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July 23, 2013 Issue 30 - Volume 17
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**Espanola Triangle &
 Community Gardens**

Photo: The new pergola at the Triangle Garden.

By *Chloe Kneer* - A few years ago, the Espanola Triangle and Community Gardens were a dream. Today, they are reality, thanks to the generosity of many benefactors and the hard work and dedication of the volunteers of the Espanola Horticultural Society. Grant Lewis headed up the committee for the Triangle Garden at Barber Street and Second Avenue. "It was a three year process," he explains, "year one was planning and getting permission from the town; year two included fund-raising; and in our third year [now] we received council's approval for our plan and began construction." Over \$30,000 was raised, including donations from Trillium, Royal Bank, the Elks and Royal Purple, Domtar, LAMBAC, and Home Hardware. The town of Espanola provided water service at the site. Trees were planted, then the cement pad poured and the pergola erected. There are five benches on order, with two of them being memorial benches. A grand

Continued on page three...

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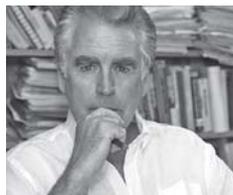
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Nostalgia – In Canada We Once Hijacked Buses

I do not like the 'new normal.' I much prefer the 'old normal' even though things seemed rather abnormal at the time. Example: terrorism.

Today, acts of terrorism in North America: both domestic and foreign, both executed and aborted are taxing the resources of every local, provincial, state and federal law enforcement agency on that continent. In Canada the Al-Qaeda members of the Islamic "Toronto 18" terrorist cell are currently in jail. The two Al-Qaeda suspects in the VIA Rail terrorist plot to blow up the Toronto to New York City train are now awaiting trial. We are told there are more operations in the works. This is the new normal.

The old normal ended 24 years ago when Canada's very first terrorist hijacked a bus. Yeah, a bus. Greyhound Bus No. 1482 on its way from Montreal to New York City with eleven passengers onboard was commandeered by a Canadian of Lebanese origin determined to create a hostage-taking incident thereby drawing attention to the plight of Christians in his homeland.

In those days terrorists and extortionists were hijacking so many airplanes, the Mideast and Cuba were practically regularly scheduled routes of most airlines. So, a bus? Any student of physics, even a failing student of physics, will tell you pigs will fly before buses.

Also listed as poor vehicle choices in The Hijacker's Handbook are golf carts, bulldozers, dirt bikes, hydrofoils and the Ford Pinto.

Nonetheless, our hijacker, our very own Canadian hijacker, has his gun drawn and his Greyhound in high gear when he faces his first real test. A passenger – of which there were eleven on this bus – objects to the hijacker's erratic behavior. So what does our hijacker do? He kicks this guy off the bus. Big mistake. Not only did the hijacker release the hostage, he forgot to wave the gun around and say: "You better not tell anybody about this, or else!!!"

Subsequently the passenger, a born spoilsport, got off the bus and blabbed about the hijacking to everybody who would listen. You can't blame him for being steamed because he's standing next to a busy highway holding a round-trip ticket to New York City.

He then called the Quebec Provincial Police who assumed not even a terrorist is nuts enough to take a bus trip across Canada in April, so they alerted police in Vermont, only. The QPP investigation ended there.

Now we have no police looking for the hijacked bus in Canada, but a sheriff in Vermont, unfamiliar with bus line "Greyhound" is looking for a crazed Canadian riding a skinny dog south down Interstate 91.

Thinking that by this time there must be a cross-country police alert out for him, the hijacker orders the bus driver to divert to Ottawa. That being the nation's capital, he knows nothing ever happens there. Once on Parliament Hill, nobody

Continued on page three...

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Continued from page two...

stopped him, nobody noticed, nobody cared. Welcome to the Canadian federal government in action.

So they pull onto Parliament Hill in the middle of the afternoon and our government is in session, which means the lights are on, the bells are ringing and everybody's asleep in chambers. Suddenly a tourist bus cuts off the hijacked bus and takes his parking spot. As an armed terrorist with a troop of hostages, the last thing you expect to be confronted by is rudeness. A shouting match erupts over the parking spots. The hijacker then orders the driver to take the vehicle onto the lawn of parliament Hill, where it sinks in soggy grass up to its axles. That's pretty much the end of the chase scene right there. Our hijacker sends one of the hostages out with a terrorist note listing all his demands and – you guessed it – nobody can read the guy's handwriting. Meanwhile, on the bus, the hostages by their own admission were and I quote "telling jokes and stories and exchanging family photos from their wallets." Boy, here's a group of people who'll be having flashbacks and nightmares for the rest of their lives, eh?

Now the hijacker is so frustrated he walks down the steps of the bus, opens the

door and fires two shots into the lawn. Well, obviously our hijacker knows nothing about Canada because nobody shoots a lawn in Ottawa and gets away with it! The Mounties swarmed the place – weapons bigger than the officers carrying them, sirens wailing, emergency tactical vehicles, the bomb squad.

Prime Minister Brian Mulroney was briefed on the situation unfolding below his office after the riddled bodies of four blades of grass had been uncovered.

Eventually, however, our hijacker just gave up in disgust. If the police didn't care enough to report him or chase him, if the hostages were just going to sit around chatting and planning the first annual hostage reunion, if the prime minister was practically waving at him from his window, then to hell with it. Why bother?

The man simply quit. It's just my hunch, but I think the flap over the parking spot demoralized him the most. And that's the 'old normal' I long for, when gangs couldn't shoot straight and terrorists hijacked buses.

For comments, ideas and copies of
Guys – Not Real Bright
And Damn Proud Of It!, go to
www.williamthomas.ca

Continued from front page...

Espanola Triangle & Community Gardens



Photo: Containers built by E.H.S. students.

opening for the Triangle Garden is planned for later this year. On Algoma Street, the Community Garden plots are producing quite nicely and will soon be ready for harvesting. Presumably, a few participants have even planted their pumpkin seeds distributed earlier this year for the Pumpkin Power Festival; the pumpkin plants are amongst the biggest in the garden containers. Their bright yellow flowers stand



Photo: Irrigation for the garden plots.



Photo: Those 'renting' the plots at the Community Garden are responsible for maintaining their gardens.

out from the tomato plants and herbs planted nearby.

For \$20 a year, a family or individual can "rent" one of several large containers that Espanola High School students made. Five of the plots were planted by novice gardeners, who are welcomed, and were even treated to workshops that organizer Keitha Kozachanko put on to teach the newbies how and what to plant. She will be hosting a water conservation workshop July 27 at the Community Garden at 11:00 a.m. that everyone is welcome to attend and to find out more about the garden.



Photo: Peppers. Gardeners are also growing lettuce, tomatoes, beans, herbs, and pumpkins.



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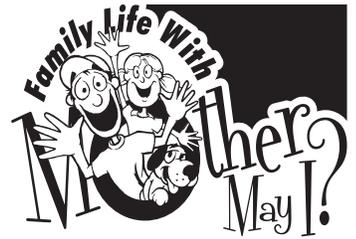
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Recipe

My friend made the following salad last weekend for a pool party she was having and everyone loved it. The list of ingredients looks long but don't be discouraged. The great thing about this recipe, besides the delicious flavour is that you use a bag of prepared coleslaw. Apparently you can also buy shredded carrots, but I was unable to find them so I used my food processor. It makes a large salad, but the leftovers make a delicious, healthy lunch.



Asian Slaw with Ginger-Peanut Dressing

For the Dressing:

- 1/4 cup honey
- 1/4 cup vegetable oil
- 1/4 cup unseasoned rice vinegar
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 tablespoon peanut butter
- 1/2 teaspoon salt
- 1/2 teaspoon Sriracha sauce (Thai hot sauce - optional)
- 1 tablespoon minced fresh ginger
- 1 large garlic clove, minced

For the Slaw:

- 4 cups prepared shredded coleslaw
- 2 cups shredded carrots
- 1 red bell pepper, thinly sliced into bite-sized pieces
- 2 green onions, finely sliced
- 1/2 cup chopped salted peanuts (or you can leave them whole)
- 1/2 cup loosely packed chopped fresh cilantro (optional)

Make the dressing by combining all of the ingredients in a medium bowl. Stir until the peanut butter is dissolved. Set aside. Combine all of the slaw ingredients in a large bowl. Add the dressing and toss well. Let sit at least ten minutes so the vegetables have a chance to soak up the dressing. Taste and adjust seasoning if necessary. May need to add more salt. Serve cold.

Kids Korner

Sand and Cornstarch Fossils

- 1 cup sand
- 1/2 cup cornstarch
- 1/2 tsp cream of tartar
- 1/2 cup of water
- Small pot



Mix the sand, cornstarch and cream of tartar in a small pot. Add the 1/2 cup of water and place on the stove over med-low heat. Stir as you would play dough. Once dough has formed place it on a wooden cutting board and let it cool a bit. When it is cool enough to handle break it into small chunks and hide your bones inside. Plastic dinosaur bones can be found at various craft supply stores. Let dry at least 36 hours until the fossil is no longer moist. Place fossils in a large container and cover with sand. Have the kids dig through the sand and discover the fossils. Using plastic knives they can chip away at the hardened sand to find their fossils. Using toothbrushes or small paintbrushes they can gently brush away sand like Paleontologists do, to uncover the bones.

Kids Invent Toy Fair

The public is invited to a Kids Invent! Toy Fair at the Espanola Regional Recreation Complex on July 26th from 2:30pm – 3:30pm. This show of youth creativity and entrepreneurship is the culmination of a week long summer camp hosted by Lambac and Northern Ontario Youth Entrepreneur Initiative. The Toy Fair is an opportunity to meet the next generation of entrepreneurs and share in their business experiences. “The Kids Invent! Camp experience is a business learning opportunity disguised as fun for children in grades 4 to 6,” says Alannah Deline, Program Coordinator.

“Children will create new toys and market them to our community. Past participants have succeeded to show their inventions on Canada’s Dragon’s Den.”

“Espanola is thrilled to be the site of a Kids Invent! Program and Toy Fair,” says Cheryl Kennelly, Economic Development Officer for the Town of Espanola, “Kids Invent! cultivates the entrepreneurial spirit & confidence in youth; planting the seed for the next generation of business development.”

Support our youth, see their inventions and meet the inventors of the next Slinky, Frisbee or Monopoly.

Heat Alerts: Beating the Heat When Summer Temps Soar



The Sudbury and District Health Unit issued heat alerts for Manitoulin and Sudbury last week as temperatures and humidex values in the region soared. Here are some tips to prevent heat-related illness this summer:

- Check in at least once a day on family, friends, and neighbours who may have difficulty dealing with the heat.
- Stay cool by wearing light-coloured, loose-fitting, and lightweight clothing.
- Drink lots of water and 100 per cent natural juices, and avoid drinks made with alcohol or caffeine.
- Avoid going out in the sun or heat when possible.
- Slow down and avoid strenuous activity. If you must do strenuous activity, do it during the early morning or late evening hours when it is cooler.
- Keep electric lights off or turned down low.
- Take a cool bath or shower periodically, or cool down with

cool, wet towels.

- Take lots of rest breaks, preferably in the shade or in an air-conditioned area such as a library, community centre, shopping mall, or a cooler area of your building.
- Avoid heavy meals and using your oven.
- Place a dish of ice cubes in front of your electric fan. It has a cooling effect.

The people most at risk for developing heat-related illnesses during periods of hot, humid weather include the very young, seniors, people who exercise vigorously or who are involved in strenuous work outdoors for prolonged periods, and people with chronic illnesses.

The Sudbury and District Health Unit follows a hot weather response plan that has three levels:

- 1. Heat Advisory:** issued when the humidex reaches or is expected to reach 36 or higher for at least two consecutive days.
- 2. Heat Alert:** declared when the humidex reaches or is expected to reach 40 or higher for at least two consecutive days.
- 3. Extreme Heat Alert:** declared when the humidex reaches or is expected to reach 45 or higher for at least two consecutive days.

The humidex is a scale that indicates the level of personal discomfort resulting from a combination of heat and humidity.

For more information, contact the SDHU at 705-522-9200.

COMMUNITY NOTES

Revive: Espanola Youth Retreat - July 26-28 at the Anishinabe Spiritual Centre (Anderson Lake). For youth in grades 7-12 (as of September 2013). Contact Angele, Mary or Marc at 705-869-6340.

Euchre Tournament - Saturday, July 27, Euchre Tournament at the Seniors' Drop-in Centre at 1:00 p.m., registration is at 12:30 p.m. Everyone welcome.

GeNeXt.ccc - is the new extreme sport club in town. Check www.genext-ccc.com for dates and times for skateboarding/skating/biking/scooters for ages 8 and up. Call or text Pastor Chris 705-822-2292 for more info.

Community Service Volunteer Hours For High School Students – Lee Valley Centennial August 2, 3, 4 at Lee Valley Hall. Check Facebook or call 705-869-4992.

Massey & Area Museum Bingos – Mondays, August 26 at the Massey & District Arena. Doors open at 6:15 p.m. – Bingo starts at 7:00 p.m.

The Lee Valley Autumn Leaves Club - 3 day centennial celebration on August 2, 3, and 4. The festivities will include many fun events and entertainment for all ages. The event is open to the public at the Lee Valley Hall.

STOMP - Every Friday night between 7:00 - 8:30 p.m. at Queensway Pentecostal Church for tweens grades 3-7. Fun, free and everyone is welcome.

Do you have a NOTE for the Community?

We invite not-for-profit organizations to submit information on their up-coming events in writing no later than Wednesdays at 3:00 p.m. 25 Word Limit.

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Espanola Food Bank Receives \$1125.00 Donation



Jan & Elly Meijer owners of Agnew Lake Lodge present Susan Kryzonowski, President of the Espanola Food Bank with \$1125.00 raised at their annual Canada Day fish fry.



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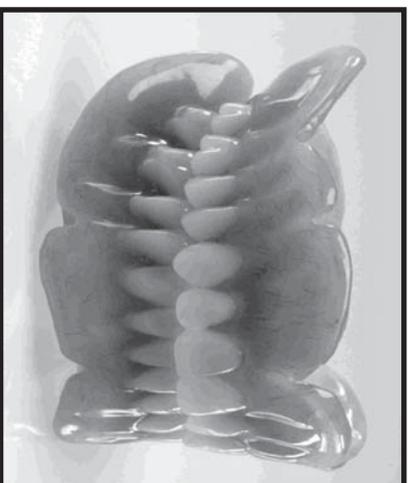
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