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May 26, 2020 Issue #21 - Volume 24

## Espanola Therapeutic Park Open For Residents



*By Rosalind Russell* - A grand opening is still some time off due to COVID-19, but residents of the Espanola Long Term Care Home are enjoying the new Espanola Therapeutic Park.

Hospital publicist Terri Noble says the project was five years in the making, but with the warmer weather residents are finally able to enjoy the park, which includes benches and gazebos for their comfort.

She says the park is located at the rear of the hospital complex and spring planting is getting underway.

She adds the grand opening will have to be held later due to COVID-19, but the residents are pleased with their safe, enclosed space to enjoy a bit of sunshine and fresh air.

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**COMMUNITY NOTES**  
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**Massey-Walford Horticultural Society** - Due to the COVID-19 Pandemic, the Massey-Walford Horticultural Society will have to POSTPONE their annual plant/bulb sale, August Flower Show, and their monthly -held meetings. Until then.... "Be Safe, and Happy Gardening."

**Espanola Helping Hand Food Bank** - now accepting monetary donations by Interac e-Transfer. ehfb87@hotmail.ca

*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)

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## Chi-Cheemaun Will Sail Lake Huron

Ferry services between Tobermory and South Baymouth on Manitoulin Island are set to begin, but not for regular tourist travel.

The Owen Sound Transportation & Pelee Island Ferry Service will begin its spring season on June 1st with the MC Chi-Cheemaun, but with strict conditions.

In a release, the service says a Transport Canada Interim Order Respecting Passenger Vessel Restrictions due to COVID-19, only commercial and/or through travellers will be allowed on board.

Ferries that provide the most practical means to give passengers access to their domicile, residence or their place of employment, access to essential goods and services, transport cargo to resupply communities, business or industry, or provide other essential services, are permitted to operate.

It further states the restrictions are to reduce the spread of

COVID-19 on vessels carrying more than 12 passengers and prohibits operations such as tourism and recreation-related activities until at least June 30.

The 'big canoe' as it is commonly known will provide service for a limited number of commercial and through travellers from June 1 to June 30.

This early service is in support of the many commercial carriers who normally use the ferry to transit between regions of northern and southwestern Ontario and customers where the ferry is the most practical means of accessing their owned residences. The ferry service also provides an important second point of access to and departure from Manitoulin Island currently served only by the historic single-lane wooden swing bridge at Little Current. Ferry service will not be available for passengers engaging in tourism or recreational activities for the duration of the Interim Order.

In addition, all passengers will be required to bring and wear

face coverings for the duration of the crossing and must maintain a physical distance of two metres between themselves and other passengers and crew while onboard.

For the full list of requirements, click on the link [http://www.ontarioferries.com/wp-content/uploads/2020/05/OSTC-ChiCheemaun-Ferry\\_June-1-operation.pdf](http://www.ontarioferries.com/wp-content/uploads/2020/05/OSTC-ChiCheemaun-Ferry_June-1-operation.pdf)



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# All The World's A Circus

William Thomas

williamjthomas@gmail.com

## Lies, Scams And Snake Oil Cures Are Spreading Faster Than The Virus

As we prematurely open up our economy, thereby risking a second and more deadly wave, it's important to remain optimistic. I mean look at all the businesses that are thriving in this new and very nervous COVID-19 world--home wine delivery, landscaping companies, Netflix, Amazon, grocery stores, price gougers, money hackers, spies, scammers and the purveyors of false information.

International spies? According to our two intelligence agencies, CSIS and CSE, state-sponsored hackers have temporarily stopped trying to steal Canada's intellectual property secrets and are now focusing on our scientific research into a COVID-19 vaccine. The agencies did not specifically name China so as not to be labelled racist. Domestic skullduggery? Health Canada has had to publish a list of 101 products that make false advertising claims in treating or curing the coronavirus. For the record, vitamins, oregano oil and reiki treatments will not keep you from contracting the virus but laboratory tests have revealed that Ben & Jerry's "Wavy Gravy" ice cream is showing a lot of promise. Also echinacea does nothing to strengthen your immune system but St. John Wort, when taken with a coffee enema, can produce COVID-19 antibodies in people named John who do have warts.

I swear somewhere down the line a psychologist studying the history of human behaviour will rename this disease the "Duffus-2020 virus."

Air purifiers are being sold on Kijiji with the claim "save yourself and family from coronavirus." Look, if you're turning to an online flea market for something that will save your life, this respiratory contagion might not be your biggest problem. And if you think an "ozone lamp bulb" is going to protect you from the virus you might also want to go on Gwyneth Paltrow's

"GOOP" website and purchase a \$30 can of Psychic Vampire Spray. Life springs eternal from the Walking Dead.

No, neither chiropractic nor homeopathy will increase your chances of avoiding COVID-19 and mixing bleach with... folks, I'm not making any of this up...cow urine is only going to make the farmer fall down laughing and hurt himself when you show up at his door with a pail. And eating handfuls of garlic will likely drive away the first responders when you need them the most.

Taking MMS pills (Miracle Mineral Supplements) which contain chlorine dioxide will likely only result in a bad case of vomiting and diarrhea which are symptoms even COVID-19 doesn't offer! In a world where last month's gin maker is now a producer of hand sanitizer and toilet paper is more valuable than Alberta crude oil, it's easy to be confused. Let's not forget that after President Donald Trump suggested people should somehow insert a UV light bulb into their bodies, none who tried that became immune to COVID-19 but a lot of them were walking funny the next day.

With the COVID-19 death toll in the United States approaching 100,000, many Americans are still treating this silent and invisible killer as the common cold. The Canada Border Services Agency has turned back more than 3000 Americans trying to cross into Canada for purposes of "tourism and sightseeing." Note to Americans: "pan", Greek word meaning "all encompassing" and "demic" meaning "kill you as soon as look at you." "Pandemic"--the last word you might ever hear before the room goes dark!

Scammers in the United States are selling "blood and saliva samples from coronavirus survivors" as antibodies

*Continued on page three...*

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Continued from page two...

as well as online virus tests. People are being blackmailed for "having been caught" having online sex. Payments are huge and only in Bitcoin. All manner of Americans are applying for a piece of the federal government's three trillion dollar stimulus fund. My favorite is a reality TV star in Atlanta, Georgia who applied for a Paycheck Protection Program payout for small businesses...and got it! Arkansas Mo of the show "Love & Hip Hop:Atlanta" requested just over \$3 million and received a cheque for just over \$2 million.

No moss growin' on Mo, the rapper quickly cleared his overdue child support payments, leased a Rolls Royce and bought \$85,000 worth of jewelry. Well hell yeah, what else was he going to do with the money? He didn't have a small business! No longer in need of money, Mo is going to a place where cigarettes are used for currency.

Forget Mo, I want to meet the bureaucrat at the Department of Treasury who issued the cheque.

"Hey Bob, whatcha workin' on?"

"I'm screening applicants for the Paycheck Protection Program."

"What's that one?"

"Oh this guy's a rapper named Arkansas Mo who's asking for \$3,175,000."

"Gawd, you're not going to give it to him, are you?"

"Oh no, just giving him \$2,149,000. Something about this sounds fishy."

The most efficient use of masks can be seen during those White House briefings where everyone except Trump are now wearing them. Dr. Anthony Fauci and Dr. Deborah Birx will tell you it's for their own protection but the real reason is that as the president prattles on promoting hydroxychloroquine, he can't see them giggling.

To my mind we are opening up Ontario way too soon. It's like the pineapple on pizza theory:--just because it's legal doesn't mean you should try it. Old school, old rules and still whatever you do...don't.

Books written by William Thomas are available at [www.williamthomas.ca](http://www.williamthomas.ca) and delivered by Canada Post  
Comments: [williamjthomas@gmail.com](mailto:williamjthomas@gmail.com)

## Schools Out Until September, Virtual Learning Continues

Premier Doug Ford says he's not going to risk it.

He's announced that publicly-funded schools will remain closed for the rest of the school year due to the COVID-19 outbreak.

On-line learning by teachers will continue, with every student receiving a report card for the year.

And Ford says high school

students who were on track to graduate before schools were closed in mid-March will be able to.

Education Minister Stephen Lecce says classes will resume in September, but our schools won't look the same.

He says protections will be in place such as physical distancing by the end of June.

## SNOLAB Scientists Working On A Simple Emergency Ventilator

SNOLAB scientists in Sudbury have partnered with international peers to design software for an alternative to the standard mechanical ventilator in response to industry shortages and international need due to COVID-19.

The project began when Italian physicist Dr. Cristiano Galbiati was quarantined in his home by the pandemic and quickly realized the need for additional ventilators.

He says the Mechanical Ventilator Milano is a simpler form of artificial respirator that uses pressure management rather than a standard motor.

As part of the project, SNOLAB is working on the software for the new ventilator. He adds its open-source design is currently undergoing testing for final verification to achieve medical certification in the USA, Canada, and Italy, with production expected once approvals are finalized.

The idea was to create a simplified, more affordable design relying solely on the

medical air or oxygen available in Intensive Care Units as well as an external power source. To make it easier for countries to reproduce the product within the constraints of their existing supply chains, it was also designed using off-the-shelf-components, meaning those already being produced.

Canada became involved in the project by late March, through Galbiati's pre-existing relationship with fellow member of the Global Dark Matter Collaboration, Nobel laureate and former director of the Sudbury Neutrino Observatory, Dr. Arthur B. McDonald.

McDonald rallied the efforts of Canadian physicists behind the cause, including representatives of the SNOLAB, Chalk River Laboratories, Canadian Nuclear Laboratories and the TRI-University Meson Facility.

In addition to sitting on the international committee, SNOLAB has also taken leadership in facilitating communication between the groups as well as sharing information on the project.

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## OBITUARY



**Merchant – Kathryn Diane** of Espanola formerly of Sturgeon Falls passed away with family by her side on May 17, 2020 at the age of 74. Dear daughter of the late Patrick & Isabelle (nee Cockburn) Merchant. Loving mother of Todd Gingras (Sylvie) of Nairn Centre, Alan Gingras (Brigg) of Nairn Centre, Geoff Gingras (Ruth) of Lively and Terri Gingras (Tony) of Espanola. Cherished grandmother of Caitlin, Britany, Jordan, Carly, Alex, Cassie and Olivia. Dear sister of Jim Merchant (Gloria) of Buck Lake Alberta and the late

Lee Merchant. Also, will be sadly missed by many friends & relatives. Cremation with interment of ashes at a later date. If so desired, donations can be made to the Alzheimers Society. Arrangements by BOURCIER FUNERAL HOME Ltd, Espanola

## THANK YOU

### Thank You

We would like to extend our heartfelt appreciation for the support, sympathy cards, phone calls, and donation of food from family, friends and the community after Ruth's passing.

A very special thank you to Rev. Beverly van der Jagt for the prayers at the graveside and to the staff of the Espanola Regional Hospital for their care and support.

*Cor, Trevor, Carla & Families.*

## Ontario Northland Bus Service Introduces A New Route

While there is still reduced bus service throughout the North, Ontario Northland has scheduled a new route.

Communications director Renee Baker says the new route from Sault Ste. Marie to Thunder Bay, and then onto Winnipeg was slated to start in mid-April but was delayed due to COVID-19. She says two buses arrived in Thunder Bay Tuesday, May 12, from Sault Ste. Marie as part of a

training program from staff.

This is the first time the company will provide busing outside of the province.

Baker adds the first bus left Thunder Bay for Sault Ste. Marie at 2:00 pm on Sunday, May 17th, with a return trip scheduled to arrive in the city the following morning.

Rates, schedules and times are all available on their website <http://www.ontarionorthland.ca/>

## Two Major Sudbury Events Cancelled

Two of Sudbury's biggest festivals have been cancelled due to COVID-19.

Sudbury's Up Here Urban Art and Music Festival and Northern Lights Festival Boréal organizers are the latest to announce they will not be hosting their events this year.

Up Here was originally set for August 14th and Northern Lights four-day festival set for July 9th will be postponed until next year.

Northern Lights is offering three options for refunds, convert the

admission into a donation for next year's event, since it is a registered charity, roll over to the 2021 event or apply for a full refund.

Up Here will be issuing refunds to all passport holders requesting them or accept them as donations. For the Northern Lights festival more information regarding refunds and donations can be found at [nlfb.ca](http://nlfb.ca), on NLFB's social media pages, or by emailing [marketing@nlfb.ca](mailto:marketing@nlfb.ca).

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2. Only applicants who will be receiving an interview will be contacted.

Applications can be emailed to:  
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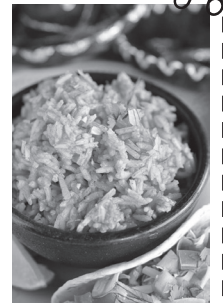
## Recipe

This recipe is extremely easy to make and is the perfect side dish for all your Mexican meals. I make it to accompany fajitas and tacos. It doesn't contain any extra fillings, so even picky kids will like it.



### Easy Mexican Rice

- 2 tablespoons vegetable or canola oil
- 1 cup uncooked long-grain white rice
- 1 1/2 cups chicken stock or broth
- 8 oz. can tomato sauce
- 1 teaspoon chili powder
- 1 teaspoon garlic salt
- 1/2 teaspoon ground cumin



Heat the oil in a 4-quart saucepan over medium-high heat. Add the rice and cook until translucent (somewhat clear) about 3-4 minutes; stirring frequently. Add the rest of the ingredients and bring to a rapid boil over high heat. Cover, turn the heat down to almost low (a little less than medium low) and cook for 25 minutes. Remove cover and let stand 2-3 minutes before fluffing with a fork.

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.



As much as I love the budding trees and seas of green in my backyard, I do NOT love the black flies that come along with them. Working in my garden has been almost impossible and not to mention, very itchy! I've been testing out some options for natural bug repellent and here's what I've found:

- To no surprise - I've found citronella essential oil to be quite effective. I combine about 5-10 drops with coconut oil and rub it on all exposed skin. Smells delicious too!
- If you have a spray bottle on hand, try mixing 30 drops citronella oil, 20 drops lemon eucalyptus oil, 20 drops lavender oil, 10 drops rosemary oil, 1 tbsp vodka or rubbing alcohol, 1/2 cup vinegar, and 1/2 cup witch hazel or water. Mix and spray generously!
- Lastly, if you're dealing with pesky flies in your house or camping tent, try sticking 10-20 cloves in half a lemon and place them around entrances. Flies can't stand the smell of this combination.

\*Note: these natural options won't last as long as their chemical alternatives. So reapply often and liberally!

Have questions or comments? Feel free to forward them to [jaymie@localhippie.net](mailto:jaymie@localhippie.net)  
Have a happy hippie week!