

## Editor's notes:

July 2007, Volume 22-11

*Come ye into the summer woods;  
There entereth no annoy;  
All greenly wave the chestnut leaves,  
And the earth is full of joy.*

-- Mary Howitt

School is out and the holidays are on! Could anything be finer? Enjoy your holidays, enjoy your kids -- both disappear very quickly!

This month you can help celebrate the following:

**Canada Day, July 1** -- Canada celebrates its 140th birthday this year. The holiday commemorates the date in 1867 when the British North American provinces united to form confederation. Canada's national anthem, "O Canada," was adopted on Canada Day, July 1, 1980, 100 years after it was composed.

**American Independence Day, July 4** -- This day celebrates the adoption of the Declaration of Independence. When the original 13 colonies declared their independence back in 1776, the country had a population of 2.5 million; as of July 4, the population will be nearing 300 million. It is estimated that approximately 68 million Americans will attend a July 4 barbecue to celebrate this day.

**Koko the gorilla's Birthday, July 4, 1971** -- Koko turns 36 today. The 300-pound ape is famous for learning more than 1,000 words in sign language. She refers to herself as a "fine animal person gorilla."

**Halfway point of 2007, July 2** -- At noon on this day, there will be 182.5 days left in the calendar year.

**Tour de France begins, July 7** -- More than 15 million spectators line the route of the famous bike race that weaves through the French countryside and parts of the Alps; 2 billion view the race on television. The race ends on July 29th.

**Running of the Bulls, July 7-14** -- As part of the festival of San Fermin, each morning young men race through the streets of Pamplona, Spain, "escorting" to the bull ring the bulls fighting on that day.

The Pamplona bull run takes place at 8:00 a.m. every morning. Runners must be in the running area by 7:30 a.m. The actual run stretches from the corral at Santo Domingo where the bulls are kept, to the bull ring where they will fight that same afternoon. The length of the run is 825 metres and the average time of the run from start to finish is about three minutes. The streets through the old town which make up the

bull run are walled off so the bulls can't escape. Each day six fighting bulls run the route as well as two herds of bullocks.

Tension builds as the release of the bulls approaches. At 8:00 a.m., a rocket is fired to confirm that the gate has been opened at the Santo Domingo corral. Runners dressed in white with a red handkerchief around their necks pray to San Fermin, then a second rocket announces that the bulls have left. Bulls and the runners then proceed along the route.

A third rocket is set off once all the bulls have entered the bull ring and the fourth, and final, rocket means that the bulls are now in the bull pen and the bull run has finished.

The vast number of people taking part in the bull run nowadays adds to the already considerable danger of running alongside wild bulls weighing in the region of 700 kg each. Too many drunks taking part increase the risks for everybody. There are plenty of security guards and first aid personnel but there is little they can do during the running of the bulls. Fifteen people have died and over 200 been seriously injured since 1924.

## Starry Impressions

Legend has it that in May 1927, actress Norma Talmadge accidentally stepped in a wet concrete slab in the forecourt of Grauman's Chinese Theater in Hollywood, launching a tradition that scores of celebrities have followed over the ensuing years; leaving hand and foot prints in what is probably the most famous sidewalk in the world. The theater's historical record differs from Hollywood legend and cites Mary Pickford and Douglas Fairbanks, Jr., as contributing their prints a month before Talmadge. Whatever the tradition's origins, the forecourt draws more than two million visitors a year.

Today, Grauman's is owned by Mann's Theaters, a Southern California movie chain. Stars who want to add their prints make their request through their film studios, which contact Mann's for approval to hold a handprint ceremony.

You can also find these impressions in cement:

- Groucho Marx' cigar
- Hoof prints from the horses of Gene Autry (Champion), Roy Rogers (Trigger), and Tom Mix (Tony)
- Betty Grable's legs
- John Wayne's fist
- Tread marks from the Star Wars' robot R2D2
- Nose prints from Jimmy Durante and Bob Hope
- Whoopi Goldberg's braids

## The Benefits of Water Aerobics

If exercising during the hot summer months isn't appealing, water aerobics may be the answer for you. Water aerobics classes are offered at many community pools and recreation centres. Water, being 12 times more resistant than air, gives your muscles a better workout and burns more calories than similar movements on dry ground. But because the water makes you buoyant, your joints and muscles are subject to far less stress. Studies show that buoyancy reduces the risk of injury, making water aerobics a good choice for overweight individuals and those who have arthritis or other joint problems. Plus, the water keeps you cool.

## Grilling potatoes

Here's an easy way to add potatoes to your summer grilling menu; Wash unpeeled potatoes and slice thinly. Place a small amount of butter (1/2 teaspoon or so between each slice, sprinkle slices with garlic, salt, pepper, and parsley flakes. Wrap each sliced potato in a piece of aluminum foil and place the packet on the grill. Cook approximately 30 to 45 minutes, turning the packet frequently.

## Negotiating around an impasse

If you're involved in a heated negotiation, and the other party won't budge or compromise, Mark McCormack, author of *What They Didn't Teach You at Harvard Business School*, says it often pays to retreat momentarily rather than to force the issue and risk losing the entire deal. "Tell the other party, 'Clearly, we've reached an impasse -- let's adjourn for a few hours/a day/until next week to give each of us a chance to review the situation and start again.'"

## Three Times is the Key to Remembering Names

Lynda Goldman, author of *How to Make a Million Dollar First Impression*, says it's common to forget people's names when you first meet them. "You are thinking about your own first impression and what you will say to the other person, so you're not really focused on what they're saying to you."

To deal with this problem, she suggests using a new name three times. For example, you can say, "Nice to meet you, Helen. Later in the conversation, you can say, "Have you been to this conference before, Helen?" When parting, "It's been nice speaking with you, Helen."

## Sea Fever

*"I must go down to the seas again, to the lonely sea and the sky,  
And all I ask is a tall ship, and a star to steer her by."* -- John Masefield

Ahoy there, Maties! Can you match these sailing terms to their definitions?

- |                   |  |
|-------------------|--|
| 1. aboveboard     | A) The ship's emblem or flag of nationality                                      |
| 2. batten down    | B) Ship's record of navigation   |
| 3. bow            | C) To leave the ship and go ashore   |
| 4. colours        | D) Fin-like steering device below the water line                                 |
| 5. (to) disembark | E) Port of place exempt from customs duty  |
| 6. free port      | F) Trail of disturbed water behind a moving ship                                 |
| 7. knot           | G) Front or most forward part of the ship  |
| 8. log book       | H) Unit of speed   |
| 9. rudder         | I) Areas of the ship above the water line  |
| 10. starboard     | J) Side of the ship towards the wind   |
| 11. wake          | K) To secure open hatches or equipment likely to fall while the ship is underway |
| 12. windward      | L) Right side of the ship  |

11: 2K: 3G: 4a: 5C: 6E: 7H: 8B: 9D: 10L: 11F: 12J  
Answer key

