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Lions Keeping Our Christmas Traditions Alive



By Grant Lewis: - "This will be a Christmas like no other, but it is still Christmas. Perhaps less spending, less people around the table and less eating! But the same message remains: one of hope, love, beliefs, family, friends and traditions" The CTV Lions Telethon is one of those traditions and even though the format has been downsized for safety reasons, the show will go on! Plan to watch the Children's Christmas Telethon on Saturday, December 5 starting at 7:00pm-11:00pm on CTV. If you would like to make a pledge to donate and help purchase toys for children in our area, you can phone in on the night of the telethon or to donate online visit, <http://ctvlionstelethon.ca> and click on DONATE. Espanola Lions know that this is a tough time for everyone and that the need is great. They will be keeping another important tradition by collecting toys and knitting to help out local families.

Continued on page four...

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COVID-19 Bulletin

ERHHC Update

Our Community is in COVID-19 Yellow Level as of November 16th, 2020

PROTECT: Heightened Infection Control Measures in Place to Protect Patients and Staff

Procedural (Surgical) Masks are to be worn at all times throughout the facility and hand hygiene is strictly enforced. No Exceptions!

No cloth masks are permitted.

Those wearing a face shield must still wear a procedural mask.

Visitor Restrictions are as follows for Hospital Patients:

Acute Care: 1 dedicated care partner (DCP) will be permitted for all admitted patients and the hospital screeners will be provided with that information. All visitors will be have to be identified on the list to access patients.

Emergency Department: 1 dedicated visitor per patient in the Emergency Department. Patients and visitors are not to be in and out of the department and must remain in the ED.

Compassionate considerations for palliative or critically ill patients will be the exception to visitor restrictions and at the discretion of the department staff.

Coronaviruses are spread mainly from person to person through close contact, for example, in a house-hold, workplace, or health care facility. **You can make a difference by:**

- *Washing your hands thoroughly and often**
- *Cough or sneeze in your sleeve or a tissue**
- *Keep surfaces clean and disinfected**

***Stay home if you are sick**

Visitor Restrictions for Long Term Care Residents:

The Espanola Nursing Home has decided to take action and restrict visiting to the Home for the next 2 weeks since we have local cases of COVID-19. Families will be notified when we will return to our previous visiting protocol. Virtual visits are still available. The restrictions include as below:

1. No residents will be able to leave the property until restrictions are lifted by the Director of Care. Exception is given to medical appointments.
2. Indoor visits will be restricted to Essential Visitors only (2 per resident)

The COVID-19 Assessment Centre continues to operate Monday to Friday 8am-4pm. Please call 869-1420 x 4500 if you require an appointment for testing.

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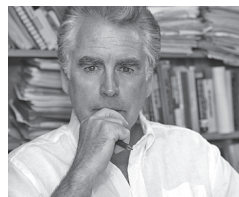
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“Where Are We Going And Why Are We In This Basket?”

Did you ever wonder how Canadian Snowbirds are still making their way down to Florida despite the closure of our international border? Well, at least 60 couples from Ontario have taken a helicopter ride to the Buffalo International Airport where they boarded their car which had been shipped there on a flatbed truck, compliments of Great Lakes Helicopter in Cambridge and GRM Transportation in Dorchester.

Now that's thinking out of the box, the cockpit and the frontseat. All legal for under \$2,000 and yes, pets fly free. Said pilot Jeremy Rood: “We're doing this to get people down there, so they can enjoy and be healthier.” I'm just not sure that leaving a province which is averaging 40 deaths a month and going to a state that is averaging 40 deaths a day is a healthy decision but hey, good luck and get out before ‘spring break!’

Ever wonder how the Massachusetts-based biotech company Moderna came up with a 95% effective, COVID-19 vaccine so quick? Meet Derrick Rossi, a Toronto-born stem cell biologist and in 2010, a professor at Harvard. Rossi conducted an experiment to see if you could inject “messenger RNA” (or mRNA) into a living animal and coax out cells to produce a protein of your choice. Essentially he injected a mouse with a protein from a firefly and... the mouse lit up a candle. So mRNA can trick the body into producing proteins that will fight and fend off damn near anything. Could COVID-19 be the virus that cured cancer? Man, I'd love to be Rossi's assistant. I'd have gerbils singing and mice roaring and rats doing the cha-cha.

Pfizer's vaccine is slightly less effective so they are going to add a little Viagra to the second shot making it the “Real Booster”. The skull of a 2 million-year-old male

has been discovered in South Africa by Australian researchers. Pre-dating Homo erectus, this specimen of Paranthropus robustus has large teeth and a small brain. Ever wonder where Rudy Giuliani came from?

Do you worry about where you'll get your Oreo cookies after our planet takes a direct hit by an asteroid, leaving Earth a smouldering barren wasteland with just a handful of survivors? Norway. Nabisco has built a doomsday vault in the deep permafrost of Norway to keep the iconic cookie and its recipe safe. To solve the problem of distribution in a world without machinery, Nabisco is also using the vault to store the DNA of two Girl Guides.

Ever worry about the justice system in America where the average judge earns \$86,968 annually while Judge Judy who is not a real judge makes \$47 million a year? The total income of the nine-judge US Supreme Court is \$2,309,400. Judge Judy just signed a new TV deal with Amazon Studios that's going to make her way more money. A little full of himself, Senate Majority Leader Mitch McConnell promised he'd have her confirmed by Christmas.

Did you ever get angry about the frivolous spending of the tax dollars you send off to Ottawa each year? Like the Trudeau government's \$12 million grant to Loblaw's, a very rich and very stingy supermarket chain, so that they could make their fridges and freezers more energy efficient? With annual revenue of \$48 billion dollars, chances are that measly \$12 million fell off the end of the accountant's desk at headquarters and into his wastepaper basket unnoticed.

The Quebec government just gave Kraft Heinz \$2 million for a project that will start

Continued on page three...

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Continued from page two...

making Heinz Ketchup again at their Mont Royal plant thereby employing 30 people. With no real shortage of ketchup in Canada, why don't they give 30 enterprising people \$66,666 each to start up a company that will employ at least ten people? That way you create 300 new jobs and Kraft Heinz with an annual revenue of \$25 billion doesn't have to beg for government handouts.

Do you want to guess what sport Canadian Jeff "The Silencer" Smith and James "The Machine" Wade belong to? Professional wrestling? Mixed martial arts? International mob garroting? No, darts. These two guys throw pointy things at a big round board from eight feet away and the winner earns \$12,795 at the World Series of Darts. Bump it up a bit, boys. "The Silencer" and "The Machine" should have to stand across the street from the pub and throw the darts in through an open window while allowing for a crosswind and a waiter passing in front of the board. Then you earn big bad nicknames like "Ear Drummer"

and "Nose Piercer".

Ever think about the deep and emotional meaning behind the lyrics of "I Can See Clearly Now," a hit by Johnny Nash who died last month? Well, don't. The American singer-songwriter wrote that song after successfully recovering from cataract surgery. I don't make this stuff up.

Ever look at the brilliance of young people like environmentalist Greta Thunberg and Nobel Prize laureate Malala and think, yeah, there's hope for the world after all? Then you read about how firefighters in Essex, England needed a medivac helicopter, an ambulance and a "lot of heavy equipment" to rescue three teenage boys stuck in an industrial-sized tumble dryer at a rundown laundromat. That's when you say: "Are we there yet? I need to get out of this basket!"

Any of the ten books written by William Thomas are available at www.williamthomas.ca

Comments: williamjthomas@gmail.com

Adapting To Climate Change With Laurentian University



Canada is investing in adaptation to climate change, to ensure that families and communities remain strong and safe.

Sudbury MP Paul Lefebvre, and Nickel Belt MP Marc Serré, announced an investment of \$841,000 to Laurentian University to build climate change adaptation capacity among Indigenous communities in Northern Ontario.

Lefebvre says Indigenous communities, particularly in the North, are having to adapt to unprecedented environmental changes that are increasing in speed and severity.

Serre adds through knowledge sharing workshops and tools, this project will help these communities deal with the impacts of climate change today while building capacity to prepare and adapt for the future. The project is co-led by Grand Council Treaty 3 and the Tribal Councils of Mushkegowuk, Matawa, Nokiiwin, Shibogama, and Keewaytinook

Okimakanak. It provides funding for each Tribal Council to recruit a climate specialist who will connect traditional Indigenous knowledge and Western science on matters related to climate change.

The project will also involve community engagement the sharing of knowledge with First Nations communities across the country.

The project is funded through Natural Resources Canada's Building Regional Adaptation Capacity and Expertise (BRACE) Program, a five-year, \$18 million initiative under the Adaptation and Climate Resilience pillar of the Pan-Canadian Framework on Clean Growth and Climate Change.

The BRACE Program works with provinces to support training and knowledge-exchange that increases the ability of organizations, businesses and communities to adapt and accelerate their climate resilience.

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Esc La Renaissance Student Presented Governor General's Academic Medal



Congratulations to Christen Ramsay, a 2020 graduate from École secondaire catholique La Renaissance (Espanola). Christen is the recipient of the Governor General's Academic Medal for the year 2019-2020 academic year! This medal is awarded to the student graduating from grade 12 with the highest average. Christen's dedication to her studies as well as her exceptional knowledge are rewarded.

École Sainte-Anne Students Travel To A 17th-Century Indigenous Village



Students at École Sainte-Anne in Spanish recently traveled through time and discovered the experiences of Canada's first explorers when they visited 17th-century Aboriginal people. Board communication director Paul de la Riva says in social studies, students in grades 4, 5, and 6 studied the Ojibway peoples and the early

explorers. He adds with this knowledge, they built an interactive trail to represent an Ojibway community and each student built a tipi. De la Riva adds students had the opportunity to appreciate Indigenous culture and learn about various aspects of their lives such as sacred teachings, inventions, food, and customs.

Continued from front page...

Lions Keeping Our Christmas Traditions Alive

Please note the following changes for donations and purchasing gifts:

- Toys can be purchased at the Hart Store in Espanola at the check-out area.
- Donations will also be accepted at Giant Tiger as you check out.
- Visit the Angel Tree at Tanner's, Your Independent Grocer- Pick an Angel, buy a gift and bring it back to the store and place it in the special bin.
- You can "tip a teller" at the T.D. bank. All monies will be donated to the Lions. Unfortunately, the T.D. Bank can no longer accept gifts this Christmas.
- For all you knitting enthusiasts, phone 705-869-5798 for pick up.
- A.B. Ellis and Sacred Heart schools will go on a shopping spree at Giant Tiger with funds that have been raised in the schools, along with a donation from the Lions.
- There will be a Christmas tree upstairs at the Espanola Legion this year, if you would like to drop off a donation of **unwrapped** toys or knitting.
- Toys can also be dropped off at Wings, Frings and Things across from Circle K. With a toy

donation you will get 10% off your meal or free cup of fringle fries.

Santa is looking for helpers to wrap all these gifts! Anyone interested, is welcome to join him on December 17th upstairs at the Espanola Legion starting at 10:00 a.m. However, this is where changes need to be made due to Covid. The Legion can accommodate 50 volunteers upstairs. **Masks will be mandatory**, and each table will have hand sanitizer provided. You must **bring your own scissors and pens**. We encourage people to come out and help us wrap, bring someone in your family or a friend in your bubble. If you are a volunteer who regularly helps with wrapping and feels apprehensive during this challenging time, please feel free to take this year off. We will be happy to have you back next year!

We must find a happy medium between a healthy respect for this terrible virus and a healthy continuation of those traditions we hold precious. The Espanola Lions thank the community in advance for its heartwarming generous support this year. "We Serve! "

Espanola PUC Wants To Hear From You

Electricity rates are a priority for residents and businesses alike and to that end, Espanola PUC has developed a survey for public input.

Katie Elliot, the utility's corporate communications manager says Espanola Regional Hydro is undertaking its Cost of Service application with the Ontario Energy Board. She says it is a priority since the application, which usually takes place every five years, determines what each local distribution company can charge for its distribution rate. She says Espanola has not

gone through the process since 2012.

Elliot adds the survey is part of the application, so hearing from the public is important since it will be shared with the OEB.

She adds anyone can take part in the survey in providing feedback on a proposed rate increase.

The survey is available on the ERH's website www.erhydro.com.

For more information on this survey, customers are encouraged to contact ERH at 705-869-2771.

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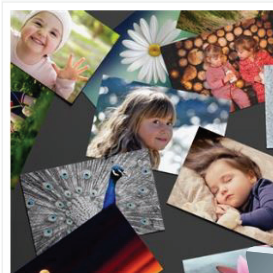
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COMMUNITY NOTES

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Children's Christmas Craft Club - Calvary Church is hosting a Saturday afternoon Craft Club for children ages 7 & up from 1:00 - 3:00 pm. November 28, December 5 & 12. Pre-register at 705-583-2078. Masks are required.

Espanola Public Library Expanded Curbside Pick-Up Service - You can now call (705-869-2940) and pick-up library materials for Curbside Pick-Up on Monday, Tuesday, Thursday and Friday from 10:00am - 4:00pm.

Espanola Seniors Sewing Club - Every Thursday from 11:00 am until 2:00 pm, 799 Queensway, Espanola Drop in Centre. Sale of our handmade sewing, knitting, quilting, and Xmas items. Come in and browse. Masks mandatory

Free Espanola Community Christmas dinner - will be happening this year as take out only on Christmas Day at 4:00 pm at the Espanola Legion. Please call to order your hot Christmas dinner. Joan 705-869-1648 or Marlene 705-869-4644.

Elks Christmas Food Hamper - Signup dates, Nov 26-28, 1:00 - 4:00 p.m., in person at the Elks Hall. Delivery Saturday, Dec 19. Radiothon Saturday, Nov 28, 10:00 a.m. - 3:00 p.m. For info call 705-869-4302.

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

Recipe

Several years ago, I got this recipe from a cooking show on tv. I like onions in my salads, but sometimes find them strong and overpowering. Marinating them in a brine, helps to mellow the flavour. They are also great in a sandwich or on a sub.

Quick Pickled Red Onions

- 2 large red onions
- 1 cup sugar
- 1 cup red wine vinegar or apple cider vinegar
- Salt and pepper, to taste

Slice onions thinly. You can leave them in rings or cut into half circles. Stuff them into a medium mason jar. In a small pot, combine sugar and vinegar. Bring to a boil and simmer until sugar is dissolved. Add salt and pepper. Pour over onions in the jar until covered. Cover and chill overnight. Keep them sealed in the refrigerator for up to 2 weeks. Drain before using.

Chris's Journey...

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Email: inquiries@sables-spanish.ca

11 Birch Lake Road, Massey, ON, P0P 1P0

Website: www.sables-spanish.ca



PUBLIC NOTICE



The health and safety of community members remains our foremost priority, therefore, it is deemed prudent that the Township of Sables-Spanish Rivers shall also take proactive steps to mitigate the impacts of the recent increase in COVID-19 cases.

Effective Monday, November 16, 2020 access to the Township Office will be **by appointment only**. The Municipal Office and Public Works Department will remain operational and you can reach us at (705) 865-2646. Building department inquiries can be made by calling 705-865-2181 ext. 231 or by email to building@sables-spanish.ca. Building permit applications can be placed in the drop box at the front entrance.

The Arena will continue to operate under current Covid-19 guidelines and is open to the public. Your safety is our priority so please respect our policies by wearing a mask while in the facility. Ice rental can be booked by calling the Arena at 705-865-2519 or emailing recreation@sables-spanish.ca

Property Tax and Water payments can be made online through your financial institution's bill payment service or at your local branch; cheque payments can be accepted through the drop box at the municipal office if the account number is included. Payment for Building Permits can be made by e-transfer. Please contact the office for instructions if you wish to use this service.

The Landfill site remains open on Saturday's from 10:00am – 2:00 pm.

Please continue to follow Public Health's guidelines of regular handwashing and physical distancing.

We appreciate your patience and understanding during this time and will continue to post updates on the situation as they arise. Any questions pertaining to this notice can be directed to inquiries@sables-spanish.ca or by phone at (705) 865- 2646.

MASSEY & TOWNSHIP PUBLIC LIBRARY

As of Monday, November 16th the Massey & Township Public Library will be going back to strictly curbside pickup only until further notice. Please contact the Library for more information:

Massey Branch – 705-865-2641

Webbwood Branch – 705-869-4147

PARKING BYLAW

With the winter season soon to be upon us, this is a reminder that pursuant to Bylaw 2009-40 no persons shall park a vehicle on any municipal road allowance between the hours of 2a.m. and 8a.m., or during other periods of snowplowing operations, from November 1st to March 31st, except for emergency and health care vehicles.

Any vehicles interfering with snowplowing operations may be towed at the owner's expense.

MASSEY MEDICAL CLINIC

Due to the increase in cases of COVID-19 in the area, we are taking some extra precautions and a few changes have been implemented.

There is now a door bell for the front door and the front door is locked. Patients will be screened on the phone the day before their appointment and are to ring the door bell when they arrive.

If you do not have an appointment and are not urgent, please call ahead as we are not accepting any persons without an appointment. The number to call is posted on the door.

Most appointments are being conducted by phone and we are only doing urgent or essential blood work at this time.

If you have any questions please call the clinic at 705-865-2300.

Thank you for your patience and understanding at this time.

PLEASE VISIT THE FACEBOOK GROUP: SABLES-SPANISH RIVERS CHRISTMAS FOR KIDS

Well, this year is a Covid Christmas... which has put a damper on our plans. Will Covid stop Christmas? Not in our communities!!

We have decided to do a Toy Drive the old-fashioned way! Santa Claus is coming to town! In addition to being able to drop gifts off at Home Hardware and Chutes Confectionery, (keeping covid rules in place please), Santa and his Elves will be in town for one day, doing a porch pick-up!!

Santa needs your help to make sure that even with all the uncertainty, local children and their families receive some Christmas magic! If you can be a Hometown Hero and help with the toy drive, please let me know! If you wish to have Santa and his elves do a porch pick up, please message me with your name and address!

Believe in the magic... I know I do! Thank you, Joanne Rheault (<https://www.facebook.com/joanne.rheault.1>)

MASSEY AGRICULTURAL SOCIETY CHRISTMAS DECORATING EVENT

2 Classifications: Residential and Commercial

Prizes: There will be prizes donated by local businesses for Residential entries. A trophy and "Bragging Rights" will be awarded to the Commercial winner

How to enter: To enter your house or a neighbour's house (with their permission), email your name, address and phone number to : secretary@masseyfair.ca or phone/text the information to 705-507-1749

Judging: Entries will be judged the week of December 7th by a panel of judges who will visit each site. The winners will be announced on December 14th on the Massey Agricultural Society Facebook site.

An interactive map of all entries will be posted starting December 1st. The map will be kept current up to the announcement of winners!