

Super Bowl at Sandtrap supports Red Roof | Page 13

Vol. 6, Issue 7

Canada's most-decorated community newspaper

February 16, 2023



An early design of a proposed hotel for 325 King St.

Boutique hotel planned for Parliament Oak

Richard Harley The Lake Report

A new proposal for the Parliament Oak property in Old Town is in the works. Residents of the neighbourhood around 325 King St. received letters last week informing them Two Sisters Resorts Corp. has plans to build a boutique hotel on the property.

The letter, from LURA

Consulting Inc. on behalf of Two Sisters, asks residents for an "open dialogue" about the property.

"We are contacting you because we recognize this may interest you and your neighbours," says the letter, signed by Liz McHardy and Franca DiGiovanni.

The letter says the company specializes "in

Continued on Page 3

Town abandons legal fight over clear-cutting at Rand Estate

Somer Slobodian Local Journalism Initiative The Lake Report

The Town of Niagara-onthe-Lake has withdrawn its appeal of a court's decision to stay charges against two of developer Benny Marotta's companies.

After an update from legal advisers, "council made the decision to not support the appeal," Lord Mayor Gary Zalepa told The Lake Report.

He refused to go into much detail since it's still a legal matter.

The town issued a news release Tuesday afternoon saying it was "mindful of the high legal costs" and believed its "financial resources are better used in the interests of the public."

In a statement Wednesday, Judy McLeod, a representative for the Save Our Rand Estate (SORE), said there were two council votes on the matter.

The first on Friday, Feb. 10, was 5-2 in favour of abandoning the prosecution, she said

"However, the matter was

Continued on Page 4

Native Centre elects board amid strife



Dawn Moughtin alleges former board members abused their authority and threatened her and other senior staff members. EVAN LOREE

Evan Loree Local Journalism Initiative The Lake Report

Members of the Niagara Regional Native Centre elected a new board last week amid allegations from senior staff that former board members had abused their powers.

"We are literally in an abusive relationship," interim head of staff Dawn Moughtin said at a raucous community meeting held Wednesday, Feb. 8, to fill vacant seats on the board of directors.

"As soon as those doors close they attack us. They threaten us with our jobs," she said. "They looked at me in a board meeting and called me a sidekick. Not a valued member of this staff," Moughtin said. "That is how they speak to us."

None of the allegations were substantiated by details or evidence. The centre, on Airport Road in Niagara-on-the-Lake, serves the Indigenous community with a variety of programs and events.

Moughtin also referred to a board meeting at which she said her fellow head of staff, Jessica Riel-Johns, was threatened

Continued on Page 5

Lake Report earns 17 awards for journalism, advertising excellence

Kevin MacLean The Lake Report

The Lake Report has again been recognized for journalism and advertising excellence, earning 17 awards from the Ontario Community Newspapers Association.

The association on Tuesday unveiled the finalists in its annual Better Newspapers Competition.

The Lake Report is a finalist in 11 categories in addition to receiving six

honourable mention awards
– more accolades than any
paper in the province.

The first-, second- and third-place winners from among all the finalists in each category will be revealed in the spring.

"We are extremely flattered and grateful for the recognition," said Richard Harley, the founder and editor-in-chief of The Lake Report.

"As we come up to our fifth anniversary in May,

being singled out by our peers again like this is really gratifying."

"However, we always remind ourselves that none of our successes are possible without the loyal readers and advertisers who support

us, week in and week out, in print and online," he said.

"And we owe a huge debt to all the people in the community who allow us into their lives and trust us to tell

Continued on Page 2



Wood • Luxury Vinyl • Carpet • Tile

From Top Designer Names and Brands



Medical Centre | 1882 Niagara Stone Road | Virgil | 905.468.2121 Old Town | 233 King Street | Niagara-on-the-Lake | 905.468.8400

砕 SIMPSON'S

Shop online at www.simpsonspharmacy.ca | FREE LOCAL DELIVERY











At left, Jill Troyer's story on the icewine harvest garnered an award nomination. Above, photographer Dave Van De Laar's pictures made him a finalist for Photographer of the Year. Below, our July 28 edition is in the running for Best Front Page.

Lake Report honoured with 17 provincial awards for 2022

Continued from Front Page

their stories," Harley added.

"Everyone knows this is a tough business to succeed in. Without everyone's support, we would not be able to produce the news for NOTL every week."

These provincial awards are for pieces published between October 2021 and Sept. 30, 2022.

Last year, The Lake Report won more than 40 awards in Ontario and Canada-wide industry competitions, taking home more honours than any other publication in the country.

In this week's announcement, one other NOTL publication, Torstar Corp.'s Niagara Advance, received two nominations: for general excellence in the 2,000 to 6,499 circulation category and for COVID coverage.

Among The Lake Report's finalists in this year's Ontario awards, is Niagaraon-the-Lake's Dave Van De Laar. He is one of two people in the running for the prestigious Photographer of the Year award.

A regular freelance contributor, Van De Laar's work can be seen most weeks in the pages of The Lake Report.

His shots of last April's

Bunny Trail Easter egg hunt, a Canada goose "running" on water prior to takeoff, an exhausted Sean Wright emerging from Lake Ontario after his swim for the Terry Fox Run and an airborne Niagara Thunderhawks lacrosse player scoring a goal were all entered

- Richard Harley, Best News Story, for his March 10, 2022, story about Teresa Wong, a mother of three who fled Hong Kong for NOTL with two of her children after the Communist regimes crackdown on
- Jill Troyer, Best Rural Story, for her Jan. 13, 2022, story on the icewine harvest during the -21C tempera-
- for Best Front Page, for our July 28, 2022, edition, which featured items about two men stranded for hours on a disabled Sea-Doo in Lake Ontario, the labour shortages plaguing NOTL businesses, a new distillery opening in St. Davids, plans to recruit another nurse practitioner to town, and a column about using robotic cats to help seniors with dementia.
 - Best Feature/Unit Pages,

in the competition. Our other finalists are:

democracy.

tures of the polar vortex.

• The Lake Report team



for the Jan. 13 and Jan. 20, 2022, special feature, "The Upper Canada Food Guide," promoting pull-out menus for NOTL restaurants as they tried to attract patrons amid COVID.

• Best Creative Ad, for a series of advertisements featuring consumer tips from

Wally Dingman of Caughill Automotive.

· Richard Harley and Kevin MacLean for Best In-House Promotion, a May 5, 2022, four-page commemorative section celebrating everyone behind the paper's 11 provincial awards and featuring a congratulatory

ad from realtor Nancy Bailey of Engel & Volkers.

- Richard Harley and Kevin MacLean for Original Ad Idea, a full-page ad on Sept. 22, 2022, commemorating World News Day and outlining some of the stories and features that would never have been reported if The Lake Report did not
- Former reporter Evan Saunders, for Online Special Initiative, for a March 15, 2022, story about how 10 per cent of all homes in NOTL are short-term rentals, with an online interactive map showing the address and location of each
- Richard Harley and Nicholas Rothwell for Multimedia Online/Best Online Experience for a Story, for their Oct. 27, 2021, feature and video. A Short Cut to Mushrooms, about foraging for fungi.
- Kevin MacLean and Dave Van De Laar, Breaking News Video, for an April 18, 2022, video and photos of the return of the Bunny Trail Easter egg hunt after COVID.

The Lake Report's six honourable mentions were awarded to:

• Richard Harley, Best Editorial, for his Jan. 27,

2022, piece, "Close maskless school now," after The Lake Report's investigation of a rogue independent "pod school" that was violating COVID protocols.

- Evan Saunders, Education Writing, for his Oct. 7, 2021, story, "Working with troubled youth critical for Indigenous culture, elder says."
- Evan Saunders, Health and Wellness, for his March 10, 2022, story on how 10-year-old Maya Webster convinced the Ontario government to cover the cost of glucose monitors for thousands with diabetes.
- High school student Maddy Gordon, an intern reporter, for Best Guest/ Freelance Column, for her April 28, 2022, guest editorial, "Sexual assault rally a chance to be heard," about gaps in the District School Board of Niagara's curriculum on consent and sexual assault - and how some people reacted badly to a student rally on the subject.
- Richard Harley, Best Use of Colour, for a back page Caughill Automotive ad promoting winter tire switchovers.
- The Lake Report team, Best Community Website, for our newly revamped news site, niagaranow.com.





Wed - Sun, 5 p.m. - 9 p.m. Dine-in and take-out

Tel: (905) 468-3871 390 Mary Street, Niagara-on-the-Lake

Serving Fresh Asian-Fusion Cuisine In a Cozy Atmosphere



An early design shows the front of the 129-room hotel from King Street. SUPPLIED/SGL PLANNING & DESIGN INC.

129-room hotel will include public greenspace

Continued from Front Page

speaking with neighbours about a variety of policy and planning or construction projects."

"A new application is being advanced with the town for a new boutique hotel," the letter continues.

"Two Sisters Resorts Corp. has identified that an early dialogue will be beneficial to ensuring the circulation of accurate information and the fostering of a respectful and open dialogue."

According to an email to an area resident obtained by The Lake Report, Di-Giovanni said Two Sisters is applying for a zoning change and official plan amendment to allow for a "four-storey, 129-suite luxury hotel with a restaurant, bar and event spaces."

"The site will also include on-site greenspace and underground parking as well as eight surface parking spaces," she said.

David Riley, a consultant with Toronto-based SGL Planning & Design Inc., said the lot coverage will be 22 per cent of the property. The current footprint of the former school building is 17.9 per cent of the lot.

Riley added that there would be less asphalt and driveway space, too, covering 11.3% of lot area, instead of the current 16.6 per cent.

The building itself is meant to complement the historic look of NOTL,

Riley said.

"Part of the design intent is really to have this building fit into that historical context that exists in the area," he said.

"The architects really had that in mind when they were designing this — and the owner of the site is certainly interested in making sure that this this building fits in well to the community."

He said the design also "reflects architectural elements and features of the original house, the Plumb residence, that once existed on the site prior to the school building."

The new build will be more centred between Gage and Centre streets, with the main focus of the building remaining toward King Street, Riley said.

The building will be about 23 metres from Gage and 24 metres from Centre, so it has "some distance from the street."

The plan is to "bring it as close as we can to King Street to also have that open space area in the back, which will be part of the hotel but accessible to the public," Riley said.

He said the open area would be greenspace with no outdoor buildings or conference centres.

"That's where we're proposing to have some commemoration of some of the heritage elements that are on the current school building and on the property," he said.

Closer to Regent Street there will be a public area

with a stone wall, where they will preserve the two stone engravings that are inlaid on the front of the school, he said.

The stone engravings "really commemorate what happened on this site and why the site is significant," Riley said.

"As you know, one of the meetings of Parliament happened on this site. So we want to keep those plaques," he said, adding he thinks it will be a "nice tribute to the site."

And a 300-year-old red oak tree at the front of the school will also be preserved, he said.

Landscape plans and drawings will be available once the project is further along in the approval process.

Asked whether the landscape would be similar to the Pillar and Post's "Monet" Gardens, he said it will be similar in that it's open to the public, but it will have more open space and fewer paths.

Two Sisters purchased the property on Oct. 26, 2022, for \$8 million. At that time, company owner and developer Benny Marotta told The Lake Report he was considering a hotel for the property.

Marotta did not respond to interview requests by publication time.

The letter from LURA acknowledges there "may be great interest in this site from residents."

"As the application process advances, this dialogue

will also be helpful in circling concerns and inquiries from the community back through to the project proponents/applicants."

In 2021, residents strongly opposed a proposal by the previous owners to build a 71-unit apartment complex on the site, claiming it could mean the potential "wholesale destruction" of Old Town.

A group called Preserve Our Special Town (POST) was formed by area residents to fight the development.

The proposed development will "replace the previous application for the site which was at the OMB for hearing."

POST founder Alan Gordon said he thinks a hotel on the property is "completely inappropriate for the site and totally inconsistent with the official plan."

Riley said there will be opportunities for public engagement.

"We're looking forward to and open to, to those comments when we get to that point in the process."

With the town's two per cent accommodation tax (rising to three per cent in 2024) hotel stays are a big revenue source for NOTL. The tax goes toward tourism development and infrastructure.

A 129-unit hotel at 75 per cent year-round capacity and an average cost of \$800 nightly could add about \$565,000 annually to the town's tourism promotion coffers.



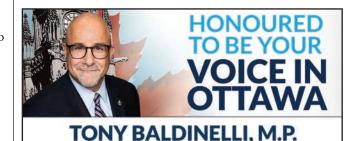




and sleep apnea supplies.

Free delivery in NOTL and VIRGIL.

Curbside pick-up available at 111A Garrison Village Dr., Suite 202, NOTL. For appointment call 289-868-9212.



NIAGARA FALLS/NOTL OFFICE 4056 Dorchester Road, Suite 107 Niagara Falls, ON L2E 6M9 Tel.: 905-353-9590

FORT ERIE OFFICE 48 Jarvis Street Fort Erie, ON L2A 2S4 Tel.: 905-871-9991

NIAGARA FALLS

TONY.BALDINELLI@PARL.GC.CA TONYBALDINELLIMP.CA

St. Davids-Queenston United Church

1453 York Rd. St Davids 905-262-5242

www.stdavids-queenstonuc.ca Minister: Rev. YongSeok Baek Sunday Worship
10:30 a.m.
Also online
Visit our website



Audiologist

Pauline Reimer Gibson is an Audiologist with over 20 years of experience who loves helping people of all ages in the community. Julia Dick is the Front Office Coordinator and a longtime resident of Virgil. Call Julia today to book a complimentary hearing test.

A global leader in hearing healthcare.

amplifon







Left: Members of the Welland Canal Force were recruited to guard the canal and other government infrastructure from possible enemy attack. ST. CATHARINES MUSEUM Right: John Henry Cowell's tombstone in Bramshott, England.

THE MONUMENTS MEN

The Cowell (Cowl) family tragedies

It's been a century since Niagara-on-the-Lake's iconic clock tower cenotaph was erected. Then, in 1926, the Township of Niagara unveiled its own memorial in Queenston. In recognition of those who fought and died in two world wars and beyond, NOTL historian Ron Dale has been researching the stories of the people all men – whose names are engraved on the two cenotaphs. This is one in a series of stories documenting and remembering the sacrifices of those commemorated on the municipal memorial in Queenston.

Ron Dale Special to The Lake Report

Two of the 20 men commemorated on the cenotaph at Queenston present an historian with quite a challenge.

Brothers Henry Cowl and Alfred Cowl are listed among those who died in the First World War.

But in researching the records of the Canadian Expeditionary Force soldiers during the war, there are only two Cowls listed, Thomas and George.

There is one entry for Harry Philip Cowle and for Alfred Cyril Cowle but neither seems to have had any connection to the Niagara region. So, the men listed on the monument in Queenston remained a bit of a mystery.

It turns out, that the surname of the Cowell family was frequently spelled phonetically, rendering it as Cowell, Cowl and Cowle.

We find the family in Grimsby in 1891 as Cowl and in Louth Township in 1901 as Cowle, but the name Cowell was used in marriage, birth and death records for the family.

Henry and Albert "Cowl" were indeed brothers and their vital records are recorded under the surname Cowell.

Frank Cowell and his wife Annie Hill were married in Grimsby in 1889 and moved to the McNab area in 1895. Two of their three sons, John Henry and Albert, were born in Grimsby while youngest son Norman was born in St. Catharines.

When the First World War began in 1914, the Cowell men did not volunteer for active service in the Canadian Expeditionary Force, but would all eventually sign on with the part-time Welland Canal Force, to be called out from time to time.

It was realized that the Welland Canal could be vulnerable to sabotage by enemy agents. In response to that potential threat, the Welland Canal Force was formed.

Its task was to "guard and protect in absolute safety, by means of picquets, guards and patrols, all government property on or near the canal."

Albert Emerson Cowell was born on March 14, 1893, and married Bertha Putman in St. Davids on Sept. 29, 1913. His youngest brother Norman married Bertha's sister Mary on Jan. 1, 1918.

Albert and Bertha lived in Queenston and had three children, Henry born in 1915, Jean in 1916 and Grace on Sept. 15, 1918. Albert was listed as a farmer and soldier on his children's birth records.

Unfortunately, tragedy seemed to follow the Cowells.

Daughter Jean died on Sept. 24, 1917. And her parents, Albert and Bertha, were victims of the Spanish influenza pandemic that killed more people worldwide than died in the entire First World War.

Bertha died of the flu on Oct. 10, 1918, and Albert succumbed two days later. Their daughter Grace died of other causes the following March. Only their son Henry survived and he died in Vineland in 1978.

The flu also took Albert's brother, John Henry Cowell. He had been born on May 22, 1892, in Grimsby and became a painter by trade

In October 1916, he enlisted in the Welland Canal Force and, like his brothers, was called out from time to time to help guard the canal and government

infrastructure in Niagara.

The war had cost Canada many lives and there was a need for more men at the front. There was also a drop in voluntary enlistments.

As a result, Parliament passed the Military Service Act, which came into effect on Aug. 29, 1917. All men between the ages of 20 and 45 were liable to be conscripted for overseas service.

John Henry Cowell was drafted and joined the 1st Depot Battalion of the 2nd Central Ontario Regiment on July 1, 1918.

He was sent to Halifax and then shipped to England, landing on Sept. 16, 1918. He was transferred to the 8th Reserve Battalion.

There he developed a bad cough that persisted for more than three weeks. Finally, he was admitted to the army's 12th Canadian General Hospital in Bramshott, East Hampshire, on Oct. 22.

He was diagnosed with Spanish influenza, ironically 10 days after his brother Albert in Queenston had died of the virus.

John Henry Cowell died on Nov. 5 and was buried in the St. Mary the Virgin Churchyard in Bramshott.

John Henry Cowell and his brother Albert Cowell are commemorated on the Queenston cenotaph under the names Henry and Albert Cowl.

Residents loudly oppose Mary Street apartment

Evan Loree Local Journalism Initiative The Lake Report

Niagara-on-the-Lake residents came out in force this week to tell proponents of a new apartment building on the edge of Old Town that they are opposed to the idea.

More than 50 people came out to strongly voice their displeasure with what the owners say will be a 3.5-storey rental building at 223-227 Mary St.

"If this gets approved, we can literally say goodbye to what's so special about where we live," Richard Ellis, who lives nearby on William Street, told Tuesday night's committee of the whole planning meeting.

Ellis and his husband "spent our life savings to buy our forever home in Old Town" and he said they never would have bought it if they'd known about the proposed apartment.

The Lake Report broke the news of the building proposal last month after residents raised concerns over the building's height and character, as well as traffic and noise pollution.

On Tuesday, speaker after speaker brought up those issues but a few also pointed out problems with the proposal, which is being headed by NPG Planning Solutions.

Read the full story at niagaranow.com.

Town stops appeal week before court date

Continued from Front Page

revoted on on Feb. 14 due to a technical error/misunderstanding on the original vote," McLeod said.

A motion to reopen the Feb. 10 vote was supported by a 5-4 majority of council, but not the two-thirds majority required to reopen the matter, she said.

"That council could not find a way to do the right thing on a matter of such public importance is frankly bewildering," the SORE statement said.

The town originally laid charges alleging that Marotta's companies violated the Heritage Act by clear-cutting trees on the Rand Estate property in 2018.

On Oct. 5, 2022, a justice of the peace stayed the claim against Two Sisters Resort Corp. and Solmar (Niagara) 2 Inc., accepting an argument that the case violated their Charter rights to a timely trial.

A stay puts a legal proceeding on hold and can be temporary or permanent.

The town decided to appeal the stay but the newly elected council withdrew its appeal with this week's vote.

"As a result, (Solmar and Two Sisters) have been allowed to escape without a trial on the merits and without consequences for the deliberate and outrageous clear-cutting of a designed heritage landscape at one of the most important cultural heritage properties in NOTL and Niagara Region," SORE's statement said.

"A successful prosecution could have resulted in the reinstatement, at the Marotta companies' expense, of the destroyed landscape," said McLeod.

The case was scheduled to go before Justice Donald Wolfe on Feb. 22 in St. Catharines.

"No further work or expenditures other than the court attendance were required to have the appeal heard," McLeod noted.

"SORE, based on advice from specialist counsel, believes there were good grounds to set aside the stay and have the charges heard on their merits and that Justice Wolfe would have ruled accordingly."

In its media statement, the town said it wanted to assure the public it will continue to "value the conservation of heritage resources and will make the most of opportunities through Heritage Act and Planning Act applications."





Native Centre elects new board members

Continued from Front Page

for speaking up.

Former board members Wanda Griffin, Lacey Lewis, Wendy Wilson and Bobbi Jones-Japp resigned from the board at the meeting so the community could elect new members.

Former directors Roxanne Buck and Fallon Farinacci were elected to the new board.

They had both resigned in December after Karl Dockstader resigned from his position as executive director.

Also newly elected to the board were Audrey Clark, Elaina Jones, Brian Mac Auley and Doug Paget.

Buck will serve as board president, with Mac Auley as vice and Paget as treasurer.

The vote brought the board back to full legal status, which allows directors to appoint members to vacant positions.

Sean Vanderklis, co-host with Dockstader of the podcast One Dish One Mic on 610 CKTB radio, was appointed by the other board members. But two board seats remain empty.

Some of the people served by the centre's workers fear what will happen to their support services after seeing the old board members step down.

"I feel like the clients are the ones that are suffering and no one's listening to us," Lindsay Morrison, a 12-year client of the centre, told The Lake Report in an interview after the meeting.

After seeing their leaders argue at the meeting, Morrison is worried about sending her kids to programs there.

"What about the clients and the children?" she said.

Morrison said she went to the meeting with a prepared speech and was told by a community member that she would be allowed to speak.

However, she said she was told by Moughtin, "It wasn't that type of meeting."

Morrison said she thinks Lewis and the remaining members were set up to fail after the resignations in December.

"How can four board members take on all the weight that they were handed?" she said.

When Lewis first an-



Former board president Lacey Lewis. EVAN LOREE

nounced the meeting on Facebook on Jan. 10, she said it was to fill vacant seats on the board and amend the bylaws so the board could serve a wider area.

Vanderklis argued at the time the board did not have a quorum, meaning it was too small to have legal status, and did not have the authority to amend its bylaws.

The centre's bylaws do, however, permit the board to call a membership meeting and fill vacancies on the board of directors so it can have a quorum.

Vanderklis also argued that the membership can vote to dismiss the current board and elect new directors under Ontario's Not-forprofit Corporations Act.

The act states, "The members of a corporation may, by ordinary resolution at a special meeting, remove from office any director or directors."

The board is required to update its membership list twice a year, but many people who "had done their due diligence" were not considered bona fide members going into the meeting, Vanderklis said.

"There are people in this room who voted at the last annual general meeting who have been denied their membership," said Vanderklis.

Some of those in the audience were unable to vote because their memberships had not been approved.

Ted Mouradian, a neutral third party who was asked to chair the meeting because of his knowledge of board policy, said the board had to approve all membership applications and couldn't so long as it was "below quorum."

Lewis told the crowd the remaining directors were "seeking to understand" why members couldn't renew their memberships online.

"Why? It's 2023," she said. At one point, tempers rose and some crowd members began to posture as if they were looking for a fight.

Phil Davis, a community member, singer and drummer, argued that the board had failed to tell the community why three directors had resigned and why Dockstader was walked off the property in December.

To him, nothing else mattered until that question was answered, he said.

Another person in the audience asked Davis why he was yelling. The question seemed to add fuel to the

Emotions boiled over in the room after Moughtin and Riel-Johns broke into tears.

Women gathered in a circle around the two and began singing and drumming a healing song to support them.

Moughtin, Lewis and Griffin each spoke in turn after the singing ended.

"You haven't heard from us. What you have heard from us is out there in social media world," said Lewis, who was heckled several times as she spoke.

She said a volunteer board member could be "deemed a risk to the centre" if they do not live in the centre's area of service.

The Lake Report discovered that one board member was living outside the service area, which appeared to violate the centre's bylaws.

Amending the bylaws to expand the area of service to Welland would resolve this, Lewis said.

The board members gave no explanation for Dockstader being walked off the property or for the resignations of the former board members before Christmas.

Griffin, however, alleged she and the board members who had stayed since Christmas had been attacked on social media.

"What's happened in this community is nothing but lateral violence," she told the crowd.

"There is too much freaking pain and it's not just caused by the women that sit up here," she added.

Griffin was interrupted several times and shouted down before she could finish.

She told the crowd that if they wanted her to step down, "I will not set foot into these halls again."

Frank Miller, a community elder, intervened when the meeting was at its hottest.

The room was visibly calmer as he spoke.

"As original people, we have our own ways," Miller said.
"We need to each respect

each other, stand by each other and do this with a good mind," he said. He said the community

Was there trying to confront its problems in "the language of the colonizer."

"I hear things like 'corporation,' I hear things like 'minutes,' "Miller said.
"This sounds like a meeting that originated from another side of the great salt ocean."

After the new board was elected, Mouradian encouraged people to maintain their memberships and make sure they were in good standing in the future.

"We still have a lot of community building that we need to do," Vanderklis said in an interview afterward.

He hopes the community can come together for an open mic meeting to discuss some of the allegations that came up last Wednesday, as well as any additional grievances not yet heard.



with

'Stay Tuned'

Saturday, Feb. 18th

5p.m.- 8p.m.

All Welcome!

Beef-on-a-bun: \$6

Royal Canadian Legion

410 King St. NOTL | 905 468 2353



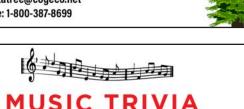
EVERGREENS FOR SALE

White Cedar Hedging White Pine

Norway Spruce White Spruce

\$1.95 each in multiples of 50 trees Larger sizes also available | Free Delivery - late April 2023

Contact: UPPER CANADA FORESTRY LIMITED Email: plantatree@cogeco.net Call toll free: 1-800-387-8699



NAME THAT TUNE
SATURDAY, FEB. 25 | 7 P.M. | \$10 PER PERSON

PRESENTED BY BONGOBEAT MUSIC

ROYAL CANADIAN LEGION BRANCH 124

410 KING ST | NIAGARA-ON-THE-LAKE

Have an opinion you want heard?

Send a letter to the editor to editor@niagaranow.com



FINE COLLECTIBLES BY THE PEOPLE OF THE LAND





Publisher: Richard Harley Editor-In-Chief: Richard Harley Managing Editor: Kevin MacLean Design & Layout: Richard Harley **Advertising:** Megan Vanderlee Contributors: Evan Saunders, Jill Troyer, Somer Slobodian, Evan Loree, Tim Taylor, Joanne Young, Denise Ascenzo, Brittany Carter, Linda Fritz, Elizabeth Masson, Dr. William Brown, Brian Marshall, Molly Bowron, NOTL Museum, Kyra Simone, Gail Kendall, Patty Garriock, Bill Auchterlonie, Steve Hardaker, Ross Robinson, Penny-Lynn Cookson, Dave Van de Laar, Janice White and many more members of the NOTL community



The Local Journalism Initiative is funded by the Government of Canada.

COVID Tracker

NOTL active cases (last 28 days): 46 Region active cases: 537 Region deaths: 715 Region total cases: 51,377

*Feb. 15 data per Niagara Region Public Health.

Public health warns that "Due to the surge in COVID-19 cases, limited availability of testing, and changes to case and contact management practices, case counts shown (above) are an underestimate of the true number of individuals in Niagara with COVID-19. Data should be interpreted with caution." Case data for municipalities is also now being interpreted in 28-day cycles.



Contributed by Patty Garriock

"An old day passes, a new day arrives. The important thing is to make it meaningful." - Dalai Lama

HOW TO GET IN TOUCH

Email:

Letters: editor@niagaranow.com Story Ideas: editor@niagaranow.com Advertising: advertising@niagaranow.com

Newsroom: 905-359-2270

Advertising Department: 905-932-5646

Office Address

496 Mississagua St., NOTL, Ontario, Canada.

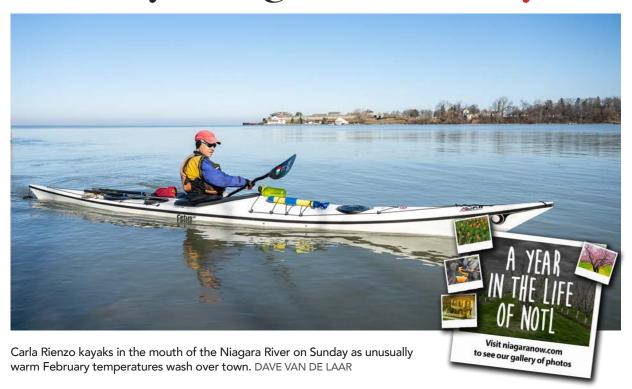
Mailing Address

PO Box 724, Niagara-on-the-Lake, LOS1J0

Have a lead on a story?

Call 905.359.2270 or send an email to editor@niagaranow.com

Kayaking in February



Editorial

Council and the Rand Estate clear-cutting

Kevin MacLean Managing Editor

When Niagara-on-the-Lake's new municipal council was elected last fall, incoming members new they'd be facing some difficult, sometimes unpopular decisions.

This week, councillors were faced with one of the first of those tough decisions - whether to continue with an appeal of a justice of the peace's ruling that stayed charges laid by the town against the owner of the Rand Estate over clearcutting of trees and destruction of heritage attributes.

At the lower court, the lowest of Canada's judicial system, a justice of the peace - not a full-fledged judge - ruled it has taken far longer than the maximum 18 months for the

case to get to trial.

So, the charges were stayed. That happened in October. Because we were in

the midst of an election campaign, it fell to chief administrator Marnie Cluckie to decide the town would indeed appeal the ruling.

That case was to be heard before a judge in St. Catharines on Feb. 22, but after receiving advice from town legal counsel during a closed session last Friday, council opted to fold its tent and cancel the appeal.

That is probably the path of least resistance - though councillors will no doubt take a lot of heat from those in town who are still angry over what happened on the Rand Estate in 2018. Those actions led to the charges.

However, given how long the town actively pursued

this case, the seriousness of what was done on the property, the amount of legal fees already paid compared to what might be incurred by going before Justice Donald Wolfe in St. Catharines ... we have to question council's decision.

We know our new lord mayor and some councillors have said they want to engender a less-combative "us versus them" approach on many issues, but this seems to be more of a "what have you got to lose?" situation.

Perhaps our council members know more about what's at stake than we do.

However, whether you care about trees, the Rand Estate, heritage attributes or not – it does potentially set a bad precedent when a municipality effectively throws in the towel in a fight that was also about

principles: That anyone, deep-pocketed developer or small-town operator, should be held to account for their actions.

We don't know if some on council felt differently upon reflection over the weekend - which led to a second special council meeting, on Valentine's Day - and a revote on approving the actions that were passed in Friday's closed meeting.

No one wants to see council waffling on such major issues, but it's too bad the revote failed.

We are disappointed and disagree with council's decision to abandon the court

We hope it doesn't lead to developers now thinking they can push this council around and force the town to accede to their whims.

That would be a travesty.



Rambling Ross could be our patron saint

Dear editor:

In response to Ross Robinson's ramblings on "Will private roads lead to gated communities in our town?" (column, Jan. 26), I would simply like to suggest that Ross do some research before allowing himself to think too deeply about thoughts that get into his head.

I will say, as a resident of George Manor, I am aware that the vast majority of homeowners on our street would be delighted to have Ross unilaterally

convince our town councillors and lord mayor that the Town should take over full responsibility for George Manor.

And if it were to happen, we would gladly erect a statue of Ross at the end of our street and change the name to "Robinson's Way." He would then become our patron saint.

Good luck, Ross, and please let us know of your progress.

Norm Paraschuk **NOTL**







Hotel is inappropriate for old Parliament Oak site

Newark (now Niagaraon-the-Lake) was the first capital of Upper Canada and sessions of Parliament were held in the Free Mason's Lodge on King Street.

In the extreme heat one summer, the members of Parliament moved their desks and chairs outside to conduct their business under a stand of oak trees. It was on this site (donated by the town to the school board) that Parliament Oak school was built and opened in 1948.

In 1966, it was sold for \$1 to the Niagara Public School Board (which became the District School Board of Niagara in 2013). That board closed the school in 2015 and declared it surplus one year later.

Although the town submitted an unconditional offer, over the asking price, the school board refused to sell the property to the town.

Now, the new owners of this culturally important site are proposing official plan and zoning bylaw amendments to permit the construction of a fourstorey, 129-suite hotel with a restaurant, bar and event spaces.

All this will be in the middle of the established residential area of Old Town. The height, noise, traffic and density of this proposed development is totally inappropriate.

Introducing a commercial use into the middle of an established residential area betrays all the residents of this town and contravenes the official plan, which stipulates one of the goals and objectives for commercial areas is "to prevent the intrusion of commercial uses into residential areas."

The official plan designates the property open space and community facilities, with the main uses being "active and passive neighbourhood parks, elementary schools, health care facilities, churches, day-care centres, cemeteries, museums, historic sites and similar community servicing uses."

How much further from the intended use of this important site can this

proposal for a commercial hotel be?

Community facilities and institutional zoning designations permit uses that serve the residents and future residents of the town. If this site is lost to commercial development, there is only one other property remaining for potential community facilities and institutional uses.

If the Town of Niagaraon-the-Lake wants to remain a real town with residents, families and maybe even a school, we need to prioritize the needs of the people who live here rather than the ones who merely visit and those who only want to reap riches through development as they overwhelm the town's unique character.

If an institutional use is no longer viable, the official plan provides that the only purpose for which the property may be redeveloped is "low-density residential use," one that is compatible with the surrounding established residential neighbourhood.

> Connie Tintinalli **NOTL**

Diagnosis: Medical centre parking lot needs an alternate entrance

There's lots of free parking at our new Village Medical Centre. The big problem is getting to it.

If you look at the map sent out by the Niagara North Family Health Team, you'll see why.

To get to the parking lot, you have to drive through the existing parking lot in front of the CIBC branch and past Shoppers Drug Mart.

The existing perpendicular parking for those businesses gives rise to cars backing out into the middle of the road that you will

have to drive through.

That drive was exciting enough with the volume of cars at the bank and Shoppers before it also became the only access to the medical centre parking.

Once you have reached the end of that leg past those stores, you have to turn into a narrow alleyway between Shoppers and the building that houses the Garrison House restaurant.

It's a narrow alley and only about one car wide. The map shows two ways but I don't recommend trying to pass in that alley.

For now, it's the only way in - and the only way out.

Astounded that no planner would approve this, I made the trip myself. Whoever in the town let this happen when approving the plans must have slept through the classes in "Traffic Flow 101."

A traffic count on the road that will now become the local venue for lovers of bumper cars surely would have highlighted the

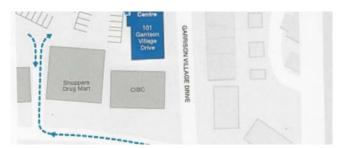
And it doesn't take a tape measure to determine that you can't fit two cars sideby-side down that narrow alley between the stores.

I asked a construction supervisor on-site why there was no access from the parking lot to Perez Street, which runs along one side of the lot.

He explained that there would be another exit somewhere once all the development in the other part of the block is completed.

I'm estimating that phase is likely to take another year at least. And will this be the only parking lot for the entire complex?

Here's a tip for the town:



Letter writer John Sayers says access to the parking lot at the new Village Medical Centre is far from ideal. He suggest allowing people to enter and exit via Perez Road.

issue an order to the developer to open up the lot for access and exit onto Perez Street - NOW.

And here's a tip for anyone who gets hit by a car while crossing the "Shoppers Autobahn:" Have your lawyer sue the town for permitting a hazard it knew or should have known – was a serious safety risk.

> John Sayers **NOTL**

Ticket for interfering with snow removal is bogus

The following was to council members and Town of NOTL officials. A copy was submitted to The Lake Report for publication.

Dear editor:

I received a ticket the afternoon of Jan. 25 from the Town of Niagara-onthe-Lake for parking on my residential street and interfering with snow removal

I have zero intention of paying this ticket because, according to my lawyer, it constitutes fraud since I am accused of interfering with an action that the town never performs.

A photo I took the morning after I received the ticket, shows that no snow was "removed" or moved by

And yet, the ticket states

that my vehicle interfered



Daniel St. Jean argues the town doesn't actually remove any snow, it just moves it around and to the side. SUPPLIED

with the "snow removal"

The second reason I will not pay this ticket and will take it to court if needed, is the reference to "snow removal."

A second photo taken two days after the ticket was issued, shows the town did come by and moved the snow from the centre of the street to the side.

A couple years ago, I had

a conversation with a town manager who assured me that the municipality never removes snow but merely moves it from the middle of the road to the sides.

If you've lived in Montreal or Ottawa, you know what snow removal looks

Therefore, my vehicle did not interfere with moving the snow from the centre of the road, which means this

ticket is a fraud aimed at grabbing more money from taxpayers.

My lawyer says that if I can collect 100 signatures from residents of Niagara on the Green we could start a class-action suit against the town accusing it of harassment.

That many signatures will not be hard to get as I already talked to a dozen immediate neighbours, all recipients of a similar ticket, and they are really ticked off.

So, my suggestions to the town are: a) quash the ticket I received and b) instruct town bylaw people to stop giving them out.

Or get your legal department ready for a fight in

> Daniel St. Jean Glendale

Please don't allow apartment buildings in people's backyards

Dear editor:

Applications have been made for an official plan amendment and zoning bylaw amendment to permit a 41-unit apartment building at 223-227 Mary St.

It would be 18 metres (59 feet) high and literally be in the backyards of singlefamily homes, many of them bungalows.

We've been here before with a public meeting held on July 18, 2016, with most people voicing their objection. Subsequently, the amendment was refused by council on Sept. 19, 2016.

I believe the area is zoned for single-family homes and the high density of 41

residential units is unsuitable for the block.

As well, the height will result in a lack of privacy for the surrounding homes, especially the ones whose backyards will be directly affected.

In my opinion, the location is inappropriate and, if approved, will be the beginning of the end of Niagaraon-the-Lake's heritage and historical community.

If this goes ahead it could set a precedent for developers inserting apartment complexes among singlefamily homes throughout Niagara-on-the-Lake.

> Janice Barker Old Town



While many factors are associated with #myopia, there are ways to decrease your child's risk of developing this common vision condition. One can easily do so by taking frequent breaks from screens and spending more time outdoors.

> NOTL: 905-468-8002 | 358 Mary St. | www.theeyedoc.ca St. Catharines: 905-682-9119 | 8 Secord Dr.





How a reader's query sent me on a special quest



ARCHITEXT

Brian Marshall Columnist

From time to time I am fortunate enough to have readers of this column contact me.

Last week, this occurred on several occasions and I'd like to thank folks who have taken time out of their day to reach out. I really appreciate hearing from you.

Moreover, it is common that these communications provide me with questions and insights that help to fuel this column. Let me offer a couple of examples ...

I received an email from a gentleman who expressed concern regarding the development proposed for 223-227 Mary St. that I had written about in the Feb. 2 edition of The Lake Report ("Architecture can make or break a community. Here's an example").

He questioned whether there might be an easy way for folks to visualize a building the size of that contained in the proposal set within the neighbourhood and wondered if the old Court House on Queen might be comparable.

My immediate response was that I believed the old Court House to be smaller than the proposed development, but was it really?

An online search for the Court House dimensions proved fruitless so, intrigued with the question (I am more than a bit OCD), I grabbed my laser and tape measures headed down to Queen Street to find out.

By my "rough and ready" investigation, the old Court House facade measures about 48 feet tall from the ground to the apex of its pediment and is about 56 feet wide, while the building's depth (facade to rear wall) is roughly 108 feet.

So, as it turns out, the old Court House is significantly smaller than the proposed development.

If we compare these dimensions to the plan measurements of the proposed Mary Street development, we see the new building is 59 feet high (11 feet or 22 per cent taller than the courthouse), it's width (not including any balconies proud of the main massing) is to be 78 feet 2 inches (roughly 22 feet or 39 per cent wider than the courthouse), and the depth is 212 feet (104 feet longer or just shy of double the depth of the courthouse).

In fact, there is no existing building in Niagara-on-the-Lake of a comparable size in a single massing. Full stop.



The old Court House on Queen Street is smaller than the apartment complex that's being proposed for Mary Street. Would you want that beside your house? BRIAN MARSHALL

And, just as a point of order, let's put a little definition around the term "storey" as it applies to standardized height.

If one consults a civil engineering reference text, the height of a "standard" five-storey residential building is calculated at 55 feet from grade level to roof. Therefore, the proposed building may have four and a half floors based on their designed ceiling height but, at a height of 59 feet, it is actually five and one-third standard storeys tall.

Bluntly, anywhere in Niagara-on-the-Lake, the proposed development is a behemoth. Now, let's move on to a phone call I received late Friday afternoon from a gentleman who started the conversation by saying, "You may not know it, but you paid me an outstanding compliment in the newspaper this week."

The caller then explained he was the individual who built the house pictured in last week's column as an example of a contextually appropriate infill development and continued with, "It's so gratifying that someone, 20-odd years later, has understood what I intended by building that house. It certainly wasn't the case when I built it."

Apparently, the Queen Anne design by an architect of the New Traditional school faced stiff opposition from a variety of Old Town residents and from Leah Walker, who was, at that time, a member of the town's planning department.

The most-often cited complaint was regarding the size of the two-storey home, a rather untenable argument given the substantial mass of the two-and-a-half storey Oban Inn right across the street.

From our discussion, the size concerns expressed were a smoke screen to disguise the actual point of contention which was that

New Traditional designs were frowned upon by the town's architectural gate-keepers.

To explain, there are two diametrically opposed schools of thought among architects when it comes to designing additions to historic houses or infills in historic streetscapes.

One side believes it is inappropriate to develop a new design that follows the parameters of a historic architectural style, believing the result (no matter how brilliant the design) would merely ape history without adding to it.

On the other side of the fence are those who believe the most successful integration of new with old is to design within the parameters of an historic style that is contextually appropriate with the surrounding neighbourhood—the most successful examples of which are recognized as fresh new expressions of a traditional style.

At the time this house was built, the town's gatekeepers represented the former rather than the latter.

Funny how things change. Twenty years ago, two storeys and design were bones of contention while today we have to deal with a proposal for a five-storey behemoth. Ah, for the good old days.

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



Constant conflict over development is counter-productive

Dear editor:

I am not an advocate for developer Benny Marotta.

I have never met the gentleman, any of his family members or, to my knowledge, any of his employees.

Mr. Marotta has been the poster child for the many local builders regularly ridiculed by opponents of development.

One recent letter wondered about his plans for all the properties he owns in Niagara-on-the-Lake. A simple answer might be: "Developers develop." Land ownership is their currency – it's how they stay in business.

My father was a home builder and developer. As a then-naive youth I once questioned why he decided to purchase a farm.

"You are a home builder, not a farmer," I said.

"Today a farm, within five years a residential development" was his reply. "Without land to develop, I'd be out of business."

The federal and provincial governments have all, in concert, agreed that there is a critical housing shortage in Canada.



Writer Samuel Young says NOTL needs development to keep up with rising property costs.

Accordingly, we will likely witness an unimaginable building explosion over the next five to 15 years. The Golden Horseshoe and NOTL will not be spared and some communities might become unrecog-

nizable as a result.

Visionary tenured developers have positioned themselves to meet this challenge. Marotta (Solmar), Gatta Homes, Hummel Properties and others fit this category.

Rather than fight the inevitable growth and be in constant conflict with developers, we should work in concert with them to achieve a common goal of continuing enhancements to our community.

Litigation and the attendant extended development horizons, increases the cost of the end product to the consumer and contributes to inflationary housing costs.

If "timing is everything," I would suggest this is not the time to aggressively challenge developers.

Finally, for a reader

to suggest our new lord mayor and deputy mayor are in the hip pockets of the developers is being disingenuous at best.

Where would NOTL be today without developers? Think of the Shaw and wineries, among others.

Many in town are living in the past instead of embracing the future while preserving the past.

Delaying development will just inevitably mean even higher prices for buyers.

Samuel Young NOTL

THE OLDE

ANGELINN

HAPPY HOUR Mon-Thurs, 5 to 8 p.m.

224 Regent St., NOTL | 905-468-3411 | oldeangelinn.com



Scan here for our menu!



Mrs. Dove should be in Teachers Hall of Fame. But that culvert ...



Ross's Ramblings

Ross Robinson Columnist

'Twas a joy to read the heartwarming and very personal story by NOTL athlete Wallace Wiens regarding the lifelong contribution that Mrs. Dove made to her quiet and humble life.

She writes so well, painting word pictures and developing relatable scenes that make her story seem like it happened right next door, just last year.

How many other school teachers have gone the extra mile, insightfully seeing the uniqueness of a student who didn't fit the standard template, getting the highest marks or winning a bunch of ribbons at the annual field day?

Surely there are thousands of unsung educational heroes, all doing their best to do their best for their students and for our society.

In my life, there has been Mr. Dotton, Miss Walker, Mr. Bartlett, Miss Prior, Dean Beck and dozens of others who helped me out along the way. So many of my teachers were superstars, albeit just doing their jobs, and going the second mile.

Happily, my mom and dad never emphasized winning. They always encouraged us to prepare as well as possible and then put forth our best efforts on the day of the competition.

Learning sports and then continuing them into later life was a key and it seems Wallace Wiens is the poster child for this lifestyle.

Let me ramble a bit by saying that for several years I fought very hard, without success, to give every student at Parliament Oak Public School here in NOTL a field day participant ribbon.

It was a total no-brainer to me, but the other members of the school's parent council voted me down year after year. One year, shhh, I went to a trophy shop in St. Catharines and person-



On a balmy Valentine's Day, seven people attended a culvert summit at Simcoe and Johnson streets. ROSS ROBINSON

ally bought 200 purple and gold "participant" ribbons, one for each student who entered an event.

Not a popular move, but I just had to do it. And I would do it again, if I still had a child in elementary school.

Half a century after finishing secondary school, Wallace Wiens is still "healthy and active, hitting the pavement, heading down that road, running toward yet another goal.

She metaphorically tells us that Mrs. (never knew her first name) Dove is still remembered, "as unforgettable as fresh air and

sunshine."

We should all be so lucky, eh? Now, how can we get the book "Harriet the Spy" back to the proper library, for the enjoyment of students today?

The statute of limitations on theft may have run out, but it would be the right thing to do, and this simple act may change someone's life. Just kidding, I think.

Keep exercising and running, Wallace Wiens. Your heartfelt and oh-so-personal story has touched my heart and just might get some other people out in the fresh air and sunshine.

Rambling now to Stephen

Leacock and his habit of looking for the absurd in his hometown of Mariposa up by Orillia.

Methinks he would have chuckled at the story in last week's issue of The Lake Report regarding the historic and endangered old stone culvert at the corner of Johnson and Simcoe streets.

Tell me it can't be true that the Town of NOTL completed a stage one and stage two archeological assessment before construction began.

Friends, this is not in the vicinity of the Colosseum in Rome or the Parthenon in Athens, or even the log chute at the end of Ragged Lake in Algonquin Park.

Historical significance is a relative term, but surely we can agree that an old culvert does not justify an extraordinary amount of work by town staff. And the attendant expense.

The water-moving aqueducts constructed by brilliant Roman engineers, fashioned without huge machines and built by hand deserve our historical reverence and study.

I dropped by the culvert replacement construction

site and there were seven, count 'em, people discussing the project. Were they clarifying Bernoulli's principle of conservation of energy and how the water flow would affect the final outcome of the culvert?

How did we ever build the railway through the mighty Rocky Mountains in only a few years? (We know that many lives were tragically lost due to safety regulations that were lax or almost non-existent.)

And how about the railway lines down the sides of the Fraser Canyon at Hell's Gate in British Columbia. iust south of Boston Bar? That nation-building project had to get done fast and even today we can hardly believe the engineering marvel.

We can hopefully rest assured the town will not be "destroying a piece of its history," as Lake Report architecture columnist Brian Marshall worried. Yes, we must respect and remember our historic infrastructure, but let's continue to upgrade our water systems when feasible and financially prudent.

Just ramblin'.





SAT 18 FEB | 7:30PM

"An ensemble of achingly beautiful arias, duets, trios and choruses that recount the major episodes in Tubman's career." - Glenn McNatt, The Baltimore Sun





A two act opera that tells of how a young girl born in slavery becomes Harriet Tubman, the legendary Underground Railroad conductor. Based on recent Tubman biographies, the story is told in the context of Tubman's tight-knit family of lively characters. When I Crossed That Line to Freedom carries the universal themes of sisterhood, courage, sacrifice and doing what is necessary to keep a family together.

An opera based on the life of Harriet Tubman.

The Nathaniel Dett Chorale is Canada's first professional choral group dedicated to Afrocentric music of all styles, including classical, spiritual, gospel, jazz, folk and blues. The Chorale seeks to dissolve the barriers of stereotype, to empower humans in general, and those of African descent in particular.

Get your tickets today at firstontariopac.ca or call the box office at 905-688-0722



DOWNTOWN ST. CATHARINES





Chocolate or cheese? NOTL wineries offering both with February pass

Julia Sacco The Lake Report

During weekends throughout February, Wineries of Niagara-onthe-Lake is giving pass holders the opportunity to sample some of the area's best wines and their perfect pairings with the Chocolate & Cheese touring pass.

The experience features 20 wineries across Niagaraon-the-Lake with passes allowing for eight tastings a day at \$75 a person. The Lake Report checked out three of the stops.

Marynissen Estates Winery

To pair with their 2020 Heritage Collection Cabernet Syrah, Marynissen served up a delightful blue cheese and onion tart, provided by PigOut Catering, with shaved dark chocolate



Marynissen's Cabarnet Syrah is paired with a blue cheese and onion tart. It's available on weekends in February during the Chocolate & Cheese celebration. JULIA SACCO

on top.

"I love the pepperiness of the wine with the blue cheese in the tart," said retail supervisor Cathy Roy.

And the pepper flavour certainly does come to the forefront when combining

the pair, making for a comforting and savoury flavour explosion.

"We're hoping that there are some leftovers to snack on at the end of the day," joked Roy.

Aside from the tasty

and eye-catching pairing, Marynissen offers a unique tasting experience in its homey wine boutique nestled along Concession 1.

Château Des Charmes

A "trip to Brazil on a French plane sitting on

apple sauce with thyme" is how wine associate Karl-Heinz Medel described the multicultural pairing offered at Château Des Charmes.

The winery paired its Brut Sparkling Wine made from both Pinot Noir and Chardonnay grapes with a Brazilian cheese dot prepared by Paz Bakery, on a bed of thyme-spiced apple sauce.

The cheese dot, which is traditionally a breakfast food in Brazil, is made with tapioca flour, so it is entirely gluten-free and entirely delicious. Combined with the apple sauce, this pairing brought out the fruity flavours of the wine.

"We do the apple sauce with thyme because the wine has a bit of apple flavour. The combination is divine," said Medel.

Peller Estates

If you're hoping to top off your tasting with something sweet, look no further than Peller Estates.

The winery's pairing offers the perfect endnote to a tasting experience with its signature Ice Cuvée Rosé accompanied by housemade chocolate bark.

"The chocolate bark features dried cranberries, freeze-dried rose petals and pistachio nuts on top, and our Ice Cuvée has a dosage of icewine in it," said team lead and wine country concierge Janice Mayer.

The combination of rosé and icewine is one of the highlights of the Chocolate & Cheese pass experience.

The program is runs from Friday through Sunday during February.

Passes are available at wineriesofniagaraonthelake.

Music echoes through Navy Hall for historic lecture

Somer Slobodian Local Journalism Initiative The Lake Report

Guests were transported back in time musically as they entered Navy Hall last Friday.

The recreated 41st Regiment of Foot Band performed in a corner, the lights illuminating the musicians' faces as they played, their eyes fixed on the music sheets in front of them.

"Music speaks essentially to everyone," Gavin Watt, the fort's military animation co-ordinator at Fort George, told the crowd.

"It communicates mood and it communicates the pulse, the keys and then sort of the tone of an awful lot of things"

Watt, dressed in his regu-

lar Fife and Drum uniform, held the attention of more than 30 people at Navy Hall during the second Fireside Friday as he spoke about the 41st Regiment of Foot Band of Music and its history.

"We have a lot of visitors from around the world and a lot of people that come to the fort that don't speak English or French, and it does somewhat reduce their experience," said Watt.

"But when you can provide music to that, that's something that's very powerful," he added.

Watt's father gave him a fife to play when he was about 10. He's been in love with music ever since.

Even though bands were common 200 years ago, little was known about the Foot Band.

Much more was discovered only after Peter Alexander, the music program co-ordinator at Fort George, and Watt decided to recreate the Band of the 41st Regiment of Foot in Niagara-onthe-Lake 12 years ago.

Three things were known and understood about the regiment.

One, and maybe the most important, is that the band played at Maj.-Gen. Sir Isaac Brock's funeral on Oct. 16, 1812.

Another significant piece is a 1790 printing of the changing of the guards in St. James.

In the corner of the image is "a band with a band master, a serpent player, a few horn players (and) a couple of bassoon (players)," said Watt.

The third thing known about the band came from a war loss claim of the 49th Regiment after Fort George was burned in 1813.

"A claim was put in by the 49th regiment for the loss of the instruments that happened at the capture of Fort George," said Watt.

Among the list were bassoons, flutes, french horns, a trumpet and a serpent to name a few.

So that gave them an idea about what might comprise a band, said Watt.

Alexander shared the presentation with Watt, jumping in when it was his turn to introduce some of the different instruments.

He showed the audience a serpent, a trumpet, a flute and even a triangle.

The serpent is one of the



Peter Alexander holds up a serpent, a brass instrument used in the Band of the 41st Regiment. SOMER SLOBODIAN

most difficult instruments to have in a band, said Alexander.

It's a brass instrument that requires pitch control. It's snake-like in shape – thin near the mouthpiece and swirling downward like a slithering python, becoming thicker near the end.

The duo, accompanied by Ken Purvis, and Peter Mitchell, performed songs on the instruments at the end of the presentation.
Alexander even played the

serpent.

Everyone was quiet and engaged in the music, clap-

ping after every song, wait-

ing for the next.
"I didn't know a lot about the period, as far as musicians (go)," St. Catharines resident Ray Fortune told The Lake Report.

"So this was really informative," he said.













Registered massage therapist with 17 years experience. Will provide service in the privacy of your home or office. Day, evening or weekend appointments available.

Call or text: 519-982-5693





Pathway to freedom: Lives of early Black settlers featured in museum presentation

Somer Slobodian Local Journalism Initiative The Lake Report

A 17-year-old character named Jacob made the long, hard journey to Canada via the Underground Railroad.

Though Jacob is fictional, Niagara-on-the-Lake resident George Webber used him to tell the story of early Black settlers.

His presentation, "Free at Last — A Look Back at the Lives of Early Black Settlers," was part of the Niagara-on-the-Lake Museum's Black history programming for the month of February.

Through Jacob, Webber described to the virtual audience what it would have been like for enslaved people to cross the Underground Railroad into Canada in the late 1700s.

"The Underground Railroad was a secret network of people, places and routes that helped enslaved peoples go from the American south to the north looking for freedom," said Webber.

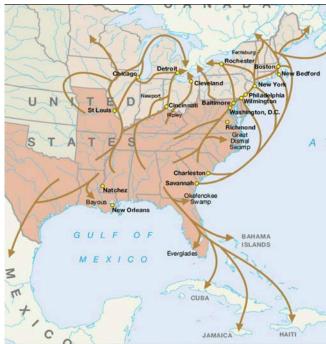
Jacob met real people who shaped Niagara-on-the-Lake's history.

People like John Morrison, who was the head waiter at the Cataract House in Niagara Falls, N.Y.

Morrison, with the help of hotel staff, helped freedom seekers cross into Canada.

Many took the risk because on July 9, 1793, an act was passed in Upper Canada prohibiting the further introduction of slaves. Any slaves entering Canada would be free.

This act was passed because what happened to Chloe Cooley, an enslaved



A map of the Underground Railroad. SUPPLIED

Black woman in Queenston. She resisted her enslaver, Adam Vrooman, whenever she could. She was violently kidnapped and taken across the river to the United States to be sold.

"She was never heard from again," said Webber.

Her resistance and screams led to the first legislation limiting slavery.

When Jacob made it to Canada, he was taken to what was known in Niagara-on-the-Lake as the "Coloured Village."

"It was bounded by Mississagua Street and Butler Street, between John and Anne Street," said Webber.

Freed slaves in Canada owned or rented many properties in the Coloured Village.

Jacob met Humphrey and Catherine Waters and their four children, whom Webber described as "one of the most successful Black families of the era."

He also met Elizabeth

and Winnifred Wesley, who lived on what is known

today as the Niagara Baptist

Church Burial Ground.

Also, William and Susannah Steward, who came to NOTL in 1834 and owned the Steward Homestead, which still stands on the corner of Butler and John Streets.

And he met Richard Pierpoint, who petitioned for the creation of the Coloured Corps and fought in the Battle of Queenston Heights and the War of 1812.

Jacob was still worried. Niagara-on-the-Lake was close to the U.S. border.

He remembered what happened to Cooley and his friend Soloman Moseby, a slave who stole his enslaver's horse and escaped to Canada from Kentucky. His enslaver showed up with an arrest warrant.

Many Black and white community supporters stood by Moseby. A riot broke out. In the end, he

fled to Montreal and then to England but later returned to Niagara.

According to the Ontario Heritage Trust, "This incident helped to establish Canadian extradition and refugee policies that are still used today."

Webber explained what life was like in NOTL for escaped slaves.

"Work was plentiful, but it was hard work," he said.

Residents could get land grants if they stayed loyal to the British Empire and local governments. Freed slaves could buy and sell property, build homes, marry outside of their race and be elected to town council.

However, some places were not safe and travelling at night wasn't advised.

Webber noted, many unknown white faces could be a threat. Blacks were constantly reminded to be grateful and about 30 per cent of the Black population was illiterate.

Slavery was abolished in the U.S. in 1865 and some who had escaped returned to America, but some stayed. Many remained scared.

At the end of Webber's story, Jacob left Niagara-onthe-Lake and moved farther away from the border, to Hamilton and started his own family.

Webber has been involved in the Voices of Freedom Park on Regent Street and in preserving the Niagara Baptist Church Burial Ground.

The NOTL Museum has a new virtual lecture every Wednesday from 11 a.m. to noon.

To register, go to Notlmuseum.ca.



This week's riddle is "Jeopardy!" style. Category: THEIR '90S HIT ALBUM

1992's Grammy-winning **Album of the Year:** This Brit's "Unplugged."

Last issue:

Category: THAT'S A DIFFERENT PREPOSITION

Clue: To Cicero it could mean around a place, as in "____ forum." To us, it means around a time.

Answer: What is a circa?

Answered first by: Howard Jones

Also answered correctly (in order) by: Jane Morris, Nancy Rocca, Wade Durling, Elizabeth Oliver-Malone, Sheila Meloche, **Bob Wheatley**

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

Email answers to editor@niagaranow.com, with your name, for a chance to win a \$20 Irish Harp Pub gift card every week. (Subject line: Riddle me this)

Love games? Join us for fun events every week at the Irish Harp Pub. Details at www.theirishharppub.com





"Pass me the Job Jar, enjoy your spare time." 289-929-handD (4263)

PO Box 1088 Virgil, Ontario LOS 1TO

Denis Curtis Proprietor





















Above left, Hailey Mitchell, Jamie Doucet, Soraya Felice, Katharine VanderKaay, Samantha Frydryk and Ophelia Xie skated in the Stratford competition. Right, Soraya Felice, Mary Lamky, Katharine VanderKaay, Samantha Frydryk, Ashleen Hale and Ophelia Xie. And below, Darah Adeyiwola, Jamie Doucet and Hailey Mitchell represented the NOTL Skating Club at the Hamilton Winter Chill Feb. 3 to 5. PHOTOS BY JUDI BOYLE-KRZECZKOWSKI

NOTL skaters perform well in competitions

Staff
The Lake Report

Members of the NOTL Skating Club have been testing their skills in competitions around the province.

At the Hamilton Winter Chill from Feb. 3 to 5, Darah Adeyiwola was sixth in the STAR 4 U13 category, Jamie Doucet was fourth in STAR 4 O13 event and Hailey Mitchell won gold in her STAR 4 U10 competition. Skaters from the club also will be attending a competition in Orono, Ont., Feb. 24 to 26.

Earlier, at the Milton Winter Skate, Ashleen Hale took gold in STAR 9 O14 and bronze in gold women.

Ophelia Xie won bronze in STAR 6 and Samantha Frydryk was sixth in STAR 5 O13. Mary Lamky was 11th in STAR 8, Katharine VanderKaay was 17th in STAR 6 and Soraya Felice was 18th in STAR 7 O12.

And at the Stratford December Classic, Ophelia Xie was fourth in STAR 6, Jamie Doucet was fifth in STAR 4 O13 and Hailey Mitchell placed fifth in STAR 4 U10.

Soraya Felice was 13th in STAR 7 O12, Samantha Frydryk was 13th in STAR 5 O13 and Katharine VanderKaay placed 17th in STAR 6.



Two unexpected losses and a key win for Preds

Kevan Dowd The Lake Report

It was a weekend of disappointment, redemption and surprise for the Jr. A Niagara Predators.

Starting a run of four straight games on Friday, the second-last place Streetsville Flyers proved to be an unexpected foil for the Predators, leading to a disappointing 6-5 shootout loss Friday and a 4-2 loss on Sunday.

There was short-lived redemption in between, with Saturday's 10-1 road win against the Tottenham Thunder, but the real surprise came Monday night.

The Predators managed a 4-3 win over the third-place Durham Roadrunners, a first this season.

The weekend showcased some inconsistency and unpredictability by the Predators.

"It kind of makes you scratch your head. Where

were they Friday and Sunday?" said coach Kevin Taylor after Monday's win.

The Predators still cling to fourth place in the Greater Metro Hockey League's south division.

The Northumberland Stars sit two points behind them and the St. George Ravens five, with a few regular season games left for each team.

Taylor admits Monday's win was unexpected and thinks an addition behind the bench may have been the difference-maker.

"What changed was having (Predators president Robert Turnbull) on the bench," he said.

"He took over the defence and just the whole atmosphere changed," said Taylor, adding he hopes Turnbull stays.

The Predators take on Streetsville at the Meridian Credit Union Arena this Friday at 7:30 p.m. hoping to bounce back and maybe nail down fourth place.

_Fabulous

FEBRUARY

is back at Sandtrap

\$6 domestic pints \$7 premium pints \$6 local wines (6 oz) \$8 local wines (9 oz)

\$6.50 assorted appetizers and 4-slice pizza

All day everyday in February





Keeping it local.

Open daily from 11 a.m. to 1 a.m.

358 Mary St. NOTL - 905-468-8727 - sandtrappub.com

2023 MUNICIPAL TAX REMINDER NOTICE INTERIM FIRST INSTALLMENT DUE FEBRUARY 24, 2023

Tax Rates as per Interim By-Law No. 5468-22



Payment Options

- By mail or post-dated cheque to the Town of Niagara-on-the-Lake
- In-person to the Town Administration Building (1593 Four Mile Creek Road, Virgil, 8:30 a.m. to 4:30 p.m.)
- Via drop box at the Town Administration Building (front and side entrance)
- Electronically from your bank account using the 19-digit roll
 pumber.
 - If payment is made at a bank or other pay station, your account will be credited only after the Town has received settlement from the bank. Please allow ten (10) business days for payment processing.

A penalty of 1.25% will be added on the first day of default and the first day of each month thereafter. To avoid penalty and interest charges, payment must be received by the Town by the due date. Penalties may not be waived.

Failure to receive a bill does not excuse a taxpayer from the responsibility of payment of taxes and penalty. If you have not received your tax notice, please call the Finance Division at 905-468-3266 to ensure that your correct mailing address, including PO Box, is on file.

To save time and potential late fees, pay your taxes through our Pre-Authorized Payment (PAP) plan, online or telephone banking. Property owners can also request to receive their property tax bills and notices from the Town by email through an eSend service.

For information on payment options or to sign up for eSend, please visit notl.com or call 905-468-3266.

SPORTS (%)



Sandtrap's Super Bowl bash supports Red Roof

Julia Sacco The Lake Report

For its first year back at full capacity post-COVID, the Sandtrap Pub & Grill was full to the brim this Super Bowl Sunday.

"We started taking reservations back in late January," said Matthew Dietsch, co-owner with his brother Paul. "I think people were excited to get back and have a big party."

And what better place to raise money for a worthy cause than a bar full of sports fans?

Red Roof Retreat has partnered with the Sand Trap since the pub opened and was back yet again to collect funds for programming.

"My son uses their resources quite a lot between the summer day camp and the Saturday day camp stuff, so it was a nice, easy, natural decision for us to partner up with them as a charity," said Dietsch.

Red Roof executive direc-



Enthusiastic sports fans watched eagerly at a high-energy game this Super Bowl Sunday at the Sandtrap. JULIA SACCO

tor Steffanie Bjorgan helped collect donations for both a 50/50 draw and gift basket entries with proceeds going to the recreational and respite care facility.

"They were selling raffles and tickets for the prize table. There's also a lot of presales," she said.

"We get all the proceeds for those activities and then at the end Matt and Paul also top up. It makes for a fun event and a great fundraiser for Red Roof," she said.

Bjorgan explained that each year the night typically raises around \$4,000 and judging by the size of Sunday's crowd, she expected to at least match that.

"It's fun because you get to see the same people come out year after year supporting it."

"On behalf of Red Roof I'm always thrilled to see people show up, especially nowadays I'm sure everybody is watching their money as well," she added.

"To see people walk in

knowing that they're going to be spending, that's always very humbling for me."

Dietsch said because his son Dylan regularly uses Red Roof's services, he recognizes how important it is to help out the agency. And it also was hit hard by the pandemic.

"Red Roof is a self-funded charity, so they do an amazing amount of fundraising to help offset costs and stuff for programming, so, of course, anything they do we try and help," he said.

"If I had anything to encourage people to do, it'd be to support any of their programs, tournaments, bake sales," he added.

NOTLer Petra Halbgebauer was among the crowd and was pleased to not only enjoy an intense football game but to help out a good cause.

"It was a great game, with some soft penalty calls for sure, as always," she joked.

"Every time they do it we are happy to come be a part of the event."



Yvonne Haines, Maria Orsini, Katharine VanderKaay, Ophelia Xie, Ashleen Hale, Judi Boyle-Krzeczkowsk and Lolita Hale assist with sales during Saturday's bake sale. JULIA SACCO

Sweet! Valentine's bake sale helps NOTL figure skaters

Julia Sacco The Lake Report

Figure skater Morgan DeGroot especially liked the candy sticks.

The NOTL Figure Skating club celebrated Valentine's Day early with a festive bake sale Saturday afternoon – and, predictably, it was sweet.

"The candy sticks were great. So were the raspberry bars and the cupcakes," said Morgan, 8, who was helping out at the sale along with her family.

"The cupcakes were popular. They didn't stand a chance," joked her mom, Leigh DeGroot.

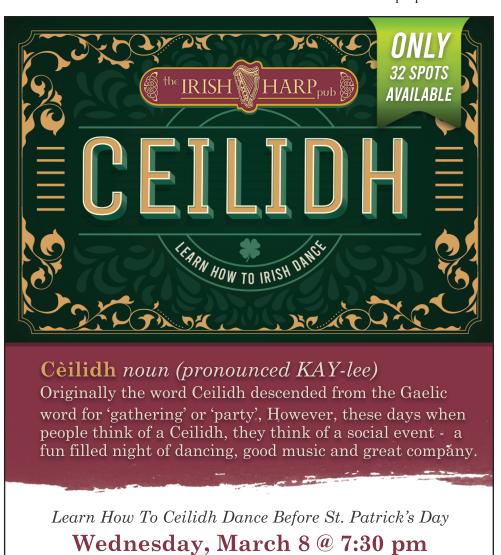
By the time the sale wrapped up, treats were condensed to one table after what dad Adrian DeGroot said was a busy few hours.

"Some hockey teams rolled through and bought a ton."

Hungry patrons seeking to support the club purchased baked goods and treats donated from over 30 families.

Organizer Lolita Hale said when the day started, there were three tables overflowing with goodies.

Proceeds from the sale will go directly to keeping the costs of the skating programs accessible.



₩ \$10 Lesson Only Ticket \$25 Lesson, Cocktail or Pint, and Appetizer or Dessert Reservations Required • Limited Space Available





WE ARE ENGEL & VÖLKERS

I would like to invite you to learn more about what I can offer you as a Private Office Advisor - a collaborative matching platform that is the new way for real estate professionals to create relationships and match qualified buyers through lifestyle experiences and passions rather than search criteria.

Learn more at nancybailey.evrealestate.com



Nancy Bailey, CIPS . Engel & Völkers Oakville, Brokerage Broker • Private Office Advisor 226 Lakeshore Road East • Oakville Ontario • L6J 1H8

905-371-4234 nancy.bailey@evrealestate.com ENGEL&VOLKERS NANCY BAILEY

©2023 Engel & Völkers. All rights reserved. Each brokerage independently owned and operated. Engel & Völkers and its independent License Partners are Equal Opportunity Employers and fully support the principles of the Fair Housing Act.



Obituary

Peter Janzen



Peter Janzen 1954-2023

Surrounded by the love of his family, Peter passed away on February 10, 2023 at NHS Niagara Falls, in his 69th year. He will be deeply missed by his loving wife, Wendy (nee Wiens), beloved daughter Jennifer (Rainer) Jabs, and cherished granddaughter Ainsley.

He will be sadly missed

by his sister Anna (Rick Andres) and their children; brothers and sisters-in-law Eleanor (Rick) Block, Albert (Sigrid) Wiens, Helmut (Heidi) Wiens, Henry (Shirley) Wiens and many nieces and nephews. Also mourning his passing is his half-sister Senda (willi) Kuskova and their family in Germany. Predeceased by his parents, Dietrich and Katharina (Paetkau) Janzen. Half-sister Siena, in-laws Jake and Katie Wiens, and dearest friend John Goertz.

Visitation will be held at Niagara United Mennonite Church on Thursday, February 16th, from 2:00-4:00pm and 6 to 8 p.m. Funeral service will be held at Niagara United Mennonite Church on Friday, Feb. 17, at 10:30 a.m., with reception to follow.

Tallman Funeral Homes has been entrusted with the arrangements.

Memorial donations may be made to the Mennonite Central Committee.

Online condolences at tallmanfuneralhomes.ca



EXPLORING PHOTOS

Enslaved runaways after Act to Limit Slavery was passed

Following up on last week's image about the new Canadian stamp featuring Chloe Cooley, here is a newspaper advertisement for a runaway in 1795. Although the 1793 Act to Limit Slavery was the first of its kind in British North America, many enslaved people still living in Upper Canada remained in bondage.

Ironically, for some who remained enslaved, the act had an unintended effect. Some who slaves, understanding that their situation would never change, decided to escape to the United States in search of freedom. Places such as New York were awakening to the abolitionist movement with more rigorous legislation.

by the Jarvis Family of Queenston, wrote to his enslavers in 1798 and stated that he left because the woman, Hannah Jarvis, "vexed me to so high

FARR

Henry Lewis, enslaved

Niagara, August 17, 1795.

a degree that it was far beyond the power of a man to support it." He wanted to work as a free man and offered to pay for his freedom, 16 pounds, with installments paid through the mayor of Schenectady. Lewis knew if he remained in Upper Canada, he would never feel the reward of his own labour so he decided to take matters into his own hands.

This summer, the Niagara-on-the-Lake Museum, in partnership with local Black historians, will host an exhibition on enslavement in Upper Canada.

Ran away from the subscriber a few weeks ago, A Negro Wench, named SUE :- this is therefore to forewarn all manner of persons from harboring faid wench under the penalties of the laws. JAMES CLARK, senior.

> Runaway slave ad, Upper Canada Gazette, 17 August 1795



SOLDO*

CHEWERDA*

SYKES*

JONES*

LEIGH BEATTIE*



REVEL ON-THE-LAKE REAL ESTATE GROUP



\$3,400,000



6 DAVID LOWREY COURT NOTL

\$2,100,000



571 TOWNLINE ROAD PELHAM | 64 ACRES

\$3,200,000



UNIT #2 SMILEY COMMON ST. CATHARINES

\$1,799,900



BURLINGTON



FORT ERIE



1059 LINE 5 ROAD NOTL

\$549,000



14 PARK STREET WELLAND | DUPLEX

\$1,375,000





1461 IRVINE RD NOTL



PORT COLBORNE \$969,000



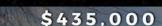
NOTL



10+ ACRES NOTL



527 MISSISSAUGA ST NOTL





WELLAND



\$825,000



ST. CATHARINES



FAMILY DAY ATE EVEN SCAN ME!



BRING YOUR FAMILY & BRING YOUR SKATES MERIDIAN CREDIT UNION ARENA: CENTENNIAL SPORTS PARK 1567 FOUR MILE CREEK, NOTL





Across

- 1. Analgesic (10)
- 7. The Orient (4)
- 9. Former German chancellor Willy ---
- 10. Abstract soy spins out of control (8)
- 11. "Titanic" star (8)
- 12. Flower arrangement (6)
- 13. Itsy-bitsy bit (4)
- 15. Taxpayers' get-outs (10)
- 18. No matter what (2,3,5)
- 20. Charts (4)
- 22. Most humans (6)
- 24. To complete something, go this
- 26. Fomenting (8)
- 27. Light snooze (6)
- 28. Otherwise (4)
- 29. Superfluity (10)

Down

- 2. Emergency supply flights (7)
- 3. Japanese assassin (5) 4. Mediate (9)
- 5. Long noosed rope used to catch animals (5)
- 6. Modernize (5)
- 7. Verbal softener (9)
- 8. Enamoured (7)
- 14. Very small painting (9)
- 16. Before, to Tennyson (3)
- 17. Automotive fuel reserve, perhaps (6,3)
- 19. Animal air intake (7)
- 21. Mundane (7)
- 23. One going downhill fast (5)
- 24. Conducted (5)
- 25. Beyond what is usual (5)

Have some fun

Crossword Puzzle 10

Last issue's answers

	1E	² D	W	³ A	R	⁴ D		⁵ C	Н	_e E	Е	7 S	Е	
⁸ C		Е		L		U		Е		В		Е		⁹ A
10H	Α	С	K	S		¹¹ S	Е	Α	Т	В	Е	L	Т	s
Α		R		0		Т		S		Α		D		Н
12 L	.1	Е	О				¹³ B	Е	Α	Ν	Р	0	٦	Е
-1		Р		1 ⁴ O		15 A		D		D		М		N
16 C	Н	1.	Е	F	0	F	S	Т	Α	F	F			
Е		Т		F		1		0		L		17 H		18 E
			¹⁹ S	Т	0	С	K	В	R	0	К	Е	R	S
²⁰ S		²¹ H		Н		-1		Е		w		R		Q
²² P	L	Α	C	Е	В	0	s				²³ T	0	F	U
Α		W		М		Ν		²⁴ S		25 A		1		1
²⁶ T	Е	Α	R	Α	Р	Α	R	Т		²⁷ D	0	Ν	0	R
Е		1		R		D		Е		Н		Е		Е
	²⁸ G	1	Ν	K	G	0		²⁹ W	1	D	Е	S	Т	
Е	²⁸ G	1	N	3.70	G	2.0		29 W	1	152311	Е	Towns:	Т	E

	4	2			5		9	
				2				
8	3		4			2		1
7	1				6			
				9				
			3				4	5
9		4			3		2	8
				5				
	6		8			5	3	





gets your home



Born, raised and living

in Niagara and loving it!

ST. CATHARINES

20 Olde School Court 4 Bedroom • 4 Bath • \$1,190,000



282 Gate Street 150' X 70' BUILDING LOT • \$1,399,900



6A Circle Street 4 Bedroom • 3 Bath • \$1,399,900

- ***1** Real Estate Team*
- ***1** on Google Trends
- ***1** in Client Service***
- ***1** in Web Traffic***
- **#1** RE/MAX Team Canada
- ***2** RE/MAX Team Worldwide
- ***2** on Toronto Real Estate Board*
- Million-dollar marketing system!

FREE HOME EVALUATION!



Call **905-641-0308** or visit RobGolfi.com



SCIENCE (%)



The long and winding road to walking again, with help



DR. BROWN

Dr. William Brown Special to The Lake Report

We take for granted our extraordinary ability to get about on two legs.

Whether walking, running, dancing, skiing or skating, we do it all, depending on our age, without much thought.

Bipedalism for species ancestral to ours, evolved more than three million years ago, evidence for which may be found in the bipedal tracks left behind in east Africa by Lucy's species, australopithecus afarensis, and closely related species variants.

Tragically some of us lose that ability in part or whole as the result of trauma involving the spine or, insidiously in later life, the result of degenerative disease affecting the vertebra and discs in the cervical, thoracic or lumbosacral

Other causes of similar impairments may be strokes, amyotrophic lateral sclerosis or, in young adults, multiple sclerosis.

The result is weakness in the legs, especially in the hip flexor, knee flexor and the muscles which dorsiflex and evert the feet.

Sometimes the arms and hands are also affected. Sometimes patients lose control over their bowel and bladder and, in males, the ability to develop an erection. Along with those motor and autonomic changes, patients may lose sensation at and below the levels of lesions.

Over the years, there have been many attempts to improve lost motor functions with medications to relieve spasticity (stiffness) in the affected muscles.

Physiotherapy can be helpful, especially in mild to moderate cases, but for serious impairments of motor and sensory function, there's little that can be done except to use assist devices such as canes and walkers early on, and wheelchairs in severe cases.



A lot of work and research is going into solving medical conditions that hinder walking. PIXABAY

That hasn't stopped surgeons from trying to relieve mechanical compressions from discs and bone on the spinal cord or in the extreme, even cutting out the most severely damaged part of the spinal cord and suturing what's left together.

Fortunately, the latter highly publicized attempt in the 1960s was stopped for lack of evidence that it helped.

Recently, there has been a flurry of studies, some involving the implantation of a multielectrode on the surface of the brain's neocortex to record the electrical activity associated with intended movements and linking that activity with external devices such as a

computer and prostheses to restore lost motor functions.

Unfortunately, the benefits were small; patients were tethered to cumbersome equipment, for little gain in function. Those studies and closely related ones were "proof of concept studies" of little practical value to patients.

Then, in 2018, scientists from the Swiss Federal Institute of technology reported another approach to restore walking in paraplegic patients resulting from trauma.

They stimulated the region of the spinal cord affected by the trauma with electrical stimuli using an electrode implanted in the epidural space. The latter, combined with an aggres-

sive program of physiotherapy, led to significant improvements in some patients.

For example, some patients, who were completely paralyzed in their legs beforehand, regained the ability to stand and walk, albeit for short distances and with support.

Later studies by the same Swiss group and other groups, confirmed the effectiveness of electrical stimulation in restoring function in partially or completely paraplegic patients.

Later studies in animals suggested the effect was mediated by interneurons nerve cells interposed between the input sensory and output motor nerve cells in the spinal cord.

But whatever the techniques for restoring function to paralyzed legs, the challenge is the same: to restore lost or badly impaired functions of the brain or spinal cord by some sort of electrical boost or corralling preserved signals in the brain to bridge lesions further downstream between the brain and muscles.

Over recent years, I've highlighted several claims for methods designed to restore meaningful speech, movement in paralyzed muscles caused by amyotrophic lateral sclerosis and other paralyzing diseases, and most recently in The Lake Report, boosting memory in patients with dementia.

The experiments and trials are always complex, involve a lot of technical support and staff, plus much time and effort on the part of patients and staff for meagre (so far at least) benefits.

Even so, I believe it's worth the effort given the severity of the disabilities in many cases and the steep learning curve for all concerned, to find out what works, what doesn't work and overcome major technical and engineering hurdles.

If I may use an analogy, we are very much in the Orville and Wilbur stage of flight – full of promise, but a very long way to go...

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.

NALK-INS WELCOME

S40 ANYTWO FAMILY MEAL



PIZZA

TAKE OUT SPECIALS

LOCALS GET 30% DISCOUNT ON FOOD DINE IN ONLY

OPEN DININU

THURSDAY-SUNDAY NOON-8PM

FULL MENU AT PILLITTERI.COM/BARRELHEAD CALL FOR TAKE OUT (905)-468-1439 **6** FOLLOW US @BARREL.HEAD

1696 NIAGARA STONE RD, NIAGARA-ON-THE-LAKE



| FEATURED

Curb appeal and making your entrance inviting



GROWING TOGETHER

Dressing up your front entrance is a great way to add curb appeal and make your guests feel welcome.

Update your walkway: The front walkway that leads the eye to your entry and is an important design element.

The walkway should extend out from the house and meet you as you come up the driveway.

Make sure your sidewalk is in balance with the size of your home. The larger the home, the wider the walkway should be.

You want it to be a minimum of five feet wide so a couple can approach your front door walking hand-inhand. Replacing an older, cracked concrete sidewalk with a new, wider, more interesting-shaped one goes a long way when trying to improve curb appeal.

Add a garden: There is nothing like well-designed gardens for adding curb appeal. Plants can be used to enhance and frame key visual points of your home, like the front entrance and key architectural accents.

Plants can also be used to convey the style of your home, whether that's traditional, modern, cottage or



Potted plants can warm up your entranceway.

The right combination of plants provides a punch of colour and seasonal interest to make it stand out from others.

Without regular maintenance, though, trees and shrubs can take over your yard and block your house. And while this may add some privacy, it can also take away from its curb appeal.

Proper pruning and regular maintenance can make your property look fresh and clean, kind of like a new hair cut. Even just pruning some lower branches on a shade tree can give your home a facelift.

Edging the gardens: Something as simple as keeping your gardens edged can make a big difference in curb appeal. A nice clean edge makes things look well cared for. Whether you are edging

by hand a couple times a year or using equipment, it is well worth the time.

You may also want to consider laying some pavers flush with the lawn to make a more permanent edge. Keep the lines of your garden simple, with bold curves or a strong geometric pattern.

Make a lawn look great: Often your lawn is the first thing someone will see when they look at your home. I am not a big proponent of using a lot of insecticides and herbicides to achieve the perfect lawn, but just regular maintenance and staying on top of problem areas can keep it looking good.

Mowing consistently will help keep the lawn thick. Irregular mowing causes the grass to thin out. Also, reseeding your lawn in spring and/or fall will keep your lawn looking lush.

The thicker the lawn is the fewer weeds you will have.

Make door stand out: Your front door makes up a big part of your curb appeal and improving it can be an easy project. Just a simple change of paint colour can have a big impact.

Or maybe it is time to replace the old door with a more stylish one. The color you choose is important. It's OK to go for something bold if you want, but before getting started you want to be sure the colour you choose with will not clash with the other colours on your house.

Add potted plants: A couple well-placed decorative pots will also enhance your curb appeal. But be careful to choose pots that match the scale of your home.

If you have a large front-entrance area, small containers will not do any justice to the overall effect and the same for goes for too-large of pots at a small entrance.

The pots should also convey your desired overall look, whether it is contemporary, traditional or cottage. For a classic and affordable design that always looks great, try two identical pots on either side of the front door.

A single stunning flower box will also do the trick.

One of the great things about containers is that you can use them to provide changing, seasonal interest to your home.

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



Alignment of sun and Saturn may give us what we need

Bill Auchterlonie Columnist

Thursday, Feb. 16: The sun and Saturn meet in a serious conjunction in Aquarius. Energetically, sun-Saturn can feel like the anticlimax of Venus-Neptune. But it doesn't have to be. If Venus and Neptune's dreams and ideals are based on higher, unconditional love, then the sun and Saturn will give them a solid three-dimensional foundation. If what we want (Venus) is in alignment with what the universe wants (Neptune), Saturn will give us what we need.

Friday, Feb. 17: The sun and Saturn align today, making for an oh so serious end to the week where long-term goals are not just the focus, but are possible. Happy birthday to pop star Ed Sheeran as he turns 32 today.



Saturday, Feb. 18: Today, the sun enters Pisces, the last sign of the zodiac. The Pisces season is when we complete the 12-month cycle, or one astrological year. February and March (the time before the Aries equinox) have always been a good time to declutter the house, the body, the mind and the soul. During the Pisces season, take some time to reflect on what this astrological cycle has meant for you. Happy birthday to Pluto. Not the cartoon dog, but the planet, discovered by astrophysicist Clyde Tombaugh on Feb., 18, 1930.

Sunday, Feb. 19: At 6:24 p.m. the sun moves from Aquarius to Pisces. A mixture of tension and joy fills the day with sometimes conflicting energies. Copernicus, as well as being an astronomer, was also a mathematician and physician. However, it is for the formulation of his heliocentric theory, whereby planets revolved around the sun, that he is most revered. He was born Feb. 19, 1473.

Monday, Feb. 20: Today, Venus enters Aries. In Aries, Venus knows what she wants and goes after it. This period can also make us prone to instant gratification: "I want this and I want it now." The best quality of Venus in Aries is emotional honesty. When we tap into this period's boldness and aliveness with an open heart, we automatically connect with the part of us that is real and genuine. Venus in Aries is a great transit to practise emotional honesty with yourself and others. Do you like pancakes? Own it. Do you dislike Madonna? Own that, too. Venus in Aries is not necessarily about broadcasting your feelings to the world but about accepting them. Happy birthday number 35 to Rihanna born Feb. 20, 1988.



Tuesday, Feb. 21: The moon conjoins Neptune in Pisces, making for wonderful imaginative ideas – at best – and when Mercury is squared by Uranus, making a surprise that is likely too hard to handle. Happy birthday number 37 to actor Elliot Page, formerly known as Ellen Page, and famous for the film "Juno."

Wednesday, Feb. 22: Mercury in perfect harmony with Mars makes for precise and decisive thinking. We first saw her as a seven-year-old in "E.T.: The Extra Terrestrial." She now has has her own daily talk show and today Drew Barrymore is 48.



Please check out my podcast Looking up to the Stars at wwwlutts.com.

Astrology is a form of entertainment, not a science.

NOTL women entrepreneurs talk business

A group of 20 NOTL business women met up at the Old Winery last Thursday for the first-ever Evening for Women in Business. Helle Brodie, founder of the event, said the goal is to bring together NOTL women who are in business. The second event for An Evening for Women in Business will be held again at the Old Winery on Thursday, March 2 from 7 to 9 p.m. Tickets can be purchased online at tinyurl.com/NOTLWIBIZ.



THURSDAYS 4 - 7 P.M. TAKEOUT/EAT-IN
1 PC \$11 | 2 PC \$15 | cash only (taxes included)



HALL RENTAL AVAILABLE

Royal Canadian Legion Br. 124 | 410 King St. Phone: 905-468-2353 | E-mail: legion124@gmail.com



★ FREE ★ CIRCLE ASSOCIATES HOME EVALUATION

SIMPLY SPECTACULAR! COMING THIS FRIDAY!



\$1,375,000 **DOUBLE LOT IN PRIME LOCATION - 130 FT FRONTAGE**



390 SIMCOE STREET, NIAGARA-ON-THE-LAKE

ADDITIONAL SERVICES WE OFFER – WE WORK HARD FOR OUR CLIENTS

- ★ clean/declutter & sort items to be donated or sold
- ★ help to organize packing to prepare for your move
- ★ free staging both virtual & in-house
- ★ renovation connections and advice
- ★ help with estate sale/working with lawyers & family
- ★ in-house mortgage & lawyer referrals
- ★ free consult to improve your home for sale
- professional photography, video & drone
- ★ up to 480 million views of your home

- ★ 5-star reviews
- ★ largest independent brokerage in Canada
- ★ huge agent network throughout southern Ontario
- ★ active long list of buyers
- ★ office with parking in high visibility area of town and roughly 4 million+ possible buyers driving by annually
- ★ high quality brochures
- ★ luxury presentation of your home
- ★ personalized daily contact to meet all your needs



Niagara on the Lake



1823 Four Mile Creek Rd

Main floor primary bed, three beds on the second, and plenty of room to move for everyone. Sunlit spaces, two 3piece baths with room for storage.

Plenty of room to play!

Deep lot with loads of space to play.

Whether it's space for the kids,
grandkids or room to work on a
project there is plenty. Sidewalk in
the front means no street to cross
when you head to school, grocery,
coffee....



Stefan Regier



Royal LePage NRC Realty
Direct 2892576744
Office 9054684214

