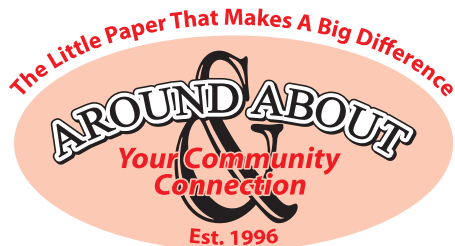


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Sewing In The 'New Normal'



By Rosalind Russell - Sewing is a time-honoured art and necessity. In our modern world, we buy our own clothes, house wares, blankets and other fabricated items from our favourite stores or online, but that has changed these days.

With COVID-19, three of several local women have taken on the task of using their love of sewing for the greater good in making masks. Making masks is not the most difficult of sewing projects, but there is still work to be done in satisfying the 'modern' market where masks or face coverings have become a necessity, a daily part of our routine and it looks like it will be that way for a long time to come.

Sheri Commission of Espanola is a member of the North Shore Pins & Needles Quilt and Stitchery Guild. She loves making quilts and other projects, but over the last few months has spent her time making masks.

"I started out experimenting a bit and the more I displayed my handiwork, the more requests I received, so I started making

Continued on back page...

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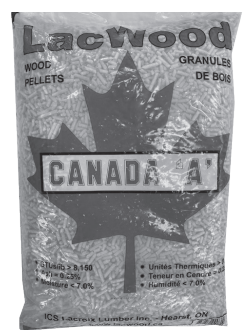


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Continued from front page...

Sewing In The 'New Normal'

them, small, medium and large. Everyone is different and everyone wants a different mask and that makes it interesting," explains Commission. "I can't keep up with the demand and have made well over 500 so far. Now, I am focusing on seasonal and Halloween masks, as well as helping to make some for students at Espanola High School. There are other members of the guild who are also helping out."



Janeanne Chevette-Gilbert, also of Espanola, was laid off due to COVID-19 in early Spring. She works on them independently,

but also works with several other women who share the common interest.

"I am still making masks and have made up to around 550. I started making masks the day after I was laid off from work because I wanted to feel like I could help. Even if it was in the smallest way," she explains. "I knew the hospitals were short and thought if all else failed, they could use a fabric mask. Something was better than nothing."

"I had a love for sewing in my younger days & found my passion again during the pandemic. I guess you could say I found a little piece of myself again."

She also makes a variety of colours and designs to suit everyone's taste.

And Doreen Demers Ferguson is also keeping busy these days, not only as President of the Massey Legion Ladies Auxiliary, but also by converting her dining room into a sewing centre.

"I have made well over 400 masks since Spring," she says. "I had open heart surgery and was recovering, and I kept thinking of the PSWs and other health staff who needed them. So, sewing was not stressful through recovery and kept me occupied."



All the money she makes for making and selling masks

goes right back into supplies to make more with revenue being donated to the Legion, which is like a second home to her.

"I love the variety, whether it is something for the kids like schools of fish or the men in hunting gear. Also, softer designs for our health care workers and others. I like doing it. I'm 74 years old and I love the fact I can contribute to such a worthy cause while doing something I have enjoyed since I was a child."

All three women charge a small stipend for the masks they make to put back into their various projects. There are many other unsung heroes out there who are doing the same thing and their efforts are much appreciated by all.

Visit them on their Facebook pages for more information, and remember, out in public, wear your mask with pride.

Recipe

It's harvest time, and I'm sad to say I lost all of my cabbages in the garden to some kind of pest but I know others have had better luck. I got this recipe years ago from a friend.

It's a hearty soup that has all the flavour of cabbage rolls but with a lot less work. It's a great way to use cabbage if you have some in the garden or if you've picked up a fresh head from the store. I sometimes add diced celery and chopped green beans if I have some in the garden.

Cabbage Roll Soup

- 2 tsp. vegetable oil
- 1 lb. lean ground beef or lb stew beef, cut into 1-inch chunks
- salt and pepper
- 1 medium yellow onion diced finely
- 2 cloves garlic minced
- 4 cups chopped green cabbage
- 2 medium carrots quartered and sliced
- 4 cups low-sodium beef broth
- 1 680 ml can tomato sauce
- 1/2 cup white rice, uncooked
- 1 bay leaf
- 3 tbsp. light brown sugar
- 2 tbsp. fresh chopped parsley

In a dutch oven or large soup pot, heat oil over medium-high heat and add ground beef or stew beef. Season ground beef with salt and pepper as desired and cook until browned. Add diced onion and minced garlic and cook for another 2-3 minutes, until onions are tender. Add in chopped cabbage, carrots, tomato sauce, beef broth, white rice, bay leaf, and brown sugar and stir to combine. Bring soup to a simmer and let cook for about 25 minutes, until rice is tender. Take out the bay leaf and sprinkle with chopped parsley.



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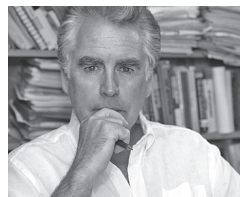
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All The World's A Circus

William Thomas

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All The News That's Fit To Entertain And Kill

Wait, Wait... Don't Tell Me! Is a wonderfully funny one hour program that airs on National Public Radio in the US on weekends. The show presents an odd, but intelligent take on that week's news using celebrity guests and a phone-in audience. One segment of Wait, Wait... Don't Tell Me! is "Bluff The Listener" in which each of three panelists reads a very strange news story and the phone-in contestant must guess which one is in fact true. So, let's play "Bluff the Reader." One of the following recent stories in the news is true.

Headline from the Toronto Star: "Passion for Possession" sits a top the column of Heather Mallick. She relates the story of a women who has had sexual relationships with the Statue of Liberty and most recently, a chandelier. This British woman, Amanda was so sexually attracted to the copper sculpture that has welcomed ships' passengers into New York Harbour since 1886 that she changed her name to Liberty. No longer holding a torch for the 151-foot tall Roman goddess, Amanda Liberty dumped her for a 92-year-old German chandelier. Ms Liberty claims that she is "an object sexual", that is a person attracted to objects and that her compulsion should be a "protected sexual orientation" like all the others today.

The British newspaper regulator that heard her complaint against a British tabloid which had mocked her sexual fixation, disagreed. The commission ruled that her relationship with her chandelier, Lumiere (his name is tattooed on her arm) is not a protected

sexual relationship and they dismissed her claim. For the record, Amanda Liberty is an open relationship so that, should she choose to do so, she can hook up with other light fixtures.

Headline from the Suffolk Gazette: "Suffolk Man had Sex with 450 Tractors." According to reporter Hugh Dunnett, Ralph Bishop, 53 was found by police with his trousers around his ankles interfering with a tractor parked in a field outside nearby Saxmundham. He was charged with "outraging public decency."

After admitting to having had sex with more than 450 tractors all over the Suffolk countryside, police searched his home and found more than 5,000 images of tractors on his laptop.

A police officer said "We couldn't believe it when we found him in the field. He was wearing a white T-shirt and Wellington boots and very little else. He was clearly in a state of high excitement at the rear of the machine. The field was close to a primary school, so we had to arrest him."

The twice-divorced Bishop is free on bail but forbidden to go within a mile of a farm. His movements are restricted to his hometown of Ipswich.

Added the cop: "We are watching him because we are worried about the safety of several street-cleaning machines. Also he needs to keep away from the town's gardens. If he takes a fancy to a lawnmower he might find he loses more than is liberty."

Okay, so which story do you believe?

Continued on page three...

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Continued from page two...

Amanda Liberty and her lascivious desire for her ceiling-mounted lover Lumiere or Ralph Bishop who has ruined the word 'crankcase' for tractor aficionados the world over?

Sorry, but Amanda with her lust for an ornate lamp is a true story. This news item appeared in the Toronto Star which is a reputable and trustworthy source of news. A purveyor of liberal ideas and policies, the Toronto Star is exactly as far left as the Globe and Mail and the National Post are to the right. All three are publications that can be trusted for honest news reporting.

The Suffolk Gazette is a "send up" publication that intentionally publishes outrageous but believable news articles in order to get a rise out of readers and a laugh once they realize they have been spoofed. The reporter's name "Hugh Dunnett" and the "twice-divorced Bishop" were a bit of a giveaway. Wot? Spot on! So that's where we are today in the news - somewhere between the truth and a very nervous tractor. If you're getting your news from Facebook or Instagram with their conspiracy theories about COVID-19 and how Bill Gates and other global "elites" created and spread the virus, you may not want to drive to Ottawa to shoot the prime minister. But Corey Hurren, a 46-year-old active-duty Canadian Ranger from Winnipeg did. Words matter and misinformation stirs hatred.

If you're getting your news from social media outlets like 4Chan, 8Chan, Twitter or Alex Jones, America's Walter Cronkite of Fake News you might not drive to a pizzeria in Washington, D.C. to save children being held in a sex-slave ring operated by Hillary Clinton. But 29-year-old Edgar Welch from Salisbury, N.C. who shot up the Comet Ping Pong restaurant did. Fake news is funny until people start to die. Most people would dismiss the popular QAnon group for what it is - a far-right, white supremacist organization that is spreading the theory that a cabal of Satan-worshipping pedophiles are plotting against Donald Trump which will lead to a "day of reckoning" with mass arrests of all journalists and democratic politicians. Right now there are no less than five pro-QAnon, Republican candidates in the United States running for Congress.

The busiest man in the business of trust is CNN's Daniel Dale, formerly of the Toronto Star who caught President Donald Trump telling 20 lies in his nomination acceptance speech, a total of 20,000 since taking office.

Any of the ten books written by William Thomas are available at www.williamthomas.ca
Comments: williamjthomas@gmail.com

Espanola Integrity Commissioner Finds No Basis In Latest Round Of Complaints

Seven complaints brought before Espanola's Integrity Commissioner have been found to be without merit.

Commissioner Robert Swayze's latest report was presented to Espanola council last night, and he has found the seven complaints made by councillors against Mayor Jill Beer have no basis and has ruled that none of the allegations amount to a contravention of the Code of Conduct.

He also noted there are two distinct groups of voting, and the only conclusion he can reach is that the four members of one of the groups have a common vendetta against the CAO, Cynthia Townsend, adding the only way to express that vengeance with him is to complain against the Mayor who is a supporter of staff.

He also emphasizes he has no jurisdiction to interfere with council's right to vote.

Herbal Bath Soak

If you've been reading my columns lately, I'm sure you can tell that I'm always searching for ways to use the things growing around me. I've found a new recipe that I'd love to share! It's for a bath soak that is simple, perfect for self-care days, and makes a great gift!

Ingredients:

- An air-tight container
- Enough oatmeal to fill your chosen container
- Dried herbs like lavender, calendula, mint, lemon balm, chamomile, lemongrass, rose petals, bee balm, or anything else you can find

Instructions:

- Place your oatmeal in a food processor and process until it becomes a powder flour-like consistency.
- Transfer processed oatmeal into a large bowl.
- Crumble your dried flowers/herbs into the oatmeal and combine with a spoon. Add as much or as little as you'd like!
- Transfer the combination to an air tight container.

To use: run a hot bath and sprinkle a generous amount of your new bath soak into the running water. Sit back, soothe your skin, and enjoy!

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

Have a happy hippie week!



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OBITUARY



Robert Secord of Espanola Passed away on September 6th, 2020 at the age of 80. Beloved son of the late Leona and Homer Secord, Dear brother of, Geraldine, Barbara, Bernice, Dorothy, Brian, and the late Gertrude, Ruth, Jim, Bill, Doris and Marion. Will also be sadly missed by many friends. A private service to be held at a later date.

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COMMUNITY NOTES

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Espanola Little Theatre Annual General Meeting - Sunday, September 20, 1:00 pm, Red McCarthy Memorial Fields, Queensway (most easterly garage). Open to the public. Mask & social distancing protocols.

Espanola Helping Hand Food Bank - Annual General Meeting will be held on September 23, 2020 at 2:30pm. 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.** E-mail: around@aroundandabout.ca

View the paper for **FREE** every week at
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Moose Corner

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!

The Moose FM Kindness Cruiser will be looking for and celebrating **KINDNESS!**

NOTICE



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**SATURDAY, SEPTEMBER 26th, 2020
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2020 WATER MAIN SWABBING PROGRAM

Beginning on **Monday September 21st** and running through to **Thursday September 24th**, the Town of Espanola with OCWA will undertake the Water Main Swabbing Program. Hours of swabbing will be from 9:00 P.M. to 5:00 A.M. The program should take 4 days to complete.

The following streets will be swabbed/affected on **Monday Sept. 21:**

- Queensway Ave., East of Hwy 6
- McCulloch Dr.
- Hwy 6/Centre St. from Queensway Ave. to McCulloch Dr.
- Espanola Mall
- Panache Lake Rd.

The following streets will be swabbed/affected on **Tuesday Sept. 22:**

- Hwy 6/Centre St. from Annette St. to Queensway Ave.
- Annette St.
- Algoma St.
- Marguerite St. from Adelaide St. to Algoma St.
- Merritt St.
- Avery Dr. from Queensway Ave., to Annette St.
- Williamson St.
- 356, 366, 374, 380 & 392 Queensway Ave.

The following streets will be swabbed/affected on **Wednesday Sept. 23:**

- Mead Blvd. from Queensway Ave. to Spruce St.
- Queensway Ave. from Williamson St. to West End
- Wood St.

The following streets will be swabbed/affected **Thursday Sept. 24:**

Being Swabbed:

- Wood St.
- St. Joseph St.
- Secord Lane
- Mead Blvd. from Second Ave. to Secord St.
- Second Ave. from St. Joseph St. to Mead Blvd.

Affected by Low Water Pressure Only:

- Second Ave. from Jean St. to St. Joseph St.
- Jean St., Elizabeth St. and Katherine St.

*Residents immediately affected each night are advised to close the main water valve in their homes and **DO NOT** attempt to use any water during swabbing hours. This is important to avoid drawing a piece of foam swab into your service and plugging it.*

We ask that when you re-open the main water valve in your home following swabbing, that you turn on a cold water tap without a screen (laundry tub if possible) and let it run to flush any residue that may be left in your water service.

Residents not in the swabbing area could experience dirty water. If you experience dirty water, let your cold water run and it should clear up. If dirty water persists, please call 705-869-1751 between 8:00 A.M. and 4:00 P.M.

Should you have any questions or experience low water pressure following swabbing, please call the Public Works Dept. between the hours of 8:00am to 4:00pm at 705-869-1751 or 705-222-7932 after hours



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