After a year without them, due to COVID, the town has brought back its volunteer awards to recognize those in the community who have made a positive impact on Niagara-on-the-Lake. “The volunteers in our community are such an important part of NOTL, and we are extremely fortunate to have so many dedicated volunteers in this town. I am always so impressed and feel so grateful for the residents we have in this community,” said Lord Mayor Betty Disero in announcing the awards. For story, please see page 2 & 3.

**2021 Volunteer Awards**

**Community and Civic Engagement Award:** Jim and Marilyn Armstrong

**Council Appreciation Award:**

Joan King

**Volunteer under 16:**

Samantha Fretz

**Volunteer under 30:**

Carrie Robinson

**Working with Youth / Education Award:**

Caitlyn Neufeld

**Working with Seniors Award:**

Tim Taylor (Santa Tim)

**Working with Seniors Award:**

Niki Walker

**Diversity, Equity and Inclusion Award:**

Niki Walker

**Environmental Efforts:**

Kyra Simone

**Sports and Recreation Award:**

Rosemary Goodwin

**Culture Award:**

Lise Andreana

**Working with Youth / Education Award:**

Caitlyn Neufeld

**Volunteer under 16:**

Samantha Fretz

**Volunteer under 30:**

Carrie Robinson

**Community and Civic Engagement Award:**

Jim and Marilyn Armstrong
Joan King given special award created just for her

Penny Coles
The Local

After a year’s absence, town awards were handed out at Monday night’s virtual meeting, recognizing 11 deserving volunteers.

Although it wasn’t quite the same as the in-person celebrations of the past, town staff and council did their best to make it an appropriately celebratory occasion for those chosen to be recognized at the town’s presentation, with recipients re-echoing their thanks ahead of time to be presented as part of the visual ceremony.

One special award was created specifically for Joan King, based on the nominations received about her.

Called the Council Appreciation Award, its intention was to highlight “an individual who has reached extensive milestones in their commitment to the Niagara-on-the-Lake community, who takes great leadership with events, and whose desire and initiative to give back are seen through their outstanding volunteer efforts,” explained Lord Mayor Betty Disero.

King was nominated for her organization of the Terry Fox Run, which has raised more than $1 million since the first in 1991. She also volunteers for other events in Niagara-on-the-Lake, including a Christmas stocking project for seniors in long-term care homes, now underway for the second year.

“Joan’s dedication to the Niagara-on-the-Lake community, her drive for town improvements and her passion for people, make her the perfect candidate for this special award,” said Disero.

King said when she received an email from the town about the award she knew it must be a mistake.

“Then it registered that the town is actually honoring me with a special volunteer recognition. I was overwhelmed with gratitude to think I was selected,” said King.

“I don’t volunteer to receive recognition, I volunteer because I am passionate about what I do, and what I believe in. I am very fortunate to be in the company of so many admirable and inspiration-al volunteers here in NOTL who have helped me shape my way of thinking, and believe that each and every one of us has the potential to make a difference.”

Councilor Gary Burroughs said, “I’m so grateful to receive this award, and to continue to help out in the town and the environment that I love so much.”

The Diversity, Equity and Inclusion Award was given to Jim and Marilyn King for “someone who embodies the ideals of bringing people of all backgrounds together and vice versa, always thinking of ways to promote inclusivity and ensure diversity is celebrated in the town.”

This award is co-founded by notlocal.com and The Niagara Pumphouse Arts Centre.

“We were very pleased to have the opportunity to give an award to such a well-deserving recipient,” said Scott Diver of the Niagara Pumphouse Arts Centre.

King is best known in town for her work organizing the annual Terry Fox Run. (File photo)
Ten awards given to dedicated volunteers

Continued from page 2

people together and making great things happen. Nik’s work has benefited the town and residents, making a positive and important impact on the community.”

Walker was not able to be at the council meeting, but thanked the town for the award and promised to continue to do the work she is so passionate about.

She told The Local after the meeting that she was honoured to receive the award, which she shares with the other members of the Inclusion Committee: Jamie Knight, Kiera Sangster, Richard Mell, George Webster, Sandra Gruosso, Ben McKnight, and John Wiens.

“There are many people in this community who are working to break down barriers and build understanding, and to them I also say thank you. Thank you for starting uncomfortable conversations and asking tough questions, and not being afraid to speak up. Thank you for rolling up your sleeves and getting to work creating safe, accessible, and inclusive spaces. Thank you for being open to learning about others and about yourself, for reflecting on your blind spots, and for being willing to change. Making our community a place where everyone feels welcome and like they truly belong won’t necessarily be quick or easy, but it’s worth striving for. I’m grateful to have the chance to play a small part in it, so thank you Lord Mayor Disero and council, not only for this award, but also for creating a committee dedicated to inclusivity.”

The Sports and Recreation Award, given to someone dedicated to ensuring sports and recreational activities are organized and executed with the greatest enthusiasm, went to Rosemary Goodwin. For many years she has been actively promoting and introducing members of the community to tennis, “as her passion for tennis knows no bounds,” said Coun. Wendy Cherepita. Goodwin thanked council for the award, and said she was proud to accept it “on behalf of all my fellow sport volunteers. Sport is about exercise, about fellowship and friendship, and you won’t be surprised to learn my view that tennis does this better than anything, so I’m happy to sing its praises tonight.”

She told The Local she is happy to have sport recognized. “From time immemorial, mankind has recognized the multiple benefits that flow from exercise based on games . . . in other words, from sport. Sport challenges us physically, mentally and socially, but rewards us in all those areas every time we play. My passion is tennis, for the simple reason that I see how much value it brings to the lives of so many wonderful people here in NOTL. I’m grateful to the Lord Mayor for letting a light shine on sport with this award, and especially on the great lifetime sport of tennis.”

Samantha Fretz was given the Volunteer under 16 Award, for showing “a great interest in improving the community,” said Disero, and demonstrating “excellent leadership skills in taking on volunteer opportunities and encouraging other young voices to get involved.”

Samantha was nominated for her active role in the community in helping others, said Coun. Sandra O’Connor. “She has donated her hair three times for wigs for kids programs. She’s a member of the Lord Mayor’s Youth Advisory Council, has helped arrange activities and events to get the community engaged and raise awareness about important topics, and so much more. From creating a COVID-19 safety and mental health video, to organizing virtual game nights, to packing and handing out bags for youth wellness, Samantha is an important member of the NOTL community.”

The Volunteer under 30 Award was given to Carrie Robinson, an innovative and passionate resident of NOTL, “ensuring continuous growth and advancement for their community,” said Disero. Robinson was recognized for the inspiration she provided to others at the third annual Daughters of the Vote conference. She “has great ideas and suggestions to help keep young people in NOTL,” said O’Connor, and “works closely with her peers to lobby for affordable housing in the community.”

The Working with Youth Education Award was given to Caitlyn Neufeld, for being an exceptional mentor for youth and a role model for children in town.

Caitlyn has been volunteering with Cornerstone Community Church youth program for more than five years,” said Coun. Clare Cameron.

“Caitlyn spends her Thursday evenings and most Sunday mornings serving 30 to 40 youth and engaging with them in activities and meaningful peer relationships. Over the years, Caitlyn has planned and led so many events for kids to enjoy, including sports, movie nights and outings.”

Caitlyn, who does all of this while working and studying Child and Youth Studies at Brock University, accepted the award on behalf of Cornerstone Junior Youth volunteers, who volunteer weekly at the church.
SANTA IS COMING TO Revel-on-the-Lake
Saturday December 4th 10am-12pm
1596 Four Mile Creek Road, Niagara-on-the-Lake, ON
Please join us for complementary photos with Santa!
A toy or a non perishable food item for donations are appreciated.
Toys will be donated to McMasterson's Children's Hospital, non perishable food items will be donated to local food bank.
A will or testament is a legal document by which a person expresses his or her wishes as to how his or her property is to be distributed at death, and names one or more persons to manage the estate until its final distribution. Did you know a divorce does not void your will, but a marriage does? Ensure your will is up to date so that you do not create problems for your family.

Powers of Attorney (POA) is a written authorization from you to another person you trust to represent or act on your behalf for matters dealing with the management of your assets, debts and medical care should you not be able to do this for yourself. There are two types of Powers of Attorney: Financial POA to handle your business matters, banking, debts and assets; and Personal POA that assigns who will act on your behalf to direct others in the medical care you wish to have. In both cases, it is important to choose someone who understands your wishes. It is not necessary to have the same person for both POAs, but it is most common to have the same person manage everything for you.

One of the greatest gifts you can leave your family is clarity on your wishes after you pass. Call Lancaster Brooks & Welch LLP Wills & Estates department to set up or review your Will and POA. Call 905-931-9931 or email lbwlawyers.com.

Lancaster Brooks & Welch LLP has proudly served Niagara’s business community for over 139 years. Next year marks 140 years and the start of a new Firm.

We are delighted to announce that Chown Cairns LLP are joining Lancaster Brooks & Welch LLP, to become:

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905-641-1551  LBWLAWYERS.COM
Thanks to all our volunteers — you’re an inspiration!

The last time the town was able to recognize and publicly thank its volunteers was June, 2019. It has become a tradition, one that goes back more than 25 years, and typically involves inviting those receiving awards to a council meeting to be recognized. The chamber is full of excited volunteers, friends and family members. One by one volunteers are called to the podium, handed a framed certificate to hang on a wall, followed by lots of clapping, hand-shaking, and picture-taking. Generally members of the press manage a group shot of all the volunteers, recording for history the men, women and young persons, who in a town known for its strong voluntarism, are recognized for their outstanding contribution to this community. There are never enough awards to recognize who give up their time and talents to help others, but it gives us an opportunity to say thank you to all volunteers in town, not just those who are singled out for an award.

The presentation of awards has always been a highlight of the year, a feel-good event for all involved. So it was great to see the award ceremony return, after being cancelled for 2020 because of the pandemic.

Of course, it couldn’t all be about the council meeting virtually, and technology didn’t so suit inviting them for a rousing test of our technology did not suit inviting them for a rousing, full on, in person meeting. It was enjoyed by all, but after the meeting someone said to Michel, “funny how it feels to be back together.”

I believe that is the quick answer is the night when Michel’s heart attacked him. To be sure, he was enjoying our twilight years together, having met 61 years ago. In a single moment of shock, the heart attack threw me into an unfamiliar world.

Since that day (May 11, 2018), I lived in a world of fear, anxiety, and depression. By the summer of 2019, I knew something was desperately wrong with me, something I could not fix. My research of symptoms pointed to PTSD, but I put it aside, thinking only soldiers returning from war had PTSD. I shared this experience with no one.

My melt-down came in October, 2019. Panic filled me. Michel was travelling alone for the first time since his surgery. I had accompanied him on his previous two trips earlier in the year to teach in Saskatchewan. But this time he went alone. Deep inside I knew it was right for him to go alone, but I could not imagine not being with him to watch over him and take care of him.

I planned to stay with my daughter and her family for the week he would be away. However, the day after he left, fear and anxiety escalated, to where I knew I could not drive to my daughter’s home in Oakville. I emailed her and cancelled the trip. Immediately, she contacted me, suspecting something was amiss. She asked if I was depressed and made me promise to see my doctor.

The following week, when Michel returned, we went to see our doctor who diagnosed I had PTSD. This professional diagnosis, confirmed my research, relieved me. At least I knew what’s wrong with me. But the news that it would never go away, and I would continue to have flashbacks, felt like a death sentence. So began my journey with medications and therapy, frustration, and anger, which propelled me to take responsibility for my well-being. Armed with results of significant research of PTSD and Eye Movement Desensitization and Reprocessing (EMDR) therapy, I started psychotherapy. Happily, after three months of this therapy that focused on EMDR, I am completely healed…yes, free from PTSD. This was a life-changing journey and, as Michel confirms, I am a new person and his new wife. My desire in writing this is to encourage others going through trauma that there is great hope for them, too.

Doreen Bell and her husband Michel moved to Niagara-on-the-Lake in November, 2018, both now retired. Doreen was a consultant to Hope For Life Pregnancy Center and in charge of training volunteers. Michel is a former business executive, an author, founder and president of Managing God’s Money, (https://www.managinggodsmoney.com), and volunteers as an adjunct professor of business administration at Brock University and Seminary in Niagara, where he teaches modular courses.
As residents, we all know that Niagara-on-the-Lake is a pretty special place.

Each year, we share with tourists from all over the world the things that make our town unique, be it our history, the Shaw Festival, fine restaurants, wineries our beautiful countryside and much more.

For many years, at the NOTL B&B Association, we have published a map of the town that shows the locations of many of the special features of NOTL. Our members use the map with their guests to help them plan their stay, but the map has become very outdated and is used by many businesses and institutions around the town as well. You likely have seen visitors exploring NOTL with one of our maps in their hands.

Now the B&B Association is pleased to announce that we are launching a new online, interactive version of the map. The new digital version retains our beloved drawings and folk art feel of the paper version, but adds digital features, such as zoom, search and filtering capabilities. In addition, we have expanded the contents of the map beyond the standard tourist attractions, and added items like parks, bicycle paths and walking trails and where to find parking.

The new digital map is posted on our website at www.boobyquest.ca/map and is available to anyone, resident or visitor. We currently have over 130 attractions, businesses and facilities captured on the map, and we will be adding more on an ongoing basis. Also, as we learn from experience, we will continue to enhance the map to make it better.

The paper map started many years ago as a tool for B&B owners to use with their guests, but over the years it has found a broader audience. It is our hope that the map continues to evolve to capture all that is special about Old Town. We invite all local businesses and institutions to partner with us on the digital map, and we hope that local residents will also find the map helps them get the most from life in our special little town.

John Foreman
President, NOTL B&B Association

Parliament Oak proposal requires ‘intense’ look at it

Regarding the Parliament Oak proposal: The thought that this project in its present form or any thing like it is proposed, in the heart of this Old Town neighbourhood, is really totally unacceptable.

I am sure that because of the COVID meeting restrictions, the developers can’t believe their luck that they don’t have to go to a live and in-person meeting and actually face the surrounding neighbours, face to face.

With so much at stake here, this truly is an unfortunate and unfair situation. Also, how will this affect their local property taxes and values? Can the water and sewer systems handle the possible changes? Also increased traffic and just general increased density and disruption in everything to do with a large, unwanted and out of place structure, totally incompatible with the neighbourhood.

Stop and think of what they are actually trying to do to this neighbourhood. It’s shocking. I think a slowdown in proceedings and an extra intense look at what they are trying to do here is absolutely necessary at this point. So many of these projects have a very familiar way of just suddenly getting approved overnight in a blink of the eye.

There is only one chance to get this right. Be very aware, and make your opinions known to those who voted for and are now possibly going to give their final stamp of approval.

Christopher Allen
NOTL

First home in Canada was a different kind of green

The article on passive housing tweaked my interest. Now that cars have become more fuel efficient it’s nice to see housing follow that path.

While our first home in Canada was drafty and probably wasted fuel it did make some surprising concessions to the environment. Firstly, I would mention the two cisterns in the basement which collected rainwater and snowmelt from the roof.

Our drinking water came from a limited supply in the well. Eight of us seemed to get by with only one bathroom and horror of horrors — it only had one sink!

Being cautious with water was drilled into us. That basement also had a root cellar which preserved the vegetables which we grew in a small plot in the backyard.

Also need I mention, no dishwasher, no microwave, no air conditioning, no freezer and no clothes dryer — oops I lied. We had a clothes dryer — it was air powered and stretched between two posts. Now in retrospect while the expression being green wasn’t part of our jargon, I think our community up and down the street was green.

Joe Vandellinde
St. Davids

Letters! We want letters!

If you have a letter to the editor you’d like to see published, please send it to perry@notllocal.com. Please try to keep it to about 350 words. Sorry, but we won’t publish anonymous letters. And please stick to the issue at hand, rather than attacking those involved. The deadline is Monday at noon.

LETTERS

Mapping out what’s special about NOTL

As residents, we all know that Niagara-on-the-Lake is a pretty special place.

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John Foreman
President, NOTL B&B Association

Revised proposal will negatively impact Old Town

We attended the town council meeting via Zoom on Monday, Nov. 8, and were appalled at the so-called ‘revision’ of the original unacceptable proposal created by developer Liber- ty Sites Ltd.

The proposal continues to threaten to negatively impact the space, the heritage and the general streetscape of Old Town.

Why was this proposal suddenly put before us like it was? Why would council even consider sacrificing the assets of our beauti- ful town, and ‘sell out’ to a builder?

The proposal, including the measurements, are not even accurate, as pointed out by several registered speakers, who, like a mul- titude of us in Old Town, have properties that will be jeopardized by this outra- geous proposal.

For example, the research presented that the actual density ratio of dwellings per acreage is six properties per acre. The new proposed plan blatantly ignores this ratio, and has put forward a 233 per cent increase over the acceptable low density ratio, as per in- formation given by a con- cerned resident.

There are other trans- gressions this plan puts for- ward, and, unbelievably, it sounds like council is willing to negotiate on some of these. We couldn’t be- lieve council seems open to discussing ‘medium densi- ty’ as a possibility. In actual fact, the ‘medium density’ proposed by the developer continues to be 66 per cent over medium density.

We are very disappoint- ed with the comments of the town planner Mark Lama- rino, who indicated in the Zoom meeting that this is a suitable proposal. As well, we refute the comments from lawyer Paul DeMelo, a Liberty Sites lawyer, who says that there are ‘largely positive comments’ about the proposal. Unbelievably, at the meeting, he strongly indicated that it will actual- ly protect the heritage site and even celebrate it, while at the same time provide community benefits.

In our discussions with a large number of local residents, the consensus is unanimously opposed to these sentiments.

As residents of Old Town we are expected to give up too much in return for the developer’s financial gain.

We respectfully ask you to reject this extremely in- appropriate use of the Par- lament Oak site.

Dianne Ticknor
NOTL
Holiday Inn music enthralling, choreography show-stopping

Mike Balsom Special to The Local

A full house at 100 per cent capacity welcomed the holiday season at the Shaw Festival Theatre Saturday night.

Executive Director and CEO Tim Jennings could barely contain his excitement as he stepped from the wings and looked up at the packed house of masked theatre-goers awaiting the start of the classic Irving Berlin musical Holiday Inn.

The applause that greeted Jennings’ introductory remarks was almost as loud as that for the ensemble at the conclusion of the evening. It might have been due to the general anticipation for the show to start, but was also likely an expression of the sheer joy of being one of the 856 in attendance for what felt like a return to normal at Shaw after so many pandemic-affected months.

Jennings spoke of the 2019 run of the same musical, and indeed, some may have experienced a slight sense of déjà vu upon attending Saturday’s opening night. After all, of the actors playing the four lead characters in Holiday Inn, only Vanessa Sears as Lila Dixon was not on the Shaw stage two years ago.

Kyle Blair and Kyle Golamba reprised their roles as Jim Hardy and Ted Hanover, characters originally played by Bing Crosby and Fred Astaire in the 1942 Hollywood version, while Kristi Frank once again embodied Linda Mason, the Midville, Connecticut school teacher who becomes the object of Hardy’s and Hanover’s affection. Many of the ensemble members from 2019 were also on the boards Saturday.

With Kate Hennig back in the director’s chair, the music direction of Paul Sportelli, set and costume design by Judith Bowden and Allison Plamondon’s choreography, it was inevitable that some in attendance would notice similarities between the 2019 and 2021 productions. But many who had been there two years ago remarked during intermission and after the performance that there were enough fresh elements to make it feel brand new.

It was refreshing to watch a diverse ensemble cast sing and dance through the many recognizable Tin Pan Alley songs, as well as some newer tunes (Making the Blues Away, and Nothing More to Say) that were added for the 2014 revival. And instead of the stereotypical Black housekeeper Mamie, that character is replaced by the Jill-of-all-trades Louise, played by Gabrielle Jones to maximum comic effect.

As well, young Julia Thompson made her Shaw debut as the self-assured courier Charley Winslow, another character added for the musical version of Holiday Inn.

Blair as Jim Hardy has the meatiest role, of course. At a crossroads in his show business career, Jim buys a farm in Connecticut with the hopes of settling down with his sweetheart Lila, who opts instead to go on the road with Jim’s now-former song and dance partner, Ted.

Stuck on the failing Mason farm with “handyman” Louise, he tries to make it work. And as he fails at farming, he meets Linda Mason who, coincidentally, once had show business aspirations of her own.

After a visit from a group of his New York friends, Jim decides to convert the farm into the titular inn, with the idea of opening only during holidays to perform shows with Mason and an ensemble right on site.

Sitting at the piano, Blair and Franks perform a remarkable, moving duet on White Christmas. As the holiday season progresses, the ensemble celebrates New Year’s Eve with a festive gala, replete with a giant clock and balloons falling from the sky.

Golamba as Ted comes to visit that night, having

Continued on page 9
Rollickingly perfect performance of well-known classic

Kyle Blair as Jim Hardy with the cast of Irving Berlin’s Holiday Inn. (David Cooper)

Continued from page 8

drowned his sorrows in booze after Lila runs off with a Texas millionaire. His slapstick with the minute hand, bumping into dancer after dancer was a comedic highlight.

With other familiar songs, including Happy Holiday, Easter Parade and Cheek to Cheek, the music kept the audience enthralled, while the choreography during show-stopper numbers such as Shaking the Blues Away acted as reminders of exactly what can be accomplished with an expert ensemble and production team.

And Bowden’s costumes added to the show-stopping effect. The chorus girls in the turkey outfits have to be seen to be believed.

Another major highlight of the evening was Golemba’s turn in the spotlight for a dazzling display of tap dancing on the Independence Day-themed Let’s Say it With Firecrackers, reaching into his pocket to throw incendiary devices to the floor for explosive emphasis. Golemba also shined during You’re Easy to Dance With, during which he displayed his expertise taking turns dancing in different styles with eight chorus girls.

Musically speaking, the Irving Berlin songbook is a perfect basis upon which to build a romantic jukebox musical, and the cast and crew of Holiday Inn have put together a rollicking perfect performance of the well-known classic. It’s a great way to get into the holiday spirit. Holiday Inn is on at the Shaw’s Festival Theatre until Dec. 23. Visit shawfest.com for information and tickets.
Eligible children should be vaccinated by Christmas

Penny Coles
The Local

All Niagara children aged five to 11 could be vaccinated by Christmas, with Public Health clinics targeting that age group exclusively until the majority of youngsters have had their first shot.

Public Health clinic appointments were available through the provincial portal Tuesday morning, beginning Nov. 28, and with availability listed at clinics across Niagara through to Dec. 18. Clinics and staff are ready to spring into action as soon as the vaccine arrives in Niagara, Dr. Mustafa Hirji, Niagara’s acting medical officer of health, said Monday, although at that time he didn’t have a firm date.

The young age group, for whom vaccinations were approved in Canada Friday, is at the greatest risk of infection, and is also driving the infection rate in Niagara, so it is a priority to be vaccinated, Hirji explained.

Those eligible for booster shots are already well-protected, and can wait, although they, and others who have so far not been vaccinated but may decide to change that, should still be able to find appointments at pharmacies or with their family doctors, Hirji said.

Pharmacist Sean Simpson, the father of two, and also a member of the region’s COVID-19 vaccination task force, said he isn’t sure when he will receive the vaccine for kids at his pharmacy, but is working on his scheduling portal to be ready when it arrives.

Meanwhile, he said early Tuesday morning he was able to book appointments for his kids through the provincial portal for next Monday. Although the earliest appointments are taken, there are still lots available over the coming weeks, and it looks like there should be enough to have kids in that age group vaccinated by Christmas, he said.

Simpson agreed with Hirji that kids should be the priority for Public Health at this point, and said at the moment he has enough vaccine to continue taking appointments for those who are looking for booster shots, such as those in health care, or in the 70-plus age group.

It makes sense for Public Health “to put as big a dent as possible in the large number of kids now eligible for vaccinations,” he says.

Simpson suggested parents would be wise to take the first available appointment for their children, and if they find something closer to home, should be sure to cancel the one they don’t want, to open it up for others.

Hirji says although he’s encouraging some hesitancy from parents, he hopes the number of infections among students, classrooms and schools in Niagara will encourage parents to have their children vaccinated as soon as possible, to protect their kids and families.

Vaccinations are “more effective and slightly safer for children he said, with the age group about to get their first shots suffering fewer side effects than others. The children’s version of the Pfizer vaccine is a different formulation to the vaccine used in adults and children age 12 and older, Hirji explained.

Currently, almost 40 per cent of outbreaks are in the education sector, he said, and come with “real costs to our children,” when they are required to isolate and miss school, often with their parents having to stay home to look after them.

Cases have been on the rise in Ontario, and although the increase is not uniform across the province, they are also trending upward in Niagara, “no surprise,” says Hirji with the colder weather driving people indoors, and the lift of capacity limits during sports events.

With outbreaks also linked to sports and recreation, Hirji said mandatory measures to ensure cases don’t continue to rise, such as capacity limits in some situations. He suggested the province should be looking at ways to track outbreaks and how to prevent them, such as reducing the number of bodies in change rooms during sports events.

There has been a small increase in hospitalizations due to COVID, with intensive care admissions, typically lagging behind, so far remaining flat, Hirji said. By far, the majority of people in the hospital with COVID are unvaccinated, he added.

Parents with children aged five to 11 can make appointments through the Ontario COVID-19 vaccination portal or by calling the Provincial Vaccine Contact Centre at 1-833-943-3900.

The regional website lists the following clinics available for booking through the provincial booking system for those five to 11 years old, and says appointments must be made — there will be no walk-ins. There is the potential for earlier clinic dates to be added, depending on how early the vaccine arrives.

Appointments are now being booked at the following locations:
• Fort Erie, Leisureplex – Nov. 28-29, Dec. 7-8
• Port Colborne, Visitors Centre – Nov. 28
• Niagara Falls, MacBain Community Centre – Nov. 28-30
• West Lincoln, West Niagara Agricultural Centre – Nov. 29-Dec. 3
• Vineland, Fire Station 2 – Dec. 1-3
• Niagara Falls, Canada One Outlet Mall – Dec. 1-13
• Pelham, Meridian Centre – Dec. 4-13
• Port Colborne, Italian Hall – Dec. 4-6
• Niagara-on-the-Lake, Community Centre – Dec. 10-12
• St. Catharines, Pen Centre – Dec. 14-18

For more information, visit: www.health.on.ca/public-health/vaccination/
Tony and Michele Hendriks are considering the changes and updates in the store as a new chapter in a story that has been good to them and their family. (Photo supplied)

“We are both undergoing renovations to varying degrees between now and next year. For our location, we have begun upgrading the look and feel of our store, with updated branding and signage, while ensuring comfortable and accessible shopping trips for customers, old and new.”

Phil Leboudec says his Virgil store will go through a major renovation and expansion in the spring, also delayed due to COVID.

Tony describes with pride the improvements to watch for at his store. “Keep an eye out for our larger produce and floral presence, more take-away meal options, both hot and cold, improved deli and bakery prep areas, a new meat counter, and new checkouts.”

Some of those changes will occur in the near future, some in the new year, he says.

“Additionally, Your Independent Grocer stores have a very competitive flyer sent out every week to our local customers. Our great PC products remain, and the popular PC Optimum program will continue as it’s currently run, providing the greatest value to those customers that engage with the program to the highest degree.”

This week and next, The Local will include both flyers, until Phil’s valu-mart also transitions to the new name, branding and flyer.

Tony says his grocery, dairy and frozen departments have also undergone an extensive product selection review. “We’ve added hundreds of new items, focusing on current food trends, and appealing to those with a wide variety of diets and preferences. The new year will see the same process undertaken within our fresh departments.”

“Michele and I have been the proud owners of Hendriks valu-mart for over 22 years,” he says, “and we will continue to be the owners of Hendriks Independent for years to come.”

Having a business in a small town really makes you become part of the fabric of the community, he adds. “We feel great pride in living, working, and raising our family in Niagara-on-the-Lake. Being a part of and supporting many town community service initiatives and organizations has allowed us to feel connected to our community, and its diverse and flourishing citizens.”

“Furthermore, our excellent staff will all remain with us. We are very thankful for all their great efforts and outstanding customer service, especially through the pandemic. We couldn’t continue operating and serving our loyal local customers without them stepping up day after day. As a team, we look forward to working together to always have a friendly, welcoming atmosphere for all our customers to shop in our community store.”

“Your knowledge of real estate in the community combined with top drawer marketing was instrumental in our receiving several offers within the first week on the market and bringing top dollar for the property. It is a pleasure for us to refer you to anyone wanting to buy or sell their home in Niagara-on-the-Lake.” — Michael, Robert & Christopher Phillips

**Sales Representative   **Broker   ***Broker - Royal LePage NRC Realty KRDS

November 24, 2021

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**The Local**

Tony and Michele Hendriks say they feel like they are closing one chapter of their life, and starting a new one. “To be a great store so far, and this really does feel like a new beginning,” says Tony, who spent Monday watching a new sign replace the familiar Hendriks’ valu-mart name on his Queen Street store, which will now benefit from being part of a nationwide chain, with some renovations and updating to the building.

It remains part of the Loblaw market franchise division, which includes valu-mart in Ontario only, and has become Hendriks Independent, one of the Your Independent Grocer stores across the rest of the country.

These are owner/operated franchise stores, with owners living and working in their communities, personally invested in their business and striving to build lasting relationships within the towns they serve, explains Tony.

It’s a relationship that began for him more than 30 years ago, when he worked at the store for his uncle, Adrian de Laat.

De Laat eventually retired, and Tony bought the franchise in 1999.

He and Michele moved to town at that point, with their little girl Madison, then three. She’s now 25, with two younger siblings, including Connor and Payton, in Grade 12, who still works at the store, has applied to the same university for next year. Although it’s hard to have them away from home, says Michele, they love coming back to NOTL. Madison is now working for the government, but will always think of NOTL as home, and is always talking about coming back.

The older the kids get, the more they appreciate the town and what it means to them, adds Tony. His brother Ken also has three children, all of whom have worked in the store, and his youngest is also still there. “It’s really a family business, and since the beginning, we’ve felt like we were a part of the Niagara-on-the-Lake family. It makes me feel good to be able to offer this great new store for the community to enjoy,” says Tony.

Originally, the official opening celebration was going to be held this week, but with renovations delayed due to COVID, it is planned for February, when he hopes all the updates and changes will be completed.

Over the next three years, Tony says, “Loblaw has decided to transition all valu-mart stores to the nationwide Your Independent Grocer banner name. This transition allows for greater buying power, enhanced pricing and selection, and a unified marketing presence, similar to how Home Hardware operates across Canada.”

Both valu-marts in NOTL are changing to the Your Independent Grocer banner name. Tony officially switched over Nov. 21, and Phil’s valu-mart in Virgil will transition on Dec 5.

Michele Hendriks keeps this old photo close to her, taken when she and Tony, with their daughter Madison, moved to NOTL to take over the Queen Street valu-mart store. (Photo supplied)

**Penny Coles**

**The Local**

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Penny Coles  
**The Local**

Jane Neaves is hoping to wrap up a difficult year in a positive direction.

Driving back and forth from McMaster Children’s Hospital has become routine for her, supporting dear friends whose little girl, Vivian, just three when she was first diagnosed with cancer, was in hospital for more than a year.

That was six years ago, and five years later, the little girl, at eight, went through another bout of chemotherapy; this time as an outpatient, for a recurrence of a rare kind of leukemia. Neaves often drove to help with their trips to the hospital.

She reached out to friends who often feel forgotten during a difficult family situation, she says, and many have other children at home, so she decided she would help Vivian’s family a little easier than before.

She was also not in a good place herself; having survived a work-related assault that sent her assailant to jail for four years. She was struggling, unable to go back to work, and discovered taking on a challenge to help children suffering from cancer made her feel she could do something positive.

She reached out to friends and on social media with a request for cash and toys, making sure every child in the hospital, and in some cases siblings — who often feel forgotten during a difficult family situation, she says — had gifts to open.

Neaves says the after-effects such an assault has had on her life will never go away, but helping the children in hospital at Christmas continues to give her something positive to focus on. She has friends in Niagara-on-the-Lake who help her, including Pat Darte and Mona Babin, who are assisting by donating and accepting donations, says Neaves.

Toys that Hamilton hospital staff have recommended include Paw Patrol items, LOL dolls, Mini brands, dinosaurs, Thomas the Train, Lego, Pokemon cards, unicorn crafts, Frozen toys, Play Doh, and anything associated with Sloth.

Donations can be dropped off at Darte’s home at 834 Queenston Road in NOTL, or email dartepat77@gmail.com. Babi, who lives in Gartner Village can be reached at mmbabin@gmail.com, and will make arrangements for the collection of donations.

Neaves can be contacted at highheelhoni@hotmail.com.

## Gifts needed for kids on cancer ward over Christmas

Penny Coles  
**The Local**

Centenary of the passing of ‘Abdu’l-Bahá

The Bahá’í Community of Niagara-on-the-Lake — along with Bahá’ís the world over — are commemorating this year the 100th anniversary of the passing of the individual they know as the Perfect Exemplar of their Faith, ‘Abdu’l-Bahá, the son of the prophet-founder of the Bahá’í Faith, Bahá’u’lláh. During ‘Abdu’l-Bahá’s stay in Canada in 1912, the Toronto Star wrote, “What is it that strikes one most in this remarkable man? Is it his message? Is it his power of thought, his manner of expression, the privations he has endured? No, it is none of these. It is his great sincerity. He is a humanitarian of a high type; his church is the world.”

A film titled *Exemplar* is available to view or download on the Bahá’í website. The Canadian Shire of the Báb is now available online at https://portal.bahai.ca/centenary. You are invited to view the film and recount the life of ‘Abdu’l-Bahá, an exemplar for humanity.

## Nyanyas fundraising for African grandmothers

Penny Coles  
**The Local**

The Nyanyas of Niagara have teamed up with Sweets & Swirls Cafe at the Community Centre to sell Christmas cookie boxes, a fundraiser to help the Stephen Lewis Foundation’s grandmothers’ campaign.

The local Nyanyas (Swirls II for grandmother) belong to one of more than 260 grandmothers and grandmothers’ groups that raise money for the campaign, launched by the Lewis Foundation in 2006 in response to the crisis faced by African grandmothers as they struggled to raise millions of children orphaned by AIDS.

Since then, a growing number of grandmothers’ groups has raised funds to support the life-enhancing programs run by African grandmothers, and the community-based organizations which support them.

Today, African grandmothers continue to raise the next generation while two pandemics intersect, HIV and AIDS and COVID-19.

The need has grown even greater, says Nyanya Terry MacRae, one of the original founders of the group, with fundraising opportunities limited by the pandemic, making it more difficult to ensure community-based organizations in Africa have the resources to support their programs.

Hoping to provide ongoing support, the Nyanyas are offering two sizes of boxes, which make tasty gifts for family members, friends, neighbours, and to just have on hand to enjoy with guests. And the real gift is supporting a great cause.

The small box has 12 cookies (two of six different kinds) for $20, and the large box will have 24 cookies (four of each kind) for $30.

The cookies are chocolate chip, coconut macaroons, peppermint shortbread with a chocolate drizzle, decorated sugar cookies, almond crescents, caramel date and oat squares, and gingerbread men.

All orders must be placed and paid for by Sunday, Dec. 12. There are two pickup dates: Thursday, Dec. 16, and Friday, Dec. 17, both days from 2 p.m. to 5:30 p.m.

To place an order email Erin at sweetsandswirlscafe@gmail.com. Payment can be made by cash, cheque, or e-transfer. To pay by debit or credit card, call Erin at 905-408-1014.

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The Shrine of ‘Abdu’l-Bahá, currently under construction near Akka in Israel.

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Nyanyas Ruth de Laat (back, left), Sandra Hardy, Peggy Hooke, Erin Lockard of Sweets & Swirls Cafe, Audrey Glauser, Terry Mactaggart, Marlene Bridgman, Heather Hall, Maureen Dalpe, and (sitting) Joyea Loewen and Charlotte Leisemann are ready to raise money for the Stephen Lewis campaign to help African grandmothers. (Penny Coles)

Available to view or download on the Bahá’í website. The Canadian Shire of the Báb is now available online at https://portal.bahai.ca/cenentary. You are invited to view the film and recount the life of ‘Abdu’l-Bahá, an exemplar for humanity.
The Niagara-on-the-Lake Museum’s virtual lecture series continues next week with an exploration of the museum’s extensive War of 1812 collection.

Sarah Kaufman, managing director and curator, presented the first part of her lecture, Opening the Curator’s Treasure Chest, in February, when she enthusiastically showed off some of her favourite pieces from the collection. That included the Proclamation by Isaac Brock distributed in February of 1812, issued as a warning to the residents of the area that Americans may be coming across the river to “disturb the peace and create alliances before the war was to begin,” Kaufman explained.

Other interesting pieces came with a story of loss in a time of war, such as Martin McLellan’s wallet, which was donated by his family as a token to preserve his memory. Kaufman also informs the audience that the museum boasts a unique and exclusive Laura Secord collection that includes her trunk, bowl and necklace. The collection also includes a quilt made by her granddaughter using various pieces of embroidery that Secord had sewn. This was part of the museum’s A Piece of Her Mind – Exploring the Herstory of NOTL’s Women exhibit.

Kaufman’s previous lecture created so much interest, she decided to add a second lecture. The War of 1812 collection is advertised by the museum as “one of the best in the province, and a treasure chest of militaria that attracts not only local enthusiasts, but international military scholars.” With so much to explore, Kaufman returns with the next installment of her presentation, Opening the Curator’s Treasure Chest – Part Two, when she delves even deeper into the rich history and artifacts of the museum’s prized collection.

Barbara Worthy, who looks after visitor and member services for the NOTL Museum, acknowledges the significance of the war to this area. “Maybe it has something to do with the fact that it was a local war – local men and boys fought alongside the British army; local woman fought alongside their men as Fort George was bombarded; Laura Secord made her legendary walk; and the local Indigenous people ensured that they won every single battle they fought in, and Black settlers signed up for the Coloured Corps with as much dedication as their white brothers.”

“The War of 1812 defined a country,” Worthy continues. “And it also gave birth to a peaceful border that has lasted for more than 200 years. The NOTL Museum is proud of its role in being steward for the historical artifacts that survive that period, and which help make the museum even more unique.”

Join Worthy and Kaufman as they proudly share the riches in this unique collection. The lecture will take place on Wednesday, Dec. 1 at 11 a.m. For more information call 905-468-3912. Register for the lecture at www.nhsm.ca/events

Artifacts include paintings of John Norton (left), Tecumseh (right) and a War of 1812 cartoon. (Courtesy of the NOTL Museum)
St. Davids Lions, Leos, family members and friends helped unload 600 Fraser fir Christmas trees at the York Road Lions Hall. All trees are six to eight feet tall with a limited supply of nine-footers. All are priced at $80 due to the dramatic price increase by tree suppliers. The St. Davids tree lot is open daily from about 10 a.m. to about 7 p.m. (Photos supplied)

Baraka Allen helped Terry Flynn of the Niagara Lions unload 420 trees last Saturday. Baraka is an offshore worker who has applied for permanent residency and likes to help out. The lot on Niagara Stone Road at Cornerstone Church has trees that range from four feet to 12 feet, and include spruce, Scotch pine, balsam fir, Fraser fir and some Siberian spruce. The lot is open 10 a.m. to 7 p.m.
Be a patron on Museum Store Sunday

Museums like your local Niagara-on-the-Lake Museum foster an appreciation and knowledge of history. When you purchase a gift from a museum store, you help to sustain the museum’s service to their community and the public. Products found in museum stores are curated just like their exhibitions, so there is always something unique.

Museum Store Sunday was created five years ago as a way to support art, heritage and culture. It started in the U.S. but is now promoted in 24 countries around the world. On November 28, 2021, be a patron and shop your favourite museum on Museum Store Sunday.

Purchasing from the NOTL Museum gift shop is a great way to do your holiday shopping while supporting the preservation of your community’s heritage at the same time! All proceeds from the shop go towards the operating costs of the Museum and caring for your community’s collection.

On November 28th and all year round check out what’s in store, from local history books to Christmas inventory to heritage-inspired gifts. We have many residents who have researched and written about our history, and often these books are only available locally. The Niagara Historical Society’s recent publication Making Her Mark: The Women of Niagara-on-the-Lake is one of these great finds. Written by several community authors, the book explores our history through the strong, intelligent women who came before us, many of whom long-time residents will remember. The book is already in its second printing and would make an excellent gift under the tree.

The Museum is open for in-person shopping at 43 Castlereagh Street, Niagara-on-the-Lake from Thursday – Monday, 1-5 pm. Or you can shop anytime through their online store. Visit www.notlmuseum.ca.

Building Community Through Laughter

Widow Wonderland is a happy Christmas play, even though the two characters are a widow and a widower. But, you can’t have a depressing Christmas play. It is frowned upon by the playwright’s Christmas play union. And so Norm Foster has fashioned a cheerful one act Christmas play that throws a widow and a widower together at their apartment building’s Christmas dinner for those who are alone during the holiday season. Michael and Sharon wind up at a table for two during this December 23rd dinner and what follows is an evening of getting to know one another with all of the awkwardness and politeness and silliness that a first meeting often includes. Best of all, and most important of all, it is funny and heartwarming.

Give the Gift of Laughter this Holiday Season! Foster Festival Gift Certificates are now available for purchase and can be redeemed for any Foster Festival show or event. We’ll see you in December! The Foster Festival presents a world premiere reading series of Norm’s new play, Widow Wonderland. The series features some of Niagara’s most beloved actors. Lunch & Dinner packages are also available making this the perfect Holiday treat for friends and family.

From December 5 - 16, The Foster Festival presents a world premiere reading series of Norm’s new play, Widow Wonderland. The series features some of Niagara’s most beloved actors. Lunch & Dinner packages are also available making this the perfect Holiday treat for friends and family. 1 Script. 12 Artists. 6 Interpretations. Endless Laughs.

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Submit by Foster Festival

Community is built of many things: the physical spaces around us, the communication lines that connect us, the beliefs that guide us, and above all, that intrinsically human desire to be part of something larger than ourselves. Arts & Culture deepens our connection to one another, enriches all of our lives, and lightens our spirits. At The Norm Foster Theatre Festival, we love to hear the sound of our audience’s laughter. Come share in the laughter with us this Holiday Season!

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1 Script. 12 Artists. 6 Interpretations. Endless Laughs.
Volunteer firefighter helps with stress management

Penny Coles
The Local

Virgil resident Graham Bettes doesn’t go out much, and when he does, he usually has his service dog and best friend Maverick by his side.

The Niagara-on-the-Lake volunteer firefighter, a member of the Glendale station, suffers from PTSD, caused by stressful experiences accumulated over years as a first responder.

But he still finds responding to calls a good way to get out of the house, to tackle a job he is trained to do, and to feel he is doing something useful.

“I’m selective about the calls I go to, and I’m not often the first one there. But when my pager goes off, it gets me out, gives me a sense of worth, gives me a sense of utility. When my pager goes off, it gets me to go to, and I’m not often helpful.

get out of the house, to tackle ing to fire calls a good way to experiences accumulated over PTSD, caused by stressful experiences.

Skip to the present, and Bettes, now 51, draws on his experiences to play a lead role on the Niagara-on-the-Lake Emergency Services peer support team, formed to assist local firefighters with critical incident stress management.

That stress can come from one particularly horrific call (Bettes uses a different word we don’t print, but is totally appropriate in this situation), or from accumulated stress built up over years of responding to those situations.

He mentions the recent traumatic call to St. Michael Catholic School, which went out as a motor vehicle collision.

A 10-year-old boy had been getting his backpack out of his mother’s car, when he was hit by another car from behind. As members of a small tightly-knit community, local firefighters responding would have realized there was a chance they might know the young student and his family. They might even have had thoughts of whether it was one of their own children at the school, says Bettes. “Everyone in the community can identify with those kinds of calls, let alone firefighters and other first responders. There is a very good chance at St. Michael that firefighters might have known those involved.”

Afterward, the firefighters who responded would take part in a debriefing, and the distress of that call would be reason for Bettes to continue calling responders over the coming weeks, to chat with them and find out if they’re okay.

Signs of stress would be completely normal following such an incident, he says, but if those signs, tears or shaking when talking about it, persist over the next month or two, “then we could be moving into PTSD territory.”

He speaks of two particularly disturbing calls he experienced while a police officer, both also involving children.

One was a lightning strike that hit several youngsters. Unfortunately, the child on whom Bettes performed CPR did not survive.

After that, he said, “I knew I had to get off the road.”

That led him to the criminal investigation bureau, ironically, because it is the division that responds to the worst cases, and during that time he went out to another medical emergency involving a child. “It was a very bad call, a case of parental neglect,” says Bettes. “The child had died of starvation.”

He knew he couldn’t subject himself to any more calls like that. He had already been diagnosed with PTSD, an accumulation of stress from experiences that began with his time in the military, and continued while working as a police officer. But he kept that diagnosis to himself, and did not report it to his workplace until 2018.

In the intervening years, he began providing peer support — people would come to him with their problems, he says, and because of the knowledge gained through his own experiences, he was able to help. That led to first a part-time assignment, and eventually a full-time position with the force’s organizational wellness bureau, matching officers in need of help with the programs that could help them.

But he continued to find himself suffering regularly from panic attacks and other PTSD symptoms, which can include depression, insomnia or inability to focus, and can also lead to suicidal thoughts, although that wasn’t part of his experience. “I don’t have a problem with suicidality, but many others do.”

He began taking courses in trauma support, received counselling credentials from Yorkville University, and started on another path to help others. With other first responders who also suffer from PTSD as partners, he has founded The Valhalla Project Niagara, which acts as an umbrella organization to provide mental health treatment, education, and advocacy for people with PTSD. The program leaders work mostly with others in similar fields — firefighters and police, paramedics and health-care workers, military and corrections personnel — those most likely to suffer emotional trauma from work experiences.

That stage of his life was being mapped out in the months leading up to March, 2020, when he expected to launch The Valhalla Project Niagara, to be held at Cave Springs Camp. The pandemic quashed any hope of that, and instead, an intense
Peer support team available to help firefighters

Continued from page 16

-30-hour virtual program was devised to provide a management plan for those who could become suicidal. “An hour of therapy a week is just not going to cut it,” he says. Instead, eight aspects of PTSD are covered, including basic information about the disease, coping skills, and medications, both pharmacu-
ticals and cannabis.

It also teaches participants to recognize signs of suicide risk and not to get to try through those periods alone. “We encourage people to reach out, sometimes several times a day if necessary, to other people who are also going through PTSD and can help. Eventu-
ally their friends and family members can be taught to help,” says Bettes. “We take the stigma out of PTSD, and we take the stigma out of talking about suicide, because in our world, where suicide is preva-lent, we have to have those conversations regularly.”

The residential program was eventually offered to small groups, beginning in the fall of 2020, says Bettes, and contin-
ues, with six more scheduled for small cohorts. There are other compo-
ents to The Valhalla Project, including therapeutic activities such as trips to the Birdview Equestrian Centre, which fo-
cus on positive energy, par-
ticipating in Fox Den goat yoga or just hanging out with the goats, and B-Y Honey Farm, where participants can interact with their environment, along with the humming from bee hives, are calming, the activities get people who are sometimes house-
nitaries out of the house, and for some, can lead to volun-
teu Te opportunities.

“Just being on the farm, in the fresh air, hanging out with animals or helping out with the hives can soothe,” Bettes says.

The project also offers a martial arts training initiative known as Veterans Jiu Jitsu. Bettes encourages any-
one who could use the help The Valhalla Project offers, to know someone who does, to check out the website at www.
valhallaprojectniagara.org.

The Valhalla Service Dog program also underway is intended to eliminate the fos-
tering aspect of training dogs, making the process faster, re-
ducing the number of animals that a participant in need of a service dog can be part of the training from the beginning. The dogs are graded as they go through their training, and graduate when they’re ready. Bettes understands the val-
ue of a dog through Maverick, who has been with him for about five years. The Brittany spaniel, like other service dogs, provides a reason to get them out of the house, and gives him someone to feed, love and care for, which all help with depres-
sion. It makes him more com-
fortable when he does go out to restaurants or stores, and he’s particularly useful at night, when the nightmares come one after another.

Bettes could be seen at the recent Remembrance Day service, lined up with other firefighters on Queen Street, Maverick at his side, in his jacket that proclaims him as a service dog.

While Bettes is determined to take the stigma out of PTSD, he says, for himself and others, and around town many would recognize Maverick even with-
out his coat, it is still a very personal subject some may not wish to discuss. Having a ser-
dice dog often brings attention, and questions. “I’m very up-
front about it,” Bettes says.

But when someone is out and about in a busy place such as Costco, questions about the fate of the unfortunate owner of a service dog is the same as asking about mental health issues, and not always welcome.

“We get that all the time,” he says, as well as people put-
ting a service dog when their coat clearly indicates that is not appropriate. “I laugh it off, but everyone can do that. People automatically assume I’m training him. The level of misinformation out there is unbelievable.”

On the other hand, when Maverick is given permission to approach someone who wants to give him a bit of atten-
tion, he makes the most of it. “He gives the best hugs,” says Bettes, and it only takes getting down on his level for Maverick to show how those hugs are, even at the fire station.

He adds, “I feel like I’ve won the canine lottery. He’s my service dog/best friend!”

The counselling work Bet-
tes does now with the NOTL Emergency Services came about when the department was creating a critical incident stress management team.

He’s been with the depart-
ment since 2015, and with his extensive experience and training, and work in critical incident stress management, helped organize and train a peer support team, which consists of about 25 team members, a cross-section of firefighters, from some of the youngest volunteers to the most long-serving, men and women, and most of the dis-
turbance chiefs.

He credits Fire Chief Nick Haller and operations and training Deputy Fire Chief Darren Trostenko for being very supportive of the pro-
gram, which includes posting lists of members of the team at each station for firefighters to call if they need to talk to someone.

They may choose someone from their station, or may prefer to talk to someone they don’t know. It could be about work, family, spouse or kids, “what-
ever life throws at them that is causing stress, and they need somebody they can vent to and who will listen in a non-judge-
mental way, or who can give them a couple of coping skills to help them through it”.

If they need more than that, they are encouraged to reach out to a professional therapist, he adds.

He also takes his own ad-
vise. “If you go out to a bad call, I’ll make sure the proper steps are taken for everyone on the call, and I’m going to do what needs to be done as well. If I’m not on the call, I can strongly recom-
end a group debriefing.”

He is also involved in pre-
aping new recruits and their families for the challenges they are likely to face in their new role.

During training of new volunteers, there is always one session family members and loved ones are invited to, and Bettes offers a presentation on the mental health aspects of the job.

He talks about some of the symptoms to look for, and the reality of PTSD as a result of the job. Every firefighter thinks they’re tough, that they’re go-
ing to be immune to those problems, he says, “and then I show up with Maverick, a PTSD service dog. That means I have PTSD, and I give them a reality check. I give them the information they need to han-
dle the job, and how to get the help they need.”

It is also about telling fam-
ily members what to look for, and the changes they may see, so they can be aware of what to expect after their loved one has responded to a tough call, in an effort “to normalize job stress, and give it the respect it deserves.”

Those sessions were not able to include family mem-
bers during COVID restric-
tions, he says, but that part of the training should be up and running again soon.

He acknowledges that while every first responder faces what can cause distress, “every call we get is in our own community that we have a personal connection with, the people, the places, every call will have an added stress with that measure of per-
sonalization.”

He refers again to the call to St. Michael School, and says, “these are difficult stresses that are part of being a volunteer fire department.”

And for each of those sit-
uations, he adds, “there is help available for those who need it.”
Mike Balsom Special to The Local

The Welland Canal will remain open until noon on Friday, Jan. 7, as the St. Law- rence-Ontario to-Montreal section will be closing a week earlier. That means that marine pilot Robert Reese should have a chance to begin the new year at home in Niagara-on-the-Lake with his wife, Mariah, and their three boys.

Reese is a member of the St. Lawrence Seaway Pilots Association, based out of Cape Vin- cent, New York. That means he guides the big ships through what is known as District 1. His job involves piloting from Lake Erie to Port Weller, then from Kingston to Cornwall along the St. Lawrence River.

“I have three distinctions,” he explains. “I’m a harbour pilot. I will do any of the harbours on Lake Ontario — Hamilton, Toronto, Oshawa, and Oswego. But I also have a lake pilot, which involves transiting the lake for navigation. And I’m a river pilot, so I do the St. Lawren- ce River and any of the locks on there — two American locks and one Canadian lock.”

The family moved to town in 2014 from the Jacksonville, Florida area, where the couple originally moved. The son of an army chaplain had lived in Lou- isiana, Georgia and the Florida Panhandle before settling in Pointe Vedra. Mariah, a Winne- peg native, often spent winters in the area with her family.

After completing high school, Reese attended a maritime academy, studying for a bachelor’s degree in science, spe- cializing in logistics. During that time he earned his qualifications as a third mate, completing a year at sea as a cadet. His career began shortly after graduation as a third mate on cruise ships.

In what he refers to as “the normal cycle of the cruise ship industry,” he transitioned to the oil and gas industry, doing sup- ply boats and anchor handling, moving oil rigs around. That led to a number of years involved in military supply work, help- ing to deliver supplies to navies around the world.

As if guiding huge ships across Lake Ontario isn’t interesting enough, Reese’s career prior to the move to Niagara has in- cluded a few batches with some monumental historical events.

While attending the United States Marine Merchant Academy (USMMA), Robert was a Navy Supply Corps reservist, centre on the Forrestal, which was involved in the 9/11 attack on New York City’s World Trade Center.

“It was on Long Island Sound,” Reese says, about the USMMA. “We looked straight at Manhattan. I was an EMT, and when things happened I was held back to accept any patients that were airlifted over. We had a big air- field, the size of a football field, so we set up to receive any over- flow from the city’s hospitals.”

Referred to now as the Great Boat Lift of ’01, Reese says anyone who had a boat of any kind got involved in moving people out of Manhattan. Nearly 500,000 people were evacuated over a mere nine hours following the devastating attack.

“A lot of us were from our academy,” he says about the ves- sels used. “When you go to the academy, you actually are Navy personnel. So we got our orders and we responded.”

Fast forward nine years for the next historic event. As Mari- ah tells The Local, Robert almost mis- missed their wedding because of Somali pirates.

“We were doing routine supply work in the Gulf of Aden, which was becoming a hot spot due to Somali pirates,” Robert explains. “In my supply work, we were working for the civilian, and I was also a Navy officer at the same time.”

She was the navigator and sec- ond mate. We pulled into port and were supposed to be dis- embarking, but the captain told me I needed to be one of the five people to stay on board to plan a voyage to five places.”

After the meeting with the Lewis and Clark, pulled out of port, the captain informed the crew that their mission was to be rendezvous with a Marine Corps detach- ment to join a counter-terrorism and anti-terror task force.

“We embarked a battalion of marines and helicopters and we proceeded to catch 15 pirates,” he says. “I couldn’t tell Mariah I was going down to that. Any com- munication had to be vague for operational security. I told her in an email that the captain prom- ised I would be home on time for the wedding, though. Obvi- ously the reception that wasn’t too positive.”

“The next time I received an email from her,” he laughs, “she asked why she was seeing my ship on CN.”

The American news net- work broke the story that the Lewis and Clark was acting as a seal driller for the captured pirates.

Robert arrived back in Florida where they had 600,000 people on the ship. As Mariah attends a marine academy, he says anything that she could be more than happy to support.

“Any time any of the cap- tains were out and over on the ship, they had no less than three marines with them,” Reese explains. “Conditions on our ship were much better than on theirs. They were just happy to have meals and a cot to sleep on. They weren’t in any way aggressive.”

In 2014, as the Ebola virus was sweeping across Sierra Le- one and neighbouring West African countries, Reese was working for a shipping compa- ny in a civil war zone. The navy, in 2013, was also a Navy officer in Sierra Leone.

“It was his last task as Mas- ter before moving the move to NOTL. Of course the safety concerns made it a highly stress- ful voyage, but today he looks back he’s doing as being most gratifying.

“It was at a time when hardly any ships would even come close to the ports in those affected countries and we did what marri- anes do and delivered that cargo.”

Shortly after that voyage, he began his two-year training pe- riod to qualify for his three dis- trictions with the Seaway Pilots. After years of being away from his family often for months at a time, working Lake Ontario District 1 makes it much easi- er to be around while the boys grow up.

“As a master mariner, you have a lot of ship handling cours- es, simulator training, manned models,” he says. “They have all these different scenarios based on depth of water, clearance un- der your keel, how much water you have around you, the type of bottom, and all the effects that go along with those.”

Unlike his mariner friends in Texas and Georgia, for ex- ample, who guide ships in con- ditions that are consistent along their routes, Reese says District 1 on Lake Ontario runs the gamut of every scenario.

“I think I have the distinct- ion of having to deal with the entire textbook, not just a couple of chapters. It’s really fun,” he says, referring to himself as a next.

With his organization, he has the type of job that never gets boring. Reese works on hundreds of ships every season, including traditional lakes, tankers, and bulk ships with their own cranes on board. They are all driven by different types of propulsion, and the wind sur- face area can vary, affecting their reactions in different conditions. And there are sometimes lan- guage barriers with the crews.

“Another portion has been unloaded at the dock,” he says. “Enough, Reese’s career prior to the move to Niagara has in- included a few batches with some monumental historical events.

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In 2014, as the Ebola virus was sweeping across Sierra Le- one and neighbouring West African countries, Reese was working for a shipping compa- company, he says. “It’s one of those things that if they have a passion for it, I will be as supportive as I can. But if they want to be a teacher or a plumber or whatever, ‘I’ll be more than happy to support them on that’.”

NOTL man has fascinating career on water

On behalf of the NOTL Rotary Club, Gary Hatton presented Debbie Krause, NOTL Public Library’s community outreach coordinator, with a cheque for $1,000 for the costs of a HUB app released by the Canadian Agricultural Human Resource Council. Migrant workers can download the app onto their phones, and access information, including emergency services, in their own language. It also shares info on health care providers, transportation services, local news and weather, consular in- formation and important contacts, as well as specific agricultural guidelines. The app helps keep migrant workers updated on all local resources, networks, and policies to help them navigate independently in their communities. (Photo supplied)

Robert Reese heading to a boat he is going to pilot in Port Weller, with a small cruise ship in the background that tours the St. Lawrence River and Great Lakes.

The father of three likes to take his boys to see what he does whenever possible. Sebastian, the oldest, is one who has shown the most interest since he was young. (Photos supplied)
Poverty doesn’t take a vacation, especially in pandemic

Ted van der Zalm serves food to 2,100 people a day in the mountains of Guatemala, with help from local women.

Penny Coles  
The Local

Their journey together has taken Ted van der Zalm and his wife Miriam in different directions since they first met as young adults volunteering in Africa, but each step of the way has been motivated by their deep faith and their dedication to improving the lives of the poorest of the poor.

For almost 20 years, their goal has been to provide clean, fresh water to the impoverished people who live in the mountains of the Jala-pa area of Guatemala.

Since 2004, the couple have travelled to Guatemala each winter, taking their children with them — their first child that first year, until they had five kids travelling with them. In the early years they took their family and equipment with them in a pick-up truck, set up tents, and learned quickly how desperately clean water was needed. It’s something we in the western world take so much for granted, says van der Zalm. He has seen women leave their very basic homes in the mountains, baby on their back, 20-litre bucket on their heads, often a couple of two- or three-year-olds walking with them down the hill to their water source, and then back up again, collecting firewood along the way, buckets heavy with water on their heads.

“They do this two or three times a day, every day,” he says, until he is able to deliver water to their door, life-changing not only for those families and their children, but the generations to come. He doesn’t talk about how many wells he’s drilled or hope, returning to it each year. No more driving their truck — they are able to fly to their destination and find their equipment waiting for them.

They typically leave for Guatemala in January, and return home at the end of May, when the rainy season starts, and van der Zalm counts on drilling three wells during that time. It may not sound like a lot, but there is so much more to the job than drilling. Once he reaches clean water through the hard rock, there is still infrastructure that involves pumps, generators and housing to protect them, and pipes to get the water up to the highest point, to be stored in a huge cement tank. From there, more infrastructure is required to take the water back down the hill, to be delivered to the homes along the way. No more spending most of their day walking to get water for the women who are fortunate enough to live near a well drilled by van der Zalm, and the hard-working men of the village who commit to helping with the construction of the water system he is giving them.

“We finance the equipment for the well, the generators, and a large main trunk to the cistern. The community needs to put in some sweat equity. They can’t finance it, but they can do the manual labour that’s necessary. And they work hard, because they’ve worked hard all their lives.”

He and his volunteers have expanded their work to include medical clinics and schools, and instead of drilling, they’ve worked hard all their lives.

Continued on page 21
Jazz pianist Robi Botos invited the crowd at the FirstOntario Performing Arts Centre Friday night to go on a journey with him and his trio.

By the end of the almost two-hour set, the gathering of 225 was enlightened, entertained, and left feeling fortunate for having participated in a coming out of sorts for the talented Hungarian-Canadian.

For the third installment of the Bravo Niagara! 2021 TD Jazz Series, Botos assembled his trio of Mike Downes on bass and Larnell Lewis on drums, along with special guest vocalist Joanna Majoko. It was an evening of Botos originals, versions of well-known American songbook numbers and even a classic 1970s pop hit.

The Niagara-on-the-Lake resident (he moved to town just under a year ago) repeatedly expressed gratitude for the opportunity to perform before a live audience of such a size in a concert hall setting. The shy, self-effacing Botos addressed the crowd casually, his face revealing the great relief he was feeling for the opportunity to play at Partridge Hall, affirming that performing live was a key factor in promoting mental health for him and the other musicians.

The trio began the set sans Majoko, clearly enjoying the chance to play together in the same room for the first time in months. Downes, a Winnipeg native and Juno Award winner, impressed early on with his fluid, masterful bass solos, his expressive face punctuating both the emotion expressed in his playing and the physicality involved in plucking the strings.

Botos introduced a new composition, called Story, that was obviously informed by his experiences during the COVID-19 pandemic. It’s a dark, ominous and moody, almost brooding number that expresses many of the anxieties felt across the globe during the past 21 months. Informing the audience that “we make it up as we go,” Botos shed light on the collaborative process between the three award-winning musicians, each of them amongst the best at their instruments in the jazz world. Though they had never played Story together before, the performance came off flawlessly.

The communication between Botos and Lewis was key to their improvisatory chops throughout the night. As the masterful musicians began each song, they eventually took their solo turns, with the pianist and drummer locking eyes for cues on when to return to the songs’ chord progressions. At one point, Botos actually asked Lewis which key a song began in (D-flat). Lewis wowed the crowd with an incredible, powerful drum solo that shook the rafters of the PAC, highlighting the versatility the Grammy Award-winner has developed playing with Brooklyn-based funk-jazz fusion band Snarky Puppy.

The trio welcomed Toronto-based Majoko onto the stage about four songs into the set. The University of Manitoba graduate, whose debut EP No Holding Back was released earlier this year, brought her smooth, soulful vocal style to classic jazz material originally sung by the likes of Frank Sinatra, Bing Crosby, Dinah Washington and Nat King Cole.

Majoko also added to the improvisation process, scat singing her way through the instrumental sections of many of the numbers. Autumn Leaves, a song that Botos proudly said was written by a Hungarian, showcased Majoko’s smooth, soft delivery. Indeed, Hungarian-French composer Joseph Kosma is credited as the composer who put the Jacques Prevert poem Les feuilles mortes to music in 1945, inspiring lyricist Johnny Mercer to translate the lyrics into the well-known jazz classic performed Friday.

The four continued the autumn theme with a version of September in the Rain, originally written for the 1937 movie Stars Over Broadway. Again, Majoko’s singing mesmerized the audience, who sat in rapt attention as she glided over the romantic lyrics.

Botos introduced the Burt Bacharach/Hal David composition (They Long to Be) Close to You, a song he recorded for his 2015 album Marvin Forward, as their final song of the night. Noting that the trio usually performs an instrumental version of the track the Carpenters took to the top of the Billboard charts in 1970, he invited the audience to see where Majoko’s vocals would lead them.

She put her own dramatic stamp on the song, weaving in and out of the instrumental sections for an extended funk-jam that brought the audience to its feet.

Bravo Niagara! co-founder and executive director Alexis Spieldenner was pleased with the chance to present Botos, whose stint as artist in residence for the organization in 2020 was extended into this season. She promised that Botos will be back on the PAC stage Dec. 20, making an appearance for Molly Johnson’s holiday concert.

Spieldenner hinted that Botos will also play a big part in their upcoming spring, 2022 program, details of which will be announced at that Johnson performance or at the Dec. 16 Pavlo concert, also scheduled for the FirstOntario PAC.
COVID saw van der Zalms feeding the hungry

Continued from page 19

wells, their attention was turned to feeding people, not a job they were prepared for.

People in the mountain villages soon began coming to their camp looking for food, because any manual labour they depended on for money had come to a halt, and they had nothing to feed their families.

“They caught us off-guard,” said van der Zalm. “We were not equipped to be a hand-out station. The need seemed too huge for us.”

But they were there to help people, and decided they couldn’t turn them away.

“In the story of feeding the 5,000, instead of sending them away, Jesus told them to sit down, and a miracle happened. I didn’t have Jesus beside me, but I had Facebook.”

He went on social media, asking for help, and the money started to arrive from home. With it they were able to buy the equipment and food they needed to set up a food station, taking it up the mountain where villagers could reach them. He would get up at 3:30 a.m. each day to buy food, and had help from Guatemalan women in the villages, who cooked for them. They were serving 2,100 people daily. Van der Zalm also talked to the owner of a transit company, who provided three buses and drivers, to transport those living too far from the food station to walk.

The government of the region gave van der Zalm and his food program an exemption to allow him and his helpers to move around, calling what they were doing an essential service.

“It’s still unbelievable to me how it all came together,” he says.

“It was definitely a step outside my comfort zone, but I saw a biblical story come to life. It was a fabulous effort, Guatemalan people helping Guatemalan people.”

It took about three months before the country gradually opened up, men were able to get back to work, the food station was phased out, and van der Zalm was able to fulfill his well-drilling commitments.

To come home in November and hear people complaining and pushing back over masks and vaccines, he says, “blew me away.” The Guatemalans said, “that’s all we have to do? Wear masks? We can do that.” They’re used to so much hardship, that was nothing for them.

After losing a season of well-drilling at home, work that supports his family, van der Zalm returned to Guatemala in January, 2021 on his own, but just stayed until April, relying on locals to help him.

Now, he’s looking forward to returning for a full season, January to May, but without the fundraisers he’s accustomed to financing his work, he is turning to the community to help.

He has relied in the past on change collected in a trail-er, with which he visited Niagara elementary schools, to teach local kids about helping those in need; and huge, well-orchestrated fundraisers, such as golf tournaments and an annual Passion event, with wine, food and music. Those and other fundraisers have been put on hold during the pandemic, and the need is greater than ever, he says. He plans to set up the infrastructure to begin fabricating desks when he gets to Guatemala, allowing the young men who have learned welding to use their trade, and of course he has wells to drill.

Hard work cuts down on the costs, but there is still money required. Fortunately Wells of Hope has an excellent reputation for how carefully money is spent, and a large community of supporters who believe in van der Zalm and the work he does, many of whom have seen it first-hand.

To learn more, or to donate, visit https://www.wellsofhope.com/get_involved/donate/.

Or contact Scott Maxwell, who finds the financial support at home to keep the work going in Guatemala. Cheques can be mailed to 174 Cole Crescent, Niagara-on-the-Lake, ON L0S 1J0. Or call Maxwell at 289-313-7109.

Each well dug by Wells of Hope requires a generator to pump water uphill to a cistern. (Photos supplied)

Help those less-fortunate in Niagara to have a happy holiday season. We will begin accepting food and unwrapped toy donations at our office at 8 Henegan Road until Friday December 10, 2021. 

Food & Toy donations will support Newark Neighbours and are in great need. Extra toy donations will support Gillian’s Place and Project Share.

Drop off location
NOTL Hydro
8 Henegan Road Virgil, ON

Niagara on-the-Lake HYDRO

One well dug by van der Zalm brought up steaming water, heated by the volcano rock.
Two hat tricks help win two games for Predators

Mike Balsom
Special to The Local

The Niagara Predators exploded for 19 goals over two games last weekend against the last place Tottenham Thunder, with an 11-7 Friday night home victory followed by an 8-1 on the road.

Jesper Eriksson led the way in both games, recording a hat trick Friday night, the Greater Metro Hockey League franchises first since it moved from Toronto, and following that up with the second in Saturday’s game.

The six goals vaulted the 20-year-old Swede past captain Mario Zitella and Al-Exander Insulander as the Preds’ leading goal-scorer.

“His starting to find his way in the offensive zone over here in North Ameri- ca,” general manager Johan Eriksson said of the 6’4” forward. “He’s used to far bigger ice, but he’s starting to pick that up and play a bit of an easier game, and to use his teammates more.”

Eriksson said of the 6’4” forward。“Every decision he makes is right one. To have a player like that right now is huge for us. And he plays so well with Insulander too.”

Nathan Fehr, Hen- ry-Pierre Jayet, Noah Caperchione, Maxwell Bre- din and new Russian im- port Georgy Khlomovsky all picked up their first goals as Predators Friday in a game that Niagara wasn’t able to put away until the third period.

After Fehr’s first goal just over a minute into the opening period, the Thunder tied the game on the power play with Niagara Josh Davidson sitting in the box. Niagara jumped out to a 3-1 lead only to see that erased by the end of the first.

In the second period, the Thunder took their first lead of the game, batt- ling back to go up 6-5 un- til Jayet tied it up with 11 seconds left. Khlomovsky put the Predators up 7-6 in the third, but four minutes later Alexs Hubert tied it up for Tottenham. Then Niagara peppered Thunder goalie Mack Maracle with a four-goal run over the final 10 minutes to end the game.

Predators number one goaltender Oskar Spinnars Nordin sat out both games this weekend, allowing Iain Riordan to see his first ac- tion in the crease Friday. He was later pulled in favour of Justin Appleton, also mak- ing his on-ice debut for Ni- agara, before returning to start the third period.

Niagara outshot Tot- tenham 53-20 Friday, but Eriksson wouldn’t lay blame on his goaltending corps for allowing the most goals in a single game yet this season.

“The team played a self-ish game,” said the general manager. “They knew we were playing the lowest team in the standings. They were mainly thinking ‘how many goals am I going to score?’ and played one-on- one instead of using their teammates. That doesn’t work, and it was a big issue.”

“Every single guy wants to win against St. George,” said the general manager. “It was probably the worst game we played all season,” he lamented. “Iain had no help on defence, no help from forwards, there were turnovers and people misplaced. It was bad alto- gether. It was 100 per cent a bad team effort defensively. We should have won 11-1.”

Riordan bounced back Saturday in Tottenham, kicking away 31 shots in the 8-1 victory.

Goals by Zitella, Jesper Eriksson and two from Caperchione gave the Predators a 4-0 lead in the middle of the second period. Again, Niagara took advantage of a tired Trot- tenham squad in the third. In- standard and Khlomovsky of the each scored and Eriksson completed his second hat trick in two days to end the goal rush.

“We wanted to show who was the boss Saturday,” Johan Eriksson said. “We owned the game from start to finish. We went back to basics and played a more easy kind of game. It was also the first game we ac- tually rolled four lines, and we didn’t play our first two lines as hard, giving our third and fourth lines more time.”

Eriksson gave credit to forward Dante Massi, the team’s scoring leader and playmaker with four goals and 24 assists, for being the best player in both games.

“Dante doesn’t take a shift off, ” Eriksson mar- ried. “He’s just going all the time. It doesn’t matter how hard they play on him, he still somehow gets the puck out of close contact every time. I don’t even un- derstand how he’s doing it. He’s a dream to have.”

The GM is elated to fi- nally have Russian Georgy Khlomovsky in Niagara. His immigration and in- surance issues were solved last week, and he joined the team 13 games into the sea- son. The 6’3” defenceman brings some much-need- ed size and strength to the Predators’ blue line.

“He is so, so smart,” Eriksson said. “And a good skater. Most of the guys on the team have already come to ask me if they can play with him. He’s young, too, at 17. He was probably our best forward this weekend, one of two players on Fri- day, along with Brett Lee, who usually played two- way hockey.”

The Predators are back in action Friday night at the Meridian Credit Union Arena, playing host to the St. George Ravens. Niagara currently holds a four-point advantage over St. George in the GMHL’s South Di- vision standings, sitting in third place. They will be try- ing to even up the season series against their fellow Robert Turnbull-owned team, which sits at 2-1 in the Ravens’ favour.

“Every single guy wants to win against St. George,” said Eriksson. “They’re our rivals. We play far better against better teams, where we actually get to play more hockey.”

That game will be fol- lowed with a trip to the Tavistock and District Recreation Centre to meet the fifth-place Platts- ville Lakers.

Game time Friday is 7:30 pm, and fans are reminded to bring gently used win- ter clothing, food items, and gift items for teenagers to support the Predators’ Christmas drive in support of Gateway Community Church, Community Care of West Niagara and Project Share. Details of the drive can be found on the Preda- tors’ Facebook page.

Meet the Predators

Name: Nathan Fehr
Age: 17
Birthdate: Aug. 13, 2004
Hometown: Niagara Falls, Ont.
Nickname: Joppe
Favourite hockey player: Carey Price
Favourite ‘hype’ song: Kamikaze by Eminem
Other sports you play: Lacrosse
Favorite ‘cheat’ meal: Chicken Wings
Secret talent: Great with Photoshop and Graphic Design

Niagara Falls, Ontario
Across:
1. Not strapped
5. Mining passage
9. Welding flash
12. Depraved comic
13. U2 lead vocalist
14. Major health scare of 2020-23
16. Chip dip
17. 1 for H, or 2 for He
18. "Yes"
19. Anger
20. Teary amount
24. Obsess
25. Dough dispenser
26. Fingerboard bars
28. Hobble
31. Not-for-profit TV spot
34. Angel dust
35. In which two dozen merles
36. Run at low speed
38. Kernel
42. CD ---
43. Type of bottle with one surface
44. Drowning
45. Allot on the ocean
47. Touchdown forecasts
48. Big bruis
49. Wii-yoked
51. Type of joint
53. TV lost — Scarsnes
54. 49-er
57. "--- Love You," Beatles hit
59. 100 square meters
60. Sir ---, Arthurian knight
61. Nana ked me week ...
64. Small smug-nosed dog
65. Smart in red
69. Kwest
71. --- ear and out ..."--- Love Y
72. Vag
74. Doctor imprisoned on the Dry Tortugas
75. Stay still, at sea
76. Catastr
cophic occurrence
77. Approximately
78. Patron saint of sailors

Down:
1. Laugh loudly
2. The Apple --- (Tasmanian nickname)
3. Parent company of Simon & Schuster
4. Big hotel name
5. --- hair day
6. --- Lamon, female
bomstrainer and navigator
7. Getaway places
8. Utopia
9. Bat wood
10. Hills
11. Undercroft
12. Foremost TV franchise
15. "Simon ---"
16. Signal booster
17. Home of one Super Bowl team, briefly
20. Scuba
21. Turntable speed measure
22. Yan Zhegao’s love
23. NASDAQ debuts
30. Silent active
32. "I’m not quite as fine as clay"
33. "A weasel hath not such --- of spleen ..."
34. Author
37. Brightest Simpson
39. Nervously intuitable
40. Ambiance
41. Typical Hunger Games
drama
42. Range of knowledge
43. Wonderment
46. "Either you do it --- will!"
50. Presumably unicorns
51. Dist
52. Air pollution measure
54. Hikers’ helpers
55. In a slit
56. Land between China and India
58. "---, though your heart
is aching ..."
61. Magazine contents
62. It’s --- move
63. Reverse
64. "The United States
themselves are essentially
the greatest ---" (Walt
Whitman)
65. "--- and ... dust shall thou
mourn" (Genesis)
66. Bygone GM brand
68. Bridge agreement
70. Lifelikeness of TV and the web
72. "--- sine numine"
(Copernicus’s motto)

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