



Plane crash lands | Page 3

Marathon lake swims burn out, both figuratively and literally

Evan Loree
Local Journalism Initiative
The Lake Report

Two long-distance swims burned out on Lake Ontario over the weekend.

One of them almost

literally went down in flames.

Jason Kloss and Greg Maitinsky both entered Lake Ontario on Friday, Aug. 11, just after eight in the morning.

After almost 16 hours and

37 kilometres, Maitinsky was forced to quit after being slowed to a crawl by a strong current.

He was about 14 kilometres from the end.

Two hours later, Kloss also stopped, after covering

about 35 kilometres.

Solo Swims Ontario supervises all individual swims across Lake Ontario to keep swimmers safe and it requires that every person who attempts the crossing is accompanied by a team

that follows the swimmer by boat.

Christine Arsenault and her crew had just pulled Maitinsky out of the water and were preparing to head back to shore.

After getting seasick, the

swimmer and a few other crew members went down into the cabin of the Rest and Relaxation for a nap.

"We woke up to smoke," said the Hamilton swimmer.

Continued on Page 2



Shark! NOTL prepares to host 2023 world championships

Somer Slobodian
Local Journalism Initiative
The Lake Report

The Sharks are coming home to Niagara-on-the-Lake.

The 2023 Shark World Championships in NOTL are just a few days away and there's just one thing Rod Gardner is waiting for.

"The first signal horn to start the first race," said the regatta chair for the competition, hosted by the NOTL Sailing Club from Aug. 18 to 25.

About 150 sailors from around the world, plus their families, will descend on NOTL for the races on Lake Ontario.

The planning for the competition at the Niagara-on-the-Lake Sailing Club

Continued on Page 17

Everything's coming up rosé

Chamber paints Queen St. pink to wrap up peach celebrations



Around 500 guests painted Queen Street pink during Sunday night's Shades of Rosé dinner. Tables of eight were instructed to adhere to a "strictly pink" theme with their dress and decor. **Read the story on Page 15.** DAVE VAN DE LAAR

Peachy festivities draw weekend crowds

Julia Sacco
The Lake Report

It was an extra-sweet weekend for Niagara-on-the-Lake all around town, with Saturday's Peach Festival occupying the length

of Queen Street followed by Sunday's Peach Festival at St. Vincent de Paul.

Queen Street Peach Festival

Saturday's Peach Festival was marked with another annual peach pie festival,

where Erika Tubb took home first prize for the second year in a row.

Tubb thanks NOTL peach farmers at the DBL fruit and vegetable stand on East and West Line for her win.

"The judges said that

it was the taste of the peaches," she said.

"They had this different type of peach called garnet beauty I had never heard of it before."

Continued on Page 12



Erica Lepp sells Lepp Farms peaches. JULIA SACCO



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Long-distance swimmers fail in quest to conquer Lake Ontario

Continued from Front Page

When he climbed out of the ship cabin, the nine-person crew was putting out an electrical fire and had sent out a distress call.

Arsenault told The Lake Report she was driving the ship to shore, travelling at about 16 kilometres per hour when they were plunged into darkness.

"All of a sudden I lost power," she said.

Then she heard a popping noise and "the whole boat died"

"There was smoke everywhere," she added.

Looking to the back of her '89 Santiago Carver, she saw there were flames rising from one of its storage hatches.

"I was terrified," she said.

Arsenault grabbed a couple of fire extinguishers to put it out as a crewmate called for help.

Fortunately, officers of the Toronto Police marine unit were nearby and arrived on the scene within a few minutes.

Maitinsky described Arsenault as being on the verge of tears throughout the fire but was amazed at how well she dealt with the situation.

While the incident was scary, Maitinsky said the crew's professionalism "saved the day."

Arsenault said she'd just had the electrical systems reviewed and tested two weeks before the incident.

A marathon swimmer herself, Arsenault has been helping swimmers cross Lake Ontario for about eight years and had never had a fire aboard.

All the same, she had doubled up on fire extinguishers and other safety equipment as she often does for marathon swims.

She arrived on shore barefoot, having little time to recover her things while the ship was on fire.

Arsenault said it was almost 3:30 a.m. Saturday before she got back to her home in Port Colborne.

Top of mind for Arsenault was that three other swimmers were depending on her to help them cross the lake this summer.

With the Rest and Relaxation written off, she worried she wouldn't be able to support them.

Arsenault said King Slayer Sportfishing, a Niagara-based fishing tour service, generously shared a boat with her so she could continue supporting this year's lake crossers.

Like Maitinsky, Kloss got caught in a current that held him far from shore.

Before his swim, he thought the cold temperatures would be his biggest hurdle.

Having fought tooth and nail for the first half of the swim, when he decided to call it quits he estimated it would have taken another 13 hours on top of the nearly 18 he'd already swam.

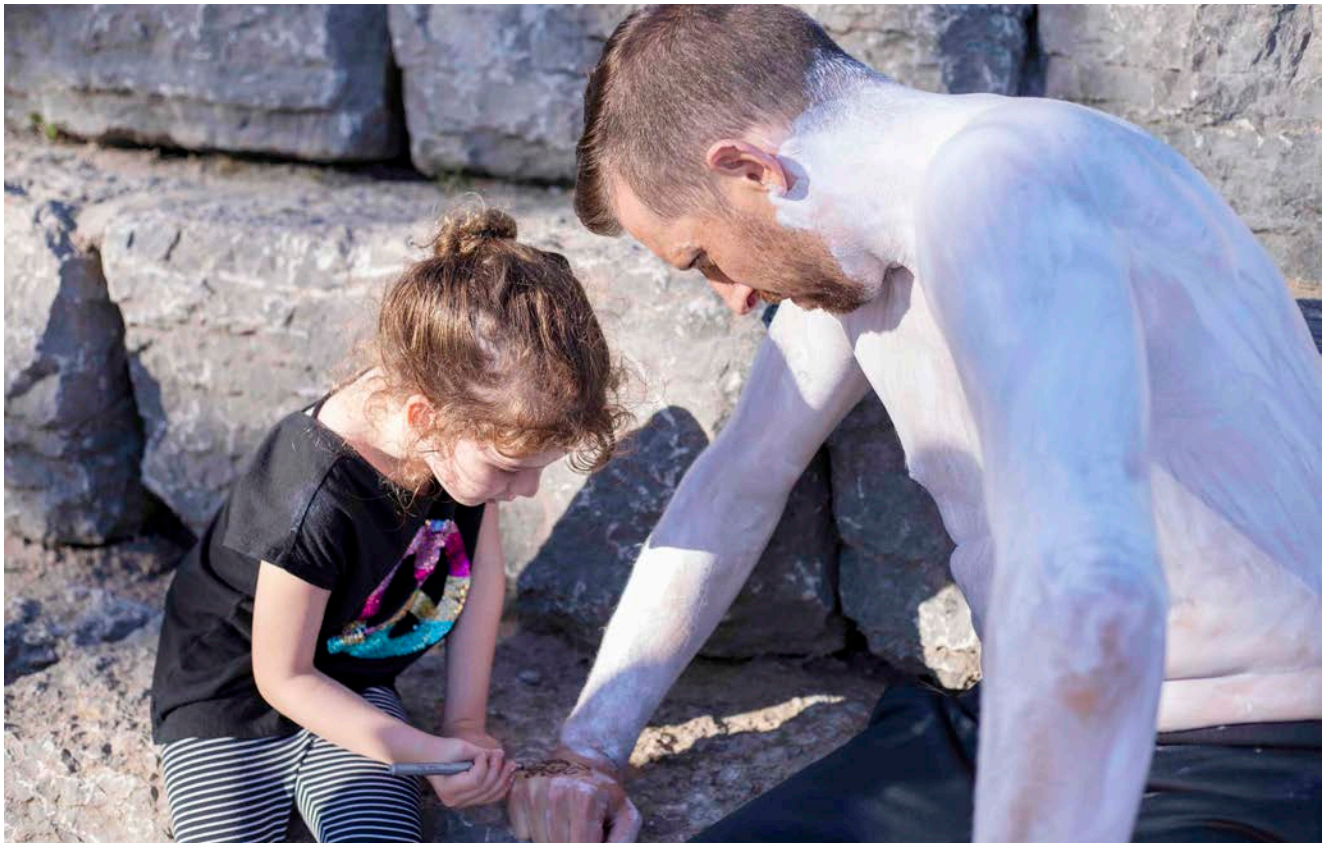
"I swore at the lake and knew I was defeated," he said.

"Some things are just out of your control and you just have to be OK with that," he said.

Tony Chisholm, a Niagara-on-the-Lake resident who volunteers with Solo Swims Ontario, said at least half of all attempts get cut short.

"No matter what the capability of the swimmer is, it's whether the lake allows you to do it or not," he said.

While there are numerous barriers to extreme swimmers, the weather is one of the toughest hurdles for them to clear.



Five-year-old Audie writes a message on dad Jason Kloss's hand before he hits the water. EVAN LOREE

"It can make or break the swim," Chisholm said.

Kim Lumsdon, 65, was going to cross the lake this year, but postponed her swim until next summer because the weather was "not co-operating."

Chisholm explained swimmers get a boost from the strong currents of the Niagara River flowing into the lake when they leave the shores of Queen's Royal Park, but the opposite happens as they near Toronto.

The Humber River flows into Lake Ontario near Marilyn Bell Park, where the crossing ends, and its current works against swimmers as they near the Toronto shoreline.

And being at the end of the swim, it comes at a bad time because "that's when they're exhausted," Chisholm said.

Swimmer Maggie Regan is scheduled to attempt a crossing this weekend, said Arsenault.

John and Joe Zemaitis had to postpone plans to cross the lake Tuesday night because of weather warnings but hope to reschedule later in August.

Chisholm said Solo Swims Ontario may start hosting swims in July to give swimmers a wider window to cross the lake.

He noted there have not been this many attempts to cross the lake since before 2019.

Maitinsky told The Lake Report "COVID really killed it" for long-distance swimmers.

While crossing the English Channel has drawn "thousands" of adrenalin junkies, Maitinsky said people are beginning to see Lake Ontario as a potential challenge.

The 47-year-old conquered the lake last year but remembers hitting a wall after the first 30 kilometres.

Swimming at about five kilometres an hour,

Maitinsky said he was on track to set a record before he called off the latest swim.

With the currents working against him, it would take him another seven to eight hours to finish.

"Honestly I didn't have that in me," he said.

Still, he left the lake with "no regrets" and "nothing to prove."

Lumsdon has tasted defeat in the waters of Lake Ontario too, having tried and failed to cross it in 2013.

She said she doesn't focus on the past, though.

"The elements of the lake are always challenging," she said in an email, adding that good training goes a long way.

"The lake is always going to be there."

The best a swimmer can do in this situation is "Recover, recharge and re-evaluate your goals," she said.

And Kloss said while the weather was not on his side, he doesn't think he's done.

Though he was "defeated" by the lake, Kloss and his team raised \$57,000 for the Centre for Addiction and Mental Health.

Kloss watched his grandfather Dick Kloss, also a marathon swimmer, die of Alzheimer's disease in 2021.

The next year, his friend Mike Kuipers died by suicide and the two tragedies inspired him to make mental health the cause of his swim.

In 1991, at the age of 50, Dick Kloss swam 42 kilometres across Lake Huron and that feat inspired his grandson to swim Huron in 2011.

"He taught me a lot of valuable lessons in life about hard work and discipline," the 36-year-old said.

"A lot of who I am is because of him."



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Airport staff and emergency services personnel were immediately at the scene on Sunday afternoon when Gord Tessier and his two passengers touched down on a grassy patch beside a runway at the Niagara District Airport. JULIA SACCO

Plane's landing gear fails, pilot makes emergency landing at NOTL airport

Julia Sacco
The Lake Report

Surviving an emergency plane landing might be enough to keep many people from flying again, but for pilot Gord Tessier it's all in the handbook.

Tessier, a member of the Civil Air Search and Rescue Association Ontario (CASARA) was returning to NOTL's Niagara District Airport from a training session with his wife and a co-pilot Sunday afternoon in North Bay when he realized something was wrong with his Cessna 337.

Tessier said that after a few moments in the air, he took a look to his left and realized one of the landing gear doors hadn't shut.

"They open when the gear goes up and shut when the gear goes down they slam shut, just like slamming the door on my house. So, it was stuck down," he told The Lake Report.

He then began to test if the gear would still deploy.

"Once we were at a level of about 1,000 feet making our way back home. We tried to put the gear down and it wouldn't deploy," Tessier said.

He immediately went through a number of checklists in the flight manual on board and when nothing worked, he contacted with the Toronto terminal to declare a "Pan-Pan," one step below a full "mayday" emergency.

The information was relayed to the airport in Niagara-on-the-Lake.

"That's my base, this is where I'm familiar with. I know the airport well and it is where all the help and resources are," he said.

Once the plane got to the

north side of Lake Ontario, Tessier again tried to deploy the landing gear using the backup system. It failed again.

"We tried a few more things. We poured some oil that we had on board into the reservoir. No difference."

At that point, Tessier said they just circled around for an hour until all the pieces were in place and the EMS and fire department were in position on the ground in NOTL.

"At that time we were carrying about 80 gallons of high-octane fuel on board. So, if there was a fire we wanted to make sure that they were there to put it out immediately," Tessier said.

The Cessna landed on a patch of grass next to NOTL's runway 01.

"We came down at a nice slow speed," Tessier said.

"We have a G-Meter on board and we only hit 1.2 Gs. You and I are sitting here at 1 G. It didn't even initiate the emergency beacon on impact."

Tessier said that he was able to save one of the aircraft's engines, but the front sustained some significant damage.

"I tried to stop the engines. If you can get the propeller to be horizontal there's a good chance you won't damage anything," he said.

"I got one for two." Remarkably, Tessier remained calm throughout the entire ordeal.

"I'm a CASARA pilot, so I'm a civil air search and rescue commander and we train for this all the time," he said.

"When we get on the plane, that's part of our checklist. 'OK, in an off-airport landing, what happens?'"

Tessier added that the



Gord Tessier credited his training with the Civil Air Search and Rescue Association with helping him to stay calm and complete Sunday's emergency landing with no injuries. JULIA SACCO

plane still had three hours of fuel left at the time of landing, allowing everyone on board lots of time to prepare for a safe exit.

This incident isn't the only nearly perilous experience Tessier has had in the air either. In his 11 years with CASARA and nearly 20 years flying, he's had three close calls.

"This is the third box I've checked," Tessier said.

He experienced an engine failure during takeoff when helping out with the relief effort after the Haiti earthquake in 2010. He also endured a bird strike a few years ago which took off a chunk of his plane's wing while airborne.

"I think I'm running out of things to happen," Tessier joked.

He said that when the bird strike happened he was searching for a man who had fallen off his boat into the lake. A rescue team of RCAF Hercules aircraft came to provide an escort.

"It was ironic because I do a lot of the training with our military here and it's usually me pretending to be a disabled aircraft," he said. Then, "the same thing happened for real."

Even in those moments, Tessier insists that he never questioned flying again.

"I need to get back in the saddle as soon as possible," he said.

After the emergency landing, he and his wife went to the Keg to relax and decompress.

"They asked if we had anything to celebrate and my wife said, 'Yeah, we're alive!'" Tessier said.

He and his co-pilot will get flying again in the coming week, but it will be a while before he is up in his Cessna 337 again – if at all.

"If the aircraft is written off, I'll start looking for another plane and if they can fix it I'll be lucky if it's December or January," he said.

Tessier expressed his gratitude to the team of responders who helped him at the scene and to CASARA for equipping him with the tools to survive emergency situations.

"As soon as we opened the door, there was the fire department, the airport people were there within seconds. This is just as much a story about them. They were fantastic," he said.


Dan Pilon, CEO of the Niagara District Airport, said airport personnel are always prepared in case of emergency, and dealt with a grounded aircraft in 2018.

"We go through this on a regular basis. We're a certified airport so we do all the various training," Pilon said. "We're thankful that everyone walked away."

Tessier urged people to learn more about CASARA, a nationwide volunteer-based organization dedicated to providing air search support services in downed aircraft and humanitarian efforts. Its website is casara.ca.

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The
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More than 50 members of the 3rd Battalion were killed and many more were injured in the Battle of Amiens. CANADIAN WAR MUSEUM Right: Lt. William Dey died in the Battle of Amiens on Aug. 30, 1918. NIAGARA HISTORICAL SOCIETY

MISSING IN ACTION

Pte. William Day survived Passchendaele, then luck ran out

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

William Dey was born in Aberchirder, Aberdeenshire, Scotland, on March 28, 1894, son of John Dey and Elizabeth Philip.

In April 1913, William emigrated to Canada aboard the SS Athenia, eventually taking up residence in St. Catharines as a grocer.

While listed as a Presbyterian, Dey became a parishioner of Christ Church, McNab, an Anglican church.

That church created a composite photo of local volunteers in the First World War and Dey was included among them, suggesting that he lived in McNab at some point between his arrival in Canada and his enlistment in 1916.

On June 1, 1916, Dey volunteered for active service in the First World War. He was recruited into the 176th Overseas Battalion, associated with the 2nd Dragoons, one of the local militia regiments.

After receiving basic training, primarily at Camp Borden, just west of Barrie, Private Dey was shipped to England.

He sailed from Halifax on April 28, 1917, aboard the SS Olympic and arrived in Liverpool nine days later.

He was then sent to the Canadian training camp at Aldershot, England, for more intensive training, and

was assigned to the 12th Reserve Battalion.

On Sept. 27, 1917, Dey was transferred to the 3rd Battalion (Toronto Regiment), Canadian Expeditionary Force, which already was fighting in Belgium.

When he arrived at the headquarters of the 3rd Battalion on Oct. 17, 1917, the battalion was preparing to fight in the Battle of Passchendaele, near Ypres, Belgium. The battle had been raging since Aug. 8 and would continue until Nov. 10, 1917.

While the Canadian Corps commander, Lt.-Gen. Sir Arthur Currie, was studying enemy positions and preparing a plan to drive the German defenders from the Passchendaele Ridge, his soldiers conducted raids across no-man's land and suffered from German artillery bombardments as they huddled in the front-line trenches.

Finally, on Oct. 26, Currie launched the Canadian offensive.

On Nov. 6, after attacking across muddy ground, pocked with water-filled craters created by heavy artillery fire, the Canadians captured the ruins of the town of Passchendaele. Four days later they captured the eastern edge of the strategically important Passchendaele Ridge.

Casualties were heavy. Some 4,000 Canadians

were killed and three times that number wounded. Dey survived without injury.

During the next few months, the 3rd Battalion continued the routine of seemingly endless trench warfare.

The men were posted to the front-line trenches for several days, then moved to the rear areas for rest and re-equipment. After a brief stint in the rear lines, they moved up to the reinforcement trenches and support trenches where they were subjected to more artillery fire.

Soon they were again posted to the front lines, where they carried out trench raids and forays into no man's land.

On March 21, 1918, the Germans launched a massive counter attack, "Kaiserschlacht" (Kaiser's Battle), which was an attempt to retake lost ground and break through Allied lines.

They planned to drive northwest and capture the Channel ports, cutting British supply lines, and finally driving the British forces into the sea. While some Canadian units fought in this campaign, the 3rd Battalion was not directly involved.

The Germans were able to recapture a great deal of ground lost over the previous two years but were unable to achieve their main goal of destroying the British forces.

After stopping the German offensive, the Allies went on the attack in what became known as the Hundred Days.

From Aug. 8 to 12, the Canadian Corps fought the Battle of Amiens in Picardy, France, a victory that pushed the German army from the front lines. Further advances forced the Germans back to prepared defences known as the Hindenburg Line.

The Battle of Amiens cost the Canadians 11,822 casualties but Dey continued to survive. The Canadians continued to attack and Dey remained uninjured.

On Aug. 30, Dey's luck finally ran out.

According to the official report, "During an attack on the enemy trenches ... he was hit by a machine-gun bullet and although immediately evacuated, succumbed to his wounds."

Fifty-three of his 3rd Battalion comrades were killed and many more were wounded that day.

Pte. William Dey rests in the Aubigny Communal Cemetery in Arras, France.

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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Council looks to fill the ‘clear gap’ of activities for kids in NOTL

Evan Loree
Local Journalism Initiative
The Lake Report



Coun. Sandra O'Connor says the proposed strategic plan makes no mention of seniors. FILE/EVAN LOREE

Community activities for kids has emerged as one of town council's top priorities. Niagara-on-the-Lake council greenlit its strategic plan at a meeting on July 25 and most of the 30-minute discussion was on the need to provide more community programs for children.

During back and forth between councillors arguing for its necessity, Coun. Nick Ruller said there is a “clear absence” of programs for young people in town.

“We have heard over and over again from families in this community that there is no programming for children,” he said.

He gave the scarcity of child-targeted programs in the NOTL community centre's July schedule as an example: There are 39 programs on the schedule and two, a junior tennis club and a robotics club, are targeted toward kids.

“We are saturated with programs for other age groups, and there is a clear gap,” he said.

Coun. Adriana Vizzari supported Ruller's statements and said the design

of the strategic plan was “intentional” and designed to fill that gap.

However, for Coun. Sandra O'Connor, plans for senior residents in town were lacking in the strategic plan.

“There's not one mention of seniors in the whole plan,” said O'Connor, also pointing out that seniors make up a third of the town's population.

She suggested council could fix this by adding additional senior programs to the town's plan for increasing community youth and family programs.

Her suggestions were rejected by her peers, who argued that while O'Connor's inclusive intentions were good, they

were unnecessary.

Coun. Maria Mavridis said the town needs to focus on bringing “additional programming for the youth,” stressing “additional” as a key word.

She argued that O'Connor's motion was made redundant by the language of the plan, which identifies there is an “additional” need for youth programs.

While there is an apparent lack of youth-targeted programming at the community centre, the town does offer swimming programs for youth and these have been recently very successful, Vizzari said.

She told The Lake Report the town's swim team has been “crushing” other swim

teams in regional competitions.

The team of about 40 swimmers meets twice a week in St. Davids and twice again at Memorial Park and caters to children five to 16, she said.

The strategic plan, which will guide council's choices regarding what to prioritize over the remainder of its term, has been in the works since council first took office in November.

Staff suggested council adopt a five-year plan, though its term wraps up after four, because it usually takes incoming councils some time to form their own strategic plan.

An initial draft of the plan made little mention of the environment.

This was a problem for residents who told The Lake Report climate change was a key issue for them, and for O'Connor who argued it should be more front and centre.

The final version of the plan divides council priorities into four categories, one of which was reserved for community assets, environment and infrastructure.

The plan is structured so that all town projects can be assessed with environmental impacts in mind.

Soldiers' Field Day returns to Fort George Saturday and Sunday

Staff
The Lake Report

A musical showcase of the sounds of early 19th-century military life is back this weekend at the Fort George national historic site in Niagara-on-the-Lake.

The annual Fife and Drum Muster and Soldiers' Field Day are returning on Saturday, Aug. 19, and Sunday, Aug. 20, hosted by the Friends of Fort George and Parks Canada.

Fife and drum corps and infantry units will converge at the fort to demonstrate the military music and

drills of the 1800s, much like what would have been played during the War of 1812.

On the schedule for this weekend-long event are the fifes and drums of the 41st Regiment and the 100th Regiment, plus infantry units from Fort George, Fort Erie and the 10th Royal Veterans Battalion, who will demonstrate early 19th-century military tactics – such as musket firing.

Fort George will be open from 10 a.m. to 5 p.m. both days. For more information, call (905) 468-6614 or visit friendsoffortgeorge.ca.



Jo-Ann Fraser and Kate Sullivan are co-chairs of NOTL's Jane's Walk. SUPPLIED/VICTOR TARNOY

Popular Jane's Walk rescheduled for Aug. 24


Staff
The Lake Report

Grab your umbrellas – just in case the weather doesn't co-operate, again – and head out next Thursday for the rescheduled third annual Jane's Walk in Niagara-on-the-Lake.

“Our plans for a sunny stroll were rained out, but our speakers are determined not to let the weather rain on our parade,” said Jo-Ann Fraser, one of the organizers.

The walk is now Aug. 24 at 6:30 p.m., starting at 507 Butler St.

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Yoga teacher **to stars** visits NOTL

Staff
The Lake Report

This Labour Day long weekend, a yoga teacher known for his work with celebrities like Sting, Madonna and John McEnroe, will be touching down in Niagara-on-the-Lake for a three-day retreat in Old Town.

Danny Paradise, a Canadian who has been teaching ashtanga yoga since 1979, will host the retreat at 124 on Queen Hotel & Spa's wellness centre from Friday, Sept. 1 through Sunday, Sept. 3.

Registration is now open and available to practitioners and teachers of yoga of all skill levels.

Paradise, who was born in North York, has taught in more than 40 countries, working with a variety of musicians, actors, athletes, artists and more.

Paul Simon, Eddie Vedder and members of the Grateful Dead are among some of his other students.

"This really is the opportunity of a lifetime to be in the presence of a visionary teacher," Alana Hurov, the hotel and spa's marketing director, said in a media release.

Paradise travels regularly with Sting around the world and has released albums with the former Police frontman, as well as with Chris Botti and Simon, Hurov said.

"He typically holds retreats in the most remote and beautiful places in the world, so it's an honour for Niagara-on-the-Lake to be included," Hurov said.

The instructor, who now lives in Hawaii, will be visiting Canada for the first time in more than five years, she said.

Sting, the lead singer and bassist for the Police, has been practising yoga with Paradise for at least a decade and credits his work with him for changing the way he approaches fitness as a performer.

"It wasn't until I met Danny Paradise, who became my mentor in yoga, that I started the practice which I

feel I will stay with for the rest of my life," he said.

The itinerary for the NOTL retreat is designed to promote the well-being of the body, mind and soul built around wellness, fine food and relaxation, Hurov said.

Space is limited to 20 people per session and guests are able to book up to three sessions. Cost for each session is \$135.

The classes include a two-to three-hour yoga class, refreshments and products from Neob Lavender, Konzelmann Estate Winery and Budapest Bakeshop.

Tickets are available by contacting 124 on Queen Hotel & Spa's front desk at office@124queen.com.



Yoga instructor Danny Paradise will be in town for a three-day retreat at 124 on Queen Hotel & Spa. SUPPLIED

Kinsmen **Show and Shine** revs enthusiasts' engines

Julia Sacco
The Lake Report

Harold Dyck is what one might call a huge car buff: he rolled onto the property of the Kinsmen Scout Hall on Sunday morning in his 1971 El Camino, joining hundreds for the group's annual car show.

Dyck and the other Kinsmen lucked out this weekend with beautiful weather and even more beautiful cars bringing more than 500 participants to their Show and Shine car show.

"We stopped charging at two o'clock because we were running out of room," said Ken Slingerland, a Kinsmen member and lead organizer.

"We definitely cleared 500 cars, there's no question about that," he said.

After what he is calling "the best car show we've ever had," even Slingerland was wowed by both the crowd and the automobiles.

"Honestly I am no car buff but I was amazed at how many different ones there were. They are just awesome," he said.

Dyck started the first-ever Show and Shine and has been helping lead the shows since.

He said that with so many cars checked in, the Kinsmen would not have been able to pull off the day without parking space from



PHOTO GALLERY
See more pictures at niagaranow.com

Clockwise from top left: Two Corvettes on display at the Kinsmen Show and Shine, Lincoln and Isabella Thwaites with a 1941 Dodge COE, prop drive-in food on a 1964 Chevrolet Impala, Lucas Rankin and his 2018 Honda Civic Hatchback Sport. DAVE VAN DE LAAR

Parks Canada.

"We were getting pretty full close to the end," he said.

He added that with two people per car and an estimated 1000 spectators, nearly 2000 filled up the

show area to flaunt and gawk at the show-stopping vehicles.

"We couldn't have done it without all the volunteers and the Kinsmen wives," Dyck said.

While a final amount of

funds raised is still being calculated, Dyck said that the 50/50 may have been the highest in Show and Shine history, with the Kinsmen giving away \$2,300 to the lucky winner.

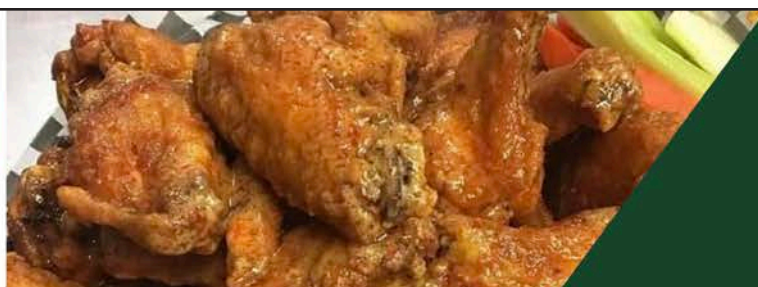
Slingerland added that

given past years bringing in \$10,000 to \$15,000 in support of Kinsmen community efforts, this year's show will likely help the club catch up after the pandemic.

"We went two years without a car show. We're

catching up," he said.

Dyck said that the Kinsmen are "expecting a good healthy year," with funds going to support causes including Girl Guides, Pathfinders and Cystic Fibrosis research.



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- Paul and Matt

He wants to swim the Niagara River for mental health – with his hands tied

Somer Slobodian
Local Journalism Initiative
The Lake Report

Dylan Rumsey's upcoming six-kilometre swim down the Niagara River is similar to last year's — but with a twist.

"I'm doing it with my hands tied," said the 26-year-old Niagara-on-the-Lake resident.

The second annual swim for Pathstone Mental Health is planned for Aug. 26. He'll be swimming from the Queenston boat launch to the gazebo at Queen's Royal Beach.

Last year he expected to complete the swim in four to six hours, but finished in a little over two.

This year he wanted to

challenge himself even more — and he thought making the swim with his hands tied in front of him would be the perfect way to do that.

He most likely will use several swimming techniques, but he's not sure until he actually gets out on the water.

"I kind of like to show that it's pretty simple to do things if you believe in yourself," he said.

Several friends will be out on the water in their boats in case he has any problems.

Rumsey has always been open about his mental health struggles with PTSD and drug and alcohol addiction, which stemmed from a traumatic experience he endured as a child.

He's used his experience to help people and show them that anything is possible by inspiring "people to do better for themselves."

He's been to treatment centres and support groups but never found them beneficial, he said. In fact, he found some of them do more harm than good.

So he took matters into his own hands.

He said he used to drink and do drugs every day and he put himself in serious financial debt. But he was able to turn his life around in a "matter of a week with just sheer willpower."

"I like to give people a sense of hope," he said.

This swim is an example of how he plans to do that.

He said he likes to do

things that people say he can't do — like a 48-kilometre run he completed on July 30 from Old Town to Niagara Falls, and back — with no training.

"Because then it gives them a sense of, 'Well, if he can do that, what can I do myself?'" said Rumsey.

He added that he shouldn't have been able to complete such a run — but he did.

He's never swam with his hands tied before, he said, but he's not too nervous.

"I'll figure it out when I get out there," he said.

Besides boxing daily and working out at the gym, he hasn't done any specific training for the swim — the desire to tackle it is enough for him.



Dylan Rumsey plans to swim the Niagara River with his hands tied on Aug. 26. SOMER SLOBODIAN

"I think it's just like a mindset that I go into things with," he said.

He added that he doesn't allow his brain to let him quit.

He chose Pathstone Mental Health as the charity to support because of how much it helped him as a kid.

"They used to drive down to my house, we never had to get dropped off there or anything. They kind of went above and beyond," he said.

Last year he was able to raise \$14,335 for Pathstone and hopes to raise a large amount again this year.

That initial swim helped teach him how to expand himself, he said, and reminded him that no one should ever have to put a limit on what they can do. "Don't let anybody tell you that you can't do something."

To donate to Rumsey's swim, go to pathstonefoundation.ca/donate

Underground Railroad and fight for freedom focus of museum lecture

Barbara Worthy
Special to The Lake Report

The legendary Underground Railroad movement was perhaps one of the 19th century's most significant movements of people in North America.

Today, we're still learning about and understanding the impact of this historic resistance to enslavement in the United States.

On Thursday evening, Aug. 17, the Niagara-on-the-Lake Museum continues its summer lecture series with historian Rochelle Bush, who will present her lecture, "The Underground Railroad: From Bondage to Niagara."

The lecture complements the museum's "Bound and Determined" exhibition, the story of Chloe Cooley, available to view until Nov. 13.

Before the American Civil War, which lasted four years from 1861 to 1865, thousands of people who were enslaved in the southern United States ran away to find freedom.

Many came to Canada. Some freedom-seekers were helped by Underground Railroad conductors, the



Historian Rochelle Bush, second from left, will lead a museum lecture on the Underground Railroad. SUPPLIED

most famous of them being Harriet Tubman.

But many more found their way to Canada without any help, or thanks only the chance kindness of strangers.

Not everyone succeeded in reaching freedom and nobody knows how many people were captured and taken back to slavery or killed on their journey.

In her lecture, Bush will trace the journey of a few freedom seekers who escaped enslavement and arrived in Niagara-on-the-Lake.

Black settlers came to NOTL as early as the 1780s, some as free Black people, while others were enslaved and brought here by fleeing white Loyalists after the American Revolution.

Up to 1834, about 600

enslaved people of African descent lived in Upper Canada (now Ontario) and the Black population reached nearly 100 in Niagara-on-the-Lake.

Bush was born and raised in St. Catharines and is a descendant of an African American freedom seeker.

She is the owner and operator of Tubman Tours Canada, and the resident historian and trustee of the Salem Chapel, BME Church, Harriet Tubman Underground Railroad national historic site, one of the oldest Black churches in Ontario.

The lecture will start at 7:30 p.m. and admission is \$10 or free for NOTL Museum members.

To reserve seating, call the museum at 905-468-3912, or email Amy Klassen at aklassen@nhsm.ca.

Cornerstone church celebrates the season with peach cafe

Somer Slobodian
Local Journalism Initiative
The Lake Report

If you can't get enough peaches this August, don't worry: the peach festivities aren't over.

Cornerstone Community Church's campus in Virgil is hosting a temporary peach cafe on Aug. 26 from 6 to 8 p.m. for the whole community.

It's all about bringing together farmworkers and community members to celebrate this summer fruit.

"We really want to make this open to everyone," said Jeff Martens, the church's outreach pastor and operations director.

There will be a band, games, peaches, ice cream and peach pies.

"It'll be kind of a bit of a party," he said.

It costs \$2 a person for the peaches and ice cream, however, for the farmworkers it's free. All proceeds will be going toward covering the cost of the ice cream.



Cornerstone Community Church Town Campus will hold a Peach Cafe on Aug. 26. SOMER SLOBODIAN

Martens said he's expecting about 200 people, but "the more the merrier."

There will also be homemade peach pies for sale, with the proceeds going to programs at Cornerstone — including the Farmworker Hub, Quest Health and the NOTL Youth Collective.

He said the gathering is meant to bring everyone together as one big community.

"That's why we're really trying to make this accessible to farmworkers, to bring everyone together and just kind of say, this is our community that lives here," he said.

Julia Buxton-Cox, the Farmworker Hub's founder, said Martens has been there for the hub every step of the way — and she couldn't be more grateful.

"To have a community church step up and support our friends on the farms this way and make this one inclusive community is exactly where I want to see this going for the future," she said.

All the peaches are locally sourced.

"We have some peaches on our property on Hunter Road, there's some peach trees, so we're taking a little bit from there," said Martens.

"And we also have a farmer from our church that's donating peaches," he added.

Cornerstone hosted the peach cafe several years ago, between 2007 and 2009. It ran every weekend in August.

"This year, just at least initially, we're just going to try to do it once and then see how manageable it is," said Martens.

He didn't start at the church until 2010, but he heard how successful the peach cafe was, so he wanted to bring it back.

He also thought now would be the perfect opportunity because of all the peaches on the Hunter Road property.

The church is at 1570 Niagara Stone Rd. in Virgil.



NIAGARA ON THE LAKE MUSEUM

Bound and Determined

Chloe Cooley, Enslavement, and the Fight for Freedom

EXHIBIT ON DISPLAY JUNE 2 - NOV. 13, 2023

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Contributed by Patty Garriock

“Sometimes I have loved the peacefulness of an ordinary Sunday. It is like standing in a newly planted garden after a warm rain. You can feel the silent and invisible life.” - Marilynne Robinson

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On the green



Postcard perfect – Ted Carmichael, Peter Falconer and Rick Janes watch as Warren Tutton putts on the first green during NOTL Golf Club championships. DAVE VAN DE LAAR

Editorial

Doug Ford’s Greenbelt doublespeak

Kevin MacLean
 Managing Editor

Completing 14 out of 15 tasks would generally inspire compliments.

In sport, winning 14 of 15 games, stopping 14 of 15 shots, hitting 14 of 15 from the floor ... all exceptional efforts.

Just that one little miss, the one that got away, woulda coulda shoulda. Next time.

But what if the significance of that one “missed shot” basically laid waste to all the other efforts?

That’s the cynical game the provincial government is now playing, folks.

Politics is not supposed to be a game, though most often it is treated as such. After all, it includes winners and losers, power plays and negotiations, so once people or political parties gain power, the goal becomes “hold onto that power for as long as possible.” Human nature, we suppose.

Premier Doug Ford, who, like his late brother Rob, portrays himself as a man of The People, is trying to convince we the people that the shady Greenbelt deal his government cooked

up with a group of major developers is essential to the future housing needs of this province.

Despite the auditor general declaring that is poppycock, Ford and his minions continue to earnestly proclaim the opposite, declaring they are doing this for the good of the good people of Ontario. (“For the people” was his campaign slogan, after all.)

The auditor general sees it much differently and said so in scathing fashion, including:

- The government “proceeded without evidence” that the property it removed from the Greenbelt is needed to meet Ontario’s housing goals.
- The selection of those sites was “biased and lacked transparency.”
- The boundary changes were “inconsistent with the Greenbelt plan’s vision and goals.”
- “Most of the land removed from the Greenbelt may not be ready for housing development in time to meet government goals.”
- “Developers and their representatives lobbied for removal of 12 of 15 Greenbelt sites in the few months leading up to site removal.”

• Emails about the Greenbelt changes were regularly being deleted by political staff and lobbyists often sent emails to the personal accounts of political staff.

And those are just a few of the smoking guns and questionable decisions outlined by the auditor general.

Now, despite what many people seem to think, developers are not all terrible people. They are in the business of building the homes and communities many of us live in.

They take a lot of risks and deservedly reap the rewards when their investments prove fruitful.

The problem with the Greenbelt is the game was fixed and the players had overwhelming, secret influence over the decision-making process.

Ford and his housing minister, Steve Clark, are busy playing dumb and pointing fingers. “Wasn’t us. We didn’t know. It was him ...”

Clark’s chief of staff, a political appointee, is being thrown under the proverbial bus. His name is Ryan Amato and he’s being painted as the villain in all this. As if his bosses had no idea.

That is a sad exhibition of leadership and accountabil-

ity on the part of Ford and Clark. “But, hey folks, we are implementing 14 of the auditor general’s 15 recommendations.”

Yes, all except #14, which says: Given that the premier and Clark say they “were unaware that the pre-selection of lands for removal from the Greenbelt was biased, controlled and directed” by the minister’s chief of staff “rather than informed by environmental, agricultural and infrastructure considerations” the 2022 decision to change the Greenbelt boundaries should be re-evaluated.

Not a chance, folks. Because Ford insists Ontario desperately needs this land for housing.

Except the auditor general makes it clear Ford’s own housing affordability task force, the housing ministry and municipal planners all contradict that and have said Greenbelt land is not needed to meet Ontario’s housing goals.

Folks, for a self-professed man of the people, Ford sure seems more interested in helping his developer friends than in doing what is best “for the people.”

editor@niagaranow.com



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Hatred has **no home** in Niagara-on-the-Lake

Dear editor:

Imagine if the cenotaph in downtown Niagara-on-the-Lake was vandalized, or city hall or even one of the beautiful churches we have in our community. Imagine how quickly people would be demanding action to find who defaced a symbol of our community.

And yet, this is exactly what has happened: a symbol of support and love in our community has been vandalized not once, but four times with clear hate speech.

Somehow this is still only a “possible” hate crime, and people are saying this is expected.

Well, Niagara-on-the-Lake, I’m not surprised but I am disappointed. Not only are you participating in performative allyship by placing this symbol on the outskirts of Old Town, a crosswalk that doesn’t have nearly as much traffic as it should, but you also allow this vandalism to continue occurring, only cleaning up the mess.

So now, more than a decade after my friends



Melody Minhorst is disappointed police have said the hate-fuelled vandalism of NOTL’s Pride crosswalk is only “potentially” a hate crime. SUPPLIED

and I started a GSA club in high school (Genders and Sexualities Alliance or Gay Straight Alliance for those who aren’t savvy with the abbreviations), I can only shake my head and wonder: This is still happening?

Get it together, Niagara-on-the-Lake.

Suzin Schiff phrased it well (“We have to say no:” Community urged to not tolerate vandalism of Pride crosswalk,” The Lake Report, Aug. 10): “If you want to show your love and support, it has to be a physical action.”

I see you, bystander, and I want you to know me, so

this is no longer an issue happening to “someone”: you are part of this.

I used to write for the community newspaper, I have multiple degrees from the University of Guelph and York University and I’ll be starting a PhD in September at Brock University.

Before all that, I went to St. Vincent de Paul, St. Michaels Catholic Elementary School and Niagara District where I fought for our local high school before having to go to one in St. Catharines.

I was probably a classmate or a neighbour to someone you know having lived and worked in Old

Town, Chautauqua and Virgil.

I have curly hair, blue eyes, an outspoken personality and guess what: I am part of the queer community.

Hi, nice to meet you, my name is Melody. I want to reassure you, my new acquaintance, I don’t disappear with some silly black marks and paint – I am way too stubborn to let things like that affect me.

But do you know who it does affect? The young ones in our community who are learning hate for minorities or, what I’d hope, love and support for everyone as they figure out their place in the world.

A friendly reminder to all those who forget: those young ones? They are our future, and we are their example.

Clearly, our community is stuck in the past, but now that I know you, my new friend, I see a glimmer of hope. This issue affects someone in your life now – what can you do to help?

Melody Minhorst
NOTL

Please **speak out** against King Street condo project

Dear editor:

This is my alert to the Niagara-on-the-Lake community.

Have you heard about the three-storey, 17-unit apartment/condo building coming to our neighbourhood?

This is not Parliament Oak. This is not the Rand Estate.

This a small lot off King Street south zoned single-family, about to entertain a condo building, should the developer’s amendment to our residential bylaw be approved. It is a precedent that would create more density and traffic flow in Old Town.

The location is 727-733 King St. Do a drive-by and see if you think a condo building is appropriate.

This structure would have 17 above-ground parking spaces, no visitor parking, no play area for children and three storeys of 17 units overlooking neighbours’ yards and lives.

Even though the proposed design is itself offensive, the concept

of multi-storey living is ill-suited to the neighbourhood where it would be built.

As citizens directly affected by this development, we can’t imagine the congestion this structure would cause for fire service, garbage collection, flooding and noise.

Help us oppose this developer’s proposal by opposing the application.

Send your written opposition to town planner Aimee Alderman at aimee.alderman@notl.com.

Sign, give your address and state your opposition to this project on King Street. Ask to be included in the in-person/virtual public meeting set for Tuesday, Sept. 12 at 6 p.m.

Otherwise, if this amendment to the official plan is approved, you might find a three-storey condo building coming next door to you.

The worst thing you can do is nothing.

Barbara Weaver
NOTL

Canadians should be able to **control** the end of their lives

Dear editor:

People are probably aware of Dying With Dignity Canada, an organization which led the push to get medical assistance in dying (commonly known as MAiD) legalized in 2016.

My own reading of that process and of the forces arrayed against efforts like assisted death for the elderly (and others who wish to effect their end of life for many valid reasons) is that mistaken but perhaps good-willed people and organizations of all kinds stand in the way of the aged taking their death into their own hands.

This is really too bad since today our world, at least our Western world, is experiencing aging and the survival of the aged into their 80s, 90s and even 100s.

A friend of mine, for example, my first phys-ed teacher in middle school in East York, Toronto died a few months ago at the age of 95.

I am sure our town of NOTL has many people approaching this age and beyond, as do many places in Canada.

In my own case, I am advocating for the right of every human being to decide for themselves what end of life they would like.

In effect, assisted death has been hijacked by numerous organizations and care groups, such as the medical profession, religions and churches, the legal profession and advocacy groups for all manner of aging and medically afflicted humanity.

Pretty well all the above want control of how people die.



Writer Kaspar Pold says Canadians deserve the right to choose their end-of-life plans. MIDJOURNEY

This is wrong, utterly wrong, and against the human rights of the aging population in particular, and I mean all the aging population, not just those with medical or mental conditions.

Also, it is wrong in the sense that the above factions end up needlessly condemning many aging and ill but sentient patients to prolonged suffering until they die, sedated, in a hospital bed.

We, the aging, do not want that. We want control of our own end of life.

Australians recently moved against their own government’s recalcitrance in this same matter and established a network to help those who wish to affect

their own death.

This control is what all the aging want.

I think every last old person, understanding the effects of dementia and Alzheimer’s disease, would want to affect their own end of life if ever afflicted with such a disease.

Medical assistance in dying is a good start in this discussion and thorny problem facing the people of countries such as Canada where aging is projected to increase considerably.

But assisted dying has serious restrictions and is dependent on some sort of medical decision.

This is wrong.

Kaspar Pold
NOTL

Three-storey apartment will be **detrimental** to existing neighbourhood

Dear editor:

The letter in last week’s edition “NOTL needs to reject King St. apartment” highlights an issue that should have us all worried.

No one living in this neighbourhood ever considered that a condo building would be approved in the King Street backyards of numbers 727 and 733.

The builder, Josh Bice, indicated to us that he planned to construct a single-family home.

The merging of the three rear yards was granted by the town’s committee of adjustment with the condition attached that a single-family home was to be built, and that it could occupy no more than 15 per cent of the square footage of the lot.

Sadly for us and the committee of adjustment,

we fell for it, hook, line and sinker.

Now we are in the fight of our lives as we try to save our retirement homes from a three-storey building, 16 feet from one home and 20 feet from another on Meritage Lane.

When Mr. Bice was asked to wait for a response from the town regarding the trees on the back part of the lot, he responded saying, “It’s my lot, I can do what I want.”

The consulting planners did not conduct an impact study on Meritage Lane. Why not, we asked. The answer: We didn’t think it was necessary.

Why are developers allowed to choose sites for intensification? Should not this be the responsibility of the town?

Harold Asikyan
NOTL

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Questions about urban design committee



Brian Marshall
Columnist

While I had intended this week to continue the series on historic architecture, which began with Georgian era and was followed by Regency era, a vital matter that affects future development in the town of Niagara-on-the-Lake has taken precedence.

It came to my attention that during the town council meeting held on July 25, a seemingly orchestrated censure was voiced by Coun. Erwin Wiens and directed at the urban design committee.

This censure was initiated as a result of four recommendations this committee made to council with respect to their consideration of the proposed hotel development for the Parliament Oak lands.

The details of these recommendations can be found in the minutes of the urban design committee's June 28 meeting. suffice it to say that each recommendation was fully considered, in many cases cited criteria contained in the town's official plan and identified the lack of compliance with said plan and missing professional studies that rendered the application incomplete.

As a result, the committee recommended that "staff and council reject the proposed official plan and zoning by-law amendments at this time".

Now, before we visit the specifics of what can only be referred to as a "witch hunt" conducted in the council chambers on July 25, let us draw upon the town's official terms of reference for the urban design committee to gain a fuller understanding.

"Purpose and Mandate" states it is "strictly an

advisory committee that provides urban design advice and recommendations to council and town staff ... with respect to planning applications and any other urban-design-related matters that council and staff may request the committee's advice on."

"The committee also provides design advice on the potential physical and aesthetic impact of proposed buildings, structures, landscapes, parks and infrastructure projects to the community's public realm, including an evaluation of its relationship to the site and its surrounding character."

Under membership qualifications, it says people on the committee must have been members of professional associations in the last five years: Ontario Association of Architects or Royal Architectural Institute of Canada; Ontario Association of Landscape Architects or Canadian Society of Landscape Architects; Ontario Professional Planners Institute; or, Canadian Institute of Planners.

As well, "members shall have a demonstrated high level of expertise and knowledge in their particular field."

The scope of the committee is to "primarily evaluate development applications and major high-profile projects and provide professional advice and recommendations to council and staff on matters of design that affect the public realm, including the design of proposed buildings, structures, parks and open spaces, and associated streetscapes, in order to promote and uphold standards of design excellence. The primary role of the committee is to assist staff in interpreting policy for specific sites and projects, as well as to define areas of concern that need to be resolved."

So, in short, this committee is charged with making expert recommendations to council and staff with respect to planning applications and any other urban-design-related matters.

More particularly, to evaluate and provide pro-



Columnist Brian Marshall disagrees with Coun. Erwin Wiens' idea of the urban design committee's role. EVAN LOREE

fessional advice regarding the design and compatibility of any proposed development and/or high-profile project within the context of the existing community.

"The primary role of the committee is to assist staff in interpreting policy for specific sites and projects."

But these "truths" were not what was expressed during the July 25 session of council.

On the contrary, the town's community and development director, Kirsten McCauley, defined the urban design committee as being purely "advisory to staff."

Further, she provided council with an extraordinarily abbreviated mandate: "Within the report to the urban design committee we (staff) highlight the areas we are seeking input on urban design, and that is the mandate of the urban design committee – to provide comments on those items."

When McCauley was asked if the committee's

recommendation that staff take into account when preparing their report to council on this proposed hotel development that the required market/impact study (as per official plan section 10.4, commercial policies) had not been submitted fell within the committee's mandate, she simply answered, "No."

Folks, not only is this type of study required by the official plan, it is normal and accepted practice when considering an application for this type of rezoning application in jurisdictions across North America.

At one point, Wiens asked, "In the past, through emails we have received, that Planning is bringing forward – calling them complete applications – when they are not actually complete. Has that ever happened or specific instances where that has happened?"

In a reply that could have been drawn from the bureaucratic doublespeak made famous by the BBC's 1980s satirical sit-com "Yes, Prime Minister," McCauley said, "Staff are very thorough in their review of applications when they are submitted to determine – or ensure, I guess – that all these studies that were

requested are submitted with the application. I will say that through the review there are opportunities for discussion on requests for additional information from applicants, but these studies as submitted are based on that complete application initial review."

An answer that boils down to saying if staff fails to include a required study (or studies) in the initial review, staff will not correct that mistake. Only when a third party (like a councillor or committee) initiates the inclusion of the document(s) does it move forward ... hence the responsibility for any application that is deemed "incomplete" after review does not rest with staff.

Then, in several instances, Wiens raises the spectre of "very, very tight timelines" imposed by Bill 23 (the More Homes, Built Faster Act) and the associated financial ramifications to the town.

What he fails to mention is that Bill 23 provisions only apply to residential rezoning applications, and, that the "very, very tight" timeline in question is actually two years long.

I will not comment on Wiens' implied threat to the

continuance of the urban design committee voiced starting at one hour, 32 minutes into the council meeting of July 25 except to say that, not only should this committee be considered sacrosanct, but it should be augmented with urban design (sic development) guidelines.

Something which, strangely enough, is included in this council's strategic plan (Pillar – Vibrant & Complete Community – Planning for Progress – Point 2-6) presented during the same meeting.

Nor will I question why the Lord Mayor might have asked the chief administrator to prepare a direction to council vis-à-vis voting on adopting the recommendations of the urban design committee in advance of the council meeting.

I leave these and other important questions to you, my discerning readers, to form opinions around. But, please watch the streaming council meeting (the urban design debate starts at 1:23:00 in the video).

It is your town, too.

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



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Where are the children of NOTL? That's a **big problem** for the future

Dear editor:

The saying, "children are our future," is so often repeated as to have become almost banal – trite, even.

Very much the worse, for that: because the stark truth and pragmatism contained in that saying expose a gaping hole in Niagara-on-the-Lake's future prospects.

In short, where, today, are the children NOTL needs for its future? Not in its schools – not in near-sufficient supply, at least.

Indeed, even as local politicians, bureaucrats and media are given to citing the growing population statistics, thanks to the likewise-growing real estate prices, the demographics of that growth skew away from the young family cohort, resulting in a very top-heavy community, age-wise.

And, however heartening such growth might seem in the short term, what with rising home prices for established residents and the swelling tax assessments those produce (e.g., our own municipal taxes have increased by a whopping 50 per cent since our



2014 arrival, here), they are actually serving steadily to erode NOTL's affordability for next generations, young families in particular.

As a result, schools run at less than capacity and playgrounds sit empty: and one of the fastest growing districts, Glendale, has neither a school nor plans for one in the offing.

In fact, such youths as are to be found there are overwhelmingly short-term residents, being students at Brock or Niagara College with near-zero near-term prospects for employment in this area that will pay anywhere near enough for them to settle here.

In short supply, also, is the unique vitality that children and young families pump into a community. It's

a vibrance that invigorates and improves the psychic and, arguably, the physical health of all it touches.

Therefore, before we run the imminent risk of (for all our vaunted growth) racking up a serious demographic deficit in the future, it behooves us to come up with ways to bring "the future," that is, the children and their families, here.

Preferably in droves.

Indeed, so serious is this a problem that it deserves attention at least equal in priority to the perennially popular subject of economic (read "business") development.

There are levers at our disposal (e.g., graduated municipal tax rates) plus an unknown number of others yet to be imagined.

Let council strike a committee charged with reporting back with solid recommendations to fend off this looming problem, a committee for which I would be happy to volunteer. And I doubt very much I'd be alone.

Bruce Dickson
NOTL



The town's rainbow crosswalk cost taxpayers about \$0.95 each. EVAN LOREE

Taxpayers **deserve a say** regarding costs for rainbow crosswalk

Dear editor:

As a taxpaying resident of Niagara-on-the-Lake, I agree with the comments of Coun. Erwin Wiens in the Aug. 3 article "Crosswalk vandalism cleaned up quickly" and with his opinion concerning the responsibility for costs.

While the taxpayers of NOTL have been required to pay the cost of the crosswalk in the first place, (and now with electronic monitoring, the cleanup of vandalism and police investigations following each incident), they have been denied

their right to the democratic process.

This required that a random method of survey be carried out to determine an opinion that is seen as being representative of all NOTL residents before any decision was made to install a crosswalk.

Even though this crosswalk is installed on public property (which is equally owned by all), they have been ignored and their viewpoint silenced by the arguable demands of a minority group and their supporters.

Those surveys that have

been carried out have elicited a response rate of about 1 to 2 per cent of the population of NOTL, which is less than the typical margin of error of a proper random and recognized method of survey.

From my point of view, this has always been an important issue of principle and is certainly not one of hate against any group, nor is it one that should be considered otherwise because of an increase in the budget (from about \$7,000 to \$20,000).

Derek Collins
NOTL

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Peach festivals make Queen Street a little sweeter

Continued from Front Page

Tubb bought the peaches three days in advance of the festival so they would be as ripe as possible.

“I think that’s the key,” she said.

Tubb said her pie had some other special ingredients that set it over the top, including a hazelnut and vanilla-infused crust and a sunflower design on the top.

“I practised for a month and made six different recipes. All my neighbours were very happy to test them,” Tubb said.

After taking the best elements of each recipe, Tubb woke up early Saturday morning to bake the freshest pie possible for the competition.

It turned out to be well worth it.

Tubb told The Lake Report that she is moving to St. Thomas next year so she will not have a chance to take home a third win.

“I won’t be doing three years in a row,” she joked.

St. Vincent de Paul Peach Festival

Ted VanderKaay, a volunteer with St. Vincent de Paul for the past 14 years told The Lake Report that the 33rd annual Peach Festival would not have been possible without the 110 volunteers who stepped up to make it happen.

One of these many helping hands is Mario Puma, a member of the church for more than two decades who is in charge of sourcing the peaches for each annual festival.

Every year without fail, Puma approaches NOTL peach growers who agree to donate their fruit to the festival.



PHOTO GALLERY
See more pictures at niagaranow.com



Clockwise from top left: Louise Cincio and Angela Bachert were selling baskets of fresh peaches from Seaway Farms.. It was one of the many area farms selling fruit at Saturday’s festival. Coun. Erwin Wiens said that the best part of working in politics is the peach pie taste test. Along with peaches and treats, guests at Sunday’s Peach Festival had the chance to peruse used books, antiques, paintings and more — all donated by the community. Catherine and Lucas Melo travelled from Montreal to get a taste of NOTL peach pie at Sunday’s festival. JULIA SACCO

“I go to about 15 at a minimum, or sometimes as high as 20,” Puma said.

Along with retailers, Puma goes to family farms where one couldn’t typically buy fruit.

For Puma, it’s all about friendly connections.

“I grew up on a peach farm here in Virgil and worked with my uncle Vince (Pillitteri) and cousin Eileen at Seaway Farms and Garden Centre growing up,” he said.

“From there I just met so many other farmers in the area.”

Puma said he just “got lucky with a lot of nice community members,” reaching out to lifelong friends, members of the church and non-members alike who are always happy to donate.

“Certain years – like this year I had two farm-

ers who got hit by hail – I showed up thinking they were going to give me less this year but it’s always the same number,” he said.

“I never tell people what to give me, they always just donate what they want.”

Puma said what makes

the St. Vincent de Paul festival is so unique that they have so many varieties of peaches.

“You can get some ripe, some a little bit harder.

You might already have red havens but you have red havens from all different farms,” he said.

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RiverBrink's 'Family Palette' exhibit features overlooked female artist

Debra Antoncic
Special to The Lake Report

The summer of 2023 is speeding by and if you haven't made it in to RiverBrink to see "A Family Palette," circulated by the Ottawa Art Gallery, there is no time like the present.

The exhibition showcases the work of Frances-Anne Johnston (1910-1983), alongside the work of her husband, Franklin Arbuckle (1909-2001), and her father, Group of Seven founding member Franz Johnston (1899-1949).

The two men in the family have been better known than Frances-Anne and the exhibition is an opportunity to focus attention on an overlooked female artist.

In this sense, exhibition curator Rebecca Basciano, from the Ottawa Art Gallery, has characterized the show as "a feminist reclamation project."

Visitors to RiverBrink have a chance to experience several paintings by Frances-Anne and appreciate the development of her work over time.

The exhibition works nicely as a group show, the different styles and interests of the three artists complementing each other, but the work by Frances-Anne is a standout.

This is particularly evident in her paintings of still-life and florals, in her renderings of domestic interiors, and in her experimentation with 20th-century modernism.

Frances-Anne was interested in the work of Pablo Picasso, Georges



Perry Tung, left, and Anna Holmes, right, from Cowley Abbott provided art appraisals during the RiverBrink Art Museum's member appreciation day last week. SUPPLIED

Braques and Henri Matisse, copying and imitating selected paintings in order to understand and absorb the underlying structure and composition.

Employing vibrant fabrics, a layering of objects and a flattening of the picture plane, the artist made these subjects her own.

What we don't see is portraiture, a subject she did not explore in any depth, nor are there many landscapes in her repertoire.

We know it was more difficult for women artists to travel and paint the pure landscape favoured by members of the Group of Seven, tied as they often were to domestic duties.

Contained within this conversation is the assumption that Frances-Anne would have followed in her father's footsteps, but the

larger context of the period is also important.

By the 1930s and into the post-Second World War era, depictions of the Canadian landscape, and the close association between landscape and Canadian national identity, were no longer the dominant mode of artistic expression.

The emphasis shifted to art that engaged with modern life in terms of subject matter, artistic approach and social activity – in the midst of the Depression, war, reconstruction and the Cold War.

This focus was evident in the exhibition Canadian Women Artists at Riverside Museum in New York in 1947.

In the same year that RiverBrink founder Sam Weir purchased one of the most iconic images of the Ca-

nadian landscape, "Sketch for the Jack Pine" (1916), by Tom Thomson, Frances-Anne Johnston contributed a still-life to the exhibition.

More than half the 74 submissions were depictions of the human figure, a concentration attributed to the tensions of the Cold War. The exhibition was organized explicitly to foster solidarity between Canada and the United States, against Soviet Russia.

The nationalist framework that has dominated Canadian art history since the 1960s has meant that this history has been overlooked, with women artists and others marginalized.

It is an oversight "A Family Palette" seeks to address. The exhibition closes Sunday, Aug. 20.

Debra Antoncic is RiverBrink's director and curator.



This week's riddle is "Jeopardy!" style.
Category: DRAFTS

Lost on an island before "Lost," Simon is a bit of a precog in this 1954 novel, foreseeing his own death in an early draft.

Last issue:

Category: BOATS & SHIPS

Clue: In 1943 the USS Kidd became the first U.S. Navy ship permitted to fly this feared flag.

Answer: What is the Jolly Roger?

Also accepted: What is the skull and crossbones/pirate flag?

Answered first by: Bill Hamilton

Also answered correctly (in order) by: Claudia Grimwood, Margie Enns, Bob Wheatley, Al Brockway, Catherine Clarke, Mike Gander, Sylvia Wiens, Val King, Lynn Brownlow, Pam Dowling, Marjory Walker-Barone, Wade Durling, Nancy Rocca, Jane Morris, Howard Jones, Jim Dandy, Lynda Collet

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

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VIRGIL BUSINESSES ARE OPEN FOR BUSINESS

As construction work continues on Niagara Stone Road, Virgil businesses along the route are suffering. This special section is designed to encourage NOTL residents and readers to support those businesses. Order a pizza, book a table — whatever it takes. While it is a pain to drive the wildly bumpy roads, and the work seems to be taking forever, it's even worse for business owners and staff who are struggling. The project won't be completed until fall.



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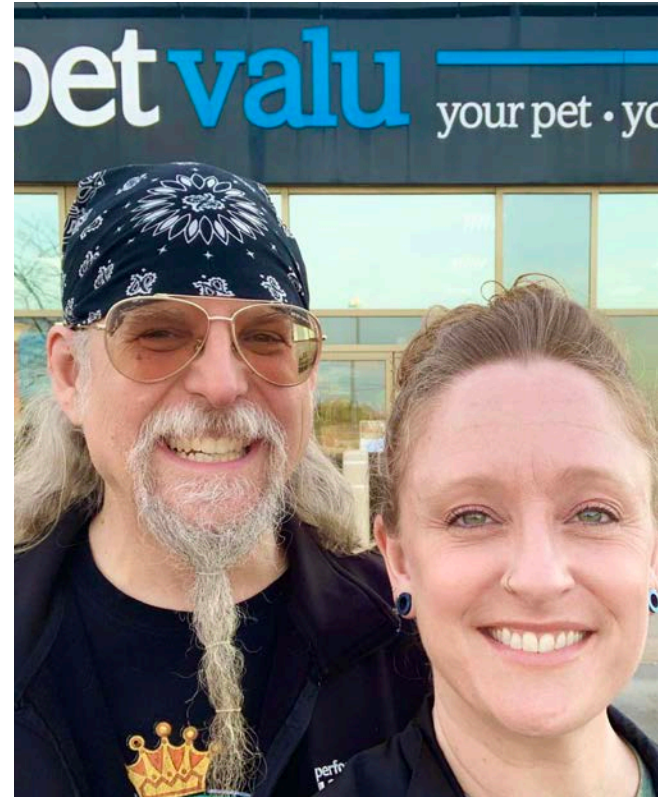
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Pet Valu has new owners, same friendly atmosphere

Laura Kott
Special to The Lake Report

Hello NOTL!
My name is Laura Kott, and my husband John and I purchased the Pet Valu store here in town back in April. We are excited to be part of your community and we can't wait to assist you with all your pet supply needs. Prior to purchasing the business, I was part of the Pet Valu corporate team for 16 years, with a decade as a franchise business consultant. I was the liaison between Pet Valu's head office and 32 franchise locations across Canada.

Of all the locations I visited, Virgil always held a special place in my heart. The beauty of its location and the warmth and friendliness of the customers are second to none. When Carol and Mihai told



John and Laura Kott are the proud new owners of Pet Valu in Virgil. The business is open weekdays 9 a.m. to 9 p.m. and weekends 9 a.m. to 6 p.m. SUPPLIED

me they planned to retire, and wanted to sell the store to my husband and I, we jumped at the opportunity.

To those who have continued to visit us for the duration of the construction, thank you from the bot-

tom of our hearts for your continued patronage. And for those who are returning now that the construction is nearing completion, welcome back, and thank you for choosing to shop at Pet Valu Virgil.

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Shades of Summer **rebrands** as a rosé-themed dinner

Julia Sacco
The Lake Report

Niagara-on-the-Lake's Shades of Summer party has a new identity: the annual summer soirée has rebranded and made its debut as Shades of Rosé on Sunday.

This year's dinner get-together took place on Queen Street and featured live music and lots of rosés.

"Niagara-on-the-Lake is all about elegance and quality. With this event, we celebrate all things pink along with rosé wines," said Jessica Taylor, Tourism NOTL's manager of events.

Minerva Ward, president of the NOTL Chamber of Commerce, said that the dinner tied in with the weekend's Peach Festival and brought focus to one of the summer's best wines.

"We wanted to ensure that all of our events were lined for the wine industry," Ward told The Lake Report.

Guests at the dinner decorated their tables of eight in

all shades of pink and could bring in any food of choice.

"Everyone loves a colour theme," Taylor said.

Nicolette Modi decorated her table with pieces from Amazon.

"It was just a vision that came to my mind," she said.

Modi and her team of real estate agents from Hamilton also attended the White Effect Dinner where the ladies drew some decorative inspiration.

Featuring jars of NOTL-grown peaches, pink tablecloth and pink garland, the table caught the attention of a few people.

Pedestrians on Queen Street stopped to catch a glimpse at Modi's table along with the others.

Ward said that hosting the dinner in the middle of NOTL's busiest street adds to the ambiance and is a great way to recruit guests for next year.


"It's a great way for guests to see how we celebrate our community and our wine culture," Ward said.




PHOTO GALLERY
See more pictures at niagaranow.com

Guests at the Shades of Rosé dinner got creative with their meals with food spreads. DAVE VAN DE LAAR

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Greenskeepers top leader board at club championships

Staff
The Lake Report

They spend most days helping make sure the fairways and greens of the Niagara-on-the-Lake Golf Club are in pristine condition.

But this past weekend, greenskeepers James Grigjanis-Meusel and Matt Szczurko were busy out on the course, this time dominating the men's open competition of the annual club championships.

No one could catch the steady Grigjanis-Meusel, though, who won his third men's club championship title in four years.

And perennial contender Martha Cruikshank took her ninth women's open title, shooting 173 over the two days, five shots better than her closest competitor.

Grigjanis-Meusel, who for several years worked in the club's pro shop, had an impressive two-day total of 1-under par 143 (70-73).

Runner-up Szczurko, helped by a handful of birdies on his final nine holes, was eight shots back at 151.

That birdie binge included a booming tee shot from the back tees, over the trees to the edge of the 16th green on Sunday. His 20-foot eagle putt came up just short.

Jon Taylor was third in the open division with 154 and with that performance defended his senior men's crown. Last year's open champion Ricky Watson was fourth with 156.

Taylor's wife Ginny made it a family affair with two strong rounds en route to winning the senior women's title.



Left: James Grigjanis-Meusel, the three-time NOTL Golf Club men's open champ, celebrates his win Sunday. KEVIN MACLEAN Right: Nine-time women's open champion Martha Cruikshank. JANICE WHITE See dozens more photos at niagaranow.com.



and Rick Janes (159). A Flight champion: Rob Reimer's 162 won him his second straight A Flight title. Runners-up were Dan Regan (167) and Drew Porter (171).

B Flight champion: Rob Chubey (168), Kevin MacLean (171), John Reynolds (175).

C Flight champion: Johnson Hu (178), edging out Mike Henry (179) and Todd Watson (180).

D Flight champion: Martin Vagners (185), Bill Baitinger (199), Noel Morris (216).

The Legends Cup, for those 80-plus, was contested previously. Warren Tutton, with a nine-hole score of 38, was the winner.

The club's junior champions also were decided earlier and there were some familiar names atop the leader board.

Sam Walker won the junior boys title and Keira Dexter was the junior girls champ, both for the third consecutive time.

Gavin Tomczuk was the bantam boys champion for the second time.

She also helped contribute to the day's most dramatic finish as she edged Lisa Allen in a one-hole playoff to win the senior division. The two had tied at 178, one shot ahead of Diana Dimmer.

The weekend featured some excellent golf and a variety of weather conditions, from Saturday's thunder and lightning delay to Sunday's beautiful sunshine.

The festivities wrapped up with a barbecue and

trophy presentations near the ninth green.

Other women's winners were:

Super Senior champion: Carroll Baker (171) with Margot Richardson second (185).

A Flight champion: Maria Townley (177), May Chang (186), Cathy Murray (201).

B Flight champion: Sharron Marlow (199), Marie Ellison (205), Cathy Taylor (217).

C Flight Champion: Sandie Boyer

(208), Carolyn Porter (210), Caroline Cochrane (211).

Other men's winners were:

Senior division: Close behind Taylor's 154 total was runner-up Paul Dickson with 156. Previous champs Jim McMacken and Stephen Warboys finished at 160.

The Super Senior category was one of the most closely fought divisions. For the second straight year Gary Stuggins (157) prevailed. He edged out Ted Carmichael (158)

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Take the online survey at jointheconversationnotl.org/patio-program until September 8.



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Popular Shark sailboat **invented** in Niagara-on-the-Lake

Somer Slobodian
Local Journalism Initiative
The Lake Report

Richard Hinterhoeller was only four years old when his father designed the Shark 24 sailboat.

Sixty-four years later, it has gone on to become a favourite of many across North America and is set to be the star of a sailboat racing championship starting this Friday in Niagara-on-the-Lake.

Hinterhoeller said his late father, George Hinterhoeller, created the 24-foot sailboat in 1959, here in NOTL, to serve as a family-friendly means of sailing the water.

“He moved to Canada in the mid-1950s and he’d built himself a Lightning class boat,” he said.

The Lightning class sailboat is a 19-foot racing sailboat first built in 1938 and used all over the world.

However, when his dad



Richard Hinterhoeller’s father George invented the Shark sailboat in NOTL 64 years ago. Since then it’s become a hugely popular boat for racing. SUPPLIED



took his older sister out onto Lake Ontario one day in the Lightning, and as he looked out at the water – with no shoreline in sight – he realized something.

“He said, ‘This lake is too big to take a family sailing in a boat that could capsize,’” Hinterhoeller said.

So, in 1959, Hinterhoeller’s father built a boat that was safe for the family and performed well on the

water.

“The result of that was the Shark,” he said.

Hinterhoeller will be the race director at this year’s World Shark Championship being held at the Niagara-on-the-Lake Sailing Club from Aug. 18 to 25.

More than 150 contestants from around the globe will be in NOTL for the competition, racing a boat that his father created.

“I’m just dazzled by the fact that he came up with something that is this popular,” he said.

The younger Hinterhoeller grew up in Niagara-on-the-Lake and is now retired in Mississauga.

“I identify as being from around Niagara-on-the-Lake — always have always will,” he said.

He still has his foot in the sailing world and volunteers

with World Sailing and other international committees.

“This is the home of the Shark: this is where it all started,” he said, referring to Niagara-on-the-Lake.

“To be a part of it is always wonderful,” he added.

The Shark boats are still being built in Europe in small numbers, he said, adding that a few years ago his mother received a royalty check.

“My one niece says, ‘Boy, our grandfather sure set a pretty high standard for all of us, didn’t he?’” he said.

George Hinterhoeller would be “tickled” to see how popular the boat still is over 60 years later, his son added.

“His grandchildren’s generation is now buying these boats and fixing them up and then racing them competitively,” he said.

Hinterhoeller’s sailboat from 1982 will be out on the water during next week’s

competition — but he won’t be behind the helm.

“I’m lending it to one of the European sailors who’s coming over,” he said.

He’ll be out on the water with his daughter, Madeleine, who will be one of the recorders.

One of the recorders’ jobs is to record the order in which the boats finish.

“It sounds simple until you have 20 boats crossing the line in 14 seconds,” he said.

He’s excited about the competition and looks forward to seeing the boats out on the water — and hopes for some good wind.

“The Sharks are quite an impressive boat when the wind kicks up,” he said.

His father’s sailing partner always had three pieces of advice for sailors.

“His advice was to start first, sail fast and head in the right direction,” he said.

“I will add one — have fun.”

Sailing club **gets fins on** for Shark competition

Continued from Front Page

has been in the works since 2018, said Gardner, since the championships were originally scheduled to take place in NOTL in 2021.

However, COVID-19 had other plans and the competition was postponed to this year.

As well, having the championships in NOTL is a homecoming of sorts — because the Shark sailboat was invented in town.

“(There’s) a lot of pride to putting on the world championships in Niagara-on-the-Lake because this is where this sailboat originated,” he said.

The Shark, a 24-foot racer, was first built in NOTL in 1959 by George Hinterhoeller, whose son Richard Hinterhoeller will be the race director out on the water this year, along with his daughter.

For Gardner, when the regatta hits the water, kicking off that first race will be special, “because it’s been so long in coming together.”

The world championships were last held in NOTL in 2009.

Along with leading a group of about 50 volunteers, Gardner also will be competing along with his two daughters, Georgina and Kate.

Gardner said this will be his first time competing with his daughters in a world championship and



Rod Gardner is the regatta chair for the 2023 Shark World Championships held in NOTL from Aug. 18 to 25 at the NOTL Sailing Club. SOMER SLOBODIAN

he’s excited at the prospect.

His two sons, daughter-in-law, wife and his wife’s sisters will also be out on the water.

“It’s kind of a real family affair,” he said.

Racing Sharks is deeply ingrained in many sailing families.

For some, “this is the third generation owning the boat. And a lot of people take pride in restoring the boat (and) bringing it back to a new condition,” said Gardner.

His Shark is from 1971 and he’s excited to be competing using his own boat this year, since they had to use borrowed equipment at last year’s competition in Austria. High costs made it prohibitive to bring their own boats.

“Just having your own equipment around you definitely gives you an advantage,” he said.

Rob Vanderperk agrees, adding that when you need to use a loaner boat, things might not be exactly the same.

He’s part of the organizing team and will be in charge of loaner boats for European teams this year.

He also competed in Austria last year, finishing fourth, and will be competing with the same team this year.

“We’re hoping to be a little better than that this year, but that being said, it’s really good competition. So it’ll be very difficult for us,” he said.

“We’ll see what happens.” Gardner said out of the 11

or 12 crews competing from the NOTL Sailing Club, there are a handful of teams that could win this year.

“That part’s pretty exciting, to see if we can finally get somebody from Niagara-on-the-Lake Sailing Club to win the world championships,” he said.

For landlubbers, the ideal spots to watch the competition from shore will be at Ryerson Park in Chautauqua or along the waterfront path near Fort Mississauga.

“Racing starts at 10 a.m. every day, from Monday to Friday, and you’ll get a profile view of the boats down that shoreline,” Gardner said.

However, if you’re able to, the best way to catch the races is out on a boat, he added.

Pumphouse’s **hydro box** contest returns

Staff
The Lake Report

Have you ever been walking on the street and seen one of those hydro boxes covered with eye-catching landscapes and colours?

This is more than the work of a rogue artist or two, but instead, an intentional project meant to beautify those dark green metal boxes sitting in NOTL neighbourhoods every day.

Back for its fifth year, the Niagara-on-the-Lake Hydro Box Beautification Competition is now open for people to vote on their favourite transformations of hydro boxes in town.

The hydro boxes selected for the competition are located at the Niagara District Airport, Niagara River Recreational Trail at the Field House, and the marina at the corner of Ricardo and Melville streets.

This year’s show, taking place in the Walker Room Gallery at the Niagara Pumphouse Arts Centre, started on Aug. 11 and runs until Oct. 21.

Artists residing, working or operating in the Niagara region were invited to participate, bringing their unique perspectives to the theme of the design, which includes nature, Niagara-on-the-Lake history or landmarks and more.



This year, preference will be given to submissions that focus on the theme of transportation, as well as art that harmoniously complements the hydro box location — whether it be water, air or land.

A jury will evaluate the submissions and choose two winning designs. Additionally, the community is invited to participate and select the recipient of the coveted People’s Choice award.

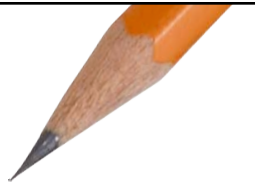
Visitors to the exhibit will be able to cast a vote for their favourite artwork until Sept. 10. The announcement of the winning design, including the People’s Choice winner, will take place on Sept. 14.

Rima Boles, director of the Pumphouse, said the competition’s goal is to bring art to “unexpected places” by beautifying “otherwise plain” utility boxes.

“This event is a testament to the transformative power of art in enhancing our public spaces,” she said in the release.

The transformed hydro boxes are expected to be unveiled in late October.

Have some fun



Across

- 2. Laboratory glassware (4,5)
- 8. Entreaty (4)
- 9. Mesopotamia was here (4)
- 10. Middle East expert (7)
- 11. Useful kind of truck (4-2)
- 12. Employs (4)
- 14. Bombs (4)
- 15. American vulture (6)
- 16. Thickly curled hairdo (4)
- 18. More mature (5)
- 21. Bring together (5)
- 23. Have a taste (3,2)
- 25. Egyptian water lily (5)
- 28. Without purpose (4)
- 29. Kitchen feature (6)
- 31. Great Lake (4)
- 32. "Shane" actor (4)
- 35. Canter round a lure for bees (6)
- 36. Sticks like glue (7)
- 37. Sudden assault (4)
- 38. Rhythmic swing (4)
- 39. Gastric (9)

Down

- 1. Abnormally white (6)
- 2. Discussed (6-2)
- 3. "Walkin' back to Happiness" singer (7)
- 4. How critical things may come (2,1,4)
- 5. Conveyor (7)
- 6. If it's in place it's in this (4)
- 7. Charge per unit (4)
- 13. Darted (7)
- 15. Pivotal (7)
- 17. Not easily hoodwinked (3)
- 19. The fifth of twelve (3)
- 20. Flightless bird (3)
- 22. In poor health (3)
- 24. Attendance check (4-4)
- 25. Pitched abruptly (7)
- 26. Proposition demonstrated by reasoning (7)
- 27. Registers (5,2)
- 30. Not quite (6)
- 33. Small cells (4)
- 34. Shocking art movement (4)

Crossword Puzzle

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Last issue's answers

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Connecting the mind and body – in sports, stress and more



DR. BROWN

Dr. William Brown
Columnist

When I worked at the New England Medical Center in the 1990s, I was part of a sports medicine clinic that served professional and college athletes, and dancers in the Boston Ballet.

Far and away, the last group was the most interesting to talk to, as were what I call the “regional” athletes: string, piano and wind instrumentalists, and others, who in their way were every bit as skilled as athletes.

In the 1990s, coaches at the college and professional level were well aware of the importance of mental as much as physical fitness, to performance at any level of

sport, especially the highest level in individual sports such as one-on-one challenges in tennis.

When I grew up in the 1940s and ‘50s, mental toughness was seldom brought up or if it was, it was framed as guts and admired or lack of guts, weakness and letting the side down. Combat fatigue was poorly understood in the First World War and not much better in the Second World War.

However, by the Vietnam war, psychiatrists such as the character Maj. Sidney Freedman in the long-standing TV series “M*A*S*H” were finally coming to grips with managing the horrific challenges faced by so many young men in combat.

In my neurological practice, I often used Sidney as an example of an excellent psychiatrist because he listened to soldiers without judging, understood what they were going through and did his best to help them recover.



Major health organizations are increasingly aware of the importance of mental health. RICHARD HARLEY/MIDJOURNEY

Even so, many men and women exposed to intense combat continue to suffer for many years because of memories of what happened to them and their buddies.

These days, major health care institutions are increasingly aware of the importance of mental health, and fortunately, they no longer see positive psychology and mindfulness practices as fringy but essential to the health of their patients and the health care staff who serve them.

I was somewhat surprised recently when I mentioned the upcoming series on mindfulness at the NOTL library to my son, an ENT surgeon: Tim fully embraced the practice for mental health for staff as well as patients. Good for him.

Looking back 30 to 40 years in my practice life, attitudes toward the medical profession were far less enlightened and not a few physicians were struggling, including our family physician of those days, Bill Mace.

He had been a M*A*S*H surgeon in the Second World War who I learned, many years later, became a chronic alcoholic whose patients’ needs were sometimes covered by colleagues in the ER and operating room.

That’s how things were handled in those days when some physicians were as sick in the head as their patients and neither received much sympathy or help.

Stress often betrays itself by bodily symptoms related to the skin, esophagus, bowel, respiratory tract, headache, as well as anxiety, shifting unstable moods, troubled sleep, difficulties focusing and attending to matters at hand and withdrawal from social contacts to name a few of the more obvious symptoms.

Should stress-related symptoms continue too long, they can seriously affect health in ways that can be risky, such as hypertension, cardiac arrhythmias, heart attacks and strokes

and even cognitive declines.

The good news these days is that understanding the relationship between mind, body and external influences can be a powerful tool for reducing stress-related symptoms and the long-term risks they pose to general health.

Healthy dietary habits, regular exercise and more peaceful minds less cluttered with negative, unproductive thinking and habits work better. The solution for most of us is more healthful awareness of what’s going on in our heads and taking control of our emotional lives, without using medications.

If you’re interested, please sign up for the upcoming series on mindfulness with Debbie Krauss at the NOTL Public Library.

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.

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Honouring our firefighters, 1938

Many parts of Canada have been ravaged by wildfires and the tragic news coming from Hawaii is devastating.

In honour of the firefighters battling the impossible both near and far, most notably our wonderful team of men and women here in Niagara-on-the-Lake, this week's photo is of an image of an unknown NOTL firefighter from 1938.

It is a wonderful sketch that is featured on an invitation to the Niagara Hose Company's annual New Year's ball.

This would have been a great time to socialize with their colleagues or the community, especially during the Great Depression of the 1930s.

Along with supper, the attendees enjoyed 28 different dances including the firemen's dance which was a double contra dance that included planned times where the dancers could shout "Fire!"

Iconic cultural object makes beautiful music in wee NOTL



Ross's Ramblings

Ross Robinson
Columnist

My musical career more or less peaked in the 1960s with Elvis, the Beatles and the Beach Boys. But even then, I had heard of the mystical Stradivarius violin.

Last weekend, a violin made in 1717 by Antonio Stradivari was played by Emma Meinrenken as part of Music Niagara's concert called Kiri Quartet and Friends.

Yes, 1717. Meinrenken recently attained possession of this jewel, on loan from the Canada Council for the Arts.

The content of the program, at Grace United Church on Victoria Avenue in Old Town, the enthusiasm of the musicians and the indescribable thrill of finding something new to love all combined to change my life.

I hope this ramble encourages more NOTLers to venture out of their comfort zones.

Walking the dog and gardening and watching TV and reading are all noble activities.

But, there is so much world-class music being

created right here in our wee corner of the world at a shockingly low price for the level of talent.

My life has been centred around sports, with hockey usually taking centre stage when I was younger.

Now, not so much, with all the tangential problems swirling around professional and kids' sports.

Just last weekend in Toronto, the winners of the Canadian Open tennis championships took home well over a million bucks.

And the organizers can't find a couple of thousand dollars to pay the expenses of the kids who retrieve the balls for the prima donna players?

The time commitment, the cost of gas and other expenses could easily be reimbursed to the parents and kids, but only if there is a big change in the mindsets of our celebrity culture.

But I digress.

What an enlightening evening I spent at Grace United Church, marvelling at the sounds produced by a group of young people, friends from their school days at the Taylor Academy at the Royal Conservatory of Music in Toronto.

They delight in playing music for people like me, obviously pushing each other to even greater levels of achievement.

Over the years my pals and I would get together for shinny hockey, a canoe trip in Algonquin Park or a fun afternoon of tennis. Perhaps some touch football and



Emma Meinrenken played a violin made in 1717 during a Music Niagara show. SOURCED

beers, or an early Sunday morning training run.

But wait: there are fabulous Canadians whose lives revolve around music and the joys of creating magic from their imaginations.

They have devoted their lives to music and their talents provide normal people like me with magical moments in Niagara-on-the-Lake.

For 25 years, Music Niagara has been produced by artistic director Atis Bankas and the volunteer board of directors. They do a spectacular job.

Somebody, please tell me how they organize these

musicians to perform in various venues in our town and how we can get more of our neighbours off our duffs to attend the concerts: in churches, at wineries and cideries, priced so fairly.

What opportunities for us to open up our minds. My life has been made so much more full.

Musical phenoms as young as 14-year-old Sora Sato-Mound, who confidently introduced his music and then dazzled the audience with his energetic and histrionic creation on his violin.

The Kiri Quartet's conductor was Maria Fuller, a

proud and radiant farm girl from Saskatchewan. She explained the music in a way even I could understand.

Her stage presence and obvious mastery of her craft captivated the gathered assemblage. During the musical pieces, she coaxed the best from the violin and cello players, deftly bringing each of them into the songs.

And, she reminded us that over the years, the word contemporary has almost always made people say, "I don't like it."

Change and new stuff are never easy, and as I learned somewhere along my life's

line, "today's traditions were yesterday's changes."

Now, let me ramble back to the cultural delights I enjoyed at Grace United and the Ironwood Cider House.

Bankas explained to us how important it is for performers to learn the art of performing, not just playing the notes. On this evening, their delight in being on stage with friends came through loud and clear.

The enthusiastic and macho bowing sometimes threatened to "saw the instruments in half," as Music Niagara director Ed Barisa opined over snacks during intermission.

We sat in historic church pews at Grace United or St. Mark's Anglican Church, or a seat at the salon that Music Niagara has created at the Ironwood Cider House out on Lakeshore Road, enthralled by such

talented and passionate and tattooless musicians. (Now that was an unnecessary, shallow comment, eh?)

And not a single online gambling ad in our faces all evening.

Dear readers, may I encourage y'all to spread your wings and step out of your comfort zones to support the works of Music Niagara and Jazz Niagara and Bravo! Niagara and the other cultural organizations in our wonderful Niagara Peninsula?

Subscribe, or buy a ticket, or attend a free concert in the park.

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Pumphouse's art program for seniors meant to help provide **creative spark**

Staff
The Lake Report

You don't have to be a world-class artist to enjoy the pleasure – and health benefits – of engaging your creative side.

The Niagara Pumphouse Arts Centre is accepting sign-ups for its introductory art program for older adults looking to try their hand at art activities.

Admission to "Thrive: Introduction to Creativity for Seniors," a collection of beginner-level courses, is free for participants 50 years or older.

The program is getting off the ground this year thanks, in part, to funding from the federal government's New Horizons for Seniors program.

"We are able to introduce seniors to new artistic mediums to spark creativity, learn new skills, create and share memories and form new friendships," said



One of the programs offered for people 50 years old and up is a pottery workshop. SUPPLIED

Rima Boles, director of the Pumphouse.

The program features a variety of mediums including drawing, pottery, fused glass, photography, digital arts and collage.

More information about the program is found at the Pumphouse's website, niagarapumphouse.ca/programs.

The arts centre is also inviting adults 50 and over to participate as program

volunteers.

"We encourage seniors to lend a hand to instructors during the delivery of classes or workshops," Boles said, adding that the program provides them with the opportunity to socialize and meet new people.

Those interested in volunteering should contact the Pumphouse's front desk at office@niagarapumphouse.ca or call (905) 468-5455.



Don't worry, your peony flowers will still open if there aren't any ants around. JOANNE YOUNG

Myth-busting some common gardening 'wives' tales'



GROWING TOGETHER 

Joanne Young
Columnist

This past week, I was reading through a gardening-type forum where you could ask your questions and other fellow gardeners could offer their advice.

I love publications such as "The Farmer's Almanac," which are filled with "old wives' tales," many of which are true.

I find that is one thing that gardeners are never short on: giving free advice.

Unfortunately, the advice isn't always based on facts, but sometimes just hearsay. Here are some of those gardening myths.

1. To create a weeping tree, tie the branches down with heavy weights.

What? This was the advice that I read on this gardening forum this past week. Interesting response but totally wrong.

The person had posted online that they have a weeping pea tree, but some of its branches are now growing straight up.

The advice that they received was to tie bricks to the tip of the branches and that will help those branches to weep over.

Although it is true that tying a brick to a branch will cause it to hang down, and as attractive as a bunch of bricks hanging from a

tree could be, that is not the answer. Do not try this at home!

Weeping trees have branches that droop toward the ground. They often carry the cultivar name "pendula" because of their hanging branches.

Very few trees weep naturally. Weeping is generally caused by a mutation that does not grow true from seeds.

Weeping trees are often grafted onto the straight species of rootstock because the straight species is usually more vigorous than the mutation.

So, when you see branches growing straight up on your weeping tree, these would be shoots that are coming out from below the grafted area.

Follow these straight branches back to where they originate from and prune them off. If the straight branches remain on the plant, they will be taking away energy from the other branches.

2. Ants help peonies' flowers to open.

Put another way – your peony flowers will not open if you have no ants in your garden.

Over the years, I have heard this too many times to count. This, too, is false.

Ants are not required for peonies' buds to open. The ants are attracted to the sugary nectar produced by the peony buds.

The nectar is a good food source for the ants, but peony buds will open without the presence of ants.

3. Water plants daily.

While container plants may need daily watering, those in the landscape do not.

It is better to water once

or twice a week and to water deeply. Shallow watering encourages roots to stay up near the surface.

Instead, you want the roots to grow deep, looking for their own source of moisture so plants are more self-sufficient during dry periods.

4. Adding sand to clay soil improves drainage.

If you have ever gardened in clay soil you will know how hard it is to dig and that it does not allow for good drainage.

That is because clay particles are extremely fine and pack together tightly allowing no air gaps.

Many people think that adding sand to heavy clay soil will make it easier to dig and speed up drainage. This, too, is a myth.

The tiny clay particles will fill in the gaps between the sand particles, resulting in a concrete type of mix.

To improve the clay soil, you need to be adding compost. Compost is a mix of decomposing plant material.

This material is chalked full of nutrients and moisture and will add in longer fibre-like material that will help to break apart the clay particles.

You can mix compost into the soil of a new bed area or top dress with compost around existing plants.

Another myth involving clay soil is that adding gravel to the bottom of the planting hole will improve drainage, but it just creates a good area where the water will collect at the base of the plant. This is not what you want to happen.

Happy gardening.

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



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Kevin lives, works, and plays in Niagara-on-the-Lake, is a member of the local Rotary Club, and volunteers at Niagara PumpHouse. Call to discuss the market or just to say hello.



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\$680,000



#1

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*RANKING ACCORDING TO THE STANDARD & NIAGARA THIS WEEK READERS' CHOICE AWARDS IN 2019, 2020, 2021 & 2022.

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