Diane Peirce is a private person. She’s also a strong woman, very much the matriarch, the caregiver of her family, and not at all comfortable about asking for help.

Her daughter, Natalie Cooper, has no such qualms. She doesn’t want to lose her mother. She has plans for Diane to stick around long enough to see the light of her life, Olive — Natalie’s 15-month-old daughter — grow up.

Diane has end-stage liver disease. There is no cure, but a transplant would save her life, bring her back to the good health she has always enjoyed, give her energy to play with the granddaughter she loves fiercely, and continue to be a wife to Mike and mother to Natalie and Nicole.

Olive, says Mike, “is an amazing distraction for Diane, a happy little girl, and a wonderful gift for all of us.”

“It’s so important to me to continue to be part of her life,” says Diane.

And her family is far from being ready to let her go. As Natalie adds, “It’s important to me to have her in Olive’s life. And in mine,” she says as she gives her mom a hug.

Diane’s best chance of a transplant, she’s been told, is to find a live donor.

She learned about a year and a half ago her liver was not functioning properly. She had lost a lot of weight, had a persistent cough, was jaundiced, and although she has always been active, found she was tiring easily. 

Continued on page 4

Commemorating Brock

On Sunday, the anniversary of the death of Sir Isaac Brock during the Battle of Queenston Heights, Parks Canada’s Scott Finlay appeared as the Canadian hero in front of Brock’s Monument in Queenston. After Brock was killed in battle in 1812, his body was carried to a home in Queenston, and with a renewed attack on the heights the British were victorious. Brock was buried first at Fort George, along with Lt. Col. John Macdonell who had also fallen during the battle. On Oct. 13, 1824, Brock and Macdonell were disinterred, transported from Fort George to Queenston, and reburied with military honours at the site of the monument. But in 1854, an explosion severely damaged the monument, Brock and Macdonell were moved again and temporarily buried on a Queenston estate, before being buried for the fourth and final time on Oct. 13, 1853, at the site of the new monument. (Fred Mercnik)
Federal candidates court votes in St. Davids

Penny Coles
The Local

Cannabis and climate change were two of the big issues discussed when about 100 people gathered in the St. Davids Lions Hall last week for the only local opportunity to hear from federal candidates for the Niagara Falls riding, which includes Fort Erie and Niagra-on-the-Lake.

The meeting was organized by the St. Davids Ratepayers Association, with six of seven candidates on hand to answer questions from association members and the public.

It was a well-behaved group, said moderator Mike Pearsall, vice-president of the SDRA, unlike the televised leaders’ debate from the night before.

The meeting opened with candidates given the opportunity to introduce themselves, including Tony Baldinelli of the Conservative Party, Brian Barker of the NDP, Liberal Andrea Kaiser, Green Party representative Sandra O’Connor, Tricia O’Connor of the Christian Heritage Party and Independent Mike Strange.

Alex Taylor of the People’s Party of Canada did not attend.

Each candidate was given a chance to answer every question, with no time for rebuttal.

Baldinelli introduced himself as a long-time communications manager of the Niagara Parks Commission, with a background of working in politics for the Conservative party, including Tony Baldinelli.

Many people gathered in St. Davids Lions Hall.

It was a well-behaved meeting.

Each candidate was given a chance to answer every question.

Mike Strange, a former Olympic boxer and two-term Niagara Falls city councillor, is running as an Independent. He believes the Conservatives and Liberals both have a 50/50 chance of winning the Oct. 21 election with a minority government, in which case, “I’m the safe bet,” he said.

He believes with a minority, the ruling party will have to come to the independents to get any bill passed, and he promised to make sure the Niagara riding gets what it needs.

The first question for the candidates from the moderator was: “How important are heritage areas and tourism draws, was an easy one for Baldinelli, who has worked for the parks commission, tasked with preserving heritage and its property while attracting tourists, for the last 18 years.

He said there are several infrastructure projects which could benefit from collaboration with the provincial and municipal governments, and to do that, “it’s better to be an insider,” where it’s easier to get funding for important projects that are important to the community.

As a teacher, Barker said, one of his interests is history and preserving heritage. He is against irresponsible development, he said, and would work to prevent parking lots paving over ecological preserves.

Sandra O’Connor said the Green Party is good at “collaboratively, not combatively,” and would look at putting more money in the pockets of Canadians through universal tax credits, including fitness programs for kids, and increasing the ceiling for RRSP contributions.

Barker said the NDP’s would introduce national pharma and dental programs, so people can use “health cards instead of credit cards,” and would look at more day care with adequate spaces, and more affordable housing for seniors.

Sandra O’Connor said the Greens would put more money into health care, including universal drug care.

Continued on page 3

Caroline Cellars Winery

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Open for Lunch daily
11:30 to Monday to Friday
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Bring this ad in for a 10% Lunch Discount
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more affordable child care spaces, increased seniors’ pensions, and pension protection when companies go bankrupt.

The Liberals are committed to helping families and seniors, said Kaiser, through increases to child care benefits, more direct investment into increasing the amount seniors can keep if they continue to work past the age of 65.

Tricia O’Connor said her party believes in life, family, and freedom, and would put families first. Every school should have after-hours day care, she said.

Strange said immigration has to be tightened up, more seniors facilities built, affordable housing for all and free transit for seniors across Canada.

When asked about the legalization of cannabis, most candidates agreed the rollout was rushed, that it’s going to have a big impact on farming communities such as NOTL, and that a second look on controlling the production of products into stores. He’ll also like to see the government help residents who have had issues with flooding.

The Greens, said Sandra O’Connor, would have a national strategy to move away from fossil fuels. With reducing climate change and preserving farmland, she said, “we won’t have a wine industry”

Kaiser agreed climate change is affecting the wine industry with fewer wines with good quality, and the government needs a feasible and ambitious climate change plan. “We need to do the right thing.”

Strange, “should be a non-partisan issue.” He spoke passionately of all MPs working together, about loss of shoreline and the need to declare a state of emergency, and about kids being afraid for the future. “We need to get on it. Let’s get started. Our future generations depend on it,” he said, to applause from the audience.

Questions that came from the floor were about arts and heritage, mental health, addiction, and the impact measures to prevent climate change would have on the public.

In response to a broad question about health care, mental illness and addiction, Strange said Canada is rated number one in the world and everyone wants to come here, so immigration has to be more responsible. It’s having an impact on housing for seniors, said Kaiser, and causing stress, he said, adding mental health programs need to begin in school.

Tricia O’Connor talked of removing stress by providing affordable housing, and Kaiser said the opioid crisis was being treated as a health issue by the Liberals, not a criminal one, and that investments are needed to combat climate change plan. While closing tax loopholes and increasing taxes for the top one per cent, as well as going after those who are hiding money, “instead of going after university students.” The Greens would also go after international companies who don’t pay taxes in Canada, such as Google and Netflix, she said.

Barker also talked about helping people who want to make ends meet by getting after the largest corporations to pay their fair share. As a teacher, he can’t hide his “modest” income, he said, and the NDP would eliminate loopholes that allow others to do so. The NDP would also end subsidies for gas and oil companies. “We don’t have a spending problem, we have a revenue problem.”

“Every day we ask hard-working Canadians to live within their means,” said Baldinelli. But the Liberals haven’t balanced their budgets or introduced pharmacare, which they promised. The Conservatives would balance its budget with a five-year plan. The Liberal government spends almost as much on debt interest as it does on health care transfers, he said. “We have to get our fiscal house in order.”

Continued from page 2
Testing showed she had a fatty liver, and further investigation uncovered twirled and clogged bile ducts that were preventing toxins from draining, and causing cirrhosis of the liver — a condition that in her case was not caused by alcohol, Mike points out.

In February, 2018, she was diagnosed with primary sclerosing cholangitis, a rare disease for which the only treatment is a transplant. She then completed all the requirements for liver transplant surgery, which could be a result of dealing with years of cobitis and irritable bowel syndrome, and was put on the list to wait for a donor.

“I can’t say enough about the whole team of people who looked after me,” says Diane. “They gave me so much support, showed so much kindness. My doctor said she would treat me like she would treat her own mom, and told me she fully expects me to live into my 80s. I look after me, “ says Diane.

“They gave me so much support, and Diane’s score can change, depending on her current state of health. Diane is sure she is not going to be one of them. “I’m being very positive about this. I think about anything negative. I believe something will work out for me.”

In the meantime, the doctors told her, “this is the new normal. Push yourself to live through it. Play nine holes of golf walking.” She does that, several times a week as a member of two leagues, and also golfs occasionally with Mike.

She volunteers — she was one of the volunteers at the recent Snowbirds Air Show — and although she tape-month to recharge, she plays with her granddaughter every chance she gets. “It’s amazing how much energy she has when Olive is around,” says Mike.

And when a match is found, as she is sure there will be, “I’m going to have another new normal,” says Diane.

As a potential organ recipient, she is not told where she is on the waiting list, which is ever-changing, as some people grow more ill and move closer to the top, and others’ conditions deteriorate to the point where they are not well enough for transplant.

They are dependent on a MELD score (model for end-stage liver disease), a measure which prioritizes who will receive a liver should one become available, explains Mike, and Diane’s score can change, depending on her current state of health. She is positive there is a good chance of healing for her, and at the moment, the most likely way to get there is through a liver donation.

A liver is a miraculous organ, says Mike. It can regenerate itself. A transplant of a section of a healthy liver from a live donor would almost immediately return Diane to the same robust state of health she has always enjoyed.


“There is a risk of waiting for a deceased donor — you can become too sick to qualify,” says Mike. “A live donor transplant is far and away the best as far as outcome.”

Since 1990, 900 living liver donor transplants have been performed at the University Health Network at the Toronto General Hospital site, with all donors having returned to their regular lifestyle with no restrictions.

But donors are hard to find, especially when there is no one in the family who can help — everyone who has volunteered and was able to be tested in the family has been eliminated. The age limit to be a live liver donor is 59. Both Mike and Daniele’s two sisters have been disqualified because of their age.

The surgery and recovery went well, she said. The feel little pain, was out of the hospital in five days and up and about much quicker than she’d been told to expect.

She needed little naps for about two weeks, she said, and although she doesn’t have a lot of energy she has when Olive is around, she believes if you can help someone, you need to help. She believes it was a valuable lesson for her children, now aged six to 19. “I feel like it wasn’t that big a deal. She works hard, not me. I’ve taught my kids if you can help someone, you need to help. And I believe if I can do that, others can as well, and if everyone helped people when they could, the world would be a much better place. I also believe someone will come forward for Diane, and she will have a long, healthy life.

There may be people out there who have thought about being an organ donor, she says, but discovering there is someone who needs help may push them to do it now.

And that not only helps Diane — it takes her off the wait-list and bumps someone else up for the next transplant.

To encourage anyone who

## The Red Roof Retreat

**An evening to come and participate in a workshop about How to Navigate the School and Your Child’s IEP**

**Wednesday, October 23 • 6 - 8 p.m.**

413 Linwell Rd., Building B
St. Catharines

**$10 Donation appreciated, Childcare provided**

**RSVP to: Shauna Press**

recruitment@redroofretreat.com

**Upcoming Workshops**

(All workshops 6 - 8 p.m.)

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**VOTE!**

- Improve healthcare and community care, work for everyone of all ages.
- Develop a fair budget & get value for your tax dollars.
- Revitalize our economy with green industry & sustainable living wage jobs.

**Green Party of Canada**

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Silversmith ready to celebrate the future

Mike Balsom
Special to The Local

Silversmith Brewing Company is being “born again” next weekend, with a three-day celebration designed to “bring the lustre back,” and to repay the community for its patience and support.

“Vice-president and director of operations Kate Brzozowski says the past couple of years at the popular local craft brewery have been somewhat challenging. The weekend celebration is a chance to re-brand, re-invigorate, and look to the future. “That future will be laid out to some degree next weekend, as Brzozowski says the new plans for construction, which began in October, 2017, and was suspended indefinitely a year ago, will be announced.

Last October, problems with the foundation on Silversmith’s 11,000 square foot expansion caused grief for investors and put a halt to plans for new retail and office space out back. Brzozowski is quick to point out that the project wasn’t shut down by an inspector, but by Silversmith management itself. “It had just gotten out of control. The material that they (the construction company) used never set properly, and was not meant for this kind of project.”

The delay caused financial difficulties for Silversmith, as that open hole out back became a bit of a money “sink-hole” of sorts. Original founder Chris Pontaeso stepped away in July (co-founder Matt Swan left in 2016), and Brzozowski says new CEO, Kyle Getty, is determined to get things back on track.

To that end, a new architect/engineer has been brought in to redesign the expansion. Maaneeen Partners, out of Dundas, has experience in working with brewing facilities, having completed the $7-million Nickel Brook and Collective Arts Brewery project in the Hamilton Harbour.

The new Silversmith design will see the expansion housing all production facilities, as well as some much-needed office space. That means the current production area will be converted into an added entertainment space, perfect for concerts, special events and private parties. Plans are for that space to maintain a bit of its industrial feel, but without the brewing rats currently visible from Niagara Stone Road.

Through it all, Brzozowski promises the integrity of the old church building, the cornerstone and main attraction of the Silversmith experience, will remain intact.

“As they get ready to restart construction some time this winter, Brzozowski says Silversmith has a lot of goodwill to re-build with the Virgil community. “I think it’s time. We can’t leave that treasure, it’s not respectful of the community. Next door, at Niagara Motors, they’ve been putting up with us and this mess. We’ve had to change our locations for off-loading and loading onto that side of the building, and it’s inconvenienced our neighbours. We value that they’ve put up with us so long.”

Of course, with the redesign, there may be new hoops for Silversmith to jump through. “The drawings aren’t completely finalized,” says Brzozowski. “The town has been completely supportive all along, but we will have to go through the approval process all over again with them. We don’t know if any of our original approvals will still stand, and we hope that we get the town’s support and understanding.”

Having learned from the past, Silversmith is not planning to rush the project. A starting date hasn’t been chosen, but they hope the work is done by the end of 2020. Silversmith began production in 2011, with its first beers brewed off-site. The current production facility, next to the church, opened in 2013. At that time, Silversmith was one of 43 craft breweries in the province. Over time, the landscape has changed, with now more than 300 such breweries in Ontario. And Silversmith’s business has evolved, as they now regularly welcome more than 10 tour companies who bring groups of visitors to their space. Brzozowski says at least 50 per cent of the 250,000 litres they sell per year is on-site. The rest of their revenue comes from their contracts with restaurants and pubs, as well as space on LCBO and grocery store shelves.

The evolution continues this year, as they have just received approval to begin selling their black lager in cans on those LCBO shelves.

The celebration next weekend will kick off Friday, Oct. 25 at 7 p.m., with entertainment by DJ Dave Stiles. Saturday afternoon they welcome live music from the Feverish Lemons, out of Bradford, Ontario. And Sunday, the party continues from noon until 4 p.m.

Each of the three days, Silversmith will be launching a new brew, and holding giveaways for its loyal customers. They will also be serving a new fall menu and offering new, re-branded merchandise.

“It’s an opportunity for us to say we’re not going anywhere, folks, and thanks for sticking with us,” says Brzozowski.

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Make your vote count

With less than a week left until Monday's federal election, polls are showing the likelihood of a minority government.

Political leaders may not be saying much about coalitions, but they must be thinking about them.

The NDP has already indicated it would work with the Liberals, but is still encouraging voters to mark their ballots for the NDP, which remains virtual tied for first. Which party is most likely to be able to work collaboratively? How important is it for the riding to have an MP who is a member of the riding party in a minority government?

Advance polling was up 25 per cent over the last federal election. Elections Canada says, which could indicate heightened interest. Or it could simply mean voters are becoming aware of the convenience of voting on the weekend, avoiding inevitable line-ups of next Monday and the rush to vote before or after work.

In the Niagara Falls riding, we are fortunate to have strong candidates. Unless there is a particular issue or you have a strong affiliation with one particular party, the choice could be tough. And if you mix in the possibility of strategic voting, hedging your bets for the best outcome, it becomes even more difficult.

There are so many overlapping platforms, this might be the time to vote for an individual, rather than a party. However, the message now, as with any election, is to vote, and make it count.

So much to think about, and so little time.

Penny Coles
The Local

Weekend in NOTL

This photo of the vintage cars was taken on Cession 2, on a beautiful fall weekend in NOTL. (Photos by Fred Mercnik)

The Niagara River Parkway Recreational Path was busy with families out enjoying the beautiful day Sunday.

Sad story of a brave soldier

Donald Combe
Special to The Local

This is a sad story of a brave survivor of the War of 1812 whose history is boldly proclaimed on this monument.

In Niagara's early days, all the town's dead were interred in St. Mark's Cemetery. It had been the town cemetery since 1782 and not until 1833 did St. Andrew's have its own place of burial. The McFarlands were Presbyterian and members of St. Andrew's.

The house of Margaret and John McFarland stands as a reminder of the burning of the town in 1813.

The NOTL Local acknowledges the land on which we gather is the traditional territory of the Haudenosaunee and Anishinaabe peoples, many of whom continue to live and work here today. This territory is covered by the Upper Canada Treaties and is within the land protected by the Dish With One Spoon Wampum agreement. Today this gathering place is home to many First Nations, Métis, and Inuit peoples and acknowledging reminds us that our great standard of living is directly related to the resources and friendship of Indigenous peoples.
I am reaching out today to set the record straight in regards to an unfortunate percep- tion that I have shown a lack of interest in some communities within the riding of Niagara Falls due to the amount of visible Liberal signs as compared with other candidates. This could not be further from the truth. I am a dedicated individual knocking on doors across the riding three times a day, one who plans to work hard for Niagara Falls, Niaga- ra-on-the-Lake and Fort Erie if elected as your Member of Parliament.

The visible difference in the number of Liber- al signs is in fact due to the choice that I made to follow local bylaws restricting the erection of election signs on pub- lic property or on pri- vate property without permission. My team of volunteers have been in- structed to follow these bylaws. I am deeply sad- dened that this choice has led some residents to feel that I do not care about their community — this is definitely not the case. I will continue to reach out to local by- law officers to request illegal signs erected by other candidate cam- paigns be removed as soon as possible to pro- vide for a fair and equi- table environment for all candidates.

I have also reached out to a fellow candidate to please ask that their team not re-install their signs on my husband’s farm property.

I would also like to express my deep disap- pointment in having hun- dreds of my supporters wake up on the Thanks- giving weekend to have their election signs re- moved from their lawns. In one instance a video was recorded showing an individual drive up and quickly remove a large Liberal sign and place it in their trunk. It was located in between two other election signs, each of different candidates, which both remained un- touched. These actions demonstrate to me that this was not a random act of vandalism, but rather a targeted operation that was planned in advance. We are working to hand over this footage to local authorities.

One of the reasons I decided to return to pol- itics was to set a positive example for the commu- nity and its future gener- ations. It is unfortunate that I have become a target of those in the community who wish to resort to destructive ille- gal tactics. I did hope we could have a democratic process allowing every- one to be respected in voicing their opinions.

Andrea Kaiser
Liberal Candidate - Niagara Falls Riding

Next week is the New Moon in Cancer which occurs on Monday, Oct. 21. It’s also the week of the Sun mov- ing from Libra into Scorpio on Wednesday, Oct. 23, in the mid- dle of the day.

If you follow my podcasts on Facebook or my website, this is the last week where I’ll be looking up and back to the July 4, 1776 and September, 2008 — saying how close the arrangement of the skies were for the American Revolution and the collapse of Lehman Brothers bank. Next week I’ll be sharing some fun facts about the Sun, the Moon and astrology throughout the ages. But first, the week ahead.

Thursday, Oct. 17 is a fairly laid-back day where generosity is evident, thanks to a positive connection between the Moon in Gemini and Mars in Libra. A stressful situation with a special someone or over money can be resolved for the better. The first British Open Golf Champions- ship was held on Oct. 17, 1860 at Prestwick, in Scotland. My brother was born on this day in 1956 and he has played some golf.

Friday, Oct. 18 is a busy end to the week with the Moon making eight connections from early morning to late at night and with Venus in Scorpio book- ing up with the North Node of the Moon, suggesting a possible resolution of a karmic issue in an important relationship. Note that the positive change happens because of changes in behaviour. Reggie Jackson got the nick- name Mr. October for 1977 when he hit three consecu- tive home runs off three consecu- tive pitchers by three different pitchers in a World Series game against the L.A. Dodgers.

Saturday, Oct. 19, the Moon moves into her home sign of Cancer in the early morning and Mercury gets a helping boost from Pluto at dinner time. Ideas are blessed with the best moti- vation. Especially ideas about shared finances and who’s the boss. It was Oct. 19, 1945 that versatile actor John Laggis was born into a theatrical family and later went on to many years as the father on the hit TV series “Third Rock,” and then as Win-ston Churchill in the acclaimed British drama, “The Crown.”

Sunday, Oct. 20, the last day before the Third Quarter Moon sees eight connections between the Moon from early morning until late at night, with the strongest connection between Venus and Saturn at 10 a.m. It’s a friendly, helpful meeting sug- gesting the possibility of a posi- tive helping hand in a business, career or security matter. Lots of birthdays today, including Tom Petty in 1956 and Snoopy Dog in 1972. Tom died just before his birthday in 2017.

Monday, Oct. 21, the Moon is Square to the Sun at 8.39 this morning on another day with echoes of 1776 and 2008. To- day, Sun at 27 degrees of Libra, opposes Uranus in ear- ly Taurus and both are Square to the Moon at 27 degrees of Cancer. It’s a tense time where too sensitive feelings can stop all forward progress, but where honesty about feelings can open big doors. The Moon moves into Leo in the noon hour. Alfred Nobel, inventor of dynamite and founder of the Nobel Prize, was born Oct. 21, 1879. And Kim Kardashian exploded into the world on this day in 1980.

Tuesday, Oct. 22, is the last day for Libra this year. And it’s a day where love may get in the way of happiness — or at least present a snag in a relationship. Multi-talented Jeff Goldblum celebrates birthday number 67 today. And figure skater, Brian Boitano, is 56.

Wednesday, Oct. 23, the Sun moves from Libra into Scorpio at 1.19 this afternoon on a busy astro middle of the week. The Moon moves from Leo into Virgo at 3:21 p.m. While heart and mind may not agree today, a surprise this evening brings ev- erything back to reality.

Next week is the New Moon in Scorpio on Sunday, Oct. 27. It’s the start of a new lunar month, the promise of new be- ginnings, especially for Scorpios, Cancer and Pisces.

The Podcast version of Auch- terlonie on Astrology contains more information than the ver- sion which appears here in The Local. This week I am explaining the uncommon astronomical paral- lel between 1776 and 2008, the American Revolution and the collapse of Lehman Brothers and the rise of Donald Trump. So, please check out my podcast on Facebook at Auchterlonie on As- trology or visit my website Look- ing up with all at https://www. lookingupwithall.com/

And remember, we are all stardust. So shine on!
Insects such as hornets are scary, but useful

Owen Bjorgan
Special to The Local

Halloween is coming up, so today’s article is seasonal and spooky.

It’s also harvest season in the Niagara region. That means we have a new wave of visitors coming into the region to soak up the beverages and nice weather. But did you know that vespidae are also coming into town more often, too?

Vespidae is a family of insects that includes some backyard familiarities such as yellow jackets, bald-faced hornets, and paper wasps, among 5,000 other species worldwide. Wasps are generally smaller and skinnier than their close relatives, the bulkier, more robust-looking hornets. All of the species present in NOTL nest in the ground, in the shed, or perhaps the football-like hornet nest that hangs ominously in the tree.

I chose to write about these creatures because they appropriately make themselves known around this time of year approaching Halloween, and of course, wasps are also coming into town. A large part of my environmental work is dedicated to showcasing the smaller majority, the lesser-seen or lesser-appreciated living things that make our world operate smoothly. Insects are the most diverse grouping of living things on the planet. The ones we love and hate have the ability to dictate our economies and our very well-being. They do so by occupying vital roles in ecosystems around the globe. They eat, get eaten, pollinate, and sometimes get drunk and sting people by accident.

There are someweening friends and foes of ours that also enjoy harvest season. You’re walking down the street by a garbage can, and a single wasp gets distracted and bounces off you. And now you’re walking, and the insect can’t help but continue its delightful flight path, doing big, slow figure eights and then colliding with you again.

Between the sound of the wings and the fermenting fruit they’ve consumed, they are potentially “buzzed” in more ways than one. It’s not just our grapes and tender fruit lying around on the soil that cause this phenomenon. It makes sense that both our agricultural crops and wild plants alike are dropping their fruits and leaves at this time of year. In deep, undisturbed natural areas around the world, wasps and bees will find the fruits, berries, and roting plants to create such behaviours. At this time of year, they become notably more present and even extra irritable.

Imagine spending three months in an inebriated, irritated, cold slumber. Your body is also slowing down to over-winter, and now you’re trying to find somewhere to live after too many drinks. That’s a tall task, so let’s give them some credit.

Although I’m emphasizing the fermenting fruit and vespidae relationship (because it’s so intriguing and makes a good laugh), that is not the only reason these flying insects are dopey this time of year. It is also getting colder, which slows their tiny insect bodies down substantially, and they are finalizing a location to tough out the winter as a colony.

My work at Heartland Forest in Niagara Falls involves all things outdoors, and there is an element of the public visiting at the same time. In the past month or so, we’ve discovered five substantial wasp nests that would have been dangerous if accidentally disturbed. I always feel bad when I remove the nests, considering all the hard work these complex colonies have put together to create them, but public safety comes first. It’s another example of our complex relationship with wasps and their relatives.

Thankfully my eyes have become pretty sharpened over the years, and I can spot ground nests in the forest readily. The forest is full of dancing particles of dust and bugs in the light, but the rest of it can be impossibly still. That’s when you notice a funnel of little dots going in and out at one location. There’s a location to tough out the winter as a colony.

Despite vespidae’s ongoing presence, we need them. They predare scores of other insects and keep their populations in check. They are a valuable team player in pollination, and despite being scary, they also get eaten by birds and amphibians as a critical part of the food web.

So, at your next fall picnic, just remember we’re all trying to exist and have a snack (or drink).
Nyanyas to host African-inspired dinner

Penny Coles
The Local

The Nyanyas of Niagara are expecting a good crowd for their African-inspired dinner at the Niagara-on-the-Lake Golf Club next Thursday, the high-light of which will be a dynamic guest speaker, Idah Mukuka Nambeya, from the Stephen Lewis Foundation.

The chef at the golf club is preparing African recipes for the dinner, says Cindy Grant, one of the organizers.

“In addition, she says, “we have some terrific and unique silent auction items, including some beautiful African-themed handmade art pieces, Shaw tickets, gift certificates to the NOTL golf club, local stores and winery, jewelry, gift certificate to Langdon Hall, tickets to Stratford, and many more.”

Local musician Sawyer Dunias will be performing before and during the dinner, says Grant.

“The most unique factor is having Idah Mukuka Nambeya at the dinner, who will be a great inspiration to everyone,” she adds.

Mukuka Nambeya is a field representative of the Stephen Lewis Foundation in Zambia, and has been travelling across Canada recently visiting groups who support African grandmothers raising their grandchildren orphaned by AIDS. They have stepped up to care for millions of children, and in Canada, more than $33 million has been raised through the Grandmothers to Grandmothers Campaign to help them at the community level, with support that includes food, educational supplies, uniforms, school fees, medical care, housing, bedding counselling, support groups, and more.

Mukuka Nambeya’s job is to travel through Africa assessing potential organizations and projects for funding, and she has some heartwarming stories to tell.

“The Nyanyas (Swahili for grandmother) of Niagara is one of 240 grandmothers and grandmothers groups that raises money for the Stephen Lewis Foundation’s grandmothers campaign.

Since the local group was founded in 2007, the Nyanyas have raised more than $100,000, from two major fundraisers held each year and other smaller events. The African dinner at the golf club is Thursday, Oct. 24, beginning at 6 p.m.

Tickets are $75, with a cash bar. To purchase tickets, call Linda at 905-327-1354, Terry at 905-468-2438, or email nyanyas2018@gmail.com.

Idah Mukuka Nambeya will speak about her experiences with the Stephen Lewis Foundation at the Nyanyas dinner.

Donald Combe Special to The Local

Judy Garland, destroyed at forty seven by an all consuming need for love, is portrayed perfectly by Renée Zellweger. See this film with the caveat that you will be forever changed and its images of this tragic figure and her music will haunt you for a long while.

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.

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Become a Local member

Penny Coles  
The Local

We are excited to introduce our new membership card, and hope our readers will be as enthusiastic about it as we are. It simply says, “I’m Local,” and if you present it to participating businesses, it entitles you to discounts and special offers. The Local has arranged for you, for a period of one year from the date of issue.

Some great local businesses have come onboard, with more joining us as they learn about the opportunity for them to promote their businesses and services at this time of year.

We want to explain our plan to you. We will have a wallet-sized card waiting for readers who want to sign up, at a cost of $39.95 (plus HST).

The charge for the cards helps cover the cost of the program for us, and will also help to support your community newspaper. There is no charge for businesses to come onboard — their cost is the discounts and special offers for you, our readers.

Our new membership program begins Nov. 7. We will have a website ready by early November that explains how to join, and also allows you to sign up online, using PayPal or a credit card.

But the really exciting part of this, to us, is the amazing support we have received from local businesses, as you can see in our ad. Karen Skees, who looks after advertising for The Local, developed this program and began approaching businesses early in the summer, after a discussion with editor Dave Burket of The Voice of Pelham, who offers a similar program.

The response from local businesses was instant and positive, more so than we could have anticipated. By Nov. 1, we will publish in the paper and online the special discounts and specials these businesses are offering for the first month. As a Local member, you will have so many great choices!

Businesses may change their offers monthly, or they may stay the same. That’s up to them.

Maria Mavridis, of Corks Winebar and Eatery, and Orzo, two great Queen Street restaurants, was the first business owner we approached.

She didn’t hesitate. She was in with both restaurants, and you will learn about the specials she’ll offer soon.

“I told you guys back in July it was a great idea. It will make our lives easier — it will help identify locals for us. It saves asking for ID, which puts our servers in an awkward position.”

Mavridis had helped organize a similar program for a local music festival, she says, “and it was awesome. It’s so easy to use.”

She says from a business standpoint, she likes the idea of letting locals know they are welcome and appreciated.

“It’s nice to be able to give the locals something, and we know if we offer them an incentive, they will come. It will give us a reason to come to Queen Street.”

She compares the program to the days of coupons as an incentive, but says this is much easier. “It’s a really great idea from our perspective.”

Once our membership plan was advertised, some businesses contacted us. We were delighted to hear from Chantal Sethons, who reached out to us to let us know Peller Estates, Trius and Wayne Gretzky Estates would like to be part of our program — offering more great experiences for locals.

“We all think about being local, but we tend not to visit local businesses in the summer,” she says.

“We see this as a great opportunity for locals to get acquainted with what is in their own backyards. I know I didn’t get out to other wineries this summer. We should all be supporting our local businesses — we have so much to offer in Niagara-on-the-Lake. This is a way for us to remember, involve and support our community.”

So much of what the wineries do is local, she says, supporting grape growers, providing jobs, and restaurants offering food-to-table meals. “We make sure we shop local for our supplies as often as we can.”

So there you have it — our local membership plan. It’s a cliche, we know, but we feel it’s a win-win situation, for locals who want to support their neighbourhood businesses and businesses who want to welcome locals.
Tony Baldinelli

Affordability
Saving the average family more than $850 per year on income taxes

Promote Economic Growth and Development Throughout Our Communities
Repealing the current government’s tax increases on small business investments

Health Care Guarantee
Commitment to increase federal funding every year

It’s Time for You to Get Ahead

One of my key focuses will be promoting and defending Niagara’s agricultural products and interests throughout the world.

Tony Baldinelli, Conservative MP Candidate
Local search and rescue receives surprise gift

Randy Klaassen
Special to The Local

Leading up to Thanksgiving weekend, local volunteers of the Civil Air Rescue Emergency Service (CARES Niagara) received a surprise at their training session when member Ron Turnbull's mother showed up — and a reason to be grateful.

She had no intention of training as a "ground homing specialist" for the search and rescue organization, which was the evening's focus, but to present the charitable group with a significant donation of $15,000.

In presenting the cheque to Stewart Harris, CARES president, Loree Turnbull said, "This is in loving memory of my husband, Flight Lieutenant Richard (Dick) Turnbull. The gift is for you to continue your work and training, to help purchase supplies necessary, and for putting up with my son for the past five years."

During the Second World War, Dick Turnbull enlisted with the Royal Canadian Air Force in Nova Scotia. He was posted to wireless training in Calgary, followed by bomber and gunnery training along Lake Erie. He was then sent to Yorkshire, England to serve with 405 Squadron, flying with Wellington bombers.

After flying 32 sorties, on Jan. 17, 1943 his aircraft crashed into the North Sea. He, and one other crew member, survived, climbing into an orange raft. Adrift for some 16 hours, a destroyer spotted them for rescue. Learning the ship was headed to France, the two opted to wait for a nearby submarine which took them to the Isle of Sheppey on the east coast of England. As he recovered from his injuries, a German prisoner of war, a surgeon, operated on Dick's face. After skin grafts, he was able to return to Toronto, where three days later he married Loree Garrette.

"With the story of his father's service in the air force, and his rescue, Ron Turnbull has always had an interest in aviation search and rescue. Joining CARES Niagara was a way to honour his father's memory, and his mother Loree's donation was her way to support the men and women who volunteer to rescue others."

"The gift allows CARES volunteers to focus on training, rather than to give precious time to fundraising," said Harris. "This is truly a gift for us to be thankful for."

CARES directors plan to make a copy of Flight Lieutenant Turnbull's photo to display on a plaque to be mounted in the hallway, as a "thankful" reminder.

In recognition of the search unit's operations, searches, requiring crews to be away from home, family and employment, several days at a time. There were also several searches involving several hours, or a day-long operation.

CARES Niagara was a founding member of the national organization, Civil Air Search And Rescue Association (CASARA). All members are volunteers, trained to professional standards established by the Royal Canadian Air Force.

The motto ingrained in every aspect of operations is, "That others may live." As a registered charity, CARES relies on donations to operate its training facility, vehicle and aircraft.

For information, or to volunteer, contact cares@lastmilenet.ca or the website, ontario.casara.ca.

This is in loving memory of my husband, Flight Lieutenant Richard (Dick) Turnbull

Loree Turnbull

Stewart Harris, president of the local Civil Air Rescue Emergency Service, gratefully accepts a cheque for $15,000 from Loree Turnbull.

Red Roof Retreat's Fall Fest
Saturday, October 19th
10 a.m. - 12 p.m.
Red Roof Retreat Ranch
1594 Concession 6, NOTL

Scarecrow Making
We will supply the 3ft frame and the hay; you dress your own scarecrow!

Pumpkin Carving
We will supply the pumpkins, you just bring your imagination!

Wagon Rides
Apple Cider
Donations Accepted

Limited quantities. Please email Karen at karen@redroofretreat.com to reserve your scarecrow!
The best flooring for entryways and mudrooms

Submitted by
Imperial Hardwood Flooring

Choose durable flooring that can weather the traffic and moisture in your entry-way or mudroom.

Fall is upon us and with it comes the mud, muck and maybe even snow! Many people are preparing for the season with extra rugs and mats at entry doors — which is a great idea, by the way. But for homeowners who are looking to swap out flooring products that wear down easily, such as carpet and laminate, for more hardy choices, this list is for you!

So, which flooring types work best? Here’s our top two:

1. Tile flooring, especially porcelain and ceramic

   Tile floors are the most forgiving when it comes to cleanability and ease of maintenance. If your budget allows, go for full-bodied porcelain. And most importantly, pick a darker grout colour for your tile flooring that will show much less wear and tear in high traffic places.

2. Luxury vinyl tiles and luxury vinyl planks

   Commonly referred to as LVT and LVP, luxury vinyl tiles and luxury vinyl planks are relatively new to the market. However, both of these products pack quite a punch when it comes to durability in high-moisture and high-humidity places.

Honorable mention: Solid hardwood flooring

Sandable, sealed hardwoods are great for entrances. They stand up to the traffic and are easy to restore by recoating with finish — or if need be, by completely sanding and refinishing the floor.

The big drawback of hardwood in entryways and mudrooms is standing water. To avoid problems, make sure you don’t let wet shoes or puddles remain on the floors for long periods of time. Keep a plastic boot tray near the door and have an old, dry towel handy for quick cleanup of any water or snow tracked into the house.

Need New Floors?

Let us help you brighten up your home this year!

From hardwood, laminate or cork flooring, you’ll be sure to find something to suit your style and budget. We will provide you with the best quality customer service from start to finish.

What about those large and heavy pieces of furniture? No worries!

We will move them out of the way and put them back when we are done... FREE of charge!

Sales & Installations
Imperial Hardwood Flooring

560 Read Rd., St. Catharines
or call 905-937-2189 today!
email: ihf@vaxxine.com

Family-Run Business
Free estimates with no obligation
Showroom Hours:
Mon-Fri 9:30 to 5
Saturday 9:30 to 1
Family values build a solid reputation as business grows

Submitted by A-1 Flooring Canada

Our story starts in 1973, with George Racine as the original founder. It was first known as A-1 Floor & Wall Coverings and was located in the heart of Dunnville, Ontario. The company quickly outgrew the surrounding area and moved to Welland to support their ever growing clientele, and added to support their ever growing area and moved to Welland to support their ever growing area.

In the year 2004, Sean Racine, started working in the warehouse. Sean was a natural, with a knack for developing future business ideas and creating the standard for flooring within the company.

In the early 90’s, George's son, Sean Racine, started working in the warehouse. Sean was a natural, with a knack for developing future business ideas and creating the standard for flooring within the company.

In the year 2004, Sean bought the business from his father. He took a few risks with some local upcoming businesses in order to grow even further in the area. The company stayed the same. We continuously appreciate our repeat customers as they move from house to house expanding their own families, as we are often told. “We just want it Done Right”.

To date, our amazing staff has provided over 35 years of locally owned and operated business to the residents of this community and the surrounding areas. A-1 Flooring Canada is dedicated to its employees and customers alike. As we continue to grow, we believe the key to superior customer service is to take complete ownership of our customer's experience, from beginning to end.

Having a hot tub in Niagara available for all seasons brings a great opportunity to create a lavish outdoor oasis whether the sun is shining, or the snow is falling. With the right hot tub accessories, you can create a backyard escape that caters to your own needs. If you’re wondering what fun hot tub accessories are available, we have a few of our favourites already picked out as a starting point for you.

For the one to have to get out of the hot tub, especially when it's to go grab the drinks. Not only do you feel the frigid chill once you leave the warmth of the jets, but you can also put yourself in an unsafe situation to slip, or drop your drinks around or in the hot tub.

To avoid ever having to leave the spa, invest in a SmartBar, with a convenient Smart-Drawer that not only gives you the feeling of a swim-up bar, but also enough storage that you never have to restock it until you're finished with it for the day. Whether you use it as a place to safely keep your drinks or to place your phone, you'll never be out of touch from the most important things.

Submitted by Niagara Hot Tubs

SmartDeck

The great thing about an outdoor hot tub or even a portable hot tub is that you can choose where you want to enjoy it. But sometimes, the surface around it can be uneven, and hard on your feet. The best and safest way to enjoy your hot tub is to have a level surface around your hot tub, especially around the steps or entry to your spa. The innovative and workable SmartDeck is made up of lockable panels to allow you to build the deck you want, small or large. With lockable panels it also means there's no permanent commitment, you have the freedom to change your backyard spa experience if you want to, making your investment last longer.

SpaCaddy

This is a great solution if you want a smaller or budget-friendly version of the SmartBar. A SpaCaddy is a versatile outdoor spa solution. You can enjoy your outdoor spa with drinks, snacks, towels, or protect your phones, the same as the SmartBar. The difference, it's portable, making it easy to mount and unmount for a quick clean or restock. Enjoy your SpaCaddy effortlessly by swinging it in or out of your backyard spa for quick access to your favourite things. Visit Niagara Hot Tubs to pick one up and complete your backyard oasis.

SpaUmbrella

If you’re the lucky owner of an outdoor hot tub, we bet you have a lot of great memories in your backyard during the summer in Niagara. But sometimes we’ve so caught up in the fun and forget to protect ourselves from the sun. The water and products in the spa create a relaxing and enjoyable experience but they can’t protect us against the elements. Investing in a SpaUmbrella made up of Sunbrella material, creates a stylish and durable cover for you and your guests. With a sleek European design and adjustable arm to meet your preferences, the SpaUmbrella will have your backyard looking like a luxury resort.

These hot tub accessories are your staple pieces in creating your hot tub into the ultimate spa experience. If you're looking to show your hot tub some love, Niagara Hot Tubs provides you with all the accessories you need to make your hot tub a relaxing experience. Feel free to get in touch with us if you want to learn more about these products, or other ways to recreate your outdoor spa.
IT'S HOME IMPROVEMENT TIME!

Go green for your next event

Submitted by Creek Road Paints

Creek Road Paints, Benjaminn Moore not only promotes sustainability in your everyday design, but is in the design of your life events as well. From baby showers to birthday parties, wedding events to lifestyle celebrations - Creek Road Paints – along with Green Rentals by Mori and Van Noort Florists, has everything you need to design your engagement with the earth in mind.

2020 promises a year of feminine tones, divisions of space with more natural materials, a backlash of brass, and an overwhelming consideration for sustainability in design. These design elements are not just intended to be applied to your interior design, but in all areas in which design needs to be considered.

From the use of vertical garden walls and live plants - which create bursts of gorgeous greens that add shape and texture to any decorative setting, to something as simple as a seed bomb party favor - containing wildflower seeds that are then organically wrapped for presentation designed to be presented to your guests as something that is not only unique in itself, but environmentally responsible. The wildflowers these seed bombs will produce are the perfect habitats for our much needed pollinators (ie. the bees). Creek Road Paints has successfully created these seed bombs for clients and previous events, but they are also available to order in-store, or can simply be purchased for the guerrilla gardener at heart.

Creek Road Paints not only prides itself on its ability to promote green design when it comes to your home, but for your life and wedding events as well. Reusing and/or repurposing leftover materials for your signs, table settings and venue not only follow the existing trends of recycled elements in design, but promote a unique quality to your atmosphere as well. From window frames for table settings to an arbor built with old entry doors and shutters - these aging items find new purpose, while adding a timeless elegance to your event, and promise you won’t find anything as sustainable or unique than what Creek Road Paints, Mori Gardens and Van Noort Florists have to offer.

Another sign of the times is reusing household materials - like deck boards and old trim – for decoration as well. These custom signs can either be motivational, hysterical or anything that coordinates with the thematic elements of your event. Creek Road Paints customizes any sign to suit any manner, etiquette, level of humor (or lack thereof), on any material of your choice, while constructing them with sustainability in mind. From old glassware to any clean surface, we can customize any object to mirror the concept of your event.

There is always something Moore for you home, party or decor at Creek Road Paints, Benjaminn Moore.

And one Moore thing... The Colour Council is in, and 2020’s Colour of the Year is First Light 2102-70, which “promotes a soft, rosy hue that blossoms with potential” and “sets the tone for decades to come.” With this palette in mind, and a catalogue of colours so that they are able to customize any sign to suit any theme or to come. “With this palette in mind, there is always something Moore for you home, party or decor at Creek Road Paints, Benjaminn Moore.

Drain cleaners can cause damage to your home’s pipes.

Commercial drain cleaners like Drano are made of ingredients like hydrochloric acid and other acid ingredients that eat away at your pipes while they sit. Despite many of these products being advertised as “safe for pipes,” they absolutely are not. When you’re standing right into your water system, when you’re using drains back into your system. When you pour that thick, chemically smelly drain cleaner down your pipes, you are pouring it right into your water system. Be mindful of your impact when choosing the way you choose to solve your clogged drain problem!

While there are clean, easy ways to help solve a clogged drain at home, it is suggested that you call in the professionals so that they are able to remove all grease and debris ensuring a clog-free, damage-free future for you and your showers, sinks, and garbage disposals. Let Wellbrook Plumbing save you from the annoyance of clogged drains today.
Updating your garage door

Measha Brueggergosman to return to Niagara
Opera singer makes comeback with Bravo Niagara! after open-heart surgery

Penny Coles
The Local

In a deep, sultry voice as hauntingly beautiful as when she sings, Canadian opera star Measha Brueggergosman describes her summer in Nova Scotia, where she has spent the last four months recovering from open-heart surgery, as an opportunity to be with her family when they most needed her.

And when she needed to be with them. She is just 42, far too young to require a double bypass — never mind that it’s her second, 10 years after her first heart surgery.

From her home in the Annapolis Valley of Nova Scotia, which she describes as down a long driveway, “off the beaten track,” over looking a private lake so small it’s not on a map, she is feeling good. Great, in fact. “This is exactly how I hoped my life would turn out,” she says. “I’m really blessed to call this my home.”

It hasn’t been without its ups and downs, and recently, a lot of downs. She is now a single mom to two young boys, which is not an ideal situation when her career means spending a great deal of time away from home, and she and her mother are still mourning the loss of her father, by all accounts a very special and beloved man, and an important figure in her life. He died within days after her surgery, and shortly after that, her mother was diagnosed with a cancerous tumour.

But there is no hint of anything but joy and gratitude in Brueggergosman’s voice as she talks about the past few months. Although it took heart surgery to keep her at home, it was where she was meant to be at this time in her life, she says. And life wouldn’t be the same without hardships along the way — hardships which she describes as “re-directions, the doors of opportunity swinging open.”

She was finishing up a tour that had included a sold-out performance at Carnegie Hall in May, and ended in July in Calgary, when she began having chest pains and went to the emergency room, where the surgery was performed.

The last four months, she says, have been an opportunity to take some time off to be with her kids, and to look after her mother during her cancer treatments. And more recently, as her strength returned, to think about what’s coming up this weekend — her return to touring when she opens the Bravo Niagara! season with a performance in St. Catharines.

She’s feeling strong, ready to perform, and looking forward to it, she says, happy that her first performance after her recuperation will be in a place she loves, doing the work she loves.

And Christine Mori, founder of Bravo Niagara!, couldn’t be happier that the renowned international opera star has chosen Niagara for her return.

The last time she was here for a couple of days. A lot of times musicians are on tours and are in and out of here the same day, but we ended up spending a lot of time with her. She had to get to Hamilton while she was here, so she took my car. That’s the kind of relationships we’ve developed with a lot of people, by giving them our personal attention.”

Mori says she has an arranged a “very special concert,” with 30 children from the Chorus Niagara Children’s Choir singing a few songs on stage with her.

“She’s gone from Carne- gie Hall, with thousands of people in the spring, to this 300-seat, intimate venue. It’s going to be an amazing re- cital!”

She is much more accustomed to filling large opera houses, and for her to perform before a small audience at this stage of her career is rare, says Mori.

She recalls an extreme- ly moving performance of Brueggergosman’s for the Royal Family at Westmin- ster Abbey in 2017, to cele- brate Commonwealth Day, where she was meant to be at this time in her life. He died within days after her surgery, and shortly after that, her mother was diagnosed with a cancerous tumour.

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Commemorating historic battle

Singer to perform in intimate recital hall

Continued from page 16

singing songs such as We Shall Overcome, and Swing Low, Sweet Chariot.

“We’re so fortunate to be able to have her here in Niagara again.”

In addition to canceling some concert dates this summer, Brueggergosman also had to give up her Carmen debut in Helsinki, which she admits to having been a very lucrative opportunity she missed out on.

Cancellations are not good for business, when so many people are depending on you to perform, she says. Relationships and reputations are built slowly, and are important for longevity in her career.

“You’d think open-heart surgery would give you a get out of jail free card! But people tend to remember the cancellation, and not the reason for it, she says.

“They’re not sympathetic to the reason for being derailed, they tend to focus on the fact that it was derailed. They have a short memory for the reason. I’ll do anything I can to mend the relationships. You are your reputation.

To her, that means being reachable, being dependable, and being kind.

“There is always time for kindness. That’s something I value in people around me, and something I try to be consistent about.”

Her faith also keeps her strong. “My faith is my armour to protect me. It shores me up.”

When asked if it has helped her through the difficult times, she says it helps always.

“There is no time in your life when you don’t need your faith, but especially when your heart breaks, physically and emotionally,” she says, speaking of the loss of her father.

“People truly loved my dad. He was the pillar of the community in two provinces. The most beautiful thing about my father’s life is he was exactly who people thought he was. He was consistent, and tender-hearted, and very generous.”

Sometimes she finds she is caught by her grief — it hits her, and makes her sad, but she knows she is healing.

She also has to constantly remind herself it has not been very long since his death, but in the meantime she has been there for her mother and her boys, “and there is a life to be lived, a purpose to be filled, things to be done, and a need to think beyond ourselves. There is so much more to this existence than ourselves.”

The next step for her, in this life to be lived, is to come to Niagara, which she loves, and to perform for Mori and Bravo Niagara!

“I’ve only ever had great times in the Niagara region, and I don’t say that lightly. I am so grateful to have this gig where it is. I can dust off my skills in a collaborative community, regenerate my commitment to ensemble performances, where I started. This is the favourite part of my job. For me it’s classic music at its most honest.”

Tickets are $53, $28 for university and college students and $5 for high school students. To purchase tickets online visit https://www.firstontario.ca/Online/mapSelect.asp.

This ad generously sponsored by:

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1630 Niagara Stone Rd., Virgil, Ontario

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THE NOTL LOCAL
October 17, 2019

Odette, Oliver, Oriana & Owen are looking for their ‘fur-ever’ loving homes NOTL CATS Rescue

Please contact NOTL CATS Rescue for ADOPTING ONLY. Unfortunately we are full and cannot take in any more kittens & cats at this time.

These sweet kittens are looking for their fur-ever homes, Odette, Oliver, Oriana & Owen. Adoption fee includes spay, neuter, vaccination, micro-chip, flea & parasite treatment, etc. We also have many other kittens & cats of all ages for adoption.

We are a local, very small non-profit group, 100% volunteer.

Volunteers and foster homes are desperately needed! Let us know if you can help.

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Measha Brueggergosman performing her 2017 Bravo Niagara! Songs of Freedom project. (Alex Heidbuechel)

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We are a local, very small non-profit group, 100% volunteer. All adoption fees go directly for vet bills and cat care.

Volunteers and foster homes are desperately needed! Let us know if you can help.

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Measha Brueggergosman performing her 2017 Bravo Niagara! Songs of Freedom project. (Alex Heidbuechel)
Luscious lashes can be yours

Are you looking to enhance your natural beauty? Looking for a low-maintenance makeup routine? Meet Emily, certified esthetician at Swag Hair Company and three-time certified lash specialist. With two years’ experience, Emily is learning quickly and efficiently while expanding her portfolio and has quickly become a lash expert. Since graduating from the International Beauty Institute, Emily has taken an additional three courses to expand her knowledge and is always keeping up to date on the latest beauty trends to service her clients to the best of her ability.

“At Swag Hair Company, we understand what it’s like to live a busy life, and that is why we offer semi-permanent beauty solutions like lash extensions, and lash lift and tint” says Emily. “Lashes can be for anyone, and any age. The goal is to make you look and feel beautiful without the use of makeup. It will enhance your natural beauty by adding thickness, length, or volume to your natural lashes and accentuate the beauty of your eyes all while minimizing the time it takes you to get ready in the morning.”

What are lash extensions and lash styles? Emily specializes in three different styles of lashes – classic, hybrid and volume lash extensions. “Lash extensions are applied individually to each one of your natural lashes, and range in styles to suit. Along with the style, we can personalize the curl of the lashes, and the length – to make your lashes just what you want!”

Classic is a 1:1 application – meaning that there is one eyelash applied to every one of your lashes. This is the most natural look, adding a bit of fullness, and darkness to your lash line.

Hybrid is a mixture of classic and volume lashes. The classic will frame out the shape of the lash style, while the 3D fans will fill out and add volume to the style.

“Volume lashes are anywhere from a 2D to a 10D lash fan that will add volume and darkness to your lashes. Depending whether you want a light volume, or a dramatic volume is up to you!”

As much as we believe in responsible beauty when it comes to hair, we also believe in this when it comes to enhancing our natural beauty. We believe strongly in taking care of our lash extensions the same way to keep the integrity of our natural lashes,” says Cristina, owner of Swag Hair Company.

As well as lash extensions, Swag Hair Company also offers lash lift and tint. A lash lift and tint is simply the most natural way to enhance what you already have. It is an hour-long, four-step process in which your natural lash is “perm’d” and coloured to make it look as if you have curled your lashes and have applied mascara. It is a semi-permanent enhancement that lasts four to six weeks and lets you leave the mascara, and most importantly the damaging lash curler, behind.

Have we piqued your curiosity? Feel free to stop by Swag Hair Company and speak with Emily or give us a call to reserve your appointment. Consultations are always complimentary.

The Lash & Brow Bar
Now available at SWAG HAIR CO.
Premium full service lash and Brow Bar now at Swag Hair Company! Specializing in semi permanent lash extensions, lash lifts, tinting and brow design amongst many other esthetics services.

Submitted by Swag Hair Co.

Health, Beauty and Fashion

The Notl Local
October 17, 2019

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www.swaghaircompany.ca
Health, Beauty and Fashion

Diabetes and foot health – a very important connection

Submitted by Audrey Wall Foot Clinic

Why is foot health so important when a person has diabetes? A number of physiologic changes can happen when blood glucose (sugar) isn’t well controlled. According to Diabetes Canada (diabetes.ca), “Diabetes can cause nerve damage (also known as diabetes peripheral neuropathy) and poor blood flow or circulation to the legs and feet (also known as peripheral arterial disease). As a result, people with diabetes are less likely to feel a foot injury, such as a blister or cut. Diabetes can make these injuries more difficult to heal. Unnoticed and untreated, even small foot injuries can quickly become infected, potentially leading to serious complications.”

What can you do to keep your feet healthy when you have diabetes?
- Check your feet daily for changes in skin or nails, or injuries – use a hand mirror if you have trouble seeing your feet.
- Before putting on shoes, look and feel the inside to ensure they’re clean of any debris.
- Keep the skin between your toes dry – never put moisturizing cream between your toes as this can promote skin breakdown or infection.
- Make sure to have a diabetic foot assessment by a qualified health practitioner at least once a year.
- If you can’t see or reach your feet, visit a qualified foot care provider for help with trimming nails, calluses or corns instead of trimming by feel.
- Healthy feet keep you moving and enjoying life – make sure you take care of them.

Audrey Wall Nursing Professional Corporation
Nursing Foot Care Clinic

Registered Nurse Foot Care Services Treatments for:
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In Touch Day Spa
Great things are happening at Crossroads Public School

Ella Edgecombe, Brooke Rowe, Liza Weberbauer
Special to The Local

Crossroads Sports
In junior and intermediate co-ed soccer, thanks to the coaches Mr. Holowchuk and Mrs. Breakespeare, the junior team had two goals. The game was fun to play and it was cool in the morning but got hot during the afternoon. Intermediate coaches were Mrs. Lisi and Mr. Van’t Riet and they had fun playing their tournament.

Classroom News
Grade 8 classes went on an amazing field trip to Wildplay Niagara Falls Whirlpool Adventure Course. Luke Midgley said, “I was confident but the people in front of me were a little slower. I really enjoyed it and wanted to stay longer.”

Grade 5 was drumming! We brought buckets and learned how to drum. Brooke Whyte said, “When I first heard about it I was excited and a bit nervous. I was less nervous when we started. When Josh had to go I was a little sad but a little relieved because it was less noisy.” Special thanks to Josh Brown for coming in to teach the Grade 4/5 students great drumming!

Kindergarten classes were making something that smelled so good and the whole school was wondering what the delicious smell was. The answer was cinnamon playdough. Yes! They made cinnamon playdough!

Whole School Happenings
On Friday, Oct. 4 it was Crossroads’ first assembly of the year. Congratulations to all the Shining Stars of September. Thank you for being kind! Also, a big thank you to Mr. Reschke for the great slide show!

Terry Fox Run
On Thursday, Oct. 10 (periods 5 and 6) we had our Terry Fox Run. Students and teachers brought in toonies and the school wore red and white. We walked or ran around the school in the afternoon to raise money and awareness for cancer research. It was a great afternoon.

Easton Andres takes first place in Crossroads’ cross-country competition. (Photos supplied)

Julian Draayer and Dani Sawyer compete together in a cross-country race.

Taking part in Terry Fox Run last week at Crossroads Public School were Vanessa Kardko, Sophia Sailer, Isabella Beccario, Aaralyn Unruh and Renae Stearns. (Photos supplied)

Running Friends Katya Weberbauer, Rachel Wiens, Annika Jarzen, Ellery Sawatzky and Nellena Gregoire at a recent Crossroads cross-country competition.

Nicole Falk and Reagan Rossi learn bucket drumming.

Out for the Terry Fox Run in the Virgil Sports Park were Brooke Whyte, Addison Driedger, Megan Dyck, Dylan Dietsch and Elisa Jordan-Smith.

Teacher Miss Fraser and the Kindergarten students Graham Staz, Elinor Rifkin, Samantha Jones, teacher Alison Wilcox, and Frannie Baskin enjoyed a beautiful afternoon for Crossroads’ annual Terry Fox Run.
Ghost tours continue to thrill

Kim Wade Special to The Local

It was a dark and stormy night... well not really, it was more dark and chilly but un-nerving nonetheless as I arrived at Fort George for an interview.

The late night interview was scheduled for around 10:30 p.m. after the last ticket holders headed into Fort George for the final ghost tour of the night. As I wan-dered alone through the dimly lit and almost desolate parking lot, I could not help but wonder if this was the smartest idea I have ever had. I was about to interview Kyle Upton, the founder of the ghost tours at Fort George. Now I found myself in one of the most haunted places in what has been described as the most haunted town in Canada, with a nearly full moon shining overhead and not too close to make for good fortune.

The sign on the driveway in-dicated to park to the right and follow the path. Unwary where the path was, and armed with my cell phone flashlight, I wandered in the parking lot for a while until I heard a rustling behind a car in front of me. I decided quickly to follow the light in front of me to my right. The small furry black and white creature also scurried away, thankfully heading in the opposite direction. As I headed down the path, I could make out a building with two dark figures standing in the dimly lit doorway. I sure hoped they were living! As I approached, I could see that the facade of the building was wearing a dark cloak. That is when I met Kyle Upton, founder of the Fort George ghost tours, standing on the porch of the visi-tors centre. To my relief, Upton is most certainly alive. I was invited into the warmth of the visitors centre, where we began the interview, accompa-nying by two other members. It is clear that Upton’s first inter-est in Fort George is its history. He explained that George had been a volunteer at the fort while he was in high school and participated in their youth programs. During his university years, he worked at the fort as a gardener and a tour guide.

Over the years, he explained how older staff members used to tell stories about some of the strange happenings at the fort. At the time, he was not concerned with the legitimacy of the stories but thought they were enten-tising tales told in the evening during overnight stays in the bar- racks with other youth, or stories told among employees. He got the idea of starting a ghost tour at Fort George after he partici-pated in a historical ghost tour in Williamsburg, Virginia. Upton thought it would be great to bring the idea back to Fort George, since he had heard his share of ghost stories over the years.

He thought this would be a way to “get people to laugh even if they don’t think they are.” When he returned to Niag-ara-on-the-Lake, he approached Parks Canada with the idea. He was told that although it sounded like a nice idea, the federal government could not support it because they could not confirm nor deny the existence of ghosts. Next, he approached the Friends of Fort George, a non-profit cooperative associa-tion that organizes programs and events at the fort. The Friends of Fort George said they would support the ghost tours.

His next challenge was to find the stories. So Upton went back to some of the people that had shared their stories and ex-periences with the supernatural. The stories came from fort staff, people who had lived at the fort and local residents. He wanted to make sure these experiences were legitimate and had not been made up for purely entertain-ment value as campfire material. After being satisfied the stories were legitimate and based on legitimate expe-riences, he established the first ghost tour in 1994.

Over the years, more people have come forward, and the number of stories that have continued to grow over the years since the tour started. Upton explains that the stories that still come from fort staff, but the biggest surprise for him has been that they began to come from non-employees on the tours. He said they have certain core story-tellers that tell the same stories in the summer tours, but some stories and sightings have been added over the years as they no-ticed patterns have emerged in certain experiences.

Before introducing a new story to the tour, he makes sure to see if a pattern is established to root out any potential attention seekers or jokesters. However, when several people over the years start to report seeing the same little girl slipping around grounds or have a feeling that a child is tagging at their coats, it is hard to ignore. The story of Sarah-Jane was then added to the sto-ryteller’s repertoire.

Also, each tour guide may have had a personal paranormal experience that they share with their group. These personal sto-ries make each tour unique and diverse enough that they often see repeat customers to the tour. As the founder of the tours and a lover of history, Upton is concerned with maintaining the integrity of the tour. He wants to ensure the stories being told have met these criteria. Because, he ex-plains, they are living stories and hard to contain. He doesn’t want his ghost stories to turn into fish sto-ries — as in a fish story, he does not want “the fish to get any bigger” because it turns away from the real experience.

Unlike other ghost tours, Fort George offers a captive at-mosphere. The tours take place in the actual area where the ex-periences occurred. You are not standing at a comfortable dis-tance across the street or tenta-tively peering through a window. You are actually standing in the spot where the activity happened. Upton explains that Fort George has experienced all of the known hauntings, including glowing fog, hearing footsteps, creaky boards, dark figures and apparitions. “Fort George checks all the boxes,” for paranormal ac-tivity, he says.

At this time of year, partici-pants are treated to a longer and more in-depth tour than during summer evenings. The Hallow-een tours travel through more of the buildings, with more stories to match. Part of the reason for the change in format is practical — the weather at this time of year is colder and can be inclement. Another part is to celebrate the spooky season of Hallow-een.

However, Upton surmises the appeal to these stories har-nesses to a deeper question that is universal to all of us. He the-oizes that as people move away from religious establishments, they are looking for answers to, what happens after we die. What happens after this life? This is the core connection we have to each other and the biggest mystery for all of us, he says. Upton explains that some people come to Fort George looking for confirmation of an afterlife, some are looking for a paranormal experience and some get dragged along for the ride. Whatever the reason for joining the tour through one of the most haunted places in Canada, they are sure to be entertained.

Outside, the last tour has ended. We could hear the footfalls of the participants walking a lit-tle bit too quickly to their cars in the dark, chatting excitedly about their experiences.

As I conclude the interview, I cannot help be aware of my sur-roundings in the visitors centre. Did a shadow pass through the light shining under the door? I could have sworn I caught a glimpse of it in my peripheral vision. It may have passed by the photo frame on the wall or the walls as we chatted, or was it just as Upton said, “Fort George has an atmosphere.”

Couple that with the power of suggestion, a good storyteller and some consistent patterns of unexplained phenomena, then you have yourself the makings for a very entertaining and a spooky way to spend an evening at Fort George during this special time of year.

Halloween Tours at Fort George run Oct. 18, 19, 20, 25, 26, 27, 30 and 31. Tours start at 7, 7:15 and 7:30 p.m., and 10, 10:15 and 10:30 p.m. (excluding Sun-day). Halloween tickets must be purchased in advance at Friends of Fort George by calling 905-468-6621. Tickets are $25.

Kyle Upton, tour leader and the founder of the Ghost Tours at Fort George, prepares for another Halloween tour. (Kim Wade)
(Top) Lion Joe, Lion Glenn, Lion Don and Lion Janet work in the kitchen to prepare fish and chips, including pan-fried haddock, at the St. Davids Lions Hall on York Road. The Lions fish fries run the first and third Friday of the month, except in December, so there is an opportunity to join the regulars and enjoy a fish dinner this Friday, Oct 18. Below, St. Davids Leos help out. (Rosie Gowswell-Pattison)

Gary Bradham (left), Chris Toye, Stan Harrington, Rick Cairnes, Lanny James and Linda Carson prepare fish and chip dinners at the Royal Canadian Legion Hall Thursday. The Legion holds its fundraising fish fry every week, and also offers baked fish as an alternative to battered. Below, Tony Baldinelli, with Laura Sentinel, and his wife Carol and son Daniel, enjoy a Legion fish fry dinner. (Penny Coles)
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