russell** - The Lacloche Algoma Manitoulin Island Business Assistance Corporation, known as LAMBAC, is overseeing a five-year program to help women establish and/or grow their businesses.

Mike Addison says the NOW program objective is to help women with start-ups and scale-ups throughout Northern Ontario.

He adds the Canadian government has set a goal of doubling women businesses by 2025 and through the agency will provide the tools and financial supports to women who want to establish or expand their business in the North.

He adds there are several intake dates over the next couple of years including the next one on April 30th, 2020.

Email now@lambac.org for an application form and/or more information.

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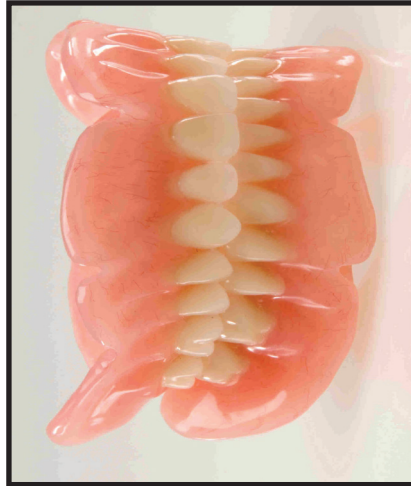
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All The World's A Circus

William Thomas

williamjthomas@gmail.com

Pros? Yeah, But Not Exactly Prose.

It's no mystery to me why professional athletes are at their absolute funniest when they're trying to be perfectly serious. Pampered half to death, they have someone to do everything for them except think. And that's where they get into trouble, when the idea on it's way from the brain to the ears of others, trips over the lips.

That's exactly what baseball's Pedro Guerrero was alluding to when he said: "Sometimes they write what I say, not what I mean." And that's my problem with journalists, they're not clairvoyant!

For instance I know Houston College receiver Torrin Polk was trying to praise his coach Joint Jenkins for respecting his players but it's the way he said it: "He treats us like men. He lets us wear earrings."

And I figured out what Drew Godden meant when he said: "I like to overcome diversity." But I had to consult my rhyming dictionary.

Sometimes it's the sheer excitement of the game that creates a crucial misspeak. Like when a Metro Radio sports commentator gushed: "Julian Dick is everywhere. It's like they've got 11 Dicks on the field." Yeah, and that's not counting the referees! Plus, that's totally unfair to guys named 'Richard.'

Or when NFL commentator John Madden said: "Hey, the offensive linemen are the biggest guys on the field. They're bigger than everybody else, and that's what makes them the biggest guys on the field." Yeah, okay, but what about the kickers, they're

the smallest guys on the field? Are they like smaller than everybody else and if so, what does that make them?

Wait! Was your tape recorder on? Would you mind erasing what I just said? No, too late NFL star receiver Jerry Rice who said: "I feel like I'm the best, but you're never going to get me to say that."

Honesty always impresses fans. Like when the great boxer Rocky Graziano said: "I quit school in the sixth grade because of pneumonia. Not because I had it but because I couldn't spell it."

Similarly, as far as fan adulation and groupies go, the tall and talented English football striker Peter Crouch went with the dead honest answer to the question: "What would you be if you were not a soccer player?" With no hesitation whatsoever, Peter replied: "A virgin."

Sometimes math is the problem. Setting his goals for the upcoming football season, Heisman Trophy winner George Rogers said: "I want to rush for 1,000 or 1,500 yards. Whichever comes first." Well the 1,000 yards better damn well come first otherwise Mrs. Leach of SS#4 Dain City-you owe me a serious apology.

And nobody understands numbers better than Dutch soccer great Ruud Gullit who said: "We must have had 99 percent of the match. It was the other 3 percent that cost us."

At least NFL player Doug Plank got the math right when he observed that "Most football

Continued on page three...

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Continued from page two...

players are temperamental. That's 90 percent temper and 10 percent mental."

Sometimes it is that one key word that destroys everything else you just said. Expo Andre Dawson is revered to this day by Montreal Expo fans for his bat and his glove but not so much for his choice of words: "I want all the kids to do what I do, to look up to me. I want all the kids to copulate me." No! No! Imitate! Emulate! Impersonate or even irritate but do not do that other thing.

Similarly, the word 'remorse' is not in the vocabulary of NBA star and now commentator Charles Barkley. After being charged with aggravated assault for tossing a guy half his size through the window of a bar, he was asked if he regretted it. Barkely replied: "I regret we weren't on a higher floor."

Few have accused football players of being intellectuals. Not NFL quarterback Joe Theismann who said: "Nobody in football should be called a genius. A genius is a guy like Norman Einstein." Of course he meant Albert Rockwell.

And certainly not NFL lineman Randy Cross: "The NFL, like life, is full of idiots."

I know all this can be quite confusing. As NBA star Wilt Chamberlain opined: "They say that nobody is perfect then they tell you that practise makes perfect. I wish they'd make up

their minds."

In my many years of collecting quotes by the pros, my two favorites belong to a Bill and a Bronco.

After an awful offensive game by the 1990's Buffalo Bills, a reporter in the locker room shoved a microphone in Coach Marv Levy's face and asked: "What do you think of the execution of the Bills today?" And without a split second of hesitation Levy replied: "I'm all for it!"

Originally from the Canadian Lakehead, Bronco Nagurski became one of the toughest linebackers in NFL history going into the Hall of Fame as a Chicago Bear. Bronco liked to drink a bit and after a big victory by the Bears in Chicago, Bronco overdid it at the team's victory celebration. He fell out of the window of the bar and onto the sidewalk one floor below...out cold. When he regained consciousness there was a police officer standing over him. "What the hell happened here?" asked the cop. "I dunno," said Bronco. "I just got here myself."

Sometimes it's difficult to distinguish between the jocks and the jokes.

To buy a book or invite humorist William Thomas To be your guest speaker, go to www.williamthomas.ca williamjthomas@gmail.com

NEMI Lobbying For More Hwy 6 Passing Lanes

The Township of Northeastern Manitoulin and the Islands is hoping the Ontario Ministry of Transportation will consider adding more passing lanes to Highway 6.

Council passed a resolution in late December following a concern by a local taxpayer.

Perry Newman wrote to the township citing heavy damage by loaded trucks, the increased

volume of traffic and tourism makes the drive between Little Current and Espanola hazardous.

He believes more passing lanes would alleviate the situation.

Newman is also going to talk to MPP Mike Mantha about his concerns.

The resolution for more passing lanes will be forwarded to the ministry.

New Vaping Laws As Of New Years Day

Signs promoting vaping products will disappear from convenience stores and gas stations.

That's because new provincial legislation banning the marketing of vaping products took effect on January 1, 2020. The new legislation brings

vaping rules in line with promotion of other tobacco products.

In the fall the Ontario government announced the new legislation as a response to research that shows vaping is on the rise among young people in the province.

COMMUNITY NOTES

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Children's Clothes Closet - at the Calvary Baptist Church Wednesday, January 15, 10:00 a.m. - 2:00 p.m.

Espanola Area Friendship Circle Alzheimer Support Group - Monday, January 13, 1:30 - 3:00 p.m. at the Seniors' Drop in Centre 799 Queensway Ave. Espanola. For more info contact Wendy Ashton 705-869-1137

Meat Roll-offs - The Espanola Helping Hand Food bank will be hosting the meat roll-offs every Saturday for the month of January at the Espanola Legion. The fun starts at 3:30pm and everyone is welcome!

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.**
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Welcome to Local Hippy'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 is to set at least two earth-friendly resolutions for the new year! Here are some examples:

- Use reusable shopping bags
- Remember to turn off the lights before leaving home
- When the weather is warmer, walk or bike to work twice a week
- Eat meat-free every Monday
- Avoid plastic water bottles by filling your own reusable one
- Pick up litter in your neighbourhood once a month
- Make coffee at home instead of purchasing one to go
- Support local businesses whenever possible
- Spend time in nature once a week
- Cut out one store-bought household cleaner and replace it with something homemade
- Start a compost bin in your backyard
- Plant 10 trees this summer
- Volunteer your time at a local organization once a month

Here's to a brighter, better, and more earth-friendly 2020!

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

Have a happy hippie week!

Initiating Grade 8 Female Students To Careers In The Trades



Conseil scolaire catholique Nouvelon Grade 8 female students in the Sudbury and Algoma districts got some hands on experience in non-traditional trades.

Board spokesperson Paul de la Riva says the girls spent part of December at Home Depot Workshops supported by the Ontario Youth Apprenticeship Program.

He says the girls assembled a residential electrical system, installed and repaired drywall, repaired a small motor, built a coat rack and proceeded to the installation of ceramic tiles.

De la Riva adds the girls

also had the opportunity to familiarize themselves with the tools and products appropriate for each workshop in the trades.

Photos: Several Grade 8 female students had a unique opportunity to explore non-traditional careers. Photos supplied by CSCN.



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Website: www.sables-spanish.ca

NOTICE OF A PUBLIC MEETING Concerning Applications for Consent

TAKE NOTICE that the Council of the Township of Sables-Spanish Rivers will hold a public meeting on **Wednesday, January 22, 2020 at 6:00 p.m.**, at the Township Office, 11 Birch Lake Road, Massey in order to consider proposed applications for Consent under Section 53 of the Planning Act, RSO 1990 as amended.

Consent File No. C-20-01

The purpose of this consent application is to provide for a lot addition in the Rural zone. The property is described as May, Concession 1, Pt Lot 9, Parcels 1587, 2108, 2111, at 70 Emory Road.

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

Consent File No. C-20-02

The purpose of this consent application is to provide for a lot addition in the Rural zone. The property is described as Harrow, Concession 6, Lot 8, Parcel 1610, on Brohart Road.

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

Consent File No. C-20-03

The purpose of this consent application is to provide for a lot addition in the Rural zone. The property is described as Harrow, Concession 6, Lot 9, Parcel 5855, at 106 Woolsey Road.

The lands subject of this application is not subject of any other 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 appeal fee of \$300.00 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.

Dated this 7th day of January, 2020
Kim Sloss, Clerk-Administrator

MASSEY RESIDENTS - WATER USERS

Water bills were due December 31, 2019. Please make sure your account is up to date. New bills will be in the mail shortly.

Please note that Bylaw 2017-09 includes a rate for "Portable Water Containers/Barrels/Drums" that are filled up using the municipal water supply and transported off of the property. The charge is \$100 per fill-up and will be charged to the residence from which it is filled.

EMPLOYMENT OPPORTUNITY

The Township of Sables-Spanish Rivers is looking for an individual to work with the Economic Development Committee in current initiatives and events, as a staff liaison, in addition to providing support to the municipal office staff as required.

This position will require working regular office hours, starting at 3 days/week, attending evening meetings and may also be required to oversee and assist the Economic Development Committee in the organization and planning of events such as a Farmers Market. The days and hours of work may be varied and flexible as required. The rate of pay shall be \$18.00/hour.

The successful candidate will possess a secondary school diploma or equivalent, excellent communication and organizational skills, must have good working knowledge of Microsoft office applications and have experience with taking minutes and writing reports.

Any municipal or business administration experience would be considered an asset. A criminal records check is required from the successful candidate.

Applications will be received by the undersigned until 12:00 p.m., Friday, January 17, 2020.

Kim Sloss, Clerk-Administrator

ATTENTION TOWNSHIP OF SABLES-SPANISH RIVERS RESIDENTS

Due to the 2019 Recycling Calendar error, the schedule for 2020 has been changed.

Please clip out and save the calendar below for 2020. We will be providing new magnets in your January 2020 tax bills. If you have any questions, please contact us at 705-865-2646.

2020 RECYCLING SCHEDULE

"C" ITEMS = GLASS / METALS / PLASTICS (1-6)
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JANUARY

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TOURNAMENTS

EUCHRE TOURNAMENT - Every Second Sunday starting Sunday, January 12th 2020 at the Espanola Elks Hall. \$15.00/ person. 50% first place, 30% second place, 20% third place. .25 cents each Euchre goes in pot and draw for winner at the end of night. 1/7

BINGOS

MASSEY AGRICULTURAL SOCIETY. 1st Monday of the month beginning January 6th, 2020. \$1825 cash prizes. Massey Arena - bingo starts @ 7:00 p.m. 04/28

THANK YOU



Thank you!

We wish to extend our heartfelt appreciation for the unwavering support, words of sympathy, delicious food and generous donations received from family, friends and the community after Emily Rose's sudden passing.

A very special thank you to the members of the Walford Community Centre for allowing us to use the hall for Emily's celebration of life and to all those who spoke at the celebration; also to Emily's very extensive health care team from Massey, Sudbury and Toronto who made her time here with us possible, including the staff at Espanola Regional Hospital who were there for us and treated Emily and us with respect and dignity when she gained her wings. We will forever be grateful.

Chao (Julien), Lisa and Ryan (partner Emily) Richer

Recipe

I love mushrooms but they are one of those vegetables that someone either loves or hates. Both of my sons detest mushrooms and so over the years I have done my best to leave them out of dishes that I'm preparing for my family. But I'm here to tell you, I was never happy about it! Now that they are adults and living on their own, I add mushrooms to everything. The following recipe resembles a vegetable pizza minus the crust. Serve over greens with a drizzle of good quality balsamic vinegar and olive oil for a delish meatless meal.



Stuffed Portobello Mushrooms

- 4 large portobello mushrooms
- 1 tbsp olive oil
- 1/2 onion chopped
- 4 cloves garlic minced
- 1/2 green bell pepper chopped
- 2 cups spinach chopped
- 4 cocktail (large cherry) tomatoes, chopped
- 1/4 cup goat cheese crumbled (can substitute with cream cheese if you're not a fan of goat cheese)
- 1/4 tsp salt or to taste
- 1/4 tsp pepper or to taste
- 1 tbsp Frank's hot sauce
- 1/2 cup breadcrumbs
- 1/2 cup mozzarella cheese, shredded



Preheat oven to 400 F degrees. Carefully remove stems from mushrooms. Place the mushrooms stem side down onto a baking pan. Bake for 10 to 15 minutes until the water leaks out of them. Remove from the oven and using paper towels soak up excess water. Set aside.

Do not throw away the stems from the mushrooms but chop them up to be added to the stuffing.

In a skillet, heat the olive oil over medium heat. Add the chopped onion and garlic and sauté for a couple minutes until the onion is translucent.

Add the green pepper and spinach to the skillet and cook for a couple more minutes. Add tomatoes, goat cheese, salt, pepper, mushrooms stems, hot sauce and breadcrumbs. Stir and cook for an additional couple minutes. Stuff the mushrooms with the mixture equally. Top with mozzarella cheese. Bake for about 10 minutes or until the cheese melts.

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Your Community Connection

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Information Nights

5:30 pm to 6:30 pm

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All parents/guardians and children are welcome to the information night at their area Rainbow School.

Join us and continue your journey of learning together!

Information Night: Tuesday, January 14, 2020

ESPANOLA AREA

SCHOOL	ADDRESS	PHONE	PRINCIPAL
A.B. Ellis Public School	164 Mead Blvd.	705.869.1651	Dave St. Amour
S. Geiger Public School	355 Government Rd.	705.865.2052	Cori Pitre

MANITOULIN ISLAND

SCHOOL	ADDRESS	PHONE	PRINCIPAL
Assignack Public School	134 Michael's Bay Rd.	705.368.7010	Heather Pennie
Central Manitoulin Public School	56 Yonge St.	705.368.7005	David Wiwchar
Charles C. McLean Public School	43 Hall St.	705.368.7015	Tracey Chapman
Little Current Public School	18 Draper St.	705.368.2932	Christy Case

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