



Halloween donations pile up | Page 2

Mystery pumpkin delivery spices up neighbourhood

Residents receive gourds from unknown Good Samaritan



Steve Beattie has three more pumpkins after someone mysteriously left them at his home in Virgil. RICHARD HARLEY

Richard Harley
The Lake Report

The mystery of the pumpkin pusher has neighbours both curious and thankful for a kind fall gesture.

Someone, somewhere, is dropping off pumpkins around town — or at least to a couple of streets in the Homestead neighbourhood of Virgil.

Steve Beattie, who lives on Autumn Place, said

on Sunday he and neighbours discovered three pumpkins on each of their properties.

He said his neighbour called in the morning to ask if he was the culprit. “(He) calls me and

asked me if I dropped off three pumpkins. Only for the fact our son has a small little hobby farm in Dunville and we’ve given

Continued on Page 14



Miller Waste workers Roger and Dennis pick up recycling in St. Davids on Wednesday morning. RICHARD HARLEY

Keeping it Green

Save more by throwing out less

Kyra Simone
Special to The Lake Report

This week’s switch to every-other-week garbage collection can be a blessing in disguise. Through simple actions that reduce garbage output, you will save money, reduce environmental impact and even build community.

More than half of material put out to the curb in Niagara ends up in landfills, regional statistics show. Recycling and organics programs are underused and this improper sorting means garbage dumps fill up rapidly.

About 70 per cent of municipalities of similar size or larger have adopted less-frequent garbage collection; Niagara Region is now following suit.

This small change does

not affect recycling and organics collection. Houses can still put out unlimited yard waste and blue, grey, and green bin material weekly.

When we consciously sort waste, our taxpayer dollars go further; landfills have a longer lifespan and release fewer toxic byproducts. The region then also recovers more revenue from the sale of recyclable materials.

Don’t Soil the Bin: Most people believe organic waste decomposes and becomes soil, but this can’t happen when it is buried by garbage.

In landfills, organics release methane because they do not get enough oxygen to fully decay. Methane is a stronger greenhouse gas than carbon dioxide.

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Ruffino’s employee tests positive for COVID

Richard Harley
The Lake Report

Ruffino’s Pasta Bar & Grill is voluntarily closing up shop for a few days after an employee tested positive for COVID-19.

The decision to close was made out of an abundance of caution, said owner and chef Ryan Crawford, noting public health did not require the restaurant to close.

He said the employee tested positive 72 hours

after their last shift at the restaurant and believes the situation is “very low risk.”

“Our consistent concern and care of our team and guests has been paramount from the beginning of COVID-19,” Crawford said in response to questions from The Lake Report.

“We have been commended by Niagara Region Public Health for our immediate action and ongoing efforts from the beginning.

Continued on Page 6



Mulholland Designs has installed new plexiglas shields in the restaurant. SUPPLIED

COVID Update

NOTL sees drop in cases as numbers rise in region

Niagara-on-the-Lake has seen a small drop in COVID-19 infections since last week, with just two active cases.

At this time a week ago NOTL had four active cases.

The total number of NOTL cases recorded by Niagara Region public health so far is 49.

Across the region, there have been 1,294 cases so far, of which 68 people have died from the virus.




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NOTL bands together for COVID Halloween

700 kids to receive Halloween goodie bags thanks to dozens of donations and Town of NOTL

Richard Harley
Editor

About 700 kids in Niagara-on-the-Lake will have no shortage of Halloween goodies this year.

The Town of NOTL, with the help of resident Maria Mavridis, the NOTL Public Library and a slew of area businesses, will be handing out packed goodie bags to kids all around town on Halloween.

The goodie bags contain donations from NOTL businesses that stepped up to help kids who will miss out on trick-or-treating this year due to the COVID-19 pandemic.

Mavridis, who has been helping to co-ordinate the goodie bags and delivery along with the town's communications staff members Lauren Kruitbosch and Beth Audet, said the response has been overwhelming.

She said the town got in touch with her to see if she could help spread the word about the project and bring in some community donations, as a lot more kids



Town engagement co-ordinator Lauren Kruitbosch and local business owner Maria Mavridis load an SUV full of Halloween candy donations Wednesday. The candy will be delivered to local kids who can't trick or treat this year. RICHARD HARLEY

signed up than the town anticipated.

Originally the town had anticipated about 300 participants, but that quickly turned into 700.

She said she made one Facebook post, "and then just got overwhelmed with response."

Businesses that donated to the goodie bags include,

the NOTL library, Ravine Vineyard Estate Winery, Phil's Valu-mart, the Virgil Avondale, Riverview Cellars Winery, Reynolds and Regier Homes, Nancy Bailey of Engel & Volkers, Sentineal Carriages, Sally McGarr Realty and a long list of local residents.

She said there were so many donations that now

every kid will get two goodie bags.

She said there's lots of variety, including bags of chips, mini chocolate bars, full-sized chocolate bars, pencils, erasers, plenty of candy and some healthier alternatives like Goldfish snacks, and coupons for free pancakes at the Sunset Grill.

The library is also including a copy of the book "It's the Great Pumpkin, Charlie Brown" in each package.

Mavridis said one of the things she keeps hearing from people is shock that there are so many kids in town.

"People forget that it's not a retirement town, right? There's a lot of young

families here. We have four schools full of students."

She said Virgil "seems to have a lot more" kids taking part, though there are deliveries going to all corners of NOTL.

Mavridis is humble in taking credit for her help.

"I know that everyone's reaching out to me and saying, 'Oh, this is amazing' but I have to remind everyone this was a town initiative, I just stepped in to help."

She said it's been great to see the community support.

"Because you read so much negativity and, you know, people get on each other's nerves, but when it comes to the kids they always step up."

One thing is certain, the kids who signed up won't be missing out on any treats.

When asked how it feels to see the community coming together, she recalled two years ago, when a Virgil family's house burned down and the community rallied together to help them.

"It was awesome," Mavridis said. "So it continues — one community."

Hydro rates rising Nov. 1, but customers have new pricing option

Kevin MacLean
Managing Editor

No one likes to pay more for electricity, but after months of flat-rate billing due to the COVID-19 pandemic, hydro rates are rising as of Nov. 1.

But, for the first time, customers will now be able to opt for traditional time-of-use billing or move to tiered pricing, says NOTL Hydro CEO Tim Curtis.

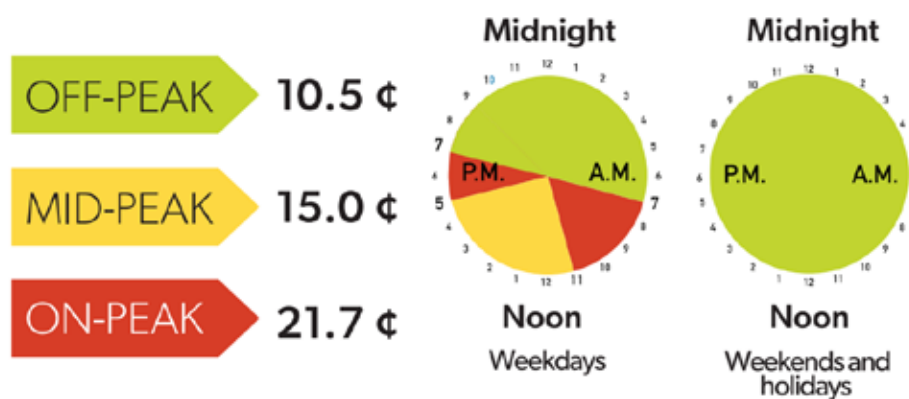
With the tiered pricing program, people can choose a flat-rate price, which generally benefits residents who use less electricity, Curtis said.

Hydro costs can be complicated.

Since May, all residential customers across Ontario have been paying a flat 12.8 cents per kilowatt hour.

However, the Ontario Energy Board approved new

Time-of-Use (TOU) prices per kilowatt hour:



New time-of-use hydro rates go into effect starting Nov. 1. SUPPLIED

time-of-use rates effective next month.

The time-of-use cost for weekday off-peak hours will be 10.5 cents per kWh, weekday mid-peak 15 cents and weekday on-peak 21.7 cents. Weekends and holidays are billed at the off-peak rate.

Under the tiered pricing

scheme, residential customers would pay 12.6 cents per kWh for the first 1,000 kWh used and 14.6 cents thereafter.

But since everyone's power needs differ, customers should research which program best suits them, Curtis said.

If all that seems a bit con-

fusing, the energy board has created an online calculator at www.oeb.ca/rates-and-your-bill/bill-calculator to help you figure out which option might best suit your needs.

As well, NOTL Hydro is developing its own calculator.

"We're working on our

automated platform" and it will be ready soon, hydro IT manager Brodie Mosher told The Lake Report.

"More information regarding it will be sent out closer to launch. It will review a customer's usage and compare the rates using their actual data."

The Ontario electricity rebate increases Nov. 1 to a 33.2 per cent discount from the current rate of 31.8 per cent, Mosher said.

The choice of time-of-use versus tiered pricing "is brand new but electricity pricing used to be tiered before they opened the market in 2002," Curtis noted.

But because everyone's consumption is influenced by many factors, each customer needs to determine what works best for their household, he advised.

"It depends on usage, but generally the less power you

use the better tiered (pricing) will be," he said.

The average Ontario residential customer consumes about 750 to 800 kWh monthly, Curtis said.

"The rates are likely to change again May 1 so customers should revisit their decision before the summer," he added.

If a customer opts for tiered pricing in November and then finds it wasn't the best choice, they can switch back to time-of-use at any time, Curtis said.

Any customers who decide to move to tiered pricing need to fill out an "election form," available on NOTL Hydro's website at www.notlhydro.com/customer-service/rates/rp-prates/.

Once completed, the form can be emailed, dropped off or mailed to the utility's offices in Virgil.



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Candlelight Stroll **reinvented** for safety

Richard Harley
The Lake Report

Niagara-on-the-Lake's hugely popular Candlelight Stroll won't be the same this year, though organizers are doing their best to keep the tradition alive.

The stroll, put on annually by the NOTL Chamber of Commerce, typically attracts thousands of people to come light candles and walk around the historic district, enjoying Christmas carollers, choirs and celebrating the holiday season.

Due to the health risk of such a gathering amid the COVID-19 pandemic, chamber president Eduardo Lafforgue said it's "impossible" to go forward with regular plans in 2020.

"Obviously we cannot have the 15,000 people that (walked last year)," Lafforgue said in an interview.

"That will keep the tradition alive," he said.



Queen Street is typically packed with people for the Candlelight Stroll. FILE PHOTO/BRITTANY CARTER

The stroll will be mainly virtual this year and will be broadcasted live on Cogeco."

This year Lord Mayor Betty Disero, chamber chair Paul MacIntyre and Lafforgue will start out the ceremony on the steps of the courthouse (typically they stand on the balcony) and a singer will, as is tradition, kick off the stroll with two Christmas carols — though there shouldn't be an audience.

After that, people who have pre-purchased candles will be encouraged to light them from their homes.

He said the chamber is hoping to have live drone footage show the candles being lit around town.

Lafforgue said candles will be going on sale this week and can be found in stores and restaurants across all five areas of town — Virgil, Glendale, Queenston, St. Davids and Old Town.

"It can be at the same time a very nice community thing, because it will not just be downtown, it will be all over."

Lafforgue said the stroll committee is still trying to figure out how to keep the crowds away.

Candles will be \$3 each this year.

Lafforgue said the charities for this year aren't yet set in stone, but that the traditional Newark Neighbours food drive will continue, and that some of the funds will go towards welcome packages for NOTL's seasonal farm workers.

"I think the most important thing that we need to say is that we're doing everything to keep that tradition alive and be able to (give money to charity)."

Last year \$8,000 was given to a Jamaican farmworker who was injured and \$2,000 was given towards welcome kits for seasonal farm workers.

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Status of Icewine Village festival in **limbo**

Richard Harley
The Lake Report

The status of this year's Icewine Festival in Niagara-on-the-Lake is yet to be determined, amid ongoing health concerns due to the COVID-19 pandemic.

"But I can tell you, it is not looking good," said Eduardo Lafforgue, president of the NOTL Chamber of Commerce.

He said with the global pandemic, the "general feeling" is that restric-

tions on gatherings won't be lifted by the time the festival would be held in January on Queen Street.

"I don't think things are going to be better for that," he said, adding organizers are working on a plan.

"With the announcement last week by the ministry, it's impossible, it's just impossible to do it," Lafforgue said.

"Whatever we had planned two weeks ago is not good anymore."



Plans for the Icewine Village festival are still being discussed. FILE PHOTO

Starbucks **closing** Old Town location on Oct. 25

Richard Harley
The Lake Report

The Starbucks on Niagara-on-the-Lake's Queen Street is closing up shop.

A spokesperson for the coffee shop chain said the restaurant will close its doors this Sunday, Oct. 25.

"We have taken great care to ensure our partners (employees) have been provided with options, including re-deployment to another store where possible," said Carly Suppa-Clark, in response to

emailed questions from The Lake Report.

As to whether the COVID-19 pandemic forced the shop to shut, she was non-committal.

"We have seen strong recovery in our business and have begun our accelerated store transformation to best meet our customers where they are now, which means we will close some stores," Suppa-Clark said.

"We remain open in neighbouring locations and look forward to serving our



Starbucks is closing its shop in Old Town. JESSICA MAXWELL

customers at those stores," she said.

Ryan Dawson, manager of the location, said he was told not to comment to any media by the company.

"Starbucks staff and myself actually can't comment on any of it. I was specifically told not to comment to any media about the closure of the store."

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The Lake Report

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Contributed by Patty Garriock

"Life is what we make of it, always has been, always will be."
 - Grandma Moses



Contributed by Norm Arsenault:

Niagara Region has reduced garbage pick up to every two weeks effective this week. Now is the time to review and improve your green bin habits. Green bin = all food leftovers, paper towels, toilet paper rolls, egg cartons, pet waste in compostable poop bags, leaves, small branches. Make sure to use paper bags or compostable bags. See niagararegion.ca/waste/collection/items/green-bin.aspx for details.

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Editorial: Parades, patios and pandemics

Richard Harley
 Editor-In-Chief

Many people living in Niagara-on-the-Lake have participated in the Santa Claus parade every year in some way or another.

It just seemed like one of those stories that in essence never really changed.

The Christmas parade was a constant. It was always there and felt like it always would be.

But this year, it's cancelled. It's hard to believe.

The point is, it is another firm measurement of how much things have changed due to the COVID-19 pandemic.

It's a reminder to be thankful for what we have, embrace change, savour the good times and make the best of the bad.

Regarding the Christmas parade, perhaps there's another solution.

In Niagara Falls, they're planning a stationary parade, so people can drive through instead of watch the parade drive by.

It's interesting and could be a fun, safe way to keep the parade going.

Or as the lord mayor said, we could simply replay last year's parade.

It won't be quite the same, but if it's broadcast



The patio at Firehall Flame. FILE PHOTO

live on the town's YouTube channel it could be a fun way to engage residents stuck at home.

Whatever happens, we'll need to adapt it to the times.

Our town was quick to adapt this summer, helping restaurants open patios and speeding up the process to get it done quickly.

Back then we thought maybe this pandemic would be over before Christmas. Maybe, just maybe, we would be back to some semblance of normalcy.

Back then it was a tem-

porary measure.

But now we're headed into late October and things have only gotten worse in some areas.

No one really knows what to expect.

Perhaps we should be considering permanently keeping some of the changes we've made, as the world is a new place and it's going to take a while for businesses to get back on their feet.

How much harm could it cause to allow the Sandtrap Pub & Grill to keep its patio, one the

community rallied together to build?

And in turn, the patios on Queen Street look great. And there are still some parking spots that haven't even been tapped into along the side streets which the town can put metres at to offset the loss of parking revenues.

The solution might not be clear, but working together, moving forward and not looking back will help us build a stronger future.

editor@niagaranow.com



Kudos to caring staff at NOTL cemetery

Dear editor:

Our family moved to Niagara-on-the-Lake in 1949. It was Niagara Township then.

I have seen many changes, some good and some very troubling. There have been a myriad of complaint letters to the editor recently, many of which are valid complaints and I share concerns in regards to the direction of our town, especially the last few years.

This year has been challenging for all of us, for

those in leadership as well as all taxpayers. I expect we will be unable to find one resident who has not been tested to some degree.

With all the complaint letters to the editor, I would like to give kudos to one department of our unique town.

In April my wife passed on and we had always considered being laid to rest in Niagara-on-the-Lake.

We chose Niagara Lakeshore cemetery. In the midst of COVID, Easter weekend

and all the regulations, David Voogt and his staff were compassionate and professional every step of the way.

Visiting the cemetery regularly during this summer, I am amazed at the exceptional care the staff takes to maintain the grounds and gravesites.

Even as we grieve the loss of our loved ones we are grateful that we can visit such a well-maintained resting place in our town.

*Jake Sinke
 St. Davids*



Geraldine Sinke. SUPPLIED



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OPINION

A serious matter: Chautauqua's clogged streets could cause problems in emergency

Dear editor:

I hesitated to write this letter, but decided I had to set the record straight.

I was out for a walk last week and overheard a man and woman cycling past me, talking about the story in The Lake Report, "Chautauqua residents want town to curb traffic, visitor headaches," about the proposed changes to deal with the traffic situation in Chautauqua.

I only heard a snippet, but the tone was derogatory. I would like to address this letter to them ... and to others who are rolling their eyes at the suggestions put forth in the report compiled by residents.

Thirteen years ago, for the first time in my life, I had to make a 911 call. My husband, who had been diagnosed with stage 4



Illegal parking at Ryerson Park. FILE PHOTO

brain cancer a few weeks earlier, was in the throes of a grand mal seizure that wouldn't stop.

I was so grateful and relieved when the ambulance and fire department showed up at my Chautauqua home in a matter of minutes. After the paramedics attended to him, firefighters carried my husband downstairs and he was taken by ambulance to the St. Catharines hospital. Why do I bring this up?

Given the traffic situation in Chautauqua, not only in 2020, but over the past few years, should I have to make another 911 call, emergency vehicles would not be able

to reach my house, unless they parked on Niagara Boulevard and paramedics/firefighters ran up Wilberforce Avenue. Good luck if there was a call that required a fire truck.

Over the past few summers, we have experienced an increase in traffic in the neighbourhood — illegal parking, cars not pulled over tightly to the side of the road so they sit almost in the middle of the street, parking on both sides of our narrow streets (more accurately called laneways).

I realize that the party line is that this is a pandemic, people have just

discovered Ryerson Park, this will all go away next year ... but those who live at the north end of Chautauqua tell a different story. This is a trend that began three or four years ago and shows no sign of stopping.

So, to the couple on their bikes, and anyone else who is a skeptic about this report, please know that the changes being proposed mean that everyone in the Chautauqua community, especially those on Shakespeare, Wilberforce and Vincent who experience the bulk of the tourist parking and live on these narrow laneways, will be able to be assured of a timely response to an emergency call. A right that every person in NOTL should be able to claim.

**Ruth Denyer
NOTL**

Thanks for supporting Music Niagara season

Dear friends and music lovers:

We have just concluded the Music Niagara Festival's 22nd summer season by presenting our very first virtual At Home Series. I am very happy to let you know that it was a success: we had record numbers of people tuning in and have received rave reviews and very positive feedback from our fans and followers. I am very grateful to all of you for your continued interest in our musical activities and your ongoing financial support.

My special thanks go to Carol and David Appel who, last March, spearheaded a fundraising

initiative that enabled us to launch our virtual At Home series when our originally planned series of over 30 live concerts was stopped in its tracks by the coronavirus.

This fundraising project was immediately and generously supported by our board of directors and I extend a huge thanks to all of them, as well, for their shared belief that music should not stop even in these uncertain and difficult times.

We all know that we are not out of the woods yet. I anticipate that more people will refrain from travelling to warmer climates and remain at home over the

darker winter months.

Despite all the challenges presented by COVID-19, the Music Niagara Festival will continue to remain active and will entertain not only our immediate community, but also music lovers throughout Canada and elsewhere by continuing to present multi-genre, high-quality, entertaining and educational musical experiences virtually.

To assist us with this goal, Carol and David Appel have generously committed to another fundraising program: a \$10,000 matching fundraising challenge, to enable us to present musical events throughout the winter and

spring. I very much hope that you will continue your support by helping us to meet this challenge by Dec. 4, 2020. With your help, we can raise \$20,000, which will enable us to bring more music into your homes.

In the meantime, I'm happy to let you know that in collaboration with St. Mark's Anglican Church, we are working on our annual Remembrance Day program. Please follow us for more details on the Nov. 11 concert as well as for our Christmas holiday event.

**Atis Bankas
Artistic director
Music Niagara**

C'mon people, don't leave your poop bags behind

Dear editor:

My husband and I are happy owners of two spaniels, which we walk most every day, twice a day in the Commons.

We feel so fortunate to have such a beautiful space to take them and let them run, and see other dogs as well.

This past Sunday as we were walking them we came across seven poop bags that were full and left behind for someone else to pick up and dispose of. (This is a common occurrence, by the way.)

This not only made me angry, but embarrassed. Surely this was not an accident.

Someone took the time

to fill the bag, but could not or would not carry it to one of the conveniently placed receptacles, of which there are four around the area.

Not only is this rude and disrespectful to the beautiful town we live in, but to the other dog owners and their pets. Surely we can do better.

Show your appreciation for being so fortunate to live in this gorgeous place.

I am asking for people to do their due diligence. If you love your dog and if you have any self-respect, pick up and deposit it in the proper place.

Thank you,
**Kathleen Curran
NOTL**



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Ruffino's voluntarily closes after employee tests positive for COVID

Continued from Front Page

Our only concern now is the health of our team.”

The restaurant has had a strict mask policy since the beginning of the pandemic, and Crawford said he's also purchased a new fogging machine to sanitize the restaurant daily.

Further to closing for a few days, he said he's also asking all employees to get tested.

As of Wednesday, he said four employees have already come back with negative results.

After posting about the closure on Facebook Tuesday, Crawford said community support has been pouring in.

He said he wants to thank the community for the “ongoing support and many positive messages.”

“We have great support from our community, friends and industry partners. We're all in this together and we stand strong



Chef Ryan Crawford and Brett Rumble sanitize the restaurant with a new fogging machine. SUPPLIED

as a community supporting each other,” he said.

“Our team is forever grateful.”

The employee is recovering at home, Crawford said,

but declined to give further information on specific symptoms out of respect for the individual's privacy.

“They are recovering and on the other side,” he said.

He said the business would be reopening Friday for lunch service.

“Stay home, stay safe, stay healthy,” Crawford said.

Change medical directive and encourage prostate testing

Dear editor:

I am writing regarding Dr. Steven Millward's Oct. 8 letter, “Cancer agency does not recommend prostate screening for all.”

Unlike President Donald Trump, who professes to know more than any professional, in any field, in the history of the world, I almost never disagree with the medical experts. I may, on occasion, request a second opinion.

Respectfully, I take exception with the aforementioned letter by Dr. Millward. I totally disagree with the medical profession and Canadian Urological Association when they expound on their favourite narrative: After age 70 a PSA test is not necessary – at that age you will not die from cancer – you will die with it. Tell that to the millions of widows worldwide whose spouses followed this advice, did not get tested, and died from prostate cancer.

PSA testing, like COV-

ID-19 tests, will not prevent you from contracting the disease. However, there is indisputable evidence that prostate cancer is very curable with early detection or, as a minimum, will extend your life with aggressive treatment.

Additionally I agree with our MPP Wayne Gates that the cost of early testing (\$30 to \$50 per test in Ontario) far outweighs the enormous costs of treating this illness.

On a very personal basis, within the past two years, both of my brothers-in-law, who were brothers, were diagnosed with Stage 4 prostate cancer, which had spread to their bones.

Neither had a PSA test for years, nor had they ever been hospitalized in their lives. Dr. Hamish Small, the oldest, was diagnosed as a followup to a result of a routine blood test, which showed an elevated alkaline phosphatase level.

Dr. Small was an alert, exceptionally fit and active

senior – still conducting research in his private research lab. He was internationally honoured, world renowned and a brilliant research scientist/inventor in the field of ion chromatography.

Dubbed by his international peers as a giant in the field and father of ion chromatography – his work seeded a \$300-million Silicon Valley company, Dionics, later sold to the multinational firm Thermo Fisher Scientific for billions of dollars.

The company later established an endowed chair named in his honour, the Hamish Small Chair of Ion Analysis, at the University of Texas at Arlington. Hamish died in August 2019 in Ashland, Ore., just weeks short of his 90th birthday.

His younger brother Ian, a retired educator, equally alert and fit, playing golf three to four times per week, is still battling the same terminal disease in

England.

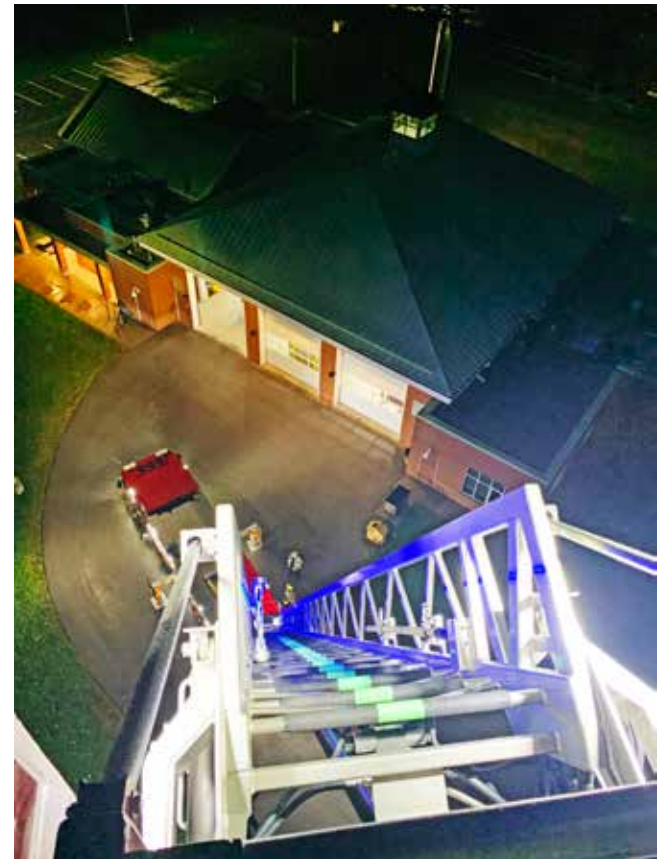
In conclusion, it is my strong belief that Hamish would be alive today had it not been for the misguided age directive with respect to PSA testing. Ian's life would similarly be extended had he been diagnosed earlier. The medical profession should not be advising seniors not to get tested. Please qualify your directive.

My advice to seniors: I would not categorize a simple PSA blood test screening as invasive or harmful. It may well save your life.

So, continue to get the damn test and any subsequent advances. It's your health, you owe it to your family.

To Premier Doug Ford: Please approve OHIP coverage of the tests. Live up to your political narrative, “The health of all Canadians comes first and foremost.”

Samuel Young
NOTL



Don't look down!

Monday's training with Virgil and Old Town volunteer firefighters. They were training on aerial firefighting and rescue operations with the new aerial truck that went into service this past summer at Station 1. ROB READ PHOTOS



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NOTL pharmacy now offers asymptomatic COVID-19 testing

Brittany Carter
The Lake Report

Simpson's Pharmacy in Virgil can now conduct asymptomatic COVID-19 testing, but "very specific requirements" must be met to qualify, owner Sean Simpson says.

Testing will be done by appointment only, which can be booked through the pharmacy's website at simpsonpharmacy.medmeapp.com/schedule.

"We're very pleased to be able to provide the service, particularly as a service to local residents that may require tests for various reasons," he said. "Like visiting loved ones in long-term care homes, as well as those for



Sean Simpson. FILE PHOTO

international travel, and our local migrant worker population. So there's a few groups in particular that we know will benefit."

To qualify, residents must not exhibit any COVID-19 symptoms and must not have come into contact with anyone suspected of infection.

They must also meet one of the following criteria: be a resident or worker in a long-term care home, visitor to a long-term care home, resident or worker in a homeless shelter, an international student who has passed their 14-day quarantine period,

farm worker, resident or worker in other congregate settings or self-identify as Indigenous.

"We're not able to test anybody that's been recommended to get tested by public health due to exposure, as part of an outbreak, or even if somebody has been alerted by the app that they've been exposed," Simpson said.

Anyone exhibiting COVID-19 symptoms must be tested at an assessment centre. The closest centres are located at the Niagara Health Greater Niagara General site at 5673 North St. in Niagara Falls, and Niagara Health St. Catharines site at 1200 Fourth Ave. in St. Catharines.

Shaw staging free, limited-seating concerts indoors

Staff
The Lake Report

There will be live entertainment onstage at the Shaw Festival this year, after all. Just not the usual mega productions we're all used to.

As of Oct. 28, the Shaw's free concert series will move indoors to the Jackie Maxwell Studio Theatre, beside the Festival Theatre on Queen's Parade.

There will be a limit of 50 guests and COVID-19 safety protocols will be in place.

Tickets are general seating and can be reserved by calling the Shaw Festival's box office at 1-800-511-SHAW (7429).



EMILY COOPER PHOTO

Tickets for the concert series will not be available online. To allow a wider audience to enjoy these concerts, the Shaw is limiting patrons to two tickets per concert and two concerts per household.

The series features the music of Duke Ellington, Dorothy Fields and Cole Porter and the socially

distanced indoor performances run Wednesdays to Saturdays through Nov. 20.

The 30- to 45-minute shows feature the talents of festival ensemble members Kyle Blair, Andrew Broderick, James Daly, Kristi Frank, Élodie Gillett, Alexis Gordon, Olivia Sinclair-Brisbane, Jonathan Tan and

associate music director Ryan deSouza.

The Duke Ellington Revue and Dorothy Fields Revue are directed by associate artistic director Kimberley Rampersad with music direction by Paul Sportelli.

The Cole Porter Revue is directed by Tim Carroll, with choreography by Rampersad and music direction by Sportelli.

The concert series is funded by a \$400,000 grant from the Federal Economic Development Agency for Southern Ontario (FedDev Ontario).

For more information about the festival's COVID-19 health and safety practices, visit shawfest.com/dutyofcare/.

Town launches Christmas card design contest

Staff
The Lake Report

The Town of Niagara-on-the-Lake is inviting children from town to help Lord Mayor Betty Disero design a Christmas card.

The mayor will choose her favourite five submissions to be made into cards she will use to send well wishes to every resident in all three of Niagara-on-the-Lake's long-term care

facilities.

The contest is open to all children who live or attend school in Niagara-on-the-Lake, up to and including those in Grade 8.

"Christmas is typically a time when we all get together with family and friends to make lifelong memories, but we know that this holiday season may look a little different," Disero said in a news release Wednesday.

"What better way to ensure that our heroes, the very people who helped build this town, aren't forgotten than to engage our children in creating unique artwork to help send a beautiful holiday message."

Submissions should be made on a white sheet of paper, 8.5 by 11 inches, either vertical or horizontal, using any number of colours and should include

a name, address and telephone number on the back of the picture.

Deep, dark colours produce a better illustration, the town says.

All submissions must be received via mail or at the dropbox at Town Hall, 1593 Four Mile Creek Rd., Virgil, Ontario, L0S 1T0, by Friday, Nov. 13, at 4:30 p.m.

Full details can be found at notl.com/christmas-cardcontest.



Niagara-on-the-Lake Repeals Temporary Face Covering By-law in Favour of Provincial Mandatory Mask Requirements

At the Special Council Meeting on Wednesday, October 14, 2020, Town Council repealed By-law 5248-20, which provided temporary regulations to require the wearing of masks, face shields, or face coverings in enclosed public spaces in the Town of Niagara-on-the-Lake.

The Town will, instead, defer to the requirements of the Provincial Regulation (O.Reg. 364/20: Rules for Areas in Stage 3), which requires the wearing of masks or face coverings that cover the nose, mouth and chin with no gap when in enclosed spaces. Please note, the wearing of appropriate face coverings is also strongly encouraged in outdoor spaces anytime physical distancing is a challenge. Although previously permitted in the Town's temporary By-law, face shields do not comply with the Provincial Regulation.

Exemptions to the Provincial face covering requirements include individuals who can not wear a mask for medical reasons, children under two years old, or those who require accommodation in accordance with the Accessibility for Ontarians With Disabilities Act, 2005, or the Human Rights Code. Proof of exemption is not required. Further details are outlined on covid-19.ontario.ca.

Operators of businesses and organizations that are open to the public are encouraged to post accurate signage that reflects Provincial requirements, prohibiting anyone to enter or remain within the enclosed public space unless they are wearing an approved face mask or face covering, subject to exemptions.

It is important to note that shields are no longer an acceptable face covering in the Town of Niagara-on-the-Lake, therefore, previous posters are no longer accurate and are required to be removed. For more information and to access new, printable posters for local businesses, please visit notl.com/facecovering.



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BARLEY BRAE | SUNDAY OCT. 25 | 2 P.M.
MUSIC TRIVIA NIGHT | MONDAY OCT. 26 | 7 P.M.

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What am I?

Last week: I'm a city that's 3/7 chicken, 2/3 cat, and 2/4 goat.
What am I?

Answer: Chicago

Answered first by: Jason Baker

Also answered correctly (in order) by: Steve Ferley, Kathy Neufeld, Susan Hamilton, Sheelah Young, Katie Reimer, Sheila Meloche, Julia Klassen, Howard Jones, Sylvia Wiens, Pam Dowling, Cheryl Porpiglia, Wade Durling, Margie Enns, Kathleen Malonwy, Britney Turasz, Gary Davis

Email answers, with your name, to editor@niagaranow.com for a chance to win a prize. (Subject line: Riddle me this)

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Sunday	Monday	Tuesday	Wednesday
<p>COVID-19</p> <p>Due to COVID-19, many events are now virtual. Find a list of NOTL events here week to week.</p> <p>Stay safe, wash your hands, wear a mask and distance whenever possible.</p> <p>LEGION FISH FRY EVERY THURSDAY! From 4:30 to 7 p.m. Drive-thru only Cash only</p>			
25	26	27	
<p>Famous and Infamous: Benjamin Lett - 2 p.m. - NOTL Museum</p> <p>Family Friendly Online Studio - Virtual: niagarapumphouse.ca</p> <p>MOMS Niagara Active Fall Yoga and Wine - 10 a.m. - Ravine Vineyard Estate Winery</p> <p>Halloween Ghost Tours - 8 p.m. - Fort George</p>	<p>Community Wellness Committee - 10 a.m. - Virtual: notl.org</p> <p>Council - 6 p.m. - Virtual: livestream.com/notl</p> <p>Ask a Tech: One on One Tech Tutoring - All Day - NOTL Public Library Contact creganti@notlpl.org</p> <p>Storytime with Cubetto - 10 a.m. and 11 a.m. - Virtual notlpubliclibrary.com</p> <p>Niagara's Name that Tune - 7 p.m. - The Irish Harp</p>	<p>NOTL Rotary Virtual Tasting Tour: Between the Lines Winery - 7 p.m. - Virtual: niagaraonthelakerotary.ca</p> <p>Heritage Trail Committee - 2 p.m. - Virtual: notl.org</p> <p>Urban Design Committee - 5 p.m. - Virtual: notl.org</p> <p>Virtual Coffee with the Lord Mayor - 6 p.m. - Virtual: https://www.facebook.com/Town.of.NOTL/</p> <p>Rhyme Time: Virtual Circle Time for Infants and Toddlers - 11 a.m. - Virtual: notlpubliclibrary.com</p>	<p>German Conversation - a.m. - Virtual: contactaol.com</p> <p>Create a Copy! A Great Painting - 10:30 a.m. - RiverBrink Coach House</p> <p>St. Davids Pool Fundraising Committee - 2 p.m. - org</p> <p>Virtual STEAM Story - a.m. - Virtual: notlpubliclibrary.com</p> <p>Minecraft Club - 4 p.m. - Public Library</p>
1	2	3	
<p>NOTL Ghost Walks - 8:30 p.m. - Ghost Walks Gift Shop</p>	<p>Ask a Tech: One on One Tech Tutoring - All Day - NOTL Public Library Contact creganti@notlpl.org</p> <p>Internet Safety for Seniors - 2 p.m. to 3 p.m. - NOTL Public Library</p> <p>Niagara's Name that Tune - 7 p.m. - The Irish Harp</p>	<p>Heritage Trail Committee - 2 p.m. - Virtual: notl.org</p> <p>Rhyme Time: Virtual Circle Time for Infants and Toddlers - 11 a.m. - Virtual: notlpubliclibrary.org</p>	<p>Create a Copy! A Great Painting - 10:30 a.m. - RiverBrink Coach House</p> <p>German Conversation - a.m. - Virtual: contactaol.com</p> <p>Virtual STEAM Story - a.m. - Virtual: notlpubliclibrary.com</p> <p>Nobel Prize: Zoom - 2 p.m. - Virtual: notlpubliclibrary.org</p> <p>Minecraft Club - 4 p.m. - Public Library</p>

Know of a local event? Tell us. Submit it directly to www.niagaranow.com

COMMUNITY CALENDAR



The Lake Report

Oct. 22 - Nov. 7

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Wednesday	Thursday	Friday	Saturday
	<p>22</p> <p>Minecraft Club: Virtual Building Challenge - 4 p.m. - Virtual: notpubliclibrary.com</p> <p>30 Minute Micro:bit Virtual - 4:30 p.m. - Virtual: notpubliclibrary.com</p>	<p>23</p> <p>The Wild: Explore the Wilds of NOTL - 10:30 a.m. - NOTL Public Library</p> <p>Learning to Draw Portraits - 1 p.m. - Niagara Pumhouse Arts Centre</p> <p>Halloween Ghost Tours at Fort George - 8 p.m. - Fort George</p>	<p>24</p> <p>Rescheduled Made in Canada: Spring Market - 10 a.m. to 4 p.m. - The Hare Wine Co.</p> <p>Book Club: Drawing for the Absolute Beginner - 9 a.m. - Niagara Pumhouse Arts Centre</p> <p>Digital Doors Open NOTL - 10 a.m. - contact@nhsn.ca</p>
<p>28</p> <p>Wine Tasting Group - 10 a.m. - notpubliclibrary.com</p> <p>Wine Tasting Group of Seven - 11 a.m. to 1:30 p.m. - Niagara House Studio</p> <p>Wine Tasting - 11 a.m. - Virtual: notl.</p> <p>Wine Tasting - 11 a.m. - Virtual: notl.</p> <p>Wine Tasting - 11 a.m. - Virtual: notl.</p>	<p>29</p> <p>Learn to Curl Event - 6:30 p.m. - Niagara Falls Curling Club</p> <p>Minecraft Club: Virtual Building Challenge - 4 p.m. - Virtual: notpubliclibrary.com</p>	<p>30</p> <p>Halloween Ghost Tours - 8 p.m. - Fort George</p> <p>Comedy Show: Humour and Hops - 8 p.m. - The Exchange Brewery</p>	<p>31</p> <p>Halloween!!!</p> <p>Accessible Trick or Treating - 11 a.m. to 4 p.m. - Niagara Pumhouse Arts Centre</p> <p>Halloween Goat Yoga - 1 p.m. - Small Talk Vineyards</p> <p>Halloween at Fort George - 12 p.m. - Fort George</p> <p>Halloween Ghost Tours - 8 p.m. - Fort George</p>
<p>4</p> <p>Wine Tasting Group of Seven - 11 a.m. to 1:30 p.m. - Niagara House Studio</p> <p>Wine Tasting Group - 10 a.m. - notpubliclibrary.com</p> <p>Wine Tasting - 11 a.m. - Virtual: notl.</p> <p>Lecture Series - 11 a.m. - Virtual: notl.</p>	<p>5</p> <p>Open House NOTL Transportation Master Plan - 2 to 3:30 p.m. and 6 to 7:30 p.m. - Virtual: notl.org</p> <p>Environmental Advisory Committee - 6 p.m. - Virtual: notl.org</p> <p>Minecraft Club: Virtual Building Challenge - 4 p.m. - Virtual: notpubliclibrary.com</p> <p>Make it with Micro:Bit - 4:30 p.m. - NOTL Public Library</p> <p>Sketching Techniques - 1 p.m. - Niagara Pumhouse Arts Centre</p>	<p>6</p> <p>The Wild: Explore the Wilds of NOTL - 10:30 a.m. - NOTL Public Library</p> <p>UnWINEd Retreat - 11 a.m. - The Pillar and Post</p>	<p>7</p> <p>Replacement Animation Workshop with Cristal Buemi - 11 a.m. to 1 p.m. - Virtual: riverbrink.org</p> <p>Book Club: Drawing for the Absolute Beginner - 9 a.m. - Niagara Pumhouse Arts Centre</p>

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Rotary Club **ready to roll** for World Polio Day

Brittany Carter
The Lake Report

If growing up a polio survivor infused Syme Jago with one quality, she says it was determination, a trait the Niagara-on-the-Lake resident says the NOTL Rotary Club has in abundance.

She agreed to act as spokesperson for the service club's efforts for World Polio Day on Oct. 24. NOTL Rotary is hosting Participate for Polio, which will bring together two members from 30 southern Ontario Rotary Clubs across the district for a bike ride in support of End Polio Now.

Internationally, World Polio Day sees UNICEF, the U.S. Centers for Disease Control, the World Health Organization, the Bill and Melinda Gates Foundation, and Rotary International combining forces to collectively eradicate polio around the globe.

For Jago, who was a child actor and co-star of "The Forest Rangers" TV series before a long career in theatre and event production, the cause is close to her heart. It's something she says people need to continue being educated about.

Polio, which can be a life-threatening disease that may cause paralysis, doesn't end with the vaccine. For many, like Jago, post-polio



Syme Jago and Bill Fench discuss Rotary's Participate for Polio event for World Polio Day Oct. 24. BRITTANY CARTER

syndrome, a nerve disorder, can resurface years after recovery.

"So, in North America right now there's two million people that have post-polio syndrome. In Canada, there's 30,000 registered with the March of Dimes, but we believe that the actual number is much higher," she says.

That's because in the late 1940s and the 1950s, "when people had a child with polio, very often, the parents and the children had the mentality that they couldn't tell anybody they had polio."

There's a whole gen-

eration of people who have already lived through a pandemic and, as Jago remembers it, the similarities between COVID-19 and the polio pandemic are "quite stark."

"The thing I find interesting, too, is I can describe summertime. Schools generally close, but movie theatres closed, playgrounds closed. People wouldn't take their children to the grocery store. And I'm not talking about this past summer with COVID. That was 1953 in Toronto, with the polio epidemic."

She says she hopes the similarities between what

people are living through now with the coronavirus and what she experienced with polio growing up help people realize the seriousness of polio – and that there's still so much work to do to fully eradicate it.

Rotary International began its fight against polio in 1979 and has since helped reduce polio cases worldwide by 99.9 per cent.

"It's Rotary's biggest, most important initiative ever," says Bill French, chair of NOTL Rotary's Participate for Polio event.

"It's working everywhere. It's one of those things that we're really, really, really

close, but we still have a fairly significant way to go, because it's not done until it's all done."

French says the district's goal is to raise \$200,000 (U.S.) for the End Polio program.

"If we raised the 200,000 USD, the Bill and Melinda Gates Foundation will add \$400,000 USD. It kind of has potential to be big," he says.

Before the district ride on Oct. 24, French says 14 members of the NOTL Rotary will also be doing a smaller Participate for Polio walk/ride on Oct. 22, depending on the weather. The group will remain small to allow for social distancing measures as well, he says.

"This is a very observant group when it comes to COVID. We (Rotary) do a lot of work for disease prevention, so we get it. It's going to be a small group," he says.

But that group still aims to do its part in fundraising, with a local goal of \$10,000. As of Wednesday morning, \$12,750 has been raised by the NOTL group.

"To me, this was part of the magic of Rotary," he says. What began with a few clubs in the Philippines in 1979 to vaccinate children has since partnered with several organizations to create this "massive inter-

national initiative," initially spearheaded by Rotary.

Jago says she's impressed with the efforts of Rotary to eradicate polio and hopes the work will continue to include relief for patients with post-polio syndrome as well. And though at 67 she's lived her entire life with the lasting effects of the disease, she says it was important for her to always maintain a sense of humour and to be practical about her reality.

"I think it also gave me a good sense of humour," she says.

One thing she hopes people understand is that while she is telling her story of living with polio, it is only her own story.

"Don't lump us all in together ... I can only tell you my story," Jago says.

"Just as you could walk into a room full of general people, everybody's story is going to be different. You can walk into a room of polio survivors and all of our stories are going to be different. So, I think I want people to see us as individuals and then the fact that we had polio. That's not who I am. That's just a part of me," she says.

To support World Polio Day this year, visit <https://raise.rotary.org/Frank-Adamson/memorial> to make a donation.

NOTL's **Gaio family** wins spot on Family Feud Canada

Jessica Maxwell
The Lake Report

The Gaios are headed to the Feud.

The Niagara-on-the-Lake family has been selected from among 2,000 families to compete on Family Feud Canada in an upcoming episode of the show's second season.

Danielle Gaio, 25, said she was at work when she got the news that her family had been chosen.

"I was like, shocked, excited," she said, adding she's glad she picked up the call because she normally doesn't answer if she doesn't know who is calling.

Her father, Walter Gaio, said it's a "once in a lifetime experience" to be on the show. The family operates a tender fruit farm on Concession 1.

Only 130 families were chosen out of 2,000 that auditioned.

Ryan Gaio, 28, said he's excited to play the game and meet the host of the show, Gerry Dee.

"I'm just stoked to actually play the game because I watch these game shows all the time at home and play along. You always think, 'Oh, I would totally say this. I would totally say that.' So I'm excited to see what it's actually like to experience

that for real, to play it for real."

Mom Katherine Gaio said after The Lake Report published a story in June about their nomination, they received a lot of support from people around town.

"Everywhere we went people were asking," she said. "That was also a really nice feeling, just like the overwhelming support of the whole community."

A spokesperson for the show said a date is not yet scheduled for the episode.

The episode will include Walter, Katherine, Danielle and Ryan Gaio and Ryan's fiancé Sarah Howden.



The Gaio family, Katherine, Walter, Danielle, Sarah (Howden) and Ryan are ready to represent NOTL on Family Feud Canada. SUPPLIED PHOTO



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Micky finds his forever home, **at home**

Janice White
Special to The Lake Report

Micky, the kitten I rescued after he was hit by a car on Lakeshore Road, has recovered from his amputation surgery really well – and it was time to look for his forever home.

Several people expressed an interest in adopting Micky.

Before I had potential adopters over to meet him I decided to try an introduc-

tion to my own cat who, truthfully, I thought would be a bully and never accept Micky.

To my surprise, the introduction went well.

After a couple of days of the two cats getting along famously, I decided that Micky had already found his forever home.

He found me that day when he was lying on Lakeshore Road and I just couldn't let him go.

Welcome home, Micky.



Janice White, who rescued Micky in September, said she's decided to keep him. JANICE WHITE

Trees to be **planted** at King and John park

Michael Fox
Special to The Lake Report

Sod was tilled this week to prepare for a massive tree planting on Saturday, Oct. 24, in the public park area at the corner of King and John streets in Old Town.

Friends of One Mile Creek (FOMC) will plant more than 150 native trees and 200 native shrubs in the park. FOMC organized the project and secured a grant from the Niagara Peninsula Conservation Authority (NPCA) as well as a private donation to cover the cost of the plants and preparation. Volunteers can register at trees4notl.ca to help with the planting.

This riparian restoration project will help counter the loss of so many mature



King and John park turf tilled for tree planting. SUPPLIED

trees in recent years. Because of Emerald Ash Borer the Town has needed to remove more than 876 ash trees out of 1,500 assessed – including 214 ash trees within the One Mile Creek watershed – the area drained by the creek.

Trees are important because they intercept

rainfall in their canopy, slowing down runoff and allowing water to infiltrate the root zone. This helps flood control as well as increases biodiversity. This riparian zone acts as a buffer between land and water and improves water quality as well as provides wildlife habitat.

FOMC hopes the King and John planting will be the first of several "Trees 4 NOTL" projects. Most of One Mile Creek flows past private property, but more plantings are possible if several adjacent neighbours agree on restoring their riparian zone.

The town-owned triangle-shaped parcel of land adjacent to the creek at the corner of King and John Streets is also where FOMC planted a demonstration native pollinator garden in 2016 working with Communities in Bloom and others.

Since 2003, FOMC volunteers have focused on restoring and revitalizing the water, wildlife and natural environment of the One Mile Creek watershed.

Town **doubling** size of NOTL Community Garden

Staff
The Lake Report

The Town of Niagara-on-the-Lake plans to double the size of its Community Garden this winter in preparation for the 2021 season.

Located behind the Niagara-on-the-Lake Library, the Community Garden was established in 2019 as a project of the Communities in Bloom committee.

Planted and maintained by volunteers throughout the growing season, it harvests tomatoes, zucchini, beans, peas, kale, lettuces, eggplant, garlic, onions, radishes, rhubarb and a variety of herbs.



The town plans to double the size of its community garden. JESSICA MAXWELL

The majority of the 2020 harvest was shared with local farm workers and the Newark Neighbours Food Bank. Any excess yield was made available for community members at the library in exchange for a donation.

"The Community Garden has truly been a commu-

nity initiative," Lord Mayor Betty Disero said in a news release from the town.

"Thanks to the dedication of our Communities in Bloom committee, along with community partners, the garden has been a beautiful and valued addition to our town and has served

to benefit those in need."

Work on the garden expansion begins soon.

Garden co-ordinator Vicky Downes noted, "As volunteers, we are very excited that even more food will be grown and given to those in need. We are grateful to our two founding sponsors, Seaway Farms and Ravine Estate Vineyard, who continue to provide us with support both monetarily and with plants and products."

The town also thanked All Green Irrigation for donating the irrigation system extension and Sykes Landscaping for expanding the garden beds at a discounted rate.

HALLOWEEN PHOTO CONTEST

It's time to get those costumes out! Send us your Halloween photos and we will pick the best submissions to run in our Halloween edition Oct 29. Don't just take a static shot, try something fun and unique to make the scene pop!

Send submissions to editor@niagaranow.com

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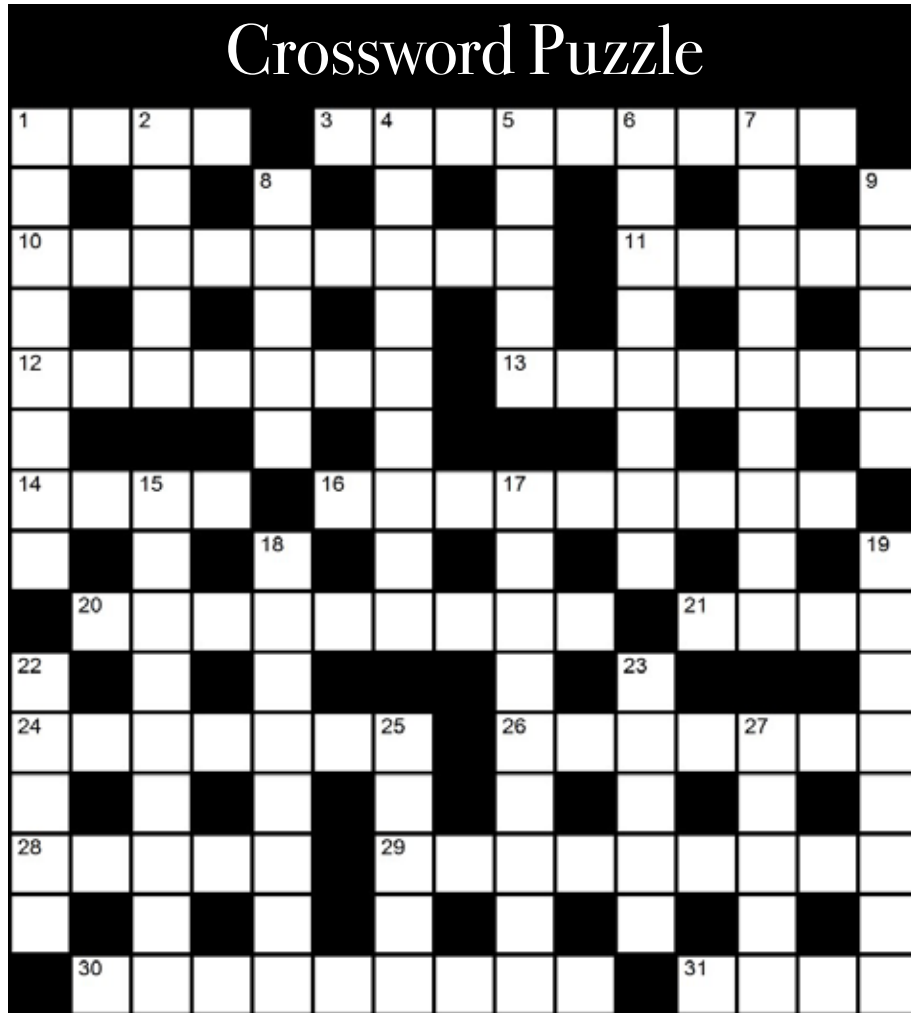
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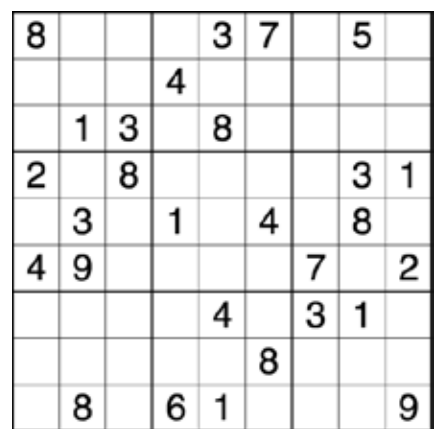


Have some fun

- Across**
1. Relating to aircraft (4)
 3. "The Hay Wain" artist (9)
 10. Moving stairway (9)
 11. Joanna (5)
 12. Hopelessness (7)
 13. Among (7)
 14. Back of the neck (4)
 16. Poisonous mushroom (9)
 20. Custom (9)
 21. Doing nothing (4)
 24. Pear-shaped fruit (7)
 26. Breakfast flatbread (7)
 28. Dull yellowish brown (5)
 29. Professional personal car driver (9)
 30. Observe with festivities (9)
 31. Irritate (4)
- Down**
1. Removing faults (8)
 2. Speed contests (5)
 4. Farthest from the centre (9)
 5. Rub vigorously (5)
 6. Desire for food (8)
 7. Type of impermanent tenure (9)
 8. Communion table (5)
 9. Injury (5)
 15. Rectory (9)
 17. Air-freshener (9)
 18. Put on a pedestal (8)
 19. Investigate (8)
 22. Small nails (5)
 23. Rigid (5)
 25. Happen (5)
 27. Wide-awake (5)



Last issue's answers



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Dr. Brown: End of physics series and **perhaps** the universe



Dr. William Brown is a professor of neurology at McMaster University and co-founder of the Infohealth series held at the Niagara-on-the-Lake Public Library.

Dr. William Brown
Special to The Lake Report



The universe has been expanding since the big bang. PIXABAY

The period in physics between 1900 and 1930 brought startling changes to cosmology, foremost of which was the discovery that the universe was expanding.

This notion was one of the outcomes of Einstein's equations for general relativity and later strongly supported by Edwin Hubble's direct observations, which showed that most of the 40 or so known galaxies he studied in the late 1920s, were speeding away from one another and faster, the farther away they were from Earth.

And if the universe was expanding, it must have been much smaller at one time –

an idea which led to the Big Bang hypothesis. Further observations in the latter half of the 20th century suggested the rate at which the universe was expanding was accelerating, perhaps in response to a mysterious force called dark energy.

Such an expanding universe has consequences.

For example, an expanding universe might disperse the building blocks for the development of new galaxies and stars (such as the clumps of gaseous clouds of hydrogen, helium and dark matter), so widely that the development of new stars would become impossible. The result of this would be progressive aging

and eventually the demise of all existing star systems, with no replacements possible and an increasingly dark universe.

There are other possibilities for the future.

Some theoretical physicists suggest the period of accelerating expansion of the universe might eventually come to an end, and like an overstretched elastic, the universe might begin to shrink and eventually collapse into an infinitely dense and tiny spot, much like the postulated singularity thought to have existed before the Big Bang.

This scenario, known as "The Big Crunch," was extended to include the no-

tion that the universe might pass through successive cycles of expansion and contraction, in one expansive phase of which we now exist – a cycle referred to as "The Big Bounce." Or what about the possibility that two mirror universes were born at the time of the Big Bang, ours and the other obeying the same natural laws but in which antimatter replaces matter and time travels backward?

What about entropy? The second law of thermodynamics states that as time goes by an increasing percentage of the total energy in the universe will become dispersed and thus inaccessible (increased

entropy).

For example most of the energy created by the sun and other stars is scattered throughout the universe and hence unrecoverable for further use – the result of which in trillions of years might be a universe that eventually runs out of useful energy for building new star systems.

What does Roger Penrose, the recent Nobel laureate in physics, who with Steven Hawking demystified much of the mystery of black holes, have to say about the life cycle of the universe?

Penrose posits a universe in which super-massive black holes (perhaps the

result of mergers of many black holes) gobble up most of the matter in the universe before they begin to leak in a phenomenon called Hawking's radiation and leave a universe filled with photons akin to what the universe might have looked like shortly after the Big Bang. If so, such a universe might herald the beginning of a new universe and continuous recycling of the universe with no end.

All of this, and other crazy ideas I haven't mentioned, seems farfetched, a sort of mathematical parlour game for theoretical physicists, but then so did the atom, the quantum, relativity and quantum mechanics in the early 19th century – and look what's happened. They all became mainstream to later generations of physicists. Perhaps that's what might happen here – or not.

Remember to register for the library's third annual Nobel series, which begins via Zoom on Wednesday, Nov. 4 at 2 p.m. with the physics prize and thereafter at weekly intervals, the prizes in chemistry, economics, medicine/physiology, peace and literature.

To view the series, register through the library's website, notpubliclibrary.org.

Recycling and use of green bin has **wide range** of benefits

Continued from Front Page

It keeps more heat in the atmosphere and leads to a warmer climate.

Organics placed in the green bin are processed with proper oxygenation, which reduces methane emission and produces nutrient-rich compost for local growers.

Green bins accept more types of waste than backyard composters, including bones, meat, dairy, cooking grease, pet waste and cat litter.

Some green bin items that might take up space in your garbage: teabags, paper plates, cardboard with grease or food residue and paper towels.

A Quick Audit: If your bin is overflowing each week, there's almost cer-



New garbage collection services started Monday in Garrison Village. KYRA SIMONE

tainly a way to turn this into savings.

Pre-planning meals ensures that fresh purchases are used before expiry. It's best to avoid Costco-sized packs unless you plan to

make a dish with them within a few days.

Your wallet also takes a hit with heavily packaged items. It's less expensive to buy one large container, of yogurt for example, than

many single portions.

Bulk dry goods are more cost-effective than individually packaged counterparts. You can even purchase bulk household cleaners and bath products from "refil-

leries," like NOTL's own littlegreenshop.org.

Ditch the Disposable: While upfront cost can be higher, durable reusable alternatives save you money in the long run.

A household spends more than \$100 per year on paper towels if they use one \$2 roll each week. A \$20 set of eight cloth napkins can be rotated and washed after use, and will last many years.

Ziplock bags are easily replaced by Tupperware. Plastic cling wrap can be swapped for beeswax wraps that support local bee farmers.

In the morning, loose tea in a metal ball can replace teabags and fresh ground coffee deserves a French press or cloth filter.

Keep on Giving: Donating

items is inherently rewarding, but can also have tax benefits. Put objects that are still useful but not "sellable" on the curb (not on garbage day) or post in NOTL's popular Buy Nothing Facebook group.

You'll be surprised what people take off your hands: cosmetics, surplus food from events, plants, or furniture in need of repair.

All in all, producing less garbage is a clear way to give back – to yourself and fellow Niagarans.

Kyra Simone is a NOTL-born nature lover with a master's degree in biology. In her spare time, she advocates for sustainable change, picks up garbage, makes recycled jewelry, and transforms furniture bound for the landfill.



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The last client

Fernando Spadafora gives his last haircut from his NOTL office to 17-year client Phyllis Johnson. The hairdresser closed up his shop Saturday and he's headed into retirement.

An ode to my barber

By Mike Keenan

He greets me warmly
at the door,
steers me
to the swivel chair,
asks about my health,
wraps me
in white cloth,
removes glasses
from my nose.

Not too much off the top;
It's cold as hell out there.

I laugh at my own joke
for it's a barren patch.
There's little left to

mow—
no need for clippers;
scissors slowly snip
and fuss
about my scalp,
as the soft sound of but-
terflies
dance through the air.

At times like this,
I would change my sex—
dream of bangs
that droop towards my
nose,
perhaps a domelike hive
to startle Freud,
black native braids
traced down my back,
corkscrew curls

that dangle like a lure
in the depths
of Veronica Lake,
one eye draped
in silken mystery
daring men
to draw near.

Fernando daubs and
shapes
my moustache
with his brush,
rubs tonic
into strands on top,
anoins my brow
with talcum,
then pulls the cape
with flourish—
sends me off

like a general
into war.

I attend
monthly—
my hair
a simple sacrament,
and I will need
this service
one last time
for hair grows
after death,
but even as he sweeps
those scattered
clusters
on the floor,
the threads
unite and intertwine
and grow again in mass.

Mystery 'Pumpkin Fairy' delivery has neighbours thankful and curious

Continued from Front Page

him some corn stocks and some gourds," Beattie said.

But Beattie didn't do it — the mystery got deeper.

"So then yesterday, I was talking to my next door neighbour June Davies and she said that she saw a white truck

with a trailer, sometime Saturday afternoon to late evening in the cul de sac with three off-shore workers delivering and everybody got three pumpkins."

He said from what he could tell their whole cul de sac got pumpkins, as well as the next street over.

"I call it the Pumpkin Fairy."

While the true motive of the Pumpkin Fairy is unclear, Beattie suspects it is a way to spread seasonal cheer.

"(It's) just a really nice gesture," Beattie said.

"Especially in the times we've had, it shows that there's some good here."



Steve Beattie says neighbours are thankful to whomever dropped off pumpkins for them. RICHARD HARLEY

Obituary

Josephine Planche



Josephine Mildred "Minna" Planche 1919-2020 Nee: Winsor

Passed quietly and peacefully October 15, 2020 at her son's home in Niagara Falls, at 101 years old. A long life well lived, Minna was predeceased by her husband Eric (1918-1976) and is survived by her three children Ron (Jill) of Niagara Falls, Gregory (Beate) of Newmarket and Christopher of Canmore,

AB. Her life was greatly enhanced by her grandchildren Matthew (Melissa), Michelle, Mark, Shelley, Adam and great grandchildren Erik, Austin, Jared, Stella and Ruby. For more information please visit <https://www.morseandson.com/obituaries>

Memories, photos and condolences may be shared at www.morseandson.com



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EXPLORING PHOTOS WITH NOTL MUSEUM



The marina

For those of you who may be pulling your boats out for the season, enjoy this photograph of Mae in the Niagara-on-the-Lake marina, circa 1960s. Mae has quite the balancing skills while fishing off the dock frame in the basin. In the background you see the Niagara-on-the-Lake Sailing Club building, formerly a Canada Steamship Lines store house, on the left, and the Customs House near the water on the right. The lighthouse is, of course, hidden behind the trees and the distant shore is the United States.



Historic paint and colour

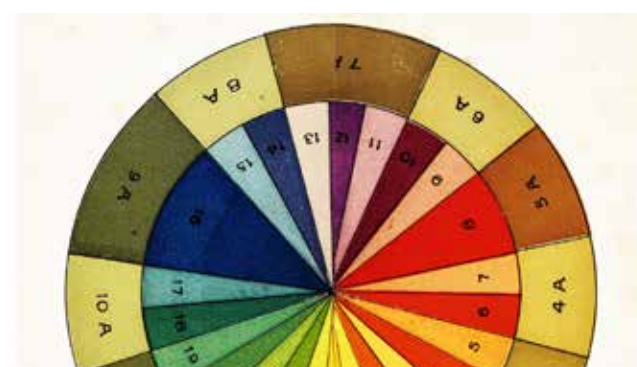
Brian Marshall
Columnist

Paint of the 18th and 19th centuries was a different criterion than its modern equivalent. And paint colours were not the muted conservative tones that many folks associate with historic homes.

To begin at the beginning, historic paint is composed of three components: Pigment to make the paint opaque and give it colour, a binder to hold the pigment particles, and a fluid medium such as water or turpentine.

Pigments were naturally occurring minerals and/or organics that were manually processed into a powder.

For example, iron oxides or cinnabar was used to produce red; ochres and



Paint Colour Blending Wheel — Frontispiece from The Painter's Handbook (pub 1887). SUPPLIED

massicot (lead oxide) were often the source of yellow; indigo, lapis lazuli or azurite produced blue; verdigris the source of green; black came from charcoal or lampblack; raw or burnt umber the brown; and white lead flake made white.

Binders might be chalk, hide glue, gelatin or very commonly oil. Of the oils, while both walnut and poppyseed were used for house paint, linseed oil was by far the most common.

Needless to say, depending on the availability of quality ingredients and the skill of the compounder (a

“paint-stainer”), there could be distinct variations in colour, intensity and finish from place-to-place and even batch-to-batch. Perhaps this was one reason why it was common during this period for homeowners to have each room painted a different colour?

By the time the Town of Niagara was being rebuilt, white was the most popular field colour for exterior paint. However, the white of the 19th century was not the modern titanium white we think of.

Pre-1890s white might show slightly pinkish-taupe

or, more often, be creamy with buttery yellow undertones. And, for the well-to-do, the highlight colour on elements such as doors and shutters might be the newly introduced and quite expensive Prussian Blue. It was considered by many to be the first “modern” synthetic pigment.

Interior colours varied by individual taste and function from drab grey in service corridors to chrome yellow and chrome green in foyers or public rooms.

Prior to the turn of the 20th century our ancestors were not afraid of exuberant colours. Consider the fact orange-yellow was one of the most popular paint colours between 1775 and 1830!

And, from a practical standpoint, at a time when the sources of artificial light were both limited and dim, vivid intense colours (particularly those with a gloss finish) helped to reflect any available light.

And then there was wall-paper ...

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Left: Valhalla Project service dog. The program is on hold at the moment but director Graham Bettes says he's hopeful to run it in the future. Middle: Martin Urlocker, Valhalla Project participant with service dog Jaxx before completing the rope course Wednesday. Top right: The seven golden retrievers have been placed with their handlers. SUPPLIED Bottom right: Graham Bettes, director of the Valhalla Project with his dog Maverick. BRITTANY CARTER PHOTOS

Valhalla Project Niagara adapts to pandemic realities

Organization helps first responders who are dealing with post-traumatic stress syndrome

Brittany Carter
The Lake Report

In the COVID-19 era, it's as crucial as ever to provide education and advocacy for post-traumatic stress disorder in first responders, which is why the Valhalla Project Niagara revised its model to reach clients during the pandemic.

At a time when society has been collectively forced into isolation, Graham Bettes, director and chaplain for the organization, says it's vital to keep the program going.

The Valhalla Project Niagara is a not-for-profit organization providing free access to mental health treatment, education and advocacy for first responders and veterans diagnosed with PTSD. The project offers comprehensive programming, teaching clients coping mechanisms for managing their condition daily.

"We provide them with basic materials, or basic

information on the various methods for managing the PTSD. Things like information on basic symptoms of PTSD, how to utilize a support group, as well as their support network, lifestyle changes, certain coping skills that can be put into action, when they do get elevated, or triggered, as a lot of people use that common term," Bettes says.

The information and support provided "should be out there in the hands of our demographic" and he says he's hopeful the organization can be considered "essential" amid the pandemic.

Its cornerstone service, a five-day residential Learn 2 Live Again program, was adapted to meet clients needs online at the beginning of the pandemic. This week, after months of uncertainty about whether or not the in-person service would be back, the program began with increased safety protocols in place.

The online version offers the educational and communication components of the program, as well as some activities, which have been reformatted into 10, three-hour sessions. But the in-On Wednesday afternoon, participants joined program directors for team building and adventure on an interactive rope course.

Ken Baudette was a primary care paramedic and a previous participant of the course. Now he is a director of the program as well. He says he believes in the work the Valhalla Project is doing. "It changed my life," he said.

He was given one of the service dogs before that aspect of the program needed to be halted due to the pandemic. His dog, Halo, can sense and wake him from nightmares.

"Last night she woke me a couple of times, so I only had a few nightmares," Baudette says.

Bettes has been living with his own PTSD for 30 years. The Niagara-on-the-Lake resident has served as a sergeant in the Canadian Armed Forces, is a volunteer for the NOTL Fire Department and a detective with Peel Regional Police.

As a public speaker for mental health advocacy, Bettes has first-hand experience dealing with PTSD. And though he says he doesn't always have the answers, he has tried enough methods and tactics for managing his own condition that he feels confident he can help guide others with theirs.

"One of the key things is all of the mentors or all of the presenters that we bring in, all have a mental health connection, whether they have PTSD themselves, which the majority of our presenters do, or they have a mental health aspect in their own life that they have dealt with," he says.

"I found that when I was

having people talk to me about my injury, it always felt very foreign to have somebody with a lab coat telling me what my symptoms were and how they could be really terrible and really brutal," he says.

"Whereas the whole concept of our program is kind of the lived experience. I've had PTSD for 30 years. So, I can tell folks, I do what I do during the day, during the week, to kind of keep myself basically suicide-free."

The Valhalla Service Dog program, which was set to launch in late March, has been temporarily put on hold. But Bettes says the seven golden retrievers which were already undergoing training before being shut down this spring have been placed with their handlers.

"When COVID came in, we were in the process of starting the program. We were able to get the dogs out

to their eventual handlers and our service dog handler was able to do online monitoring. Those dogs will continue to be monitored until they complete their training," he says.

The Valhalla Project Niagara operates with the generous contributions and support of local businesses and organizations. Bettes says Cookware Health CLUBB Inc., will be providing meals for the residential program. Activities and events throughout the program have been made possible thanks to partnerships with Benchview Stables, Fox Den Goat Yoga, B-Y's Honey Farm, Paddle Niagara, Vino Velo Bike Wine Tours and Bike Rentals, Pete's Pizza, Homestead Donuts, Evolve MMA, Niagara BJJ and CRUSH On Niagara Wine Tours.

Monetary donations are always appreciated and can be made to donatevalhallaprojectniagara@gmail.com.



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