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July 26, 2016 Issue #30 - Volume 20

## Palliative Care Fundraiser: Comfort At The End Of Life



Photo: Conceptual design of the refurbished palliative care room. The Oasis chair is back right.

By *Chloe Kneer* – It can be both emotionally and physically demanding when a loved one is facing a life-threatening health situation. Family and friends prefer to stay close to offer support to the patient and to one another during these times, often spending long hours and overnights at the hospital. This is where palliative care becomes very important. "This type of care helps patients to achieve the best possible quality of life right up until the end of life," says Espanola Regional Hospital and Health Centre Foundation Chair Terri Noble.

The palliative care room in acute care at ERHHC was furnished in 1998. Over the last nearly two decades, the room has served families, patients and friends well, offering a comfortable place to rest.

Continued on back page...

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Continued from front page...

## Palliative Care Fundraiser: Comfort At The End Of Life

However, the room is in need of a refresh. "We want to make this room as comfortable as possible for both the patient and family," Noble says, "We are hoping to raise \$5,000 by September for the purchase of an Oasis sleep chair, which is essentially a chair that pulls out into a bed to enable family to spend the night or just rest, two high back chairs, a flat screen TV and a small stereo.

The room will also be painted and new blinds added to the windows."

The fundraiser itself is a small one, compared to the others that the hospital foundation has been involved in. A donation will go a long way in helping to keep families comfortable during a very difficult time. If you, your business or organization, would like to make a donation, contact Noble at 705-869-1420 ext. 3591.

## New Faces At Helping Hand Food Bank



The Espanola Helping Hand Food Bank recently held their annual general meeting and elections. They are happy to see some new faces join their executive. Positions run for a two-year term and they are jumping in with both feet Friday, July 29 and Saturday, July 30 by packing groceries at Winkel's Independent Grocer as their latest fundraiser.

The executive is as follows: back row (left to right) George Brown (P.R.O./Director of Hospitality), Rob Rogers (Director of Safety and Maintenance), Jean Paquette (Director of Warehousing), Susan Kryzanowski (President) and Diane Paquette (Director of Fundraising). Front row (left to right) Rita Brown (Vice President), Giselle Mokohonuk (Director of Distributing) and Bernie Houle (Treasurer). Absent is Gary MacPherson (Secretary).

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## Two More Players Jump Aboard The Espanola Express



The Espanola Express are happy to announce that two new players have punched their tickets to join the Express train.

Joining the Express family for the 2016-2017 season is defenceman Jamison Westaby. The Sioux Falls, South Dakota, native played the last two seasons with the Iowa Stars U18 AAA program.

"Jamison is an offensive defenceman who will add a lot to our blue line this season," stated Director of Hockey Operations Randy Blake. "Not only does Jamison like to join the attack, he will also add some sand paper to our back end."

When asked about his new venture to play hockey in Canada, the 19 year-old defender replied, "I'm very excited to start a new chapter in my life, in a new league and country. My expectations are high for myself

and the team to have a strong season. I'm excited to meet all the staff members, teammates and fans."

Also joining the Express family for the upcoming season is towering 6'4" 210-pound goaltender Logan Sawka. Sawka hails from Calgary, Alberta, and played last season in British Columbia with the Castlegar Rebels, posting a 2.99 GAA and a .912 save percentage in 28 games. The 19 year-old managed a 16-8-2 record while notching 2 shutouts in the 2015-2016 KIJHL season.

"Logan is a large goaltender who fills the net well, he is very mobile for his size and he has the ability to steal games for our team," said Co-coach Jason Rapcewicz. "We are excited to have Logan join the team and the stability he will add to our net."

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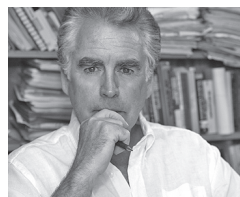
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# All The World's A Circus

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## Sure Signs The Rio Olympics Are In Trouble

Just weeks away from the August 5th kick-off of the Summer Games in Rio and world interest in this, the XXXI Olympiad is at its highest ever. And for all the wrong reasons.

The Rio Olympics are right now in such a colossal mess, many believe FIFA's Sepp Blatter is secretly running the show. The only things we know for certain are that the city of Rio De Janeiro is in the country of Brazil and this thirty-first edition of the summer Olympics will go ahead because it's simply too late to cancel them.

In short order: the President of Brazil, Dilma Rousseff is under house arrest awaiting an impeachment trial for corruption. Her replacement, House Speaker Eduardo Cunha, is suspected of even more serious corruption. The country is on the brink of bankruptcy and urban crime is at an all-time high. The Centre for Public Security has just declared Brazil to be "Murder Capital Of The World" with five Olympians already being robbed at gun point. The poor people of Rio who normally use the streets as beds have been forced to move out of town. The Zika virus has infected 1.5 million people in that country and caused 2,500 babies to be born with brain damage.

Rio police are so strapped for cash, they've grounded all police cars and helicopters in order to save cash and they're pleading for donations of pens, cleaning supplies and toilet paper. Staging street protests, police claim they will not be able to protect tourists and fans coming to Rio. The waters where the aquatic events will be held are so toxic, athletes who arrived early to practise are already suffering illnesses.

Bizarrely, Australian athletes are bringing

"Zika-proof condoms" to the games, hopefully enough for everybody and the Americans have developed a "gunfire app" so that if shooting breaks out in one part of the city, their athletes can run the other way.

So the 2016 Rio Olympics might be the most highly anticipated in the history of the games and the world is sitting on the edge of its seat, waiting for the opening ceremony. It's like walking into your living room to find your son about to set off your stash of Labour Day fireworks or watching the late Rob Ford staggering onto a stage and lurching toward the microphone.

I know what you're thinking – gee whiz, is it too late to get tickets to this show?!? So here goes, sure signs that the Rio '16 Olympic Games are in trouble.

- You know there's trouble in Rio when 416 Canadian athletes arrive at the airport carrying swords and only five of them are fencers.
- You know there's trouble in Rio when a shortage on plastic forces organizers of the badminton events to use real birds.
- You know there's trouble in Rio when Canada's 'chef de mission' sends a farewell card to our shotgun shooting team that reads: "Good luck and bring extra ammo."
- You know there's trouble in Rio when the Russians try to schmooze their way back into the games by hosting a huge gala for all competitors complete with vodka, caviar and clean urine samples.
- You know there's trouble in Rio when you bow your head on the podium as the President of Brazil places a silver medal around your neck and you notice it matches the electronic bracelet she's

Continued on page three...

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Despite being diagnosed with Cerebral Palsy at 11 months, 7 year-old Ryan Vlaad strives to be independent. The Lindsay youngster, whose family calls Espanola home, are raising funds to purchase a modified vehicle, so that he can continue to remain active. A Go Fund Me account has been set for anyone who wishes to donate from the local area. The family is trying to raise \$20,000. Check the Moose Facebook for a link to the account.

*Continued from page two...*

wearing around her ankle.

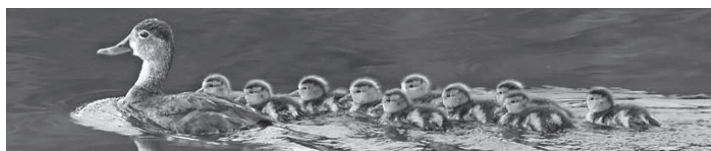
- You know there's trouble in Rio when fans who bought tickets to women's volleyball demand their money back after they learned the ladies would be wearing bulletproof vests.
- You know there's trouble in Rio when in order to boost TV ratings they've cancelled archery and are now televising the drug testings.
- You know there's trouble in Rio when a kid with a cell phone photographs Bob Costas taking a 'repechage' behind the announcer's booth.
- You know there's trouble in Rio when bored, bomb-sniffing dogs start chasing tennis balls in the final between the only two professional players who agreed to go to Rio.
- You know there's trouble in Rio when at the last minute, the unfinished venue for international golf is replaced with The Glow In The Dark Mini Putt on Copacabana Beach.
- You know there's trouble in Rio when the crowd watches the Brazilian Men's 470 Dinghy sail out of sight on their way to defecting to Cuba.
- You know there's trouble in Rio when all canoes and

kayaks have been fitted with fire extinguishers in case the lake catches on fire.

- You know there's trouble in Rio when you notice the U.S. field hockey team have replaced their sticks with crowbars and the coach looks a lot like Tanya Harding.
  - You know there's trouble in Rio when kidnappers hold an unknown, annoying Canadian for ransom mistaking him for Brian Williams.
  - You know there's trouble in Rio when several synchronized swimming judges are wounded in a botched robbery attempt and eye witnesses give the muggers 3.9 for technical merit.
- And finally, you know there's trouble in Rio when Irish golfer Rory McIlroy drops out of the games passing up another opportunity to get royally pissed and dance around topless in that flaming red wig and tartan mini-skirt. (Google: Ryder Cup Celebration. I don't make this stuff up.)

For comments, ideas and copies of The Legend of Zippy Chippy, go to [www.williamthomas.ca](http://www.williamthomas.ca)

## "Birds I View"



*Photo: Ring-necked hen with ducklings.*

**By Bob Rigby** - It was nice to get out and do some relaxing bird watching these past few days. One of my outings took me to the marshy area of Black Creek adjacent to Mead Street in Espanola, where I was hoping to see ring-necked ducks with their offspring. I was disappointed at this location, given the fact that last year we had several pairs of ring-necked ducks that nested in the area successfully. A short drive later, however, and I was rewarded by seeing a ring-necked duck with 10 ducklings at Black Creek off of Panache Lake Road. These babies were no more than a week old, strange indeed this late in summer, but nice to see nonetheless.

Back at the marshy area, I noticed a male northern harrier, formerly a marsh hawk, hovering above me. He was quite excited about something as he let out his warning screams and swooped several times at a grassy area at the side of the road. At first I thought the bird was hunting, but soon he was joined by his mate who

was also making the warning screams. Several minutes later, a fox sheepishly emerged, being attacked by both parents, indicating that they had their nest close by, and this fox was the one doing the hunting. This medium-sized hawk is often seen flying low over meadows and marsh lands. The male is slate blue in colour, with an unmistakable white rump patch. The female is a drab brown, often larger than the male, but still has the white rump patch. Its disc-like face resembles that of an owl and its long legs and tail make it easy to identify. A northern harrier's main diet is snakes, small rodents and occasionally small birds. I remember several years ago finding a nest at Black Creek in the area of the Independent grocery store. Unlike other species of hawks, this one likes to nest on the ground amongst red dogwood bushes or in long grass, usually in marshy areas. It is nice to see this bird nesting in such close proximity to a residential area.



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## Recipe

In attempt to cut back on pasta and potatoes this summer, I've been trying new salads. I love this one. It's a refreshing, flavourful, salad full of bold flavours of the Mediterranean. Fresh, seasonal, cucumber, tomato, parsley, red onion, feta, and baby arugula are tossed with an oregano lemon vinaigrette that can be served as a light, healthy, meatless main dish or a great side salad.



### Greek Cucumber and Arugula Salad

- 2 medium-sized cucumbers, sliced thin OR spiralized then roughly chopped
- 2 cups chopped tomatoes
- 2 cups baby arugula
- 1/2 red onion, cut in half then into thin slices
- 1/2 cup pitted kalamata olives, halved
- 1/3 cup crumbled feta cheese
- 1/3 cup chopped fresh parsley

### For the Oregano Lemon Vinaigrette:

- 1/4 cup extra virgin olive oil
- 3 Tablespoons fresh lemon juice
- 1/2 teaspoon dried oregano
- 1/2 teaspoon honey
- 1 garlic clove, pressed or minced
- salt and pepper

Combine all salad ingredients in a large bowl. Add oregano lemon vinaigrette ingredients to a bowl or mason jar then whisk or shake to combine. Pour over salad then toss to combine and serve.



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**Musicians Needed** - Christian contemporary band needs lead guitarist and bass guitarist. Contact 705-665-3455.

**Toastmasters** - Develop communication and leadership skills. Learn to think quickly and clearly on your feet Mondays 7:00 - 8:30 p.m. at the Espanola Hospital board room. Call Katherine for details 705-507-3623 or visit our website <http://602922.toastmastersclubs.org>.

**Espanola Seniors Club**—Come join the seniors club and enjoy all of our activities—exercise, euchre, cribbage, bridge, quilting, knitting! Phone 705-862-7206 for schedule and information.

**Al-Anon Meetings For Families and Friends of Alcoholics** - Meetings are Tuesdays at 7:00 p.m. at St. George's Anglican Church, Espanola. Call 705-869-2505 or 869-6595 for information.

**AA Meetings At St. George's Anglican Church** – Tudhope St., Espanola, Wednesday at 8:00 p.m. and also Thursday at the United Church at 8:00 p.m.

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**Wednesdays at 3:00 p.m. 25 Word Limit.**

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