

Thanks to all who contributed to this special lockdown issue. These are difficult times but your submissions tell us we are getting through them with grace and good will, despite enormous sacrifices. We all look forward to our social life resuming— but meanwhile we are grateful for everybody’s efforts for it’s primarily those which keep us safe.



In bloom soon: our Ornamental Pear Trees photo: J. Beevers

A Message from our Board of Directors

Greetings to each of you. Even though we may not see much of each other in these days of 'social distancing', we're struggling together to get through this long COVID nightmare with the fervent wish that the end might come soon. We are hoping to be able to hold our Annual General Meeting sometime this fall. A brief note - our finances are in good shape; Ric our custodian is doing a fine job of keeping on top of things around the building; and Simone, our property manager, is providing invaluable assistance in helping the Board look after the affairs of the Corporation.

There is a vacancy on the Board of Directors so if you are interested in filling that position, please let us (Sheila or Gerry) know; we would be pleased to discuss the salary and benefit package with you! Sheila was paid in cookies for a while. We can be flexible!

We want to extend our best wishes to Ador, who has already moved and H  l  ne, who will be joining him shortly, on their move to the magnificent west: may you find great pleasure and happiness in your new life in "Super-natural B.C." Also, we extend a warm welcome to our new neighbours who will be moving in soon to 202 and 506. We hope you enjoy living here as much as we do: we like to think we have a very special community here.

Thank you to the secret Easter bunny for spreading some joy this Easter season. Thank you Elaine for the lobby decor and to Donna and Trish for the work they continue to do. Lastly, "Thank you" for your continued patience and practice of maintaining the covid-procedures to keep us all safe and virus free.

Warm regards to all,
Sheila & Gerry

Things that brighten my day during this covid time are really paying attention to what brings a smile to my face. This may be: the sound of birds singing, watching squirrels chasing each other around trees, on the fence or wherever (they truly are amusing); really noticing the signs of spring: flowers, subtle signs of leaves getting ready to form, the smell of the air after a rain....

If the day drags on I try to remember things that did bring a smile either that day or in the past.

I have CDs of all sorts that I have not listened to for a long time. I put one on and listen. Sometimes it inspires me to do a little dance or just move my body. It is always a refreshing break. These are small things but they do help when I am feeling rather down. Here's hoping they help others too. **Anon. I**

My Hope

Do not despair for "this too shall pass"

I basically am not doing anything different today than what I have done for the past year. Up at 6 o'clock, say my prayers, have a coffee, read the obits (to make sure that my name isn't there). Participate at Mass on Vision T.V. Then I am out the door for a walk and Tai chi in the park with my sister Margaret. Now comes the fun part to fill in the rest of the day. Yes, 1000 pieces jigsaw puzzles, computer games, read, Netflix. The odd time household chores, laundry, dishes, dusting, vacuuming, etc. My bubble is my family in Georgetown, my sister Margaret and one friend who is all on her own. I am grateful and thank God everyday for the many blessings that He has showered upon me and my family during the pandemic. May God bless each and everyone of you and keep you and your loved ones safe and healthy during this trying time.
Trudy [#502]



Coming soon to a Magnolia Tree near you....

Walk...

Around the town I can roam
I'm in and out the same old door
My friends and neighbours nod hello
I miss our happy social hours!
My little legs seem to need a rest
My shoes are no longer at their best
So covid kindly leave us alone
And allow us back to our social zone
I miss you my condo friends
Now I carry on knitting, reading
Word search puzzles - boring?
Perhaps -but they do help time pass!

Mina [#508]

Other advocates of walking...

Elaine "walking for me has been a lifesaver as well..."

Trudy ..an early walk with her sister in Dundas Driving Park is an essential part of her day

Marilyn—important: walking in nature: "fresh air, sunshine, or forest (woods)"

Anon. III "If I don't walk everyday, soon I actually can't walk!"

There are many different kinds of walks, here are two suggestions:

-Historical Walks. Walking along the historical streets of Dundas (or Hamilton), perhaps taking a little time to read up about them first, gives you a new awareness of the area. Then the natural character of the buildings and the neighbourhood can be appreciated anew.

-Prayer Walks are another way of walking. This involves praying quietly as you walk in silence.

Marlene [#302]



Here in Dundas we have so many beautiful places to walk:

-Dundas Driving Park

-Centennial Park [corner of Cootes Drive & East St. N] (this park will soon be a riot of cherry trees in blossom - don't miss it!) & just beyond.. **The Urquhart Butterfly Garden** [best in the summertime]

-Waterdown Memorial Park—across from Fortino's on Hamilton St. (oops! not Dundas!)

Anon. II

Thank you again Catherine and Jackie for suggesting yet another way that we can connect with our neighbours and friends here at Grafton. We all have our stories of struggles and survival as we navigate this difficult time. Hopefully it has made us stronger.

I, like you have had many health issues to slow me down and I want to share my journey in this uplifting issue of the *Grafton Gazette*. Before the pandemic I was enjoying a full life of water aerobics, gym classes, walking. I also loved spending time with friends, going on day bus trips and holidays with my family and friends to destinations across Canada and even into the USA.

All those lovely pastimes were taken away as everything shut down. Now I had to find ways to keep fit physically and mentally as well as emotionally. Fortunately I was able to walk short distances. This activity soon became my salvation as a dear friend invited me to walk with her. Our social time of sharing our stories and lives as we walked the streets of Dundas became a true blessing. Not only did it become my main avenue of physical fitness, but it also helped me to keep emotionally balanced and mentally on my toes. Pun intended!

We enjoy many beautiful scenes on the trails and in the parks of picturesque Dundas. We have had many good laughs at some of the sights we have witnessed. Some are just plain funny and some are sad or a bit scary, but we push forward anyway in hopes of more adventures. I look forward to knowing what keeps you interested in life.

As Roy Rogers always said, "Happy Trails to you".

Mary Lou [#203]

Enjoy...

TV Can certainly make our day! For **Inge** [#206] it's anything *Blue Jays!* For **Anon II** it's *Call the Midwife* & game shows!

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Computer Tech
Support Hotline



"You learned how to use a telephone without my help. That's a good start!"

Audiobooks...

The biggest lifesaver for me has been finding out about audiobooks. I can go online and order these audiobooks from the library and then listen to them on my tablet. I'm here all alone but not really because I've got someone reading me stories. Just like when I was little and my dad read to me at bedtime - it's been wonderful for me!

Here's the great article that I read in the *Dundas Star* that told me about the audiobooks: <https://www.thespec.com/news/hamilton-region/2020/05/29/beating-the-pandemic-blues-by-chatting-with-librarians.html>. Lots of good things happen at the library. We are so lucky to have it on our doorstep.

Elaine [#308]

I spend my time doing puzzles and embroidery and reading. Also I call friends to check on them... Of course there is cooking and cleaning to do. Still the days go slowly, but there will be a light at the end of the tunnel and I hope it will come soon. I can't wait til the coffee hours start up again! **Inge** [#206]

FOR YOUR ENTERTAINMENT.....

BOOKS, etc Dundas Public Library **T-F: 1-6, Sat:1-5**

MOVIES, CONCERTS, OPERA, DANCE, SPORTS, COURSES, LECTURES, etc are all there **FREE** on **You Tube**, just search via the name of a performer, genre, or item... you'll find *everything* from Agatha Christie mysteries, to Indonesian 1000 hand dances! It's an *amazing* resource.

Dekyi-Lee [#103] - Find summits, conferences, etc. on You tube for an inexpensive international education; music videos from her youth makes her feel young & fit again ; there are great art classes on You Tube too (and elsewhere on the Web)

Anon III recommends **HEYGO.com** a virtual tour **TRAVEL** site, hosts great tours. Take friends too, send cards, (Tip-supported just like a regular tour)

Hitting the road... Paul and I take rides in the countryside, via motorcycle or car. The rail trail in Jerseyville offers beautiful scenery with benches to rest on. *Jasmar's Country Market* in Lyndon has great buys!... ..Cooking using leftovers is fun. Paul made a wonderful pork stir fry/rice/veg for lunch today.....Phone calls/emails to friends/relatives we can't visit warms our heart. Hope these suggestions help! **Trish** [#205]

Speaking of Food...

Marilyn suggests planning a *feast* menu for your first post-pandemic gathering!

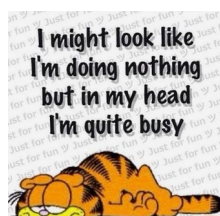
Anon III or try making some plant-based recipes in honour of **Earth Day (Thursday April 22)**.

Here are some of the things I did during the lockdown times that helped me survive, relax and find some joy:

My daughter gave me some of her sourdough starter and I had fun learning to make sourdough bread. I thought I could improve a little on my first loaf, but each subsequent loaf was a little less good than the one before. I decided to quit while I was ahead! But it was delicious bread. I did enjoy baking more often. I learned how to make oatcakes and I've become addicted to them. I perfected my scones.

Technology played a really important new role. It was wonderful to connect with my rather large family circle on zoom for special holidays and birthdays. My book club migrated to zoom. In the early months, I discovered wonderful free meditation conferences, and Feldenkrais courses, also some wonderful exercise programs and Q gong courses on **you tube**. It was great to try new ways to exercise the body and the mind. Some of our regular activities migrated to zoom as well, such as a lecture series at McMaster and a local music series.

But in the last few months, I must confess to becoming somewhat lethargic and lazy. I move more slowly, eat more & watch more tv. Hopefully, the return of spring & sun & warmth will fire up my energy too. **Donna** [#408]



Sartre, a thinker of note,
Took back his most famous quote,
That Hell could be found,
Where people abound,
When alone with his TV remote.

William Lee

ON GRATITUDE

When I received the call for suggestions of what we've done during Covid to be creative, it occurred to me that I have done absolutely nothing! I've become complacent, comfortable in my lethargy with no plans to change!

A year ago during the first lockdown, many of us were joking about the feral condition of our hair, and worse, the colour. I purged closets, drawers and cupboards. My file drawers are colour co-ordinated are a sight to behold. Got in touch with old friends. But new skills, on-line courses or exercises - not so much for me. Eventually the jobs and ambition ran out.

If I can live vicariously, let me tell you what our friends are doing. Stoney Creek sisters, one an octogenarian and widowed, living in the house were they were both born, have made over 1,000 pies!! Yes, you have read correctly. They are surrounded by vast new subdivisions on what was formerly family farmland. Theirs is one of only two holdouts in a sea of new towns and big houses. Far from being bitter, as soon as someone moves in, they deliver a pie, and not only once. Cakes too for birthdays or new babies. This is their mission of welcome, love and connectedness and they claim over 200 new friends.

There are so many stories of amazing adults and children doing compassionate and caring projects. I take great pleasure in reading about them, hoping one day I too will be inspired. Meanwhile I am comfortable in my very limited routine. And grateful..... very very grateful.

Bev [#503]

Good-bye Helene, Ador, Roxy and Sherpa!
We'll miss you but will think of you cavorting on the beaches of B.C (& eventually Hawaii)! May your work and projects go well! Your friends here won't forget you, so come visit us soon, drop us a postcard! But mostly stay safe.

KEEPING IN TOUCH.... You may have noticed that almost everyone mentioned the importance of keeping in touch with friends and family. Some folks have an external bubble and can spend time with friends or family while many of us rely on contact by phone, email, face-time, zoom, etc.

Anon III: *schedules* phone dates with out-of-town friends; *handwrites* letters or cards or postcards occasionally; finds **group message boards** [*Whats App* or group texts] helpful for connecting with far-flung family

Dekyi-Lee recommends balcony visits ~ one in, one out! (Being on the first floor helps!)

And we all value our *socially distant* corridor chats!



CREATE.....

I use an oil painting app
Dekyi-Lee

I embroider
Inge

I wet felt
Catherine

I knit **Mina**

Crafts & hobbies **Marlene**

(I will teach)
G&M Cryptic crossword!
Marilyn

Keep a 'gratitude' journal - research shows it increases happiness;

Write a letter, phone, email to your representative with your concerns or praise or thanks:

-**Premier Ford** [www.ontario.ca/page/premier]
[416-325-1941] Legislative Bldg, Queen's Pk, To.
[M7A 1A1].

-**Fed. MP: Fiona Tassi**, Ham.-West, Ancaster, Dundas [905-529-5435] filomenatassi@parl.gc.ca

-**Prov. MPP : Sandy Shaw**, Ham.-West, Ancaster, Dundas [905 628-2755] sshaw-co@ndp.on.ca

-**City Councillor : Arlene Vanderbeck**, Ward 13
[905-546-2714] arlene.vanderbeck@hamilton.ca

Do you remember when:

-**FACEBOOK** bought Girl Guide cookies?

-**GOOGLE** gave free pizza to the soccer team when they won?

-**AMAZON** sponsored the church fundraiser?

NEITHER DO WE!

**Local businesses live & play & invest here. Let's support them!*
Marilyn [#402]

Editors' note: We got 14 submissions! Thank you and congratulations! Re the editing: we had to cut the odd word to make things fit, expand if more info was needed but we tried not to alter the spirit of your piece for that's what counts. Thanks for honest brave submissions - one day we'll reread this and see history. Meanwhile, we welcome your ideas for the next issue of the Grafton Gazette. Catherine (#405) & Jackie (#204)