Councillor wants Town ban on some plastics

Conversation about eliminating single-use plastics begins Monday

He has given notice of a motion he plans to make to council Monday, which will open the conversation about reducing the use of plastic, he says. He is asking for a staff report, hoping it will lead to a bylaw that will eliminate those three items from municipal buildings. He chose to start with them because they are easily replaced — straws can be made of paper, stir sticks of wood, and utensils of metal. "I'd like to start with those, and I'd also like to work with retailers and other businesses. I'm not rushing into this but I'm putting it out there that we need to do something." Arsenault was one of the volunteers who helped clean up the town waterfront Sunday, he says, and the amount of garbage, especially plastic, "was a real eye-opener. We need to get started on this." Under the Municipal Act, the Town has the right to ban use of plastics if it chooses, as is happening across the country, he says. "This isn't something new. We might be the first municipality in the region, though. Somebody's got to take the leadership role." Other Niagara municipalities have banned single-use plastic straws and stir sticks, including Niagara Falls and St. Catharines, and have included municipal facilities and events, but not businesses. Both cities approved motions on the ban unanimously. Niagara Falls recommended regional council be encouraged to endorse it as well.

Continued on page 3

We’re overflowing with colour for Mother’s Day

At the Hanging Basket Capital of Niagara!

18 Carlton St., Niagara-on-the-Lake

OPEN Monday to Saturday

CLOSING Sunday’s “Our family day.”

www.sunshine-express.ca
Lauren O’Malley
The Local

Twenty-two months ago Lisa Daugharty lost her son, Shaw actor Jonah McIntosh, to suicide. This weekend she’s coming to Niagara-on-the-Lake to teach a mental health first aid course.

“When Jonah passed, I just felt like I needed to do something to help people. I just felt like this is something he would have wanted me to do,” says Daugharty. “I wanted to honour his memory by doing something positive.”

Out of curiosity and professional interest, the Bowmanville-based, full-time police officer participated in a mental health first aid course offered by Mental Health First Aid Canada not long after her son’s death. “Afterwards I spoke with the instructor and she said, you were so knowledgeable — would you consider being an instructor?”

Daugharty contemplated the idea, and ultimately went through an arduous and expensive application process. “In June 2018, I was accepted to take the instructor course in Ottawa,” she says. “My skills were well-adapted to the program. I went to school for nursing, and then became a police officer specializing in domestic violence — and also had the life lessons of losing my son to suicide.” She says she also had the credibility of 21 years on the police force.

“Now I teach. My goal is to improve education and awareness, and to reduce the stigmatization of mental illness,” she says. “The main reason people don’t get help for mental health issues is shame. If I can get the word out that it’s okay to talk about mental health, then I’m helping people.”

“If I can just help one person not go through what my family did, then I’ve done something right.”

She describes the course as akin to CPR for the psyche. “It’s like physical first aid, but for mental health.” The course will teach participants about assessment; giving reassurance; knowing when you can help; and when you need to call 911; communicating effectively — what to say, what not to say; and general awareness of mental health issues. She will use case studies, working through dos and don’ts, she says. The course is one of a series offered by MHFA.

According to Daugharty, this one is the basic course, with the addition of two hours of instruction specifically directed toward people who interact with youth. “One hour is dedicated to deliberate self-injury — which is common in youth; and one hour is dedicated to eating disorders — also common in youth.”

The course will be held at the Shaw Festival Theatre. Megan Gilchrist, the Shaw’s education coordinator, reached out to Daugharty and asked if she would be willing to come to NOTL to teach Girl Guide leaders, as well as any Shaw staff who might be interested. Daugharty says Gilchrist found out about the course through a mental health support Facebook page Daugharty started after her son’s death: The Book of Jonah; Mental Health First Aid Education and Public Speaking.

Returning to the Shaw Ma,...
Region should come onside with plastics ban

Continued from page 1

Arsenault wants to talk to retailers about raising the cost of plastic bags used by businesses, and possibly instituting a fee on plastic cups. Any extra revenue above what is already being charged would go into a fund to be used on environmental issues, he says. But the Region would have to be on board — he doesn’t want NOTL restaurants and retailers to feel they are at a disadvantage in their businesses. He hopes Lord Mayor Betty Disero will begin that discussion with the other Niagara municipalities.

Arsenault says he would prefer to educate people rather than force them to change through a bylaw, and he plans to roll out the ban in several stages, after consultation with those involved. When he makes his presentation at council Monday, he says he has some “serious numbers” to offer that will back up what he is saying, and will highlight the need for change.

“We can’t say this is someone else’s problem. It’s not. I don’t want to leave this up to our children or our grandchildren. We created this mess and we should work on fixing it.”

Tim Balasiku, the owner of Paddle Niagara and one of the cleanup organizers, went along the shoreline by boat to pick up garbage collected and bagged by volunteers. (Fred Mercnik)

Maddi LeBlanc of Paddle Niagara, Chelsea Brash, Rochelle Byrne and Ariel Archibald of Cleaner Future, and volunteer Stephanie DiMatteo picked up garbage along the waterfront Sunday. (Fred Mercnik)
Palliative care service ‘best-kept secret’

Lauren O’Malley
The Local

Bonnie Bagnulo says when she tells people what she does for a living, “their response is generally like a do in the headlights. ‘They say ‘Oh,’ and seem kind of dumbfounded. But then they do start to ask questions, and it does start a conversation.’

Bagnulo is the program manager at Niagara-on-the-Lake Community Palliative Care Service. She is also a professional bereavement counselling, with a degree in thanatology (the scientific study of death). It might sound like grim work, but Bagnulo sees it otherwise. “I’ll just to go a home and people are overwhelmed and joyful that we’re here to go alongside them,” she says.

The service is a local resource to help anyone with a life-limiting or life-threatening illness, from diagnosis straight on through, “whether they return to health or not,” she says. “We’ll guide them, and move along with them all the way through, at the very least as a sympathetic ear.”

Bagnulo says her bereavement journey began in 2002, with the death of her brother. “I had a lot of death in the family,” she says. “I saw that people tend to fall apart just when they should be falling together.”

The mother of two now-teenagers, Bagnulo says that “palliative” in this case is not just end-of-life — “it’s also emotional support, and of-fering help with anticipatory grief — felt when a loved one has been diagnosed with a life-limiting or life-threatening illness,” she says.

“Some situations can be a revolving door of services, with many people coming and going, and little chance for real connection — we like to re-move that revolving door.”

The local resource offers a number of services, including volunteer home visits or phone calls, for those who would rather not see or be seen by others. There are groups for people who want some understanding peer support, and two different lending libraries. The first is a collection of medical equipment, including wheelchairs, walkers, canes, shower benches, lift recliners, sheepskins and more. All of the equipment is available for free.

The second library is a thorough selection of books, CDs and DVDs on a wide range of topics, and is available to anyone who might need some help navigating the medical or emotional issues involved in complex diagnoses. Compassionate house, home or hospital visits are made by a squad, 30-strong, of trained volunteers, says Bagnulo. Hospice Palliative Care Ontario provides online and in-person training for visiting volunteers. “Ninety per cent of our volunteers are from NOTL,” says Bagnulo, adding they are always look-ing for more. She points out there is no more palliative care service in NOTL, since the hospital closed, so visit-ing palliative care has become that much more essential.

“We always need and welcome more volunteers. Any-one with a warm and caring heart is encouraged to take our training course,” she says. “The more lives we can touch, the more lives are enhanced.”

The service has decided another way to enhance the lives of people in NOTL is to offer education. This comes in the form of their library, and also through a series of workshops. It begins on May 16 with a session about advance care planning, led by a palliative pain and symptom management consultant. Up-coming sessions include caregiver relief (May 23); elder care Alzheimer’s, MAID (Medical Assistance in Dy-ing), and grief and bereave-ment, with a death doula. The workshops are free, and run from 1 p.m. to 3 p.m. in the auditorium at the NOTL community centre.

“We’ve partnered with the Niagara North Family Health Team for these sessions, which is a very good direction as far as building partnerships,” says Bagnulo.

Adding the palliative care service will be moving with the team to their new facilities.

Bagnulo says her bereave-ment journey began in 2002, with the death of her brother. “I had a lot of death in the family,” she says. “I saw that people tend to fall apart just when they should be falling together.”

Bagnulo was one of 153 people who applied for the job when steward leader Ter-ry Macaggrat stepped down from her position last year. “I feel so blessed. This posi-tion uses so many of the skills and services I have developed in other careers,” says Bag-nulo. She is happy to say she has Macaggar “in my back pocket” whenever she needs an answer she can’t find herself, and says the business was “a well-oiled machine” when she stepped into the full-time, paid position.

The stress and weight of the job can occasionally be over-whelming, and Bagnulo says sometimes she can’t help but be angry at the “stupidity” of disease and death, particularly among the young. “Every one of my clients touches me. We have to have a healthy line of detachment, but every one of our clients touches us,” she says. “One of the things I love about the job is that my house is 20 minutes from the office,” she says. “I have a great playlist, and I crank it in my car. I also love to walk and do yoga. I’m also tried to be surrounded by a huge team of loving, caring beings — it’s like being with your soul family.”

The service currently has approximately 94 clients, says Bagnulo. “Some we have had for five or six years.”

It’s also serving three long-term care facilities with teams of volunteers who go in for one-on-one visits. “They go in to check up on people, let them know how they are, pop in for 15 minutes to an hour.”

Pertinent to NOTL’s doc-umentation, another service provided is guidance through the maze of long-term care. “If there’s any way we can offer comfort and calm, we will,” says Bagnulo.

As Bagnulo says, “once you know the need, you know how to help. Once you’ve had an experience without sup-port and someone to help you sort out what’s going on around you, you want to get involved.”

If you’re feeling this, there are ways to do so beyond the compassionate care visits. “We always welcome help with light office work, fund-raising, or contributions to the lending library,” says Bagnulo. “People are welcome to do their own fundraising efforts. We can negotiate how we can help with them,” she says, adding that Rev. William Roberts of St. Mark’s church conducted his own fundrais-ing bike ride around town as part of the Healing Cycle Foundation.

“The funds go to sourcing more equipment, as well as providing education,” says Bagnulo. They also contribute to having volunteers trained, office administration costs, and building the library.

“None is immune: death touches every single life,” says Bagnulo.
Leonardo da Vinci has been credited with saying, “The human foot is a masterpiece of engineering and a work of art.”

In art form, these are the words you’re greeted with when you enter the clinic room of Audrey Wall, RN, owner and operator of Audrey Wall Nursing Professional Corporation. It’s a long name for a nursing foot care clinic, and not very imaginative, jokes Wall. In fact, Wall states she had another, catchier name picked out, but was informed by the College of Nurses of Ontario that in order to operate as a nursing corporation, there is no allowance for an operating name. ‘Audrey The Foot Nurse’ is so much easier to remember, says Wall.

Audrey Wall, NOTL born and raised and an RN for more than 25 years, has worked as a nurse in a number of capacities, and it was during her time at a Family Health Team that Wall was presented with an opportunity to add advanced nursing foot care to her resume. Never one to turn down an offer for more learning, Wall completed the education and found a passion for an area of nursing she hadn’t before considered.

“I've always loved the hands-on clinical aspect of nursing, really value health education and health promotion, and for me, nursing foot care provides an excellent way to bring these together. It’s rewarding for me personally and professionally, but the real beneficiary is the client I’m working with.”

Wall’s nursing foot care clinic is the first of its kind in the Niagara area, and focuses on bringing advanced nursing foot care to Niagara residents. So what does a foot nurse do? Wall provides care for calluses, corns, thick or ingrown toenails, and offers full regular and diabetic foot assessments and care. "People may be unable to see or reach their feet to care for them, and clipping toenails by feel can be a risky proposition; the potential for injury is quite high." Adds Wall, “People often become frustrated with thick calluses, corns or toenails, and look to creative, but potentially harmful ways to remedy the situation. Grinding or cutting tools found in a hardware store or in your garage can seem like a good idea but using these on one’s feet can be very dangerous. These tools aren’t designed to be used on living tissue.”

Wall’s clinic uses only medical-grade, state-of-the-art instruments, and utilizes a steam sterilization process following Public Health Ontario and Infection Prevention and Control guidelines. Additionally, Wall provides a novel, successful treatment for toenail fungus, and offers a carefully curated selection of compression hosiery, bunion socks and high-end foot care products.

As a regulated health professional, Audrey The Foot Nurse functions within the practice standards of the College of Nurses of Ontario, and is responsible to bring safe, reliable and affordable nursing foot care to her clients.

While not generally covered by OHIP, nursing foot care is often covered by private insurance plans, and may be included as a medical expense on income tax forms. “People are surprised when they find out I work with feet all day – and enjoy it. So many people don’t like their feet, or don’t like to touch or look at them. But if your feet hurt, it’s hard to be in a good mood. Great-feeling, healthy feet can make a big difference in how you feel.”

Providing advanced nursing foot care for residents of Niagara.

Audrey Wall Nursing Professional Corporation
7-600 Ontario St., St. Catharines, ON
T: (905) 938-3668 | F: (905) 937-3668
clinicalfootservices.ca

Registered Nurse Foot Care Services
Treatment for:
• calluses • corns • ingrown/thick toenails
• toenail fungus • diabetic foot assessment & care
• athletic compression socks & sleeves
• fashionable compression stockings
• foot care products
ALL AGES WELCOME!
Time to say thank you

How often do we hear — or read in The Local newspaper — about friends and neighbours who do meaningful work in town because they want to give back to their community? What is best about this town is its people, so many of whom use their time to make a difference for others.

Each has his or her own reasons for choosing to volunteer, but in Niagara-on-the-Lake, it is often about talented, skilled people who want to put their abilities to good use. Often people are passionate about certain causes, such as cleaning up the environment, or lending a helping hand to those less fortunate, and putting such caring into action is rewarding. It’s also an opportunity to meet new people, socialize, and, for those new to town, learn a little about their community and feel more a part of it.

Volunteerism has a long-standing history in town, but this year marks the first annual Lord Mayor’s Volunteer Awards. They acknowledge the accomplishments of residents who have chosen to give back to their community, and to show public appreciation for all they do. It is an opportunity to shine a spotlight on those who step up to the plate and get things done. And while we know the many people who are active in helping others in town don’t do so for thanks or recognition, it is important to reinforce their efforts and the value in what they accomplish. They are the ones who will motivate others to become involved and continue the legacy of volunteering, which contributes so much to making NOTL a great place to live, work and serve others.

If you work alongside an incredible volunteer who goes above and beyond what is required, or know someone who inspires others with their passion and dedication, take a moment to nominate them for public recognition. The deadline to submit a nomination form is 4:30 p.m. this Monday, May 13. The form can be submitted by email to Victoria Steele at victoria.steele@notllocal.com or it can be dropped off at the town hall.

For more information or to find an application form, visit https://notl.civicsweb.net/document/13890.

Penny Coles
The Local

We’ve grown again

The Local has settled into its new home. We are delighted with our new office in Virgil. We don’t have regular hours, but we’re here most days. We’re at 1596 Four Mile Creek Rd., in the former Hope and Harder office, across from the town hall. Thanks to all of you who have helped us get this far. We’re so appreciative of all the support we’re receiving. We don’t have a sign yet, but we will soon! — Karen Skeoch and Penny Coles (Photo by Helen Arsenault)

The NOTL Local acknowledges the land on which we gather is the traditional territory of the Haudenosaunee and Anishinaabe peoples, many of whom continue to live and work here today. This territory is covered by the Upper Canada Treaties and is within the land protected by the Dish With One Spoon Wampum agreement. Today this gathering place is home to many First Nations, Métis, and Inuit peoples and acknowledging reminds us that our great standard of living is directly related to the resources and friendship of Indigenous peoples.

LOCAL FINDS

Beautiful monument endures

Donald Combe
Special to The Local

Marble was always considered the perfect stone for both beautiful and enduring monuments. However, acid rain and other pollutants have not been kind and most of the marble monuments and markers in our cemeteries are so eroded they are no long legible. At the end of the 19th century, granite became the usual material for monuments, because of its durability. Now almost all stone monuments are granite. Here is an exception, apparently impervious to acid rain. This touching and beautiful monument to an enduring love remains and its message speaks powerfully. It is ironic that William Bartlett died on Valentine’s Day.

I don’t agree that all tourists and short-term rentals should be owner-occupied. There are over 100 homes licensed as cottages in NOTL. That brings a lot of tourist dollars to the area. Only allowing hosted properties (B&Bs) would exclude families and many people from coming and experiencing the town and the history. And that would take away a lot of tourist dollars from NOTL’s economy.

Jason Clements
Niagara Holiday Rentals

LETTERS

Many visitors to town enjoy the privacy of renting a home

Re: Short-term rentals impact neighbours (The Local, May 20), a letter which says, “a new short-term rental bylaw with teeth” is needed to resolve issues.

Tourism and agriculture are the number one industries in Niagara-on-the-Lake, and they are closely linked.

My wife and I are the owners of Niagara Holiday Rentals. We manage 25 short-term rentals in Old Town. We also own a bed and breakfast in Old Town. Without tourism, we wouldn’t be here, and very likely the town wouldn’t either.

I agree with local bylaws should be followed and all short-term rentals should adhere to fire and safety regulations.

I don’t agree that all short-term rentals should be owner-occupied. There are over 100 homes licensed as cottages in NOTL. That brings a lot of tourist dollars to the area.

Not everyone wants to host guests in their home, and many guests want the privacy and the chance to experience the town as a local.

Having access to the entire home allows someone to sit on the front porch, purchase food from a local farm stand, use the barbecue and cook a local meal.

Only allowing hosted properties (B&Bs) would exclude families and many people from coming and experiencing the town and the history. And that would take away a lot of tourist dollars from NOTL’s economy.

Jason Clements
Niagara Holiday Rentals
Listen to nature this spring and learn

My shoes are caked in mud, sitting by the vent, again. The little pieces of the gunk are breaking free from the tread, and are now polka-dotting the tile floor. It has been just another day for me since I’ve been back from Australia this March — between working at Heartland Forest on weekdays and running my hiking tours on weekends, I’m outside seven days a week. Those who know me can guess if I have a day off, week. Those who know me hiking tours on weekends, weekdays and running my.

Mayapples pierce up through the mud like a shrivelled umbrella, and then spreads like a wavy miniature palm tree a week later. If you pay close attention, there is a whole other code to follow in terms of when the berries appear, or the flowers open. It’s an unseizable driving force of natural cues that wakes up these plants, one by one. The tiny western chorus frog is one we have here in NOTL’s wetlands. It’s call resembles a fire alarm running through a comb, but reverberates with a high pitch that can dominate in wet farm fields and swampy forests at this time of year. At the same time, or shortly af-
ter, the spring peeper be-
gins calling. Leopard frogs and wood frogs are next in line — one sounds like an old man laughing at his own joke, the other like a quacking duck. In a cou-
ple of weeks, the green frog (truly, that’s what it is called) will start filling NOTL’s irrigation ditches with loud bellowing noises in the night. It’s the sign summer is around the corner.

I’ve always been fasci-
nated with these events in
nature, and how they tran-
spire right before our eyes at this time of year without failure in sequence.

We might wonder, why don’t all of these plants, frogs, and insects just ex-
plode out of the ground at
the same time on the first nice day of the year? To an-
swer that, we need to look
at our human world.

Humankind is forth-
right and culturally ac-
cepting of our competitive
nature. We can’t forget the subtle competitions that happen in nature every day, and how some forms
of competition are just more low-key than others.

For the plants and frogs to obtain ade-
quate water, sun, nutri-
ents, shelter — whatever
it may be — could you imagine what would hap-
pen if every living thing came out at the same time and tried to feed
in the world, and plant a seed? The ecosystem wouldn’t
be able to handle it, and there’d be too much competition for the neces-
sities. It’s almost as if nature, like a witch, has assembled all the kids in line, and said, “wait
your turn.”

Nature can be a teach-
er to us in so many ways, if we listen to it. It’s also about listening to the sci-
ence. Spring isn’t over yet, and as I challenged you earlier, keep an eye and ear out for spring’s fleeting magic before it’s gone.

And then, hello quito-
quites.

---

Interlibrary loan problem a symptom of mercantilism in book industry

King Louis XVI, the
King of France beheaded by guillotine during the French Revolution, made a surpris-
ing and unexpected appearance recently in On-
tario politics when protest-
ers set up guillotine on the lawn at Queen’s Park. Now if people want to draw upon 18th century al-
ternative in order to make po-
itical points in 21st century Ontario, then I would sug-
gest we look at King George III instead of Louis XVI.

King George III actually has something valuable to teach us about our current interlibrary loan crisis.

Contrary to the history-
textbook version of events, King George III knew there were 26 — not 13 — colo-
nies in the Americas at the time of the American War of Independence. Almost everyone today forgets to count all the Caribbean islands on which a small number of planters made a fortune producing sugar and molasses.

The mainland Amer-
ican colonists got smart and tried to beat the British sys-
tem. Instead of buying the extremely expensive sugar from the British Caribbean islands, they decided to buy the much cheaper sugar from the French Caribbean islands.

The British, an obstinate bunch, said, “no way! You
must buy your sugar from us!” The Americans said, “screw you,” and the rest, as they say, is history.

So what does all this have to do with the inter-
library loan problem in Ontario in 2019? That’s a good question; I am glad we remove the need for de-

divery vans or trucks when shipping books from one library to another one.

My argument is based on the assumption that the problem facing pub-
lic libraries can be described as a mercantilist problem. I believe this is a fair assump-
tion to make. I am certainly not the only one to make this assumption.

Just like the Americans who struggled in sugar from the French Caribbe-
an islands, I have struggled in this idea of mercan-
tilism from American law schools. See for example Glynn S. Lunney Jr., “Copy-
right’s Mercantilist Turn,” Florida State University Law Review 42, no. 1 (Fall 2014). It is free to down-
load, so “smuggling” this article into Canada is 100 per cent legal.

In conclusion, I hope readers see there is a much bigger problem in existence than simply a cutting of provincial funding for in-
terlibrary loans. The public libraries are handicapped by a system that prevents them from cheaply and ef-
ciently sharing informa-
tion. The copyright laws have turned mercantilist.

And that is the thing peo-
ple in Ontario need to have
guillotined.
St. Davids newcomer looking for volunteer work

Penny Coles
The Local

When Kyle Verhulst moved to Niagara-on-the-Lake about a month ago, he left behind a life of routine, contentment, and a volunteer job that shaped his days and gave him a feeling of purpose. The 36-year-old loves his new home, but he misses all he left behind. His parents, Dian-na, 69, and Adrian, 70, made the move from their hometown of Windsor for his welfare, and hope now to replace some of the activities he has left behind.

Kyle was born with Down syndrome, and although he is fairly independent and self-sufficient, they have to think about his future, when they’re no longer around to look after him, said Dianna.

His sister Katherine Sykes, a pilot, has settled here in NOTL with her husband, Jeff, of Sykes Landscaping. She will one day be Kyle’s legal guardian, said Dianna, “and we wanted him to be here closer to her, and to help her with her baby. It was important to us that Kyle get used to living here now, instead of it coming as a shock to him one day down the road, when we’re no longer here to look after him.”

Kyle is missing his routine, which in Windsor began each day with a walk through his subdivision to an Extendicare long-term care residence — he proudly displays the 15-year pin he earned before he left. His duties would start at 9 a.m., when he would deliver newspapers to the rooms of those who lived in the home. Kyle is a social fellow who smiles readily and loves to chat — he likes to ask questions of those he first meets, and listens intently to the answers — and it’s easy to understand why he loved to leave the house each morning to go to a job he took very seriously, and thoroughly enjoyed.

His final job of the day was to clear off the tables after lunch. When that was finished, he’d head home for the day. In between he would visit with residents, and became friends not only with them but with their family members who came to visit, he said. He also had a friend from high school named David, a paraplegic, who was an Extendicare resident, and Kyle spent some time every day with him. “I miss David,” he said. “I miss Extendicare.”

Kyle would like to find a volunteer job in NOTL, something that would get him out of the house and meeting people. Although he loves his new Cannery Park home with the view of the vineyards across the street, and his own space downstairs, he misses getting out and meeting people. He likes to watch TV and listen to music, but he wants to do more than that.

He loves to cycle — for the last 12 years he has participated in a two-day, 150-kilometre ride to raise money for MS from Grand Bend to London and back, always with a family celebration at the end of the ride.

“When he was young, I was always determined for him to learn to do the things other kids could do, including riding a bike,” said Dianna. That didn’t come easily for him, but by the time he was 10, we were coming to Niagara-on-the-Lake and riding along the parkway. We did the point where he could — and Dianna is looking for a league he can join in Niagara. And since the family skies, he skis with them, she said.

But most of all, he added, “he needs a job. He needs something that gets him out and makes him feel useful again.”

“He’s independent, very social, loves to talk to people, and he’s very capable.”

Kyle Verhulst hopes to find a rewarding volunteer position that will give some structure to his days and make him feel useful again. (Penny Coles)
The annual Live Well Health and Wellness Fair, held at Whiteoaks Conference and Resort Spa this weekend, celebrated healthy living with experts and vendors in the wellness industry. McKayla Spinosa from NEOB, dressed up as lavender, was on hand to talk about the health benefits of the plant, used for aroma therapy and in bath oils. (Fred Mercnik)

An event recognizing International Jazz Day was held at Corks Winebar and Eatery Thursday, featuring Juno award-winner Stacie McGregor, Lauren Falls, Peter Shea, Kylie Sommerville, a Canadian World Champion tap dancer, and Juliet Dunn, thanks to Shea and Dunn, founders of the TD Niagara Jazz Festival. (Photo by Joan King)

Sandy Lapere of Hear Better, Marco Russo, Sonia Faustino and Diana Facey of Starkey Canada, makers of hearing technology, and Gus Koroneos, owner of Hear Better, were at a NOTL Hearing Show at the community centre last Wednesday to help locals hear better. (Penny Coles)

Enya Mortley, store manager Ryan Dawson, and Caleb Jancsar celebrate opening day for Starbucks on Niagara Stone Road in Virgil Saturday. The building “went from an empty space to being a Starbucks in the eight to 10 days leading up to Saturday,” said Dawson. (Penny Coles)
Popular family event returns for long weekend

Penny Coles
The Local

Organizers of the Virgil Stampede are gearing up for another spectacular celebration of the May long weekend. It’s the 53rd annual family event since a neighbourhood fireworks display for locals took place in Virgil, and grew to become a popular three-day event drawing families from across the region.

Each year, organizers blend a mix of the favourites with some new attractions, and all that was best from last year will be back, says Richard Wall, president of the Virgil Business Association, which stages the event.

The smashing and crashing Demolition Derby, put on by Thrill Show Productions, brings in about 2,000 people Saturday afternoon, says Wall, and will put on another great show this year, with the volunteer-run food booth nearby.

Although the company brings teams of drivers, there is an opportunity to interact and learn about some of his reptiles — he brings different ones each year, but usually includes an iguana, a 10-foot python and an alligator, along with an assortment of geckos, chameleons and jumbo tortoises.

Also a favourite in the Kids’ Pavilion will be an airbrush face-painting, with a family of artists on hand to make sure the line-up is never too long for youngsters to wait. There is a charge for this year’s stampede proceedings. The theme park will help pay for a new skateboard park and a pump track for bicycles, skateboards and scooters, which will be built in stages in the municipal Virgil Sports Park.

The VBA has committed funds to help pay for what will be an expensive project, says Abt, with the build expected to begin this summer.

Gates open at the Virgil Sports Park Saturday, May 18 at 10 a.m., Sunday, May 19 at 11 a.m. and Monday, May 20 at 10 a.m.

Gates admission is $5 for adults Saturday and Monday, free to kids under 10. If a wristband is purchased in advance, entry is free. There is no gate fee Sunday.

New this year, says Wall, is improved security at the gates. The property will be fenced, increased security at the gates. The Royal Canadian Air Force College student, a donation from the Niagara Regional Police the decision was made to bring in security guards, “to ensure we continue to have a great family event for everyone.”

In the decades since the first event in 1967, the stampede, when proceeds went to help fund the first arena at the sports park, the VBA has raised more than $1.2 million to put back into the community.

Penny Coles
The Local

The Niagara-on-the-Lake Horticultural Society is holding its annual plant sale Saturday. Society members and friends donate annuals and perennials, herbs, heirloom tomatoes, ferns and other house plants to sell, says Susan Dodd, a horticultural society member and one of the organizers of the event.

There will also be a tool sharpening area — bring gardening tools — and expert gardeners answer garden-related questions, says Dodd. Coffee is free, at what is considered a community event and an opportunity to meet friends and neighbours.

The plant sale is also an expensive project, and will offer members of the society an opportunity to interact and learn about some of his reptiles — he brings different ones each year, but usually includes an iguana, a 10-foot python and an alligator, along with an assortment of geckos, chameleons and jumbo tortoises.

Also a favourite in the Kids’ Pavilion will be an airbrush face-painting, with a family of artists on hand to make sure the line-up is never too long for youngsters to wait. There is a charge for this year’s stampede proceedings. The theme park will help pay for a new skateboard park and a pump track for bicycles, skateboards and scooters, which will be built in stages in the municipal Virgil Sports Park.

The VBA has committed funds to help pay for what will be an expensive project, says Abt, with the build expected to begin this summer.

Gates open at the Virgil Sports Park Saturday, May 18 at 10 a.m., Sunday, May 19 at 11 a.m. and Monday, May 20 at 10 a.m.

Gates admission is $5 for adults Saturday and Monday, free to kids under 10. If a wristband is purchased in advance, entry is free. There is no gate fee Sunday.

New this year, says Wall, is improved security at the gates. The property will be fenced, increased security at the gates. The Royal Canadian Air Force College student, a donation from the Niagara Regional Police the decision was made to bring in security guards, “to ensure we continue to have a great family event for everyone.”

In the decades since the first event in 1967, the stampede, when proceeds went to help fund the first arena at the sports park, the VBA has raised more than $1.2 million to put back into the community.

Penny Coles
The Local

The Niagara-on-the-Lake Horticultural Society is holding its annual plant sale Saturday. Society members and friends donate annuals and perennials, herbs, heirloom tomatoes, ferns and other house plants to sell, says Susan Dodd, a horticultural society member and one of the organizers of the event.

There will also be a tool sharpening area — bring gardening tools — and expert gardeners answer garden-related questions, says Dodd. Coffee is free, at what is considered a community event and an opportunity to meet friends and neighbours.

The plant sale is also an expensive project, and will offer members of the society an opportunity to interact and learn about some of his reptiles — he brings different ones each year, but usually includes an iguana, a 10-foot python and an alligator, along with an assortment of geckos, chameleons and jumbo tortoises.

Also a favourite in the Kids’ Pavilion will be an airbrush face-painting, with a family of artists on hand to make sure the line-up is never too long for youngsters to wait. There is a charge for this year’s stampede proceedings. The theme park will help pay for a new skateboard park and a pump track for bicycles, skateboards and scooters, which will be built in stages in the municipal Virgil Sports Park.

The VBA has committed funds to help pay for what will be an expensive project, says Abt, with the build expected to begin this summer.

Gates open at the Virgil Sports Park Saturday, May 18 at 10 a.m., Sunday, May 19 at 11 a.m. and Monday, May 20 at 10 a.m.

Gates admission is $5 for adults Saturday and Monday, free to kids under 10. If a wristband is purchased in advance, entry is free. There is no gate fee Sunday.

New this year, says Wall, is improved security at the gates. The property will be fenced, increased security at the gates. The Royal Canadian Air Force College student, a donation from the Niagara Regional Police the decision was made to bring in security guards, “to ensure we continue to have a great family event for everyone.”

In the decades since the first event in 1967, the stampede, when proceeds went to help fund the first arena at the sports park, the VBA has raised more than $1.2 million to put back into the community.

Penny Coles
The Local

The Niagara-on-the-Lake Horticultural Society is holding its annual plant sale Saturday. Society members and friends donate annuals and perennials, herbs, heirloom tomatoes, ferns and other house plants to sell, says Susan Dodd, a horticultural society member and one of the organizers of the event.

There will also be a tool sharpening area — bring gardening tools — and expert gardeners answer garden-related questions, says Dodd. Coffee is free, at what is considered a community event and an opportunity to meet friends and neighbours.

The plant sale is also an expensive project, and will offer members of the society an opportunity to interact and learn about some of his reptiles — he brings different ones each year, but usually includes an iguana, a 10-foot python and an alligator, along with an assortment of geckos, chameleons and jumbo tortoises.

Also a favourite in the Kids’ Pavilion will be an airbrush face-painting, with a family of artists on hand to make sure the line-up is never too long for youngsters to wait. There is a charge for this year’s stampede proceedings. The theme park will help pay for a new skateboard park and a pump track for bicycles, skateboards and scooters, which will be built in stages in the municipal Virgil Sports Park.

The VBA has committed funds to help pay for what will be an expensive project, says Abt, with the build expected to begin this summer.

Gates open at the Virgil Sports Park Saturday, May 18 at 10 a.m., Sunday, May 19 at 11 a.m. and Monday, May 20 at 10 a.m.

Gates admission is $5 for adults Saturday and Monday, free to kids under 10. If a wristband is purchased in advance, entry is free. There is no gate fee Sunday.

New this year, says Wall, is improved security at the gates. The property will be fenced, increased security at the gates. The Royal Canadian Air Force College student, a donation from the Niagara Regional Police the decision was made to bring in security guards, “to ensure we continue to have a great family event for everyone.”

In the decades since the first event in 1967, the stampede, when proceeds went to help fund the first arena at the sports park, the VBA has raised more than $1.2 million to put back into the community.
Rita Brown to talk about underwear at museum

Lauren O’Malley
The Local

“I thought I would do something different,” says Rita Brown about her upcoming lecture on underwear.

Brown has spent a lot of time with foundation garments. She was at the Shaw Festival for 43 years, most of them as head costumer, executing the ideas of others. “I always said, ‘what’s on the page is on the stage,’ ” says Brown, referring to translating designers’ sketches into costumes.

She also spent a decade as head of wardrobe. “I was happy to go to work every day,” she says of her time at the Shaw.

Between 1996 and 2006 Brown had a fascinating side project, making paper costumes retracing Borchgrave sought Brown to create period reproductions of actual historical costumes. Brown had a fascinating time at the Shaw, “You’re always looking for perfection,” says Brown of her experience at the Shaw. “You get to know what the silhouette is supposed to be.”

The framed costume sketches hung about her warm, comfortable, book-laden study show how she would ask them to adjust a seam by a fraction of an inch.

“When I was working with Isabelle, she once said,” Brown recounts, mimicking a thick French accent, “‘you know, Rita, there is perfection in imperfection.’ That thought kind of gave me a little bit of leeway.”

Since her retirement in 2007, the 77-year-old has been busy at the computer. “This is what keeps me going,” she adds.

According to Brown, the museum’s curator said, “I know I should know this, but which one is the original?”

“You’re always looking for perfection,” says Brown of her work. She also admits to possibly being overly fastidious. “I have to say I’m a little OCD (obsessive compulsive disorder). That’s why my seamstresses called me Millimetre Rita,” she says laughing, remembering how she would ask them to adjust a seam by a fraction of an inch.

When Brown lectured with Isabelle, she once said, “I am a very patient person.”

“Time is the original?” says Brown of her work. She was at the museum’s collection. “If you learn five things, even better.”

Exposed — A Brief History of Underwear will take place May 16, starting at 7:30 p.m. Admission is $10, or free to museum members. A question and answer period will follow Brown’s presentation.

Fashions have changed radically and subtly over the years, and the lecture represents two solid months of research, she adds.

“If you learn one thing, wonderful,” says Brown. “If you learn five things, even better.”

May has been officially declared Museum Month, says Klassen. She explains this is celebrated with unique programming and social media, culminating (but not ending) on May 18, International Museum Day. Admission is free to the public on that day, when the local museum joins others all over the world in a social media campaign to enhance awareness of the institutions and their importance. Klassen says this is particularly important this year, as funding for cultural entities is being cut across Ontario.

Rita Brown sits in her book-laden study, holding a book about her paper dress creations. (Lauren O’Malley)
The Niagara Parks Commission will be spraying for gypsy moths, a non-native invasive insect species that has spread into central Niagara, including patches in Niagara-on-the-Lake and along the Lake Erie shoreline.

A notice from the parks commission says the spraying, which will also be conducted in the upper Whirlpool Woods in Niagara Falls — the area around the Whirlpool Golf Course — could begin May 19, weather permitting.

These two locations were identified by Niagara Parks environment team as having the highest egg mass density of gypsy moths.

The same biological insecticide that was used in the 2008 spraying program will be used for the 2019 application, which is made of naturally occurring soil bacteria that targets only spring caterpillars and does not harm other insects, mammals or birds, the release from the parks commission says.

Two aerial spray applications will be required. The first application is tentatively scheduled for May 19 to 22 and the second May 26 to June 2, between 5 a.m. and 7 a.m.

Niagara Parks will be hosting a public information centre regarding the spraying Thursday, May 9, at Legends on the Niagara, from 4:30 p.m. to 6:30 p.m.

Residents interested in attending can register at Niagara Parks Guest Services, info@niagaraparks.com or 1-877-642-7275.

Colin Telfer of eSkoot has contributed funds to support the Friends of Fort George, and especially volunteer efforts on Canada Day. Tony Chisholm, the president of the Friends, presented a plaque to Colin Telfer and Jennifer Elliott as thanks for their continued support of the Friends’ volunteer events. Telfer’s generosity has proven to be very helpful to the continued success of the Friends charity — he is always willing to step forward, says Chisholm. For the second year in a row, eSkoot will feature a one-day Friends of Fort George fundraiser on May 26. Telfer and Elliott will donate all their profit from that day’s electric scooter rentals. (Photo supplied)
Outdoor living at its best

Submitted by
Regal Florist & Garden Centre

Our 2019 patio collections are here! It’s never too early to plan your garden paradise. Expanding your living space to the outdoors is as easy as enjoying a stroll through Regal’s Garden Centre. Whether you have a huge yard, a small balcony or something in between, Regal has the perfect set for your outdoor oasis. We can help you create a casual seating area, a sophisticated dining area, or a complete outdoor living room. Regal has a large selection of patio furniture and accent pieces that will make your outdoor living room as comfortable as your indoor one.

Conversation, dining and bistro sets are all available in a variety of materials and styles perfect for your patio or garden. You will find cabinets, shelving units, benches and so much more. Regal carries a great selection of quality furniture with cast aluminum rust-proof frames, weather resistant and built for the outdoor life. Our wicker sets feature PVC rattan, durable and long lasting. Custom orders are available from Jensen Leisure IPE wood (better than teak) and Woodard, famous for their fine quality.

While it feels like it’s a little too early to think about patio furniture — remember, outdoor furniture can sell quickly since our stock is limited. We guarantee the warm weather is coming and you will be out there soaking up all the sunshine and fresh air the summer months have to offer on your new stylish and functional outdoor furniture.

Let our friendly staff show you the endless possibilities for a great backyard oasis. At Regal you will always find the finest quality products at the best prices!
Get your backyard all **DECKED out this summer**

Submitted by Andrea New of NewScape Contracting

We all know that the latest trend is bringing indoor living outdoors. Creating a beautiful outdoor living area not only provides a welcoming spot to entertain and relax, but also adds valuable additional square footage to your home.

Creating the perfect deck for your home adds tremendous value and functionality, not to mention a perfect place where everyone loves to gather over the warmer months. NewScape Contracting will meet with you to discuss exactly what kind of deck or patio you’re envisioning and will take that and design the deck of your dreams!

The options are pretty much endless when it comes to the specific look you’re after. The most traditional option still is a pressure treated wood deck which is a classic look and the most economical choice. A wood deck typically lasts between 10-15 years. If you’re looking for an option that will last for 25-30 years, you would want to choose a Composite built deck. This type of material is composed of plastic and wood mixed with a binding agent that makes it not only much stronger and heavier than wood, but is also UV resistant. This means you can choose from a wide variety of colours, and you don’t have to waste any of your summer weekends ever treating it in the future.

A custom designed deck can take a tired looking backyard and revitalize it into a fresh inviting outdoor space. Its BBQ season, so let us take care of your dream deck, and you just decide on what you’re going to grill.

Call NewScape Contracting today to book your free estimate with Greg!

---

**Interiors, exteriors and Moore**

Submitted by Creek Road Paints

No matter the project, Creek Road Paints, Benjamin Moore has you covered. When painting the exterior of your house and other outdoor features, you have two important characteristics to keep in mind: how well it lasts and how good it looks.

Painting a house is no small investment, so choosing the best paint colour for the exterior surfaces of your house means picking colours that look great and last. Benjamin Moore Aura® has you covered with durable paints that resist the punishing effects of weather—and have a lifetime limited warranty to prove it.

To narrow down your colour choices, build an exterior palette around the elements of the house that won’t change, such as roofing materials and stone or brick components. Pick contrasting but complementary colours to highlight architectural elements and add dimension. Similar colour undertones will link the elements together.

The best inspiration may come from simply stepping outside. Select hues that are compatible with your neighbourhood, architectural style and natural surroundings. For exterior colours inspired by classic American design and architecture, look no further than Benjamin Moore’s Historical Collection for tried and true favourites that are perfect for any home.

Just like interior paint colours, exterior colours shift depending on how the light hits them—and can look different when applied than they do on a chip. Make regret-free choices by buying a quart of paint and applying it on inconspicuous areas of all sides of your house. Visit your samples throughout the day until you’re comfortable with your choice.

Having trouble choosing a starting point? You can also upload photos of your exterior online at www.benjaminmoore.com, to the personal colour viewer, and start exploring your exterior options today. Always something Moore to see in-store!
The Greenest Gift

Submitted by Mori Gardens

The next time you need a gift for someone special, consider going green in the truest sense of the term – gift them with a plant. Here’s why these living, green gifts are sure to be a hit.

Green Gifts create lasting memories. Give mom a flowering hydrangea for a patio container that will bring a smile each year it blooms. Every time your aunt makes a pot of chamomile tea with the flowers harvested from the herb garden you gifted her, she’ll think of you. Help your loved ones honour someone special by gifting them a tree to plant in their name. Plant a Bing cherry tree on your child’s fifth birthday and then take a photo of them under the blossoming tree as they graduate from high school. Give your parents some tomato plants to tend and harvest with visiting grandchildren. Plants grow with us as we move through the seasons of life.

Green Gifts are good for your health. Tending plants is scientifically proven to promote calm and reduce stress. They help to clean and purify the air around them while beautifying the home or workplace.

Green Gifts are functional. A basket of culinary herbs is a perfect gift for that person who loves to cook, fragrant lavender adds beautiful notes to any space and tropical plants create eye-catching vignettes to warm a new home.

Give a gift that will grow for years to come! Visit Mori Gardens and we’ll help you choose the perfect plant for the occasion.
Jane Andres
Special To The Local

The police officer leaned in closer to the squad car radio, listening in disbelief. Dispatch was requesting backup for a traffic situation. An excited driver had just reported a woolly mammoth running loose on the Burlington Skyway. A what?

When he and about 10 other cruisers arrived they found traffic backed up and a large truck blocking the way. Byrend was an empty horse trailer attached to a pickup and a woman frantically attempting to catch a very angry four-legged beast. It did look like a woolly mammoth, but didn’t those beasts have tusks, not horns?

Her celebration of life took place at Caroline Callers on March 16. The room was filled with the golden glow of a late afternoon sun reflecting off the pine-ded walls. Displays of her lifelike coloured pencil drawings, illustrations and whimsical paper mache animals were interspersed with bouquets of daffodil and jars of her homemade canned peaches and preserves — symbols of the simple yet elegant gifts that she loved to share with others.

The stories of love and affection shared by coworkers, neighbours and family members were a testament to the many lives who were touched by her warmth and radiance.

I’m sure she held the record for working 40 years in the St. Catharines General ICU. Nursing was Deb calling in life and did it with extraordinary grace and patience, all the while keeping her sense of humour.

Her lifelike displays of salmon and rainbow trout caught in the Niagara River captured a lot of attention at the Toronto Sportsmen Show and she had more than enough business to pay her way through school.

Our home was the subject of much curiosity by neighbours, with strangers carrying in odd-shaped bags with feathered legs or fins poking out. One remembered Dave Dick, proudly picking up an extremely large Canada Goose, and regular visits from Karen Falk, who became quite a collector of birds who had crashed into her patio doors.

Debbie’s fascination with owls intensified when she became friends with Dr. Ken McKever, who ran The Owl Foundation in Vineland Station. On a few occasions she was given an owl that did not survive its injuries. She had an incredible gift that could seemingly bring it back to life on a perch so others could learn about these amazing creatures.

As a young girl, Debbie Wiecha fed a family of baby robins until they were old enough to care for themselves. (Photo supplied)

As one of many birdies to teens, she discovered Major McCull, a striking palomino on a farm in Effingham. The elderly owners were glad she had a horse to ride from time to time in exchange for help with the chores and so began her weekly baku rides out to the farm.

"No horses until you practice piano and get your chores done," mom insisted, hoping to dissuade her. Somehow she would manage to cram her obligations in, and with a final flourish, would create a warm chocolate cake on the kitchen counter. It was a busy household with four daughters on the go, but when the house smelled like chocolate cake we always knew Debbie was on her long ride to the farm.

This “can do” attitude and passion for nature permeated her life. She lived with her husband Brian and I while attending Mac School of Nursing back in the early ’80s. By then she was also enjoying fishing in the Niagara Glen and developed a keen interest in taxidermy.

Her lifelike displays of salmon and rainbow trout caught in the Niagara River captured a lot of attention at the Toronto Sportsmen Show and she had more than enough business to pay her way through school.

Our home was the subject of much curiosity by neighbours, with strangers carrying in odd-shaped bags with feathered legs or fins poking out. One remembered Dave Dick, proudly picking up an extremely large Canada Goose, and regular visits from Karen Falk, who became quite a collector of birds who had crashed into her patio doors.

Debbie’s fascination with owls intensified when she became friends with Dr. Ken McKever, who ran The Owl Foundation in Vineland Station. On a few occasions she was given an owl that did not survive its injuries. She had an incredible gift that could seemingly bring it back to life on a perch so others could learn about these amazing creatures.

As a young girl, Debbie Wiecha fed a family of baby robins until they were old enough to care for themselves. (Photo supplied)

On one of many bike hikes as teens, she discovered Major McCull, a striking palomino on a farm in Effingham. The elderly owners were glad she had a horse to ride from time to time in exchange for help with the chores and so began her weekly baku rides out to the farm.

On one of many bike hikes as teens, she discovered Major McCull, a striking palomino on a farm in Effingham. The elderly owners were glad she had a horse to ride from time to time in exchange for help with the chores and so began her weekly baku rides out to the farm.

As a young girl, Debbie Wiecha fed a family of baby robins until they were old enough to care for themselves. (Photo supplied)

On one of many bike hikes as teens, she discovered Major McCull, a striking palomino on a farm in Effingham. The elderly owners were glad she had a horse to ride from time to time in exchange for help with the chores and so began her weekly baku rides out to the farm.

On one of many bike hikes as teens, she discovered Major McCull, a striking palomino on a farm in Effingham. The elderly owners were glad she had a horse to ride from time to time in exchange for help with the chores and so began her weekly baku rides out to the farm.

As a young girl, Debbie Wiecha fed a family of baby robins until they were old enough to care for themselves. (Photo supplied)

On one of many bike hikes as teens, she discovered Major McCull, a striking palomino on a farm in Effingham. The elderly owners were glad she had a horse to ride from time to time in exchange for help with the chores and so began her weekly baku rides out to the farm.

On one of many bike hikes as teens, she discovered Major McCull, a striking palomino on a farm in Effingham. The elderly owners were glad she had a horse to ride from time to time in exchange for help with the chores and so began her weekly baku rides out to the farm.

As a young girl, Debbie Wiecha fed a family of baby robins until they were old enough to care for themselves. (Photo supplied)

On one of many bike hikes as teens, she discovered Major McCull, a striking palomino on a farm in Effingham. The elderly owners were glad she had a horse to ride from time to time in exchange for help with the chores and so began her weekly baku rides out to the farm.

On one of many bike hikes as teens, she discovered Major McCull, a striking palomino on a farm in Effingham. The elderly owners were glad she had a horse to ride from time to time in exchange for help with the chores and so began her weekly baku rides out to the farm.

As a young girl, Debbie Wiecha fed a family of baby robins until they were old enough to care for themselves. (Photo supplied)

On one of many bike hikes as teens, she discovered Major McCull, a striking palomino on a farm in Effingham. The elderly owners were glad she had a horse to ride from time to time in exchange for help with the chores and so began her weekly baku rides out to the farm.

On one of many bike hikes as teens, she discovered Major McCull, a striking palomino on a farm in Effingham. The elderly owners were glad she had a horse to ride from time to time in exchange for help with the chores and so began her weekly baku rides out to the farm.

As a young girl, Debbie Wiecha fed a family of baby robins until they were old enough to care for themselves. (Photo supplied)

On one of many bike hikes as teens, she discovered Major McCull, a striking palomino on a farm in Effingham. The elderly owners were glad she had a horse to ride from time to time in exchange for help with the chores and so began her weekly baku rides out to the farm.

On one of many bike hikes as teens, she discovered Major McCull, a striking palomino on a farm in Effingham. The elderly owners were glad she had a horse to ride from time to time in exchange for help with the chores and so began her weekly baku rides out to the farm.

As a young girl, Debbie Wiecha fed a family of baby robins until they were old enough to care for themselves. (Photo supplied)

On one of many bike hikes as teens, she discovered Major McCull, a striking palomino on a farm in Effingham. The elderly owners were glad she had a horse to ride from time to time in exchange for help with the chores and so began her weekly baku rides out to the farm.

On one of many bike hikes as teens, she discovered Major McCull, a striking palomino on a farm in Effingham. The elderly owners were glad she had a horse to ride from time to time in exchange for help with the chores and so began her weekly baku rides out to the farm.

On one of many bike hikes as teens, she discovered Major McCull, a striking palomino on a farm in Effingham. The elderly owners were glad she had a horse to ride from time to time in exchange for help with the chores and so began her weekly baku rides out to the farm.

As a young girl, Debbie Wiecha fed a family of baby robins until they were old enough to care for themselves. (Photo supplied)

On one of many bike hikes as teens, she discovered Major McCull, a striking palomino on a farm in Effingham. The elderly owners were glad she had a horse to ride from time to time in exchange for help with the chores and so began her weekly baku rides out to the farm.

On one of many bike hikes as teens, she discovered Major McCull, a striking palomino on a farm in Effingham. The elderly owners were glad she had a horse to ride from time to time in exchange for help with the chores and so began her weekly baku rides out to the farm.

As a young girl, Debbie Wiecha fed a family of baby robins until they were old enough to care for themselves. (Photo supplied)
Hat Day at St. Davids helps kids raise money for Rankin Run

By Lindsay Parravicino
St. Davids Kindergarten teacher

St. Davids school has long been a supporter of the Annual Rankin Cancer Run. Each year, students are challenged to join our school team and work toward raising as much money as they can, in order to support cancer research in the Niagara Region. We typically set a school fundraising goal, and if we are able to meet it, we usually make a donation to a local charity.

This year, students were asked to bring in a donation in order to wear a hat for the day. We recently had a Crazy Hat Day, when students were asked to bring in a donation in order to wear a hat for the day. This week, he has also organized a Freezie Day, when students can bring in donations and enjoy a cold snack at their break time. We will continue to do little things in order to help our fundraising efforts.

A few notable fundraisers from our team are the Dutch family, and Mrs. Winter who was a Kindergarten volunteer and a cherished member of our community. Each year, they set a goal for themselves and work to raise big money to contribute to our team’s fundraising efforts. We are so thankful for you and grateful for the work you do to support our community.

We are so proud of our team for helping us be a top fundraising school, year after year, and for the huge participation in the run, which usually earns us a top school participation award.

Thank you to Mr. C for always making sure we support this amazing cause. We hope to see many community members at the run on May 25.
**LOCAL CLASSIFIEDS**

**Niagara's Premier Affordable Funeral Alternative**

**Considerate CREMATION & BURIAL SERVICES**

Compassionate Service for Considerably Less

Affordable Pre-Arrangement Options Available

Pre-Arranged Elsewhere? You Have The Freedom To Transfer To Us No Cost Or Obligation For Information

Serving the entire Niagara Region

125 Scott Street West, St. Catharines

(between Ontario Street & South Service Road)

info@CCBSCares.ca • 289-362-1144 • CCBSCares.ca

**Furniture Refinishing**

My Reclaim to Fame

Furniture Refinishing

Reconditioning vintage & outdated furniture

*Custom Work Available

Painted with Fusion’s Champlain Licenced

Dimensions: 59”H x 38”W x 16”D

**Rental Space**

Rental space for a counsellor/therapist focusing on spiritual, emotional and/or mental health and well-being. Rates vary from $20 to $25/hour.

Variable rates and times can be discussed. If interested, call Karen at 289-908-9800.

**Crossword Puzzle**

**ACROSS**

1. Cagny’s partner

6. Poker variant

10. Nipper

14. Got up

15. W. L. A. N.

16. “I’m --- here!”

17. Identifies

18. Papal

20. Slow-witted

21. The Tiffany network

22. --- quarters: precedes Tap

23. Symbol of disgrace

26. Earth

27. Drawn tight

28. “Idylls of the King” writer

29. The blink of an eye

34. Harangue

35. Computer brain

36. Ice skating jump

37. Put back into service

39. St. Paul’s Cathedral designer

40. Follows why, by the sound of it

41. Indescribable gem

42. Scrubs

44. Mental illness

46. Waterproofed canvas

47. Measure of sound intensity

48. Swellings

51. Music for voices

54. It means “central”

56. Globally calamitous happening

57. Home to Everest

59. Release

61. First lady’s partner

62. Wander about

63. Understand

64. Labs

65. Simple arithmetic

66. Terminates

**DOWN**

1. Comes ashore

2. Anticipate

3. Advisory or decision-making groups

4. Scrape

5. Agreeable response

6. Wad of cleaning cloth

7. Gratuities

8. Mysterious radar image

9. Fragmented

10. Nervously

11. Brief let-up

12. On the job

13. Texas siege city

19. Sally

21. Butterfly larva

24. Winner of three Olympic golds --- Devens

25. Perform in a pantomime

26. Large bodies of salt water partially enclosed by land

28. Sincerely

29. Can be recycled!

30. Exposed

31. Convent inmates

32. E.g. Speer, Himmler

33. Draft castle

34. Diner

35. Used to be

40. Oscar winner Tatum ---

41. Persian Gulf monarchy

42. Large African lake

43. Youth

45. Tank type

49. Top celebrities

50. Percalates

51. Large African lake

52. Conceal

53. Persian Gulf monarchy

54. Courteous address to a lady

55. Sets of beliefs

58. Not me

59. Expression of disgust

60. Gun owners’ grp.
Local artist exhibiting at Pelham Art Festival

Cynthia Rand will have eight paintings at the juried Pelham Art Festival, including Be There Dragons?, one of her acrylics. (Penny Coles)

It’s an event that attracts interesting artists and a wide range of art, she said, so it’s fun to see what everyone else has brought. It’s also an art show that has a cheerful atmosphere — it attracts a good crowd of people who seem to really enjoy the show and there is a lot going on in addition to the show and sale of art, she said.

This will be her third year at the festival, and although the three-day show can be tiring, it’s also very rewarding, she added.

Originating in someone’s backyard, the Pelham Art Festival Show and Sale has grown from a few painted canvases and sketches on a lawn to 78 exhibits, luncheons, entertainment, and a wide variety of pleasant activities to fill Mother’s Day weekend.

This year’s event, from May 10 to 12, is making its Meridian Community Centre premiere, and Heidi TeBrake, the event’s committee chair, is ecstatic.

“It’s very exciting. It will be bigger, brighter and fresher,” she said, adding that all the additional light in the new building gives the event that “airy feeling.”

She noted all these qualities are conducive to a better presentation of the vast variety of artistic pieces, mediums, and jewelry in all its brilliance.

This year, the venue will be set up differently and there will be additional booths with about 37 artisans from the Toronto area, eight of whom are new.

One of TeBrake’s goals is to continually offer new artwork, and the Pelham art committee has requested that returning artists showcase different pieces from last year.

The event is hailed by many artists because of the genuine enthusiasm the community takes in the art itself, she said.

In the last four or five years, there has been a large variety of artistic pieces, me-
diums, and jewelry in all its brilliance.

The event is a juried art show that attracts a good crowd and provides a wide range of art, she said, so it’s fun to see what everyone else has brought.

It’s also an art show that has a cheerful atmosphere — it attracts a good crowd of people who seem to really enjoy the show and there is a lot going on in addition to the show and sale of art, she said.

This will be her third year at the festival, and although the three-day show can be tiring, it’s also very rewarding, she added.

Originating in someone’s backyard, the Pelham Art Festival Show and Sale has grown from a few painted canvases and sketches on a lawn to 78 exhibits, luncheons, entertainment, and a wide variety of pleasant activities to fill Mother’s Day weekend.

This year’s event, from May 10 to 12, is making its Meridian Community Centre premiere, and Heidi TeBrake, the event’s committee chair, is ecstatic.

“It’s very exciting. It will be bigger, brighter and fresher,” she said, adding that all the additional light in the new building gives the event that “airy feeling.”

She noted all these qualities are conducive to a better presentation of the vast variety of artistic pieces, mediums, and jewelry in all its brilliance.

This year, the venue will be set up differently and there will be additional booths with about 37 artisans from the Toronto area, eight of whom are new.

One of TeBrake’s goals is to continually offer new artwork, and the Pelham art committee has requested that returning artists showcase different pieces from last year.

The event is hailed by many artists because of the genuine enthusiasm the community takes in the art itself, she said.

In the last four or five years, there has been a large variety of artistic pieces, mediums, and jewelry in all its brilliance.

The event is a juried art show that attracts a good crowd and provides a wide range of art, she said, so it’s fun to see what everyone else has brought.

It’s also an art show that has a cheerful atmosphere — it attracts a good crowd of people who seem to really enjoy the show and there is a lot going on in addition to the show and sale of art, she said.

This will be her third year at the festival, and although the three-day show can be tiring, it’s also very rewarding, she added.

Originating in someone’s backyard, the Pelham Art Festival Show and Sale has grown from a few painted canvases and sketches on a lawn to 78 exhibits, luncheons, entertainment, and a wide variety of pleasant activities to fill Mother’s Day weekend.

This year’s event, from May 10 to 12, is making its Meridian Community Centre premiere, and Heidi TeBrake, the event’s committee chair, is ecstatic.

“It’s very exciting. It will be bigger, brighter and fresher,” she said, adding that all the additional light in the new building gives the event that “airy feeling.”

She noted all these qualities are conducive to a better presentation of the vast variety of artistic pieces, mediums, and jewelry in all its brilliance.

This year, the venue will be set up differently and there will be additional booths with about 37 artisans from the Toronto area, eight of whom are new.

One of TeBrake’s goals is to continually offer new artwork, and the Pelham art committee has requested that returning artists showcase different pieces from last year.

The event is hailed by many artists because of the genuine enthusiasm the community takes in the art itself, she said.

In the last four or five years, there has been a large variety of artistic pieces, mediums, and jewelry in all its brilliance.

The event is a juried art show that attracts a good crowd and provides a wide range of art, she said, so it’s fun to see what everyone else has brought.

It’s also an art show that has a cheerful atmosphere — it attracts a good crowd of people who seem to really enjoy the show and there is a lot going on in addition to the show and sale of art, she said.

This will be her third year at the festival, and although the three-day show can be tiring, it’s also very rewarding, she added.

Originating in someone’s backyard, the Pelham Art Festival Show and Sale has grown from a few painted canvases and sketches on a lawn to 78 exhibits, luncheons, entertainment, and a wide variety of pleasant activities to fill Mother’s Day weekend.

This year’s event, from May 10 to 12, is making its Meridian Community Centre premiere, and Heidi TeBrake, the event’s committee chair, is ecstatic.

“It’s very exciting. It will be bigger, brighter and fresher,” she said, adding that all the additional light in the new building gives the event that “airy feeling.”

She noted all these qualities are conducive to a better presentation of the vast variety of artistic pieces, mediums, and jewelry in all its brilliance.

This year, the venue will be set up differently and there will be additional booths with about 37 artisans from the Toronto area, eight of whom are new.

One of TeBrake’s goals is to continually offer new artwork, and the Pelham art committee has requested that returning artists showcase different pieces from last year.

The event is hailed by many artists because of the genuine enthusiasm the community takes in the art itself, she said.

In the last four or five years, there has been a large variety of artistic pieces, mediums, and jewelry in all its brilliance.

The event is a juried art show that attracts a good crowd and provides a wide range of art, she said, so it’s fun to see what everyone else has brought.

It’s also an art show that has a cheerful atmosphere — it attracts a good crowd of people who seem to really enjoy the show and there is a lot going on in addition to the show and sale of art, she said.

This will be her third year at the festival, and although the three-day show can be tiring, it’s also very rewarding, she added.

Originating in someone’s backyard, the Pelham Art Festival Show and Sale has grown from a few painted canvases and sketches on a lawn to 78 exhibits, luncheons, entertainment, and a wide variety of pleasant activities to fill Mother’s Day weekend.

This year’s event, from May 10 to 12, is making its Meridian Community Centre premiere, and Heidi TeBrake, the event’s committee chair, is ecstatic.

“It’s very exciting. It will be bigger, brighter and fresher,” she said, adding that all the additional light in the new building gives the event that “airy feeling.”

She noted all these qualities are conducive to a better presentation of the vast variety of artistic pieces, mediums, and jewelry in all its brilliance.

This year, the venue will be set up differently and there will be additional booths with about 37 artisans from the Toronto area, eight of whom are new.

One of TeBrake’s goals is to continually offer new artwork, and the Pelham art committee has requested that returning artists showcase different pieces from last year.

The event is hailed by many artists because of the genuine enthusiasm the community takes in the art itself, she said.

In the last four or five years, there has been a large variety of artistic pieces, mediums, and jewelry in all its brilliance.

The event is a juried art show that attracts a good crowd and provides a wide range of art, she said, so it’s fun to see what everyone else has brought.

It’s also an art show that has a cheerful atmosphere — it attracts a good crowd of people who seem to really enjoy the show and there is a lot going on in addition to the show and sale of art, she said.

This will be her third year at the festival, and although the three-day show can be tiring, it’s also very rewarding, she added.

Originating in someone’s backyard, the Pelham Art Festival Show and Sale has grown from a few painted canvases and sketches on a lawn to 78 exhibits, luncheons, entertainment, and a wide variety of pleasant activities to fill Mother’s Day weekend.
Niagara’s Premier Choice for Luxury Automobiles

Great offers are in season.

The Spring Sales event is here. Choose from select 2019 models and enjoy 3 monthly payments on us.

2019 RX 350 SUV TOTAL PRICE: $49,914*

- Lease APR: 3.99%
- Bi-weekly: $498
- 3 monthly**
- 45 months $8,890 down

Mercedes-Benz

Performance Mercedes-Benz | 2019 Star Dealer | 371 Ontario Street | St. Catharines | 905-685-3838 | 1-800-567-1101 | performancemercedes.ca

© 2019 Mercedes-Benz Canada Inc. Lease and finance offers based on the 2019 GLA 250 4MATIC SUV/GLC 300 4MATIC are available only through Mercedes-Benz Financial Services on approved credit for a limited time. *Total price of $41,814/$49,914 for 2019 GLA 250 4MATIC SUV models/2019 GLC 300 4MATIC SUV models (excluding AMG) up to a total of $400/$550 (including taxes) for lease programs and up to a total of $550/$700 (including taxes) for finance programs. Vehicle license, insurance, registration, and taxes are extra. Offers may change without notice and cannot be combined with any other offers. See Performance Mercedes-Benz dealer for details. Offers end May 31, 2019.