

# What COVID-19 Has Taught

Coming out of a COVID winter, we can be forgiven for being weary. Even for those of us who have it good and have remained well, there's a toll on us from the relentless news of case numbers, deaths, vaccines given, vaccines delayed, constant reminders to wear masks, keep social distance, wash hands, stay home as much as possible. When will this end?

Whenever I've felt particularly low by the sameness of every day, it's always helped me to take stock, appreciate what I have, count my blessings. The worse I feel, which is often as the sun sets, the smaller my focus needs to be. I am grateful for having the basic necessities of life. First, and no small thing during this terrible pandemic, I can breathe. It's hard to think that breathing would seem a luxury, but you only need to imagine having it difficult to do, in order to know how sweet it is to be able to.

I have safe and cozy shelter. I have a roof over my head, walls to keep out the wind, a furnace and woodstove to keep me warm. I have electricity and hot and cold running water! I have food and beverages. I have a comfy bed, a comfy armchair, soft blankets, TV and books. I can get outside for walks. You get the idea.

Counting my blessings and imagining their absence, puts things in perspective for me. Things could be so much worse. For many people in other places around the world, who don't have these basics of life, things are miserable. I'm OK. I have nothing to worry about today.

This Spring issue is the first of 2021, a year that we hope and expect will end much better than 2020. With warm weather approaching, people will be more eager than ever, to get out again. To give you some ideas to consider, we're celebrating some outdoor activities in areas across the Escarpment. Provided local lockdowns are lifted, you might want to try some of these. If lockdowns are present, at least you can get a taste of them in these pages.

## In This Issue

Escaping COVID-19 by tackling the entire Bruce Trail in what hikers call an end-to-end is our cover story this time. Writer Sue Horner has herself been exploring the trail, and she shares the accomplishments of hikers who have dedicated themselves to finishing the complete trail from Queenston Heights to Tobermory. Getting out in nature has never been appreciated more by so many.

Our Spring issue is usually a celebration of gardening

along the Escarpment, and we're pleased to feature a community garden with history behind it, the Old Seed House Garden in Georgetown. Despite or perhaps because of the pandemic, volunteer gardeners and helpers regularly gave their time to maintain and even improve the garden for the benefit of the public.

In Niagara Region,

cautious steps toward doing more of the things we enjoy outside our homes. It will be so great to feel comfortable again, visiting the towns along the Escarpment.

So many small businesses have been suffering financially from the forced closures or a general decline in customer traffic. Don't we all look forward to browsing freely in actual stores, making impulse

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between the Escarpment and Lake Ontario, accomplished naturalist Bruce Mackenzie has fulfilled a dream to preserve lakeshore wetlands in Grimsby. Migrating waterbirds depend on these habitats, which are open to the public for bird watching and nature appreciation. Bruce's feature article shows us some of the wonders of these wetlands.

Mike Davis, my co-publisher, shares a favourite cycling route through words and photos of the Caledon Trailway. A multi-use trail, this serves walkers, horse riders as well as cyclists and other people using wheels, whether under chairs, strollers or skateboards. It is also part of The Great Trail which reaches all across Canada.

purchases, stopping for a meal in a quaint restaurant again? If we hold tight until we're on top of this virus, we'll get there again soon.

We at the magazine owe more thanks again to our kind readers who have surprised us with gifts and donations. We don't ask for them but they are signs of the generosity and kindness of people we have brought together through this magazine, those who, like us, live, work or play near the Niagara Escarpment in Canada, or are among our hundreds of armchair travellers. We are strong people who will get through and beyond these trying times.

That's what I've learned from the COVID pandemic.

*Gloria*

Gloria Hildebrandt

*P.S. Wild animals need wild spaces.*



## Let us know what you think!

Write us at [editor@NEViews.ca](mailto:editor@NEViews.ca) or *Niagara Escarpment Views*, 50 Ann St., Georgetown ON L7G 2V2.



## More Online!

Keep in touch with Escarpment news between issues at our website. We have unique content not seen in the magazine, and you can leave comments in response. See <https://NEViews.ca>.



*Niagara Escarpment Views* is on Facebook as: [www.facebook.com/N.E.Views](https://www.facebook.com/N.E.Views)

## Moving Forward

We might not be out of danger yet, but increasing numbers of us will become vaccinated against COVID-19. As infection rates decline, we should be able to take