



Gates launching bill to end **6.1% tax** on Ontario wines

Kevin MacLean
The Lake Report

Niagara New Democrat MPP Wayne Gates is reintroducing legislation to cancel the basic tax charged on Ontario wines, a move

the wine industry has been aggressively lobbying the Doug Ford government to make.

The bill would create an exemption for VQA and 100 per cent Ontario wine from the 6.1 per cent tax

collected on wine sold at winery retail stores in the province.

"The wine industry is an incredibly important part of our community here in Niagara and the economic impact of COVID-19 has

dealt a massive blow," Gates said in a news release.

"This legislation is an important step in creating a level playing field and assisting our wineries and growers during a difficult time."

Gates' bill, the Supporting Economic Recovery and Renewal in the Niagara Region Act, would create a tax exemption for all on-site retail sales of VQA and 100 per cent Ontario wine for all wineries in the province.

Foreign imported wine is not subject to the tax, which industry advocates have said amounts to unfair treatment of the province's wine industry.

Continued on Page 15

430 letters decry proposal for King Street apartments

Evan Loree
Local Journalism Initiative
The Lake Report

Residents came in like a wrecking ball at a Niagara-on-the-Lake council meeting Tuesday night.

After receiving 430 letters and other correspondence from 152 residents over a controversial condominium proposal on the northwest side of King Street, the council chambers were filled with people itching for a chance to speak.

"This is a half-cocked idea," resident Bill French said at the end of almost two and a half hours of discussion.

The three-storey building proposed by Butler's Gardens Development Inc. is just under 12 metres tall, and contains 17 living units and 22 parking spaces.

The building's footprint covers about 22 per cent of the lot's 0.8 acres. Another

Continued on Page 3

Long live the **Grape King!**



Grape King Erwin Wiens, centre, with his wife Dorothy Soo-Wiens and farmworkers who help keep the kingdom afloat. SOMER SLOBODIAN

Somer Slobodian | Local Journalism Initiative | The Lake Report

There's a new grape king in Niagara-on-the-Lake — and his name is Erwin Wiens.

The Grape Growers of Ontario and Farm Credit Canada announced Wiens as the 66th grape king on Tuesday.

He succeeds last year's grape king, Ben Froese, who also is from NOTL.

The person chosen each year acts as an ambassador for the province's grape growing industry and attends functions across

the country on its behalf.

"It's representing the organization at the different festivals and events (and) also representing the organization at the government level," said Wiens.

Wiens was nominated by his

peers for the title, which is an honour in itself, he said.

"Being recognized by my colleagues, by all my peers, and all my friends as the grape king

Continued on Page 2

Cenotaph renovations could start **before** end of year

Julia Sacco
The Lake Report

After looming tall over Queen Street for more than a century, Niagara-on-the-Lake's landmark clock tower cenotaph is in desper-

ate need of internal repairs.

Members of a residents committee dedicated to overseeing the cenotaph's rehabilitation say they're hoping work to fix its internal damage will begin before the end of the year.

Peter Warrack, a member of the cenotaph committee, said though much of the cenotaph's damage is not visible to the public eye, it is affecting vital parts of the building's structure.

Elements such as cement

pointing and windows have been desperately in need of restoration since at least last spring, he said.

"We've decided that the goal was to have it done this year, as already more than a year had passed and we

didn't want it to deteriorate any more," Warrack told The Lake Report.

He and the committee have been working with the town to raise money for

Continued on Page 3



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'Unforeseen' problems force Mewburn repairs to grind to a halt

Evan Loree
Local Journalism Initiative
The Lake Report

Construction work on a popular route between NOTL and Niagara Falls has been delayed due to setbacks caused by the road's conditions.

The repairs on Concession 6-Mewburn Road in Niagara-on-the-Lake, initially estimated to take 16 weeks, came to a halt because of "unforeseen site conditions," said town spokesperson Marah Minor.

Thanks to the delays, the project's new, potential schedule could mean the work won't be completed until sometime in November.

Walker Construction, the contractor in charge of the project, began the work on Mewburn Road – at the intersection of Warner Road – on May 1. It expected to be done by the end of August.

But the contractor hit a snag on the bedrock, road slopes and unevenness of the street surface.

These factors became an issue when Walker Construction was working on retaining walls that line and bolster the road.

The walls help to prevent the road from collapsing and from being eroded over time, Minor said.

The road's inconsistent conditions make the support walls that much more critical to the site's stability and function, she said.

The construction only affects about 400 metres of road but until the problems are solved there's no connection for drivers via Concession 6-Mewburn.

The town is working with Walker Construction to come up with a new design for the east side support wall.

Minor said the contractor has until Sept. 18 to



Construction on Concession 6-Mewburn Road has been delayed due to problems discovered by the contractor. EVAN LOREE

complete the design and assuming it receives approval from the town, construction will resume shortly thereafter.

She estimated it would

take eight weeks more to complete the construction once the new design is given the go-ahead.

The town was unable to say how the delays

will affect the cost of the project.

Repairs to road follow the long-awaited reconstruction of the Mewburn bridge, which finally wrapped up

in November 2019.

Minor said the road construction is a different project altogether and is part of the town's 10-year road maintenance plan.

NOTL's Erwin Wiens is the newest Grape King

Continued from Front Page

— it just overjoyed me," Wiens told The Lake Report Tuesday afternoon.

In addition to his new title, he also is deputy lord mayor of Niagara-on-the-Lake and sits on many municipal and regional committees.

Wiens said none of this would have happened without his wife, Dorothy Soo-Wiens, and his four daughters, Brianna, MacKenzie, Taylor and Jessica.

Dorothy was never a farm girl, he noted, and was brought into farm life through Wiens.

Together, they own 120 acres in Niagara-on-the-Lake, producing high-quality grapes like Chardonnay,

Riesling, Pinot Gris and Merlot.

"She's embraced it. And my kids embraced it. And they went through all the highs and the lows," he said.

He joked that Dorothy should be the grape queen and he the grape prince.

The grape king is a "long standing tradition" that started in 1956 with just a cape and a crown, but has evolved to the signature jacket worn with the chains of office, said Debbie Zimmerman, chief executive officer for the Grape Growers of Ontario.

"That's sort of a piece of the puzzle that a lot of people don't understand, but the chain of office is very reflective of a mayor's chain of office where it has all of the

grape kings who have been in the role since the organization started," she said.

She added that the name grape king is gender neutral and three women have won it in the past. Its role "is to remind people of what we do as growers."

She noted that every bottle of wine starts in the vineyard.

"What would we be if we didn't have the grape and wine industry?" she said.

"So it's telling the growers' story — there is the end production, which is wine, but you don't have good wine without great grapes," she added.

Each nominee's farm was inspected by a panel of expert judges from the Ontario Ministry of Agri-

culture and the University of Guelph.

The judges assess the nominees' vineyards through a number of criteria including diseases, insects, weed control, soil management and the quality of the vineyard.

Along with assessing the farm, the grower is interviewed, which allows the judges to get a sense of their knowledge in the industry.

Wiens said there's a lot of tough questions by experts. "Which is great because metal sharpens metal. I love having those conversations," he said.

Wiens said he feels lucky to be a part of this.

"Anytime I can do anything to advance the industry, it makes me so



Erwin Wiens earned the title of this year's Grape King. The process involved an inspection of his farm and "tough" interview questions, Wiens said. SUPPLIED

happy to do it."

Wiens's duties will start this weekend at the Invitational Grape Stomp on Sept. 17 at Montebello

Park in St. Catharines and continue on Sept. 23 in the annual Grande Parade at the Niagara Grape and Wine Festival.



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King St. condo sparks flood of feedback

Continued from Front Page

49 per cent is proposed for landscaping and the rest for parking.

At 17 units, Meritage Lane resident Patrick Gedge said the proposal averages 22 living units per acre and argued that is four times the maximum density of what's permitted by the current zoning and nearly double that of the proposed zoning.

"Not only does he want to switch over to another zone, but he wants to blow by the maximum that is there," Gedge said.

"You better have one very compelling reason why a maximum should be tossed out," he said.

Gedge said the project's reduced setbacks had only been proposed because the "lot is too darn small for the size of the building."

He wasn't the only one. "It's like trying to fit a size nine foot in a size six shoe," Alan Dickson said.

Developer Josh Bice has also asked to be exempt from a town bylaw that would require including a children's play area.

The developer's planning report, written by NPG Planning Solutions, says a play area is unnecessary because there are "various recreational and community facilities," such as Rye Park and the community centre.

But Jason Quesnelle said the developer is only seeking an exemption because the lot is too small and the building too big.

He said the community centre does not have a publicly accessible play area



Andre Mecs thinks the developer was concealing its intentions for the development when it first asked the committee of adjustment to create the lot. EVAN LOREE

and its nursery school is at capacity.

Quesnelle also said the plan left out sidewalks.

"The builder didn't forget, there's no room for a sidewalk," he said.

For Quesnelle, this increases threats from traffic to people who may be out for a walk.

Scott Robinson, a former resident and housing advocate who now lives in British Columbia, was the only person to speak in favour of the proposal.

"The concerns over traffic are actually wild," he said.

"This proposal is on a publicly funded, dead-end cul de sac, which basically acts as a publicly funded private driveway for these 10 houses," he said.

Those residents are the only ones who would routinely use the street, he said.

Robinson also argued that the 20 per cent height difference between the proposed building and its neighbours was "unremarkable."

Gedge said though the height difference seemed insignificant, the proposed structure would cast long shadows onto its neighbouring houses throughout the day and into the evening.

Robinson was unmoved by this.

"I don't remember this council making protecting millionaire sunset views one of your strategic priorities," he told councillors.

Robinson also said the 10 existing houses near the end of King Street would "never pay enough in property taxes to cover the eventual replacement cost of their infrastructure."

"Infill projects like this are exactly what we need to help us climb out of the sub-urban debt spiral," he said.

Aaron Butler, who presented the proposal, argued there is a need for affordable housing like what was being proposed.

Robinson broke ranks with the developer over this

and said the proposal likely would not be affordable.

When Butler was pressed on whether the units would be for rent, he acknowledged the developer planned to sell the units as condos.

Kevin van Niekerk said he and his neighbours are not against development, but that 17 units was too much.

"Two homes would fit well," he said.

Initially, the developer went to the town's committee of adjustment on Oct. 20, 2022, to change the property lines for 727 and 733 King St.

Sheila Cameron, daughter to the former owners of 733 King, told The Lake Report in July that her parents agreed to sell the back half of their home to Bice, who owned 727 King next door, in the belief that he planned to build a single-family house on the vacant lot.

The adjustments led to the creation of the pie-shaped lot now subject to development.

Cenotaph is important to maintain, supporters say

Continued from Front Page

renovations and have almost reached the remaining goal of \$28,000 needed for construction to begin before 2023 is over.

Warrack said members are "very confident that we will have the funds in place to start the renovations."

"We would still encourage individuals and businesses, particularly businesses in the shadow of the cenotaph, to donate if they haven't already," he said.

He highlighted two aspects of the cenotaph's importance to the town: it is a monument of remembrance for the people who fought and died in the two world wars and it also acts as a focal point on Queen Street.

"As my wife said to me, 'Could you imagine what the town would look like without the cenotaph? When you look down Queen Street, it would just be a long street,'" he said.

He explained that the

town will ultimately decide when renovations are to begin, but he is confident of starting before cold weather sets in.

"I don't think the restoration will be finished for this year, but it will be started. And the main thing is to start the inside as opposed to outside," Warrack said.

In a statement to The Lake Report, the town said that the goal is for renovations to begin "as soon as possible."

Requests for tender for the work are now being prepared.

"Once the procurement process is completed and a contractor is selected, the town will work with the successful contractor to confirm the renovation start date," the statement read.

The total estimated cost of renovations is around \$80,000, the town added, but the actual price will be confirmed through the tender process.

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Hotel proposal attracts **little interest** from residents

Evan Loree
Local Journalism Initiative
The Lake Report

Three years between public appearances may have dulled public interest in a hotel proposal on the edge of Old Town.

The four residents who spoke at an open house virtual meeting Monday night said little about the Van Riesen Hotel Group's plans to convert the Ketchum-Thomas-Phillips House into an 81-room hotel.

Among those who did speak, resident David Parker, an architect, took the most interest in the proposal's impact on the Ketchum house, which is designated under the Ontario Heritage Act.

The planning report stated the house was likely constructed between 1876 and 1904, when wealthy Americans were buying up land in Niagara-on-the-Lake to build summer estates.

Parker said the house is one of the "few large estate lots left in the town."

Jennifer Vida, a planner representing the developer, said it is no longer financially viable to use the property as a residence.



An architectural drawing shows the proposed development, with the carriage house in front and the new four-storey building at the back. SOURCED

The lot also has a two-storey coach house facing Mississauga Street and a one-storey building in the southwest corner.

The developer plans to maintain the structures, but also wants to add a new four-storey building with 48 rooms.

The new building will be 15.28 metres (50 feet) tall and the top floor will be made of glass.

That should help it "blend in" with its surroundings, Vida said.

The developer plans to

add two storeys to the out-building to accommodate 24 more hotel rooms.

The coach house and historic Ketchum house will also be renovated to accommodate hotel rooms, a bar, restaurant and common area.

A greenhouse is proposed to be turned into a dining area.

The hotel group, owned by NOTL developer Rainer Hummel, is seeking both a zoning and planning change to permit the 81-room hotel.

Current approvals cap the

hotel at 24 rooms.

Glen Bandiera said he was "intimidated by the number of rooms" in the design, but agreed with the proposed use and concept.

Bandiera was also concerned about how the hotel would affect traffic at the busy corner.

The planning justification report said the developer intends to minimize traffic impact on the neighbouring houses by building a single access point to the hotel on Queen Street.

And a traffic impact

report, also included with the application, said the proposed 163 parking spaces are "sufficient to accommodate the projected demand." And Carla Rienzo was most concerned about noise levels.

Despite Vida's assurance that the town's noise bylaw would be enforced at the proposed hotel, Rienzo was unconvinced.

She said she had not even a "shadow of a doubt" that noise would be a problem for the abutting homeowners.

"I live near the Pillar and Post, and it is a chronic issue," she said.

Rienzo was also concerned about the proposal's impact on the water table.

Vida said the developer had planned for any impacts to the water table made by the three storeys of underground parking, but the details would not be sorted out until later in the development process.

A public meeting on the development proposal is to be held at town hall on Oct. 3.

Whose **dam** is it anyway?

Evan Loree
Local Journalism Initiative
The Lake Report

Dams in Virgil are in need of repairs, but who's going to foot the bill? That's a "million-dollar question," says a Niagara-on-the-Lake councillor.

Well, the question is worth closer to half a million.

Darren Mackenzie, the town's director of public works, told the irrigation committee it would cost about \$425,000 to repair the dams.

The upper and lower Virgil dams were originally built in 1966 to support the town's irrigation system.

Coun. Erwin Wiens, who sits on the irrigation committee, said the cost of the system is charged exclusively to its users, namely farmers.

Following that logic,

Wiens said the cost of repairing irrigation infrastructure falls on the farming community.

But the dams in Virgil are owned by the Niagara Peninsula Conservation Authority, Wiens said.

And George Lepp, another member of the committee, said it's the conservation authority's "responsibility to not only build it but maintain it."

Lepp argued the conservation authority "abdicated" its responsibility to maintain the dams once they learned of the cost to repair them.

Mackenzie said the conservation authority does not have the funds to restore the dams though, and is looking to split the cost with the town.

In fact, he said the conservation authority plans to remove the dams entirely if it can't reach an agreement

with the town on how to pay for them.

"Oh, they're willing to go there, are they?" asked irrigation committee chair Kevin Buis.

He suggested it would cause a bit of an "uproar" in Virgil if the dams were removed.

No one on the committee expressed interest in such an outcome.

Mackenzie pointed out that by working with the conservation authority, the town could secure funding sources that are not usually available to it.

"If the (conservation authority) can help us get money, it could be a worthwhile partnership," Buis said.

The committee, still unclear about the details of such a partnership, decided it wanted to chat with the conservation authority



This dam, one of two in Virgil on Four Mile Creek, could be removed if the town is unable to reach an agreement with the Niagara Peninsula Conservation Authority on who will foot the half a million dollar bill for its required maintenance. EVAN LOREE

before signing any formal agreements.

Wiens, who was not at the meeting, told The Lake Report the town and conservation authority have been in talks on the project for some time and this "wasn't

coming out of the blue."

The dams have created two manmade ponds that Wiens said have historically been used to hold water for irrigators.

While growers no longer need the ponds to store wa-

ter, Wiens said water needs to continue flowing through the ponds and down Four Mile Creek.

Wiens said the town and conservation authority are working together "to beautify that area."



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Left: Gordon Gibson was aboard a Lockheed Hudson that crashed in Maine. NATIONAL AIR FORCE MUSEUM OF CANADA
Right: After his death, Flight Sgt. Arthur Gordon Gibson was commemorated at Christ Church McNab.

MISSING IN ACTION

Flight Sgt. Arthur Gordon Gibson

In both world wars, there were men killed in action or who died in service who had a connection with Niagara-on-the-Lake but for various reasons were not commemorated on either the memorial clock tower cenotaph in Old Town or the Niagara Township war memorial in Queenston. In some cases, they lived for only a brief time in Niagara and had no family here when the monuments were built. In other instances, they had lived near McNab, not then part of NOTL or Niagara Township. While their names are not read out at the ceremonies at these monuments on Remembrance Day, they too should be remembered.

Ron Dale
Special to The Lake Report

Among the war dead commemorated at Christ Church McNab, now part of Niagara-on-the-Lake, was a man who wanted to fight in the Second World War but was struck down before he could go into combat.

In 1911, Amelia Bartley and Harry Gibson, immigrants from England, married in St. Catharines. Amelia gave birth to her second son, Arthur Gordon Batley Gibson on Dec. 6, 1919. He was known as Gordon.

Gordon attended the St. Catharines Collegiate and Vocational School from September 1932 to May 1937 and landed a job with the Guarantee Dye Company as a stockman.

He did not see a future in this job and in October 1937 found a new position with General Motors. Two years later, he returned to school to study drafting and on completion of his education in March 1940 he was employed as a draftsman by the Foster Wheeler Company.

Gibson read about the tragedy and heroism of the miracle of Dunkirk. He followed the war in the air, reading of the Battle of Britain, July 10 through

Oct. 31, 1940. It must have inspired him.

On Dec. 11, 1940, he enlisted in the Royal Canadian Air Force, hoping to become a pilot.

He initially reported to the manning depot in Toronto, learning the rudiments of service life and was then sent to Picton on Dec. 29 for more of the same.

On Jan. 11, 1941, now outfitted in uniform and trained in the discipline and decorum of an airman, he was sent to the RCAF station in Dartmouth, N.S., for yet more training in the various functions of airmen, on the ground and in the air.

He was on the move again and attended the Initial Training School in Victoriaville, Que., from April 10 to May 20. It was here that the trainers determined whether a man would be sent to flight school or to be trained as crew. Gibson was to be trained as a crew member in a multi-engine plane.

Between Sept. 15 and Nov. 8, he attended the Initial Flight Training School to become thoroughly familiar with flight as a crew member. From there he was sent to Observer School in London, passing that course on Jan. 17, 1942.

Over the next six months he attended a bomber/gunner school, an air navigation school and a general reconnaissance school, all part of the Air Commonwealth Training Plan.

Finally, on Aug. 1, 1942, Gibson was considered trained enough to serve as an observer, navigator, bomb aimer, or gunner on a multi-engine aircraft and was promoted to flight sergeant.

He was anxious to go overseas and get into action, but was forced to drag his heels. Finally, an opportunity for action arose. Recent graduates of the Air Commonwealth schools were offered the chance to fly new aircraft to England for the Royal Air Force Ferry Command out of Dorval, Que.

After delivering the aircraft, the men would be assigned to an active squadron in England as crew members in Bomber Command.

Gibson finally got his chance and on Oct. 9 was transferred to the RAF Ferry Command squadron at Dorval as a navigator.

On Dec. 5, he was assigned to a new Hudson VI light bomber as navigator for a flight from Dorval to the American airbase at Houlton, Maine.

There the plane would have its fuel topped up and then take off for Gander and then on to the U.K. Gibson was going to war at last.

It was not to be. As his aircraft approached the runway at Houlton, the pilot had to abort the landing. In attempting to gain height to go around for another landing approach, the plane stalled and spun into the ground.

Gibson was killed instantly.

Because he attended Christ Church in McNab, he was commemorated there but was buried in Victoria Lawn Cemetery in St. Catharines.

With Christ Church now closed and no longer consecrated, thankfully the Niagara-on-the-Lake Museum is taking custody of key church artifacts, including memorials to the fallen. Flight Sergeant Gibson will be remembered.

On the heels of The Lake Report's 53-part "Monuments Men" series, which exhaustively documented the story of every soldier commemorated on the town's two cenotaphs, Ron Dale's "Missing in Action" stories profile Niagara-on-the-Lake soldiers who died in wartime but are not listed on the town's monuments.



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Protecting escarpment is **new mission** for NOTL's Jim Collard

Kevin MacLean
The Lake Report

Despite retiring from civic life after decades of community work in Niagara-on-the-Lake, Jim Collard knew he wasn't quite done.

Born and bred in NOTL, he spent 30 years on town council, served on numerous community boards and committees, and helped fundraise for many projects over the decades, all while building a long career as a high school teacher in St. Catharines.

But while he wrote the final chapter in his long political career in 2018 (including one unsuccessful run for the lord mayor's chair), he felt he still had more to contribute.

"I didn't feel like I wanted to give it all up," the 72-year-old says in an interview.

"I had been participating in my community for all those years, all that time trying to make a difference."

Some people who grow up in small towns can't wait to get out. But Collard always knew, "I never wanted to leave Niagara-on-the-Lake."



Longtime former Niagara-on-the-Lake councillor Jim Collard, pictured outside the family home where he grew up in Chautauqua, is the new chair of the Niagara Escarpment Commission. KEVIN MACLEAN

Their children are all grown, and he and his wife Pat live in the house where he grew up in Chautauqua, though they spend part of their winters in warmer climates.

But whatever retirement gig Collard took on had to have a strong connection to Niagara.

He kept his eyes peeled for openings that interested him – maybe the bridge commission or Niagara Parks.

Then when fellow Tory and former MP Rob Nicholson stepped down as chair of the Niagara Escarp-

ment Commission, Collard jumped at the opportunity.

He put his name forward and this past summer was appointed by cabinet as the new chair of the commission, a 17-member provincial agency that manages development on one of the most sensitive and important geographical features in southern Ontario.

The escarpment looms large over Niagara and is credited with helping to protect the region, a buffer from storms off Lake Erie.

It also ensures the moderate climate that is so crucial to fruit and grape growing.

Plus a little less snow and shorter winters than some other areas of the province.

As well, there are many top-quality gravel quarries along the escarpment, including the now mined-out Queenston quarry.

And while it may be called the Niagara Escarpment, it is hundreds of kilometres long, stretching far afield from the region.

Designated as a UNESCO World Biosphere, it is considered one of the world's most magnificent natural landforms.

"It actually starts in New York state," Collard says.

"It continues to Queenston, then turns north and goes up to Tobermory, then it turns west again and goes into Wisconsin, and south again and ends up somewhere near Green Bay."

In an era when defence of the province's Greenbelt has become a huge political issue thanks to the Doug Ford government's handling of that controversy, the escarpment commission, which was established by Premier Bill Davis in 1973, tries to strike a balance between environmental and develop-

ment concerns.

About 1.4 million people live in cities, towns and villages between Queenston and Tobermory and the commission, with representatives from all those areas, strives to maintain that crucial balance, Collard says.

"Any property owner who lives in that area knows there are requirements for them if they want to make changes to their property. They have to come to us," as well as their own municipality, he says.

"We have a team of planners who will look at all the permits that come in and they will decide whether or not the (escarpment) act applies."

If a proposal is a good fit, the planners have the power to simply approve it.

"About 98 per cent of the applications fit" and only about two per cent come to the commission's board for adjudication, Collard says.

That's a bit different than municipal councils, which "get to approve everything, good, bad and indifferent," he says.

The commission has "a fabulous staff. They really care about what they do.

They're considerate of all of the options. And that's a good thing for Ontario."

Despite its geographical prominence, "if you don't live in the escarpment, you may not even know it exists," Collard says.

But that doesn't diminish its importance and significance. And like the Greenbelt, people want it preserved.

Since his appointment, he's heard from several people who, after offering their congratulations, "the next two words out of their mouths were, 'Protect it.'"

That's a mission he says he takes seriously, noting that without the commission's oversight, changes would be up to each municipality along the escarpment and that could lead to a hodge-podge of all sorts of development.

"The commission is there to steer the ship and (its 17 members) have their hand on the tiller to make sure that the regulations and rules and the Niagara Escarpment Planning and Development Act are adhered to," he says.

"We try to do the best we can. That's it in a nutshell."

'It's just another beginning': Ukrainian woman hosts newcomers wellness day

Julia Sacco
The Lake Report

In the spring of last year, Valentyna Zavhordnia moved to Canada from Ukraine, becoming one of the nearly 6 million refugees fleeing their home country since Russia's invasion began last February.

Now a resident of Niagara-on-the-Lake, Zavhordnia has been working to acclimate to being away from her home country. Despite being part of what she says is a welcoming community, however, things have not been easy.

The signs of destruction in Ukraine after a year and a half of the invasion are clear, she said, but the scars of war are not just physical.

"We can see bombed buildings, infrastructure, rockets, tanks, weapons. But there's something beyond the human eye," she said.

That something is an



When Valentyna Zavhordnia moved to Canada in 2022, she did not expect to end up in Niagara-on-the-Lake, but said she is happy to have landed here. JULIA SACCO

emotional toil effecting everyone, she said, whether you're a soldier fighting in the war or a family member who moved to Canada.

"There is no class of Ukrainians who are okay. Those who stay suffer from bombing and shelling every night, and those Ukrainians who left – like us. We are suffering because of the survivor's guilt."

In hopes of helping take a step toward self-care

for fellow Ukrainians in Canada, Zavhordnia set up a wellness day at the Château Des Charmes winery on Sunday.

"We had yoga and meditation first to prepare our bodies and relax a little bit. Then we meditated and we're having art therapy right now," Zavhordnia said.

The day, dedicated to Ukrainian women taking refuge in Canada, also featured free childcare.

Under Ukrainian law, Zavhordnia said, men cannot leave the country under most circumstances, so most of the refugees are women and children.

"I didn't have anybody and I wanted other women who just came to have friends, especially other female friends. People who you can scream and yell or cry or sing with," she said.

As of mid-August, more than 175,000 people have moved to Canada from Ukraine through the Canada-Ukraine Authorization for Emergency Travel program, which began last March.

More than one million Ukrainians have applied for temporary residency in Canada and more than 687,000 have been approved.

When Zavhordnia first arrived in Canada with her family, she was 21 years old.

"I thought I would go to Toronto because I'm

young and it's a big city. I'm from Kyiv, the capital of Ukraine," she said.

Her family started off living in Niagara Falls, but her parents later found a job in St. Thomas and she and her sister moved to Niagara-on-the-Lake.

Ultimately, she decided to stay in Niagara after starting her own pierogi business.

Now, she's 23 years old and said she really likes it in this community.

"I'm trying to settle down and I think it's the perfect place for me to stay and start my business," she said.

The emotional struggle this war is causing for Ukrainians doesn't have a quick fix, Zavhordnia says.

"We just started to heal from the trauma that the Soviet Union caused, the Second World War and the great famine," she said.

"Our new generation just started to heal and then it

happened again. So we are now realizing what's going on in our souls and minds," she added.

Zavhordnia said that while the road to repairing Ukrainian mental health isn't short, coming together is the first important step.

"It's just another beginning. They will start to rebuild all those visible things, buildings, infrastructure. But something that happened to these people, it's something that will be very hard to fix," she said.

Zavhordnia expressed that she is extremely thankful for her community of newcomers and how welcome Niagara-on-the-Lake has been, specifically to Château Des Charmes and Paul-André Bosc, the winery's president and CEO.

"Paul offered us the space (for free), and I asked him why. He just said, 'Because I believe in what you're doing,'" Zavhordnia said.



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COVID cases slowly trending upward, but so is immunity, says chief doctor

Somer Slobodian
Local Journalism Initiative
The Lake Report

Thanks to vaccines and booster shots, the region's chief medical officer says the community is much better prepared for any future outbreaks.

While hospitalization trends, intensive care unit admissions and wastewater data show COVID cases are on the rise once again, more people are immune to the virus than before, says Dr. Azim Kasmani, chief medical officer for Niagara Region.

"I think, overall, because of that immunity, we're in a much better place than we were," he said in an interview.

Kasmani noted that in addition to increased immunity within the population, we have more resources available now than we did at the beginning of the pandemic, including the medication Paxlovid, which helps lower the severity of COVID-19 for high-risk individuals.

More than 14,000 residents and staff died in nursing and retirement homes across Canada in previous COVID waves and concerns remain for those institutions.

The Niagara Long Term Care Residence on Wellington Street in NOTL endured a rhinovirus upper-respiratory outbreak between Aug. 21 and Sept. 6, but fortunately it was not COVID-related, said Chris Poos, executive director of the home.

While many NOTL businesses and organizations, including the Shaw Festival, are still navigating their way through a post-pandemic world, they're in a much better position now than they were three years ago.

A lot more is known about COVID and its prevention.

"We've put preventative measures in place, like covers and understudies, so when someone is (sick) with COVID or an illness, the understudy steps in," Shaw spokesperson Jenniffer Anand said in an email to The Lake Report.

No Shaw shows have been



Dr. Azim Kasmani, Niagara Region's chief medical officer, recommends people get a COVID booster when it becomes available this fall. SUPPLIED

cancelled in recent weeks solely due to COVID-19 — but some actors have caught the virus, Anand said.

"When shows were cancelled, it was a combined effect of illnesses — not necessarily COVID-specific — and understudy availability," she said.

“As a society, we need to really make sure that people have access to sick times so they don't have to make difficult decisions.”

DR. AZIM KASMANI
CHIEF MEDICAL OFFICER
NIAGARA REGION

Kasmani said he isn't sure if the uptick in cases across the province has to do with any of the new variants — it's just too early to tell.

"We're still waiting to see what comes (of) them," he said.

EG.5.1 is one of the new variants now dominating Ontario. There's also a newer, highly mutated variant, BA.2.86, that was reported in British Columbia at the end of August.

Both variants are descendants of the Omicron strain, XBB.1.5.

As of Sept. 12, Health Canada authorized the

use of Moderna's COVID vaccine, Spikevax, which targets XBB.1.5.

As of Monday, there were 36 people with COVID in ICUs across Ontario, which is up from the summer months, said Kasmani, but down from this spring and even this time last year.

None of the ICU cases are in Niagara, according to the region's website.

ICU numbers can be a delayed indication of the virus's prevalence in an area, since it takes time for people to get sick enough to end up in the ICU, Kasmani noted.

"It's certainly trending up right now, but it's nowhere near where it used to be," he said.

He also noted that mutating viruses are nothing new. "We're always going to see evolution. We see that in every virus," he said.

The fall is also a time when viruses normally circulate, he said, adding that mid-September is when there's usually an uptick in all virus cases — a trend that existed long before COVID-19.

The pandemic years changed this pattern, Kasmani said, since no one was going out and viruses couldn't spread. But it's starting to normalize again.

"As it gets cooler, it gets a little bit drier, people start spending more time inside.

Kids go back to school and so they're spending time inside classrooms together," he said.

Children are also hanging out with friends indoors, adults are going back to work and more people are gathering for the holidays.

"I think as those contexts go up, you see more spread of different things because there's more opportunity for viruses to pass around," he said.

When the COVID-19 booster shot becomes available this fall, he advises people to get it, especially those who are at a higher risk of catching the virus, such as seniors.

According to the Niagara Region's COVID-19 statistics page, those 80 and up are leading in COVID infections, followed by those between the ages of 60 and 79.

"If you're at high risk, you may consider wearing a mask, especially when you're in close personal contact with other people," he said.

He also strongly recommends children's vaccinations for illnesses such as mumps, measles and smallpox are kept up to date.

Taking safety measures such as washing your hands and staying home when sick are also important steps to take when trying to slow the spread of any virus.

However, he said as a society we need to make sure people have the opportunity to stay home when they're sick.

"If somebody works a job that they don't have sick time, it comes down to a choice between eating, feeding your kids, paying the bills, paying the rent or going to work," he said.

Then the individual gets blamed if they stay home from work, he added.

"As a society, we need to really make sure that people have access to sick times so they don't have to make difficult decisions," he said.

The region will continue to monitor wastewater data, hospitalizations, ICU admissions and updates from the government regarding COVID, he said.

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Contributed by Patty Garriock

“The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.” - Helen Keller

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Pumphouse picnic proves popular



From left, Kim Childs, Sandra Davis, Terry Davis, Calvin Childs and Myles Milligan enjoy a picnic on the Niagara River during the Niagara Pumphouse's Moonlight Picnic fundraiser on Friday. DAVE VAN DE LAAR

Editorial

The legacy of Terry Fox

Kevin MacLean
 Managing Editor

Had he lived, Terry Fox would now be 65 years old, a pensioner. His landmark birthday fell about six weeks ago, on July 28.

But it's impossible to see him as a senior citizen.

Remarkably, Terry is always and forever young, at least in our collective conscience, thanks to the photos and videos and personal memories from the 143 days of his spectacular Marathon of Hope.

From April 12, 1980, when he dipped his artificial leg in the Atlantic Ocean near St. John's, Nfld., he ran a marathon a day. On one good leg.

In true understated Canadian fashion, his trek started off rather low-key.

No one really knew what to expect of this kid with the curly mop of hair and hitch-hop running style thanks to his artificial leg.

Running across Canada? Seriously? Boy, did he show us.

Typically, the first real

heartfelt community acknowledgement of his feat came in Newfoundland, a province renowned for welcoming one and all.

In Port aux Basques, he received a hero's welcome – and about \$10,000 in donations.

And on he went. Sun-burned, blistered, freckled, his tousled locks bleached by the sun, a simple white T-shirt promoting the Marathon of Hope, loose shorts that might be embarrassingly skimpy by today's standards and no hat. It was 1980, after all.

He wore through his trademark blue Adidas as he made his way across the Maritimes and Quebec.

All was not sunshine and rainbows, though. Terry could be blunt, known for speaking his mind, whether it was to sponsors trying to cash in on his fame or even his good friend Doug Alward, who accompanied him, driving the donated camper van that was their home on wheels.

But once his younger brother Darrell joined them,

the Marathon of Hope began to hit its stride, first in Montreal and then on Canada Day in Ottawa.

There had been inklings that this young man was someone special, but by the time July 1 rolled around it seemed the country was ready to embrace this dynamo.

A few days later, on July 11, 1980, his fame exploded as some 10,000 people turned out to greet him at Nathan Phillips Square in Toronto.

A legend, a hero, the greatest Canadian, call him what you will, the kid from Port Coquitlam, B.C., was doing something unselfishly superhuman and people loved him for it.

Whether you saw him that day in Toronto, in person or in the media, or along the highways and byways north of the city as he made his way toward Parry Sound, Sudbury, north of Superior and ultimately Thunder Bay, you could not help but be awestruck by what this one-legged phenom was doing.

No one doubted he would

see it through – and no one expected the tragic, unfortunate end that lurked on the horizon.

On Sept. 1, after 5,373 kilometres, Terry's Marathon of Hope was over. His cancer had returned.

Except, unbeknownst to him, his run really was just beginning.

Terry lost his battle with cancer on June 28, 1981, exactly one month shy of his 23rd birthday, but he lives on in the efforts of thousands of volunteers across hundreds of communities in Canada and around the world.

The annual Terry Fox Run is carrying on the job he started but was unable to finish. With luck and donations and research, maybe, just maybe, Canadians can help make Terry's dream of defeating cancer come true.

Walk, run or donate. Do it for Terry.

• The Terry Fox Run is this Sunday, Sept. 17. NOTL's run starts from Simcoe Park and registration begins at 9 a.m.

editor@niagaranow.com



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Reflections on Celebration of Nations



Tim Johnson
Special to The Lake Report

As we reflect upon the seventh annual Celebration of Nations Indigenous gathering in St. Catharines, it's useful to point out the features that make it appealing and distinct.

Its inclusive orientation, embracing a broad range of Indigenous expressive arts, creates ample connections for audience engagement across a variety of genres and interests.

Traditional and modern dance, contemporary music, storytelling, visual arts, crafts workshops, poetry and other cultural programs punctuated a full schedule over the weekend.

From its start, the gathering has also integrated programs that address significant themes to promote cross-cultural learning and address the mandate and calls to action of the Truth and Reconciliation Commission.

This work follows from the installation and October 2016 unveiling of Niagara Parks' Landscape of Nations Commemorative Memorial, which dramatically increased public awareness of Indigenous contributions to the defence and founding of Canada.

It also reset the tone for renewed diplomatic relations among Indigenous peoples and municipalities,

organizations and agencies. The Niagara region has been profoundly changed as a result.

Deepening the public's understanding of Indigenous history and the antecedents that shape current events is of vital importance for informed and respectful dialogue.

Several programs at the gathering that delved into this realm also highlighted opportunities for shared values and common interests among Indigenous peoples and Canadians.

These extended from the opening Outstanding Achievement Awards ceremony on Friday evening, through highly entertaining concept events and concerts, to seminars that provided in-depth information.

I am particularly proud of the Celebration of Nations Outstanding Achievement Awards, which I conceptualized and implemented five years ago. They have become highly respected, honoured and valued acknowledgements.

The awards recognize credentialed and inspirational leaders who have had an impact within the Niagara community and beyond. The categories include a focus on performing arts, visual arts, intellectual advancement, Indigenous language and culture, empathic traditions, and, importantly, allyship exhibited by supporters of Indigenous peoples.

For this year's concert, Border Crossing: Blues, I tackled the complicated issue of Indigenous border-crossing rights. Over the ages among Indigenous peoples, the international border that separates Canada from the United



Backstage before the Border Crossing Blues concert during the Celebration of Nations are Raven Kanatakta and ShoShona Kish from Digging Roots, Rex Lyons and Irv Lyons from the Ripcords, and producer Tim Johnson and Lisa Johnson. SUPPLIED

States didn't exist.

In this region, the Niagara River and Great Lakes were transportation routes for thousands of years, with boundaries remaining open and fluid.

With the arrival of Europeans and the emergence of new nation states, defined through war and negotiation, a border was established that eventually drew a line dividing Indigenous families and nations from each other.

Given the subject matter it made sense to bring together two celebrated Indigenous award-winning bands, one from within Canada (the 2023 Juno Award recipient Digging Roots), and one from within the United States (the 2022 Native American Music Award recipient the Ripcords), to perform blues and rock-infused songs that

reveal the continuity of Indigenous cultures across the dividing line.

Two powerful and moving seminars were what I would call "movement-based" programs that possess Indigenous relevance of concern and interest to all members of the public.

The first, The Mohawk Institute: Purpose and Preview of a National Site of Conscience, provided insights to a profoundly important project, not only for Six Nations of the Grand River, but also for the survivors of numerous other First Nations whose children were sent to the school, as well as all within Canadian society who seek understanding of the impacts and legacy of Indian residential schools.

Given its educational nature, the significance of this work cannot be overstated.

Such locations as the Mohawk Institute reside in the interstices of history when and where a societal desire seeks to prevent the erasure of memories in order that future generations can learn critical lessons from the past.

The second seminar, UNESCO Niagara Escarpment Biosphere: Co-governance in a Time of Urgency, focused on an emergent movement with a session supporting the development of a community-based grassroots organization, the Niagara Escarpment Biosphere Network.

The network is dedicated to sustaining the broadly forested land area that boasts the highest level of species diversity among Canadian biospheres, including more than 300 bird species, 55 mammals, 36 reptiles and amphibians, 90 fish, and hundreds of varieties of

special-interest flora.

Numerous environmental crises are emerging today.

From more than 500 forest fires raging across Canada this year, choking lungs as far south as the United States and as far east as southern Europe, to the deadly fungal disease oak wilt (which could devastate Canada's forests), these and other climate change-influenced events are challenging our notions of basic environmental sustainability.

In Niagara, up and down the escarpment and across a wide sector of informed conservation, education and environmental groups, a broad movement is taking hold, and Indigenous peoples are directly involved.

To appreciate the oeuvre that constitutes Celebration of Nations and what it has accomplished over the past seven years is to understand its intentions and to recognize the breadth and depth of its offerings.

Its format is somewhat unique among Indigenous gatherings and due to its effectiveness in seeking to bridge borders between peoples serves as a model for other regions seeking to improve understandings and relations.

And the crowning awareness is the realization of how much intelligent, creative and earnest talent exists in the Indigenous world.

Niagara-on-the-Lake's Tim Johnson is the artistic producer of Celebration of Nations. He also serves as a senior adviser to the Niagara Parks Commission, Plenty Canada, the Friends of Laura Secord and is senior Indigenous curatorial adviser to the Royal Ontario Museum.

Upset that horses worked in 28C heat

Dear editor:

As a visitor to your town I was very dismayed on Thursday, Sept. 7, to see two horse-drawn carriages out on the streets of Niagara-on-the-Lake, with passengers on board.

The day's temperature was 28C (but it felt more like 37C), according to the

Weather Network.

The horses being used in this manner is an unnecessarily heartless treatment of the animals.

Other cities and countries are phasing out this use and abuse of horses, and I would hope that Niagara-on-the-Lake would cease this as well.

The sooner, the better.

That being said, in Winnipeg where I live, the humane society is very involved in educating the public about the welfare of all animals.

The organization recently has been particularly vocal about the mistreatment of horses

(horse slaughter being a huge component).

With respect to the horse-drawn carriages in NOTL, it is a common practice to see used up horses ending up in auctions, sold to kill buyers and shipped live to Japan for slaughter.

*Lois Isfjord
Winnipeg*

We're NOTLers — and proud of it

Dear editor:

Last week's letter, "NOTLers' is not an appropriate nickname" was deeply misguided.

We need only look to our friends the Quebecers, New Yorkers and Yukoners to

see the writer's mistake.

Do we prefer "Niagara-on-the-Lake-ian?"

I don't think so.

Sincerely, a proud NOTLer.

*Mike Vanoostveen
St. Davids*

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Eclectic variations marked **decline** of Victorian era



ARCHITEXT

Brian Marshall
Columnist

Toward the end of the 19th century, a number of societal forces in both Britain and the United States combined to have a profound impact on architecture.

The Industrial Revolution in the United Kingdom began almost a century earlier and a significant portion of the population had grown weary of change, tired of mechanization and new technologies together with the rapid march of urbanization.

They wanted, perhaps needed, a break from the consistent impacts caused by continual innovation and yearned for a return to the order and stability that they perceived the Georgian era represented.

In 1876, across the Atlantic, the United States celebrated its centennial and a fascination with American history swept the nation.

New historical societies sprung up in any number of towns and cities as the general population embraced their nation's past and its colonial beginnings.

At the same time, the average American citizen had grown weary of the changes introduced by their own Industrial Revolution and there was widespread desire for a simpler, more orderly life.

Back in the U.K., British architects responded to the desires of their population by resurrecting the Georgian rules of proportion, symmetry and conservative dignity, introducing Neo-Georgian designs to the market.

While in the U.S., architects drew upon colonial architecture (which, incidentally, was based on the English Georgian),



McClelland House at 164 Victoria St. is a unique and scholarly cited example of one of NOTL's Eclectic Dutch Colonial Revival homes. BRIAN MARSHALL

developing designs they referred to as Colonial Revival.

However, this was just the first step in the evolution of a new architecture style. While the desire for a pausing of innovation might have been prevalent in both populations, this had little effect on the rate of change.

The decline and subsequent death of Queen Victoria seemed to coincide with the general societal rejection of the rigid adherence to the rules and formal behaviour that marked her era.

This easing of the rules governing both personal interactions and conforming to the expectations of "proper" society influenced housing design.

So, too, did technological innovations like electricity, central heating, plumbing, and labour-saving appliances change the requirement for large houses with complicated floor plans.

In addition, public means of transportation such as streetcars, trolleys and commuter trains proliferated while automobile ownership grew more common, together granting increased access to a countryside where many of

the middle class envisioned owning their own house and enjoying informal country living.

Taken as a gestalt, the house-buying public wanted designs informed by the history of more orderly times, with simplicity and elegance in form, efficient and practical in layout, ideally surrounded by landscaped gardens.

Armed with this mandate, architects who might have begun with the Neo-Georgian or Colonial Revival (the latter of which was quickly expanded to include the Dutch Colonial expression), rapidly plumbed history to generate neoclassical and Tudor Revival designs.

Then, not content with Anglo-based precedents, they drew on French period houses to develop the Chateausque, Beaux Arts and French Eclectic expressions.

Finally, they went to Italy for the basis of the Italian Renaissance Revival and Spanish colonial building history for the expressions which came to be known as Mission, Spanish Revival, Monterey and Pueblo Revival.

Taken as a group, these expressions comprise the Eclectic style of architec-

ture, which spanned the period between 1880 and 1940.

Here in Niagara, many of these Eclectic variations (French, Italian, Spanish) did not reflect the staunchly British-oriented attitudes or taste of the majority in local society and hence are largely absent from our built heritage landscape. However, we do have a rich inventory of the English and Anglo-American based expressions.

Before we visit a few of these houses, it is important to note that architects of the Eclectic school were not loath to modify elements (using square posts rather than classical pillars on a Neo-classical Revival, for example) nor did they hesitate to use elements drawn from other period houses on their particular revival design; hence you might see Tuscan columns and a Neo-Classical pediment used on a Dutch Colonial Revival.

And, that particular example is drawn from the McClelland House in Old Town at 164 Victoria St. If one pictures this house without the recent side addition and focuses purely on the gambrel roof portion, it

is a superb example of the early 20th-century Dutch Colonial Revival.

Now, let's head out to 14902 Niagara River Pkwy. Built circa 1880, just as Eclectic style first gained popularity, this white clapboard clad home with its grand two storey porch is one of the earliest surviving Colonial Revival houses in Canada and amongst the oldest of its kind in North America.

Further along the Parkway toward Queenston at #14719 is a simple two-storey circa 1900 home in the Tudor Revival expression. Then, just a few doors down on the same side of the road is 14703 Niagara River Pkwy., which is a lovely circa 1912 example of the Neo-Georgian form, albeit with some American influences such as the shingle cladding.

Swinging back into Old Town, let's land in front of 166 Queen St., set on one of the historic "estate lots," this Tudor Revival home with its superb two storey side porch bespeaks the era of wealthy American summer homes in town. As does its next-door neighbour at the corner of Simcoe and Queen.

Another example of Tudor Revival, this time displaying the more common mixed cladding with brick on the main and half-timbered stucco on the upper. The multi-paned windows with weighty trim work is common to this eclectic expression.

For our last stop before leaving NOTL, we'll head further out on Queen to #456 where we find a neo-classical revival with all the bells and whistles including a full height front entry porch and a two storey, double level colonnaded side porch.

If you are up to a short road trip, there is a special Eclectic nearby that is worth a visit.

At 35 Yates St. in St. Catharines' Yates Historic District is a rare example of Spanish Revival north of the border.

The house is the work of the brilliant Niagara-based architectural partnership of Arthur Nicholson & Robert MacBeth and displays many of the features of the Spanish Revival expression.

Brian Marshall is a NOTL realtor, author and expert consultant on architectural design, restoration and heritage.



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Farmworker Hub volunteer looks to **give back** with art sale money

Somer Slobodian
Local Journalism Initiative
The Lake Report

For a year now, Lynne Gaetz has been volunteering her time with Niagara-on-the-Lake's Farmworker Hub, helping to provide seasonal farm workers in town with the support they need during their lives in Canada.

"A lot of these folks don't see their families, sometimes, for five to eight months a year, and so, I feel for them," she said.

This month, she's hoping to give back to this community of workers using her passion for art.

Gaetz, who's a full-time artist, is hosting a new art exhibit at the Ironwood Cider House featuring a variety of multimedia artworks. This work is available for sale, and Gaetz has decided to donate a portion of the proceeds to the Farmworker Hub in Virgil.

"I've been wanting to do something for the Farmworker Hub ever since I started there last year," she said.

Gaetz's exhibit, "Fragments," is on now at the



NOTL artist Lynne Gaetz is donating half of the sales from her art exhibit at Ironwood Cider House to the Farmworker Hub. SOMER SLOBODIAN

cider house and will be until Sept. 27. She's also hosting an open house for the exhibit on Sept. 17 from 2 to 4 p.m. Fifty per cent of her art sales will go to the hub.

"I thought, well, if I can help by giving some money from this show – and hopefully, hopefully it will do OK – then that's good for them," she said.

NOTL's seasonal farm

workers have very difficult jobs, she said, and she believes what the hub does is extremely important.

"I thought, 'If I'm gonna give to a local charity, I should give to one that I might actually know something about,'" she said.

Julia Buxton-Cox, founder of the Farmworker Hub, said she's very appreciative and the money will be used

towards everyday items like toiletries, winter balaclavas and men's winter gloves.

There are 16 pieces of art for sale at the exhibit as well as multiple print options.

The print options are a great, low-cost option for those who just want to support the hub, but don't want to spend a large amount, said Gaetz.

Gaetz lives in Niagara-on-the-Lake and has been a full-time artist for about nine years, but has been painting for much longer than that.

Previously, she was a teacher in Montréal.

Her new exhibit will display a variety of mixed-media dreamscape paintings.

"They include a lot of words that resonate with me and photographs of my own art," she said.

She said the paintings are like a history of her journey as an artist.

"They can look like a cityscape or like a bridge or (like) arches," she said.

She prints photos of some of her old art, cuts them up and creates a collage on the newer pieces.

Some of her paintings even use recycled materials that would have ended up in the landfill, such as tiles and metal molding.

She also adds stones and sea glass to some of her smaller artworks.

"I like that, because really, they have different textures when you look at them, and the light reflects differently," she said.

She said some of her art

can take her weeks, if not months, to complete — it all depends on the piece itself.

No matter how long it takes to finish a piece, her art space is a meditative place where she can let go of everything, she said.

"When I go to my studio, I stop thinking about anything else, I just have the music on and I just see colours and ideas," she said.

She added that she also does a lot of figurative work, but with a "surreal element" to it.

"I don't use reference photos and just paint what's in the photo, I tend to paint from my imagination," she said.

While she often creates her art for herself, she said it's always a pleasure to share it with the rest of the world.

"Other people might find it resonates for them as well," she said.

The prints being sold at the exhibit range from \$50 to \$60 in price, while handmade artwork will cost upwards of \$4,000 for the larger pieces.

The Ironwood Cider House is located at 1425 Lakeshore Rd.

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SAT 14 OCT

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Weekend **bake sale** helps NOTL Cats Rescue with kitten overload

Somer Slobodian
Local Journalism Initiative
The Lake Report

Due to an increase in the number of kittens and cats in its care, NOTL Cats Rescue is holding a bake sale this weekend to help cover its expenses.

The bake sale will be from 9 a.m. to 2 p.m. this Saturday, Sept. 16 at 456 Line 2 Rd. behind Crossroads Public School in Virgil. It will also double as a yard sale, with household items available to buy.

Tanya Rice, a volunteer for the rescue, said that as of last week, it has 26 kittens in its care and six female adults who gave birth between last year and this year in its care.

There are many factors that contribute to the increase of cats and kittens in the rescue care, such as the COVID-19 pandemic, low number of fosters and low adoption numbers.

“COVID continues to complicate people’s lifestyles — we see abandonment going up, we see cat colonies increasing because people do not spay and neuter their animals,” said Rice.

Normally, Rice said, the rescue would wait until December to have another fundraiser, but due to the amount of kittens and cats in its care and the cost associated with caring for them, the rescue decided to reach out to the community for help.

Rice said the rescue welcomed two new foster families over the summer, which has helped tremendously with the influx of cats, but they’re still look-



Calypso is currently in the care of NOTL Cat Rescue and will need a \$3,500 eye surgery. SUPPLIED

ing for more.

The small non-profit organization is 100 per cent volunteer-driven and dedicated to rescuing cats and kittens in need and finding them new homes, as well as reducing the stray cat population.

“We operate strictly from fundraisers, donations (and) volunteers,” said Rice.

The fundraiser will not only go towards feline care for its current cats and kittens, but will also help pay for a \$3,500 eye surgery needed for one of its foster cats, Calypso.

She recalled a cat, Pinot, that was abandoned on Peller Estates and taken into the rescue care. Thankfully, Pinot was recently adopted.

It’s not just in cats: Rice said she’s noticed an increase in dogs getting abandoned, too.

She encourages everyone to spay and neuter their animals, even if they’re indoor pets.

“Even if you think 100 per cent that your pet is going to be strictly indoors — they’re quick, they’re fast,

they can get out through a three inch opening,” she said.

Spaying and neutering helps reduce the amount of homeless or lost cats as well as reduces medical issues, said Rice.

“(It) reduces the transmission of feline diseases,” she added.

To help get more cats adopted the rescue partnered with the Pet Valu in Virgil. Volunteers bring cats every weekend to meet customers and hopefully find their forever home.

Rice said the partnership has been wonderful. Five-month-old bonded siblings Rocky and Rosie will be at Pet Valu this Sunday from noon to 3 p.m.

If anyone is interested in fostering or adopting a cat, go to Notcats.weebly.com or inquire at the bake sale this weekend.

There will be plenty of baked goods to go around like butter tarts, snickerdoodles, autumn-appropriate pumpkin chocolate chip cookies, brownies and peach pies as well as gluten-free and vegan options.

Lemonade stand raises **\$302** for NOTL Cats Rescue

Staff
The Lake Report

Thanks to five-year-old Leland Bastedo, and some thirsty individuals, NOTL Cats Rescue has 302 reasons to be grateful.

Leland, along with his three-year-old sister Ruby and parents Jen and Tim Bastedo, held a lemonade stand on Sept. 3, selling refreshing lemonade and Rice Krispie treats.

Together, they raised \$302 for the town’s non-profit cat rescue group.

Seen in the photo above, on Sept. 10, Leland and Ruby presenting their earnings to NOTL Cats Rescue



Volunteer Erika Buchkowsky (right) accepts a \$302 donation from five-year-old Leland Bastedo and his three-year old sister Ruby (left) on behalf of NOTL Cats Rescue. SUPPLIED

volunteer Erika Buchkowsky.

“NOTL Cats Rescue has been overwhelmed this year with many mama cats and kittens and is very grateful

to the Bastedo family for their kindness in helping with desperately needed funds,” Buchkowsky said in an email to The Lake Report.

U.S. Coast Guard practises **search and rescue skills**

Evan Loree
Local Journalism Initiative
The Lake Report

If you were near the Niagara-on-the-Lake Golf Club last Friday morning, you may have noticed an orange-coloured helicopter hovering over Lake Ontario, just offshore.

Not to fear, though, it was just the United States Coast Guard practising some essential search and rescue skills using an MH-65 Dolphin chopper.

The Niagara station of the U.S. Coast Guard was rehearsing doing helicop-



A view of one of the Coast Guard’s emergency response boats as seen from a helicopter above. SUPPLIED

ter hoists — simulating a situation where an injured or distressed person must be lifted from a boat to a helicopter.

Coast Guard spokesperson Lieut. Phillip Gurtler said the training is mandatory and Coast Guard

members are required to complete it twice a year to ensure competency.

The session was held Friday at 10 a.m. and involved 10 people, three aboard the chopper helicopter and seven on an emergency response boat.


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Wells of Hope urges community to support Passion fundraiser's return after hiatus

Julia Sacco
The Lake Report

After a three-year hiatus due to COVID-19, an annual fundraiser focused on helping people in Guatemala access life's basic necessities is focused on rebuilding its sense of community.

Wells of Hope's Passion fundraiser is back on Friday, Sept. 22 and the organization's chair, Scott Maxwell, said he's looking forward to touching base again with longtime volunteers.

"My goal is to reignite the event and get everybody coming out again. COVID was devastating to us when trying to reach our base," said Maxwell.

The fundraiser will take place from 6:30 to 10 p.m. at the Château Des Charmes winery. All the funds raised will go toward helping



Chefs from Vintage Hotels restaurants will be at this year's Passion fundraiser. SUPPLIED

people experiencing poverty in Guatemala access clean water, schools, trades training, basic medical assistance and agricultural projects.

"This year Vintage Hotels really stepped up. We got Pillar and Post, Prince of Wales, Queens Landing and their sushi and Thai

restaurant. There's five restaurants from them and Jack Astors from St. Catharines," Maxwell said.

He added that there will also be a handful of breweries present and wine provided from Château Des Charmes.

Over the past years, Wells of Hope has helped more

than 96,000 people in Guatemala access clean water with 32 functioning wells and has opened 32 schools and a medical clinic.

Maxwell urges people to stay connected at wellsof-hope.com.

Tickets to the Passion fundraiser are available on the site at \$100 per person.

Museum examines history of Black music in Canada

Barbara Worthy
Special to The Lake Report

The history of Black music in Canada is still a story being told and is one that is perhaps not fully appreciated nor understood.

In a post-Drake world, Canadian Black artists now dominate the charts and have garnered massive international respect in genres as diverse as hip-hop, soul, blues and jazz.

But the path to that recognition was a steep climb and not without its struggles.

Historian and educator Carlos Morgan will share this colourful history in the Niagara-on-the-Lake Museum's final in-person



The museum lecture will explore artists like Oscar Peterson (pictured here), Maestro Fresh Wes and Portia White. SUPPLIED

lecture of 2023, on Thursday, Sept. 21, at 7:30 pm.

Morgan, a Juno award-winning Black singer, songwriter, recording artist, and founder of Solroc Records, was born and raised

in Canada.

"But I wasn't educated about the contributions of Black artists and musicians in Canada," he said. "And they were an integral part of our cultural identity."

Morgan's passion for sharing this unique history led him to teaching across Ontario and raising awareness of how Black music has laid the foundation for music in Canada, shaping and influencing the lives of people worldwide.

From Oscar Peterson to rapper Maestro Fresh Wes, and African-Canadian contralto Portia White, Morgan will examine the roots of Black music, its impact and how it's been a messenger, an outlet and a space of freedom.

Museum lectures are \$10 for the public or free for members. Call the museum at 905-468-3912 to reserve seating.



This week's riddle is "Jeopardy!" style.
Category: PEARLS OF WISDOM

Nacre is another name for this iridescent substance.

Last issue:

Category: TIME TO FALL INTO AUTUMN

Clue: From the Latin for "fall off," this adjective describes trees that lose their leaves in fall.

Answer: What is deciduous?

Answered first by: Susan Hamilton

Also answered correctly (in order) by: Claudia Grimwood, Bob Wheatley, Becky Creager, Jane Morris, Debra Jacobs, Bob Campbell, Jesse Agnew, Susan Dewar, Howard Jones, Marjory Walker-Barone, Pam Dowling, Nancy Rocca, Wade Durling, Gordon Yanow, Lynda Collet, Jim Dandy, Deb Valder, John Vanderperk, Elaine Landray, Sheila Meloche, Katie Reimer

*REMEMBER TO PUT "WHAT IS" FOR JEOPARDY QUESTIONS!

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Oliver-Malone named Willowbank's 'archivist emeritus'

Staff
The Lake Report

Elizabeth Oliver-Malone has been appointed to the lifetime position of "archivist emeritus" in honour of her years of dedicated service to the Willowbank School of Restoration Arts in Queenston.

The board of directors of the school announced the appointment to coincide with Oliver-Malone's 90th birthday on Sept. 10.

Reflecting on the honour, Oliver-Malone said, "My predecessors and peers have inspired me to keep on with archives for the Willowbank School of Restoration Arts and Centre for Cultural Landscape in an environmentally sustainable way. I have been very proud to do so."

Together with her late husband Ralph Malone, she was a founding supporter of the acquisition of the Willowbank Estate and she has since remained an active member of the board.

Through the years she has organized and managed the Willowbank Archives and Library, even keeping some of the artifacts in her own home during periods of renovation and restoration of the building.

"In doing so, Elizabeth has become an expert on the history of the Hamilton family, who constructed the mansion in 1834 and subsequently lived on the property for almost a century," said board chair John Scott.

Visitors to Willowbank during open houses are often welcomed by Oliver-Malone in period dress offering extensive tales of the evolution of both the estate and its occupants.

"Elizabeth has become an integral part of the culture of Willowbank," said past-chair Patrick Little.

"I doubt we would have achieved the success we have with the school without her steadfast support."

She visits the mansion several times each week



Elizabeth Oliver-Malone has been active with Willowbank as a supporter and volunteer for many years. JANICE WHITE

and works with students in organizing both the library and archives.

"Her mind is like a steel trap – everything is stored and recalled as required. She is truly remarkable, like no other," Little said.

Upon the announcement of the honour, Willowbank

secretary Vikki Broer stated, "Elizabeth, you have and continue to be a highly supportive force at Willowbank, ever reminding us that understanding and sharing of the past is critical to a relevant and authentic future not only of Willowbank but of our world in general."

Scott noted the archivist emeritus title "will ensure that the remarkable Elizabeth will actively serve Willowbank well into the future."

He added that, "Willowbank is not only a Canadian historic site but in Elizabeth also boasts a true national

treasure. We look forward to her continued contribution to the board and the Willowbank archives."

"This is a very fitting tribute to a person whose dedicated work has made significant contributions to the preservation of our valued history."

SPONSORED STORY

Plant No. 01 celebrates a year in business with new flavours

Submitted
The Lake Report

We are so excited at Plant No. 01 to be celebrating our one-year anniversary on Sept. 15.

A year ago, we were experiencing equal mounts of happiness, anxiety, fatigue and excitement as we prepared to open our business.

Like so many other businesses, the challenges we faced to get our plant-based kitchen up-and-running (while dealing with shortages and high building material costs due to COVID, ongoing construction at the Glendale exit, coupled with our concerns about being plant-based and off the beaten track) were not for the faint of heart.

We are sincerely grateful to our customers — those who ventured into an unheard of, unknown part of Niagara-on-the-Lake to give our delicious food a try.



Plant No. 01 offers savoury and sweet foods, from soups, stews, lasagnas mac n' cheese and more to sweet treats like cheesecake. All of the items are plant-based. SUPPLIED

People said things like "Why here?," or "I never knew this street existed," or "Google Maps took me to the Outlet Mall."

Phone call after phone call ... "I'm here but where is Plant No. 01?"

If the super cool building, lovely landscaping and

greenspace weren't enough to entice you to visit us, our fall menu is almost here.

We have our customer favourites such as our six-layer lasagna, sweet potato gnocchi with braised spinach and onions, mac n' cheese, and shepherd's pie, new casseroles and

soups and more gluten-free options.

Fresh dinner rolls and our house-made butter will be back as well.

Our other exciting news is about our launch of our new cheesecake flavours.

Our cheesecake slices disappear pretty much

every day. New rotating flavours include mylk and cookies, praline crunch, "the Tortoise," as well as various other flavours with seasonal fruits, such as our apple streusel — and dare we mention our butter tart cheesecake, which will be appearing closer to the end of September.

Our cheesecakes, like all of our other dishes, are free from artificial preservatives, colours and flavours, and contain slightly less than a cup of sugar per nine-inch cake.

We only use organic white chocolate (plant-based) and fair trade dark/mylk chocolate in our desserts.

Organic flours and expeller-pressed oils are also base ingredients in our menu items.

We have a number of specials on for Sept. 15 and 16. Please see our social media posts for more information. We will also be starting a

free delivery service one day per week for our grocery items starting Sept. 15.

The service is for NOTL residents (Old Town, St. Davids, Queenston, Niagara on the Green and Virgil) with a minimum \$75 per household order.

On another quick but important note, nothing could be accomplished without our head chef Jess, who has more than 20 years of experience in the restaurant business, Tristan (Jack of all trades in the kitchen) and a graduate of the Niagara College culinary program, Adil, with 10-plus years of kitchen and restaurant management, and Lindsay, also a graduate of the Niagara College culinary program and professional baker.

Now ... come on down and see us ... friendly, sincere service, delicious food, a fun atmosphere and parking ... yeah!



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Fifteen-year-old Avery Froese did a lot of heavy lifting during the first cadet bottle drive of this training season on Saturday. The funds will help cadets explore Ontario. JULIA SACCO

Cadets raise money to tour **political sights** of Ontario

Julia Sacco
The Lake Report

A group of cadets in Niagara-on-the-Lake are aiming to raise money for an educational trip to significant political and military sites in Ontario – by collecting empty bottles.

Cadet training officer Heather Emptage told The Lake Report the 809 Newark Royal Canadian Air Cadet Squadron is hoping to do an end-of-the-year trip to places such as Kingston, Trenton and Ottawa.

They were out on Saturday from 9 a.m. to 1 p.m. to collect empty bottles, which

they then recycled at the Beer Store in exchange for money.

“This would pay for some of those extracurricular activities,” she said.

They stationed themselves at the NOTL Legion, the Cornerstone Community Church and the St. Davids Lions Club for the collection.

“We pick up bottles from people who drive by and sort them into groups. Multiples of six, colours and non-colours, beer, wine, cans,” said 16-year-old cadet Aidan Dean.

Since COVID-19 began, she said, the cadets have not been able to go on any

excursions – they great benefit from the experiential learning, she said.

“Training involves a very large portion of citizenship: one of the aims of the program is to promote citizenship in Canadian youth. It would be doing citizenship tourist things such as seeing Parliament in Ottawa, going to the Air Force Museum in Trenton,” Emptage said.

Emptage said that by the end of this training season, which will run until the end of May, the cadets hope to raise \$8,000 toward club expenses, including the trip.

Their next bottle drive will be held on Jan. 13.

Gates’ bill would **remove tax** on Ontario-made wines and retail

Continued from Front Page

As documented in The Lake Report in August, the Ontario Craft Wineries launched a petition calling for abolition of the 6.1 per cent tax.

Association president Richard Linley said the basic tax, in addition to other levies including the HST, punishes small wineries that sell their own wine to the public from their winery premises.

“No other retail product pays a tax like this.”

A report released in June by Deloitte Canada and commissioned by Ontario Craft Wineries, Tourism Partnership of Niagara and Wine Growers Ontario noted Niagara’s wine industry, if supported, could bring in \$8 billion in gross domestic product to the region over the next 25 years.

And one way to support the industry would be to eliminate the sin tax and distribution restrictions, the report said.

Earlier this year John Peller, chairman and CEO



MPP Wayne Gates. FILE

of Andrew Peller Ltd., publicly urged the province to do more to help the wine industry compete, saying it would pay huge dividends.

“There is no other industry that has greater growth impact on economies than premium wine-based economies,” he said.

“It’s a very bold statement, but it also happens to be true. It’s not rhetorical. It’s not hyperbole. It’s not conjecture. It’s an economic fact,” Peller told a NOTL Chamber of Commerce gathering attended by area politicians and leaders from business, tourism, theatre and wineries.

Gates introduced similar

legislation in 2018 to eliminate the tax but it died when the provincial election was called.

“Frankly, we need to do a better job of supporting our wine industry and ensure they have a larger share of industry like we see in other provinces,” said the MPP for Niagara-on-the-Lake, Niagara Falls and Fort Erie.

“These businesses create jobs right here in our community and the impact of COVID-19 could see up to one in five wineries closing their doors.”

“From my discussions with winery owners and industry associations, this bill will provide much-needed relief at a time when many in the industry are struggling from the ongoing impact of COVID-19,” said Gates.

“We are really lucky in Niagara to have such a wonderful wine region and opportunities for education in the field at both Niagara College and Brock University – let’s work hard to make sure it can continue to grow.”

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Girls tennis tourney a hit at St. Davids courts

Submitted
The Lake Report

Young tennis enthusiasts, all girls ranging in age from 10 to 14, gathered at the Lions Club Park in St. Davids for an exhilarating tournament on Saturday, Sept. 9.

Drawing participants from both the Niagara area and as far as Mississauga, Cambridge and Richmond Hill, the event was a resounding success.

It was part of Tennis Canada's "Girls. Set. Match." program to enhance competitive opportunities for girls, and it created an atmosphere of fun and camaraderie for girls, parents and volunteers alike.

Registration for the tournament filled up in just three days and attracted 17 participants.

Throughout the day, the courts were abuzz with activity as players engaged in some thrilling matches.

Each participant was guaranteed a minimum of



Competitors in last Saturday's girls tennis tourney in St. Davids celebrate on the court. PUTRI SUKMANTARI

four matches, ensuring a day filled with riveting tennis action.

Spectators, who included players, parents and educators, expressed their joy at having an opportunity to partake in a competition tailored specifically for girls.

"These kinds of activities are usually out of reach and require travel to other

cities. It is great to see this happening in Niagara," one parent commented.

The girls relished the chance to play against different opponents and compete in a dynamic format.

Unlike team sports, tennis empowers girls to solve challenges independently, cultivating their mental fortitude, self-confidence,

athleticism and skill.

Behind the scenes, the tourney ran seamlessly thanks to the efforts of Niagara tennis coach Kendra Osa and a dedicated group of volunteers.

Joining in on the action was Fast and Female, an organization dedicated to promoting girls in sports. Their engaging activi-

ties, ranging from beading stations to footwork drills and games, provided ample entertainment in between matches.

The Ontario Tennis Association and Fast and Female sponsored the day, providing participants with sweatshirts and swag bags to commemorate their involvement.

The tournament serves as a beacon of hope and progress in the world of girls' sports.

According to a study by Canadian Women in Sports in partnership with Canadian Tire Jumpstart Charities, one in every three girls drops out of sports during adolescence, compared to only one in 10 boys.

And as many as 62 per cent of Canadian girls do not participate in any form of sport. Programs like "Girls. Set. Match." are vital steps toward closing these gaps and ensuring girls have equal access to the benefits of sports participation.

The event would not have been possible without the support of long-term NOTL tennis promoters Rosemary Goodwin and Karen Wright, along with area tennis enthusiasts including Jen Allen, Stephanie Bonetta, Sandy Burns, Sunni Cao and Margarette Miarecki.



Discretionary Grant Program Now Open for Submissions

This Program is designed to allocate discretionary funds to organizations, groups, and events that contribute to the cultural, social, environmental, and economic well-being of the Niagara-on-the-Lake community.

Apply to the Town's
Discretionary Grant Program
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today, please visit
www.notl.com/discretionary-grants.

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Heritage Trail Phase 2 Feedback Opportunity

PARTICIPATE

The Town is looking for feedback about the design concept for Phase 2 of the Heritage Trail Rehabilitation Project from East & West Line to Line 3 Road.

Have your say about the design, including the width, trail positioning, and surface.

- Attend the Public Information Centre on Thursday, September 21, from 6:30 p.m. to 8:00 p.m. in the Community Centre Lobby (14 Anderson Lane, Niagara-on-the-Lake)
- Provide feedback in writing at www.jointheconversationnotl.org/heritage-trail until October 6, 2023.

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Golfers take their best shot and try to **Beat the Pro**

Kevin MacLean
The Lake Report

It's open season on the head pro at Niagara-on-the-Lake Golf Club.

As another summer winds down, participants in some of the club's leagues are having their annual friendly Beat the Pro competitions.

This past Tuesday, the nine- and 18-hole women's league participants had their shot at pro Keith Vant.

Only a few were successful.

The game involves getting closer to the pin on the par-3 fourth hole, which measures about 120 yards from the tips.

This week some of the women even got to decide which club Vant could hit, in some cases forcing him to hit his driver from the back tees (when normally he might hit a 9-iron or a wedge).

It's all in fun and among the nine-holers only Maureen Taylor was able



Maureen Taylor was one of the players who managed to beat NOTL club pro Keith Vant on Tuesday. FILE/JANICE WHITE

to get closer than Vant, while three 18-holers – Jen Meszaros, Lisa Allen and Cathy Murray – were successful.

In other results, Judy Wright has the longest drive and Diana Dimmer sank the longest putt in the nine-hole league.

Club champion Martha Cruikshank won the low gross in 18-hole play, shooting 84. Yolanda Henry had 87, Allen shot 90 while Brenda Bell and Margot Richardson had 93.

Top net scores were: Robin Foster (70), Richardson (71) and Gayle Tanner,



Patrick Craig (closest to the pin #2), Warren Tutton (closest to the pin #4), Wil Neufeld (longest putt #6), Watson (longest putt #7) and Peter Danakas (closest to the pin #9).

But the biggest winner on the day was Cal Cochrane, who cashed in on the weekly putting contest. He holed an 11-footer to take home the accumulated pot of \$630.

Patrick Craig won a gross skin on #3 and net skins went to Bill Smethurst (#3) and Tom Elltoft (#7).

Carolyn and Drew Porter, Julie and Bill Smethurst scrambled to shoot a 2-under 34 to take first place in Friday's weekly Couples League.

Jill and Ron Planche, Peggy Larder and Gerry Shelly were second with 35, ahead of Karin Nitsch and Brigitte Bassie, Janice and Jim McMacken by retrogression. In fourth were May Chang and Kevin MacLean, Sue and Dave Gagne with 36.

May Chang, Val Chubey and Cruikshank had 72. Foster had the fewest putts, with 30.

Meszaros was closest to the pin on #4 and Richardson was closest on #9. Birdies were notched by Allen and Meszaros (#4), Chubey (#6) and Richardson (#9).

In Thursday's men's league, Harry Huizer and club champ James Grigjanis-Meusel both shot sizzling rounds of even-par 36. Huizer also led in modified Stableford scoring, with 23 points.

Other winners: Ricky Watson (longest drive #1),


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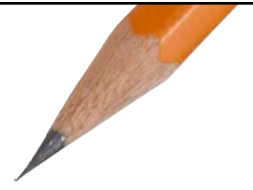
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Across

- 1. Disreputable (6)
- 5. Fraught with danger (8)
- 9. Like most lunch breaks (4-4)
- 10. Longtime Zimbabwean leader (6)
- 11. Sticky snares (4)
- 12. Sparsely distributed amount (10)
- 13. She saw deserts ranged below (10)
- 17. Imperial field measure (4)
- 18. In the proper manner (4)
- 19. Group who stick it to the ball (6,4)
- 20. Grandstanders (10)
- 24. Eliot's were practical (4)
- 26. Landing places (6)
- 27. Develops and utilizes (8)
- 28. Character sketches (8)
- 29. Raised the roof (6)

Down

- 2. Residence (5)
- 3. Sheers off (5,4)
- 4. Often bought with emulsion (5)
- 5. Communicator before texts and smartphones (5)
- 6. Recall past experiences (9)
- 7. Within the rules (5)
- 8. Inner city, perhaps (5,4)
- 14. Like Gabriel, for example (9)
- 15. Dry run (9)
- 16. And so on (3)
- 17. Scholar to sort out where to learn to paint (3,6)
- 21. Bluff (5)
- 22. Bakers? (5)
- 23. Mawkish (5)
- 25. Right of ownership (5)

Crossword Puzzle

1	2	3	4	5	6	7	8			
9						10				
11				12						
13	14			15	16			17		
18				19						
20		21			22	23		24		25
26					27					
28								29		

Last issue's answers

1	O	B	S	T	A	C	L	E	S	6	U	S	A	G	E	
	A	O		A	M					9	U	H	R			
10	I	N	C	A		11	U	N	E	M	P	L	O	Y	E	D
	D	S	G	R								F	L	U	E	
12	S	W	I	T	C	H	E	S		13	O	B	L	O	N	G
	I	E	T	O	R											
14	A	D	O	R	N		15	A	N	T	I	P	A	T	H	Y
	T						17	F								
18	S	H	E	D	T	E	A	R	S		21	S	H	A	R	K
											23	J	E	E	C	
24	T	I	N	S	E	L		26	S	P	O	O	N	F	U	L
	D	E	B	K	A											
27	R	E	C	R	E	A	T	I	O	N		28	Y	V	E	S
	A	V	D													
29	U	L	C	E	R		30	A	G	R	A	R	I	A	N	S

	7	2								
		1		4	8					
		3			7			4		
	4				1				3	
	5				9					4
	8			3					7	
	2		7				4			
			1	5			9			
							7	2		





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Walking restored to paraplegic by harnessing his brain



DR. BROWN

Dr. William Brown
Columnist

The three most important evolutionary changes on the way to modern humans were bipedalism, repurposing the forelimbs and especially the hands for fashioning and using tools, and a brain capable of symbolic thinking, language and handling the increasingly complex social networks of larger groups.

By three million years ago, bipedalism had become sufficiently stable, fluid and established as the default way to get around for several species of small-brained apes – the australopiths, the best-known of which is Lucy, a female member of the species variant, *australopithecus afarensis*.

In modern times, trauma or degenerative disease that affect the spinal cord in the

neck are common causes of weakness and impaired coordination in the legs. It can necessitate use of a cane, a walker or, in the most severe cases, a wheelchair to get around safely.

Several years ago, a group based at the Swiss Federal Institute of Technology and led by Gregoire Courtine, took up the challenge of trying to restore walking to those who had lost it. One example of this was a man who lost the ability to walk following trauma to his spinal cord in the neck.

In the case of lesions in the cervical cord, the neural machinery required for co-ordinated movement of the legs is intact.

What's missing, and therefore the cause of the weakness and poor coordination in the legs, is transmission failure or loss of too many connections between the two regions.

For example, in many such cases, the natural signals from the motor areas of the brain may not be entirely lost but too weak to activate the pools of motor neurons in the lumbosacral cord that are responsible for activating of the muscles in



Computer-human hybrid systems can help restore speech, movement and memories. RICHARD HARLEY/MIDJOURNEY

the pelvis and legs in a co-ordinated way necessary for walking.

The initial Swiss solution was to stimulate the lumbosacral spinal cord through a surgically implanted multi-electrode array to provide a boost for activating the natural but weak pattern of activation necessary for walking.

It worked. The man was able to walk again after an intensive period of rehabilitative training.

However, this approach was far from perfect, because the natural signals from the brain, which normally would initiate or stop walking, were too weak to restore the patient's own natural rhythm and timing for walking.

Normally, intentional movements such as walking are preceded by the activation of neurons in the trunk and leg regions following which, a tenth of a second or so later, the related motor neurons in the lumbosacral spinal cord on both sides are activated to produce the co-ordinated movements of both legs required for walking.

To restore the patient's own natural rhythm and timing to his walking the Swiss investigators took the next logical step – to record and harness the signals generated in the leg areas of both cerebral hemispheres and use them to fine-tune the timing and pattern of the electrical stimuli provided to the lumbosacral cord.

The regions of the cortex controlling the legs were mapped first after which titanium plugs containing the required recording electrodes were inserted into holes cut in the skull to provide stable recordings from the surface of the brain in the primary motor areas for both legs.

The pattern of the cortical activity was matched to

different stages in the walking cycle and could then be used to program the pattern with which the lumbosacral spinal cord was stimulated.

It not only worked well but he was capable of walking on uneven ground. It was a great idea and much better than the cruder lumbosacral stimulator alone.

It all sounds very complicated – and it was. But for the first time, useful walking was restored to someone who had lost it many years before.

The importance of this work is that similar efforts are being made by employing computer-human hybrid systems to restore speech, useful movement to the arms and hands and even improve memory.

So far, the devices are very expensive and require a lot of technical and medical support but also, as in this case, point the way forward for managing many physical and possibly cognitive disabilities.

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

COMMUNITY DONATION PROJECT Porch Pick-up Food Drive

Newark Neighbours, together with our partners from the NOTL Rotary, NOTL Kinsmen and St. Davids Lions Clubs, are holding a **porch pick-up** food drive

We were so grateful for the tremendous community support of our food drive held in the last several years. It is always overwhelming. Thank you all very much. We're asking for your generous support once again, this time to assist us in filling our Thanksgiving hampers for our clients.

WHEN: On **Saturday, Sept. 23, 2023**, teams are available to pick up your food donations anytime between 10 a.m. to 4 p.m.

If you wish to donate in support of our Food Bank, please call **905-468-7498** OR email us at newarkneighbours1@gmail.com to register your address for pick-up.

Items required for Thanksgiving hampers



- Stuffing mix
- Cookies - any kind
- Snack crackers (any type)



- Cranberry sauce
- Cranberry or apple juice
- Applesauce
- Canned gravy (poultry)
- Gravy mix (poultry)



- Canned green beans
- Canned corn
- Canned peas
- Canned pineapple
- Canned fruit

General items always needed:

Canned salmon, canned tuna, Sidekicks and ramen soup packets, canned chili or spaghetti or ravioli, peanut butter, granola bars, Chunky soup – any kind or flavour, canned beef stew, Habitant soups, canned ham, corned beef or Spam, Flakes of Ham, chicken or turkey, jams – any flavour, soda (soup) crackers, Kraft Dinner, canned beans (e.g. kidney, chickpeas, lentils), canned tomatoes, canned potatoes / instant mashed potatoes, tomato sauce, pasta, rice, pudding cups – any flavour, cereal, oatmeal – any kind, coffee (e.g. instant, regular, decaf), tea, shelf stable milk (e.g. condensed, powdered, rice, etc), paper towels, toilet paper, household items (e.g. dish soap, laundry detergent, cleaning products), condiments - salad dressings, mayonnaise, sauces (e.g. HP Sauce, soya sauce, Worcestershire sauce, etc.), dried spices, salt & pepper, toiletries (e.g. toothpaste, toothbrushes, razors, hand and body lotion, mouthwash, feminine products)





EXPLORING PHOTOS WITH NOTL MUSEUM



St. Davids School House (1816-1871)

The white building pictured here is the early St. Davids school house, which was located on York Road where the United Church and cemetery are today. It was built after the War of 1812 on land donated by Maj. David Secord. Emma Currie, a former resident who was known for popularizing the story of Laura Secord, remembered the one-room schoolhouse with a large stove in the middle and with benches and six desks for students. The boys were responsible for bringing in the wood to keep the fire going and carrying in the water for the drinking pail. The girls were responsible for sweeping and dusting the classroom. The youngest students would sit at the front on benches while the older ones occupied the desks. At the entrance there was a pail of water and a tin cup available for students to grab a quick drink. (It makes one chuckle as parents scramble around for the required individual water bottles for today's kids each morning before school.) In 1871, David Jackson Lowery donated land and a bell for a new school to be built on the current school property. As the community grew, the building underwent several renovations throughout its time but the school, on its original site, is still enjoyed today by many of our young residents.

The Rugby World Cup on a grey day at the Olde Angel Inn



Ross's Ramblings

Ross Robinson
Columnist

A Sunday afternoon bike ride downtown and the day becoming a bit chilly. Grey clouds were hovering just above our beautiful tree cover.

Our town council was wise way back in 1922, planting more than 1,000 trees to ensure beauty, oxygen and shade.

It seemed like a good idea to nip into the Olde Angel Inn for a diet Pepsi, and to catch the men's tennis final at the U.S. Open.

But on the screen above B.S. Corner from Stade de Marseille in France was a

Rugby World Cup match between the Red Roses of England and Los Pumas of Argentina.

The always-friendly bartender Adam smiled and as usual proffered a clever joke.

I have never played rugby nor women's volleyball, so it is strange that these are my two favourite sports to watch.

Why? Perhaps it is the continuous action, without interminable breaks for commercials and whining to the referees.

Perhaps it is the fact the players are not obscenely overpaid prima donnas, who the broadcasters and talking heads fawn over.

Pushy scrums and "face-washing" get a bit tedious after every whistle in hockey games.

And in both rugby and volleyball, the referee's word is law. They do their best to be fair and non-partisan, but they make the occasional bad call.

In hockey, a mistake by



Ross Robinson says rugby is one of his favourite sports for a few reasons. RICHARD HARLEY/MIDJOURNEY

a ref is always met with profane and obscene ranting by the coaches. It's easy to lip read, eh?

In volleyball, a sideways glance or sarcastic word earns a yellow card. Complain again and a red card signals ejection from the game. No questions asked.

Rugby refs are also respected, with harsh penalties for jawing after a call.

Before I knew it, the

match was at the 40-minute mark – intermission. England had a commanding lead, even while playing one man short after a red card (for head contact) in the third minute.

There were a few other English rugby fans in the pub, all seeming to be knowledgeable and intense. So few stoppages in play and no commercial breaks or "TV timeouts."

No pads on the players and such toughness in their eyes. The physicality defies description and somehow the thick players don't get injured all the time.

Let's face it: in the U.S. and Canada, 19-year-old university football players often weighing close to 300 pounds is not normal human behaviour. Shhh, don't mention human growth hormone usage: HGH and steroids are dirty little secrets in football and hockey.

Rugby players are so fit, so strong, so chiselled. So thick. Gluttons for punishment in the open field and in the scrum.

John Carlin, in his epic book "Invictus," describes the 1995 Rugby World Cup and how Nelson Mandela used South Africa's Springbok team to unite his nation, fractured after 50 years of apartheid.

The book is exhausting to read, as Carlin combines on-field and off-field elements, including his physical description of

the players in the forward "pack."

They were more normalized than many of the Springboks who do their thing in the scrum.

"Their faces were less fearsome, their noses less misshapen, their ears not deformed by hours and hours of rubbing against thick, hairy thighs in the sweaty, heaving meat factory of the scrum," he wrote.

Tell me this isn't fabulous writing.

Sport at its best, and sportsmanship at its highest level. Rugby and volleyball, respect for the rulebook, and magnificently talented athletes who play for the love of the game.

I couldn't believe it, but I watched an entire 80-minute game, rarely taking my eyes off the screen. I don't remember ever watching an entire hockey, football or, yawn, baseball game.

Simply a fine Sunday afternoon in Niagara-on-the-Lake. My favourite town.



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Growing **hardy mums** that will survive the winter



GROWING TOGETHER 

Joanne Young
Columnist

As we start thinking of fall, the one flower that probably comes to mind first is the chrysanthemum, also known as mums.

There are basically two categories of mums: greenhouse and hardy varieties.

The greenhouse varieties are mums that have been forced in a greenhouse environment and are commonly sold in grocery and big box stores throughout the year, especially at special times of the year such as Easter and Mother's Day.

These greenhouse varieties are not necessarily outdoor hardy. The other category of hardy mums is commonly sold at garden centres in September and October only.

Hardy mums usually grown outside, receiving the same light and conditions that they would receive if they were growing in your garden.

Unlike the greenhouse varieties, the hardy mums have the ability of overwintering in our gardens. I will address the reasons why some don't survive over winter further down.

All chrysanthemums come into bloom late summer/fall due to a physiological reaction called photoperiodism. Plant photoperiodism can also be defined as the developmental responses of plants to the relative lengths of light and dark periods.

They are classified under three groups according to the photoperiods: short-

day plants, long-day plants, and day-neutral plants.

Long-day plants will start to set flower buds and come into bloom as the days start growing longer, so they typically bloom early spring to early summer.

Short-day plants will start setting flower buds as they amount of daylight shorten and the amount of darkness lengthens. They come into late summer to fall.

Day-neutral plants do not initiate flowering based on photoperiodism. Instead, they may initiate flowering after attaining a certain overall developmental stage or age.

To get mums to bloom at other times of the year (greenhouse varieties) the lighting provided in the greenhouse will be set to simulate the lighting outdoors in late summer.

Most mums will bloom anywhere from four to eight weeks depending on

the temperatures. If the temperatures are cooler when they are in bloom, the flowers will last longer.

Mums come in all sorts of colours, including white, yellow, orange, rust, pink, purple and burgundy.

Although we often just see button mums available for sale, they also come in many flower types: anemone, cushion, quill, pompom, spoon, spider and thistle.

The hardy fall mums are perennial plants in good growing conditions. I know many of you will say, though, that you have tried planting your pots of mums that you bought and decorated your porch with and have had no luck overwintering them in the ground.

Here are a few tips to help them survive the winter:

1. Choose a variety that is cold-hardy to your winter temperatures (Zone 6 or lower in Niagara region).
2. Spring-planted mums are more likely to survive the winter in the ground than fall-planted mums. Unfortunately, mums are rarely sold at garden centres in the spring. You may have more luck finding them available on-line at that time of year.
3. If planting your pot of mums in the fall, try and get them into the ground as early as possible. If you wait too long the roots



Chrysanthemums can be toxic to dogs and cats if they ingest large amounts, says gardening expert Joanne Young.

do not have a chance to get established before the ground gets too cold. The frost is more likely to heave the root ball out of the soil. Once planted, mulching over the root ball will help insulate the roots.

Here are a few more tips when growing mums in your garden:

1. Please note that mums can be toxic to cats and dogs if they ingest large amounts. Cats are more sensitive to mums and show allergic dermatitis if they touch them. So, you'll want to ensure you keep your potted and planted mums away from any curious furry friends.
2. To keep plants looking leggy, trim back the stems of the plant to a couple of inches high by mid-June. This will help

the plant to branch out and keep from getting too tall. The more branching there is the more flowers it will bear.

3. Divide the clumps of mums every two to three years to keep it healthy and productive. Best to divide in the spring.

4. Mums prefer a well-draining soil, that has access to consistent moisture. They do not like to dry out for any length in time.

5. When buying mums this fall, whether to have as a decorative pot at your entrance or to plant in your garden, choose ones that the flowers are just starting to open up so that you can still enjoy the blooms for weeks to come.

Joanne Young is a Niagara-on-the-Lake garden expert and coach. See her website at joanneyoung.ca.

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