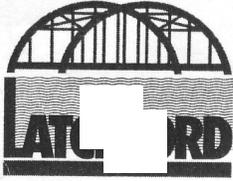


Volume 41, Issue 44



THE BEST LITTLE TOWN  
BY A DAM SITE!

INSIDE THIS  
ISSUE:

Just passin through	2
Dianna's Recipes	3
Legion news	4
Jokes from the internet	5
Rhonda's	6
Subscribers report	7
Phone app of the month	8
Subscribers letters	9
Marie and Me	10
Funny	11

**PUBLIC NOTICE**

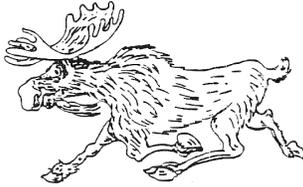
~ **ALL** dogs must have current year tags per By-law 639/04. The cost per dog is: \$20.00 Spayed or Neutered or \$20.00 Non-Spayed or Non-Neutered (please provide papers upon obtaining license).

~ **Remember to Poop & Scoop** ~

Animal complaints can be reported to the Town Office @ 676-2416

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THE LATCHFORD AND AREA

**MOOSE CALL**



**July**

1 JULY



**LATCHFORD SENIOR CITIZENS ACTION GROUP MEETINGS ARE HELD THE 1ST MONDAY OF EACH MONTH AT THE LEGION.**

**LATCHFORD LIBRARY BOARD MEETS THE THIRD TUESDAY OF THE MONTH AT THE FRED KEENAN CENTER.**

**COUNCIL MEETING FOR SEPTEMBER TO BE HELD ON THE 11th AT THE RECREATION CENTRE @ 7:00 PM . ALL ARE MOST WELCOME TO ATTEND.**

## Just Passin Through Again

Anyone travelling north out of Latchford can see the hive of activity alongside highway 11 as materials are retrieved from the site of the train derailment that happened on April 01. Under the leadership of Fire Chief Mike Beaupre, members of the LVFD and community members at large they are removing, and selling, the products which include wafer board and dimensional lumber from the site. While keeping enough for their own fire hall expansion project, there is significantly more than they need and have turned this into something very financially beneficial for the department and consequently the Town. They have a rewards program that those volunteering can trade their efforts for products and, despite the flies, are making great progress and receiving order after order for the material. A big shout out of thanks goes to Chief Mike and all his volunteers for demonstrating how a community can work together.

Canada Day celebrations went over extremely well here in Latchford due to the efforts of the Recreation Committee and the Latchford Volunteer Fire Department utilizing funds provided by the Government of Canada. All events were very well attended and Mother Nature provided the finest of weather. Word on the street is that our fireworks lasted more than twice as long those held in Temiskaming Shores. There was a good turnout down at the Latchford Control Dam for the unveiling of the commemorative plaques with the plaques being unveiled by Robby Ritchie, whose father Duncan was one of the operators at the dam; David Manary, whose father Percy is depicted on one of the plaque's photographs and members of Council including Mike Brooks, Scott Green and Perry Livingston, assisted by Sharon Gadoury-East. I encourage all who have the opportunity to take the time to view the plaques on which information relevant to the dam, Latchford and the Montreal River is displayed. PSPC did a great job on designing and providing these plaques.

Latchford Clerk Jaime Allen and I had occasion to visit PSPC in Ottawa/Gatineau in late June to review and discuss their property here in Latchford that have covenants attached to them restricting their full use. We were well received with up to ten staff members present with us in the Board Room at different occasions despite being only there to meet with four. Suffice to say, progress is being made but patience is of essence when dealing with senior government.

I was quoted in a story in Northern Ontario Business in June and it created an unexpected level of response. The story was with respect to the restoration of rail passenger service on the ONR, which Council and I are in record of supporting, and the release of a synopsis by a rail consultant in that regard. In short order I received a phone call from Tom Laughren, Chairman of the ONTC Commission and then spoke on the phone with President Corina Moore and her assistant, Rebecca McGlynn. They all assured me that they are very supportive of the restoration of rail passenger service and are working diligently on a proposal that they hope to present this fall! Keep your fingers crossed!

All the summer help is in place now and you will note Liam McKeever out helping Roger and Pat with public works summer maintenance until the end of August. Drop into the Town Office and you will meet Melanie Roy who is manning the desk at the Tourist Information Centre and a trip to the Museum and Loggers Hall of Fame will provide you with an opportunity to meet Amelia Hunter for the summer as well. Also, Laurel Gadoury is helping out at the Town Office until Lise returns.

Until next month, **George L.**

# From the kitchen of Diana

Page 3

## HAVE YOU EATEN YOUR SPINACH TODAY?

Most of us probably heard our mother's say, "Eat your spinach. It's good for you." Well, it is, but it won't quite have you pumping up your arm muscles and looking like "Popeye, the Sailorman". Spinach is an excellent source of many vitamins and minerals, including:

**Vitamin A.** Spinach is high in carotenoids, which your body can turn into Vitamin A.

**Vitamin C.** This vitamin is a powerful antioxidant that promotes skin health and immune function.

**Vitamin K1.** This vitamin is essential for blood clotting. Notably, one spinach leaf contains over half of your daily needs.\*

**Folic acid.** Also known as folate or vitamin B9, this compound is vital for pregnant women and essential for normal cellular function and tissue growth.

**Iron.** Spinach is an excellent source of this essential mineral. Iron helps create hemoglobin, which brings oxygen to your body's tissues.

**Calcium.** This mineral is essential for bone health and a crucial signaling molecule for your nervous system, heart, and muscles.

Spinach also contains several other vitamins and minerals, including potassium, magnesium, and vitamins B6, B9, and E.

\*Note: If prone to kidney stones or you are on blood thinners like Warfarin (\*Vitamin K thins blood), eating Spinach often and in large quantities not be advisable. In any case, check with your doctor and pharmacist first.

I checked to see what was more nutritious cooked spinach or uncooked. The answer: Cooked. Note that in 2017 Canada imported 34.96 metric tons of spinach, so that certainly proves that some people are eating their spinach. It is in many cooked dishes such

as lasagna, quiche, casseroles, soup or as a side with butter and salt and pepper. If you like to eat spinach uncooked, your best choice is baby spinach. It is great in salads, sandwiches (instead of lettuce), spreads and dips. So take the plunge and add spinach to your diet!

**CHICKEN FLORENTINE** (says recipe serves 4, but I recommend making extra. It is a generous serving for 2 but maybe not quite enough for 4)

The word "Florentine" in a recipe name means the main ingredient is served on a bed of cooked spinach. Apparently, fish and eggs are often served this way, but I like it with chicken. We like it served over rice(brown) or wild rice, but you could have it with potatoes instead of rice.

2 cups of diced, cooked chicken (I use 2 boneless chicken breasts, cut in half Serves)

10 or 12 oz. cooked spinach, well drained

3 tbsp. butter or margarine

¼ cup chopped onion

2 tbsp. 10% cream

2 tbsp. all-purpose flour

½ tsp. salt

dash of pepper

Place spinach in bottom of a 1 ½-quart baking dish. Cook onion in 1 tbsp. of the butter until lightly browned. Stir into spinach with 1 tbsp. of cream. Arrange chicken on top. Melt remaining butter in a saucepan over medium heat. Blend in flour, salt and pepper. Gradually stir in hot chicken broth and rest of cream. Cook, stirring constantly, until sauce thickens. Pour over chicken and bake uncovered in a 375° F. oven for 20 minutes, or until bubbly.

**SPINACH AND MUSHROOM SALAD**  
(Serves 6)

On June 09 we had seven full tables out for cribbage  
 1st with 7 wins, 229 points – Joan Carmody and Jeannine Peever, New Liskeard  
 2nd with 7wins, 182 points – Terry Brazeau and Jean Jibb, New Liskeard  
 3rd with 6 wins, 317 points – Marilyn Heavens and Sharon Gadoury, Latchford  
 50 – 50 Winners: 1st – Kathy Greenwood, New Liskeard; 2nd – Sheila and Fran, Latchford; 3rd – Sheila and Fran, Latchford  
 June 30 we held the June Beaupre Memorial and had 6 tables  
 1st with 6 wins, 339 points – Jeanne D’Arc Boucher, New Liskeard and Linda Cook, Haileybury  
 2nd with 6 wins, 317 points – Betty Grandmont, New Liskeard and Denise Bearisto, Latchford  
 3rd with 6 wins, 301 points – Walter and Kathy Greenwood, New Liskeard  
 50 – 50 Winners: 1st – Cecile (Noel) Trudel, North Cobalt; 2nd – Claude Gadoury, North Cobalt; 3rd – Norm Sauve, New Liskeard  
 Euchre  
 June 21  
 1st – 75 points - Jeannine Peever, New Liskeard  
 2nd – 68 points - Walter Greenwood, New Liskeard  
 Lone Hands – 3 – Les Gray,

New Liskeard  
 All three 50-50 draws were won by Ferne Beaudien, Cobalt  
 June 28  
 1st – 77 points - Jean Jibb, New Liskeard  
 2nd – 72 points - Walter Greenwood, New Liskeard  
 Lone Hands – tied with 3 each - Les Gray, New Liskeard, Linda Cook, Haileybury  
 50 – 50 winners – 1st – Fran Lefebvre, Latchford; 2nd - Ferne Beaudien, Cobalt; 3rd - Linda Cook, Haileybury  
 The Ladies Auxiliary to Branch 629 would like to thank everyone for their continued support.

**Comrade Sheila Belanger**  
**1st Vice**  
**Ladies Auxiliary**

**Fun Facts**

The word "queue" is the only word in the English language that is still pronounced the

same way when the last four letters are removed.

Beetles taste like apples, wasps like pine nuts, and worms like fried bacon.

Of all the words in the English language, the word 'set' has the most definitions!

"Almost" is the longest word in the English language with all the letters in alphabetical order.

Human thigh bones are stronger than concrete.

One quarter of the bones in your body, are in your feet!

Like fingerprints, everyone's tongue print is different!

Fingernails grow nearly 4 times faster than toenails!

Most dust particles in your house are made from dead skin!

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## Latchfrod and area Moose Call

Page 5

### Funny from the internet...

On their way to get married, a young Catholic couple is involved in a fatal car accident. The couple found themselves sitting outside the Pearly Gates waiting for St. Peter to process them into Heaven. While waiting, they began to wonder: Could they possibly get married in Heaven? When St. Peter showed up, they asked him. St. Peter said, "I don't know. This is the first time anyone has asked. Let me go find out," and he left. The couple sat and waited, and waited. Two months passed and the couple were still waiting. While waiting, they began to wonder what would happen if it didn't work out; could you get a divorce in heaven? After yet another month, St. Peter finally returned, looking somewhat bedraggled. "Yes," he informed the couple, "You can get married in Heaven." "Great!" said the couple, "But we were just wondering, what if things don't work out? Could we also get a divorce in Heaven?" St. Peter, red-faced with anger, slammed his clipboard onto the ground. "What's wrong?" asked the frightened couple. "OH, COME ON!," St. Peter shouted, "It took me three months to find a priest up here! Do you have any idea how long it'll take me to find a lawyer?"

Two guys are walking through a game park & they come across a lion that has not eaten for days. The lion starts chasing the two men. They run as fast as they can and the one guy starts getting tired and decides to say a prayer, "Please turn this lion into a Christian, Lord." He looks to see if the lion is still chasing and he sees the lion on its knees. Happy to see his prayer answered, he turns around and heads towards the lion. As he comes closer to the lion, he hears the it saying a prayer: "Thank you Lord for the food I am about to receive."

An old man is met by his attorney, and is told he is going to be audited. He rides to the IRS office with his attorney, and when he gets there, he begins to talk with the IRS agent. "I bet \$2,000 I can bite my own eye!" The IRS agent agrees to the bet, believing it an impossible task. The old man laughs, pulls out his glass eye, and bites it. The IRS agent is dumbfounded. The old man bets \$3,000 he can bite his other eye. The IRS agent knows there's no way possible to do this, so he once more agrees. The old man cackles, pulls out his dentures, and bites his eye. Then the old man finally wagers, "I bet \$20,000 I can stand on the far side of your desk, pee over the desk, and get it into your wastebasket, without missing a single drop." The agent knows he won't be able to, so once more he agrees. The old man indeed misses, peeing all over the desk, and on the paperwork. The IRS agent jumps for joy, but then notices the attorney over in the corner moaning. "Are you all right?" asks the agent. "No! On the way over here, he bet me \$400,000 he could pee on your desk and you'd be happy about it!"

A woman was taking an afternoon nap. When she woke up, she told her husband, "I just dreamed that you gave me a pearl necklace. What do you think it means?" "You'll know tonight," he said. That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it to find a book entitled "The Meaning of Dreams."

A drunk walks into a bar with jumper cables around his neck. The bartender says, "You can stay but don't try to start anything."

Q: Why shouldn't you write with a broken pencil?

A: Because it's pointless!

# Rhonda's Garden Tip

Page 6

By the time Canada Day arrives on July 1 the bulk of planning to planting should be off to a good start and the threat of frost just a memory. If you have a garden that is all one level, or is flat looking as they say, try adding a new dimension to the garden. July's tip is to add height to the garden. Yes, it's great to have plants to see from side to side, but it's also important to bring your eye level up to raise the focal point. Using taller garden ornaments or bird houses on poles would give you the same effect. Vegetable gardens already have height with bean and tomato trellises. With a flower bed planted close to a house or a wall the taller plants should be planted against the wall first and then walk out the other plants according to their height to create a gradual planting style. This technique also works very well for circular beds, the tallest shrubs or plants being in the centre and a cascading effect towards the edge of the bed. If new garden beds or landscaping are in your plans for this summer season, start with drawing it out first and make a list of what needs to be done, then work with your local nursery to pick plants that are suitable for your area. Not all species are hardy for all locations. If the plan is to shop for trees and shrubs, check for well cared for plants that have leaves that feel rigid and/or waxy to the touch. Dried out leaves will break and crumble.

Then it's time to move from planning to planting in the garden. But, before you do that, I want to mention another smart tip about having a plan in the garden that I had learnt from a neighbour (Charlotte) who lived across the street from me for many years. She always like to test out the new plants out first before they went into the garden. What I mean is ..... when it came to adding new plants to her garden that had been given to her from family, friends and neighbours, she would plant them in a holding bay garden bed (a framed 2x4, raised bed) first to see how the plants did, and to see if the plant was an invasive species that could possibly cause some kind of destructive take over of the yard. We've all heard those stories, right? So, if the plant was invasive, at least it was contained in her tester flower bed that was set up beside the old garage, and not in the main garden. This tester bed was also used to give young plants a great place to start off their root system. Once the new plant was a little established, Charlotte would move it into the main flower beds throughout the yard. If she had a lot of the same seedlings, she would give the extras away to brighten up some one's day! She was a smart lady because she was using a preventative style of gardening to an otherwise huge job to try to completely remove a species that has spread everywhere. Charlotte shared a valuable gardening lesson – to test and plan ahead before adding unknown plants to your garden collection, so that you may enjoy your time in the garden as much as she did. Okay, you've planned, tested and raised the focal point - all that's left is to start planting! Happy gardening!

Bye for now, **Rhonda**

## Subscribers News

To say that the bugs really infested Latchford during the month of June would be an understatement to the extreme! The conditions must have been excellent as there has been little respite from the little critters, even my dogs don't like staying outside! After the winter and rather lousy spring we endured, at least we can be pleased that it is warm enough to have the mosquitoes and black flies back, just not in the numbers they arrived in.

June was a great month on the subscriber front as we even had two new ones! The first being Diane Suhan of Windsor who is a granddaughter of Maurice Bruneau, the Bruneau's being long time residents of Latchford. Next in was one from Howard Ackley of Hudson Bay, Saskatchewan. Howard grew up here in Latchford and still has a sister, Nellie Joseph, residing here. Welcome aboard folks!

Marcie Quenneville of Windsor opted for three more years of reading the 'Call then Roger and Lucienne Johnston of Penticton B.C., as well as Lisa O'Shaughnessy of Brantford, both added two more years of our little paper to their reading list. Rob Godby of Laramie, Wyoming renewed for himself and his mother, Sheila (Keenan) Godby of Peterborough. Alice Livingston's brother Stewart Parliament of Orangeville stays with us and rounding out the month and giving us that true coast to coast coverage is the renewal of Glen Neary from Bell Island, Newfoundland and Labrador! Thanks all for your continued support and the extra so many insist on including.

I did get an opportunity this month to have a delightful visit and dinner with one of our favourite former residents, Rita McDermid, when Jaime Allen and I travelled to Ottawa for a meeting and both had the opportunity to meet with her. Rita is doing well and living in extremely comfortable surroundings but confesses to missing her Latchford home and all her friends here.

On the health and fitness front, I confess to being out of the loop with respect to the health of everyone in town but am confident that some must be ailing or infirm so get well wishes go out to all who may be! A longtime former resident, Joan Carmody of New Liskeard, has been hospitalized of late and enduring tests as well as some surgery. Get well soon Joan! We are all pulling for you.

On a much sadder note, I regret to inform readers of the passing on June 04 of Casey O'Shaughnessy who had been living in Haileybury the past few years but was born and raised in Latchford and still had property here. Casey was a very affable fellow, well liked by all who knew him and will be greatly missed. Our very deepest condolences go out to all the O'Shaughnessy family.

On July 01, a friend of many here in Latchford and longtime subscriber to the Moose Call, Jo Anna Stubinski of Cobalt passed away. A retired school teacher, Jo Anna had taught music to many Latchford children over the years. Our very deepest condolences go out to her friends and family. Until next month!

## John Vanthof MPP/Député Timiskaming-Cochrane

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Announcements, Want Ads, Employment, etc..... 2.00

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All ads must be in by the 23rd of each month to be published in the following month's newsletter. Articles may be edited for space

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Sharon Lefebvre 676-2129 or write to Circulation Manager at P.O. Box 10, Latchford, ON POJ 1N0.

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**CONTRIBUTORS:** Sharon Lefebvre, George Lefebvre, Monique O'Shaughnessy, Edith Rabillard, Sheila Belanger, Bill Vandenhoogen, Lise Remillard, Jaime Allen, Frances Lefebvre, Rhonda

**Editorial Policy**

: We will not print any news, items, letters, or otherwise containing slanderous, defamatory, or injurious information in reference to the character of any person or entity. The writer of all articles must be identified when items are submitted but may request to remain anonymous in print. All such requests will be honoured.



**The Latchford Volunteer Fire dept. would like to thank everyone who has donated pop cans and aluminum products over the years. We will no longer be accepting any more of these donations. Please put your pop cans out with your regular recycling.**

**PUBLIC NOTICE**

**STORAGE AVAILABLE**

**Winter Storage available for boats, cars, trailers, ATVs etc.  
Fees are \$12.00 per foot**



**Phone APP of the month!**

Hydro One phone app. This is a free download and will tell Tell details of planned and un-planned power outages. Great for planning in case of no power.



**Subscribers Letters**

**Dear Sharon**

Please find enclosed a cheque for my Moose Call renewal, and one for my mum (Sheila Godby nee Keenan). Hopefully since this is a U.S. dollar cheque, the exchange rate will leave you with a little left over for the coffee jar! It's great to hear what goes on in Latchford, even if I can't make it back very often, I still think about your town a lot. Hopefully, I can get back soon. All the best!

**Rob Godby  
Laramie, WY**

This has taken a while to send but I would like to subscribe to the Moose Call for a year – just regular print. My mom grew up in Latchford (Bruneau) and I stopped by last year to show my son the town.

Thanks for adding me. Looking forward to it,

**Diane Suhan,  
Windsor, ON**

Editors note: the Bruneau home is still occupied here in Latchford, southeast corner of Sullivan and Mitchell!

**Obituary: Daniel Casey O'Shaughnessy**

Peacefully, with his family by his side, at Temiskaming Hospital on Tuesday, June 04, 2019, Daniel Joseph Casey O'Shaughnessy of Haileybury passed away at the age of 52. Loving son of William and Margaret O'Shaughnessy. Dear brother of Patrick, Michael (Nicole), Brian (Sheila), Kathy (Edward), Timothy (late Sharon), Kelly (Monique), and Clancy (Elisa). Sadly missed by many nieces and nephews and great nieces and nephews and many extended family members. Cremation has taken place at Lakeview Crematorium, Haileybury. Arrangements entrusted to Buffam Leveille Funeral Home. As expressions of sympathy memorial donations may be made to a charity of your choice.

**Why do bees have sticky hair?**

**Because they use honeycombs.**

**What do you get from a pampered cow?**

**Spoiled milk.**

**NOTICE**

The Latchford Recreation Committee would invite residents to consider joining their group, as several members have resigned and some are moving away, so very few members will remain. Should they not be able to recruit more people, this organization could very easily fold and this would be very detrimental to the children and adults of Latchford as they provide many activities for all ages throughout the year. Call Anne @705-676-2492 Town Office @705-676-2416 to join up!

June 25, 2019

Dear Latchford Friends,

George and Jamie will be visiting me for dinner today and we will catch up on the news in L.A.

I am doing okay here in my new home. I have a nice private room looking out on a green meadow. There are trees and birds and lots of fresh green foliage to cheer my heart. I have the beginning of Alzheimer's Disease but still functioning pretty good.

My love and best wishes go out to all of you.

Latchford and its people are very close to my heart.

I forget a lot of things but I do not forget the warm love and companionship that embraced me there. My love goes out to all the people there.

in the  
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Rita McDermid

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**FUNNY**

Police officer talks to a driver: Your tail light is broken, your tires must be exchanged and your bumper hangs halfway down. That will be 300 dollars.

Driver: Alright, go ahead. They want twice as much as that at the garage.

When I look at chocolate, I hear two voices in my head.

The first one says: "You need to eat that chocolate."

The other voice goes: "You heard. Eat the chocolate."

Two years ago I asked the girl of my dreams on a date, today I asked her to marry me. She said no, on both occasions.

A man hired a lawyer when he got sued by his company for embezzlement of many millions. At the beginning of the process, the lawyer kindly reassured him: „Don't worry, you'll never go to jail with that amount of money.“ And the lawyer was right. When the man did go to jail eventually, he didn't have a penny anymore.

Just came home from a training session. Two hours on the treadmill did me really good. If only I could somehow stop the constant beeping and the irritated comments of the cashier.

Do you want to hear a joke backwards?

Yes...

Very good, start laughing.

Why couldn't Mrs. Dracula sleep properly?

Because of Dracula's coffin.

Level of cooking expertise: Using smoke alarm as timer.

\* \* \* \* \*  
 \* **Diane Armstrong's book *Over the Hill III*** \*  
 \* *\$20 Mud, Muskeg & Mosquitoes* \*  
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**Diana's kitchen continued.....**

- 10 oz. Fresh spinach
- 1 ½ cups sliced fresh mushrooms
- 3 hard-cooked eggs, cut in wedges
- 1 medium red onion, thinly sliced
- ¼ cup red wine vinegar
- 2 tbsp. lemon juice
- ½ tsp. salt
- dash of pepper
- 1 tsp. Worcestershire sauce
- ¼ tsp. garlic powder
- grated parmesan cheese

Remove stems from spinach. Wash leaves well, then dry thoroughly and tear into small pieces. Combine in a salad bowl with mushrooms, eggs and onion. Measure next 6 ingredients into a jar with a tight-fitting lid, cover and shake until well mixed. Sprinkle parmesan over salad, and pour on dressing. Toss to coat spinach well and serve at once.

**SANDWICH SPREAD**

The combination of ham and spinach is unusually good. It also adds a vegetable serving to your lunch.

- ½ cup fresh spinach (baby spinach is perfect for this and salads)
- 1 green onion
- Salt and pepper to taste
- ½ cup cooked ham
- 1 tbsp. Mayonnaise or salad dressing

Finely chop spinach, ham and green onion. Mix in the rest of the ingredients and spread over buttered bread slices or split crusty rolls. Makes about ¾ cup.

**Canadian Fun Facts**

Canada only got its own flag 100 years after it became a country - on February 15, 1965.

Part of Canada is on Mars... Kind of. A crater on the planet was named after the town of Gander, NFL in honour of its efforts in space research.

The famous Canadian interjection "eh" is actually listed in the Canadian Oxford Dictionary as a valid word.

The Royal Canadian Mint once made a gigantic loonie made of 99.9% gold that was worth \$1 million.

You can write a letter in any language and send it to the North Pole, H0H oHo, Canada and you will receive a letter back from Santa.

Quebec manufactures more than 77% of the world's maple syrup.

The most common last name in Canada is "Li".



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