

# The Niagara-on-the-Lake LOCAL



Teenie H  
finds next,  
but not  
forever  
home

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## Patios now open

Murray, Ginny and their children Adam, James and Christopher Dickson enjoy the patio at Caroline Cellars, open since last Friday. The patio, which welcomed back “loyal locals” and out-of-town visitors last weekend, will be open this week from Wednesday to Sunday, although the days could change in the coming weeks. There is limited seating, with reservations. Walk-ins will be seated if there is room. For more information visit [www.carolinecellars.com](http://www.carolinecellars.com).

## UPS Store closes after 16 years

Penny Coles  
The Local

Neeti Mehrotra, owner of The UPS Store on Mississauga Street, says after 16 years, she and her husband Vinay have had to make the difficult decision to close.

She has been in the store the last week or so, packing up, and helping the occasional customer who has knocked on the locked door — she says she couldn't turn them away.

The Garrison Plaza store was full of stock she ordered in February to get them through what should have been their busy season, and she's been sorting it and getting rid of what she can. Like the Mississauga Street store, other UPS outlets are not doing a booming business, and she has offered them the stock at whatever price they can pay. “What else are we going to do with it,” she says.

Although the pandemic

has created a downturn for the Mehrotras, they've continued to see many of their regular customers, she says.

But they have had a significant increase in their rent, and also in the common area charges. They also need to replace the air conditioner and pay for it over two years, taking their monthly payment to a cost they can't afford.

The landlord, offered a chance to respond to The Local about the rent increase, did not do so before deadline.

“This is the kind of business that relies on many small things that add up,” says Neeti. “There was definitely a drop because of COVID, but at least we were open. We had people sending masks to family and children, and we had some of our regular customers, but there weren't that many people coming around.”

A good part of the UPS

Continued on page 3

## Help from upper levels of government welcome

Councillor continues to offer assistance locally, but repeats, he needs names

Penny Coles  
The Local

Farmers have been put on notice by Prime Minister Justin Trudeau, and in Ontario by Premier Doug Ford: they must do a better job of protecting the health of their migrant workers.

Farm communities continue to have COVID-19 outbreaks, and Saturday, a 55-year-old Mexican man, a father of

four who had been coming to Norfolk County to work for the last 10 years, died in a London hospital. He is the third migrant worker to die of the virus in Ontario.

There has been one outbreak on a St. Catharines flower farm, but nothing new there, or elsewhere in Niagara.

Monday, both the federal and provincial leaders called for more inspections of farms, where close living quarters

allow the disease to spread quickly. Ford is also calling for more testing of workers on farms where there have been outbreaks.

Locally, Coun. Erwin Wiens, also a farmer, says he welcomes the news that upper levels of government are sending inspectors to visit farms and check bunkhouses.

Wiens has said he would look into any complaints of the mistreatment of workers

by local farmers, and has called for anyone who knows of mistreatment to call him, saying he would do his part to stop it.

That did result in some complaints of specific farms, and he did follow up on them and speak to the farmers, he says.

He wouldn't say whether he had reported them to the proper agencies, although that is what he is encouraging the workers to do.

While some of the complaints were about workers' hours, most were housing-related. And while there are

farmers he would like to see do better by their workers with the housing they provide, they have all been inspected within eight months of the arrival of their temporary help.

“If there are issues, Public Health should be addressing them,” he says.

“I've spoken to a couple of farmers already today,” he said Tuesday, “but their homes have all passed inspection.”

If there is concern about cramped quarters and too many people sharing a bathroom, it's the system approving those conditions that needs to

be changed, he says.

Any farmer who applies through the seasonal worker program has to have had an inspection by the public health department in that time period before submitting his application, otherwise it won't be successful.

“Do I wish some farmers would do more? Of course I do. I like the adage that if you wouldn't want to live in those conditions, you shouldn't expect others to,” he says.

“But if you want to change

Continued on page 2

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# Pedal Pub owner looking for council support

**Penny Coles**  
**The Local**

Tony Visca hopes to be able to begin his Pedal Pub tours through Niagara-on-the-Lake soon, but was looking for council to endorse the two popular routes used last year.

The group and the vehicle got lots of attention as it travelled the streets of NOTL last year, with the driver avoiding

Niagara Stone Road whenever possible and keeping to the side.

But it received some negative attention from the Region, with concern about it travelling even a short distance on the regional Niagara Stone Road, Visca told NOTL councillors Monday night.

The business needs a licence from the Region to operate.

It also drew some complaints from residents over noise.

Visca says his pub pilots play music at lower volumes in residential neighbourhoods, and turn it up when they move away from homes.

The Pedal Pub has two popular tours, but one's a short stretch along Niagara Stone Road, and Visca says he's not sure how that can be avoided.

He says his pilots stay to the side of the road, and obey

all the same rules as motorized vehicles.

The bikes can accommodate up to 15 people, 10 of whom pedal, plus the driver, who steers and operates the brakes.

Five more people can just sit and enjoy the tour, or take turns pedalling.

Visca says there will be fewer people on the rides this summer, to allow for physical distancing.

He said by partnering with wineries and restaurants, the tours bring revenue to the town and help local businesses.

Lord Mayor Betty Disero, who lives close enough to the route to hear "We are the Champions, every day, about eight times a day," when the tours are running, said she would like to prohibit the



Pedal Pub tours have not started up yet this season, but were popular last year. (File photo)

## Council asks staff to move forward with heritage tax rebate

**Penny Coles**  
**The Local**

Councillors came close to spending \$35,000 on a consultant to help design a heritage tax rebate program that has been studied and discussed for years.

But just as a vote was to be called Monday night, Coun. Allan Bisback questioned whether the work could be expedited by asking town staff to make recommendations to council on the design of the program.

It is still for implementation for 2021, and the money will have to be found to pay for it, he said.

There are decisions council has to make, such as the level of the rebate, which could be from 10 per cent to 40 per cent, which businesses would be eligible, and the details of the agreement with those who receive it.

Lord Mayor Betty Disero suggested other questions that would need to be answered, including how to ensure the person who pays the property tax get the rebate, whether an easement is required, "and the big question, where do we get the money?"

Coun. Wendy Cheropita asked if there could be something that could get money to the downtown merchants even faster, to help them in a crisis situation, but she was told the heritage tax rebate is not the proper tool to do that.

"The purpose of the rebate is to maintain heritage buildings," said Disero. "It was never intended as a quick fix for catastrophic events. If we want to do something quickly we could look at other options, like a discretionary grant, rather than a rebate."

After some discussion about how best to move forward, councillors agreed that a working group will be formed to come up with design elements of the rebate program to bring back for council approval, eliminating the need to hire a consultant.

## Serious allegations being made, councillor says

Continued from page 1

the housing regulations, then that has to come from the top."

He doesn't ask to see living quarters or carry out inspections himself — that's not his expertise. He can call the health department, and will, but so can anyone who has a concern, he says.

Farmers are also supposed to ask about the health of their workers every day. He says he asks them if they are doing that, and they ensure him they are.

"I can't be sure they are actually doing that," he says, "but nobody wants an outbreak on their farm."

He has been criticized in letters to newspapers and on social media for not doing more, for being "disingenuous" by appearing not to know that mistreatment exists in NOTL and where to find it. With his background in farming and the farming community, some seem to think he does know and isn't doing anything about it.

He says he accepts criticism,

and hopes to learn from it, but stands by his assertion that he can't do anything to help if he doesn't know where the problems are, and he doesn't know unless someone tells him.

There are serious allegations being made, by people who have no reason to fear for their jobs, he says.

"You tell me, what am I supposed to do? How can I take it on if I don't know where it is? It's easy to write a letter to the newspaper or speak out on social media, but if you know something, call me."

A recent report on mistreatment, but also not naming the farms where it takes place, calls for workers to have permanent resident status, and if that is the answer to the current problems, it's not enough to put it out to the media — change will have to come from the federal government, he says.

There are concerns that workers who are being mistreated won't speak up for fear of being sent home, and resident status would protect them from

report, to deal with noise issues and other complaints, and to report back as soon as possible.

that, he agrees, but wonders where they will go if they leave their job on the farm, unless they can find another farm to take them on. Otherwise, they will end up with minimum-wage jobs and no housing.

The majority of men and women working on farms have cell phones, and if they don't, one of their friends will, he says, believing the best answer is for them to report abuse. They are given a package on arrival that gives them numbers to call, and there are posters in the bunkhouses also telling them who to call with complaints.

While newcomers to the program might be afraid of reprisals, "I think those who have been coming for a number of years would have the confidence to speak out."

And if organizations wanting to help improve the conditions for workers know where the mistreatment is occurring, he adds, it would be much more helpful to share that information so those who are in a position to help can do so.

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# Local business 'so much a part of the community'



Neeti Mehrotra of The UPS Store says she and her husband have decided to close the business. They had a significant increase in their monthly charges, and a downturn in revenue due to the pandemic. (Penny Coles)

## Continued from page 1

income was from other local businesses, said Mehrotra. Restaurant owners sent her their menus to be printed, stores brought merchandise purchased by tourists to be shipped home, and the hotels depended on UPS to return forgotten items to their owners.

"And then everything was gone all at once, and we just couldn't keep going," she says.

Although her landlord says he is making sure he takes advantage of any government assistance programs during the pandemic, Neeti says the rent subsidy would be for a short time only, and would not be enough to help them stay open.

Ali and Homei Khalili, Neeti's next door neighbours in the plaza, say the rent for their Subway franchise has also increased significantly, first with the hike per square foot, and then with the common area charges for the plaza. Ali says he tried to negotiate with the landlord, but the resulting monthly charges will make it tough. "I know the property taxes are high in Niagara-on-the-Lake," he says, "but give us a break. This will make it hard to survive."

The Mehrotras "are good people," he says. "This is very sad news. We didn't get a chance to talk to them much — we were both busy working. But I remember when we first came here, they said this is a good place to be. They were so happy to

and they would come to the store after school."

They are both in university now, one at the University of Toronto and the other in Waterloo. "This is the only home they know. Customers still ask about them."

As distressed as she is, she is determined to put on a brave face.

When the pandemic began, "there were others so much worse off, businesses that couldn't even open during this. I felt we were in a better place than many others," she says.

Two of her regular customers, local musician Penner MacKay and graphic designer Mary Tribe, told The Local how sorry they are to see the UPS store closed.

MacKay, a drummer and drumming instructor who has been teaching local kids for more than 30 years, says he has used the copying service extensively for his music, putting pages together for his students. He's also used it to print posters for local concerts. But the store, he says, "wasn't just about photocopying. It was about the people. It was a community thing."

He remembers seeing Mehrotra's boys at the store after school, "and before I knew it, they had grown up. Sure, people will miss the service," says MacKay, "But they'll miss the people more."

Mary Tribe, a graphic designer who has used the UPS service for years, remembers how pleased she was when it opened in town. She lives within walking distance, and has used it for photo enlargements, sending parcels and other services. "I've known Neeti a long time. Her kids went to school with my grandchildren. I went to the store Tuesday to do some photocopying, and found Neeti there. 'Oh Mary,' she said, 'we've had to close the business.'"

Tribe says she's usually in the store a couple of

times a week, and sees people coming in and out all the time, "not only Queen Street merchants but residents as well. There are a lot of people who are going to miss the business."

And she will miss Neeti, she says.

"She's adorable. She is so sweet. And I can't even give her a hug."

Tribe says she made a hugging motion, "and I

told her to consider herself hugged. It's so sad. She worked so hard. A very local business that was so much a part of the community is gone."

Neeti laughs when she says she's going to have to look for a job now. "I can't imagine what I'll put on my resume. This is all I've done for the last 16 years," she says, sweeping her arm around the dark, empty store.

"We'll be okay. I don't want anyone to worry about us. I still feel there are many who are worse off than we are. This could happen to anyone, not just us. And we're not going anywhere. This is the village that brought up my kids."

Mehrotra says she wants to thank all of their customers, "for their support and for their friendship. This is what I'll miss, my friends."

## NOTL flags help local cadets



Coun. Allan Bisback, and air cadets Spencer Abt and Shay Vidal helped hand out a pre-ordered NOTL flag to resident Jim Filyer. Coun. Norm Arsenault ordered and sold the flags as a fundraiser to help out the cadet squadron. He sold 500, and raised \$3,500. (Penny Coles)

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# Memorial Park pool and Virgil splash pad open Monday

## Both open with limits and restrictions to prevent against spread of COVID-19

**Penny Coles**  
The Local

The splash pad at the Virgil sports park is opening Monday, June 29, along with the pool in Memorial Park.

The St. Davids pool will not open this summer, says Kevin Turcotte, the town's acting director of operations.

The provincial announcement last week of the stage two of reopening includes public pools and splash pads, which took effect in Niagara Friday, June 19.

"Town staff are looking for-

ward to seeing residents and visitors utilize our town pool and splash pad again this summer," says Turcotte in an announcement from the Town.

Only swimmers from the age of 13 and up will be able to swim in the pool at this time, says Turcotte, Monday to Friday from 9 a.m. until noon, in individual lane swims.

Afternoons, from noon to 4 p.m., the pool is only available to kids who are registered in the day camp programs offered by the Town, with lane swims again from 4 p.m. to 6 p.m.

There are no lessons

planned at this point, and also no open or family swims, says Turcotte, although they may be open for the future.

While this isn't ideal, he says, "I can't offer the full menu of programs. We'll do a slow opening with lane swims, and open swims for day camps."

The Town has been working with Public Health to reopen the pool and splash pad safely, he says, likely with no swimming lessons. It would be difficult to teach swimming strokes and help young children learn to swim while

following physical distancing guidelines.

There is a possibility that could change during the summer, but there is also a possibility the programs could be reduced if the Province rolls back its reopenings, he says.

If all goes well, the pool could also open on weekends in August, he says, and could open for public swims, "but we're not committing to that right now."

A booking and payment system is expected to be online by Wednesday, June 24.

Public washrooms at Memorial Park will continue to be closed, although the change rooms and change room washrooms will be open to swimmers.

The Simcoe Park wading pool will remain closed "for the time being" with the possibility of it opening at a later date.

The delay in opening the splash pad, which traditionally has been open early in June, is to allow the Town to put the

necessary measures in place to meet public health guidelines for the health and safety of those using it, says Turcotte.

A staff member will be onsite ensuring rules and regulations are adhered to at all times, and encouraging appropriate physical distancing. Use of the splash pad will be permitted in 25-minute intervals, on the hour and half hour, each interval followed by five minutes of sanitization

prior to the next use.

Space will be limited, and use will be given on a first-come, first serve basis.

Other measures include a fence around the splash pad with a designated entrance and exit, signs will be posted around the splash pad area, reminding guests to maintain physical distance from those outside their group. The public washrooms by the splash pad will be open.



St. Davids pool will remain closed this summer, while the pool in Memorial Park will open for limited use Monday. (Photos supplied)



The splash pad will open Monday, with guidelines to keep kids safe.

## St. Davids pool will not open this summer

**Penny Coles**  
The Local

The decision to leave the St. Davids Pool closed this summer was made by the Town's emergency control group, based on cost.

Interim operations director Kevin Turcotte says once the group began talking about how to proceed when the Province allowed pools to reopen, they decided to focus on the Memorial Park pool and the splash pad in Virgil.

Operating the Memorial Park pool "has been consistent year after year," he says, and is more reliable than the St. Davids facility, which is expected to be replaced for the 2021 summer.

He can't be sure how the pool in the St. Davids Lions park has overwintered until the filtration system is turned on, and the pool is filled with water. By that point, a lot of money will have been wasted if it can't be opened without expensive repairs, Turcotte explained.

If it weren't for costs relating to the pandemic, "I would open it and deal with mechanical problems, if there are any."

Turcotte hasn't heard whether a grant to help finance a new pool in St. Davids has been approved, but said Friday he is hoping for an answer "any day," likely sometime this summer.

He says, from his discus-

sion with his contact from the Province, that he believes the grant applications are still being examined, and those that are successful will be forwarded to the federal government for a final decision.

He says he hasn't any reason to think the number or financial level of successful grants will be reduced due to the high costs of programs to deal with COVID-19.

Although a fundraising committee has been struck, a meeting has not yet been held.

There was one on the calendar for May, Turcotte says, but he decided to hold off until he knows the result of the grant application, which could kick-start the fundraising campaign.

He's also being "sensitive to the climate of the town," he added, explaining that he doesn't want to be asking for money when some businesses and individuals are struggling financially during the pandemic.

With a donation from the St. Davids Lions Club, the proceeds from the Town's golf tournament, which included a donation from the St. Davids Ratepayers Association, and a \$5,000 donation from St. Davids resident Andy Panko, the fund was at about \$45,000 in February.

The pool is expected to cost \$5 million, and the Town has asked for \$4.74 million in the infrastructure grant application. The 2020 budget includes \$100,000 for the pool.

The fundraising campaign goal has not been set, and will depend on the grant and other factors, Turcotte says.

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# Meals on Wheels delivery includes gift box

**Penny Coles**  
The Local

Meals on Wheels has continued to provide a much-needed service to Niagara-on-the-Lake residents throughout the pandemic.

Like everything else, though, meal delivery has been adjusted to ensure safe dropoffs.

Erica Lepp has been a volunteer for Meals on Wheels for 14 years, and sees first-hand the differences.

Typically, pre-pandemic, Meals on Wheels volunteers could serve not only a nutritious

meal, but a friendly face, five days a week, says Lepp.

"It's also a kind of wellness check," she says. Volunteers get to know their clients, can take a few minutes to chat with them, and if they have any concerns about health issues, will pass on the information so the appropriate people can be notified.

"During COVID times," Lepp says, "Meals on Wheels has been offering the same great hot meal and frozen meal deliveries, direct to homes, but they have adapted their protocol so the delivery is contactless and safe. It is a great way to get

hot meals to those you love, that may not be safe to visit."

Volunteers drop the meals at the door in a single-use bag, and watch from the car to ensure recipients receive them. "We give them a wave from the car, instead of the usual hello and small talk we used to enjoy with them."

Meals on Wheels are available for delivery to anyone in NOTL, Lepp says. "Meals are affordable, balanced and delivered with love."

The hot meals are prepared and packed by staff in a hospital kitchen, under the supervi-

sion of dietitians, with delivery Monday through Friday between 11 a.m. and 1 p.m.

Frozen meals can also be ordered, and will be delivered on Tuesdays, around noon.

There is always a need for volunteers to deliver meals in NOTL, Lepp says. Volunteer deliveries take about two hours, and those interested in helping can sign up for as little as once a month.

This week, with a little help from her friends, Lepp was also delivering gifts to her 11 clients.

It began with David Watt of The Garrison House, wanting to do something to help seniors, asking her about delivering some gifts to long-term care homes.

Lepp learned that wasn't possible — nothing was being

allowed in the homes because of COVID-19. "So I suggested we offer the gifts to the seniors in NOTL who receive Meals on Wheels."

Through her years of volunteering, she has come to know her clients, who are experiencing the feeling of isolation, unable to have family visits, or even chat with volunteers delivering their meals. "The goal of our delivery was simply to brighten the day of members of our community who may be feeling isolated during this time of COVID, and let them know we are thinking of them."

The gift boxes included blankets, activity books, preserves, toiletries, dental products, teas, lotions, a signed novel from a local author, tea towels,

fresh baked bread, banana bread and more. Some of those who have donated gifts are Watt of The Garrison House; Paul Harber of Ravine Vineyard Estate Winery; Ryan Crawford of Ruffino's Pasta Bar and Grill; Del Rollo of Arterra Wines; Dr. Kim Johnston of Stone Road Dental; J'Neene Marchese of Flexo Products; Catherine O'Donnell of Willow Cakes and Pastries; Betty Wong, Emily Fieguth, Helene Carriero, and Andrew Harber and Shawn Spiewak of Abatement Technologies.

Anyone interested in volunteering for Meals on Wheels can contact the Niagara Falls Meals on Wheels office. For more information visit to <http://www.mealsonwheelsniagara.ca/niagara-falls/>.

## Bricks & Barley says welcome back



The Four Mile Creek Road eatery is fortunate to have a good-sized patio to welcome visitors, and is "over the moon to be able to do so." The restaurant is taking reservations for time slots of an hour and a half. Check online at <https://bricksandbarley.ca> for more information. (Photo supplied)



Jada Mei, Erica, Tia and Brianna Lepp were delivering gift boxes to NOTL recipients of Meals on Wheels Tuesday. Erica has been delivering meals for 14 years, with the help of her kids. (Photo supplied)

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**ENGEL & VÖLKERS**



# EDITORIAL

## Let's not get too relaxed during stages of recovery

For more than three months, our lives have been dominated by the impact of the pandemic.

Every day, even every decision, seems to be influenced in some way by COVID-19.

And that's not going to stop any time soon. At least it shouldn't.

In The Local, every story we tell seems to be impacted by the virus in some way. We don't go looking for those stories, they come to us.

Council, which is now getting back to important business that is not COVID-related, is still spending the majority of its time on dealing with issues that are.

There has been a lot of time spent figuring out how to safely expand space for restaurant patios, with a process that began last week and will continue. For that, for our restaurant owners, and those of us who look forward to eating out, we are grateful.

Just about all our entertainment now is digital — we have virtual library programs for kids and adults, virtual music concerts, even virtual ghost tours.

And we have, thank you Donald Combe, our own view from the couch. Combe is sharing his favourite Netflix shows with our readers, but aren't we all sharing our views from the couch? Aren't family members and friends spending a lot of time talking about what they're watching, or what they're eating?

As we move through a recovery period affected by everything from local to international decisions, there seems to be a feeling of a loosening up, that the end might be in sight, or that we might at least be approaching something a little closer to normal than what we've experienced since March.

More businesses are allowed to open, patios and winery tasting bars are welcoming guests, and most important to some of us, our family circle is expanding.

How many of us hugged family members this weekend, for the first time in months? How good did that feel? The memory of it will likely keep some of us smiling until our next opportunity for a hug.

We were allowed to hug, weren't we? There was some confusion, with families seeming to choose to do whatever seemed comfortable for them, which is what is guiding many of our decisions.

Father's Day felt a whole lot different from Mother's Day, and a whole lot better. Many families are already looking forward to getting together again on Canada Day.

Next week, we'll have virtual Canada Day celebrations, here in town and across the country, including the traditional day-long event from our national capital. It seems to come at a good time, when we're more than ready to spend time with our expanded circle and have something to celebrate.

We're still being encouraged to wear masks, and there is lots of talk about whether wearing them should be mandated. Lord Mayor Betty Disero said she'd rather that decision be at the regional level, and for now the Town is simply encouraging the use of masks, although Disero said she was disturbed by the number of people in the Old Town this weekend, very few of whom were wearing masks.

As restrictions are relaxed, we relax, but that is what is likely to get us in trouble.

The best way to ensure the reopenings, and expansion of our social circles, continue, is to not relax. We need to be just as vigilant as we were in March, if not more so, when we're enjoying our new, baby steps.

We need to physical distance in public gatherings, and stay within our own bubbles.

The problem is going to be convincing the younger crowd, who can't wait to get back to their socializing.

Older folks, with a better sense of our mortality and a stronger fear of putting others at risk, may be mindful, but younger people may be too excited to see their people, and that could set us back about three months, back to square one.

Let's all enjoy every moment of our newly created social circle, let's remember how much we all have to be grateful for as we celebrate Canada Day, and let's do what we can to keep ourselves, and each other, safe and healthy.

Penny Coles  
The Local

## LETTERS

### Rotary steps up to help Doctors Without Borders

We are what we share.

In April, the NOTL Rotary Club chose to support Doctors Without Borders in the global fight against COVID-19. We've stepped up.

Thank you, Niagara-on-the-Lake.

Thank you for sharing with those facing COVID-19 in the beleaguered refugee camps of Bangladesh and the slums of

Lima, Peru, and in countries where healthcare systems have collapsed and communities are too poor to provide hygiene or minimal safety.

Healthcare heroes of Doctors Without Borders risk everything to save life, give dignity, treasure each human right to health, to just have that chance.

Doctors Without Borders is at work in 78 countries hardest hit by COVID-19. And you helped — the funds we raised provide care, hygiene and life-saving equipment, and you've got doctors into the field.

In April, NOTL Rotary Club raised more than \$50,000.00 to help those in need.

**Thank you!**  
**Rotary Club of**  
**Niagara-on-the-Lake**



## View from the couch

### Donald Combe Special to The Local

Mega stars Helen Mirren and Donald Sutherland do their best to rescue this flawed film. *The Leisure Seeker* is a valuable documentary that examines the difficulties of end of life struggles with cancer and dementia in relationships. The title is odd, as the characters in this film are looking for some peace and fulfilment, and neither is seeking leisure. For me, the French title, *L'Echappée Belle* is more suitable. You will find this film worth investing some of your time to view.

*Donald Combe is a retired English teacher who loves to go to movies. His Facebook reviews have become popular with his friends and followers, and he has graciously agreed to share his opinions through "short and sweet" exclusives for The Local.*



Meryl Streep



Donald Sutherland



## Looking Up With Bill

### Bill Auchterlonie Special to The Local


This week on Looking Up. I look at the week of June 25 through July 1, including the first quarter Moon in Libra on Monday, June 29.

This is the short edition. The full week is at The NOTL Local on Facebook and at [www.lookingupwithbill.com](http://www.lookingupwithbill.com).

Thursday June 25: If today is your birthday, count your

lucky stars, because today is the day that Venus turns from retrograde motion to direct at 2:48 a.m. This means the frustrations since May 13 are over. More importantly, things begin to happen with a 'super Venus' energy of superb values and quality. This continues for years. Even for those whose birthday is not today, everything has an added bit of good. And for some time to come! The Moon is busy, first in Leo in the morning and then in Virgo for the rest of the day. British comedian Ricky Gervais celebrates birthday #59 today. No doubt his vegetarian cake will be washed down with plenty of grown-up drinks. As Joni Mitchell said: "Shine on."

*The entire Looking Up With Bill is also on The NOTL Local Facebook page and also on my Podcast: [www.lookingupwithbill.com](http://www.lookingupwithbill.com).*



### 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](mailto: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

P.O. Box 430, 1596 Four Mile Creek Road, Virgil, L0S 1T0

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## NEED HELP? MAKE THE CALL

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<b>MENTAL HEALTH AND ADDICTIONS ACCESS</b> (Toll Free) <b>1-866-550-5205</b>	<b>ALCOHOLICS ANONYMOUS</b> Meetings every Wednesday evening 8 p.m. to 9 p.m. St. Mark's Parish Hall 41 Byron St., NOTL or find a meeting <b>905-682-2140</b>	<b>CRIME STOPPERS (TIPS)</b> <a href="http://niagaratips.com">niagaratips.com</a> Text 274637 (CRIMES), keyword: Niagara, then your tip
<b>GAMBLER'S ANONYMOUS</b> <b>905-351-1616</b>		



# Physical activity has many benefits, including fighting disease



**Larry Chambers,  
Hanna Levy,  
Eva Liu  
Special to The Local**

Many policy makers and other individuals in our communities focus only on two solutions to the coronavirus infection pandemic: a vaccine and an antiviral agent.

The pharmaceutical industry, academia and governments have redirected their resources to this challenge, but we do not know how long this will take. In the meantime, months of isolation at home have an immense deconditioning effect of epidemic proportions, affecting millions of people. Lockdown policy decisions were aimed at people over 70, and people under 70 with long-term conditions, but we now know that the older you are, the more activity you need, and the more long-term conditions you have, the more activity you need.

As we wait for the vaccine and treatment for a coronavirus infection, getting more active and being physically fitter is the best thing we can do to improve our health reserve to enable us to withstand 'insults' such as viruses or trauma from a

motor vehicle crash or risk of developing or making things worse if we have long-term health conditions, including heart disease, stroke, cancer, dementia and depression.

Physical activity has been called a miracle cure by the Academy of Medical Sciences (<http://bit.ly/2lTqDvc>).

Physical activity research reveals that any level of activity is better than none, and more is better still. Furthermore, the evidence that activity is good for both body and mind is impressive.

Physical activity keeps arteries healthy, both directly and indirectly. The direct effect is only now being understood, but it does appear that physical activity can prevent inflammation in the arteries, and inflammation leads to atherosclerosis and the furring up of the arteries with atheroma, a porridge-like substance made up of fat and inflammatory tissue. The fatty charges come from several reasons, all of which have the same cause, intake of excessive calories from food and under expenditure of calories through lack of activity.

These conditions, hypercholesterolaemia and pre-diabetes for example, have names that sound as though they are real diseases, like rheumatoid arthritis or tuberculosis. However, they are just the consequence of our modern environment dominated by cars, the internet, the computer screen,

the desk job, and high-calorie food, which is universally available and cheap. No one would want to return to the days in which backbreaking work was the norm for the poorer people in society. Even the man digging up the road performs less physical activity, through sitting on his bottom and using his thumbs to control a mechanical excavator. The sedentary lifestyle is now almost universal, but it does influence blood pressure, blood sugar and blood lipids.

Everyone has cholesterol, lipids and sugar in their blood stream, and everyone has a blood pressure. They are all essential for life. However, when inactivity, often aggravated by consuming more calories than are needed, increases the levels of these chemicals, they change from being essential for life to becoming a risk to health and life. They are risk factors not diseases, but the medical profession has given them names as though they were diseases like severe acute respiratory syndrome (SARS), hypercholesterolemia, type 2 diabetes and high blood pressure.

These increase the risk of vascular dementia, but evidence that physical activity can reduce the risk of or prevent atherosclerosis by modifying these factors is strong. Most of the studies so far have looked at the impact on heart disease, but increasing-

ly there is evidence of an impact on dementia also. Even more exciting, perhaps, is the more recent research on the direct impact of exercise on the brain. In 2015, Harvard Medical School, one of the world's top medical schools, published a special health report on Walking for Health, and included a fascinating section on the benefits of walking on the brain.

So how can we be more active? Any contact communication opportunity, newspapers, social media and person-to-person conversations are opportunities to raise the issue, discuss it, and pass on information about our weekly physical activity. The following physical activity check list outlines how much activity, benefits and sample exercises for each of the three essential types of physical activity: flexibility, strength and endurance.

**Flexibility activities:** How much? Four to seven times a week.

**Benefits:** gentle reaching, bending and stretching, keep your muscles relaxed and joints mobile.

**Sample exercises:** Stretching, dancing, yoga, martial arts, and other activities that make you bend and stretch.

**Strength activities:** How much? Two to four days per week.

**Benefits:** Activities against resistance strengthen muscles and bones and improves posture.

**Sample exercises:** Lifting weights, carrying supplies, climbing stairs, moving furniture.

**Endurance activities:** How much? Four to seven times a week.

**Benefits:** Continuous activities benefit your heart, lungs, and circulatory system.

**Sample activities:** Active commuting, brisk walking, cycling, jogging, swimming, racquet sports, skating.

Physical activity is safe and beneficial for almost everyone. People should start slow and build up to avoid injury, and those with long term conditions may need to seek advice for a tailored exercise prescription.

What are the drawbacks of physical activity? There seem to be far fewer than for other widely-used preventives and cures. Indeed, physical activity is one of the alternatives to antidepressants and painkillers that we need for people struggling with physical or psychological pain. It seems to have few, if any, side effects, and unlike some prescription drugs, it is not generally addictive, although exercise addiction does occur.

Physicians now recognize that another benefit of physical activity is that it does not prompt over-diagnosis, unlike intensive precision screening looking for disease. Proponents of this type of screening are referring to

the use of new technologies, such as genome analysis, and other 'big data' and machine-learning technologies. The proponents argue that these technologies enable unprecedented monitoring of the human body. The proponents of these plans, which are still largely theoretical, ignore accumulating evidence that they come with a high risk of over-medicalization and over-diagnosis – taking another pill is not always the best prevention or treatment solution for what ails us.

"Living is not merely living, but living in health." Marital wrote this epigram in the first century.

The understanding of the importance of physical activity to increase health reserve will lead people to rethink what is happening to them as they live longer, and take action in this new coronavirus infection era. It will reduce their risk of dementia, frailty and the need for social care.

*Larry W. Chambers has authored articles and books on disease prevention, improvements in long-term care homes, and innovative approaches for continuing professional development. He is research director of the Niagara Regional Campus, School of Medicine, McMaster University. Eva Liu and Hanna Levy are medical students at the Niagara Regional Campus of the McMaster University School of Medicine.*

## LETTERS

### Thank you, Niagara-on-the-Lake

Throughout our great region of Niagara, our community is working hard to support one another during the ongoing COVID-19 crisis.

In this new environment that is changing on a day-to-day basis, the Education Foundation of Niagara continues to support our students in need with nutritional support and basic necessities. Our foundation has been challenged to meet the needs of all the

daily requests for those in need, and we have had to reach out to our community to make it happen. The economic disruption arising from COVID-19, from decreased donations and the cancellation of events, along with increased demands for services, have impacted our foundation on many levels.

Some examples of what a donation to the EFN Emergency Relief Fund will provide over the next few weeks

and months: nutritional support, medical items, personal hygiene items, and basic necessities. It is not an exhaustive list, as there are so many other needs that will arise once our students return to the classroom.

We hope this provides you with some context to what our immediate needs are today and what we are preparing to need tomorrow.

As we consider how we could possibly ensure

support will happen for so many of our students in need, we are overwhelmed with the thoughtfulness of such a caring, giving, and compassionate community that the town of Niagara-on-the-Lake is a part of.

Our sincere thanks to The Rotary Club of Niagara-on-the-Lake, Newark Neighbours, Vintage Hotels, the town of NOTL and the NOTL community for recognizing and valuing the

work we are doing here at our foundation. Please know in your heart that your support has made a difference, and brought a tremendous amount of happiness and joy to those who through no fault of their own, have had to reach out for assistance. You have given them hope for a brighter tomorrow.

Over the past several weeks we have seen the impact that both the stress of uncertainty and the loss of social connec-

tions can have on us, and the people we love, but we've also seen the power of community! Collectively, we are all champions of the common purpose of helping children in need. We have never, and can never do it alone. Together we will get through this.

**With gratitude,  
Laura Byers  
Executive Director  
Education Foundation  
of Niagara**

  
**education foundation  
of niagara**

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





# Local students handle graduation during pandemic

**Bethany Polti**  
**Special to The Local**

COVID-19 has brought many questions regarding school and the future to the minds of everyone, and youth and teens are no exception. At the beginning, the questions were: What will the rest of the school year look like? Will we go back? How will online learning affect our studies? Now that these questions have been answered and teens are learning to adapt, getting back on track with online, distanced learning, the next questions are coming from the grad classes of 2020.

Grade 8 students moving to Grade 9 and Grade 12 students moving on to university are wondering what September will look like. Indications from education minister Stephen Lecce are that elementary and secondary students will be back in the classroom, in some format, come September, while many universities across Ontario and Canada have moved most of their fall semester courses online. I asked some of our local Grade 8 students for their thoughts on the end of this school year, and online learning as they transition to Grade 9, many of whom shared their academic concerns and dis-

appointment over missing out on graduation. Mykayla Brown says she finds the current situation difficult, without direct, face-to-face contact with her teachers. The transition to high school will be weird, different from both current learning situations, she says, “so it’ll be hard but not too bad.” Grade 8 feels unfinished, says Tannin Driedger-Bradshaw. “No one could ever have expected what happened these last couple of months, but because of it we weren’t able to fully enjoy our last year in elementary school, or those last few days of school with your friends before we

go onto high school.” She says she will really miss the opportunity to get ready for graduation. “Some of our greatest friends we have had for most of our lives will be moving on to different schools. This is a big step in our lives and it’s sad that we can’t be with our friends and family during it. We can talk to them online, but it certainly isn’t the same.” Online learning is new for all of us, she adds. And some might be finding it a struggle. One of the biggest challenges is being very organized and conscientious to ensure the work, assignments and tests are done on time, with-

out having teachers’ daily reminders of what is due. Another issue is learning on your own, as teachers aren’t always able to help students face to face, although zoom chats are always available. When Grade 9 starts, I’m not sure what is going to happen but I do feel online learning will become even more difficult for many of us. It’s one thing to go from elementary school to high school, but it is another thing to have to learn in a whole new way.” Grade 12 graduating students have similar thoughts and concerns. As a graduating Grade 12 student, I question what university will look like,

and how an online university classroom will work. The university sent me a welcome letter and is encouraging me to secure my residence for the year, they have prepared single rooms, and special small group sessions for getting to know others, and so I know there is some plan. But will I be safe? Should I stay home first semester? In this unpredictable time, teens are searching for answers. My friends and Grade 12 graduates have similar questions. I asked them how they are feeling about the end of Grade 12, and their thoughts

Continued on page 9



Tannin Driedger-Bradshaw is graduating from Grade 8 at St. Michael Catholic School. (Photos supplied)



Mykayla Brown is concerned about online learning in high school.



Clara De Munnich, an Eden High School student, hasn’t decided to go to university for a year of online learning or defer her plans for a year.

## ATTENTION NOTL HIGH SCHOOL, COLLEGE, UNIVERSITY GRADUATES AND FAMILIES!!

We would love to help celebrate your 2020 graduation in The Local in our July 2nd issue. Deadline will be Monday, June 29 at noon.

This is a challenging year for celebrations, and we would like to make it a little bit better by sharing your accomplishments at no charge - this is our gift to you.

If you would like to see your photo in the paper, please email it along with your name and school name, to:

**karen@notllocal.com**

*Class of*  
**2020**

## Niagara Lake

-on-the-Lake  
EST. 1781

### 2020 MUNICIPAL TAX REMINDER NOTICE

#### INTERIM SECOND INSTALLMENT

**DUE DATE (TO AVOID PENALTY) TUESDAY, JUNE 30, 2020**

Tax Rates as per By-Law No. 5196-19

**On March 24, 2020, as a result of the financial impact of the COVID-19 pandemic, the Town of Niagara-on-the-Lake waived penalty and interest charges related to current 2020-year taxes until June 30, 2020. Penalties occurred after June 30, 2020, may not be waived.**

Payment may be made by **mail** or to the **Town Municipal Offices** at 1593 Four Mile Creek Road (PO Box 100, Virgil ON L0S 1T0). A 24-hour mail slot is located at the front (accessible drop box) and side entrances of the Town office for your convenience. Post-dated cheques are accepted. **Payment can also be made electronically from your bank account using the 19-digit roll number.**

If payment is made at a bank or other pay station, your account will be credited only **after** the Town has received settlement from the bank. Please allow **ten (10)** working days for payment processing.

A penalty of 1.25% will be added on the first day of default (July 1, 2020) and on the first day of each month thereafter. To avoid penalty and interest charges, **payment must be received at the Town Municipal Office by the due date.**

Failure to receive a bill does not excuse a taxpayer from the responsibility of payment of taxes and penalty. **If you have not received your tax notice, please contact the Finance division at 905-468-3266 to ensure that your correct mailing address, including PO Box, is on file.**

#### HAVE YOU CONSIDERED A MORE CONVENIENT WAY TO PAY YOUR TAXES?

Save time and potential late fees by paying your taxes through our Pre-Authorized Payment (PAP) plan or through online or telephone banking. Property owners can also request to receive their property tax bills and notices from the Town by e-mail only through a new eSend service.

For information on payment options or to sign up for eSend, visit the Town's website at [www.notl.com](http://www.notl.com) or contact our Finance division directly at 905-468-3266 ext. 230.



# University will bring challenge of online learning

Continued from page 8

on September. As always, I can rely on my friends to provide insight and perspective.

Genny Moncion says while it is not the send-off grads had envisioned at the end of Grade 12, "I feel we can all be encouraged by the fact that by staying home we are supporting each other in health and safety, and

also supporting our various endeavours for the future. When we all get through this, there will be far more to celebrate than graduation, including the survival of our social interactions with families and friends."

It's a sad end to Grade 12, says Sadie Williams, "but I've mostly been trying not to dwell on it."

She is uncertain about her

plans for September, she says. She's excited about acceptance at Queen's university for media and performance production, but is considering whether to defer it for a year, or start online courses, "but because the future is so uncertain due to COVID, I haven't made any set-in-stone plans."

Brett Butler says although graduation can't be celebrated this year, "I'm confident we'll

have the best parties after this is all over. It's a bummer, but it's necessary." He thinks online learning will create some confusion for first-year post-secondary students, but "hopefully some of the flaws are polished out."

"The end of high school is always a time of transition and I know that it has been made more difficult by this pandemic for all of us," says Clara De

Munnich. "Personally, however, I have felt reconciled to the reality of the situation for a while now. I am currently deciding whether I should participate in online learning with my university or request a deferral. Her decision must be made soon, she says, but she's waiting to see whether there are any

changes to the situation.

If I were to give one piece of advice to any graduate, it would be to know, "you are not alone, and if you are feeling overwhelmed or alone please reach out. I know schools and universities have extended open communication to help."

## Calling all NOTL high school, college and university grads

**Penny Coles**  
The Local

Attention NOTL high school, college and university graduates and families: we would love to help celebrate your 2020 graduation in The Local in our July 2 issue.

This is a difficult year for graduations, for parents, students, family and friends, who are making the best of the situation with online or drive-by celebrations.

We would like to make it a

little bit better by sharing your accomplishments with your community of friends, neighbours and even family who can't be with you in person.

If you would like to see your grad's photo in the paper, please email it, along with their name and high school, to karen@notllocal.com. Deadline will be Monday, June 29, at noon.

There is no charge for this — it's our gift to you.

Happy graduation to all!



Genny Moncion says her graduation from Eden High School is not what she envisioned.



Bethany Poltl, graduating from Laura Secord Secondary School, questions what her first year of university will look like.



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**PLEASE NOTE: OUR OFFICE IS OPEN MONDAY TO FRIDAY, 9 AM TO 2 PM. WE WILL REPLY TO EMAILS AND MESSAGES DURING THESE HOURS.**

**109 Queen Street 905-468-3205 • St. Davids Office 905-262-6996**



# Teenie H moving to town property as next temporary home

**Penny Coles**  
The Local

In 1939, a fisherman by the name of Joe Hand, also considered a meticulous builder, selected a white oak tree he found along the Niagara Escarpment, and had it milled in Grimsby.

From there the oak went to the Morris Boat Works in Hamilton, to become the ribs and transom on a frame of cedar and pine for a boat custom-made for Hand. The pine was for the stringers, the pieces of wood that run the length of the boat to give it strength.

This boat, which is considered by experts one of the best of its era, was to help earn a living for his family. It was christened the Teenie H, after his daughter.

Eighty years later, after changing ownership a few times, as well as locations, the boat is ready to move to another new home Monday, in the municipal yard behind the arena, where it is to be protected and safely stored until its next, hopefully permanent, home is found.

Those vested in its preservation as a legacy representing the commercial fishing history of Niagara-on-the-Lake are hoping its final resting place will be one of distinction, on the waterfront, on display in a setting befitting a boat of its significance.

Local residents Terry Boulton and Chris Allen have been advocating for a plan to pre-

serve and display the boat since 2006, and in the intervening years, have received support from politicians, and champions of local history, including the town's heritage committee, the Niagara-on-the-Lake Museum, and the Niagara Foundation. Marine experts have attested to its significance in local history and its current state of preservation. Julian Smith, highly respected restoration architect known locally for his years as director of Willowbank's School of Restoration Arts, has spoken to town representatives about the boat as "a perfect vehicle" to preserve the town's cultural landscape in the Dock Area. He even designed a boat house to sit at the water's edge, which he envisioned as a display to protect the Teenie H while making it available to the public, says Boulton.

That proposal was presented to then-Lord Mayor Dave Eke and senior management, "and was positively received," says Boulton. The exact site of the display was left to be decided, he says, but "there was no question raised as to the general viability of the proposal. However, any progress was again stalled by the need for final approval of a Dock Area Master Plan."

Smith felt the best location was beside the Foghorn House, which is beside the municipal dock on River Beach Drive.

Built in 1904 by the Department of Marine and Fisheries, and operated as a warning signal for marine vessels in the days when Niagara's waterfront was a bustling centre for the shipping industry, the house was restored by the Niagara Foundation, and is now owned by the Town.

Boulton still believes that's the ideal location for it, but it will be the Town's decision moving forward, he says.

From the earliest discussions of the future of the Teenie H, the delay has been, and continues to be, an evolving Dock Area plan, says Boulton.

Allen and Boulton both have a deep love and respect for the history of the town, and Boulton's family has ties to the fishing industry going back several generations. He can remember helping to roll the fishing nets back on his family's boat as a young boy.

They have both put their hearts into the continued preservation of the Teenie H, with Boulton taking the lead on discussions with the Town.

Moving the boat to Town property is significant, he says, "and a relief. It's a load off my shoulders."

It had been tucked away, safely, in storage at the NOTL Sailing Club for 14 years, first at no cost, initially supported by Glen Stewart from ATL Trucking, who was commodore at the time. In recent years, the



Interim CAO Sheldon Randall and Coun. Allan Bisback are committed to the Town's involvement in future plans for the preservation and public display of the Teenie H. Chris Allen and Terry Boulton have been looking after it for the last 14 years, and are happy to turn it over to the Town. (Photos by Penny Coles)

Town has contributed to the storage cost.

ATL provided the equipment to move the boat to the sailing club, and is doing the same now, again at no cost, Boulton says.

Monday, after a week of preparing the boat for its move, Boulton says the Teenie H "once again defied her age (at 80-plus) and was easily moved onto what should be her last resting place, her own, specially adapted cradle. It has been seven long, tiring days to get her moved onto her own cradle, but now she should be set for as long as she remains. She has newly constructed framing overhead, a very workable tarp and a low slung cradle which should work well in any display."

Before being moved to the sailing club, it had been on the Ball property, beside Ball's Beach, and when that property was to be sold, the boat had to be moved. It was sold to Allen in 2006, and he and Boulton became involved in its preservation.

It had been purchased by Goring Ball in 1949, and remained in use until 1975, when it was pulled from the water beside the house, where it sat until its move to the sailing club. Ball purchased the boat from Bill Rooker, who bought it from Hand in 1943 or '44, with all the fishing gear, for \$1,500. He and his brother fished out of Port Dalhousie for a few years, travelling to Four Mile Creek for whitefish, until they sold it to Ball.

Boulton and Allen make the point that, on the advice of experts, the boat will not be restored. It will be cared for in its existing condition, which is far superior to what would be expected of a boat its age, experts have said — documented in updates prepared by Boulton in his efforts to have the Town take ownership of the boat and its future.

His efforts became more pressing when the sailing club wanted to use the space for other purposes, says Boulton, and a new home needed to be found. He has struggled to find a solution, and is relieved to see the next step in a final plan that will take place Monday.

He and Allen have worked exhaustively in recent weeks to prepare it for a safe move, once again on a cradle specifically designed by ATL Trucking for the Teenie H.

Boulton is happy to give the reins over to the Town, knowing the future of the Teenie H is now in the hands of the municipality, hoping any decisions to be made will reflect his and Allen's input, along with the advice from experts such as Smith.

Town documents, including a 2017 official plan amendment, indicate the Dock Area should recognize its significant history in commercial fishing, and should support its cultural heritage, including a display of the Teenie H.

Since the current council was elected in 2018, Couns. Allan Bisback, Norm Arseneault and Stuart McCormack have been supportive in getting the boat onto town property, as a step toward the Town becoming involved in preserving it.

Bisback says he appreciates the importance of saving and displaying the Teenie H, and would like to see a plan put forward that would include funding

from other levels of government.

He would also like to get the Niagara-on-the-Lake Museum, which has helped by holding funds raised for the preservation of the boat, involved in the next steps, although he notes such large artifacts are not part of the museum mandate.

Bisback says he will encourage council to agree on the preservation and future location of the Teenie H. In addition to the need for a complete plan for the Dock Area, flooding issues have of necessity taken front and centre recently, he says, with the emphasis on waterfront preservation, prevention of future flooding, and the funding to pay for those important initiatives.

"We're still working on a comprehensive plan for the waterfront," says Bisback. "Then we need a report formalizing what the Town is going to do with the Teenie H. We don't want it to just sit there."



The fishing boat, built in 1939, is still in remarkably good shape, experts say.



The Town of Niagara-on-the-Lake is pleased to announce the continuation of its summer day camp program. While camp will look and run differently than previous years, Staff are excited to welcome campers back to a fun-filled summer camp schedule for children ages 6-12.

Our camp strives to provide children with a safe and inclusive camp experience in which they can meet new friends and participate in a variety of activities, including cooperative games, sports, arts & crafts, science experiments, and outdoor adventures.

Visit **notl.com** for more information or to register online.







# Friends of Fort George want Canada Day photos

**Penny Coles**  
The Local

The Friends of Fort George and Parks Canada are ready to host a virtual Canada Day celebration this year, with the cancellation of traditional events at Simcoe Park and Fort George.

“During a regular year, Fort George estimates between 7,000 to 9,500 visitors pass through the front gate throughout the day, but this year will be different,” says Tony Chisholm, president of the Friends of Fort George. “We are working hard to bring as many aspects of Canada Day to the community to help celebrate the 153rd anniversary of confederation.”

To go along with the Canada Day packages being distributed throughout town, the Friends have also created the hashtag #CanadaDayNOTL, and hope that community members will use this hashtag to share images of how they are celebrating Canada Day this year.

“We would love to hear about your favourite aspects of Canada Day – what you will miss the most, and how you are celebrating this year in lieu of the large Celebrate Canada Day festivities at Simcoe Park and Fort George,” said Amanda Gamble, executive director of the Friends of Fort George. “You can send us

images through social media or by email at admin@friendsoffortgeorge.ca. We would love to see images of the cake parade, Fort George event, fireworks, etc.”

With the support of the Department of Canadian Heritage, the Friends of Fort George will be sharing images and videos of Canada Day festivities from previous years on their website, and through their social media channels (facebook, twitter and Instagram), and are working hard to create some special content from Fort George staff and local dignitaries to help celebrate the day.

Locals have until Thursday, June 25 to order packages from Fort George to



Cupcakes from Willow Cakes and Pastries are part of the package the Friends of Fort George have put together to celebrate Canada Day. (Photo supplied)

help celebrate the day. It will include six cupcakes, made by Willow Cakes and Pastries, flags, pins, Canada Day tattoos, glow sticks, Parks Canada swag, balloons and more.

These packages can be ordered online through the Fort George gift shop at <https://friendsoffortgeorge.square.site> or by calling 905-468-6621. The cost is \$35 per package with free

delivery in NOTL, and \$40 per package with delivery outside of NOTL. All proceeds will support the Friends of Fort George and Willow Cakes and Pastries.

# Canada Day celebrated ‘as if it’s someone’s birthday’

**Penny Coles**  
The Local

It won’t be a typical Canada Day for Cassie and Andrew Niven and their two children, but it will be a day to celebrate what is important to them.

family,” he says. It’s been difficult for them as parents and for their kids, who missed that family connection, says Andrew.

The expansion of the family social circle was a welcome one, he says, and came just in time to celebrate

tance of the day, and he and Cassie have tried to reinforce that at home by talking about what it stands for.

“She really takes it to heart, that it’s Canada’s birthday. We decorate the house like it’s someone’s birthday, and she gets really excited.”



Cassie, Rylie, Owen and Andrew Niven want their kids to know what Canada Day stands for. (Photo supplied)

“I can’t imagine anything better, to live in this country and this town ...”

Andrew Niven

As difficult as the pandemic has been for the local couple, both continuing to work, the one good to come of it is the focus on the importance of family, says Andrew.

That has become especially evident with the “expansion of our bubble after the lack of interacting with

Father’s Day, and Canada Day next week.

Owen, their three-year-old son, is too young to really understand what it represents, he says, but Rylie, 5, is excited.

Her Kindergarten teacher did a good job of teaching the kids about the impor-

The couple have enjoyed going to Ravine Vineyard Estate Winery on Canada Day, but this year, will likely celebrate at home.

They realize they are very fortunate to have family close by, in NOTL and Niagara Falls, and to live in a neighbourhood where they feel secure, bringing up their kids in a safe community.

And that, he says, is something they want to pass on to their kids.

“I can’t imagine anything better, to live in this country and this town, and have our family around us, in one of the safest places in the world.”

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# Local family celebrates life in Canada, and NOTL

**Penny Coles**  
**The Local**

When Neeti and Vinay Mehrotra came to Canada as 26-year-old newlyweds, they had no idea what to expect. “We didn’t know a soul here,” she says. “We had two suitcases each, and \$1,100.”

Many people have asked what made them decide to come to Canada, she says, and she finds it a difficult question to answer.

There wasn’t the amount of information available online that there is today, but they

knew they were looking for opportunities, and thought they would find them here.

They are both engineers, and they had seen an advertisement in a newspaper saying that Canada was looking for professionals.

“We were young, and we really didn’t know what we were doing. We didn’t think too much about it. We just felt that the world was our oyster.”

Looking back, she says, they are grateful it turned out to be a good decision, although they didn’t have a lot to base it on.

They had no friends or

family in Canada, but Vinay’s brother was living in the U.S., then in Texas and later in California.

“We thought, well, Canada is next door to the U.S. We’d be able to visit. But we’ve been back to India more than we’ve been to the U.S.”

With both sets of parents and siblings still in India, Neeti says she’s tried to return once a year, usually only for a week, because of the UPS store they operated on Mississauga Street until this month, when they were forced to close.

“I love going home, I love

the nostalgia, but I could never live there again. The person I have evolved to be is a Canadian. This is who I am. I belong here. Looking back, I am glad we didn’t move to the U.S.”

When they came to Canada, they lived in Mississauga for eight years, but it never felt like home. Although there was a large population of people from India, “they had their own groups, their own families,” says Neeti. “We had no friends. Nobody ever talked to us.”

The day they moved to Niagara-on-the-Lake, she says, “I told my mother I’d found my place in this world. Within a day or two, I had spoken to more people than I had in all the years in Mississauga.”

They had come from a small community in India, “at least small by India standards,” she says.

saw my boys, they’d tell me they were behaving nicely. It’s that kind of community.”

In Canada, and here in NOTL, she says, they are richer in this country and this community than she ever could have imagined. “Not richer with money. Our lives are richer. We have so many friends, and this is such a great community. The friendship and support we found there, that will never go away.”

Mehrotra had done her share of giving back to the community. She volunteered at Parliament Oak while her kids were at school there, and felt fortunate to have great teachers and families at the school. She recalls taking about 15 women and their kids to her temple in Niagara Falls to celebrate India’s major holiday, Diwali. She found saris for the women

celebrated international days and cultures, so that all children would feel at home. “It was such a great school. My boys had a wonderful childhood here. We were blessed to have such a great school for them.”

Her older son is attending the University of Waterloo, where he is studying astrophysics.

Her younger son is studying computer science at the University of Toronto. Neeti says she couldn’t imagine a better place to have raised her children, who now have a world of opportunities before them.

Neeti also volunteered with the local branch of the Canadian Cancer Society, lining up canvassers for the annual April door-to-door campaign.

And she joined the Rotary Club of Niagara-on-the-Lake, for many years handing out burgers for the Rotary barbecue on Canada Day.

That won’t happen this year, but she is delighted that their two sons will be home with them, that she will be able to celebrate the day with them, and the life they were able to make for the family in Canada, and especially in Niagara-on-the-Lake.

“When we visited the U.S., it seemed everyone was trying very hard to be American. In Canada, you can just be who you are, and be proud of it. You don’t need to change who you are to be Canadian.”



Varun, Vinay, Neeti, and Arnav Mehrotra will be home to celebrate Canada Day together. (Photo supplied)

“ The person I have evolved to be is a Canadian. This is who I am. ”

*Neeti Mehrotra*

It was the kind of community “where if you sneezed, someone told your mother. That was what we found here. If someone

to dress in, lots of bangles for them to wear, and off they went to have dinner at the temple. At Parliament Oak, the school cel-





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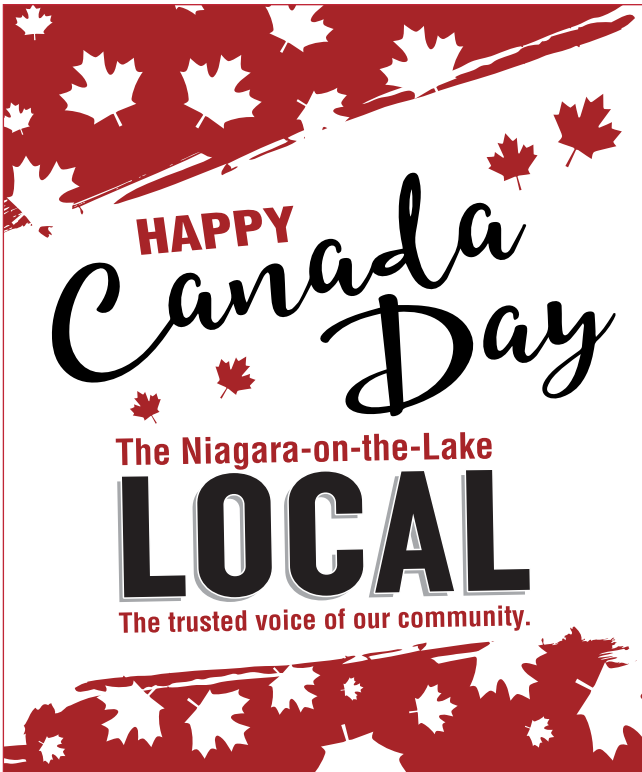
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# Business owners value freedom from fear

**Penny Coles**  
The Local

When Ali and Homei Khalili decided to leave their home in Tehran, the capital of Iran, they had options.

Ali has two brothers who had already left to make their homes in Toronto.

Homei has three brothers in the U.S., and a sister in France.

They also had good jobs in Tehran. Ali was a certified independent auditor, and Homei an office administrator. They were making a good living, but they did not consider it a good life.

They were looking for a “good place to live,” one that would get them out from under the restrictive government of Iran, and the punishments that could occur from just walking down the street.

Ali makes the point that it doesn’t matter how much money you have if you are living under those conditions.

“Money doesn’t help when you are concerned about your kids.”

They both said they believed money was less important than having a good life and a future for their kids.

They were looking for a land of opportunities, which Ali found in his first visit to

Canada.

He first came to stay with his brother in Toronto to see the country, and to see how his brother lived.

He very quickly decided he loved it. “I told my wife, this is a great place to live. There is lots of opportunity.”

They arrived in Canada in 1998, going first to live in Hamilton. They felt that to “adapt to a new situation,” they wanted to study at Mohawk College, Ali for software engineering and Homei network hardware.

They successfully completed their courses, “but the market wasn’t there,” says Ali. “After sending out 1,000 resumes, I got one interview, and I didn’t get the job. But you have to live, so we start searching for any kind of business. We came to this, and we’re still here,” he says, sitting in their Subway restaurant on Mississauga Street, open only for pickup at the moment, but still a popular place for locals during the week, and visitors on the weekend.

They first opened a franchise in Niagara Falls in 2004, and in 2010, opened their second location in Niagara-on-the-Lake.

“We have made lots of friends, here and in Niagara Falls,” says Homei.

“We have customers who don’t have to order, we know what they want.”

“We see them outside and we can start to make what they want,” adds Ali.

They have two children, both with university degrees and now making their living in Toronto, enjoying city life, and Ali and Homei say, like all parents, they’re happy to see their kids taking advantage of the opportunities they were looking for when they came to Canada.

breathe. We don’t have to be afraid of anything.”

He says it’s hard for those who have never lived in fear to understand what it’s like to live that way.

Homei agrees freedom is what they sought, and what they found in their new life in Canada.

But as well, like any parent, she says, “I love when I see my kids growing their talents, able to get what they want and what they need, being whatever

This year’s celebrations may look different than years prior, but we hope you are able to enjoy the day with the people you love.

When out in public, please remember to maintain a safe physical distance of 6 feet (2 metres) whenever possible from anyone with whom you do not reside or anyone outside of your social circle. If this is not possible, consider wearing a mask.

**Stay safe out there!**

**#StaySafeNOTL #StaySafeNiagara**

“ We feel very fortunate to be here. We are really happy we chose this country. ”

Homei Khalili

Although family is still what is most important to them, what means the most to them about their life in Canada, they both agree, is the freedom they found here.

There are no regrets about their decision, they say.

“We really appreciate what Canada has to offer,” says Ali.

“When we go out for a walk, it’s good to be able to

they want to be.”

They have good friends, and good neighbours, they say.

And although they work hard, they have good staff, and can take off weekends and holidays, such as Canada Day.

“Our employees are happy to have those hours,” says Ali.

They live in St. Davids,

and love the Ravine Vineyard Estate Winery Canada Day events of past years, especially the fireworks.

They’re not sure what they will do this Canada Day, but they do know that it’s a day to

be grateful.

“We feel very fortunate to be here. We are really happy we chose this country.”

Ali agrees. “We’re really fortunate we picked this country.”



Homei and Ali Khalili love their St. Davids neighbourhood, the opportunities Canada offers their grown children, but most of all, the freedom they enjoy. (Penny Coles)



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# Fort George ghost tours go viral

**Kim Wade**  
Special to The Local

The events of these past few months have been surreal, or otherworldly, and many of us have been experiencing life in a more

virtual way, like virtual school, virtual work and virtual entertainment. The Friends of Fort George have found a way to combine a bit of school and entertainment with a different type of “oth-

erworldliness” in the virtual world. Last Friday evening, just as dusk was descending outside, Kyle Upton was inside hosting a virtual tour of Fort George’s haunted spaces. Tickets could be pur-

chased through The Friends of Fort George website. After purchasing the \$5 ticket, the coordinator sent an email with meeting ID and password to join the Zoom platform. In total, 12 participants

had exclusive access to Upton, and were able to ask him questions about his 27 seasons of experience as a ghost guide at the Fort. Upton’s wife Sonja enhanced his presentation by supplying viewers with

photos and videos of the various buildings and areas on the grounds. Upton took participants on a virtual “tour” while answering questions, which included Kyle’s own supernatural encounters, the history of the ghost tours and the Fort itself. The question and answer period gave participants a rare opportunity to ask Upton questions beyond the regular ghost tour speech and normally reserved to cornering him after a tour. One of the first he was asked was about whether the paranormal activity has increased or decreased over the years. Upton explained the ghost tours originally started as a “hook” to bring people into Fort George, and a fun and unique way to introduce people to the history of the area. He said he first heard a few ghost stories as a young participant in the Fort’s reactional and historical programs. When he began working at the Fort, he thought it would be fun to share his love for history at the same time as entertaining an



Kyle Upton has been leading ghost tours at Fort George for 27 years. This year the tours are going viral. (Photo supplied)

Continued on page 18



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# Farm worker struggles to get permanent resident status

**Jane Andres**  
**Special to The Local**

It never gets easier. There is a price to be paid for families that are separated for eight months of the year.

Three of those seasonal workers will not return home, having died from COVID-19 contracted while working on farms in other areas of Ontario. In Niagara-on-the-Lake, workers have so far remained safe.

The men and women working here on the temporary foreign worker program can be away from their loved ones as long as two to four years with only a few short holidays to visit loved ones during that time.

Over the last 15 years, I have talked to hundreds of men and women working under temporary contracts in agriculture, and it is a painful experience they all share.

"I can't even tell my kids when I'm leaving because there is too much stress in the weeks leading up to it. They can't sleep, they can't concentrate in school, they're so worried because I'm leaving. There's no good way to do it. Everyone has a different way of trying to manage," Peter, one of my neighbours down the road said. "I'm so anxious to just hold them when I finally get home. But when they're small they just want to run and hide. I'm like a stranger moving into the house. Man, it breaks my heart!"

Some of the Mexican women leave their children as young as one year old, while they work in our greenhouses and packing barns for eight months. They are afraid if they take a year off they will lose their place on the program.

It never got easier for Jermaine, when it came time to leave his family every year.

"Having grown up at Mt. Olivet orphanage, I was always longing for a family. When I grew up, I wanted to be the best dad ever. I didn't plan to be on the farm work program long, just long enough to get enough money to start and run my own business in Jamaica."

He started a business twice, but with no investors and the impossibility of a business startup loan, he says it was impossible.

Trying to balance his personal life when he was spending three-quarters of every year in Canada was a struggle.

"Sad to say, my relationship with my wife got

rocky after a few years away. For farm workers being gone so long, it's a very hard thing to deal with, even if you are really committed. You have no control over what happens in Jamaica when you are gone. There was no future in Jamaica for me, so I had to make a decision. Canada was my only option."

Jermaine started the process for permanent residency in 2016.

"The last four years has cost me a lot. They make it very hard to get the necessary documents. It all has to be employer-based for you to get your documents. My employer has helped me a lot for which I am very grateful."

Jermaine says that although he graduated from high school in Jamaica, he was required to have a Canadian diploma.

"So I started taking night school classes. I studied after work sometimes 'til three in the morning, and would get up for work by 7. It took me two years. I took a truck driving course and got my AZ license. I got my GED. The government can look at me and say 'hey, this is a productive guy, here's a guy to contribute to this country.' It was a big investment financially, but I stuck with it, with the help of my employer."

One of his greatest challenges has been to have his son come for a three-week visit. He hasn't seen his 13-year-old son, Eric, in the four years since he started the process.

"It cost me almost \$4,000 in legal and government fees for an application for him to come here just for a visit. I can't go back to see him unless I am a permanent resident. That is why permanent residence status is so important."

**“ I’m so anxious to just hold them when I finally get home. ”**

*Peter*

After submitting and paying for all of the necessary legalities and applications, as well as meeting the necessary financial and insurance requirements, his son was denied the visa because he had no travel history. It was a crushing experience for him.



Jermaine Clarke enjoyed a day trip to Runaway Bay with his 13-year-old son Eric. (Photos supplied)

I thought recently of Thomas, one of my neighbours who has been coming up for eight months of the year for almost 30 years.

He has been paying into employment insurance, CPP and taxes, the same as a Canadian for all of those years. His only daughter, her husband and children live in Hamilton, yet he is unable to stay on to visit for a few weeks when his season is over. She grew up with him absent eight months of the year. He put her through university and now they still cannot be together. He would love to spend time with his

agricultural industry considered less human, less deserving?

We benefit in so many ways from a system that deprives 60,000 families of the opportunity to grow together.

Will Jermaine make it? I believe in him, as do many others who have

been impressed with his integrity, honesty and his determination to care for his "brothers" on the farms. He has a strong network of support, tutors like Marie Lapointe who coached him through his final exams at Mohawk, people at Gateway Church and those whose lives he

has inspired in his journey here.

Jermaine adds, "I have to say a big thanks to Lepp farms, because they stood by me and helped things to move forward."

Next week, in part three, I will talk about Jermaine, and the importance of status on arrival.



Jermaine Clarke doesn't get to see his son Eric nearly as often as he would like to. His work in Canada makes it difficult to see his son, who is back home in Jamaica.



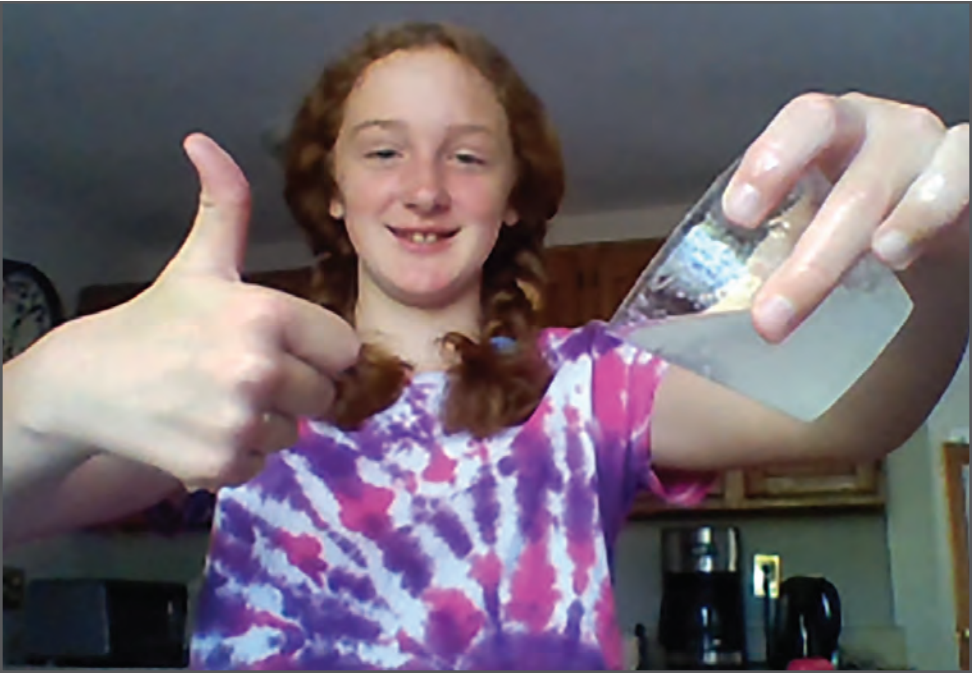
SCHOOLS

ST. MICHAEL CATHOLIC SCHOOL

Students wrap up year with online fun, learning



Christine Colling gets creative with her message to frontline workers: Thank you for all you do! (Photos supplied)



Aine O'Neill celebrates science week by making yucky slime.



Nello and Dean Pagnotta build a neighbourhood, including the famous Sesame Street, with their toys.



Sienna, Ella and Micah deSouza attempt an ice block rescue, each using different tools to see whose works best.



Lucy Collins celebrated her sixth birthday with cupcakes at home.



Emilio Kauzlaric is pretty excited to be given a driving lesson on an excavator from his dad.



Ava Miele has her own idea of how to rescue a little toy from an ice block, requiring only her imagination.



Shebl Haddad gets some physical activity in by pumping those legs on a backyard swing.



# LOCAL HAPPENINGS

## FIRST ONTARIO PERFORMING ARTS CENTRE

#NiagaraPerforms

Thursday, June 25 @ 7 p.m.  
Yellow Door Theatre

Sunday, June 28 @ 4 p.m.  
Lori Cullen & Kurt Swinghammer

View via PAC's Facebook  
and YouTube channels  
www.FirstOntarioPAC.ca

## THE NIAGARA-ON-THE-LAKE MUSEUM

The Niagara-on-the-Lake Museum presents a series of online talks in the month of July. All presentations start at 4 p.m., are free and require registration.

July 2 @ 4 p.m. | Rick Meloen

The History of the Chautauqua Neighbourhood in Niagara-on-the-Lake. [https://us02web.zoom.us/webinar/register/WN\\_VsNL1FEYSa-RZvGBoOkn8A](https://us02web.zoom.us/webinar/register/WN_VsNL1FEYSa-RZvGBoOkn8A)

July 9 @ 4 p.m. | Ted Rumble

Ordnance Boundary Stones of Niagara-on-the-Lake [https://us02web.zoom.us/webinar/register/WN\\_F-DvYIX1RHmakXUDSSqTCA](https://us02web.zoom.us/webinar/register/WN_F-DvYIX1RHmakXUDSSqTCA)

July 16 @ 4 p.m. | Shawna Butts

Some Women in Niagara-on-the-Lake's History [https://us02web.zoom.us/webinar/register/WN\\_EeohJB7bRgmTGfK8jblI6A](https://us02web.zoom.us/webinar/register/WN_EeohJB7bRgmTGfK8jblI6A)

July 23 @ 4 p.m. | David Hemmings

Was your grandmother a British Home Child? [https://us02web.zoom.us/webinar/register/WN\\_W-nPwuNHQ8-uaH04zKTJSg](https://us02web.zoom.us/webinar/register/WN_W-nPwuNHQ8-uaH04zKTJSg)

July 30 @ 4 p.m. | Sarah Kaufman

Ask the Curator [https://us02web.zoom.us/webinar/register/WN\\_v3mOiB5TCKoz\\_PUuRHbeA](https://us02web.zoom.us/webinar/register/WN_v3mOiB5TCKoz_PUuRHbeA)

## NIAGARA PUMPHOUSE BEGINNERS' TIPS IN ACRYLICS ~ A VIDEO SERIES

June 26 @ 11 a.m. - 4 p.m.

If you are looking to start your artistic journey, Niagara Pumphouse is presenting a video series of helpful tips to novices in the art world that cover a variety of topics both informative and practical. To view these videos, please donate to the Niagara Pumphouse Arts Centre to benefit our programs and initiatives. A suggested amount of \$10.00 per video is greatly appreciated. But if you are interested in the entire series, a \$50.00 donation is requested. A password to watch the video will be emailed to you after a donation is received. Your contribution supports the Niagara Pumphouse mission and provides opportunities for future programming. We appreciate your continued support and look forward to making it through this difficult time together! Please visit: <https://niagarapumphouse.ca/events> for more details.

## MINECRAFT CLUB MINI GAMES

June 26 @ 3 p.m. - 4:30 p.m.

Here's how to join our new REALM! 1. Send your Minecraft Username to [notllibrary@gmail.com](mailto:notllibrary@gmail.com) and we will invite you to join our realm. 2. To accept the invite, choose Minecraft Realms at the title screen. 3. Click the flashing envelope at the top next to the Minecraft Realms' title. 4. Click Accept! We will be leaving the realm open as a creative world 24/7! Please note: there will NOT be a Library Moderator present online at all times. Mini Games will take place twice a week.

## PLACE YOUR COMING EVENT COMMUNITY SOCIAL HERE

With or without a border, colour graphics optional. Include your Logo! Prices starting at \$20. Deadline: Monday 3 p.m. Call Karen 905-641-5335 or email: [classified@notllocal.com](mailto:classified@notllocal.com)

# Chilling video highlight of tour

Continued from page 14

audience with tales of the paranormal. What he and the other tour guides did not anticipate was that the ghosts began to provide them with new material. New sightings and happenings began in other buildings on the grounds. Staff began to report having unexplained phenomenon happening to them and to the participants during their tours. So for the first five years, new stories in some of the previously quiet buildings began to be reported.

"For the first five years of the ghost tour, it was like, 'Hey! New ghost tour season. Fantastic! And what surprises are they going to throw at us this year?'"

Upton explained that of the 10 buildings at Fort George, nine of them have had reports of paranormal

activity. The activity has not been consistent over the years, he added. There have been quiet years and busier years, with no apparent pattern to the sightings. He described how they tried to find a pattern by tracking variables, such as the weather, number of people on the tours, or anniversaries of 1812 events. However, they have not been able to find any statistically significant variable that would show an increase of activity. He did note that the last tour of the season seems to show an increase in haunted high jinks, but otherwise they cannot find any consistent patterns.

One of the highlights of the evening was Upton's show and tell segment of sorts, that would not be possible on the regular tours. He showed a five-second video that sent chills down this reporter's spine. The video was

taken by a member of the Amateur Spirit Seekers, with a night vision camera, during a private tour. It shows a mysterious, ghostly figure wearing a cape, crossing in front of the camera.

Upton assumed at the time that the caped figure must have been him walking in front of the camera. They tried to recreate the scene using the same camera and compared the two videos. Upton said he found himself apologizing to the Spirit Seekers, adding that, "I don't know who this caped guy is, but I am confident that it was not me."

At the end of the tour, Upton thanked a few of the contributors to the event, including his wife Sonja, who according to Amanda Gamble, executive director of the Friends of Fort George, Upton's "right hand for the virtual tour - she took care of all

the behind the scenes aspect of the tour."

The idea for the virtual tour itself was sparked by other virtual initiatives that the Friends of Fort George are working on. Tracey Forsyth, who is part of the local Scout Brigade, and Upton were working on developing a virtual tour for them. When Upton discussed the idea with Gamble, they began to work out a Zoom tour for the public.

According to Gamble, "We are working on some other online ideas to stay connected with the community, and are hoping to do some more virtual ghost tours after the positive response we received."


For more information on upcoming virtual ghost tours or other virtual events visit the Friends of Fort George Website at <https://friendsoffortgeorge.square.site/special-event-tickets>.

## Soccer skills



Giacomo DelPriore (front) with brothers Alex and Max Pingue, all from Queenston, are missing their regular soccer drills and games. They were at the Virgil Sports Park Saturday to practise some drills on their own, with their fathers coaching. (Penny Coles)

# LOCAL WORSHIP



**Sunday, June 28th**

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.

[www.ccchurch.ca](http://www.ccchurch.ca)

To advertise your

## WORSHIP SERVICES

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- Across:**

1 School org.  
4 Emit  
8 Tenet  
13 In case  
15 Tennis ace --- Sampras  
16 Fault  
17 A law --- himself  
18 Behavioral and learning problem  
19 Refractor  
20 Resident of Rabat, perhaps  
22 Fragile  
23 Sis sib.  
24 Faith  
26 E.g. United Way  
28 Frightening  
29 1/1000 inches  
32 News exclusives  
35 Alliance of some former Soviet countries  
36 Buffalo Bill  
37 Where we all started  
38 Consequence of driving over a nail  
40 Baking chamber  
41 Copies  
42 Female deer  
43 Resident of Damascus, e.g.
- 45 For each  
46 Boring  
48 Lyric poem  
49 Foliage  
51 Navigational aid  
54 Wanness  
57 Gunfight  
59 Elite group  
60 Turkish currency  
61 Software test version  
62 Below  
63 Arthurian lady  
64 Bohemian  
65 Jottings  
66 They hatch  
67 Distress message
- Down:**

1 Exactly vertical  
2 E.g. Pavarotti  
3 Stargazer  
4 Room  
5 Foot controls  
6 Type of war crime  
7 Espouse  
8 Arrange in battle formation  
9 Utah senator --- Hatch  
10 Dismal  
11 Rolling stones lack it, but the Rolling Stones don't
- 12 Ground forces  
14 Also  
21 Trim  
22 Groundbreakers  
25 Earth goddess  
27 Sailors  
29 Cinema buffs  
30 Notion  
31 Coal Miner's Daughter, Loretta ---  
32 Exchange  
33 Manage  
34 More morose  
36 Volume of wood  
39 Golfer's shout  
44 Up-and-down toy  
46 Inviting smells  
47 Lou ---, baseballer who gave his name to a disease  
49 Angry stare  
50 Highways  
52 Renaissance cherub  
53 Remains  
54 Annoying person  
55 Periodic Table abbr.  
56 Departed  
58 Details not yet set (Abbr.)  
60 Sheltered side

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STRONGER

Together

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PUZZLE ANSWERS

Sudoku solution from June 18, 2020

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

**Across:** 1 P T A, 4 Spew, 8 Dogma, 13 Lest, 15 Pete, 16 Error, 17 Unto, 18 A D H D, 19 Prism, 20 Moroccan, 22 Filmy, 23 Bro, 24 Religion, 26 N-G, 28 Scary, 29 Mil, 32 Scoops, 35 C I S, 36 Cody, 37 Womb, 38 A flat, 40 Oven, 41 Apes, 42 Doe, 43 Syrian, 45 Per, 46 A drag, 48 Ode, 49 Greenery, 51 G P S, 54 Pallor, 57 Shoot-out, 59 A-team, 60 Lira, 61 Beta, 62 Infra, 63 Enid, 64 Art, 65 Notes, 66 Eggs, 67 S O S.

**Down:** 1 Plumb, 2 Tenor, 3 Astronomer, 4 Space, 5 Ethnic cleansing, 7 Wed, 8 Deploy, 9 Orn, 10 Girm, 11 Moss, 12 Army, 14 Too, 21 Crop, 22 Firsts, 25 Gaia, 27 Gobs, 29 Moviegoers, 30 Idea, 31 Lynn, 32 Swap, 33 Cope, 34 Sadder, 36 Cord, 39 Fore, 44 Yo-yo, 46 Aromas, 47 Gehrig, 49 Glare, 50 Roads, 52 Putto, 53 Stays, 54 Pain, 55 At No, 56 Left, 58 T B A, 60 Lee.

PLEASE RECYCLE THIS NEWSPAPER

The Niagara-on-the-Lake LOCAL

The trusted voice of our community.



# **We're Making a Difference to Keep Each Other Safe from COVID-19**

As businesses begin to reopen, we all need to continue our efforts to protect each other.



**Practice physical distancing.**  
Stay two metres away from others



**Wear a face covering** when  
physical distancing is a challenge



**Wash hands** thoroughly and often

**Inside or out, stay safe. Save lives.**