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100th AB Ellis Public School Anniversary A Wonderful Celebration



Some former students and teachers of AB Ellis Public School gathered at the Meet and Greet for the 100th anniversary at the Espanola Royal Canadian Legion on Friday evening. Photos by Rosalind Russell

By Rosalind Russell - This past weekend was a busy one for a contingent of volunteers and other organizations who came together in Espanola to celebrate the 100th anniversary of AB Ellis Public School.

The Espanola Royal Canadian Legion Branch #39 played host to most of the social events and the hall was filled with photos and memorabilia from 100 years of Espanola Public/AB Ellis Public School.

Cake cutting, children's games, a delicious barbecue by the Espanola Lions Club and a very cool 1919 Model T as

Continued on page four...

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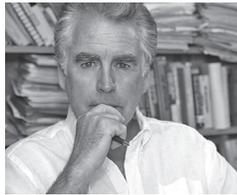
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Port Colborne - "The Store-Front Car-Crash Capital Of Canada."

It happened again! I'm looking at Page 6 of the July 25th edition of this newspaper which shows a photo that has become all too familiar to residents of the city of Port Colborne; namely the ass end of a car sticking out of the front end of a retail store. In this case it was Christopher's Pizza that makes a very good, medium-crust pizza which on Wednesday was topped with bits of plastic and glass.

Apparently, a woman picking up a pizza at eleven in the morning hit her gas pedal instead of the brake when she pulled up to the building. A team of ten firefighters quickly removed the SUV from the rubble and installed support beams to the hole in the building in record time because... they're gettin' real good at it!

Good lord, it was just 18 months ago that I wrote a column titled: "Can't anybody in Port Colborne drive anymore?". In that piece I detailed no less than four accidents in this small town of 18,000 people in which cars crashed through the front of retail outlets.

First there was the car that crashed through the front of Judy's Bakery. Then there was the car that crashed through the front of Judy's Bakery. No, not a typo. Judy's once-in-a-lifetime nightmare happened twice too often. The last time Judy saw a motorized vehicle speeding through her pastry section, a 75-year-old woman, arguing with her husband hit the gas instead of the brake and entered the store through the front window. Joanne, the only employee in the store out ran the oncoming car, exited the back door

and like Forest Gump was last seen jogging across America's Mid-West. Subsequently, Judy replaced her "OPEN" sign with a "STOP" sign and added the warning: "Cars must yield to customers on foot."

Then there was a guy I nicknamed "Daredevil Dave" who side-swiped six cars on King Street before burying his pickup truck in the window of the Bargain Shop on the corner of King and Clarence Streets. Dave Taylor claimed he took a head hit in a workshop accident and was lapsing in and out of consciousness while trying to drive himself to the hospital. Police disagreed and charged him with impaired driving. Everybody jumped to the wrong conclusion. At the time I wrote: "Police believe alcohol may have been involved in the same way that when a barn burns to the ground, fire is usually suspected."

Well guess what? Dave Taylor was not impaired; he did have a medical emergency and all charges were dropped. Sadly, few remember that part of the story.

However, I still stand by my theory that in the wake of this extraordinary one-man demolition derby, given the number of tow truck operators required as well as body shop workers, insurance agents, brick layers, street sweepers and glass installers--Dave Taylor was good for the local economy.

Then there was the driver who banged up ten vehicles in the Food Basics parking lot

Continued on page three...

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Continued from page two...

and now we have the woman who closed Christopher's Pizza about a minute after it opened. Apparently the guy who drove his van into the canal near Clarence Street a few days later somehow missed a store!

With a car-crash crisis on their hands I would urge Mayor Bill Steele and his council to take the following emergency measures to end this dangerous trend of Port Colborne drivers entering stores through their front walls before the entire town looks like an open-air farmers' market.

- Have tow trucks parked at all corners of the downtown core during business hours.

- Deploy graduates of the Young Drivers of Canada program to go door-to-door with charts and an instructional video showing residents the distinctly different locations of the gas pedal and the brake pedal. They are not to even whisper the word "clutch."

- Install cement barriers in front of the Emergency Entrance at the hospital because if somebody demolishes that building, we're all up Schitt's Creek without a health card.

- Erect rubber bumper pylons in front of all retail stores so that a car headed for the front door would be shunted off into a temporary exit beside the store. Sign:

"Do not back up. The next store-front crasher might be right behind you!"

- Pitch all the major automobile manufacturers to relocate their "Car Crash Dummies" testing program to Port Colborne using our system of experienced volunteers.

- Have somebody back a car into a store-front just to break-up the monotony of looking at rear-end news photos all the time.

- Erect a fence around Simmond's Auto because a car sticking half out of a body shop would definitely make the national news.

Also, a sign at the city limits would help: "Welcome to Port Colborne. Not all of our stores have Drive Thrus. Okay?"

Last week I was having lunch on the patio at The Breakwall Brewing Company which is actually a platform that juts out onto Clarence Street. Sitting quite close to passing cars my buddy Al Dicenso commented on the safety of our location. "No, no Al," I was able to say. "This is Port Colborne. If we were sitting inside at the bar, then we'd have something to worry about."

And for comments, ideas and copies of The Legend of Zippy Chippy go to www.williamthomas.ca

Carol Hughes' Column - Trade Deals Don't Always Protect Like They Should

With the government launching a charm offensive on the Canada Europe Trade Agreement (CETA) another Donald Trump landmine is threatening the few months of peace we experienced on the trade front with the United States. For the government, this development is over-shadowing their goal of selling the CETA as beneficial, but a deeper analysis of that deal shows it is riddled with concessions that will cost Canadians jobs and money. The American development highlights how deals aren't protection enough when up against unpredictable leadership. The CETA trade deal is a classic example of the government prioritizing wealthy and powerful corporations while watering down their commitments to everyday Canadians. Since coming into force, it created a \$3.5 billion trade deficit in favour of European agri-food producers, who are exporting their products to Canada at a much higher rate than Canadians are exporting to Europe. The deal cuts deeply into Canada's supply managed sectors, resulting in significant costs for Canadian dairy farmers, who are bearing the brunt of the government's reckless trade policies without adequate compensation.

Instead of providing relief for run away drug pricing, the CETA only strengthened patent protections for Big Pharma, while increasing the cost of medication for Canadians. That is something the Parliamentary Budget Officer tells us will cost Canadians hundreds of millions of dollars a year while another study has pegged the increase as high as \$850 million annually. These costs will fall on households and employers who provide insurance coverage and only make the case for a comprehensive Pharmacare program stronger.

The deal also threatens Canadian sovereignty by imposing investor-states provisions that hand more powers to giant

multinationals at the expense of our public interest. That was a problem under NAFTA as well which cost Canada time and again as losses mounted under the Chapter 11 tribunal system the deal implemented.

Trade with the US is a concern again because, despite having a freshly minted deal in place, the Trump administration decided to update "Buy American" provisions which will hurt Canada's manufacturing sector and workers by restricting the access to the U.S. procurement market. This is a blow for the Canadian steel industry and the whole Canadian economy.

New Democrats know this could have been avoided if the government had stood up to Trump in the NAFTA re-negotiation process. Instead of putting the interests of Canadian workers first, they withdrew their demand for access to the U.S. procurement market and pushed ahead with the new deal while devastating tariffs on our steel and aluminum were still in place. Now, the latest "Buy American" procurement provisions with a 95% domestic steel and iron threshold will restrict Canadians from bidding on many new contracts, jeopardizing our jobs and our highly integrated economies, particularly in the manufacturing sector. In many ways it's a return to the punitive tariffs that had just been lifted.

It's easy to see why Canadians are worried that the government doesn't seem to be standing up for workers - especially those in our steel sector. That failure will only result in losses that could have been avoided. Critics pointed out these problems going all the way back to the original Free Trade debate and we are now dealing with discontent that was sown due to the surrender of North America's manufacturing sectors in Canada and the US. That is the legacy that Donald Trump is tapping with his latest measures and the irony shouldn't be lost on anyone.

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36th Annual Burnside Memorial Art Show And Sale Opens In Massey



A small crowd came out for the cutting of the ribbon at the official opening of the 36th Annual Burnside Memorial Art Show and Sale with feature artist Lozia. Every year, the Massey Area Museum hosts the show featuring local artists from the area. Feature artist, Lozia, a Canadian realistic, impressionistic artist cut the

ribbon on Saturday opening the exhibit. A teacher in fine arts for 39 years, she is also the Sudbury Art Club's featured artist this month. The show runs until August 31st where the public gets to vote on the various entries with winners announced the final day of the show. Photos supplied by Carol Hughes

Continued from front page...

100th AB Ellis Public School Anniversary A Wonderful Celebration

part of the Knights Cruisers Club show were all part of the festivities at the former AB Ellis Public School grounds. The event was held to celebrate the building's construction back in 1919 as Espanola Public School and Espanola Continuation School. The name was changed to AB Ellis

Public School to acknowledge the contributions of long-time educator and principal, Andy Ellis. A highlight of the weekend was a visit by Valerie and Marilyn Ellis, Andy Ellis's daughters. Go to our website for a photo library of the weekend's events. Photos by Rosalind Russell



Michael Mantha's News from the Park

Most anyone who knows me or reads this column can be certain that I truly appreciate the honour the people of Algoma-Manitoulin have shown in me by re-electing me as the MPP for this riding. As well I freely admit that this is without question the best job I've had in my lifetime. There are two main reasons for the joy I feel in fulfilling my duties as MPP. First is that it provides me unparalleled exceptional opportunities to meet and get to know so many wonderful people, professionally and personally. And second, each and every day is another opportunity to learn something new. One of my most treasured relationships that I enjoy is with the many First Nations communities in Algoma-Manitoulin. Their sense of community, honour and respect for people, the environment and the natural elements has had a great impact on my outlook in life and my ability to appreciate the value of all people. In particular I am astounded by the very high regard and respect that

many Indigenous cultures have for their senior populations. While most people call older citizens seniors, Indigenous cultures tend to refer to them as Elders as an acknowledgement of deserved respect. Too often society fails to recognize the contributions, values, experience and wisdom that our older citizens bring to our world. On the other hand, overall, Indigenous cultures see their Elders as noble icons and carriers of valued knowledge and wisdom. Indigenous societies have tasked their Elders with teaching their youth the elements, traditions and values of the culture they most revere. This teaching begins in childhood and continues at deepening levels for a lifetime. In the last while I have spent a lot of time hearing about and working on issues involving how we care for and regard the elderly in Ontario. To say the least, despite all of our good intentions, as a society our record is far from stellar. If you are not sure what I am referring to, just pick up a few recent papers or search of recent

headlines online and you'll see so many. There are reports such as scamming, fraud, neglect, and physical and mental abuse. It's enough to make most of us just shake our heads and wonder how and why this happens.

In the last week of July, the results of the Public Inquiry into the Safety and Security of Residents in the Long-Term Care Homes System (aka the Wettlaufer inquiry) were released. The 1500 page report focused on safety, security and systemic vulnerabilities in long-term care homes. The report made dozens of recommendations to improve the way we ensure that our vulnerable and elderly citizens are safe and well cared for.

Following the release of the report, Dr. Marilee Fullerton, the Minister of the newly formed Ministry of Long-Term Care, has promised that the Conservatives will spend the next year to develop a plan to address the issues and subsequent recommendations. However there was no commitment to a date to implement such plans nor any commitment. There was no mention of how many registered nurses and staff would be needed to provide the necessary care and security. There was no commitment from the government to address the identified needs. The only real commitment she made was to say they would table a study by next summer.

Readers of this column will recall the piece on political guarantees a couple of weeks ago. Well here is a good example of a hollow guarantee.

Many readers will recall that the NDP has been calling for the long-term care inquiry to be expanded into a second phase for quite some time. An inquiry is needed that would go beyond the mandated focus on what allowed these heinous acts to take place. A second part to the inquiry would examine conditions in seniors care — from nutrition to staffing complements, training and more — and how that significantly impacts residents each and every day. Such a push from the NDP is strikingly similar to Gillese's recommendation 85, which calls for a study on staffing levels on each shift to be tabled in the legislature by July 31, 2020, and for funding to be increased to match its findings.

With the vulnerabilities identified by this inquiry, imagine how

vulnerable seniors in care are to violence, or unintentional neglect. Of much greater importance is proper staffing and adequate funding protects our loved ones from resident-on-resident violence, from medication errors, and from falls.

Just this week Andrea Horwath was in Ottawa where she released government memos detailing changes by the Ford Conservatives. The memos from the Ministry of Health and Long-Term Care reveal that Ford is cancelling the High Wage Transition Fund, which helps pay for staff wages, and the Structural Compliance Premium fund, which helps keep long-term care homes up to modern standards. The two cuts amount to more than \$34 million being ripped out of long-term care homes annually. Two funding streams for long-term care are being eliminated by Doug Ford, taking millions of dollars away from care homes — but even as those cuts threaten to make life even less safe, healthy and dignified for seniors in care, the Ford government is hiking the fees residents pay by about \$500 a year.

Andrea said, "For any of us with a loved one in long-term care, we know underfunding has real consequences. It means our loved one doesn't always get the help they need to brush their teeth and get dressed in the morning. It means they could ring a call bell to get help to make it to the washroom, but be left waiting until it's too late. And it means there are fewer staff to prevent falls, or even violence in long-term care homes."

It's clear that we owe our parents and grandparents in care better than they're getting today. Needless to say, the day to day lives of Ontario's seniors on the whole would be so much safer, secure and more enjoyable if our province on the whole listened to these lessons Indigenous peoples have been sharing for centuries.

As always, please feel free to contact my office about these issues, or any other provincial matters. You can reach my constituency office by email at mmantha-co@ndp.on.ca or by phone at 705-461-9710 or Toll free 1-800-831-1899.

Michael Mantha MPP/député
Algoma-Manitoulin

Espanola Therapeutic Garden Gets Support From Local Business



The Espanola Regional Hospital and Health Centre back yard is abuzz with activity. The work is continuing on the construction of the Espanola Therapeutic Garden, an enclosed safe place for residents of the hospital's long-term care residence. The gazebos, sheds and walk

ways are almost complete with the next stage being the design of the shrubbery and plants.

Thanks to the staff at Espanola Home Hardware, the \$400 they raised through a barbecue will go towards purchasing some of that greenery.

A grand opening of the new space is planned for the fall.

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The Manitoulin-Sudbury District Services Board is a municipal service management organization created by the provincial government to oversee the local planning, coordination and delivery of a range of services and programs divested to the municipal order of government. The specific programs our DSB is responsible for are: Ontario Works, Social Housing, Paramedic Services (Land Ambulance), and Early Learning and Child Care services.

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The Espanola Express is pleased to announce that Lisa MacDonald Beauchamp has accepted the position of Billet Coordinator. Lisa and her husband Don have been a billet family for the past 7 years.

The Express is currently looking for interested and qualified families who would like to house an Express player for the upcoming 2019/20 season.

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Lighthouse Community Lunch - Free community luncheon at the Lighthouse, across from the Royal Bank, every second and fourth Tuesday of the month, 11:30 a.m. - 1:00 p.m.

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](mailto: around@aroundandabout.ca)

Recipe



I can't think of a better time to make this recipe with cucumbers and fresh herbs being in season. Tzatziki is a classic, Greek, cucumber, yogurt, sauce or dip that has become very popular in recent years. It traditionally is served as a condiment for gyros, fish and souvlaki but is delicious on many other things or just used as a dip. We also enjoy it on perogies, baked potatoes, stuffed chicken breasts or anything else that you would put sour cream on. Making your own Tzatziki with low fat Greek Yogurt makes it a healthier and more delicious option than sour cream. I let the yogurt and grated cucumber sit in a fine, metal sieve for an hour or so, and then quickly mixed in the rest of the ingredients; very simple and very delicious.

Homemade Tzatziki

- 8 oz low fat or fat-free Greek yogurt
- 1 small cucumber, peeled and seeded (1 cup grated and drained)
- 1 clove garlic, crushed
- 1-2 tsp lemon juice
- 1 tbsp fresh dill, chopped
- 1 tbsp fresh chives, chopped (optional)
- kosher salt and fresh pepper (to taste)

Strain the yogurt using a metal strainer or a coffee filter for a few hours to remove as much liquid as possible. Set aside. Scoop seeds out of the cucumber with a small spoon. Place cucumber in a mini food processor or grate with a cheese grater. Drain the liquid from the cucumber in a metal strainer and sprinkle with a little salt (this helps release the liquid). You may want to use the back of a spoon to help squeeze out any excess liquid. Combine strained cucumber, garlic, yogurt, salt, pepper, lemon juice, dill and chives (if using). Taste and add more lemon juice or salt if needed. Refrigerate for a few hours before serving. Makes about 2 cups. Store in refrigerator for about a week.

Welcome to Local Hippie'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: Walk or ride your bike instead of driving a vehicle!

Here's why:

- > An American study found that 80% of the carbon monoxide found in the earth's atmosphere comes from motorized vehicles. Walking or riding your bike can help reduce your contribution to global warming as it requires 0 fuel, and therefore, emits 0 harmful pollutants!
- > Not only is walking or riding your bike beneficial to the environment, it is also great for your health! Exercising outdoors has been shown to help build stamina and muscle, reduce anxiety, alleviate stress, and improve sleep.
- > Walking or riding your bike also have many economic benefits. They do not require monthly payments, repeated fuel costs, pricey insurance, or expensive maintenance!

Keep the earth, your body, and your wallet happy - chose to walk or bike more often than driving your vehicle.

Have questions? Feel free to forward them to [jaymic@localhippie.net](mailto: jaymic@localhippie.net) or find me at the Espanola Farmers' Market.

Have a happy hippie week!



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