Council resurrects 2018 cannabis bylaw

Move made out of concern for challenge to interim control bylaw

Penny Coles
The Local

With challenge from Canopy Growth to the Town’s cannabis interim control bylaw, which is in effect until next summer, Lord Mayor Betty Disero offered councillors an alternative to the current bylaw to be approved. One they have decided to accept. Her concern comes from a warning during Official Plan discussions, and from the Town’s planning director Craig Larmour, that the bylaw proposed in July by a committee of councillors after extensive research, doesn’t meet provincial requirements.

If Canopy Growth, which owns Tweed Farm in St. Davids, wins the challenge to the interim control bylaw, she told councillors last week, “we could lose it all. If we lose the interim control bylaw, we have nothing in place.” Instead, she suggested at last week’s committee meeting that councillors should consider a draft bylaw presented to the previous council to control cannabis production. The draft was shelved when a debate about setbacks for such productions from residential areas and other sensitive locations couldn’t be resolved. The discussion included recommendations for setbacks anywhere from 300 metres to 1,500 metres.

“We don’t have anything currently that restricts setbacks or tells people where they can grow and can’t grow” cannabis, Disero told councillors last week.
Public forum will discuss community wellness

Council approves estate winery, but imposes some conditions

Penny Coles
The Local

Queenston Mile will get its estate winery designation, but with a couple of the minute conditions imposed by council. Monday night’s council meeting saw more discussion opposing the rezoning, which seemed to gain traction with some councillors, but at the final hour, it was approved by a five to four vote.

Winemaker Martin Mavridis spoke to council before they made their decision, trying one last time to convince them Queenston Mile hasn’t been operating under the terms of a farm winery, and isn’t equipped to produce wine onsite as would be required for an estate winery.

Restaurant owner Maia Mavridis also added one last plea to councillors, saying business owners on Queen Street are disappointed in the support for Queenston Mile. “This is not a winery”, she said. “It is agricultural land purchased with the intention of opening a restaurant and event facility.”

She warned of the consequences of raising the cost of farmland by turning a small building on agricultural property into a wedding venue and balancing time use, high levels of democratic participation, and access to and participation in leisure and culture.

But that is a broad scope, Grant says, and beyond the committee goes, further members want to hear what residents think is working well in the community, what needs to be improved, and what they can offer in the way of solutions.

“It is not necessary” to “promise to deliver,” she says, “but we want to hear not just about what’s wrong, but about any solutions residents may have.”

There is a survey for residents to take on Join the Conversation, which so far has about 140 responses. Grant would love to up that number to 300 or 350. It’s easy, and will take about five minutes, she says.

In addition, she is hoping for a good turnout to a public forum which will be held at the community centre in two sessions: Thursday, Sept 26 from 2 to 4 p.m., and from 7 to 9 p.m.

The committee has defined wellness to include eight different categories within its framework: healthy community; community vitality, which includes transportation; cultural and leisure; democratic engagement; environment; education; time use; and living standards, which touches on the need for affordable apartments for seniors.

At the forum, participants will be given an overview of the work of the committee and its terms of reference, before breaking up into small groups to discuss each of the topics.

The information gathered will be combined with the results of the survey, Grant says, with a report and recommendations to go to council this fall, and work to start on carrying out recommendations in the new year.

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With such a broad range of topics, some of the initiatives may overlap with other committees, she says. The Wellness Committee is new to this term of council, combining the previous age-friendly committee and other considerations relating to health.

“It’s not just about health, although that’s part of it. It’s more about anything that makes a community a good place to live, a well place to be,” says Grant. “We based it on similar initiatives, national and international, that describe what makes a town a good place to live, and then made it a Niagara-on-the-Lake-specific project.”

It’s not too late to take the survey at https://www.jointheconversationnotl.org.

Penny Coles
The Local

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September 19, 2019
THE NOTL LOCAL
notlocal.com

Cindy Grant, chair of the Town’s Wellness Committee, spoke to council Monday about the work of the committee, and the goal of an upcoming public forum. (Penny Coles)
Support sought for Refuse to Lose to PTSD

Penny Coles
The Local

A former professional football player was at council Monday to ask for support for those who suffer from post traumatic stress disorder.

He said during a decade playing football for the CFL and NFL, he learned to give up on the idea of ever living a normal life.

On Monday, after learning two young women who were also there, they jumped at her, grabbed her and pulled her over the railing.

"I suffer now from PTSD," said Giancola.

This year’s gala is for Give the Boot to PTSD, Refuse to Lose, honouring first responders. It will be held on Oct. 5 at Club Castropignano in Port Robinson. If anyone wants information, to purchase tickets or to make a donation, call Giancola at 905-371-4213.

Current draft bylaw to undergo legal review

Continued from page 1

"If we lose this challenge to the interim control bylaw, we don’t have anything in effect to take its place."

Disero said she wanted councillors to know the interim control bylaw has been challenged, and thought they should talk about the best strategic way to move forward.

She suggested that if they could agree on a distance for setbacks for that 2018 bylaw, it could be passed quickly, and would give the Town a back-up plan, given the likelihood of the Province not accepting the cannabis committee’s recommendations.

Planning director Craig Larmour agreed there is a risk to moving forward with the committee’s bylaw recommendations, which include limiting all growth of cannabis to industrial areas to an enclosed building — restricting it to the Glendale area — and prohibiting any outdoor growth. Those recommendations would require changes to the Official Plan, zoning bylaws and the Municipal Act, Larmour said, and it could take three to six months or longer to go through that process.

On Monday, after learning of two meetings of the cannabis committee that included planning department staff and Disero, council agreed to resurrect the 2018 bylaw.

A reluctant Coun. Wendy Cheropia, who is part of the cannabis committee, made a motion to amend that draft bylaw, including setbacks of 1500 metres to residential and sensitive areas.

She said the point of a cannabis bylaw is to protect residents and agricultural land, and with the need to move quickly, this seemed the best way to proceed.

She also asked for an amendment that would require air quality control equipment for cannabis production in rural areas, that would by definition eliminate the ability to grow the crop outdoors.

In the meantime, the current bylaw, the one which limits cannabis growth to industrial areas, will be reviewed by legal counsel, councillors were told.

Regarding making amendments to the 2018 bylaw, Cheropia said, “this is where we’ve landed. It’s not perfect, and I have reservations, but I don’t think we have any other options.”

Disero asked that the 2018 draft bylaw be amended in time for a public meeting in October, and hopefully be ready for approval by November.
9/11 still commemorated 18 years later

Penny Coles
The Local

Eduardo Laforgue, president of the Niagara-on-the-Lake Chamber of Commerce, continued a tradition started by former president Janice Thomson last week by hosting a solemn occasion, as he explained, “to take some time to reflect on the 18 years that have elapsed since the fateful events of September 11, 2001.”

Attended by representatives of the Niagara Regional Police, the local fire department and Niagara EMS, the service was held in part, said Laforgue, to honour the efforts of the first responders “who were called out on a morning just like this one, to save the lives of innocent people, and face a situation no one could ever imagine.”

Standing at the Court House steps and along Queen Street, Royal Oak Community School students and a smattering of residents and visitors looked on as Lord Mayor Betty Disero spoke at the Cenotaph of remembrance, and payed tribute to one of the most traumatic events in North America’s history. “September 11, 2001 is a day we’ll never forget. Many of us still remember where we were or what we were doing that day, those who ran toward the tragic scene to save others, those who came to the rescue, to recover and clean up, and those who are now facing life-long health battles as a result. “Let us open our hearts and pray that their continuing suffering be eased and that they get the care they need,” she said.

“This somber occasion is a reminder of how incredibly blessed we are to live in a safe community, and how we wish the same for our American neighbours, and the world we will stand proudly around us and be thankful for coming. She repeated for them some of what had happened 18 years ago, and told them why it is so important it not be forgotten, so they may grow up in a country that continues to be safe for all.

At 8:45 a.m. on Sept. 11, the American and Canadian flags at the Queen Street Cenotaph were lowered for a moment of silence, then raised again for the singing of O Canada and the American national anthem.

First responders attending the memorial service were honoured for the protection they provide. (Photos by Penny Coles)
Reflecting on almost a quarter century of veterinary medicine in town.

In 1996, when Upper Canada Animal Hospital first opened the doors of its veterinary medical practice, through to the present, Dr. Jim Turpel says he has felt fortunate and privileged to serve the residents of Niagara-on-the-Lake and surrounding areas.

Whether he is dealing with a relatively new client, or an established one, Dr. Turpel says he hopes everyone feels welcomed with open arms, and assured that “every pet, and every person, will receive the best care, in every situation.”

“I’ve always felt the key to success is quite simple, in that it stems from two principles. The first is that of the Golden Rule: treat others as you would like to be treated. The second, find your passion, and if at all possible, develop your life around it. By following the Golden Rule we are able to look in the mirror each day and be proud of the individual looking back; and by finding our passion, life becomes so rich and fulfilling we can’t help but develop a deep, well-rooted sense of gratitude. I hope people sense, when they enter our doors, that these two principles have been the rock upon which the foundation of our hospital has been built.”

Over the last 23 years, the Upper Canada Animal Hospital has gone through a tremendous amount of growth. What began as a small, three-staff facility has evolved into an 11-person hospital with a surgical referral service that provides care for pets from through out Ontario and upstate New York. The hospital has also become an accredited American Animal Hospital Association facility, with all team members trained and certified in Fear Free practices. The hospital and its services have also been showcased by the Ontario Veterinary Medical Association as an example of an exceptional veterinary hospital, and it has received the OVMA Practice Management Award. Accomplishments like this are a credit to each of the team members, says Dr. Turpel.

“When I look at all of the growth and change that has occurred since our inception, I’m so proud and thankful for the exceptional staff and clients that transcend the veterinarian-client relationship, and we are proud to call each and every one of our clients family.”

Thank you for placing your trust in our hands for 23 years

Dr. Jim Turpel
323 Mary Street
Niagara.on.the.Lake
tel 905.468.4100
www.ucah.ca
ucah@ymail.com
Wellness Committee needs residents’ input

How often is the word ‘unique’ used to describe the town of Niagara-on-the-Lake? As I write this, it is a little over a month since my last visit, and I think I’d made a similar connection to Pluto before. Mars in Virgo makes a strong positive connection of questions. It’s all practicality and disruption. Mercury in Libra, opening the door to the next week sees the New Moon in Aquarius, bringing up a day of sensitive ongoing challenges and making conversation breezy and spontaneous. We know nothing about Robert, except that he had an extraordinarily generous and thoughtful stepfather. The final line of the inscription is enigmatic. What were the “many Eminent Virtues of a nine-year-old? There is a stone near-by that bears the initials G.C.W. This could be Charles Wright, young Robert’s father. There is no trace of David Thomson or of Mrs. Wright Thompson. Lots of questions.

Memorial to a nine-year-old

Donald Combe
Special to The Local

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Bill Auchterlonie
Special to The Local

Thursday, Sept. 19, and only four days of summer left before autumn begins with the Vernal Equinox, which happens this year on Monday, Sept. 23, in the early morning. This is a very powerful Equinox with Mercury in Libra, opening the door to the next week sees the New Moon in Aquarius, bringing up a day of sensitive ongoing challenges and making conversation breezy and spontaneous. We know nothing about Robert, except that he had an extraordinarily generous and thoughtful stepfather. The final line of the inscription is enigmatic. What were the “many Eminent Virtues of a nine-year-old? There is a stone near-by that bears the initials G.C.W. This could be Charles Wright, young Robert’s father. There is no trace of David Thomson or of Mrs. Wright Thompson. Lots of questions.
Fay and Fluffy’s Drag Queen Story Time coming to NOTL

Program coordinator explains importance of showing diversity to children at the public library

Debbie Krause
The NOTL Public Library

When I was young, growing up in this town, I assumed everyone lived a life like mine.

Nothing in my limited experience told me otherwise. My friends lived in houses similar to mine, they wore the same clothes, bought from the same stores, and 90 per cent had both a mother and a father — at least that is what I thought. Of course, I was only a child and my assumptions continued to be what I thought. Of course, I wonder how many times 100 per cent had both a mother and a father — at least that is what I thought. Of course, I was only a child and my assumptions continued to be what I thought.

I spent almost 10 years as a pre-school teacher with DSBN and at that time had the opportunity to teach many Kindergarten classes. In one such class, there was a little boy who routinely chose to play in the dress-up area and always dressed in the princess costumes, never the prince. I watched how he played with him without judgement. I heard the remarks of other adults in the school, which were not always kind. And I wondered if his parents knew, and if so, how they reacted. Maybe this little boy was gay, maybe he just liked the silly feel of the pink satin skirt. It doesn’t matter, I just hope he grew up feeling the unconditional love we all deserve.

At a time when the news and internet are filled with so much ugliness and intolerance, I am proud to be part of an organization such as the public library, that aims to lead with empathy and compassion. Fay and Fluffy share these values. I am inviting you and your family to a celebration of diversity, to sing, dance and learn on Saturday, Sept. 28 at 2 p.m. See you at Fay and Fluffy’s Drag Queen Story Time.

Please register online at notlpubliclibrary.org.

Holly Dowd

Holly Dowd celebrates retirement with friends

Holly Dowd, former CAO of the Town of Niagara-on-the-Lake, at her retirement party held last Friday at the Virgil Fire Station. Dowd said she is looking forward to spending time with her family, traveling, and especially playing more golf, and better golf. (Janice Thomson)

R. Vegan protesters move into NOTL (The Local, Sept. 12) my question is why is it that these four sinister-looking mask-wearing characters are allowed to even wear masks! And why is it that their names aren’t being revealed?

My opinion is that not only should their faces be revealed, their names should be revealed. If in fact they are true believers of their protested claim, they should be out in the open and not hidden behind masks promoting intimidation.

Being masked is reminiscent of dictatorship, or terrorism. Is that what this vegan movement is to represent?

Plus the point of the choice of mask — I would think in this immediate climate of Evil Clown movies, this mask would traumatise and terrify young children and anyone vulnerable to fear, not eliminating of course the sick fear tactic of pig movies being shown.

Researching further, I came across the information that the mask seen at these protests is called a Guy Fawkes mask, named for a 17th century Briton who infamously attempted to bomb the House of Lords. He was planning to assassinate King James. Lovely…now there’s a mascot! Plus I noticed that oneprotester in the photo seemed to be wearing leather shoes. This alone is a conflict of their message. Even if he claimed they were not leather, it still gives the same impression of leather, and I am sure if we really got into it, all of their shoes more than likely have horse glue holding them together.

Why aren’t they protesting the Budweiser wagon train? Just asking. Do they drink beer? Further reading brought me to the goat movie event promotion for goat yoga. Am I confused in feeling that maybe if both the vegan activists and the horse and carriage protesters are all standing up for mute animals, would not they be better suited to protest goats being used at yoga?

Instead I understand they chose to protest a veterans’ picnic, veterans who have dedicated their whole lives for other human life.

In my opinion, these protests are ridiculous and only reveals their misguided mentality for all to see.
Icebreakers Comedy Festival to return with extra weekend

Gemini award-winner Shaun Majumder, from This Hour Has 22 Minutes, is headlining this year’s Icebreakers Comedy Festival.

The annual event, held in January during the local Icewine Festival, was started by local funny boy Jeff Paul with a few childhood friends. It has grown over the years, from Paul himself headlining at Corks Restaurant to a multi-venue production. In its seventh year, and with two weekends full of guaranteed laughter, this year’s festival will be a sure sell-out. Last year’s festival had a wait list, so organizers are urging everyone to purchase tickets early.

The festival kicks off on Friday, Jan. 17, at Oast House Brewers, and continues Saturday, Jan. 18 at White Oaks Resort and Spa. Partnered this year with White Oaks, Tim Balasiuk, one of the event organizers, says the tennis courts at the hotel will be transformed into a large venue space for their Celebrity Gala. Returning to the festival as opening act for this show is K. Trevor Wilson, from CRAVE TV’s Letterkenny, with Shaun Majumder headlining.

“We have been working on partnering with White Oaks for a few years now, and are excited with the collaboration to bring in some great Canadian celebrity comedians,” says Balasiuk.

“There is a Jackson-Triggs Niagara Estate Winery reception included for VIP tickets holders, making the White Oaks Celebrity Gala an event that you don’t want to miss out on.”

Jackson-Triggs returns as a festival partner, with Joe Pillitteri performing on Thursday, Jan. 23.

Stacey Mulholland, regional manager of visitor experiences at Jackson-Triggs, says, “we are beyond thrilled” about the continued success of the partnership.

Friday, Jan. 24 the festival returns to where it all started at Corks Restaurant with two shows. The Best of Yuk Yuk’s and The Meltdown, hosted by Jeff Paul himself. The festival closes in tradition with the Saturday night CBC LOL Gala at the Court House. This show will be recorded live for CBC Radio.

Tickets go on sale Oct. 1 on the festival website, www.icebreakerscomedy.com. The entire lineup will be announced in the next few days on the festival’s Facebook page.

Maria Mavridis
Special to The Local

Shaun Majumder will headline one of the Icebreakers Comedy Festival events. (Photo supplied)
The Scout Brigade of Fort George, an annual International Scout jamboree, was held at Fort George this weekend. It is considered a living history camp, focusing on the history of the War of 1812, with Cub Scouts, Scouts, Venturers and Rovers from Ontario, and the U.S., with more than 1,000 youth registered each year. The event is sponsored by the Greater Toronto Council of Scouts Canada. Scout Brigade 25th Regiment practise their marching drills (left). The King’s 8th Regiment practise their shooting skills at Fort George’s Scout jamboree this weekend (below). The U.S. Boy Scout Troop 122 came to Fort George for the event from Rochester, NY (below left). (Photos by Fred Mercnik)
Three years after being considered palliative, life is good

Bob Cheriton says he feels very fortunate to continue living ‘a normal life’

Penny Coles
The Local

Three years ago Bob Cheriton was diagnosed with pancreatic cancer and told he had a 20 per cent chance of surviving a year.

“Today, he is enjoying playing golf several times a week at the Niagara-on-the-Lake Golf Club, and life remains much as it was before his diagnosis,” Cheriton says.

He is still on the NOTL Hydro board, remains a key organizer of the Santa Claus Parade, and continues to meet weekly with a group of friends at the community centre.

“Here we are in 2019, I’m really, really fortunate. I’m a lucky guy. I’m absolutely committed in my mind to remaining active,” Cheriton says.

He has lost some weight, and displays an incredibly positive attitude.

“Attitude is one of those intangibles that’s hard to measure. I believe attitude is critically important, and remaining active is also critically important. I’m absolutely committed in my mind to remaining active. I have lost his hair, but it’s coming back, and at the age of almost 71, a patch of baldness isn’t so bad, he jokes. He has also lost some weight, and is happy to be close to his doctor’s recommendation in that department. He finds there is less stress on his hips and knees, and he can play golf with no pain — although he wishes he could play it better.

“It gives me a sense of purpose, that never-ending pursuit of perfection in golf. But my friends say, ‘Cheriton, not a chance. It isn’t going to happen.’”

He still plays nine holes without a cart. He’s in the WOOF league and the men’s league at the NOTL Golf Club, and sometimes goes out as well with his wife. He uses a cart if he’s playing 18 holes, “but I find that takes more energy than walking nine holes.”

Bob Cheriton plays in two NOTL Golf Club leagues, and sometimes gets out on the course with his wife. He still walks when he’s playing nine holes. (Penny Coles)

He can only hope that the longer the treatments work, the more time he’s given, the greater the chance of medical advancements that combat the disease.

“In the meantime, he’s had three more years to spend with his wife, two adult children and four grandchildren, while continuing to lead as normal a life as possible.

The only big change in their lives, he says, is toward simplification.

“From me, I live in the now.”

Continued on page 11

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Bob Cheriton was diagnosed with pancreatic cancer and told he had a 20 per cent chance of surviving a year.

He discovered an option involving surgery to reach them.

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Continued on page 11

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Bob Cheriton was diagnosed with pancreatic cancer and told he had a 20 per cent chance of surviving a year.

He discovered an option involving surgery to reach them.
In the moment, as some people say. But for my family, I live for the future, trying to make things as simple as possible. You never know when things are going to take a turn.”

He and his wife Rosalie have sold their home, moved to a condo, “and got rid of a lot of stuff, although there is still more to get rid of. If we do it now, Rosalie won’t have to do it alone.” And they are down to one car.

He says he’s seen too many cases of a husband dying, and leaving his wife “with some challenges to clean up” — ownership of the house, and dealing with the banks, which can be really terrible. In addition to the trauma of someone’s passing, the spouse is left having to deal with this chaos, which shouldn’t happen.”

That weighs on him — he doesn’t want to put his family in the same situation.

When he talks to them about dealing with the reality of his mortality, he says, “we don’t use the ‘death’ word very often, but we do talk simplification.”

Although he says repeatedly how fortunate he feels to be where he is, he has one regret.

When he was in his 40s, he thought to lose his hearing from a genetic condition, and now, even with hearing aids, he struggles.

He had hoped to have cochlear implants — he had seen a doctor at Sunnybrook Hospital in Toronto, and was looking forward to the surgery. But then he was diagnosed with cancer, and because of his weakened immune system from chemotherapy, it had to be put off.

“I was really looking forward to it,” he says.

His mother had the surgery when it was still in its early stages. “It worked remarkably well,” he says, and she considered she was helping to lead the way for her son when his turn came.

He wants the surgery so he can do a better job of conversing with his grandchildren.

The oldest is 11, and Cheri- ton says his hearing was good beyond belief, “he still finds the hydro board, he still finds the challenges. He’s his hearing problem.

In the last few years, Bruce and I worked very closely on the parade. And John was a great organizer — he looked after the marshalling, with about 35 volunteers. I didn’t expect to lose John. That came as a real shock.”

The committee, he says, also faces the challenge of “finding a new ride for Santa. The current sleigh has served us for about 15 years.”

They have had some designs submitted, “with some terrifically creative ideas, but now we have to figure out how to pay for it.”

Despite the challenges, he’s looking forward to the planning of another great parade, he says.

As for what the future holds for him, “you don’t ever know what’s going to happen. I didn’t expect to lose my friends John Fryer and Bruce Pospiech. I thought they would outlive me, and that didn’t happen.”

He says he’s never been told his cancer has spread beyond the pancreas, which he has taken as good news.

He has tests coming up soon, including a CT scan, which will give him more information of how well the chemotherapy is working, and whether it can be scaled back.

He has nothing but praise for all his local doctors and for the Walker Cancer Centre.

“I’ve been to Germany, to the Mayo Clinic and to Princess Margaret Hospital in pursuit of various ideas and alternatives, and I’ll tell you, there is nothing like the people at the Walker Cancer Centre. The standard of care there is out of this world. I can’t say how much I appreciate the care and support they have given me. It’s a tough job they do, but every single time they manage a smile and a few kind words.”

He also has tremendous respect and admiration for his oncologist, but she has given him one bit of advice he has had difficulty following.

“She recommended I give up alcohol,” he says. “She’s afraid of how it might interact with chemotherapy, and that it might damage my liver. But I like my wine, and told her I’m not ready to give it up.”

So he doctor suggested a compromise — she asked him if he could maybe restrict it to special occasions.

“I told her every morning I wake up is a special occasion.”

NEW TO MARKET: 2 SAMUEL STREET, NOTL $1,349,000

This prestigious 4 Bedroom 2 Storey forms a landmark and is a prime residence in “The Village”. The result is a dream home that is exceptional in every respect. The wrap around porch is worthy of particular note as it overlooks a lush parkette. The property is within walking distance to the historic centre of Niagara-on-the-Lake and enjoys an exclusive lifestyle like no other. For a private viewing call Nancy Bailey 905-371-4234 or Cheryl Munce at 905-330-0994.

SOLD: 3 CORAL DRIVE, ST. CATHERINES $429,900

This classic Bungalow is situated in a tranquil setting with mature trees and steps away from Lake Ontario. The individual and special character of the property is reflected in each of the cozy interiors that extend over 2 levels. Listed and Sold by Engel & Völkers Niagara. If you are looking to sell your home, call Nancy Bailey at 905-371-4234.

SOLD: #9-450 NASSAU STREET, NOTL $578,000

Sensational end unit Townhouse designed with extra windows that bathe this home with natural light. Located in an exclusive enclave of just 14 units, this home offers a special area off the kitchen for enjoyment of the stunning gardens and idyllic oasis. Listed and Sold by Engel & Völkers Niagara. If you are looking to sell your home, call Nancy Bailey at 905-371-4234.
Barbara Worthy, Edwin Conroy Jr., Laurel Minnes and Aaron Berger perform in A Kirk, A Kilt and A Strawberry at St. Andrew’s Church. (Penny Coles)

Barbara Worthy encourages the audience to sing along to familiar Scottish songs.

Barbara Worthy, Edwin Conroy Jr., Laurel Minnes and Aaron Berger perform in A Kirk, A Kilt and A Strawberry at St. Andrew’s Church. (Penny Coles)
Humidity can affect your hardwood floor in winter

Submitted by Imperial Hardwood Flooring

Winter is right around the corner, and with winter comes snow and cold weather that will have you turning up the heat and enjoying nice evenings by the fire. Did you ever think about how these living conditions and changing humidity levels inside your home can affect your beautiful new hardwood floor?

Your hardwood floor is made of… wood! And wood is a natural material that reacts to changes in its environment even after it has been transformed into flooring. Yes, manufacturers have developed different types of hardwood floor constructions to “improve and control” the wood natural reaction to changes in humidity. But keeping humidity at the recommended level is still essential for keeping your hardwood floor looking great, as well as for a healthy home environment.

Proper humidity levels

The United States Environmental Protection Agency (EPA) lists indoor air quality among its top environmental health threats. There are three key components to healthy air: it must be fresh, clean, and have the proper humidity level.

The ideal relative humidity for your health and comfort is about 40-50%.

During winter: It may need to be between 30-40% to prevent condensation on your windows and other surfaces. Relative humidity settings that are too low may cause respiratory infections, allergic rhinitis and asthma.

During summer: It can move up to 50-55%. Relative humidity that is too high may have health effects due to mold growth, dust mite infestations, as well as certain bacteria and viruses.

Proper humidity level for your hardwood floor

The National Wood Floor Association (NWFA) states that normal relative humidity levels should range between 30%-65% to ensure successful long-term performance of your wood flooring. Engineered wood flooring is more stable than solid wood flooring. One of the reasons for this is that the bottom layers are made of cross-sided layers that move on opposite sides.

Your hardwood floor during the dry season

During the winter, when homes are heated and the air is dry, wood flooring loses some of its moisture and contracts or shrinks as a result.

Hardwood flooring dryness problems:

Gapping

It is normal that when relative humidity is lower than recommended, wood planks shrink, therefore thin gaps can appear between wood planks. Even if the right term to use is gaps, these small gaps between the wood planks can sometimes be called cracks or spaces between wood planks by consumers. Having gaps between your wood planks is normal, and a homeowner should be prepared for it to occur. Once humidity levels rise again, the hardwood floor will expand and most gaps will close up again.

Splits & Checks

When the wood is faced with extreme conditions, it can be stressed beyond its limitations. Therefore the wood weakens, making your hardwood floor more brittle and increasing the likelihood of damage or splitting. The boards themselves may split, check or crack in the centre or at the ends, or both, along the grain, damaging the finish. This damage is permanent, because your hardwood floor finish is cracked—your wood is no longer protected.

Preventing dryness problems

• Maintain a proper humidity level in your home by using a humidifier during the winter months.
• Be aware that wood stoves and electric heat tend to create very dry conditions, so make sure to use your humidifier when these are on.
• If you are a “snowbird” and leave your home unoccupied for weeks at a time, make sure to always keep temperature and relative humidity at recommended level.
• Avoid excessive exposure to water from tracking during periods of inclement weather.
• Clean your hardwood floor with a cloth lightly dampened with a recommended hardwood floor cleaning product.
• Choose a good quality engineered hardwood floor that will fit with your needs.

It is important to be aware that none of the damage caused by humidity variations is covered by any hardwood floor warranty. It is your responsibility to make sure you have a stable environment in your home, even when the home is unoccupied.

That is why all homeowners should own a hygrometer to measure the temperature and relative humidity (RH), and be sure to respect the guidelines above.

Always keep in mind that keeping the humidity and temperature level at the recommended level is not only essential for keeping your hardwood floor looking great, but also to provide you with a healthy home environment!
Quality time, you deserve it!

Submitted by
Niagara Hot Tubs

Niagara Hot Tubs is a family owned and operated business, serving the Niagara Region and the surrounding area for over 19 years. After more than 14 years working for a major financial institution, Debbie ventured into the world of entrepreneurship, using her extensive experience in customer service to build relationships with customers at Niagara Hot Tubs that is second to none.

Debbie Goch knows there is nothing more satisfying than seeing the smile on someone’s face when they purchase a new hot tub. She loves to help make the decision-making process easy, and takes pride in supporting her customers during the entire experience. Owners Debbie and her husband, Mike Goch, are committed to providing high-quality spas, accessories, chemicals and spa installation for all budgets.

Mike and Debbie and the Niagara Hot Tubs staff take pride in offering custom spa solutions for everyone with excellent customer service before, during and after the sale. When you join our client family, you can rest assured that you are more than just a number. We get to know each person who walks through our door, creating a relaxed atmosphere, assisting you in all aspects while you create your very own oasis.

Whether you are looking for a relaxing hydrotherapy spa experience or the perfect party tub with state-of-the-art features perfect for entertaining, we will help find the best hot tub to meet your needs.

We are looking forward to working with you and your family in your spa purchase, and to building a relationship you can trust and rely on for years to come!

We believe in quality products, outstanding customer service and in building relationships with our clients that last a lifetime.

Your local source for expert plumbing services

Submitted by
Wellbrook Plumbing

Wellbrook Plumbing Inc. was founded by Isaac Goertz in January, 2010. Wellbrook’s reputation for reliable and trustworthy service found Isaac quickly needing to expand the Wellbrook team. Today, Wellbrook remains the most trusted plumbing company in the Niagara Region for residential, commercial, and construction plumbing services.

At Wellbrook Plumbing, our team caters to our unique customer and client demands by providing services and products that set high standards for quality, reliability, durability, and value for their money. We strive to be the best in every aspect of our business, by fostering a culture of trust, responsibility, high expectations and open communication with our customers, clients and suppliers. As a company, we are committed to the process of continual improvement and the provision of quality, safe and environmentally-responsible services and products.

When you work with Wellbrook Plumbing, you can rest assured that our customer requirements come first. We are committed to delivering quality service that is second to none — reliably, efficiently and safely — every single time.

Isaac Goertz was born and raised in Niagara-on-the-Lake on a local fruit farm. On the farm, Isaac learned the value of hard work, and making sure the job was completed. For Christine, there is nothing more rewarding than finding the perfect solution for a customer, and hearing how happy they are with their service.
It’s time for beautiful bulbs

Submitted by Mori Gardens

There is nothing more satisfying to a gardener than seeing those first early spring flower bulbs popping up from the cold ground. These little sprouts soon bloom into gorgeous blossoms, brightening up your garden for the start of a great growing year.

When choosing the right bulb use the following tips from Mori Gardens. Check to make sure bulbs are not bruised or marked up. Choose a larger size bulb when possible, the larger the bulb the larger the flowers will be and very small bulbs may not bloom until the second or third season. Make sure you choose bulbs with staggered bloom times to extend the length of colour in your spring garden. Consider the height that the bulbs will grow to be and the height of the surrounding plants.

When it is time to plant fall bulbs, mid-October to mid-November, remember the following tips for a beautiful spring of blooms. Bulbs prefer loose, porous soil with lots of organic matter and good drainage. Too wet soil can cause bulbs to rot. Most bulbs prefer a sunny location – but remember that they just need sunlight until the time that they go dormant. If a location receives sun in early spring, but is shaded later by overhead trees, they should still thrive. Plant bulbs in larger groupings in order to have a more dramatic and instant show of colour. An odd number of bulbs in a grouping is best. Follow the directions on the package for planting depth. If there are no instructions provided, plant bulbs at a depth that is equal to 3 times the diameter of the bulb itself e.g. if a bulb is 2” in diameter, plant 6” deep. Once the hole is dug mix in bone meal into the soil at the bottom of the hole. Place bulbs in the hole. Backfill the hole with amended soil, gently packing the soil as you go. Water thoroughly.

If you want to achieve a natural effect, take a handful of bulbs and toss them into the air. Plant the bulbs wherever they landed. You could also try a Double-Decker Effect by planting smaller bulbs in a layer overtop larger bulbs. If you plant bulbs that flower at the same time, it creates an interesting two-tiered effect. If you plant bulbs that bloom at different times, it extends the period that you are getting colour out of that same space in your garden.

For your spring blooming bulbs, stop by Mori Gardens. We are happy to answer your bulb questions and assist you in creating your ideal garden.
Potcakes make great pets, say NOTL dog-lovers

Penny Coles
The Local

Visitors to the Caribbean islands see the stray — skinny, scruffy dogs that wander the streets scavenging for food. They’re called potcakes, named for the traditional rice and pea mixture that gets scraped off to be fed to street dogs scrambling for scraps. With millions poked, rubbed to death, and dying on the street, “there are characteristics of potcakes, evolved from generations of street dogs, that make them less fearful of humans, other dogs, and other pets,” says Dave. They have an extra wariness of other animals and strangers, but once they're comfortable, they’re loving, friendly, loyal and lots of fun, he says — they have big personalities for medium-sized dogs.

They also have a distinct look, with the short, smooth coat, pointed nose, thin limbs and long, thin legs.

In the winter, Charlie needs a thick, winter coat to wear outside, one Julia had to sew to make it snug enough to keep him warm. He doesn’t like the cold, and loves to snuggle in front of a fire, she says.

Potcakes love to play, with people and other dogs, but they will always choose sticks over other toys. And they love dirt — they like nothing better than to scratch a hole and curl up in it.

When the Coxes were having their backyard pool installed this summer, Charlie was in heaven playing in the dirt, says Dave.

Another distinctive characteristic they have noticed is the affectionate potcakes show when meeting other dogs with the same background. There are four potcakes in their neighbourhood, and they recognize each other when out for a walk, Dave says. “They roll around on the ground and play with each other, different from what you would play with other dogs. They’re more tenacious with other dogs.”

On a Facebook page for people who have adopted potcakes, with thousands of photos, others have also noted similarities, including the way potcakes use their paws almost as hands, reinforcing that not only are they recognized as a breed, they are a breed unto themselves.

Those adopted from Hel-PAWS are beautifully socialized, even house-trained, when they arrive in Canada, says Julia. “Charlie has such a big heart. She really cares about her dogs. I don’t think you could find a better organizer than hers.”

When Penny first visited the Caribbean island of St. Lucia, she loved everything about it — except the huge number of stray dogs she saw, unloaded, unruly, and crying out for a great deal of care. Her husband is from St. Lucia, and she first visited the island with him in 2010.

“I saw the sheer number of animals on the street. I saw them getting hit by cars, and dying on the street,” she says.

An animal lover by nature, it broke her heart to see them roaming the street, with no one to care about their safety or welfare.

Determined to do something to help, when she returned to Canada, she went back to school to earn a post-graduate business degree in non-profit management, and took courses in animal welfare, working in a vet-ernitarian clinic for four years. Her plan was to get back to the island to live, and to save as many of the strays as she could. It took her four years, but she did it.

“I started to rescue them, and somehow, they found me. I didn’t have to go looking for them,” said Penny, who founded HelpAWWS (Help An-imal Welfare St. Lucia), which has become an international non-profit operating in three countries, with a staff of six, and a large group of volunteers.

Four of the staff members are St. Lucia locals, two of whom spend their days cooking for the rescued puppies, cleaning and caring for them, and two who look after, cook for and feed the street dogs.

Penny turned the house she was living in into a make-shift shelter where she could care for the dog, ration them to health, have them spayed or neutered, and find homes for them.

The numbers continued to overwhelm her, and she says she feels no matter how many puppies she coax back to health and finds homes for, it is never enough.

Eventually she moved out to make room for more dogs — it has become a safe haven for up to 100 puppies at a time in her care.

She tried adopting them out to locals on the island, but too many, after having so much loving care and money invested in their health, ended up dying because the level of care she was providing didn’t continue. They would be allowed on the street and be hit by cars, or their medications and vaccinations would lapse and they’d be re-infected.

“Those are my babies. I want to make sure they’re taken care of. I can’t send them to shelters — I’m super con-trolling, and I want to know where they’re going. I want to be able to follow up on them, if there are any issues. I need to know they’re going to a good home.”

The answer, she decided, was to find safe dogs for healthy homes in other countries, where healthy puppies are valued and readily adopted.

She is now raising money for a permanent, purpose-built shelter in St. Lucia, she says. She has raised $72,000 toward a goal of $125,000, and is hop-ing to have a pre-fabricated building up and finished as a suitable shelter by next year.

The word is out in Canada and, for the first time, in St. Lucia, that potcakes make great pets, but the problem is getting them here.

Penny says she sends the puppies on Air Canada flights, but in the summer, with fewer tourists travelling to the warm Caribbean islands, the airline cuts back its flights to about half the winter schedule, and the number of dogs at Hel-PAWS increases. It will continu-e until the number of flights increases in the fall, she said.

She has been able to send out about 200 to 250 puppies a year, and she’s now at 175 for this year, she says. But with the growing attention on potcakes and their popularity, once Air Canada increases its flights, she expects to triple that number.

There is no shortage of tes-timonials on Penny’s website from those who have adopted her beloved potcakes, praising the organization, staff and volunteers, and for the dogs themselves, who become loyal, continuing owners who become owners who become
**Regular trail user racks up kilometres**

Penny Coles  
**The Local**

Those who drive along Ni-agara Stone Road from Virgil to the Old Town regularly said they know how well-used the Bob Howse Trail has become in the decade or so since it opened. Many may also have noted one of the most regular and committed users of the trail, a woman who is seen almost daily, usually speed-walking, through every season.

Her name is Angela Medici, and she, along with all those who enjoy the trail, is likely the one who has accumulated the most kilometres on it. It’s officially named the Bob Howse Trail, after a former town clerk who, after retirement, became a town councillor until his passing in August of 2008.

He was the driving force on council behind the trail that connected Virgil to the community centre, meeting up with sidewalks on both ends. When construction began on the trail, Medici was old enough to exercise for the rest of her body, “so I started walking. And I haven’t stopped.”

She gets out on the path about four times a week, she says, and when she’s on vacation, which she takes four times a year from her job at the Queenston-Lewiston Duty Free Shop, she might walk five or six days a week. She has a regular route she follows that takes her about three hours, starting from the Village Green Plaza in Virgil where she parks and sets off on foot.

Medici lives on one of the rural lines, and she decided early on they are too dangerous to walk — she feels much more comfortable on a combination of sidewalks and the path. People driving on the rural roads are crazy. There are so many collisions, she says.

And although many drivers and pedestrians on the trail are aware of her route from Virgil to the Old Town, that’s not where it ends.

Medici keeps walking, past the library and community centre on Anderson Lane, on a route that takes her down to the waterfront, along to the gazebo at Queen’s Royal Park, and back to the path before she heads home to Virgil. She’s never measured the distance, but believes it must be 30 kilometres or more.

“It’s a beautiful route, summ-er and winter,” she says. The path isn’t always plowed in the winter, but she pushes through the snow. “I just put on more layers, and off I go,” she says.

Medici, who is 58 — very fit looking, 5’8, not surprising-ly — grew up on a peach farm. Her maiden name is Benen-to. She is accustomed to hard work and being outdoors from her years picking peaches, she says. She’s also walked other long-distance routes, including the Niagara Falls International Marathon, which takes place every fall — she finished that three times.

When she first started walk- ing on the trail through town, she says she wore her buds and listened to music, but soon real-ized, after a couple of close calls, that not being able to hear traffic presented a danger. “You have to be aware of what’s happening around you to be safe. I feel like drivers don’t see me, probably because I power walk. I’m very, very, very, very careful. I’ve had some scary incidents.”

The driveways along the trail are marked, and Medici pays attention to the traffic, out of self-preservation. There was some opposition to the trail in its planning stag-es, mostly out of concern for the safety of those using it, because of the number of driveways that cross it, including several busy commercial entrances.

But signs were posted from the beginning, and those who use the trail have to be aware of the danger, says Medici.

“There is so much more traf-fic, so much more development, even in the last 10 years. It’s really important to pay attention. In the beginning the path wasn’t that well-used, but now it is, with bikes and scooters. I really appreciate it when cyclists use their bell as a warning,” says Medici, who has never encountered an accident involving anyone on the trail.

She has experienced curious-ity from others about her regular use of it, she says. “I get asked how often I walk, and people also ask how far I walk.”

She doesn’t come across a lot of other regulars, but then she walks at different times, according to her work schedule. “I’m not walking the same time every day!”

For a stretch of time, she carried three-pound weights as she walked, but then she re-alized they were hurting her wrists, and gave them up.

Her motivation for walking, she says, is that she feels she is taking the path to good health — mentally, emotionally, and physically. “It feels good to do something she knows is good for her, she explains.

“We have difficulty, like a freeing time for me,” she says, and she also hopes, as she gets older, her prolonged bouts of exercise will mean “I won’t have to take any kind of medications.”

Her husband of 37 years has promised she will walk with him on her route — just once, says Medici.

“He said he had new-found respect for me, but he didn’t want to do it again. My daughter also came with me — once. She has promised she will walk with me again, but she has two little girls, two years old and six, and she’s busy. I’m sure she will come again. But my son has no inter-est in it at all, although I will try to convince him.”

Is she a little obsessed about walking? “Maybe,” she laughs. “Some days, when I’m working, I want to be here on the path, and I feel guilty thinking that I love my job — I’ve been there 30 years, and I have no complaints. But some-times I’d just rather be walking.”

“Angela Medici walks more than 30 kilometres several times a week on the Bob Howse Trail. (Penny Coles)”

**Potscakes arrive in good health**

Julia says she was a little nervous about e-transferring a sizeable amount of money so far away, but she had a re-ally good feeling after several conversations with Penney, and now she can’t say enough about the organization.

The cost of adoption is $600, and transportation about $300. The puppies ar-e vaccinated, neutered and healthy — her NOTL vet was impressed with Charlie’s health, and the records that were sent of his vaccinations, says Julia, adding she trusts HelpAWS completely.

Lauren Crickmore is another local with a potcake from HelpAWS. She says she is thankful to Penney and her team at HelpAWS for rescuing Bandit, the four-month-old puppy she and her husband Daniel Corvino adopted. Originally named Noah, Bandit, Lauren says in her online testimonial, “has made our lives so much better, and the entire process with HelpAWS was wonderful. They clearly care so much about all of the animals that they are helping. We wish we could bring many more of the animals that they rescue into our home.”

Corvino says adopting their puppy from St. Lucia “was one of the best decisions we’ve ever made.”

Having recently returned from travelling, “we saw first-hand the desperate conditions many dogs live in, and in the op-portunity to help was some-thing we really wanted to do,” he says.

“The first day Bandit came into our home he was nothing but a ball of love, immediately crawling into our laps, and he has grown into an oversized lap dog.”

As a street dog he never knew where his next meal was coming from, he was very food-focused, says Corvino, “but over time he’s learned that meals are ready and no longer devours his dinner in less than 30 seconds.”

Knowing the street life that could have been Bandit’s dest-iny, and the loving puppy he has become, says Corvino, “adds an extra level to the relationship we have with our dog.”

Carol Thibault, owner of Pet Valu in Virgil, has helped with local adoptions of pots-cakes carried out here in Niag-ara. She has worked with the St. Lucia Animal Protection Society (S.L.A.P.S.), which brings dogs to Canada for adoption.

Thibault says she helped find homes for puppies and young adults, and has found them to be very sweet-tem-pered, and a little shy at first.

“They’re not boisterous, and they all have a certain way of looking at you. You see things in their eyes, and you know you are saving their lives.”

Before they’re ready for adoption, they must be vacci-nated, healthy, and spayed or neutered, she says.

“We have worked with Va-nessa (Deline) and her group (S.L.A.P.S.), and you can see they are people who love dogs, and who want to find them good homes.”

For more information, vis-it helaws.com or Helpaws on Facebook.

Or visit The St. Lucia An-imal Protection Society at www.stlucianimals.org.
June’s Team (top left), the Niagara Tennis Team (top right, people walking, running and using a wheelchair to complete the five-kilometre route, the Lepp Family team, those anxious to get off to a good start, Team Pillsy, Liam Ainslie who completed the five-kilometre run first in 19 minutes, and families with kids all enjoyed a perfect Sunday morning for the 39th annual Terry Fox Run. There were 250 people registered, including 75 from the Vineridge Academy, says organizer Joan King. The run collected $50,000 with donations still coming in online, says King, as well as donations from local businesses that were supporting the cause. In addition, Joe Pillitteri of Team Pillsy plans to reach his goal of $100,000, although he’s not quite there yet. (Photos by Stacey Ivanchuk and Fred Mercnik)
Brenda Clark
Special to The Local

Local woman reaches out to support sufferers of TN

Every single person who has experienced trigeminal neuralgia knows exactly when the pain started. It’s like you always remember where you were when the President was shot, or what you were doing when the Twin Towers were hit. It’s that profound. It’s when your life changes forever.

For me, I was a 25-year-old stay-at-home mom, just doing some household chores one morning. Then out of the blue, I felt a searing pain in the right side of my face. It came on without warning, but almost knocked me to the ground. It left as quickly as it had come. I thought, “wow...I’ll get better to a dentist, I must have an exposed nerve or something.” But I let it go until a week later when it happened again. This time there were more lightening-shots, each one a few minutes apart.

That was the start of a five-year hell where I was consumed with pain, and ultimately medicated so strongly I could barely function.

I’m 62 now, and have been relatively pain-free off and on for more than 30 years, but it’s been a long journey getting to this stage. I still have flares or attacks occasionally, but they are not as painful as the original attacks, and I am able to manage them much better.

What I’ve learned about the disease trigeminal neuralgia is a chronic pain condition that affects the trigeminal or fifth cranial nerve, one of the most widely distributed nerves in the head. The typical or “classic” form of the disorder causes extreme, sporadic, sudden burning or shock-like facial pain that lasts anywhere from a few seconds to as long as two minutes per episode. Eventually, the pain just keeps stretching with little or no relief in between. The intensity of pain can be physically and mentally incapacitating, and TN is commonly referred to as the suicide disease, for reasons you can just imagine.

Getting diagnosed was not an easy task. Dental X-rays confirmed that there was no problem with my teeth. The ear, nose and throat specialist operated on my sinuses, thinking there was a problem there. In those days (early 80s), it was thought that TN only affected the elderly, and as a young woman in my 20s, I didn’t fit the profile. However, trigeminal neuralgia was eventually suspected and I started down a five-year drug-induced path of anti-convulsants and narcotics.

My family doctor referred me to a neurosurgeon, in Toronto who confirmed the diagnosis. When the attacks started coming more frequently, I was offered a destructive procedure where a large needle is inserted into the face and through the nerve, and glycerol is injected. This is an alcohol like substance which is corrosive to nerve fibres and can mildly injure the nerve enough to potentially hinder the pain signals. It was an extremely painful procedure for me, and ultimately failed.

I was left with severe numbness on the right side of my face, but the pain remained.

I learned there were some triggers for me. If I light breathe brushed across my cheek, either from an open window or air conditioner, I would inevitably set the pain firing. Sometimes I would just roll over in bed, and the sheet brushing my face would set it off. I would get up and go downstairs so the rest of the family couldn’t hear me sobbing in agony.

I wondered how long I could possibly endure this painless existence. Early on, there had been small remissions, sometimes days, sometimes weeks and even months, glorious pain-free days where there was no sign of this invisible, insidious disorder.

Then one day, the pains started firing every few seconds, and there was no reprieve in between. I lay writhing on the floor, screaming and sobbing. My husband (at the time) couldn’t handle it anymore, and drove me to the hospital emergency room and left me there. There wasn’t anything they could do for me there either but watch me rock back and forth on my bed with my head buried in a pillow so as not to disturb others with my screams.

This was probably the lowest point for me, when I decided I just couldn’t go on living like that anymore. I tried to figure out what the best way would be for me to end my life. How much medication could I take to finalise the pain and for all of a sudden, I was sure my family would be happy to be relieved of the burden of my illness.

But instead, I called the neurosurgeon again, sobbing on the phone. He told me there was a relatively new procedure, called MVD (microvascular decompression), and he would be willing to operate on me. I was scheduled for surgery on Friday the 13th in June of 1986, and I wondered if that was going to be unlucky.

During the surgery, the surgeon found a blood vessel had looped off and had been pressing on the trigeminal nerve. It had gone on for so long that there was a deep groove in the nerve. He was able to separate the two and insert a Teflon pad in between to prevent further contact.

Recovery was slow. I spent the first few days in ICU with extreme nausea and headache pain. I temporarily lost my hearing. My dear mother didn’t want me to feel self-conscious about my shaved head, as she went to the hairdresser and had her hair shaved off too.

Exactly two weeks later, that old familiar pain suddenly hit me again. I was devastated. Thinking I was back at square one, I went back on the medication. But the surgery had been deemed a success, and healing just took several months longer than I had anticipated. The pain gradually returned and, after about one year, I could say I was finally pain-free.

I then was warned off the drug slowly and slowly started to live my life again. A national support group had started up in the U.S. and I became a member. There were biannual conferences where neurosurgeons and TN patients from around the world gathered to learn from each other.

After moving to Niagara, I started up a local support group. Whereas there had been no one else I could talk to at the time back before internet and social media, we now had an opportunity to come together and support each other.

There are still thousands of TN patients suffering today. It frustrates me that there have been no real advancements in the past three decades that came anywhere close to a cure for this disorder.

Newly diagnosed patients are still prescribed the same medications that I was more than 30 years ago. And there have been no new surgical procedures that could offer any further hope. Not everyone is a candidate for the surgeons, and the current meds are proving to be inadequate.

Awareness is needed. I live in St. Davids now, and have recently begun volunteering for the Facial Pain Research Foundation as their volunteer fundraising coordinator. Everyone can do something, no matter how small, to help bring awareness to trigeminal neuralgia, the patients, the treatments, and the new research that is happening today dedicated to finding a cure.

I’m a survivor of trigeminal neuralgia and I have almost 200 landmarks, bridges or buildings around the world (many right here in the Niagara region) which are being lit up in teal this year to help raise awareness.

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Niagara on-the-Lake HYDRO
The fine weather was a big factor in the success of the Snowbirds appearance at the Niagara District Airport last Wednesday, says volunteer Cheryl Morris.

The forecast had been for rain and scattered thunderstorms, which cast doubt on the chances that the Snowbirds could perform at all. "But the morning dawned with clear skies and summer warmth, which contributed to a big sigh of relief from the organizers, and the ticket holders as well."

More than 2,000 people attended and were treated to a spectacular show, including a vintage aircraft display with a DC3 war plane, which captured the attention of young and old, said Morris.

Food and souvenir vendors, as well as information booths from the Niagara Historical Society and Museum, Friends of Fort George, Niagara-on-the-Lake Public Library, Parks Canada, Royal Canadian Air Cadets, were kept busy.

The Geronimo! Skydiving performers wore the Canadian red & white colours as they descended with red smoke trails from high up in the sky.

And then the Snowbirds marched out to the roaring of aircraft engines, exciting the crowd close to the runway.

"The show began with the famous loops and perfect formations well-known to all. People were awed by the intricate precision, especially when two aircraft, one upside down, one right side up, became one entity, as they flew what seemed to be just inches apart from each other. 'Amazing' is just a word; the Snowbirds personify it," said Morris.

After their performance, the pilots signed autographs for the audience, always a big thrill for everyone, Snowbirds included.

"The team loves the social aspect of what they do, and hope to act as inspiration for young people."

The Snowbirds also visited the VIP section, posing for photos, signing autographs and talking with many of the guests and their children, said Morris.

The event’s organizing committee, headed by Mona Babin, was formed in late 2018.

"The target was to raise funds for the Niagara Historical Society and Museum, to help with their expansion and renovation plans. They are very pleased with the results, and while the final figures are not calculated yet, they are much closer to their goal, with some help from the weather," said Morris.
Soccer tryouts coming up

Mike Balsom
Special to The Local

The books are closed on another successful soccer season in Niagara-on-the-Lake, but it’s hardly time to rest for the organizers and some of the coaches.

This summer, more than 400 youth, aged three to 19, participated in the club’s house league and travel programs at the Virgil soccer fields and Memorial programs at the Virgil soccer house league and travel teams will hold the first of three weekends of open tryouts for the 2020 soccer season. The tryouts take place Sept. 21, 28 and Oct. 5 at the Virgil sports park. The schedule each day is as follows:

- 10 a.m. U8 boys born in 2012 - Coach Joe Pagnotta
- 11 a.m. U9 boys born in 2011 - Coach Adriano Giordano
- 12 p.m. U10 boys born in 2010 - Coach Alison Walker
- 1 p.m. U12 boys born in 2008 - Coaches Howie Taylor and Steve Mawerzyk

Boys wishing to try out should show up, should bring a ball, their soccer cleats and shin pads, and report directly to the proper coaches.

The club is also hoping to offer a U11 boys travel team, but tryout dates have yet to be scheduled for that team. As well, there will be another girls travel team potentially playing out of NOTL, though details on that team and its tryout schedule are also not yet finalized.

Also coming up for the soccer club is its annual general meeting. That will take place at the Meridian Credit Union arena in the Mary Snider Room, on Nov. 12 at 8 p.m. The general public is invited to this meeting and newcomers to put their names forward for positions that may be opening on the board.

ST. DAVIDS AND DISTRICT LIONS CLUB

October 4 @ 4:30 - 7 p.m.

Friday Fish Fry. Haddock and chips or baked potato, with coleslaw, bread, tea or coffee. Also available: pan fried fish. 1 piece dinner $9.00, 2 piece dinner $13. 1462 York Road, St. Davids.

www.stdavidslions.ca

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 905-641-5335 or email: classified@notllocal.com

ST. DAVIDS UNITED CHURCH

Message: Matt Unruh
Title: Opening Our Hearts to Each other
Kids Programming: Ages 5 & under
Sunday Worship: 10 a.m. at 414 Hunter Rd.
Offices at 1570 Niagara Stone Rd.

Visit us online at: www.notllocal.com

THEATRICAL CEMETERY TOURS

September 20 & 21 @ 6 - 8 p.m.

Meet the spirits of local residents buried at St. Andrew’s Church. Tours start at 6 p.m., 7 p.m. and 8 p.m. Tickets are $12 and must be purchased in advance. Call 905-468-3912 to reserve your tickets. contact@nhsm.ca

FIRST ONTARIO PERFORMING ARTS CENTRE

September 23 @ 2 pm - 3 pm

On the fourth Monday of the month the Niagara Historical Museum offers a free community day and the popular Famous & Infamous biography series opens to all. On Sept. 23 Richard Merritt will talk about William Claus.

FAMOUS AND INFAMOUS

September 23 @ 2 pm - 3 pm

On the fourth Monday of the month the Niagara Historical Museum offers a free community day and the popular Famous & Infamous biography series opens to all. On Sept. 23 Richard Merritt will talk about William Claus.

Visit us online at: www.notllocal.com
FORRER FARMS INC. SEASONAL FT WORKERS

Required for grape & tender fruit farm. Must be available full time April to October 2020. Exp. with pruning and general farm labour preferred but not req’d. No education req’d. Must have own transportation. Be fit and willing to work long hours as req’d. Duties include: pruning, training, hoeing and suckering. $22.00 per hour.

Mail resume C/O Ray, R.R. 6, 1753 Conc. 2, NOTL, ON L0S 1J0

Only applicants to be interviewed will be contacted.

HUEBL GRAPES ESTATES is looking for general seasonal full time labourers. Duties include: pruning, tying, suckering, canopy management and harvesting. Must be willing to work long hours, including weekends from March to November. Must be fit and enjoy working outdoors in all weather conditions. No education required but preference with vineyard experience will be given. Wage $14.00/hour. Only applicants to be interviewed will be contacted.

FARM LABOURERS REQUIRED WILLIAM FALK FARMS LTD.

Seasonal, full-time positions available. April 2020. Must have own transportation. Rural area (NOTL). Four (4) months. Some duties: Pruning, tying, suckering and harvesting. $14.00 per hour. Only applicants to be interviewed will be contacted.

Part-time or full-time painters need to finish exterior season

Experienced – Reliable – Takes instruction Professional – Own Transportation

Most work in NOTL & Virgil area.

$16-$24/hr based on experience

Please fax your working resume to 905-646-8099 or email: yvonne@lakeviewharvesters.com
Golf tourney raises money for St. Davids pool

Penny Coles  
The Local

The Town’s 21st annual Golf Classic was held last Thursday at the Royal Niagara Golf Course.

The estimated revenue raised was $30,000, says parks and recreation manager Kevin Turcotte, and will go toward the St. Davids pool fund.

In the past 21 years, the tournament has raised more than $450,000 to support local community projects, including the NOTL pool renovations, the Meridian Credit Union Arena, the public library, the community centre, the Virgil Sports Park Splash Pad and Exercise Trail, the St. Davids Park and Pavilion, and many more worthwhile recreation projects in town, says Turcotte.

This year’s major sponsor, the St. Davids Ratepayers Association, sat on the committee and is largely responsible for the golfer recognition prize packages the golfer received at the tournament, Turcotte says. “The Town thanks all of their sponsors, many of whom have been huge supporters of this event for many years, as well as some new ones, so please support them whenever possible. And they wish to express their many thanks to everyone who came out to golf, because of everyone, this tournament was a tremendous success.”

There were 204 golfers, even in the rain, says Turcotte.

Willy Janzen, Phil Bergen, Monty Slingerland and Rod Konik, members of the NOTL Kinsmen, were bartending at the community centre following the Golf Classic. The club was presented with an award for its long-standing volunteer work at the tournament dinner. (Photos by Penny Coles)
Welcome to the big league.

Embodying the spirit of quattro, the Q7 offers superior performance and rugged good looks. The cutting-edge technology onboard ensures the Q7 is truly unstoppable.

2019 Audi Q7 45 TFSI quattro Komfort
Lease from $541* monthly at 1.98% for 48 months with $6,000 down in Audi Credit.

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Rates as low 1.99% APR up to 96 months + Sale credits up to $3,500** On 2019 BMW X3 M40i.