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**Camp Day 2020
With A Difference**



By *Rosalind Russell* - Tim Hortons hosted Camp Day 2020 on August 12th after having to change up the usual early June date due to COVID-19. Espanola owner Denis Lefebvre says the support of the community has already been phenomenal with the local outlet placing second in the country for the advanced sale of bracelets, selling out their 2,700 plus stock in less than a week, McKerrow was in third place. More bracelets are coming in and can be purchased until the end of the month. Meanwhile, all the proceeds from the sale of hot and iced coffee went towards the fund to help disadvantaged youth attend an eight-week virtual leadership program.

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Paramedic Memorial Bell Tours Local Area



The Paramedic Memorial Bell stopped on Manitoulin Island and in Espanola Wednesday, August 12. Elliot Lake also hosted the tour the day before says volunteer Gregor Thimmig. He adds the bell has several stops throughout Ontario. He says the bell recognizes paramedics, dispatchers

and others who have lost the battle with PTSD and psychological injuries to suicide, as well as those who have fallen in the line of duty. Thimmig says the formal ceremony includes an honour guard and the reading of the names with the bell tolled after each name is read.

Safety Is Paramount In The Opening Of Espanola Pool & Fitness Centre



With the reopening of the Espanola Regional Recreation Complex also comes COVID-19 protocols to ensure public safety. Joel Yusko, the manager of leisure services says the pool and fitness centre has been re-opened but is using a phased-in approach following the provinces Stage 3 Opening Plans. He adds to ensure physical distancing users in both the pool and fitness centre will have to pre-book and drop-ins will not be accommodated. Additionally, he adds some of

the equipment from the fitness room will be moved to the larger auditorium to provide plenty of space and all touch-surfaces will be frequently cleaned. He adds the phased-in approach will be monitored and evaluated to streamline and build on the initial service levels. For more information, check out espanola.ca or call the complex. Reopening schedules and details are posted on the website. For information contact Leisure Services at 705-869-1961.

Espanola Council Approves Draft Site Plan For Motel Renovation, Addition Of Small Mall

Espanola council has given its approval to a draft site plan that will see a local motel renovated and an addition of a small mall. Polly Investments submitted the plan to council to renovate the Queensway Motel, which suffered extensive fire damage in two

separate incidents in July and September of 2017. The company is also including a new strip mall which will house six businesses. No timeline was provided as to when the work will be carried out. A bylaw must now be passed to approve the plan.

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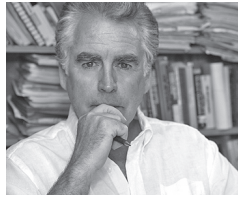
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How Hot Was July? We Lost The Weather Channel To A Wildfire!

Have you noticed it's been a tad warm this summer? According to Environment Canada, July was the hottest month in Ontario since they began keeping records 84 years ago. Whereas normally we might suffer through the heat and humidity of six or seven days in July which hit a high of 30° Celsius or more--last month registered 17 days above that mark and two at 29°. The humidex pushes those temperatures up to the point where 19 days last month felt like 42° Celsius.

This summer will be hotter than last summer which was hotter than the previous summer and so on and so on. Suffice to say we are nearing record daytime high temperatures previously only experienced in Hell. Last month at the Furnace Creek Ranch in Death Valley, California, which once hit a record-high 56.7°C (134°F), the thermometer registered: "Are you freakin' kidding me?"

In the last ten years our summers have gone from 'normal' to 'tropical' to 'broil.' Even scientists, not known for hyperbole are using words like "sweltering" and "unrelenting". They predicted these staggering rises in heat, ocean levels and Arctic melting but their pace was way off.

Said Miriam Diamond, an earth sciences professor at the University of Toronto: "Even climate modellers have

been taken aback by the speed at which the globe is heating up." The world is melting and flooding at such a high rate, scientists compare it to the pandemic-- what we do today affects what happens in two weeks.

Yet, from that dark well of global self-annihilation springs a single ray of hope--you can always count on me to cheer you up! So leapfrogging past the scientific evidence, really Bill, how hot was July?

Well, last month it was so hot in Toronto that the Kielburger brothers who own and operate WE Charity were handing out water to the homeless...at a buck a bottle.

In Toronto guns were so hot to handle, gang bangers agreed to stop shooting each other until after Labour Day.

In Toronto, it was so hot inside the NHL bubble, Gary Bettman was seen stretched out on a bed of ice inside a beer cooler.

It was so hot in Mississauga, the Dickie Dee Ice Cream guy had to fight off Hazel McCallum with a Super Soaker water gun.

It was so hot in Hamilton, a guy fried an egg on a downtown sidewalk while his wife cooked sausages and hash browns on the curb.

It was so hot in Bracebridge, Ontario, that the guy who keeps going through

Continued on page three...

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Continued from page two...

Tim Hortons Drive Thru naked, purposely sat on an iced cappuccino.

It was so hot at Queen's Park, Premier Doug Ford added "Free Ice Cream!" to his plan to get children back to school.

It was so hot in Ottawa and Montreal, all the Trudeaus were mysteriously speechless

It was so hot in Ottawa, Finance Minister Bill Marneau took his family on a vacation to Iceland but this time he paid for it himself.

It was so hot at Rideau Hall, Governor General Julie Payette was seen chasing an employee around with her belt and they were both walking.

It was so hot in the White House all the air conditioners broke down except the one in the President's bedroom causing Melania to sleep with him.

It was so hot in Washington, "The Stable Genius" in the White House slapped a 10% tariff on the import of sunscreen.

It was so hot in New York, ViacomCBS changed the name of their popular animated show to SpongeBob SweatPants.

It was so hot at CNN, Wolf Blitzer announced 'Breaking News' from within the

cafeteria's fridge.

It was so hot in Hollywood, Kanye West was drooling over Kim Kardashian through a strainer of crushed ice.

It was so hot all around the world last month, the COVID-19 pandemic was trying to spread itself to Antarctica.

It was so hot in Florida, beach partiers began self-distancing just to avoid bad body odor.

It was so hot in Wainfleet, the Jehovah Witnesses were coming to your house by Zoom.

It was so hot at Popeyes Chicken in Welland, one customer spotted a hen laying an omelette.

It was so hot in my backyard, I saw a squirrel pick up a walnut and he was wearing an Ove Glove. I t was so hot inside my house, the air conditioner puked on the rug.

And finally, in the last few days I've been hydrating so much, I'm down to non-alcoholic beverages.

Books written by William Thomas are available at www.williamthomas.ca and delivered by Canada Post. Comments: williamjthomas@gmail.com



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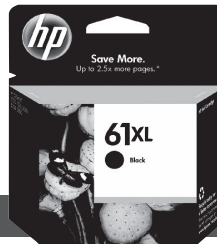
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OBITUARY



With heavy hearts the family announces the passing of Rodney James LANDRY of Espanola.

Visitation will be held on August 24, 2020 from 7 – 9:00 p.m. at the Bourcier Funeral Home in Espanola.

Internment August 25, 2020 – 11:00 a.m. at the Espanola Cemetery. Light lunch to follow at #83 Hwy 17 West. If so desired, memorial donations may be made to the MSICU (Medical Surgical Intensive Care Unit) at Toronto General Hospital.

Rodney passed away peacefully at Health Sciences North on Saturday, March 14, 2020 at the age of 40, surrounded by loving family and friends. Dear son of James (Jim) Landry (friend Carolyn) of Espanola and the late Nicole Brunet. Devoted grandson of Dolores and the late John Landry of McKerrow, and the late Lucien and Aurore Brunet of Sudbury. Loving father of Brooke, Arielle, Joseph and Ava. Very dear brother of Kyle (Tamara) of Victoria, B.C., and Tanya (Ron) of Espanola. Loving uncle to Jesso and Dawn of Espanola. Rodney is also survived by many aunts, uncles, cousins, family, and dear friends. Rodney was a loving and caring person with a kind heart who was always willing to lend a hand. He enjoyed being in the kitchen, whipping up unique creations and entertaining his family and friends. With his gift to gab, he was never at a loss for words and had the ability to take a short story and turn it into a novel. His sense of humour was contagious and will be greatly missed, and our memories of him playing guitar will be music to our ears. Rodney loved being on the road whether it be just going for a cruise or being behind the wheel of a big rig. Keep on trucking...

COMMUNITY NOTES

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Wild Tea

Did you know that a number of common plants can be brewed into tasty teas with medicinal properties?! It's true! This is something I've been playing around with - not only using plants from my garden, but also from the forest around my house. The instructions are simple, combine a handful of washed, fresh herb/plant with 1-4 cups of boiling water, let that steep, and enjoy! Here's a look at are a few different plants I've been experimenting with:



Wild Strawberries/Blueberries/Raspberries: Beginning with something a little obvious - any of these berries AND their leaves can be used to brew a tea with an herbal berry flavour.

Birch: Young birch twigs and leaves can be used to make a winter-green tasting tea that is thought to be helpful in treating inflammatory conditions like arthritis.

Bee Balm: This one you might find in your flower garden - but it can make a delicious earl-grey tasting tea. Bee balm's believed benefits are relaxation, pain relief, and digestive support.

Red Clover: This one's not just for the bees! Clover adds a nice sweetness to teas and is believed to treat hormonal issues, especially symptoms of menopause and PMS.

Remember, never ingest a plant you are not 100% sure of. If needed, ask for help when identifying your plants. Have fun!

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

Have a happy hippie week!

Recipe

It doesn't get much simpler than the following recipe, but sometimes even the simplest of recipes are the tastiest. If you grow yellow beans in your garden like I do, then you know as much as you love them, there's always an ample supply of them. I boil them, steam them, add them to soup and stews, pickle them and share them with friends. The other night after picking some from the garden, I quickly looked for a different way to serve them and found the following recipe. It's very basic, but the buttered, toasted crumbs added a nice nutty, crunch to them. We enjoyed them and I hope you do too.



Wax Beans With Buttered Bread Crumbs

- 4 Cups of whole fresh wax (yellow) beans
- 1/4 cup of butter
- 1/2 cup of white bread crumbs (I used Panko Bread Crumbs)
- Salt, to taste

Wash and trim beans into thirds (or one-inch pieces). Steam the beans for 15 to 18 minutes using an electric steamer or double boiler. Melt 1/4 cup of butter in a frying pan over medium heat. Add beans and toss to coat in butter. Add 1/2 cup of white bread crumbs and continue to cook until bread crumbs are toasted (about another 5 to 10 minutes). Salt to taste.