Diane and Joy share their organ transplant story

Penny Coles
The Local

Last fall, Diane Peirce was suffering from end-stage liver disease. The only cure was a transplant, and her best chance, she was told, was to find a live donor.

At 64, Peirce, the matriarch and caregiver of her family, had much to live for — her loving husband Mike, two beautiful daughters, Natalie and Nicole, and Natalie’s daughter, Olive, then 15 months old.

A live donor transplant, they were told, would give Diane the best chance for survival, and the best quality of life. It would give her energy to resume the active lifestyle she was accustomed to, including being an involved “Mimi” to Olive, the light of her life.

A liver is a miraculous organ, says Mike. It can regenerate itself. A transplant of a section of a healthy liver from a live donor would almost immediately return Diane to the same robust health she has always enjoyed. While waiting for a deceased donor, there is the danger of becoming too sick to qualify for a donation, or dying before one becomes available.

But one by one, family members were eliminated as potential donors, due to age or health conditions, and they were advised to start searching for a live donor in other ways. Diane was uncomfortable going to the public for help, but Natalie had no such qualms, if it meant saving her mother.

One beautiful fall day last October, Natalie, her husband Adrian, and Olive, gathered in their living room with Mike and Diane, a loving family unwilling to face a future without their matriarch. They knew when they shared their story with The Local they were hoping for a miracle, a favour too huge to contemplate — that a complete stranger would agree to donate part of an organ so Diane could live.

They also knew it to be safe. The system’s paramount objective, said Mike, is to protect the donor. Since 2000, more than 900 living liver donor transplants have been performed at the University Health Network at the Toronto General Hospital site, with all donors having returned to their regular lifestyle, with no restrictions. In 2019, the UHN performed more than 200 liver transplants, including 60 made possible by living donors. Toronto General Hospital, home to Canada’s largest living liver donor program, is ranked one of the top 10 hospitals in the world.

But still, what a favour to ask. At the time, Diane said, “I’m being very positive about this. I won’t think about anything negative. I believe something will work out for me.” She said she knew there would be an angel out there for her.

And she was right. The angel turned out to be Joy MaGarrey, of St. Catharines, who learned about Diane and her family’s search when she read The Local article online.

“My heart really went out to them, and I could imagine how difficult it must be not to be able to donate themselves,” she says.

She thought about Natalie, and how it would feel to be in her position. “If it was someone in my family, I would desperately want someone to step up for me.”

She spent the rest of that evening researching living donations, and submitted her application the next day. MaGarrey has a husband, Christopher, and a 10-year-old son James.

Chris was surprised when she told him what she wanted to do, but supportive, and willing to pick up the slack at home.

At the time, James didn’t totally grasp the gravity of what she was doing, but has come to understand, she says. He was a big part of her reason for arriving at her decision — she wants to be a role model for others in need.

Continued on page 8
Councillors are receptive to reopening a conversation about a heritage tax rebate and have referred a request from downtown merchants to the Town’s audit committee, which was meeting Tuesday afternoon.

It was considered for the first time by the Committee of the Whole during Monday’s virtual council meeting, but was not adopted.

Hughes says that a different time and things have changed,” said Bisback, suggesting the business case for a heritage rebate should be revisited.

About 35 heritage district merchants are hoping for tax relief from the Town to help them survive the pandemic, and the heritage tax rebate seems like the most immediate and effective solution.

Many of the merchants behind the request have been in business downtown for at least 25 years, Kim Hughes, of the Sunset Grill on Queen Street.

They also asked council to consider property tax forgiveness in the interim.

Eduardo Lafforgue, president of the NOTL Chamber of Commerce, is supporting the request for a heritage tax rebate, explaining that most tenants on Queen Street pay the property taxes on their leased properties, as set out in the contract and the process.

A rebate would provide direct relief to those tenants, who are dealing with both high rents and business taxes, and to owners who operate businesses on their own properties, he says.

A letter to council from the merchants brought the matter forward Monday, but the substance of the rebate was not discussed once Bisback, who sits on the audit committee, made a motion that it be referred to that committee.

Councillors supported the referral and a request that a special council meeting be called to deal with any recommendation the committee might make as quickly as possible.

Bisback says the audit committee discussed the rebate at length last fall, and finally decided that they wanted to reduce a large projected budget increase, that this was not the year to go forward with it.

If they had the recommendation would have been made to study it for this year, for implementation in 2021.

It’s a complex issue, he says, with many questions to be answered, including whether the rebate would help those paying high rents who would be eligible, and whether the Region would still partner in the program.

While some tenants pay property taxes on their location, Bisback says not all do, not all are in designated heritage buildings, although they are in the heritage district, and he’s unsure whether the process of issuing a rebate would allow it to go to tenants rather than property owners.

He believes there are some municipalities that worked with merchants about the program and the process. It’s not as simple as approving it at 40 per cent and seeing money start flowing into the hands of tenants, he says. In addition to laying out a process or a recommendation is made to approve a heritage tax rebate; he added, the Town will still need to find the money to fund it.

The Town has also been encouraging businesses to apply for federal funding in the way of wage and rent subsidies, and small business loans he added.

The letter from merchants before council Monday says businesses have received no assistance from the Town or Region, yet have costs significantly higher than the rest of the town, and rely on six months of tourism. “With out this revenue, some will not survive. This is scary for all businesses on Queen Street.

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The Town has also been encouraging businesses to apply for federal funding in the way of wage and rent subsidies, and small business loans.

He lists many of the benefits residents enjoy: the Shaw Festival, Bravo Niagara, Music Niagara, the wineries and the many restaurants, all adding to the quality of life in town and contributing greatly to the local economy.

“Beyond tourism, we have people here who enjoy the quality of life we have, and the services we provide, and have been successful because of the quality of life. We all need to work together on the right solutions. We need to work together to find the balance, to build the community together and manage it together.”

As Eduardo Lafforgue considers the reopening of businesses and attracting tourists during COVID-19 restrictions, he says Niagara-on-the-Lake is not unique in what it is going through.

“This is Canada’s Tourism Week, says the president of the NOTL Chamber of Commerce, but unlike any other tourism rebate, which has been on the table for the last 18 to 20 years, but never approved, as the answer, putting money into the hands of tenants or landlords — whoever pays the property taxes, he says.

“We need to help retailers survive to keep Queen Street alive. This goes with the concept of saving Main Street, where we’re heading, but we know it’s not going to be the same, the numbers will not be the same. It’s that simple.”

Other tourism destinations across the country also deal with the difficulty of balancing tourism and the needs of the residents, he says.

“The key issue is that businesses are so important in contributing to the benefits of the whole community.”

In destinations around the world, he says, tourism is pitted against the needs of the residents, but businesses, including those in NOTL, “would not have the quality of life and services they have without tourism.”

Edardo Lafforgue, president of the NOTL Chamber of Commerce. (File photo)
Tax rates approved despite concern over pandemic costs

Councillors finalized the Town's 2020 tax rates Monday, allowing the tax levy to be approved in time for the final instalment of this year's taxes, payable in July and September. Although there was no discussion of revisiting the Town's 2020 net tax levy of $12,686,151, as approved in this year's operating budget, some councillors questioned how unexpected spending during the state of emergency to deal with the pandemic would affect the budget.

The report councillors were approving this week outlined the Town's budget with the Regional waste management fees, basic and the enhanced services for Queen Street, included. Those costs add $1,682,389 to the budget. Properties receiving the benefits of solid waste collection will be charged the basic rate, the report says, with Queen Street businesses receiving enhanced collection paying for that service.

On an average typical residential assessment of $330,900, rural area property owners will pay $5,244, an increase of $297 over last year, and urban taxpayers will see a bill of $5,300, an increase of $298 over 2019, the report said.

Coun. Stuart McCormack asked, with the 2020 budget approved pre-pandemic, before knowing "how things would unfold" and with the Province making changes on a daily basis, whether council would be "capping our recovery to this".

He and other councillors questioned what options are available if the budget needs to be amended due to a drop in revenue and an increase in costs due to the pandemic, along with the possibility of drawing on the Town's line of credit.

Kyle Freeborn, director of corporate services, said he has been unable to find anything in the Municipal Act that would allow for the budget to be amended, and that if necessary, he would seek outside guidance to see what options are available.

He's been keeping tabs on other municipalities, and hasn't seen any revisiting their budget in response to the pandemic, he said.

Coun. Burroughs said he was hesitant to approve the figures before them until he knows what the Province will allow in the way of amendments. "We can't achieve what we've already set, it's impossible to get there," he said. "What are we going to do about that?" he asked, adding NOTL is more tourism-based than any other municipality, with the exception of Niagara Falls.

Freeborn ensured councillors "certain budgets are not achievable," and "certain strategic mitigations" are included in the budget to address these.

The pandemic situation is being addressed as it evolves, month by month, he said. He's "hesitant to change the budget" and drawing on credit isn't necessary at this time, Freeborn told councillors.

While the situation continues to change, and could become "volatile" in the coming weeks, the loss of revenue has been offset by reductions in costs, and costs of the pandemic are so far manageable, said Freeborn.

All councillors voted to approve the budget bylaw before them, with the exception of McCormack, who abstained.

Hanging basket program revived

The Town has also had to hire more contract staff to get them ready to do the jobs they were hired to do. "We need to bring back contract staff and assist with safety measures," he said.

Although there was no hanging basket program last year due to COVID-19 restrictions, he's hopeful that the installation of these baskets will be another way to bring back some semblance of normalcy and hope to the Town streets, said Lord Mayor Betty Diseo.

Coun. Stuart McCormack asked, with the 2020 budget approved, if the hanging basket program would be amended, and that if necessary, he would seek outside guidance to see what options are available.

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Injured cyclist recovering in hospital

Penny Coles The Local

Saturday morning, just before 11 a.m., the Niagara Regional Police were called to the intersection Niagara Stone Road and Garrison Village Drive, when a 73-year-old man was struck by a car. The cyclist was taken to the hospital.

A friend of the family, who is requesting privacy, says the cyclist was crossing at the crosswalk when he was hit. He's had successful surgery for two breaks to his left leg and ankle, his friend said in an update Tuesday, but his right leg is severely swollen, and he remains in hospital.

The NRP report the driver, a 95-year-old man, was charged with making an unauthorized turn.

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Hanging baskets are being planted and should be ready for hanging in June, (Town of NOTL photo)

Only YOU can make a difference in the lives of those who need it the most.

Donate Today efnniagara.ca

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Penny Coles The Local

The Town is reviving the hanging basket program, reversing a decision made last month.

The program will "further stimulate Niagara-on-the-Lake's economy as it gradually begins to reopen," a Town news release says.

"While we are not yet back to business as usual, I'm hopeful that the installation of these baskets will be another way to bring back some semblance of normalcy and hope to the Town streets," said Lord Mayor Betty Diseo.

The hanging baskets are being planted and should be ready for hanging in June, (Town of NOTL photo)

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testing numbers representative of 'big picture' 

Penny Coles  
**The Local**

**Niagara-on-the-Lake**

has had 21 known cases of COVID-19, with five that remain active.

Of those 21 cases, nine are considered travel-related.

**Niagara Region Public Health** statistics released Thursday, May 21, show Niagara-on-the-Lake has the fourth-highest rate of COVID-19 infection in the region, with 11.1 infections per 10,000 residents. By Monday, that number had changed.

In addition to the nine known to be returning travelers, seven are from close contact and five from community spread.

Close contact cases include those contracted in hospital or a retirement or long-term care home, and, as Dr. Mustafa Hirji, acting medical officer of health for the Niagara Region, points out, that could include NOTL residents who work in another municipality, in a facility with an outbreak.

The numbers don’t identify where the virus was contracted, just where those with the virus live, he says.

Close contact cases also include someone who was infected by a person living in the same household.

Even those few people in NOTL who are considered to have been infected through community spread didn't necessarily get it from someone in NOTL, he pointed out.

“They could have been having coffee in St. Catharines, gone to work in Thorold and then done some grocery shopping in Niagara Falls on the way home,” he says, and they might not have any idea where they contracted it.

Welland has the highest number with a total of 209 cases, or 37.5 per 10,000 people; Pelham, which borders Welland, is second, with 18.3 per 10,000, or 33 cases; and Niagara Falls third, with 17.3 per 10,000, for a total of 165 cases.

All three of those municipalities had their number of cases increase slightly since the statistics were broken down last Thursday, with the total number in the region increasing from 624 to 633.

Both Welland and Niagara Falls have had outbreaks in retirement or long-term care homes.

The good news in NOTL is the low community numbers, which show residents who have travelled self-isolated when they returned, says Lord Mayor Betty Disero.

“They didn’t pass it on,” she says, crediting residents such as (Coun.) Allan Busback and others who did grocery shopping for the Niagara Region, points out that number hadn’t changed.

**Niagara Region** is releasing COVID-19 stats by municipality.

**Testing numbers representative of ‘big picture’**

Lord Mayor Betty Disero

“The vigilance of the people of NOTL has been working.”

We were thrilled to announce this week that the Town is reviving “shop local,” for grocery shopping.

We will continue to adapt to this rapidly changing situation to ensure we emerge strong and united.

**A Message from Interim CAO**

Sheldon Randall

We were thrilled to announce that the Town is reviving the 2020 hanging basket program. I am confident that this will not only help to stimulate our local economy, which is gradually reopening in accordance with Provincial recovery measures, but it will also positively impact the mental well-being of residents and visitors.

The success of our local business community is a priority for the Town, as it is a large contributing factor to our overall prosperity. The Town is committed to partnering with the Niagara-on-the-Lake Chamber of Commerce to support businesses as many reopen, including assisting them in understanding Provincial regulations.

I’d like to take this opportunity to thank the Emergency Control Group and all Town Staff for their consistency and dedication throughout this pandemic. In fact, it is largely thanks to the efforts of Town Staff, who were able to find savings at the outset of this pandemic, that we are now able to see the revival of our hanging baskets.

The Town of Niagara-on-the-Lake has proven itself highly adaptable and resilient in even the most extraordinary of circumstances, and I am prouder than ever of our team.

We will continue to adapt to this rapidly changing situation to ensure we emerge strong and united.

“The small numbers in most municipalities might make it possible to identify individuals, he says. “We find that even two weeks ago, we had confirmed cases that might be getting to the threshold where he would be willing to release that information.”

He said that is still under discussion, but he doesn’t expect to release numbers per municipality.

Although the numbers represent positive tests, not actuals, Hirji says he is confident they are a realistic indication of “the big picture.”

If people started showing up at the hospitals and in intensive care units, there might be some concern that the numbers are not accurate, “but we’re not seeing that.”

He stressed that the best advice now is for people who are sick with COVID-19 symptoms to reach out to reception centre or their physicians for advice about whether to be tested.

With sufficient capacity for testing now available, he says, anyone who has symptoms can be tested.

“We really do want to find any cases that are out there.”

**Testing numbers representative of ‘big picture’**

Lord Mayor Betty Disero

“We really do want to find any cases that are out there.”

**The vigilance of the people of NOTL has been working.**

Dr. Mustafa Hirji, acting medical officer of health for the Niagara Region, is now releasing COVID-19 statistics by municipality.

(Physio supplied)
Schools closed but students in need still receiving financial aid

Education Foundation providing gift cards for food and other basic needs

Penney Coles
The Local

Schools are closed, but the need to help students is greater than ever.

Laura Byers, executive director of the Education Foundation of Niagara, says she continues to hear from principals, vice-principals and educators about students requiring quality nutritional support and basic necessities. In collaboration with the District School Board of Niagara, she is doing everything she can to ensure those needs are met.

Newark Neighbours and Vintage Inns have both been generous in their donations to the foundation, which also provides bursaries for post-secondary education, and thanks to Newark, four Niagara-on-the-Lake high school students have received bursaries to continue their education in September, says Byers.

The foundation is suffering financially, having lost $150,000 in revenue from cancelled fundraising events, she says.

“I’ve seen the impact of stress, uncertainty and the loss of social connections on people we love,” she says. “I’ve also seen the generosity of the community.”

Through a call for funding, the foundation has raised $30,000 toward a $45,000 goal for its relief response fund, which continues to provide assistance for students requiring food, personal hygiene and medical items, and other necessities. Principals, vice-principals and other educators are in touch with their students, and when they know of someone in need, they reach out to Byers. Most of the assistance is provided through gift cards which they pick up from her home, or are mailed out to families.

Since March 13, when schools closed, the foundation has given out more than $10,000 just for nutritional support, she says.

“Every child deserves a champion. These are challenging times, but so far we’ve been able to make sure students have what they need.”

In the 2018 to 2019 school year, the foundation helped support more than 38,000 students in 97 schools, covering all 12 Niagara municipalities, and granted $200,000 in bursaries, she says, with no government funding to help.

But with the cancellation of fundraising events, she says, “there is a huge gulf” between what they can afford to do this year and what they have done in the past.

To donate to the Education Foundation of Niagara, call Byers at 905-980-1185, or visit https://efnniagara.dsbn.org/donate.

Penny Coles
The Local

The TD Bank in Virgil recently donated $750 to Newark Neighbours. Accepting the cheque are Susan Sparrow-Mace and Laura Gibson of Newark Neighbours, at a presentation arranged by branch manager Ashley Martin (right). (Photo supplied)
EDITORIAL

Trying to stay positive, focus on good news

So much good news in Town.

But some downright stomach-turning news from the Province is completely awful; it’s hard for even those of us half-glass-full people to remain positive. This, of course, is the report from the military on the conditions found inside long-term care and retirement homes. We’ve all of us, citizens and officials alike, called for a commitment to find permanent solutions for protecting our most vulnerable and this must strengthen the resolve to keep these extremely disturbing conditions, and the immediate need for widespread and comprehensive reforms, front and centre. We must remember not only that the military had to go into these facilities, but what they found once there, and ensure this is never, ever allowed to happen again.

And we should remember to say thank you, and say it again and again, to all who are doing a great job under very difficult conditions to care for those in the many good facilities, where our vulnerable citizens are kept safe.

Fortunately, we have many people in our corner, helping to keep us safe.

At Monday’s council meeting, Lord Mayor Betty Disero spoke of the hard work of the emergency control group. Each time the Premier makes an announcement, and details of the regulations are released, members of the emergency control group, with input from lawyers and councillors, plan to safely put those regulations, or more recently, reopenings, into place, whether it’s Town facilities or businesses. Council can be proud of the quality and the quantity of the work of the group, said Disero, and all of us who live or work in NOTL can be grateful for the difficult decisions made on behalf of our safety.

It’s also good to know the Town has a dedicated audit committee focused on ‘Town finances, especially at this time when costs and revenues are changing almost daily.’ It’s great to see merchants working together, helping each other through difficult times, and hear the Town indicate a willingness to look at ways to help them.

There has also been lots of effort and discussion preparing for when restaurants can open. Town officials understand using outdoor space to aid in physical distancing, either on private or municipal property, won’t be easy, but they’re willing to collect the data and consult with restaurant owners for a good solution — good news that at least these efforts are being made. We want our restaurants back in business, safely and successfully.

Each week, we learn of more livestreamed entertainment opportunities. There is so much more available to us than Netflix, that we can enjoy at no cost, from the comfort of our living rooms.

Also great to hear, are the results of a story that still makes my head spin, after decades of stirring great stories. That’s the news that two women, one a living organ donor, the other the transplant recipient, are recovering at home following their successful surgeries. I think everyone who read that story can imagine themselves first in Diane’s place, fearing for her future, and then in Joy’s place, asking themselves if they could do something so amazing. And then they feel grateful there are people like Joy and Diane saying it’s still hard to grasp what joy did for her, and Joy doesn’t even want to think about the magnitude of what she did for Diane. She is just content to know they can both get on with their recovery, their lives and the memories still to be made with their families.

A bit of not-so-great news, of the disappointing variety, is that NOTL Today, one of the most popular social media sites for locals, is to be shut down on June 15. Creator and administrator Julia Butters-Con started the page, she says, to fill a gap when the old Niagara Advance closed.

We can understand that — we wanted to do the same when we started this newspaper.

But she fears the purpose of the page has been fulfilled, and there are many other options online for residents to find their news.

Jula stepped into the public domain during a difficult time, and in such getting any easier. Her heart is huge, as is her love of the community, and through NOTL Today, she has grasped at every opportunity to promote kindness and respect.

It seems that while for some, kindness during this time has become as contagious as the pandemic itself, we also witness the stress and fear that can also spur anger, impatience and criticism.

Thank you Jula, for setting such a great example of kindness, poise and generosity of spirit. NOTL Today may shut down, but your impact will continue to have a ripple effect on our community.

Penny Coles
The Local

Letters! We want letters! If you have a letter to the editor you’d like to see published, please send it to penny@notllocal.com. Please try to keep it to about 350 words. Sorry, but we won’t publish anonymous letters. The deadline is Monday at noon.

The Niagara-on-the-Lake Local
The trusted voice of our community

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Assaulted Women’s Helpline 1-866-863-0511 (Toll Free)

Crime Stoppers 1-800-222-8477 (TIPS)

Niagara’s Secret Text 274637 (CRIMES)
keyword: Niagara, then your tip

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DISTRESS CENTRE
For depression, distress and crisis.
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MENTAL HEALTH AND ADDICTIONS ACCESS (Toll Free) 1-866-550-5205

ALCOHOLICS ANONYMOUS Meetings every Wednesday evening 8 p.m. to 9 p.m.
St. Mark’s Parish Hall 41 Byron St., NOTL or find a meeting 905-682-2140

CANADA.CA/CORONAVIRUS

Rehabilitation on the Heritage Trail will begin early in June from John Street south to Paffard Street (at Charlotte Street), thanks to several years of planning, fundraising and donations that have come from supporters, as well as residents whose homes back on the trail. The three-metre-wide trail will have a fine crushed stone surface, which is expected to take four weeks to complete, weather dependent. The Heritage Trail Committee of volunteers hopes to continue to raise awareness of the trail and sustain its maintenance. Visit www.heragetrail.ca for more information. (Photo supplied)
How we can prevent new COVID-19 cases in future

Larry Chambers
Sva Liu
Hanna Levy
Special to The Local

As communications technology advances, the internet and social media have taken medical information previously only found in medical libraries or expensive textbooks and made them available to all who wish to access it.

It is now possible for a person to have the same access of information as their physician about treatment and prognosis.

COVID-19 is an example of how we can all be resourceful patients by using the available resources. In addition to having access to this information, you can help shape the conversation around the COVID-19 pandemic by following the Canadian Public Health Association's recommendations:

- Be a positive voice of evidence-based informa-
tion on social media.
- Be a champion of COVID-kindness by supporting high-risk individuals in your community; and
- Encourage your family, friends and colleagues to follow the advice of public health officials and model healthy behaviour.

Fear about COVID-19 is leading to high levels of stress among people throughout the community. Stress is not an illness, but its adverse effects can not be ignored. Stress is the feeling of being under too much mental or emotional pressure, which turns into anxiety when you feel unable to cope. A manageable level of stress can be beneficial by pushing us to prepare for new challenges. It does so by taking its toll on your body and your immune system.

Getting stress under control can boost your immune system and help prevent serious health problems, such as high blood pressure, heart disease, stroke and dementia. Adverse levels of stress can also lead to disturbed sleep patterns, which in turn also predispose people to heart disease and type 2 diabetes. Additionally, stress affects how we interact with others. Learning how to manage stress can help us build relationships and maintain positive relationships with family and friends.

Managing adverse stress is something we all do all the time, as we can never unplug from our environment. Mindfulness is the practice in which we become more aware of ourselves, our actions and their effects on the environment we inhabit. Mindfulness-Based Stress Reduction therapy is designed for stress management, and is now being used for treating a wide range of illnesses such as depression, anxiety, chronic pain, cancer, diabetes mellitus, hypertension, skin and immune disorders.

Use simple behavioural modification techniques to build resilience. These include recognizing signs of stress, strengthening the relaxation response, counteracting unhelpful thoughts and building a caring community. Resilience is our capacity to manage stressful events. More resilience means having more reserves to manage stressful situations.

No matter which strategies we employ to better manage adverse stress, we are not alone, as the COVID-19 pandemic is demonstrating. All of us are subject to stressful situations and occasionally find the pressure to be too much to bear. Friends and family can support you on many fronts. They can listen to you and working with you to find ways to reduce stress. They can also help you locate health service resources to assist you in managing your stress.

This also highlights the need for Niagara-on-the-Lake to establish robust support systems for residents outside of times of crisis. According to NOTL Community Wellness Committee's January 2020 Report, one of the healthy community recommendations states we should increase the awareness of community and extent of programs for mental health for all ages.

This can be done in collaboration with the schools and other organizations, such as Red Roof Retreat and the Alzheimer's Society. In Canada, a variety of organizations provide support to people experiencing acute and long-term stress, such as the government of Canada's stress management, such as https://www.canada.ca/en/health-canada/services/healthy-living/your-health/lifestyles/your-health-mental-health-coping-stress-health-canada-2008.html.

When working to reduce stress surrounding your job, relationships or other life circumstances, counselling may help guide you on this path. Counsellors can provide tools to help you talk through conflicts with family, friends and co-workers. You can ask your family physician for more information about counselling and or about other techniques like cognitive training. This is an approach focused on how you think about the problems that cause stress and how to handle them to change your thought process to alleviate this stress.

We are in this together. Is this not what Prime Minister Justin Trudeau and our Premier Doug Ford have been assuring us during the COVID-19 war?

It appears that with some individuals, they believe we are still living in yesterday, and yesterday's rules still apply. I am sure all we wish that was the case, but unfortunate-ly it is not. To get back to a life without COVID-19 threatening all of us, it is our responsibility to support our leaders who make the rules to keep us all safe.

I think the Lord Mayor and council, who made the difficult decision to close down the Town to keep everyone out of harm’s way.

Why anyone would support doing the actions of unreasonable, self-driven visitors is difficult to understand. The least each one of us can do is to thank everyone who is doing their best to protect their citizens. Respect and kind words go a long way to reach a better day for us all. And it will come.

Nellie Keeler
NOTL

We should be thanking decision-makers, not criticizing them.

NOTL businesses: call Karen at 905.641.5335 or email karen@notllocal.com
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Looking Up With Bill

Bill Auchteronie
Special to The Local

Friday, May 29: While the quarter Moon happens late in the day (at 11.29 p.m.) there are nine other events going on prior to that moment, including the Moon in Virgo and Mercury and the North Node in Cancer making inconjuncts (formed between planets that are roughly 150 degrees apart) to Saturn, Jupiter and Pluto. These three planets are retrograde. When they begin, each in turn, to go direct, we will see a step-by-step unring of the coronavirus pandemic. This will happen throughout the summer, and into the fall and winter.

On this day in 1953, Edmond Hillary of New Zealand, and Tenzing Norgay of Nepal, were first to reach the summit of Mount Everest as part of a British expedition.

Check out the full week on The Local's Facebook page or at www.lookingupwithbill.com. As Joni Mitchell says: "Stir our!"
Women find benefits to recovering during pandemic

Continued from page 1

May 6

Last week, home and recovery, they were feeling well enough to talk publicly about their experience. Joy says she’s been uncomfortable, mostly resting, but not in the pain she had anticipated post-surgery.

“I’m getting stronger every day. I know it won’t be long until I’m back to my old pre-surgery self.”

Most of her days are spent napping and hanging out with her husband, who is looking after the household and her son.

She didn’t know when she made the decision to be a donor and to have surgery. She knew she could change her mind at any time, right up to the moment of surgery.

“I had the faith of the whole team,” she says. They were clear there were risks — although nothing life-threatening — but she knew everything was being done to minimize them.

And she was at a place in her life where she knew she could make it work, “so I stepped forward.”

The reality of the current pandemic became obvious in March, Joy reached out to Diane through email to introduce herself as the donor.

She says it didn’t seem fair that she knew all about Diane and her family, but they knew nothing about the potential donor they would be.

Also at that time, she says, “the pandemic was becoming really scary, and I thought it might help give them hope.”

Diane and Joy were surprised to hear, about 10 days ahead of time, that their surgeries were scheduled for April 29. They had thought they would have to wait until elective surgeries resumed after cancellations due to COVID-19, but the hospital allowed liver transplants to go ahead when organ donations were available, prioritizing the most ill patients.

Neither of them could have known what their lives would be like once their surgery was over. For select clients. She says she hesitated to talk to her colleagues about what she was planning to do, and when she asked for two months off and explained what it was for, she was amazed by the response. She’s willing to take hold of days, but instead is on full pay, and they have been “overwhelmingly supportive.”

In the days since surgery, she’s heard from the Percival family, she says. “They’ve been wonderful. They’re very protective, they’ve also been really sweet.”

Without minimizing the surgery, Joy says, she’s found this to be a “great experience” from the beginning.

“It seems like a small blip in my life,” she says, and difficult to process that “something so small for me could have such a huge impact, in just a matter of weeks, that could potentially add years to someone else’s life.”

“I think, if asked, she’d be happy to speak to anyone who is interested in her experience, who might be considering a living donation. For her, she says, “the reward far outweighs the risk.”

“But of course these days are the most ill patients.”

Diane, who lives in New Brunswick, had planned to come to care for her, and was finding it hard to be so far away and unable to help, says Joy.

At home with Mike, Diane is taking her recovery “one day at a time, and getting stronger every day.”

It’s interesting to feel physically that she has a new organ in her body, she says — not a lot of people get that experience that. She feels her health improve almost immediately, with many of the signs of liver disease dramatically reduced.

She has taken herself off the opioids she was prescribed post-surgery, and will take Tylenol if needed, but has gone several days without needing pain killers. She is, however, on anti-rejection drugs, which she will have to take for the rest of her life, although the dosage may change.

From her first contact with the donor program, Di- ane says the team of people looking after her has been fantastic, showing support and kindness throughout the process.

“My doctor said over and over, and to remind her that we will never take for granted what she did for us. It’s so huge. She is our angel.”

Before finding Joy, Diane says, more than 60 people took the screening process online, although she doesn’t know who they were. When she heard Joy was a perfect match, in the midst of the pandemic, she wasn’t sure the surgery would go forward, but here are, just a short time later, each recovering and doing well at home.

She expects she and her family will stay in touch with Joy, and she hopes, when they both fully recovered and this time of physical distancing is behind them, to host a garden party for Joy and her family.

“I feel I want to thank her, over and over, and to remind her that we will never take for granted what she did for us. It’s so huge. She is our angel.”

For more information about living organ transplants, contact the University Health Network Centre for Living Organs at 1-416-340-5400, or emailing organ@uhn.ca.

There are also links and answers to the many questions about live liver transplants at uh:\\/\:\/transplant/Living_Donor_Program/Pages/Living_Liver_donor.aspx.

Adrian Cooper and Mike Peerse, standing, with Natalie Cooper, her mom Diane, and then 15-month-old Olive, gathered in the Cooper family living room in October to talk about their liver donor. (Penny Coles)

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Farmers’ Market a welcome sight for locals

Penny Coles  
The Local

There was no breakfast on offer, no relaxing on bright-ly-coloured picnic tables while chatting with neighbours, and no music to enjoy, but Satur-day’s Farmers’ Market at The Village was a welcome sight for locals who have been itching to get back to something that feels at least somewhat normal.

The early birds experienced a “short sprinkle of rain,” says market co-ordinator Sharon Brinsmead-Taylor, but then the sun came out and the weather was ideal, better than it has been for many season openings in past years.

“The day went extremely well. I really did not know what to expect, but our town came out and supported local, “ she says.

Brinsmead-Taylor was delighted the Province paved the way just in time to allow the local market to open on its scheduled 14th annual opening day. Ledging up to the day, she worked with Niagara Region Public Health on safety measures to reduce the potential spread of COVID-19.

The market looks and operates a little differently than in previous years, but locals took their place in line, respecting physical distancing, some, but not all, wearing masks. Staff were ensuring everyone used hand sanitizer before taking their place in line, asking for only one person per household, and directing traffic to move in one direction. There were no washrooms, and no handling of products before they were purchased.

There was an obvious feeling of welcome familiarity, with locals delighted to chat with neighbours in line, and connect with vendors from previous seasons.

“Everyone was fantastic,” says Brinsmead-Taylor. “Customers were very conscious of physically distancing themselves from other customers. People were patient, waiting their turn, and even though they wanted to chat with vendors, were mindful of making their purchases and moving on if there were others waiting. Some were not happy with the one-shopper limit per household, she says.

“We do allow couples to wait in line together, but when they shop, only one can go in, with the exception of a single parent with a child, or a senior needing assistance. If the shopping area was quiet, we did allow couples to enter.”

However, they made it clear that in future weeks, if it’s busy, “only one of them will be able to enter.”

Brinsmead-Taylor says she wasn’t counting the number of shoppers, but in speaking with vendors, heard “they all had good sales, comparable with previous years’ opening day figures, so attendance must have been on par with past opening days.”

There were only nine vendors, with the Province restricting markets to farmers and food products. Rose and Ken Bartel, anchors at the market from its earliest days, were there with vegetable plants, but there was no sign of their beautiful cut flower arrangements.

During the coming weeks, more farmers will be setting up stands as their produce is ready for market. “We see this every season,” says Brinsmead-Taylor.

“Early on farmers have very little available, so they put off their start date until they have enough to sell.” She hoping the Region will allow non-food items, so some of the popular vendors who sell items such as bath and body products, antiques, housewares, jewelry and art can return.

“I feel having these vendors present really rounds out the farmers’ market shopping experience. Fingers crossed.”

The Farmers’ Market at the Village on Niagara Stone Road is open Saturdays from 8 a.m. to 1 p.m.

Teresa Costello, a familiar sight at the Farmers’ Market, buys some vegetable plants from Rose and Ken Bartel. (Photos by Penny Coles)

James Cadeau, with Liam and Sophia, are buying some of Sweets and Swirls’ most popular treats at the Farmers’ Market, buys some vegetable plants, but there was no sign of their beautiful cut flower arrangements.

Staff were ensuring every couple to enter. “I feel having these vendors present really rounds out the farmers’ market shopping experience. Fingers crossed.”

The Farmers’ Market at the Village on Niagara Stone Road is open Saturdays from 8 a.m. to 1 p.m.
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As a choir member, but his reach his 80-year milestone Cleary and Macleod, still. Also sang in the choir, as do tired as organist in1995. He re-he has attended for as long Presbyterian Church, which the organist at St. Andrew's over a period of 20 years as 95, spent Sunday mornings piano. He has always enjoyed music, says Hunter. “I play hymns at home on Sunday mornings, and I wondered if I could share them with others. It was an idea that just came to me out of the blue, as a way to help those who are shut in. I’m playing my favourites for them. It’s a lot of work, but it’s also a lot of fun.” Hunter plays 10 different hymns, over a period of 10 to 15 minutes, and for all except his friends Cleary and Macleod, whom he talks to regularly, he also spends about 10 minutes chatting. He values that time, he says, and to some of his friends, it likely means as much as the music. Hunter considers himself one of the lucky ones, “very, very fortunate,” with loving family members close by, and daily phone calls. But he really wanted to help those who are feeling isolated during the pandemic, some of whom are cut off from their families. “He’s been asked why he doesn’t record his music and play it over the phone, “but I don’t want to talk to people. That’s an important part of it. And I’m getting a real kick out of it. I’ve had a lot of very appreciative responses. Everybody seems to like it — I haven’t had anybody turn me down yet.” And then, in true Hunter fashion, he adds, “if a line goes dead, I’ll cross that one off the list.” With such a love of music himself, he says, “if I can reach others through music, I’m happy to do it. It’s great to have it in your life.” Cleary calls Hunter an “energizer bunny, and a wonderful person. We really appreciate what he’s doing.”

Macleod adds that “a lot of people Doug plays for can’t get out. It’s wonderful for someone who isn’t feeling well, or doesn’t have family nearby, to have him reaching out to them in that context.”

Cleary agrees. “Doug has been involved in the church for so long, he has the experience to understand the value of outreach. He knows what people need, and he reaches out to them to offer it.”
Maestro Shlomo Mintz is leading a virtual concert for refugee relief Thursday, May 28. (Photo supplied)

Mike Balsam: Special to The Local

July is Mardi Gras time for the TD Niagara Jazz Festival, and there’s no doubt in the air of what the summer celebration. And during the lockdown, with the cancellation of live events, the festival continues to offer concerts online every Friday and Saturday, from 7 to 8 p.m.

Since mid-March, Jazz Festival founder Juliet Dunn has been quick to jump into livestreaming to keep the TD Niagara Jazz Festival in the public eye. These livestreams, archived on their YouTube channel, encompass two of the festival’s well-known series: Live, Love, Jazz, and In Your Own Backyard.

Their first online live session featured St. Catharines na- tive James Bryan (Philosopher Kings, Prouzak, Sineinsteinite) playing jazz guitar. Since then, local jazz mainstays John Sher- wood and Randy Stattinringer have performed, along with pianists Miguel de Armas and Adrain Farragou, and guitarists Eric St. Laurent and Roy Pattern- son, among many others.

Dunn and her husband Peter Shea have also appeared, of course, in both their Shea D Duo and Le Duo Parisien gus- ties. In all, Dunn has been busy, with the Jazz Festival averaging three shows a week.

This Friday, features Roy Patterson on Guitar, and Saturday The Vadsevilian. Both events can be seen at niagara@festivals.com or www.facebook.com/jazzniagara.live.

Christopher Butcher, lead- er of the New Orleans-based Heavyweights Brass Band, kicked off the series of livestream- shops in preparation for Niaga- ria’s summer version of the New Orleans party. He was joined by Crescent City legend Win- dix Pete, for an informative history lesson/travolge on the city’s rich traditions.

This past Tuesday, Austin Patterson, a multimedia artist who works in the film industry in Vancouver, led a group of participants in a mask-mak- ing tutorial from her studio on the west coast. Born to artist parents in the arts community of Sechelt, B.C., Patterson demonstrated methods she uses to create traditional New Orleans masks decorated with items found around the house, including broken jewelry.

The Mardi Gras sessions continue this Tuesday, June 2, from 6 to 7 p.m., featuring Funky Fashions with Dr. Bruce Miller.

Every Tuesday from now until July 14, a different work- shop on New Orleans culture will be livestreamed on the Jazz Festival’s Facebook page. Fu- ture sessions include jug band techniques, Cajun cooking, line dancing lessons and a tor- tional on Mardi Gras-style cocktails.

The second annual Sum- mer Mardi Gras is scheduled for Saturday, July 18. Dunn remains hopeful that larger gatherings will be allowed by that time. Until then, though, it’s planning for a number of different possibilities.

It begins with the tradition- al Mardi Gras parade. “The tricky part that we’re working on now is how to do it in a 10-foot tent, but without people in the parade,” says Dunn. That will probably mean a band will play on the back of a flat-bed truck, and wind its way around St. Catharines and, possibly, Ni-agara-on-the-Lake. As has be- come so familiar over the last few weeks, it’s a way of celebrat- ing together without actually being together.

“You can go out in your garden, show your mask, and cheer on the band,” Dunn adds. “Whatever happens, that’s what we’ll do, so now we just want to see what the government says in terms of how many peo- ple can gather.”

Dunn realizes that there won’t be a move from “com- plete lockdown,” as she calls it, to having more than 200 peo- ple gathering. She and her team have developed plans based on the situations in which 25, 35 or 50 people are permitted to gather. One of these plans in- cludes a novel utilization of the tents that the Jazz Festival has purchased over the years.

“We have the 10-foot by 10-foot tents in our shed, and I thought that we could rent each tent to a family, or a group of up to 6-people,” she says. “They would get their tent, their comfy chairs, their masks and beads, their cooker and food. That way, it’s a V.I.P. experience, and we would do it in a secret pop- up location that won’t be an- nounced until the last minute.”

Logistically, even if gath- erings of up to 25 are allowed, that would leave room for only 12 Jazz Festival guests. The other 13 would include the band, the sound technician, the livestreaming technicians, and Dunn and Shea.

“The Mardi Gras show will be livestreamed, so the on-site attendees would add to the audience as V.I.P. guests. The viewers at home would be treated to a professional broad- cast, with at least two cameras, close-ups of the musicians and professional sound. As performers around the world adapt to the inability to perform in front of, in per- son audiences, arenas such as the TD Niagara Jazz Festival, are important opportunities for musicians to continue to earn an income doing what they do best.

Dunn points out that when all is said and done for 2020, the usual $330,000 budget for the festival will shrink to a little less than half of that amount. The contribution from title sponsor TD Canada Trust was reduced this year, but guaran- tees from the City of St. Cath- arines and the Town of Niag- ara-on-the-Lake will help pay musicians for their appearanc- es in the online sessions.

Other sources of revenue for the TD Niagara Jazz Festi- val include the Ontario Music Fund, the Celebrate Ontario Community Foundation and the Niagara Region. Though Dunn says that expenses have dropped significantly with the cancel- lation and postponement of some of the larger events, they still have to cover the office rent and insurance costs as usual.

After Mardi Gras, Dunn says the World Music event, usually held the weekend after, will be moved to September, which gives her more time to prepare for whatever contingencies are necessary for that event.

As she continues to plan for any scenario in terms of what size gatherings will be allowed this summer, Dunn’s thoughts also move beyond September, when she has to sit down and apply for fund- ing for 2021. Of course, she hopes, as many others do, that the TD Niagara Jazz Fes- tival can return in full force by then.

Penny Coles: The Local

Following a successful launch of its first virtual concert, Bravo Niagara! has collaborated on a glob- al initiative in support of the UN Refugee Agency’s COVID-19 response, to premier Thursday.

With this season’s Niag- ara concert series sidelined by the pandemic, artistic director Chris Morì and her daughter Alexis Spield- enner, executive director and co-founder of Bravo Niagara! are turning to livestream events. They be- gan with We Are the World, which featured more than 150 singers and musicians, including some local stu- dents, recorded separately at home while in self-isola- tion during the pandemic. That video, the first for Bra- vo Niagara! received more than 27,000 views in the week following its launch.

The local duo of Morì and Spidelemenner have since collaborated with Maestro Shlomo Mintz, a world-re-nowned violin virtuoso, on the virtual charity con- cert premiering this week, featuring more than 50 international artists from around the world.

After the success of their first video, says Morì, “I reached out to Shlomo Mintz, a friend from my school days at Juilliard who is scheduled to perform for Bravo Niagara’s 2020/21 season. I was absolutely thrilled when Shlomo ac- cepted the invitation to participate in a virtual per- formance of Vivaldi’s cele- brated Concerto for Four Viols.”

Maestro Mintz will be joined by Carmine Lauri, concertmaster of the Lon- don Symphony Orchestra, Jonathan Crow, concert- master of the Toronto Sym- phony Orchestra, and Nik- ki Chooi, concertmaster of the Buffalo Philharmonic Orchestra — and a Bravo Niagara! artist — as well as musicians from major or- chestras in Canada, the U.S. and more.

All donations from the concert go to help protect refugees and the communi- ties that welcome them in the global fight against COVID-19.

“The original idea be- hind the concert was to show a message to the world by bringing music and joy into people’s homes during this challenging time,” says Mintz in a news release. “We know there are millions more around the world who have been forced from their homes and are in urgent need of humanitarian sup- port — especially now. This brought me to the idea to turn this performance into a musical charity fundrais- er. Our goal is to help raise funds for UNHCR in their efforts to support refugee families now facing the threat of COVID-19.”

The event will include a video introduction from Filippo Grandi, UN High Commissioner for Refu- gees, and is supported by Barbara Hendricks, a globally acclaimed Amer- ican-born classical singer and UNHCR’s lifetime Honorary Goodwill Am- bassador.

“Music truly has the power to uplift and unite individuals — particularly during times of hardship,” said Hendricks. “As we all remain physically dis- tanced, virtual connect - ions are the connective thread that are keeping us together," said Mintz. "For Bravo Niagara! and for all the artists helping support the vital work of UNHCR in support of refugees, ev- ery dollar raised will have a life-saving impact on mil- lions of children, women and men who have been up- rooted from their homes.”

Added Grandi, “this is a great example of organi- zations coming together creatively across the globe to support refugees, and we are enormously grateful to Maestro Shlomo Mintz, Bravo Niagara! Festival of the Arts, and all the brill- iant musicians who have come together from all over the world to collaborate to raise funds for UNHCR’s COVID-19 response."

The concert premieres Thursday, May 28 at 2 p.m. on the UNHCR YouTube channel, and will be shared on Facebook at Shlomo Mintz Violin Virtuoso.

Bravo Niagara! collaborates on concert for refugee relief

Juliet Dunn and Peter Shea in masks at last summer’s Mardi Gras festival. (Photo supplied)

Bravo Niagara! collaborates on concert for refugee relief

Juliet Dunn and Peter Shea in masks at last summer’s Mardi Gras festival. (Photo supplied)
Tennis club, public courts open for play

Penny Coles
The Local

The Niagara-on-the-Lake Tennis Club celebrates its 50th anniversary this year, one that will be far from what was anticipated.

Much of the normal activity of a very social club has been cancelled, including tournaments, skills clinics, and festivities expected to recognize the milestone year.

Board member Rosemary Goodwin says celebrations have been put off until 2021, with a bonus of possibly attracting more members from previous decades.

The much-anticipated 2020 season began at Memorial Park Saturday morning, with members anxious to get out on the courts, says club vice-president Gerry McIlhone.

Members were expecting to wait until the end of June for town facilities to open, but were happy with the provincial decision to open tennis courts and the outdoor sports facilities.

Working with guidelines established by Tennis Canada and the Ontario Tennis Association, says McIlhone, the club directors were confident they could open for play safely.

They are restricting the courts to singles only, unless four members from the same household want to play doubles.

And for now, there will be no guests or groups on the courts.

Each player must use their own marked ball, using their feet or racquet to return stray balls.

There is an entrance and exit gate, and all players must keep to physical distancing guidelines — a simple requirement in tennis single plays, says McIlhone, who was at the courts Saturday to monitor compliance of all guidelines.

Although no date has been set, directors are planning for a phase two of operations, with doubles play for all, the return of tournaments and events, and availability equipment that is being withheld for now.

The club has grown from 86 members who began playing on courts located on the grounds of the former Niagara District Secondary School, to more than 300 members.

In 1986, following two years of determined efforts and fundraising, the club partnered with the Town to develop the Memorial Park Tennis Centre, with an on-court surface, “less jarring on bodily joints than traditional asphalt,” says Rosemary Goodwin, who has prepared a brief history of the club to mark its 50th celebration.

In 1990, a tennis pavilion was built by club volunteers, with significant support from the Town, says Goodwin, who was in the archives, “and continues to be the centre of club social activities.”

In 2002, the courts were resurfaced with the same omni-court material, and in the following years, there were several improvements and additions to the pavilion, and with support from the Town and grant funding, in 2012 the current acrylic-coated cushioned asphalt court surfaces were installed.

Since the Province declared the courts could open, “the Town has done a wonderful job preparing the tennis courts, and residents are loving it,” says Goodwin.

The nets went up at the public courts in Rye Park Thursday morning, Goodwin says, “and have been in steady use ever since. I expect it’s the same at St. Davids and Garrison Village. In the parks, residents tend to arrive by bicycle and play for half an hour, then move on. It ebbs and flows comfortably all day long.”

It’s a trickier situation at Memorial Park, she adds, when the club organizing 300 adult players on just four courts. “It’s a big challenge to structure things such that distancing, hygiene protocols and contact-tracing can be implemented. Players are accustomed to piling in, 16 at a time, with socializing during the crossover times.”

Stuart and Sylvia Allen cycled over from their home on Harmony Drive to play tennis on the Rye Park courts Saturday, which saw a steady stream of players throughout the day. (Rosemary Goodwin)

Tennis play will proceed safely under the guidance of club president Wendy Dell, in her fourth and final year as president.

“She is very hard-working and conscientious,” says Goodwin, “and working with the support of the club board of directors.”

To maintain a safe environment, the club has hired an online booking system, and the restrictions for playing “are similar to what we’ve become accustomed to in supermarkets.”

Online booking “is the only way to avoid having a lot of people show up at the same time and create crowding situations. The added bonus is the ability to provide contact tracing to health authorities in the event someone is discovered to test positive,” says Goodwin.

Players “are putting for tennis,” she adds. “So many people have said ‘if only we had tennis, then we wouldn’t mind all the other deprivations.’”

But a big part of the joy of tennis is the social interaction and camaraderie. The task for the club’s directors is to rein that in, reminding everyone that the pandemic hasn’t gone away, the virus is still active in the community, and we all have to follow the guidelines in order to avoid an outbreak.

All those front-line workers where we were checking a few weeks ago will be very disappointed if the caseload spikes again. So we’re very happy that tennis is back, but it certainly not back to normal,” says Goodwin.

“Of course that’s the situation everywhere in Niagara-on-the-Lake,” she adds. “Everyone is working out how to make adjustments such that we can have more freedom and activity, while still staying safe and keeping others safe.”

Wayne Vent and Patrick MacNeil were on the Memorial Park NOTL Tennis Club courts Saturday morning, where they had no problem physical distancing and following other safety measures set out by the club. (Penny Coles)

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HALF PAGE ARTICLE

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LOCAL WORSHIP

Sunday, May 31st

Please be advised that with the current state of COVID-19, your safety is of utmost importance to us. We will now be live streaming our service at 10:00 am on Sundays. There will be no in-person church service.

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The local

notllocal.com

May 28, 2020

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That have been hand-crafted with awareness and care, are eco-friendly, some zero-waste, home and body products to sell locally — so locally she is promoting delivery, in paper bags, either on foot or by bicycle where possible, and always contact-free. The products she is offering through her Little Green Shop, she says, are those she herself loves to use: laundry soap strips, beeswax wraps, and bar soaps, lip butters, and bath salts hand-crafted, in St. Catharines, by Sarah of Sarah’s Soaps, who, Rosling says, “goes out into the woods to forage for natural items, such as sumac, and makes these into beautiful products.”

Refillable cleaning essentials, chemical-free household cleaners, all natural, zero waste mascaras from Birch Babe, and a lovely array of all natural lip and cheek tints from the same company are some of the products she offers.

“Every product on the little green shelves is human, planet and heart friendly,” she says. And every order includes “some kind of handmade treasure — whether home baked goods or a handwritten poem tucked inside a hand-sewn envelope.”

Rosling describes her switch from the stage to a home business, while seemingly a huge leap from a very public to a much more private existence, as being an example of the paradox that is her nature.

“The world of the stage and performance is very public,” she says. “It’s flashy, adrenalin-charged and dynamic.” And as much as Rosling loves it, she says, as an introvert, she also needs to spend time “quiet and alone,” and enjoys a slower-paced lifestyle in her cozy Chautauqua home to recharge. She will happily spend a day in the kitchen, baking healthy crackers for her daughter Eliana, and “founding that my daughter loves them,” she says. “These are two diametrically opposed lives, polar extremes,” Rosling says, and recently, she had been increasingly thinking about how ready to start a small eco business, “a seed that was planted a long time ago.”

It is perhaps a “crazy time to embark on a small business,” she adds, “but it feels like an important time to go small, local and green.”

All around us, the world is changing, Rosling says, including her “teeny, tiny world” of entertainment, whether TV, film or stage. She was not pursuing work at the Shaw this season, hoping a TV series she was working on would be continued. It was not. She had an audition in Toronto for other work, this winter, only to learn that project, like so much else in her world, was shut down.

Her husband, Patrick McManus, was in rehearsal with the Stratford Festival, but early performances have been cancelled, with no way of knowing yet what will happen in the future. “It’s a good thing I’ve got my Little Green Shop,” jokes Rosling, referring to her new endeavor, but on a serious note, adds, “nobody knows what’s going to happen, whether this is going to be on for a couple of months, six months or more. We’re all dealing with uncertainty.”

Before March break, she helped her daughter Eliana and her friends, who were part of a Crossroads Public School Eco Club, to source and gather eco-friendly products to sell at the school’s home show, which was held before schools were closed. That rekindled her interest in offering some of those products for sale at NOTL, she says.

And now, given our need to stay home, “there is no better time to go local,” she says.

Rosling can be emailed at littlegreenshop.org, or visit her website at littlegreenshop.org.

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**Penny Coles**

**The Local**

Tara Rosling, TV and film actor best known locally for her huge body of work for the Shaw Festival, is turning her sights from the stage, to a small, online, community-oriented ‘green’ business. She is sourcing green goods

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**Crossword puzzle answers**

Down:
1. Bouquet
2. Toll
3. Brought down
4. Excluded retreat
5. Gloves
6. Albatross
7. Hasher
8. -- 500, car race
9. Of worldwide scope

Across:
15. 1. Light vocal of U2
16. Sleepless in Seattle director — Ephron
21. 1. Lead vocalist of U2
23. 1. Beetle“Eros” composer Maurice
25. 1. Lead vocalist of U2
27. 1. Think constantly
29. 1. Badger
31. 1. Beloved
33. 1. Anti-asteroid org.
35. 1. Pub delivery
37. 1. Cushion
39. 1. Comparatively costly
41. 1. Getting on
43. 1. Chop
44. 1. Base
46. 1. Part
47. 1. Web address
48. 1. Cleared

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**Sudoku puzzle answers**

1 7 7 1 2 4 3 6 9
2 9 9 2 5 4 1 6 8
3 6 5 9 2 1 4 3 8
4 4 8 3 1 5 2 9 7
5 7 2 6 8 3 5 4 9
6 1 6 7 5 4 9 2 3
7 3 9 8 6 2 7 1 5
8 5 4 1 3 7 6 8 2
9 2 8 4 7 6 5 3 1

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**Puzzles answers**

Across:
1. 1. With a forward motion
2. 1. Guitarist — Clapton
3. 1. And others in Rome
4. 1. “Ball-Era” composer Maurice
5. 1. Lead vocalist of U2
6. 1. Sleepless in Seattle director — Ephron
7. 1. Overweight
8. 1. Embryonic flowers
9. 1. — Lane, Clark’s love
10. 1. 20
11. 1. Exercise venue
12. 1. — fire ground floor
13. 1. Adultness
14. 1. Act
15. 1. Think constantly
16. 1. Badger
17. 1. Beloved
18. 1. Anti-asteroid org.
19. 1. Pub delivery
20. 1. Cushion
21. 1. Comparatively costly
22. 1. Getting on
23. 1. Chop
24. 1. Base
25. 1. Part
26. 1. Web address
27. 1. Cleared

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**Sudoku puzzle**

1 7 7 1 2 4 3 6 9
2 9 9 2 5 4 1 6 8
3 6 5 9 2 1 4 3 8
4 4 8 3 1 5 2 9 7
5 7 2 6 8 3 5 4 9
6 1 6 7 5 4 9 2 3
7 3 9 8 6 2 7 1 5
8 5 4 1 3 7 6 8 2
9 2 8 4 7 6 5 3 1
Marjorie loved her home at the corner of Nelles and Davy Streets in Niagara-on-the-Lake. She loved time freely to everyone. For over 15 years, she resided at Pleasant Manor in Virgil, and loving soul who treasured her family and friends, giving of herself and her compassion and dedication. In lieu of flowers, donations may be made in Ann’s

CLEMENT, MARJORIE HELEN (nee Howarth)—July 23, 1928 - May 17, 2020 Marjorie Helen Clement (nee Howarth) passed away peacefully in her sleep during the early morning hours of May 17th, 2020. Marjorie would have been 92 on her next birthday. Marjorie has been a resident of Willoughby Manor in Niagara Falls for the last 5 years but Niagara-on-the-Lake was her home for almost all of the first 87 years of her life. 62 of those years shared with husband, Harold Clement. Harold passed away in 2009. Marjorie is survived by her three sons: Wallace (Elsie), Jack, Thomas (Wendy), and daughter-in-law Lesley Clement. Her nine grandchildren: Christopher Clement (Saye), Jeffrey Clement (Corina), Aron Clement, Jessica Clement-Lefevre (Randall), Lara Weber (Joshua), Ellice Whitting (Curtis), Kaitlin Clement, Julian Clement, Alexandra Clement McNamara (Adam) and 12 great-grandchildren. Marjorie worked various part-time jobs while raising her family in Niagara. Many will remember her as their N.D.S.S. school bus driver when she became the first female bus driver in Ontario. Marjorie enrolled in Niagara College the same year as her youngest son. She studied library technology, and graduated at the top of her class. She worked for the Niagara Regional Library System until its closure in 1979.

Marjorie will be remembered as a fierce competitor at the bridge table. She loved to visit with friends as she passed by on their way to the Commons. Marjorie and Harold moved into it shortly after the war and made it their home for sixty years. Her attractive wrap-around porch was a favourite spot to sit and enjoy a cup of tea while reading the papers. She loved to visit with friends as they passed by on their way to the Commons.

Marjorie belonged to St. Mark’s Anglican Church in Niagara-on-the-Lake and was very involved with the parish, sharing her love of flowers as a member of the flower guild for many years. A celebration of her very long and full life will be held at St. Mark’s when the family is able to travel to be together.

In lieu of flowers, donations in Marjorie’s memory can be made to St. Mark’s Church or to the charity of your choice.

ROBERTSON, ANNA “ANN” (DYCK) (nee Bartels)—On May 15, 2020. We celebrate the life of our beloved Ann, who went to be with the Lord in her 98th year. Ann will be sadly missed by her son Jim; son Gord (Mary Anne) grandchildren Chris (Meridith), great-granddaughters Savannah and Erika; grandson Dan (Gill), great-granddaughter (Annabelle and Nolan); daughter Karen; daughter Nancy (Kevin Dick) grandchildren Ashley and Connor; step-son Bill (Susan) Robertson, step-grandsons Mark (Julie) and step great-grandson Mason; step-grandson Warren (Andrea), step-great-grandchildren Noah and Elise; step-son Bob (Sharon) Robertson, step-grandchildren Meagan, Melissa; as well as numerous precious nieces and nephews. She was predeceased by her husbands, Jacob Dyck in 1989 and Bruce Robertson in 2002. Born on March 30, 1922, at Fuerstenwerder, Ukraine, her family immigrated to Canada in July 1924, settling at Beaverdale and then Hespeler in the Cambridge, Ontario area. With her father, she helped to build a home in Niagara-on-the-Lake in 1940. On May 11, 1946, she married Jake Dyck and tended to their small farm while Jake started his car sales business. They raised their family in the Niagara-on-the-Lake area. They wintered in Florida and traveled extensively around the world, experiencing adventures that few of us can imagine. Ann had known Bruce Robertson for many years. They married October 24, 1992, continuing to winter in Florida and traveling. The story of her life, the lessons and her values are embedded in our hearts to cherish forever. Ann was a woman of great faith who loved the Lord. She was a kind, generous, and loving soul who treasured her family and friends, giving of herself and her time freely to everyone. For over 15 years, she resided at Pleasant Manor in Virgil, reuniting with lifelong pals and enjoying new friendships. If eucrhe, rummy cube and scramble were competitive sports, she would be a gold medal champion. Ann will be missed more than words can express. Our sincerest thanks go to the wonderful and caring staff at Pleasant Manor who are beyond comparison in their compassion and dedication. In lieu of flowers, donations may be made in Ann’s memory to the Mennonite Central Committee, or a charity of your choice would be accepted by the family.

Memories, photos and condolences may be shared at www.morganfuneral.com.
As per Doug Ford’s announcement Wednesday, May 6, we have opened our retail store.

There are a number of safety precautions we are taking that we would like to share with you.
- We are limiting the number of customers entering the store at a time. While waiting, we ask that you maintain physical distance from the person ahead and behind you. There are lines indicated on the sidewalk to help make this easy to maintain. There is a security officer at the door giving instructions before entering.
- At this time, there will be no washroom access to the public.
- A reminder that there are no returns, or items from home accepted in the store at this time.
- Also, no outside food or drink allowed.
- There is one person per household allowed in the store at a time.
- Every cash station is being disinfected after every customer.
- Curbside pickup is allowed only on Hardware Dept. Items. No lumber yard items will be available for phone-in curbside pickup. You can come into the store to order lumber and pick up or delivery service of these items if needed. (Delivery charge applicable on lumber items.)
- No cash will be accepted at this time. Debit, Visa or M/C only.
- We are enforcing 6’ physical distancing rules inside the store, as well as one way aisle shopping. We ask that there be no browsing, or touching of items that you are not purchasing. If you need assistance in finding an item, one of our knowledgeable staff members will be happy to help you.

We want to thank you, our loyal customers for working together with us during this very challenging time. We are doing our very best to ensure fast, friendly, efficient and safe service to you.

We appreciate your patience and co-operation, and are looking forward to seeing you again!

Hours are as follows:
Mon-Fri 7:30 a.m. - 6 p.m., Sat 8 a.m.-5 p.m., Sun CLOSED

Kevin and Marcia Penner and staff