NOTL boxer wins nationals | Page 16

Vol. 6, Issue 6

Canada's most-decorated community newspaper

February 9, 2023



Jane Andres.

Donations needed to fill farmworker welcome kits

Somer Slobodian Local Journalism Initiative The Lake Report

The production of welcome kits for farmworkers is at a standstill due to a shortage of donations.

Farmworker advocate Jane Andres and her team of volunteers are halfway to their goal of 500 welcome kits, but they need the community's help.

Whether they'll prepare the kits or not is fully dependent on if they have enough donations — and right now they don't.

"Right now we are out of toothbrushes," said Andres.

They're going to need about 300 more toothbrushes, she said.

And while toothbrushes are top on the list, other items people can donate include: hot chocolate, toothpaste, toilet paper, hand lotion, tea bags, instant oatmeal, wash cloths, granola bars, travel-sized pain relief, hand towels, bandages, nail clippers and soup pouches.

Continued on Page 4

Raising the roof

Circle Street house floats in midair as basement is installed below it



Tom Janzen, left, and Matt Hozack look forward to seeing the house at 10 Circle St. lowered onto its new foundation.. EVAN LOREE

Evan Loree Local Journalism Initiative The Lake Report

Nope, it isn't floating. Best take another look.

A house on Circle Street appears to be floating in midair at first glance but actually it has just been carefully raised off the ground.

Chris De Foa, whose family owns the home at 10 Circle

St. in Niagara-on-the-Lake, is having a basement installed and it turns out contractors have a novel way to get around, or in this case under, the problem.

"It's all being raised up at once equally. And there's no sudden jerking," said site manager Tom Janzen.

Still, De Foa said he and his family spent "weekend and weekends" clearing their belongings from the house.

He described the mini-move as "quite painful."

De Foa and his family bought the house in 2020 and a massive white oak tree that towers over the house was a big attraction.

The family opted to preserve the look of the house but add the basement instead of "plowing it down" and rebuilding.

"It has some character," De For said. "I think an older home has character, opposed to something that's just a new build."

Matt Hozack, vice-president of Sente Building Group in Virgil, said the team raised the house on Jan. 12 and expects it to be back on its newly poured concrete foundation by Valentine's Day.

No one was harmed in the raising of this roof – but it's a job that required a special kind

Continued on Page 11

State-of-the-art new Village Medical Centre prepares to welcome patients

Julia Sacco The Lake Report

A new medical facility in Niagara-on-the-Lake will mean that physicians like Dr. Karen Berti will be able to provide residents with more accessible health care. Set to begin seeing patients on Monday, the 6,300-square-foot Village Medical Centre features new equipment, including a rising examination bed as well as brighter, more open patient rooms.

Berti, who helped cham-

pion the project, explained that the medical team kept the population they serve in mind when deciding on the perfect location, behind Shoppers Drug Mart in the Village development.

Showing off one of the new exam rooms, she said,

"People can come in off of the street. There's lots of space in the waiting room and we set (the new bed) up in here because it's closest for people to get in from the entrance. There are lots of things we thought about in this way."

"Statistically, we have a very large population over the age of 65, so we had to think about things that way," she said.

At an open house Tuesday to unveil the new centre,

Continued on Page 2



Niagara North Family Health Team executive director Mary Keith.



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Headstones were laid out flat at cemetery, town says

Somer Slobodian Local Journalism Initiative The Lake Report

Did they or didn't they? James Russell, a Toronto resident known for his restoration efforts at the Niagara Baptist Church Burial Ground, claims the town purposefully buried headstones at the cemetery many years ago.

Niagara-on-the-Lake chief administrator Marnie Cluckie denied it and said staff in the past did not bury any headstones, but that the gravestones were laid flat in an effort to preserve them.

Workers did their best to trim around them while maintaining the grounds, she said.

"Sometimes, inevitably, they become a bit covered in dirt," added Cluckie.

There's probably more diligence today than there was decades ago, she said.

Today, town workers do not lay down headstones and it is not a practice that



James Russell believes in the past town staff buried headstones at the Niagara Baptist Church Burial Ground. The town, however, claims that the headstones were never buried, but were laid down to be preserved. FILE PHOTO

has occurred in the last five to 10 years, Cluckie said in an email to The Lake Report.

The cemetery is a plot of land on Mississagua Street near Mary Street that was formerly known as the Negro Burial Ground.

Russell and his wife Marilyn have been involved with restoration efforts at the cemetery since 2021.

About 28 Black Canadian settlers – possibly more – are believed to be buried on the site, Russell said.

He isn't convinced the

town didn't bury any headstones and that it happened years ago because "it's not important to them."

He said it's the town's responsibility to dig up the headstones and restore them.

"There's just no way they just laid them down. They buried them. And they're just refusing to take responsibility for that," said Russell.

Cluckie said she doesn't even know if any headstones are buried there.

"It's possible that in years

gone by, decades ago, they may have become buried, but I don't know that," she said.

Russell filed a complaint with the Bereavement Authority of Ontario, which administers the Funeral, Burial and Cremation Services Act.

"The Town of NOTL advised that there was no removal of existing monuments and markers from the graves in the cemetery in the last 30-plus years," deputy registrar Michael D'Mello of the Bereavement Authority of Ontario told Russell in an email.

D'Mello also said that in the 1960s and 1970s, "some municipalities moved the unstable monuments that couldn't be stabilized into cairns," man-made piles of stones.

This was to ensure preservation and to make it easier to maintain the grounds. However, that practice has now stopped.

"Instead, unstable monu-

ments are laid down at the grave itself to preserve the context of the grave monument," David Brazeau, a communications officer with the Bereavement Authority, said in an email to The Lake Report.

"Cemetery operators, who do not have sufficient funds to stabilize monuments, must lay them down due to safety concerns," he added.

Brazeau also noted that out of the 5,300 licensed cemetery sites in the province, about 2,800 are maintained by municipalities.

These are "predominantly inactive sites with little or no funds for maintenance," he said.

Cluckie agrees that it's hard for municipalities to preserve headstones and maintain abandoned cemeteries when there isn't enough funding.

This is something the town has been advocating for, she said.

"But rural municipalities in particular are faced with a lot of increased financial burden and limited resources in order to maintain them in the way that you would want," she added.

If the town had enough money, then the headstones would be restored and properly preserved, she said.

Municipalities can't do that without funding.

Russell said the town should be able to come up with the money to unearth and restore the headstones.

"One of the richest countries in the world, find the money," he said.

He said he plans to make a PowerPoint presentation and send it to the Canadian Museum of Human Rights.

"I think that perhaps there's a misunderstanding or mis-characterization of what's happening at the cemeteries," said Cluckie.

"It falls to the fact that headstones become old and weathered. And then they have to be laid out flat so they don't break," she added.

Medical centre brings together doctors from Virgil, Old Town

Continued from Front Page

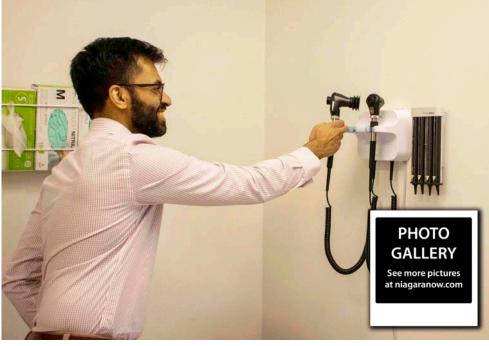
the doctors and town officials credited developer John Hawley for his work in getting the project off the ground and ready for patients.

In the wake of the pandemic, many infectioncontrol features were added, including glass partitions, touchless automatic door openers and a spacious waiting room.

The centre will be home to the practices of five doctors from the Niagara North Family Health Team and LifeLabs, all of whom have been working out of the basement of the old Niagara-on-the-Lake hospital for a few years.

Berti said she enjoyed her time there, so saying goodbye will be bittersweet but for the best. The physicians and staff will be moving the offices from the old site starting Thursday.

"We will just be doing what we do best in a new, clean and welcoming facility. That makes everyone feel better."



Dr. Pratik Kalani is one of the practitioners working at the new centre. SOMER SLOBODIAN

The main building will offer a variety of services, including mental health aid and chronic diseases management, all while boasting an improved appearance, high-tech air purifying and ventilation system, and numerous other hygienic ungrades

Dr. Pratik Kalani felt similarly about the increased

accessibility of the new facility and stressed that the level of care in NOTL will not change.

"I think we're a lot closer to a lot of our patients. Some have told me that they'll even be able to walk over. Accessibility will be a lot better. I think public transit will come a little bit closer too," he said.

"We're trying to keep (our service) identical to what it is at the old site. The standard of care is still high," said Kalani.

Aside from increased accessibility, the new medical centre seeks to generally improve people's experience while receiving health care, right down to the aesthetic points.

Mary Keith, executive director of the family health team, said the journey to finding a new location was a long one and the doctors wanted to ensure the site was perfect.

"We tried to choose warm and welcoming colours. We know that people will hopefully feel comfortable coming in," she said.

"Our goal was professional but welcoming."

Coun. Wendy Cheropita was particularly impressed with the facility.

"I think it's a testament to the hard work of (the team) to have a vision to have an upgraded experience and environment for their patients," she said.

"When I walked in here the first thing I thought was, 'Look at the big windows and the soft colours.' They were very carefully chosen."

"It's obviously a patientcentred experience here."

Coun. Sandra O'Connor, who has been advocating for improvements to NOTL health care, said while more services are still necessary, the new facility is a big step

in the right direction.

"I think it's a wonderful contribution to our infrastructure," said O'Connor. "I'd love to see more of this."

Attached to the main building is a new, 800-square-foot LifeLabs facility, also featuring increased accessibility and new equipment.

"This is definitely a step up from where we were," said client services supervisor Charlene Serafini.

"Over at the old location we were using bathroom sinks to pour out urine. Everything here is more state-of-the-art and up to standard."

With updates and increased accessibility, Keith is excited for what lies ahead.

"It's been a long long road, the history predates me. It's been a long time for NOTL to get a new medical centre, so I think this represents the end of that journey and an exciting lovely new space for all of the residents to come and get health care."







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NEWS 🕞



Historic stone culvert discovered during road excavation raises preservation concerns

Somer Slobodian Local Journalism Initiative The Lake Report

A piece of old stone culvert has been exposed during a culvert replacement project at the intersection of Simcoe and Johnson Street.

"As the stone culvert is an early structure, staff attended the work site to photo document it when it became exposed during excavation works," NOTL's communications coordinator Marah Minor wrote in an email to The Lake Report.

While the old culvert is operational, the upgrade is necessary and will provide better functioning infrastructure, she said.

Resident Chris Allen sent an email to The Lake Report worried that the town will destroy the structure.

"Consideration is being given to the retention of the stone, where possible, for possible future use in other Town projects," she said.

He also added how the town never told that public that an "early cut stone (an)



Construction of the new culvert at Johnson and Simcoe Streets continues, despite concerns that the historic old stone culvert would be destroyed. The town intends to save as much of the stone as possible for use in other town projects. SOMER SLOBODIAN

example of one of Niagara's first early public works projects would be dug up and destroyed."

The town completed a stage one and two archaeological assessment before construction began.

Other than the stone culvert and a concrete arch, no other structures were found, said Minor.

NOTL architect Brian Marshall also worries the town may be destroying a part of its history.

"Despite the fact that it cannot be seen by the average walker, that does not alter its historic importance as an artifact of the town's built history," he said.

If the structure must be demolished, Marshall suggests it should either be documented, preserved or the stone should be "retained against the possibility it might be reconstructed as an example of the town's historic infrastructure."

Construction will continue until April 28. The section of road over the culvert will remain closed.

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Community garden breaks new ground in spring

Evan Loree Local Journalism Initiative The Lake Report

The town is planning to expand its community garden this spring.

Julian Traschel, co-ordinator of the Newark Park Community Garden Network, told council he was planning to expand the garden into its second phase.

"The garden last year was a big success," he told councillors at a committee of the whole meeting.

So, he hopes to add another 26 raised 10 x 10-foot plots this year.

He also asked for permission to move forward with a 24-foot circular pollinator garden.

"There's clearly a need for gardens like this," Traschel said.

Last year the group planted a sunflower garden. Traschel said it was "absolutely swarmed" by pollinators like birds, bees and other insects.



The community garden at Newark Park is going to be growing in spring. EVAN LOREE

According to Traschel's written report, the garden plots are rented out for \$60 apiece (or \$90 for two) and the town is reimbursed for the water needed to grow all the plants and vegetables.

After seeing how popular it was last year, Traschel hopes to get children more involved.

In 2022, collaborations with Newark Neighbours fell short, so he hopes to find greater success with the town food bank this year.

The garden network is offering Newark Neighbours four additional plots of garden this year.

According to a staff report, it will cost the town \$6,555 to fund the next stage of the project.

The Niagara Community Garden Network is offering to cover up to \$500 for the wood needed to construct the raised beds.

The same report also said the annual cost of the garden would be a little more than \$1,000.

Traschel told council the NOTL Horticulture Society has agreed to pay the \$1,200 cost of plants.

The committee approved the garden extension plans.

Gardeners can start earning their green thumbs after the new gardening beds are completed in May.



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Exhausted soldiers return from the trenches on the Somme, and Edmund Peters' gravestone. LIBRARY AND ARCHIVES CANADA

THE MONUMENTS MEN

A confusion of names: Edmund Petrzywalski or Peters?

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

When Austrian baker Johann Sigmund Petrzywalski moved with his wife Salome to London, England, in 1860 he continued to use the original spelling of his surname.

Many other European immigrants to England were anglicizing their surnames to English-sounding names. Their son, Jules Francois Raphael Petrzywalski, born in London, became a tobacconist and married Mame Ann Marshall in that city.

Another son, Edmund Petrzywalski, emigrated to Canada in 1913 and changed his surname to Peters. This caused a great deal of confusion when he was killed fighting for Canada in the First World War.

Edmund was born in

London on June 11, 1890, and trained as a clerk. In 1913, he moved to Canada, arriving in Halifax on the steamer SS Grampian from Liverpool on Feb. 16.

He already had a job offer for employment as a shipping clerk in Niagara Township.

A year after the First World War started, on Aug. 5, 1915, Edmund signed on with the Royal Canadian Dragoons. He seems to have received very little training before being sent overseas.

He spent three weeks at Camp Niagara before being shipped to England, to Shorncliffe Canadian Military Camp, arriving in early September.

He was admitted to hospital at Shorncliffe on Sept. 30, 1915, suffering from bronchitis.

A month later, now recovered, he was transferred to the Royal Canadian Regiment, which was bound for France. He disembarked at Boulogne on Nov. 1, 1915. The regiment was sent to the Ypres salient in Belgium.

Over the next several months, the Royal Canadian Regiment remained in the Ypres area. The soldiers spent several days each month in reserve on working parties and a few days at rest camps away from the battlefield – and weekly intervals manning the front-line trenches.

On the front line, the men participated in small-scale

raids against enemy trenches, repelled a few attacks by Germans probing Canadian defensive positions, and mostly tried to stay under cover as the Germans continuously lobbed shells and mortar bombs at their trenches.

Over the next several months, the regiment did not participate in any large-scale battles. This changed on Sept. 16, 1916, when they were ordered to attack and capture enemy trenches at Zollern Graben near Courcelette, in advance of the Battle of Thiepval Ridge.

Zero hour was 5 p.m. and the men went "over the top" into a storm of enemy fire. The Royal Canadian Regiment War Diary speaks of considerable enemy artillery fire and heavy concentrations of German rifle and machine-gun fire, mowing down the men as they advanced.

The regiment suffered 284 casualties, killed, wounded, or missing. Among those killed in action was Edmund Petrzywalski, known to his officers and comrades as Private Peters.

On his enlistment forms, Edmund had listed his surname as Peters and gave his father's name as Jules Peters in London.

However, his father continued to use the surname Petrzywalski and this caused some confusion when the government tried to send Edmund's effects

home to his next-of-kin.

The difference in names also created confusion with the burial records. Edmund was buried as Peters when he was killed but the name was later corrected to Petrzywalski by his father.

The Imperial War Graves Commission referred to him as Petrzywalski when it searched for his remains to transfer to one of the new military cemeteries established after the war.

Edmund Peters' body was found and reinterred in the Serre Road Cemetery near Beaumont Hamel, but Edmund Petrzywalski could not be found.

When the Vimy Memorial was unveiled in 1936, the names of Canadian soldiers with no known grave were engraved on the monument.

By this time the authorities realized that Petrzywalski had enlisted as Peters and added this information to his service records. Both names are engraved on the monument, "E. Petrzywalski served as E. Peters."

However, Edmund did have a known grave. The confusion persisted but was finally (almost) sorted out by the time a permanent gravestone marked his final resting place. His tombstone has both names but records the wrong date for his death.

The confusion seems to have continued locally. He is commemorated on the cenotaph in Queenston as Edward Peters, not as Edmund Petrzywalski.

'We're at a standstill' with donations for seasonal worker kits

Continued from Front Page

To buy everything needed for the remaining welcome kits, they need about \$1,000, Andres said.

She has been putting together the kits for about seven years. Each contains essential items for farmworkers like toothbrushes, tea, hot chocolate and toiletries.

About 30 workers from the Caribbean have arrived in Niagara-on-the-Lake, a small number compared to the hundreds more who will arrive by the end of March.

If there's one thing they look forward to every year, it's the bright green reusable bags that read "Welcome" on the side.

For Andres, the welcome kits are a way of creating a "healthy, connected community."

She's been working with about five volunteers each week to assemble the kits.

Last year about 720 were given out.

Andres makes sure the welcome kits are already at the farms waiting for workers so when they get in after a long journey, they "can have a cup of hot chocolate and a granola bar."

She drops off the kits at the farms or employers come and pick them up.

Many seasonal workers

arrive in Canada hungry and tired after spending more than 24 hours travelling.

Providing a bag full of essentials when they arrive make things a little bit easier on the workers.

Not only is their journey long, many of them are financially strapped by the time they get here, she said.

Andres says the welcome kits are more than what's inside – it's the concept that make a difference.

"It's the thought that 'We are part of this community. And we're appreciated and welcomed,' "she added.

After their bag is empty, many of the workers take it back home to Jamaica.

"You'll see somebody walking to church on a Sunday morning and carrying their Sunday shoes in a welcome bag," Andres said with a smile.

Anyone wanting to fill their own welcome kit can pick up a bag at Applewood Hollow Bed and Breakfast on Four Mile Creek Road or Sweets & Swirls Cafe at the NOTL Community Centre.

E-transfers can also be sent to niagaraworkerswelcome@gmail.com.

"(We're) full of gratitude for what's coming in so far. And I can't wait to be grateful for the next 250 (kits)," Andres said.



Jane Andres, left, packs welcome kits with volunteer Nora Zahn. They are hoping for a lot more donations to come in to support arriving farm workers. SOMER SLOBODIAN



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.

NEWS (%)



Avery's birthday wish comes true

For Avery London's 10th birthday this year, he asked for items to donate to Newark Neighbours foodbank. His mom, Krista London, is an influencer on TikTok and reached out to her viewers, who responded generously. By the time Avery's birthday came, he had more than 50 Amazon boxes full of donations, \$750 in cash and hundreds of gift cards for Newark. The empty shelves at the food bank are now going to be full. SOMER SLOBODIAN



Reflection: A low, loud hum and then the familiar thump of an earthquake

Denise Ascenzo Special to The Lake Report

I heard it first, the low hum sounding like a truck engine that slowly got louder and then the unmistakable thump that caused the house to rattle.

I am familiar with this experience - it's an earthquake.

Monday morning, Feb. 6, at 6:15 a.m. many residents of Niagara-on-the-Lake and environs were awakened by an unfamiliar event, an earthquake with its epicentre just south of Buffalo.

This quake brought back memories for me of my time in Nepal, a country that historically has a major earthquake every 80 to 90 years.

The quakes there are "thrust faults" caused by the Indian subcontinent moving northward and pushing under the Asian continent.

However, the quake we felt the other morning was caused by "fault lines."

Buffalo sits on what is considered a significant fault line called the Clarendon-Linden Fault System.

The Niagara Escarpment is not a fault line but is the result of erosion over millions of years. It was already forming when the Wisconsin Glacier occurred.

Back to Nepal where on April 25, 2015, a major earthquake struck. My husband and I were to arrive in Nepal on April 24, but our



A family in Nepal rebuilds their home after the 2015 earthquake. GABE ASCENZO

rental house was not ready so we delayed our arrival by two weeks.

We were shocked to hear of the quake in Nepal and were thankful that we had been delayed. Also very happy the airport runway had not been damaged, allowing aid to arrive by air.

The Nepal quake killed almost 9,000 people and injured more than 21,000 - a degree of devastation similar to that of the Feb. 6 quake that hit Turkey and

In 2015, on our arrival in Kathmandu, two weeks after the quake, the shock of seeing so much destruction was overwhelming. I wanted to take pictures but I just could not.

For every building I saw crumbled to the ground, I knew a family might have died in there. Houses made of brick and cement slabs were piled one on top of the

Apartment buildings lost entire sections, letting one

see directly into a home. TVs, fridges just hanging in the air, curtains fluttering through glassless windows, a picture on the wall askew and always the question, did the family make it out?

People who survived it were living in tents, along roads, in the golf course and open fields. There was no phone system, no electricity, no water, the recovery from such destruction was crushing.

Thai Airways continued to fly to Nepal daily, mostly to deliver water, thousands and thousands of cases of bottled water.

Food was becoming limited as many roads were destroyed between India and Nepal. Fuel for cars and for cooking became scarce.

You would see cooking tanks lined up in streets for weeks waiting for a possible delivery of fuel. People resorted to burning wood but this came at a cost – tent fires and burn victims.

We bought fuel once on

the black market. It arrived in four two-litre plastic coke bottles. Each bottle cost us \$20 U.S.

Some aftershocks came the day after the quake, plus many more in the coming months.

The first one I experienced frightened me, but then, on May 18, the biggest aftershock occurred, measuring 7.3 on the Richter scale.

It terrified me. The earthquake that April was 7.6.

The entire house we rented shook greatly. Our plan of evacuation was to get out the front door and move up the hill into an empty field. However, with all the shaking we could not even open the door.

The aftershocks came in three distinct styles. One was just the ground shaking for a few seconds; another you would hear a bang and the house would rock like it had been hit.

The last was a slowmoving rumble, like a train approaching followed by the rattling of the house. We were fortunate that our house, built in the 1980s had been designed for earthquake activity.

Monday's quake that we felt did bring back many memories for me of our time in Nepal.

I am just thankful that we did not experience here the catastrophic quake that struck Turkey and Syria. We are very lucky indeed.





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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): 60 Region active cases: 641 Region deaths: 714 Region total cases: 51,223

*Feb. 8 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

"Sometimes we are lucky enough to know that our lives have been changed, to discard the old, embrace the new and run headlong down the immutable course." - Jacques Cousteau

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Reckless on the lake



Editorial

A first step for improving NOTL health care

Kevin MacLean Managing Editor

Progress and change tends to grind slowly through our universal health care system.

Whether it is the federal government acquiescing to demands and lobbying from the provinces, the construction of new, long-overdue hospitals or, here in Niagara-on-the-Lake, the long-awaited opening of a new medical centre, it takes time.

The sparkling new Village Medical Centre, located behind Shoppers Drug Mart, opens to patients on Monday.

It's a great first step in modernizing – and eventually expanding – the health care services available to NOTL residents.

As everyone knows, despite an influx of new, young families, our population generally skews older and needs access to the doctors, nurses, allied health practitioners and other services that this new centre will provide.

But, again, it is just a

While it will have some new services and excellent features for patients, the Village Medical Centre is largely an update over what has been available since five members of the Niagara North Family Health Team moved into the former NOTL hospital in the heart of Old Town.

At an open house Tuesday, it was great to see this group of young physicians – much younger than many of their patients – all so keen and eager to be serving residents from a new state-of-the-art facility.

As some speakers at the event noted, a thank you also is owed to developer John Hawley for his vision and for making the centre a reality. It will be a place many of us will rely on in the years to come.

Looking ahead, NOTL needs this project and a

whole lot more health care infrastructure and services.

Another medical centre, led by NOTL developer Lloyd Redekop, is on the books in Virgil near Crossroads Public School, but its promotional sign on the property has said "70 per cent leased" for a few years now. It was approved in 2018.

We need more doctors and access to more health services in town. A walk-in clinic that accepts people who are not patients of the Niagara North Family Health Team is also a necessity. Movements are afoot behind the scenes to bring back that service, which we had prior to COVID.

Credit also goes to Coun. Sandra O'Connor, who has been diligently working to try to improve the health care situation in NOTL. And to MPP Wayne Gates, who on Thursday night will hold a town hall forum to try to gather information about problems and solutions required across Niagara.

These are all key steps toward some day having a better system to serve NOTL's residents. It can't come soon enough.

In the meantime, in the coming weeks and months, The Lake Report will be delving in-depth into the problems, the needs and the successes of health care in our community.

Look for a series of stories examining what's been done, what's in the works and what more is required to improve health care here

You, our readers, can help. Let us know about your concerns – but also the victories you have encountered.

We don't have all of the answers but we're going to try to find some of them. And your experiences are a key part of that.

Reach out to us at editor@niagaranow.com. We look forward to telling your stories.







A positive viewpoint on two new NOTL projects

Dear editor

The news is always quick to highlight complainers and negative reactions to whatever new is happening, or, if there is any sort of change in the air.

I prefer to promote the opposite, the positive side of things, this time with focus on two major projects.

Firstly, I suggest that a big thank you should be offered to the Stone Eagle Winery folks for increasing the tree canopy along the perimeter of their property.

About 50 or more relatively mature trees have been planted to help create a dramatic entranceway into the developing Garrison Village area when the trees are in full form.

Secondly, within close proximity to that new winery, hopefully the newly proposed 3.5-storey apartment building on Mary Street that looks absolutely stunning architecturally gets fast-tracked for development and site plan approval.

The design, massing and overall look of the apartment building is going to improve the gateway scenery at the Mary and Mississagua intersection over what currently exists and will provide some desperately needed affordable (and a different type of) housing stock in the heart of Old Town.

It is very encouraging to see some creative and responsible development, especially in some of the more high-profile areas of



Stone Eagle Winery developer Benny Marotta (Two Sisters and Solmar) has planted dozens of large trees at the location of the future winery. Writer Peter Rusin says the decision respects NOTL and deserves a round of applause. JULIA SACCO

Niagara-on-the-Lake.

This type of positive development needs to be applauded and promoted for design excellence, and for setting an example of expected standards for future new developments.

It is inspiring to witness

people working hard and investing in creative ways to make NOTL an even better place to live.

I hope the public meeting on Valentine's Day is positive and the town provides the underlying support for the development of the apartment building.

Perhaps there is an opportunity to incorporate some interesting and creative benefits for the town in exchange for expediting the requisite development approvals and without having to rely on any decisions from the Ontario Land Tribunal.

This file should also prove to be a good example of just how effective this new council will be over the next term.

Peter Rusin St. Davids

Individual rights vs. government coercion

Dear editor:

I never thought that when I asked NOTL residents to "ask why" when debating property rights I'd be afraid of the answers given.

I never thought I'd see quasi-xenophobic views such as, "You can build what you want somewhere else."

I did, however, foresee people being open with their justifications for violating our inalienable rights.

No, despite one letter writer's suggestion, rights are indeed absolute. The fact the Charter tramples on our rights does not negate the fact that we have them. They are simply being violated.

No, despite another writer's argument, the majority, the ones who "want the town's heritage to be protected," are indeed violating the rights of the smallest minority – the individual – when they use the government to coerce individuals, telling them how they can and cannot use their own property.

"A 'right' is a moral

principle defining and sanctioning a man's freedom of action in a social context," according to Ayn Rand, and the role of government is to protect our rights, not carry out the tyranny of the majority.

That said, I still appreciate the fact people want to protect the town's history. All I'm asking is that people not violate rights when trying to protect that history. By all means, please do "fight to keep (NOTL) this way" but if you want to protect the town's history:

Convince residents to maintain "how this town's architecture looks" with words, not government coercion.

Set up a trust fund and raise money to purchase those "original residential properties and streetscapes" so they can be maintained.

And donate money to the local museum or Fort George.

Just don't use government coercion to stop develop-

Alexander Evans NOTL



Will Ontario have enough power for all future EVs?

Dear editor:

In reading some of the readers' letters regarding the future use of EVs in Ontario in response to NOTL Hydro CEO Tim Curtis's guest column, ("The future is electric vehicles and NOTL Hydro is getting ready," Jan. 19), I would just like to add my two cents' worth.

We seem to be vastly underestimating the future power requirements to supply all EVs, whether they be cars or trucks or even electric bikes.

Here is a quick calculation based on Ontario's current 6 million vehicles that would be charged overnight mainly at a rate of 4 kW (120volts at 30 amps) nominal (many would charge at 9 kW (240 volts at 40 amps). Let's average at 6 kW.

The power required will be 24 gigawatts – pretty hefty.

Ontario's current power

generation is about 12 gigawatts, barely half of the future requirement.

Now if we add future growth in the population by 2030 and beyond, we could get to a requirement of, say, 35 gigawatts.

The quest at this point is where will all this power come from? A nuclear power station will generate 3 gigawatts, so do we need seven more nuclear power stations over the next 10 to 15 years?

It takes 10 years to build a power station, so we had better start thinking about it now

A wind turbine will generate 3 megawatts when operating. We would need 7,000 of them to provide enough power.

Perhaps that's a solution: allow everyone to have their own wind turbine in their backyard.

> Malcolm Newton Virgil

Private road sign is a legal necessity, not elitist

Dear editor:

Although I have enjoyed Ross's Ramblings the past, his column on January 26 ("Will private roads lead to gated communities in our town?"), left me dismayed on two counts: it is divisive and lacks journalistic inquiry ... basically facts.

I happen to live in one of the communities Ross Robinson is complaining about.

Private road signage, despite the insensitive wording, serves a legal purpose as Ross alluded to, in case of accidents.

As property owners fronting on this private road, we pay a monthly fee to a management company, which in turn pays for insurance, road maintenance (snow plowing, salting), landscaping and lighting.

To date this winter, our private road is cleared before the town snowplow makes its way to neighbouring streets.

The developer, had Ross cared to check, is Kekoo Gatta, who ironically was featured for his energy-saving homes on the front page of the same edition of the newspaper.

When we purchased our homes, we were informed

that the road was going to be private. It was not a choice or a means to be elitist or exclusionary.

Perhaps Ross should have inquired why the road had to be private by asking the developer.

All of my neighbours chose to live in this beautiful town and we do enjoy its parks, facilities and events.

We pay for public education, universal health care, fire protection and police services through our taxes like everyone else.

And like many in Niagara-on-the-Lake, we give back by volunteering.

Many neighbours are members of the Shaw Guild, volunteering to garden or greet at the theatres. Some volunteer with the Chamber of Commerce at various town events and the Pumphouse for its art shows.

I am sorry Ross feels unwelcome or like an intruder walking down our street. I have no control over his feelings.

But should he happen to stroll by again, I will gladly talk his ear off about gardening and invite him in

> Lidija Biro NOTL



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Setting the record straight: Development is inevitable



ARCHITEXT

Brian Marshall Columnist

In a recent conversation, I apparently surprised some folks by defending a

Apparently, as I was told, I am perceived as being firmly in the anti-development camp and generally seen as holding developers in contempt.

In thinking about a number of my columns, I can see how this impression may have been created. So, this week, let me take the opportunity to set the record straight.

I believe that development is both inevitable and necessary. There is consumer demand for housing in Niagara-on-the-Lake and the existing supply is inadequate to meet that demand.

It's a situation that will be exacerbated should the demand increase. I think infill and multi-dwelling development should and will occur.

That said, I deplore the "wild west" theatre in which development has occurred in the past and continues to be the case today (a theatre that Doug Ford's Bill 23 has doubled down on).

This situation is not the fault of developers but rather the failing of our elected officials in whom we have vested the responsibility for community management.

Any business that claims success over time has clearly defined "who they are" (core values statement), "where they are going" (vision and mission statements), "how they will get there" (strategic and tactical plans) together with benchmarks tied to accountability.

Most importantly, the creation of these statements is done by shareholders, stakeholders and employees rather than contracted outside consultants or someone sitting in an ivory tower.

In my opinion, these properly developed and articulated tools are completely absent within the halls of government in the vast majority of Canadian towns and cities.

Simply put, it is impossible to successfully manage appropriate development without understanding "who you are", "where you are going" and "how you'll get there", nor without the criteria to evaluate success or failure.

All of these tools are vital. The absence of any one or more, condemns us to perpetuating the "wild west."

And, what does this "wild west" environment spawn?

We simply have to look back over the last six decades in the GTA for that answer: a vast sea of individual developments which, when viewed from the air,



This house on Gate Street is an example of contextually appropriate infilling. Not all development is bad, as long as it is done with taste and respect for the area, says expert Brian Marshall.

the boundaries of each can clearly be seen.

Each development is a separate inward-looking island joined only by a network of car-centric roads that, at best, produces a fragmented and factional "community."

Moreover, in many cases each island lacks the essential elements (multiple dwelling types, parks, walkability, retail venues, gathering spaces, etc.) to even produce a viable community within its boundaries.

I, among others, have observed that the generations who have grown up in these island developments tend to associate community with their far-flung social network rather the people who physically live in the

same development.

Sometimes I wonder if this dissociation with their actual neighbours is not one of the reasons some people perpetuate the creation of new island developments and

Be that as it may, there is strong evidence that if an existing community such as Niagara-on-the-Lake desires to preserve its character, the wild west must go.

And please don't get me wrong, not everybody from boomers to Generation Z is devoid of empathy for community, just as not every developer will build isolated islands filled with bad architecture.

On the contrary, there are some developers who study

the existing community, take their design lead from the surrounding neighbourhoods, refuse to build on a closed-loop street pattern, hire talented architects, bring cutting-edge building technology into play and incorporate walkability, while investing in community amenities.

Further, there is a significant body of developers who are moving toward building many of these criteria into their new developments as cost and feasibility allow.

Consider the net-zero dwelling that Gatta Homes newly completed (see Evan Loree's "What's under the hood?" report in the Jan. 26 edition of this newspaper) at 28 Cottage St. as an example of house incorporating some of these criteria.

It is unfortunate that there still remains a segment of the real estate development sector who are firmly attached to the failed (from a community perspective), but highly profitable, 20thcentury subdivision development model endemic across the GTA and many other

It is to these people we owe the island developments in many cases replete with tweaked clones of one or two examples of uninspired

On a "micro" scale, a builder (or property owner) of an infill development makes the choice between this island approach and community integration.

Make no mistake, a single house that is out of context with the neighbouring streetscape and setting can become an isolated island forever divorced from the community. And, unfortunately, Niagara-on-the-Lake possesses a growing number of "island" examples.

Still, I suspect many of these folks are victims of an inferior architect (any designer worth their salt will strive mightily to achieve contextual integration) or are simply uninformed as to the consequences of creating an "island," something which in turn comes back to rest on the shoulders of their architect.

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

Plenty of good reasons to respect history and architecture

Dear editor:

I am writing in reply to Alexander Evans' letter, "Just 'ask why,' when debating property rights in NOTL," published Jan. 26, addressing "development that respects history and architecture."

Why? Because we are only custodians and not owners of this unique and special land, of these older buildings that were put here by past generations through their toil and hard work, much of it with materials and energy



Imagine if developers had been allowed to tear down the Colosseum in Rome, in the name of progress?

that are not so renewable either.

We are just passing through, nothing more, and we have a moral obligation to protect and preserve, at least some of it, for future generations, to remind and teach them of our history, of our culture and to leave

them the richness and beauty of our past.

There are no greater exmples than in most major. European and Asian cities and towns, which is so often why we visit them and love to live in them.

Why? Because all these older buildings have "embodied energy" and climate change is a real and present danger. Now we build with many more man-made synthetic materials, with ever-increasing amounts of plastics.

Now we have to build

with younger growth timber, as the world struggles to rebuild some of its forests. It makes no sense to demolish well as ensuring some and build new, when we can preserve and adapt these places to suit today's world.

Why? Because oversight is necessary for accountability, where regulation is required to control capitalism, greed and destruction, because one person's gain is often another person's loss.

There is no injustice or bias in development control. It seeks to provide protection and a planned built

environment for everyone's enjoyment.

It provides controls, as fairness and equity for all, although granted, its process can be somewhat cumbersome, frustrating and onerous at times.

Rural communities and towns are not the same as sprawling urban areas and cities (and it's one reason why most of us live here), so neither should they be treated so.

> Philip Hoad St. Davids



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Picking-up businesses are busy picking up all around NOTL



Ross's Ramblings

Ross Robinson Columnist

Now that I am downtown every morning for two hours, leading my Free Walking Tours around Queen Street and Queen's Royal Park and St. Mark's cemetery, it amazes me how much effort is expended to keep our precious town litter-free.

Not that long ago, garbage pickup just sort of happened. Now, it has evolved into a frenetic, noisy, and seemingly continuous project by several corporate entities. The result is a spick and span corner of our world.

The relaxing quiet of an early-morning breakfast on the outdoor patio at the StageCoach is regularly interrupted by the big Miller Waste System garbage

trucks, as they go through their gears and then idle while the men do their job.

They really give their transmissions a workout, as they criss-cross our streets. I have total faith that there is a well thought-out plan.

After picking up on Queen Street, they turn north on Regent Street down to Front Street. Occasionally, they arrive at Queen Street going south, with one of the crew jogging in front to ensure no pedestrians or dog walkers get hit.

Or they head east on Prideaux, or west on William. The current multiple road-work detours must be challenging, as they hustle to get the job done on time and within the meticulously thought-out budget.

Garbage, refuse, litter, recycling, rubbish, trash, waste, junk and debris are picked up on a complicated schedule and it seems there are predetermined routes for each involved company.

Skunks and other scavengers have to be sharp to know when it's feeding time. Usually, they dine at night, when they have the streets pretty much to themselves.



Town staff and contractors work to keep the streets clean on Wednesday. ROSS ROBINSON

The employees, either drivers or picker uppers, are all hard-working, pleasant and seemingly oblivious to inclement weather.

During the hottest days of summer and the coldest days of winter, they are on the job, moving briskly at each stop. Off and back on to the trucks, being careful not to slip on ice or snow or rain-slicked asphalt.

I always wave to them and extend a cheery greeting. Unfailingly, they smile in

return and continue on their appointed rounds.

They have to be alert, with safety being job one, because some NOTLers get impatient and either tailgate or pass too closely. Nearmisses are too common. Please, be respectful.

On Queen Street around the cenotaph, dashing red town vehicles keep the waste and recycling bins empty. This team is also responsible for the tasteful tidiness of our parks and,

in the peak summer period, they have to hustle.

I feel a bit sorry for scavenging animals, because our town sanitation staff are conscientious almost to a fault.

May I suggest we name the orange-attired sanitation team honorary NOTL Ambassadors. Many times, when a visitor asks a question, our staff pause, and courteously answer the question, give directions or offer a suggestion. It really

is a beautiful thing, eh? We treat visitors well in our town.

And, is there another company, called GFL (Green For Life Environmental) working our streets? Does it pick up appliances and large items?

The whole complex system obviously works. Thank goodness for the workers who get the job done. What was it like a generation ago?

I still remember my mom, who grew up during the Depression and then lived her life during the Second World War and its abstemious aftermath, proudly taking food scraps and offal out to her compost pile in the back garden.

The decomposed result helped her to grow big, ripe, red tomatoes each year, and other vegetables as she desired.

Raccoons and skunks had it easy back then, not having to figure out the combination to get into our green recycling bins.

And not that long ago, eh? I trust the waste and recycling system contracts are fair, because a lot of hard work is being done by a lot of hard-working people.





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DOWNTOWN ST. CATHARINES







Resident looks to build new house next to historic homestead

Somer Slobodian Local Journalism Initiative The Lake Report

The William Steward Homestead on Butler Street might be getting a new neighbour.

Bruce Harvey, the current owner of the homestead, has asked the town to rezone the property so he can legally build a new house beside 507 Butler St.

The land is occupied by the historic William Steward Homestead and a small shed.

The homestead is a heritage designated property and is therefore protected from redevelopment by the Ontario Heritage Act.

If the town approves the rezoning application, Harvey will then seek approval to sever the lot in two so he can build a single-detached dwelling.

The proposed house will be about 1,400 square feet in size and 20 feet high.

"I don't want a monster house. I want a story and a half house that is not any higher than the William Steward House," said Harvey, who over the years has built a number of small homes in NOTL neighbourhoods.



Bruce Harvey, current owner of the William Steward Homestead, hopes to build a second house on the property at 507 Butler St. SOMER SLOBODIAN

"I don't want the house to dominate the William Steward House," he added.

The historic homestead will remain on the second lot, where it will continue to be rented to his current tenant.

The heritage building was named after William and Susannah Steward, who lived in the house from 1834 to 1847.

During the years they lived there they sold parts

of their property to other Black settlers, creating what's known as NOTL's "Coloured Village."

The property's connection to the Coloured Village, the Underground Railroad and slavery is what makes it historically significant to NOTL.

According to the planning justification report submitted with Harvey's application, the homestead "is historically significant as one of the few surviving intact examples of houses built by and for Niagara-on-the-Lake's early Black settlers."

Harvey also gave the town a heritage impact assessment and a streetscape study to support his application.

The streetscape study concluded that the new house will be compatible with the surrounding area.

If approved, the heritage

impact assessment says the homestead will not be "physically impacted by the proposed severance and construction of a house on the new lot."

A temporary protection plan will ensure the homestead isn't damaged during construction, which cannot start until the plan is done, the assessment says.

The homestead was owned by the Niagara Foundation from 1999 to 2009. The organization purchased the property to save it from development and restored the exterior to its original form in 2006.

Also in 2006, the foundation had the property rezoned as institutional with the intention of using it as a museum.

"But that turned out to be not very practical," said Harvey.

In 2008, the foundation submitted an application to sever the lot. But it was denied.

The committee of adjustment at that time said it would have created two of the smallest lots in the area and it wouldn't fit in.

Harvey, a former member of the foundation, purchased

the house in 2009.

In 2013, council gave him a heritage permit to "sever the lot from the existing Part IV designation" and create a new lot, says the planning justification report.

"They outlined two key criteria for approval conditions," said Harvey.

The design of the house needed approval by the municipal heritage committee and the committee of adjustment needed to OK the proposed severance.

Harvey hired an archeological firm to complete stages one, two and three archeological assessments to see if there was anything of cultural significance buried on the lot.

The digs found what Harvey called "William Steward's dump site."

No further stages needed to be completed.

Next, council will review his application at its committee of the whole meeting on Feb. 14.

If approved, Harvey's next step will be to go before the committee of adjustment and get permission to sever the lot.

"I'm just taking it one day at a time," said Harvey.







Chautauqua house on stilts was raised inches at a time

Continued from Front Page

of heavy lifting.

In all, it took workers about two days of prep before they could start the laborious task of slowwwwwwly raising it.

House raising is not uncommon but it is a specialized skill in the contracting world, explained Hozack.

"You have to know what you're doing."

Hozack said they recruited a licensed subcontractor, Danco House Raising & Moving of Pefferlaw, Ont., to supply the equipment needed to get the house airborne.

But first the team had to dig four holes around the foundation area to make room for hydraulic jacks that were used to raise the building.

Then the workers slid large blue steel I-beams underneath the floor along the long sides of the house, he said.

These were then stacked on top of cross beams on either side of the home.

With the holes dug and the house resting on the steel frame, the powerful hydraulic jacks were placed underneath each corner where the steel support beams meet.

The jacks then raised the whole building inch by

"They (Danco) have a truck that comes in, all their lines run into that truck. Inside, that truck has all their hydraulic pumps," Janzen said.

"Then when they press one button, all four corners just go up at once."

As the building rose, the workers installed wooden beams in a Jenga-like formation around each jack to support the structure.

"They did it in about five hours or so," Janzen said.

When it was done, the house was about five feet off the ground, leaving enough space underneath for contractors to build the foundation.

Workers used an excavator and a compact skid steer to dig down nine feet. After that, Niagara Falls concrete supplier Cotton Inc. poured the foundation.

House raising isn't the only way to put in a basement, but Janzen said oth-



It took the team five hours to raise the house to put in a new basement. EVAN LOREE

ers methods are "probably not as efficient."

He described a process where builders can get under the house and dig "little sections at a time" and then pour in sections of foundation individually.

"That's more of an older way of doing it," he said.

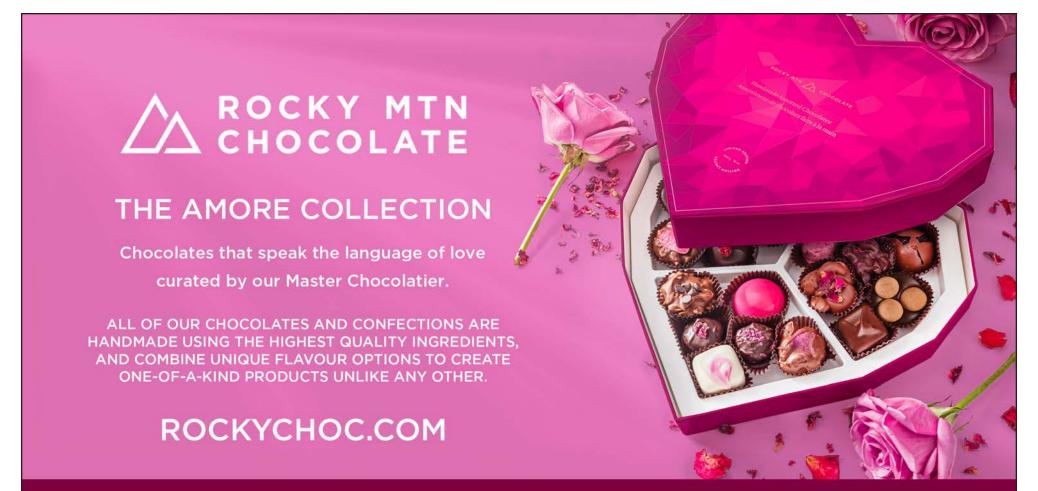
The equipment contractors can use today makes house raising a more viable option.

Janzen said there should be "zero change" to the

structural integrity of the house because the raising is so slow and the process doesn't remove any load-bearing parts of the

foundation.

Once the house is back on the ground, the team has some plumbing and electrical work to do, but De Foa said it should be live-in ready by late summer.



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Insightful teacher inspired me to set and achieve goals

Wallace Wiens Special to The Lake Report

It's a few weeks into the new year and I'm still on track to fulfilling my resolutions.

I can't promise that will be the case a ways down the road especially the part about not eating carbs, never having more than one glass of red wine and drinking at least six glasses of water every day.

But there's one thing I can be proud of: I ran five kilometres this morning. And yesterday. And two days before that. Through the streets of the village of Niagara-on-the Lake.

It was so mild, I just had to be outside. The cold, fresh air in my lungs, the smooth rhythm of my arms and legs. Kilometre after kilometre as I steadily gain ground toward my goal.

The exhilaration – I can do

I've been pretty consistent about running for almost 50 years. Half a century.

And so, I'm thinking about Mrs. Dove.

I attended Col. John Butler School in the late 1960s, then Laura Secord school and finally St. Davids.

In those ancient days, kids were required to participate in physical education classes, exercise and team games.

There were mandatory track and field Days devoted to competitive sports among the students: the 100-yard dash, the 500-yard dash, high jump, long jump, hop, skip and jump.

Gruelling, highly competitive activities for students in Grades 1 through 8. I hated them all.

There were mandatory year-round field games as well, like baseball, volleyball and more.



Wallace Wiens braves the cold as she runs through the Niagara-on-the-Lake Commons. Though she didn't like phys-ed in high school, she runs today thanks to her teacher all those years ago. SOMER SLOBODIAN

The phys-ed teacher would pick two captains and they'd choose their team. The best players were always selected

I was consistently the last person chosen. By default, one team got stuck with me. I can still hear the dismayed groans of my teammates.

I was a lousy player, always striking out, couldn't catch a ball as an outfielder, couldn't serve the ball over the net ...

I remember the humiliation well. And my parents had no sympathy.

I couldn't feign high fever, broken ankles, delirium. (The stomach-churning nausea was real.) But no luck and no mercy. They'd still make me go to school on Field Days.

The whole elementary school experience would have ended very badly but for the hours that I spent in the library, and especially that dusty little room on the

There was a big old armchair and a thousand books. Every recess and all my lunch hours were spent up there reading every book in that room. (I stole my favourite, a copy of "Harriet the Spy" – I admit it. I still have it, but the statute of limitations on theft has run out and I'm safe.)

The teachers all knew where I was, but mostly pretended not to. Dilemma: do you punish a student because she loves to read? Even so, every now and again, when they thought I really should get some fresh air, they'd come upstairs and send me outside.

In September 1974, I started Grade 9 at Niagara District Secondary School and to my disgust, physical education class was still mandatory. Three classes a week. Track and field.

Mrs. Dove was my phys-ed teacher. I must have made my utter dismay obvious to her because she took me aside and asked me what the problem was?

competition of running

against stars like Lori

Plut and Patty Hummel,

there would be no personal

humiliation. All I had to do

was to commit to practise

consistently three times a

I don't remember how long,

but it wasn't long thereafter,

and I was running around

that track without stopping.

Mrs. Dove noticed. She

could do two laps, non-stop.

since I had months to go be-

fore the end of the semester,

might as well give it a shot.

Soon I was running two,

three – a lot of laps. Consis-

tently. Not fast, but I had en-

durance. Would never win a

race. But I was achieving my

own goal. And surpassing it.

And setting a new goal. And

I was doing the best I was

capable of, at a task that I was

surpassing that one, too.

wondered aloud whether I

Not that I needed to. But

Without even gasping for

week.

breath.

I said I needed to get good marks, but I was a sports disaster and her class was really going to drag my average down. Besides, I flat-out detested phys-ed. And it's all so humiliating.

Mrs. Dove understood. Together, we developed an individualized plan, just for

She took me out to the track behind the school. She said that she would mark me on my ability to run around the track once. That's all.

I could run as slow as I wanted, did not have to compete with the other students, but I had to make it around the track one time without stopping. And she'd give me an average mark, maybe not a high mark, but she would not fail me.

Unathletic as I was, I knew that was an achievable goal. And without the not suited to, but that was required of me.

The semester ended. Mrs. Dove gave me an "A" in the

And then I did not have to run any more. In Grade 10 and beyond, physical education class was not mandatory.

I turned my educational endeavours to more academically oriented classes. Set my goals. Competed against myself. Tried my best and did not give myself undeserved breaks. Always tried to get it over the finish line.

On my own time, I wondered if I could run without the school track, without Mrs. Dove's oversight. I started running at home, after school. A mile. Then two ...

It's January 2023 and I'm still running.

Running around that track toward that finish line really mattered to me. If I hadn't known humiliation, if I had not experienced the high bar set by the truly gifted, I wouldn't have been so proud of my personal achievement.

But I had seen the wondrous prowess of the truly athletic students. I was forced to face my own inadequacy. And then a thoughtful teacher taught a young student how to produce an appropriate plan that would lead to a "best possible" outcome.

That teacher encouraged the student to work diligently to meet a goal she never imagined she could meet. I'll never be an athlete. But I'm healthy and active, and half a century later, still hitting the pavement, heading down that road, running toward yet another goal.

After Grade 9, I never saw Mrs. Dove again. I don't even know her first name. But I remember her. She is as unforgettable as fresh air and sunshine.

















NOTL Rotarians raise thousands to help Ukraine

Bill French Special to The Lake Report

The Rotary Club of Niagara-on-the-Lake, individual Rotarians and Rotary District 7090 have rallied to the aid of the Ukraine.

The NOTL club contributed \$25,000 from community fundraising efforts to three front-line organizations that can provide direct support to Ukrainians: the Canadian Ukraine Foundation (\$2,000), Shelter Box (\$7,000) and Doctors Without Borders (\$16,000).

"Our support for Ukraine doesn't stop there," says NOTL club president Greg Fedoryn.

Rotarian Jodey Porter raised a further \$72,000 from the Niagara-on-the-Lake community in support of Doctors Without Borders.

"We inspired our community to give, and our capability in terms of multiplier effect for donations helped us guide monies to organizations that could best benefit those on the ground at such a time of terror and cruelty," said Porter.

Individual leadership from Rotarians Bill and Emily Charnetski raised an additional \$30,000, which was directed to the Canada Ukraine Foundation.

"The foundation is based out of Toronto and has done wonderful work. They take over medical teams (including equipment and materials) to do specialized surgeries and training," said Fedoryn.

"The trips were all paid by local donations and the medical teams consisted of volunteer professionals."

This generous spirit runs deep in the Charnetski family.

When Bill Jr. was married



Members of the Rotary Club of Ivano-Frankivsk in Ukraine were happy to receive shipments from Niagara Rotarians. SUPPLIED

last summer, in lieu of gifts, he and his wife requested donations to the Canada Ukraine Foundation. Family and friends generously donated over \$11,000.

With the added impact of matching donations from Rotary International, Doctors Without Borders and the Canadian government, Niagara's contribution became \$250,000.

"Not only did local Rotarians raise funds, but we went to work," said Fedoryn.

Rotarian Anne Dickson noted, "We spent days collecting and packing care packages consisting of supplies identified as needed priorities, including medical and personal items."

Her commitment to help extended to providing employment for several young people who've arrived in our area from Ukraine.

amplifon

In the fall of 2022, Rotary District 7090 (of which the Niagara-on-the-Lake Club is a member) received a grant of \$35,000 from Rotary International to assist in sending medical equipment and humanitarian necessities to Ukraine.

District 7090 includes more than 70 Rotary Clubs in southern Ontario and Western New York.

Collaborating with the Rotary Club of Ivano-Frankivsk in Ukraine as well as Warehouse of Hope, Not Just Tourists in North America and AMA Hope, a total of over \$230,000 worth of relief supplies were sent and distributed in war torn areas of Ukraine.

The supplies included 500 trauma kits, 50 hygiene kits, medical equipment, supplies and bandages.

Rotary District 7090

Foundation chair Sandi Chard of St. Catharines said, "It is the efforts of Rotarians in District 7090, committed to 'doing good in the world', the Rotary Foundation and strong partnerships with humanitarian organizations, that made this project happen so quickly, and we delivered hope to Rotarians in Ukraine."

Southern Ontario and Western New York Rotary Clubs were extremely supportive and worked together to secure products and helped with packing and shipping of the muchneeded equipment.

Five pallets carrying medical and humanitarian supplies were delivered safely to the Rotary Club of Ivano-Frankivsk, Ukraine, to handle proper dispersion of all supplies.



This week's riddle is "Jeopardy!" style. Category: THAT'S A DIFFERENT **PREPOSITION**

To Cicero it could mean around a place, as in "_____forum." To us, it means around a time.

Last issue:

Category: INCONCEIVABLE!

Clue: Crossword, jigsaw, Sudoku ... all are a

Answer: What is a puzzle?

Answered first by: Claudia Grimwoodl

Also answered correctly (in order) by: Susan Hamilton, Bob Wheatley, Jim Baird, Jim Dandy, Bob Stevens, Sylvia Wiens, Robert Wilms, KC King, Wade Durling, Margaret Garaughty, Rosemarie Huber, Kaitlyn Irving,

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

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Cannon balls and muskets among artifacts at history session

Somer Slobodian Local Journalism Initiative The Lake Report

What better way to commemorate the 210th anniversary of the Battle of Fort George than through artifacts?

Last Friday, about 40 people packed Navy Hall for a sold-out Fireside Friday presentation hosted by Parks Canada and the Friends of Fort George.

Tables lined both sides of the room, each displaying a unique artifact from the Battle of Fort George to be used to tell the battle's story.

"(The) idea of this is that people can sit down at their tables and can touch whatever is out," Dan Laroche, the manager of Fort George, told The Lake Report.

Laroche was dressed as Fort Maj. Donald Campbell. He wore a red wool coat with blue facings and gold buttons.

"The actual destruction of the fort was the first part of the battle. These are the



Dan Laroche, the manager of Fort George, shows off 24-pound shot cannon balls, similar to the ones used the Battle of Fort George, during Friday's sold-out fireside history session at Navy Hall. SOMER SLOBODIAN

things that would have been fired at us," Laroche said as he held up a large, round 24-pound shot.

The one he was holding is slightly larger than the actual 18-pound shots used by the Americans.

The cannon balls would be put into a hot shot furnace and soldiers would "heat these things up red hot," said Laroche.

When fired, it "leaves the

barrel going about 1,000 feet per second," he said.

When he dropped it to the wood floor, a loud thud echoed around the room.

"That would certainly redecorate your house quite nicely," he said.

The shots would come crashing into the buildings in the fort, setting everything ablaze.

Other artifacts on display included an original pipe

tomahawk used by Indigenous soldiers, an Indigenous trade musket from the NOTL Museum and a surgeon's field kit, to name a few.

Ian Peer and Jim Kish sat at a table with two American Springfield Muskets laid out in front of them.

Peer enjoyed the presentation, listening intently to every word.

However, he also came

for another reason — to show off his own piece of

history.

He has an old button he believes belonged to Maj.-Gen. Sir Isaac Brock that he inherited from his father, Dr. Edgar Peer.

"My father has probably had it for 25 years. I've had it for another five," said Peer.

His father was given the button in the early 1960s by one of his patients. It was

from a tunic that was torn up by children who used it for their dolls.

He brought it to the presentation in hopes of showing it to an expert and confirming that it actually belonged to Brock.

"They couldn't verify anything," said Peer.

John MacLeod, the cultural resource adviser for the Niagara Region, advised Peer to take the button to a registered appraiser.

He has already tried that but he's going to look for someone who specializes in historical artifacts.

"I guess I'm at the start of my journey," he said.

There's a new Fireside Friday presentation every Friday throughout February.

The next one, "A Grand Musical Experiment: Reconstructing the Band of the 41st," is Feb. 10 at Navy Hall at 11 a.m.

Tickets are \$15.75 and can be bought at Friendsoffortgeorge.square.site/. Some sessions are already sold out.





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NEWS (%)



Steve Hardaker Community Correspondent

On the coldest night of the winter so far, St. Davids-Queenston United Church hosted the first meeting of its new youth group known as Safe Haven last Friday

A handful of teenagers braved the bone-chilling temperatures to gather for three hours in the warmth of the church for fun, games, snacks and good conversation.

During Sunday's church service, Rev. YongSeok Baek described the atmosphere at the youth group, saying, "I was happy to see their energy. I loved to hear their giggling and chuckling."

"And when they were lounging on the couch singing along loudly for the last 20 minutes, I think that was the happiest moment. I really loved that moment."

"I felt they were staying comfortably there. I am really happy with that," he



Baek went on to thank the United Church Foundation for supporting the grant that helped buy equipment to establish the group.

He also thanked the many church members who donated snacks, supplies and money. He extended thanks to Nancy Lang who help to organize the youth group and offered a special thankyou to Maya Gazzard.

Maya, the congregation's 16-year-old Sunday school teacher, was invited to share her reflection with the first meeting of Safe Haven.

"Wow! What a tremendous success!" she enthused.

All those who turned out "enjoyed it so much! They are talking with their friends. They are sharing it on social media."

"Thank you so much for everyone who helped out, donated what they, could including the board games and pizza," she concluded.

The Safe Haven youth group welcomes teens aged 13 to 17 into a safe, warm and welcoming space at the church at 1453 York Rd. in St. Davids.

There group has musical instruments, tablet computers, board and video games, boxing equipment, a pingpong table, an air hockey game, foosball table and various pieces of furniture for lounging around.

The group is meant to be a space where teens can gather to do what teens do best, play and hang out with friends.

The next meeting of Safe Haven will be Feb. 17 from 6 to 9 p.m. and then on the first and third Friday of each month thereafter. All teens are welcome.

Steve Hardaker has lived in Glendale for 12 years and is active in several community organizations.

Teens find Safe Haven in St. Davids | Kids learn about computers, inside and out, at youth group

Evan Loree Local Journalism Initiative The Lake Report

Kids at the NOTL Youth Collective got to play with computers and power tools Thursday night.

Parent, volunteer and computer specialist Ben Higgins showed a small group of kids the ins and outs of an old Dell computer monitor.

Thirteen-year old Roc Mastromatteo stood back from the crowd to watch the younger kids take the monitor apart.

He said he's been interested in computers for a while and is mostly self-taught.

"I would say I've taught myself enough to maybe even build one someday," he said.

Meanwhile, Higgins was joined on the floor by his daughter Marlo and her friends Olivia and Emily Ferguson.

Emily was working with the electric drill to help



Ben Higgins shows Olivia Ferguson where to cut the wire to sever the motherboard from the computer. EVAN LOREE

separate the motherboard from the machine.

The three kids agreed they didn't get to learn much about computers in school.

"It looks like little houses and people," one of them said as Higgins showed off the computer's motherboard.

The three friends agreed they would like to take apart more electronics in the future.

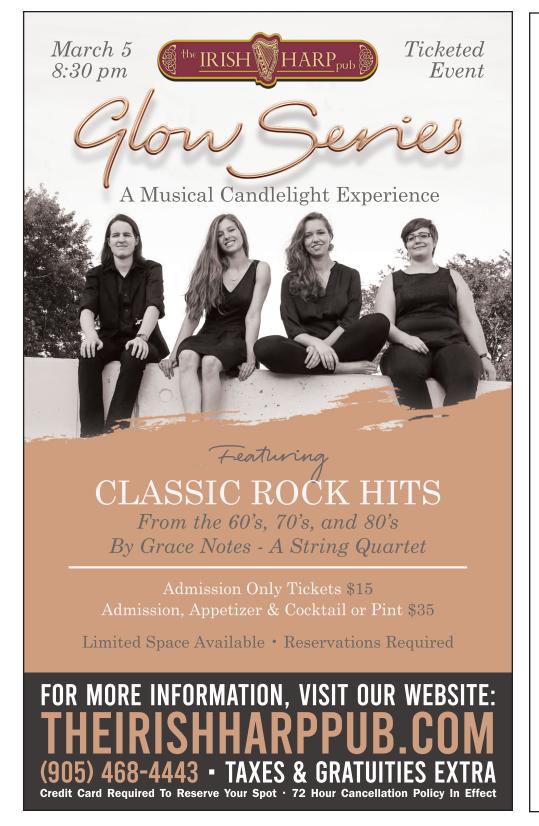
Higgins said he hopes he can teach the kids how to

make an electrical circuit.

This would require some soldering irons and other small tools, but he thinks it would be a good learning experience.

"It seems overwhelming at first, but then everything's repetitive. It's always the same stuff and just in different configurations," he said of the computers.

The kids felt it would take "a long time" to learn the ins and outs of computers. "It's a lot more confusing," said Olivia.



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St. Davids boxer crowned national champion

Somer Slobodian Local Journalism Initiative The Lake Report

St. Davids boxer Mckenzie Wright went into the Elite National Championships in Brampton with one goal — to win.

And with her signature uppercut, she did just that.

Wright scored a thirdround technical knockout Saturday night after repeatedly rocking her opponent in the finale.

With only three women qualifying in the 48-kilogram weight class - Naomie Larouche of Quebec, Priyanka Dhillon of Manitoba and Wright representing Ontario – it meant one would draw a bye and automatically fight in the championship bout.

Wright got the bye and Dhillon was set to fight Larouche on Friday night. But things didn't go exactly the way Wright hoped.

She's had her eyes set on fighting the Winnipeg boxer ever since Dhillon, who took bronze at the 2022 Commonwealth Games, was ranked ahead of her at the national championships a year ago.

COVID cancelled last year's nationals and the Canadian team was picked based on a pushup and burpees challenge along with a previous boxing video.

Many boxers, including Wright, felt that was unfair and it should have been decided in the ring, she said.

Last weekend in Brampton, "rumours started going around that (Dhillon's) injured. So, she actually withdrew from the tournament on Friday," said Wright.

Larouche won by a walkover and fought Wright on Saturday night for the national title.

This is the second time an injury has forced Dhillon to drop out before a match against Wright.

66 I think I'm going to do something fun this weekend after my homework's done, then I can really relax."

> MCKENZIE WRIGHT ST. DAVIDS

"Priyanka was the fight that I was training for specifically. I already knew that I could beat Naomie on my worst day," she said.

At 5 foot 4, Wright is the taller of the two, describing her opponent as a "short, stocky, inside fighter," who wanted to brawl.

The NOTL boxer knew it would be a match of range and she was ready for it. After all, she is fast, skilled and extremely determined.

With her parents, Dow and Judy Wright, and close friends in the audience cheering her on, she was

determined to reclaim the national title.

She used the first round to "get settled and comfortable."

Once the bell rang for round two, she didn't hold back.

"I started landing and I got my first combination in and made her miss, and then came back in with the second combination," said Wright.

Wright would throw in a strong uppercut with every combination.

She could hear her coach, Jesse Sallows, and her friend, Olympic boxer Mandy Bujold, screaming from the sidelines to "throw the second combination."

"That's where I got my first eight count and then the round ended so I knew what I had to do," she added.

For Wright, who also won titles in 2010 and 2011, it was time to become a threetime national champion.

In round three, focused and determined, Wright landed a "one, two double left hook," causing Larouche's chin to pop up. The referee called another standing eight count.

Wright went back to her corner, pumped up.

"I run back to the centre of the ring and then I tagged her with the biggest uppercut of all time," said Wright.

That sealed it. The referee ended the match and Wright won by third-round technical knockout. To say she was excited would be an understatement.



Mckenzie Wright won the 2023 Elite National Championships in boxing. She has now won nationals three times and will compete in the Pan Am qualifiers in July. SUPPLIED

"It was like mission accomplished," she said.

Now, Wright will move into the 50-kilogram weight class and fight in Montreal at the Canadian Pan Am Games Elite Qualifier this July for a chance to compete at the Pan Am Games in Santiago, Chile, in October.

"The person at 50 kilos I

know she's coming for me, but I'm coming for her. So, it'll be a good match," says Wright.

Fighting in the Pan Am Games Games would be one step closer to competing in the 2024 Paris Olympics.

For a few days, Wright is taking a much-needed break to catch up on her work toward her nursing degree at Niagara College.

But she'll be right back in the gym by the end of the week.

Not before she takes a moment to celebrate her victory, though.

"I think I'm going to do something fun this weekend after my homework's done, then I can really relax," she

Final stretch of games will decide Preds' playoff position

Kevan Dowd The Lake Report

With just seven games now left before the playoffs, the fourth-place Jr. A Niagara Predators continue to fight to break away from a three-team logiam.

A 7-0 victory last Friday at home over the St. George Ravens raised hopes of putting some space between the Predators and the two teams trying to catch them – the Ravens and the Northumberland Stars.

But a 2-1 road loss to St. George on Tuesday leaves them nipping at Niagara's

Niagara continues to have games in hand but the Ravens are just two points behind in fifth and the sixth-place Stars are a point below them. So, lots can change over the next few games.

Though the weekend



Timur Mirzaiants scores a power-play goal. KEVAN DOWD

would not fully go the Preds' way, there was optimism in the air Friday night.

"This is one of the games – I feel they've been playing well - and I think we took it to them pretty good," head coach Kevin Taylor said after the 7-0 win.

Things started close with Niagara's Nick Savoie netting the only goal of the first 20 minutes 11:45 in.

Alexander Andrews and Nolan Wyers widened

the gap late in the second period for a 3-0 lead going into the third.

But it was in the last period that Niagara ran away with it, starting with power-play goals from Timur Mirzaiants after six minutes and Ethan Boyd a minute later.

Andrews notched his second of the night at the 13:02 mark and Cameron Savoie earned Niagara's seventh and final tally with just under four minutes to go.

Zane Clausen turned aside 30 shots to earn the shutout.

In the past, Taylor has said his team needs to "learn how to win" by keeping the goals coming even after they have taken the lead.

"I thought we dominated the game. We played well but in the past we've allowed teams to hang on," he said.

"So it was nice to see they came out and took it to them in the third period. I appreciated the effort. Good teams find a way to finish teams off and that's what we did there."

While the early part of Niagara's season was touch-and-go, the Predators have started gathering wins, coming out on top in five of their eight most recent games before Friday.

That performance jumped them into fourth place in the Greater Metro Hockey League's south division.

With mostly lower-ranked teams ahead in Niagara's remaining regular season games, things look promis-

However, the much stronger St. George Ravens had posed a greater risk to the Predators, so the win came as a relief to Taylor.

"They are a good team. Sometimes they come out flat but they stayed with us for a couple periods. They had some opportunities and our goaltender played phenomenally."

While he thought his team sent a message Friday, he felt a real statement could be made with a win Tuesday night on the Ravens' home

"Will we roll over and allow things to happen or are we going to continue this?"

But St. George edged them out in a close game

The Ravens started off

the scoring but Niagara kept with them thanks to a goal in the last minute of the first period by Cole Ellis. But it would end up being the only one of the night for the Predators who could not respond to a second-period tally by St.

Regardless of how the weekend played out, Taylor said their latest lineup is what can be expected going into the playoffs.

"This is one of our first games since the trade deadline where we've had everyone here and it's been a test," he said Friday. "This is basically the lineup we're going to go with."

The Predators have a busy week ahead, with four games in four days starting this Friday, Feb. 10, versus the eighth-place Streetsville Flyers at the Meridian Credit Union Arena. Puck drops at 7:30 p.m.





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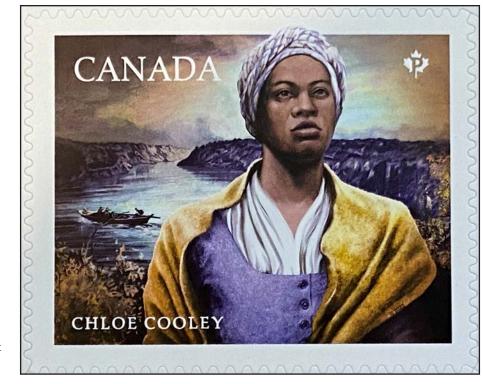


Chloe Cooley featured on new Canadian stamp

Staff at the NOTL Museum were happy to consult on the development of Canada Post's latest stamp, which features a local historical figure, drawing attention to her harrowing story.

Chloe Cooley was enslaved by Queenston farmer Adam Vrooman in 1793. At his farm, Cooley was likely responsible for domestic tasks such as household chores, childrearing, laundry, food prep, or harvesting crops.

She had previously protested her enslavement by acting in "an unruly manner," refusing to work, stealing property entrusted to her and leaving for periods of time. When Vrooman, a member of the Legislative Assembly, heard that Lt.-Gov. John Graves Simcoe was determined to pass antislavery legislation, he bound



and forcibly transported Cooley across the river to a U.S. buyer. This is the scene portrayed in the stamp's imagery. The man standing at Vrooman's Point on the right portrays Peter Martin, a Black loyalist and former Butler's Ranger, who provided one of two witness statements about the incident. William Grisley, a local resident who worked on the

Vrooman farm and who was on the boat, was the second.

Unfortunately, Vrooman had not broken any laws. However, the incident and the eyewitness accounts led to the Act to Limit Slavery being passed on July 9, 1793. It was the first step towards the abolition of slavery here in Canada.

Chloe Cooley was never heard from again and quite possibly had no idea of the effect her experience had on the lives of many enslaved in Upper Canada. In honour of the 230th anniversary of this historical event, the NOTL Museum will host an exhibition on Cooley and enslavement in Upper Canada.

New band crowned at the Irish Harp

Julia Sacco The Lake Report

After four weeks and 10 sets, the Irish Harp Pub has crowned New Rising Sun as 2023's Battle of the Bands winner, gifting the musicians \$1,000 and a contract to play regularly at the pub.

The trio of David Bravetti, Jeff Contini and Mike Vukovic returned after their stellar performance during week two and stole the show at Monday night's finale with songs like "All These Things That I've Done" and "Irish Pub Song," maintaining high energy and audience participation throughout.

"We are absolutely very excited. It's surreal almost. It still hasn't sunken in yet," said vocalist and bongo player David Bravetti.

"Our attitude going in was that it would be more of an exhibition than a competition," added Contini.

"Going into it we would've been satisfied to even participate, so this is just a cherry on top."

The competition was

judged by guests in the pub, voters online, as well as a panel of musicians, including Lindsey O'Connell of the O'Deadlys.

She explained how New Rising Sun took the win and what made them the perfect choice for the Harp.

"It was a lot. Consistency, some amazing vocals, crowd participation was a big deal."

"Seeing how many people were smiling and engaged in that performance put them over the edge," added O'Connell.

The other competitors, Spared No Expense and Admiral, placed second and third respectively, each putting on entertaining and skilful sets.

New Rising Sun will begin their contract playing at the Irish Harp beginning in March and Bravetti said the band is looking forward to entertaining at the iconic venue.

"I love the fact that there's no TVs in here, no distractions. Everyone is dialled in and, when you're up there, it makes all the difference."





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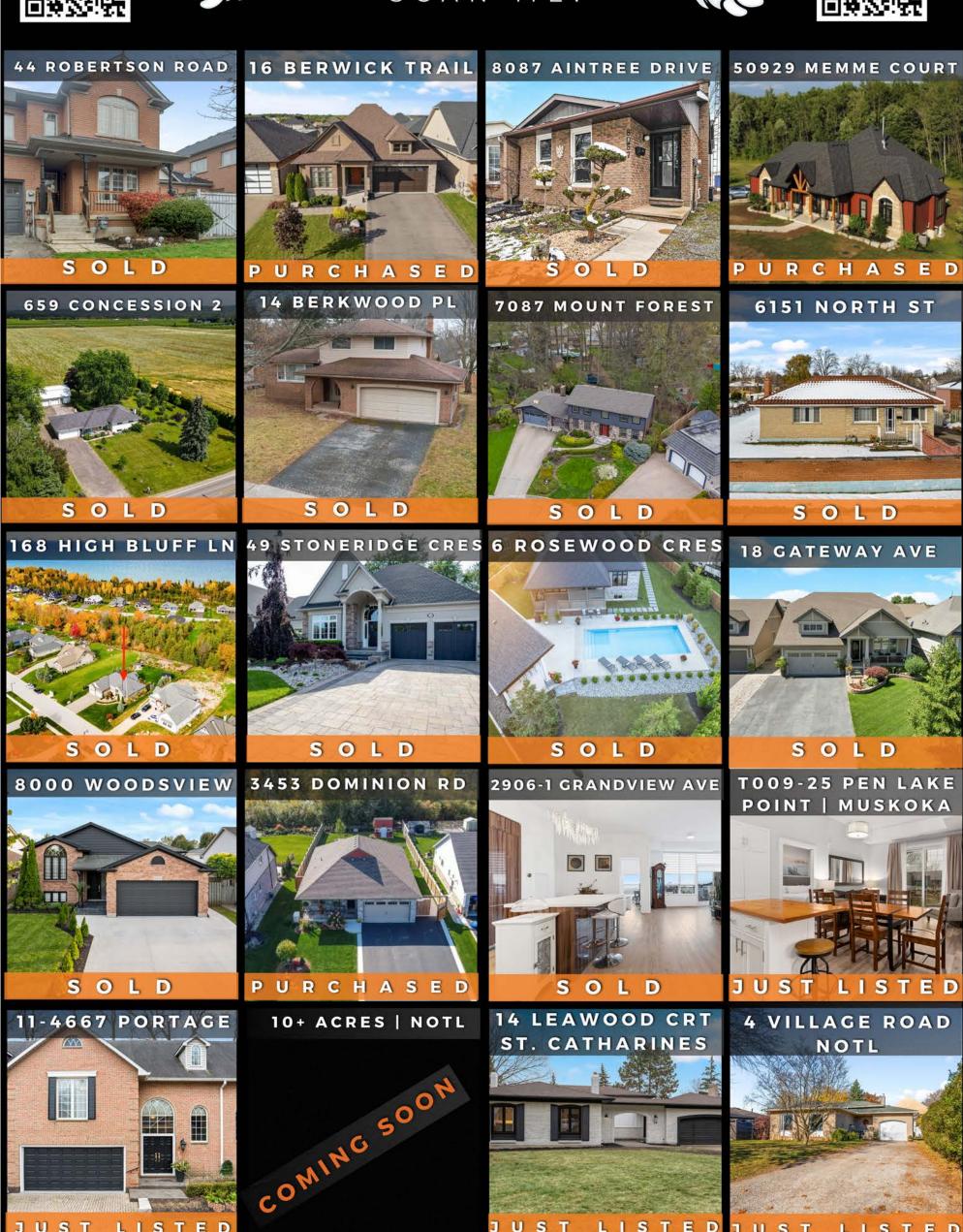
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Across

- 1. Limerick writer --- Lear (6)
- 5. It might be Swiss or Swaledale (6)
- 10. Computer workarounds (5)
- 11. Every airline passenger is instructed in their use, every time (4,5)
- 12. Spun a yarn (4)
- 13. Noble ape, upside down, is a tall thin one (8)
- 16. Most senior officer (5,2,5)
- 19. Share dealers (12)
- 22. Inert medications (8)
- 23. Bean curd (4)
- 26. Rip in two (4,5)
- 27. Giver (5)
- 28. Maidenhair tree (6)
- 29. Most comprehensive (6)

Down

- 2. Dilapidated (8)
- 3. Too (4)
- 4. --- devils, whipped up by the wind (4)
- 5. What Monty Python's parrot had done (6,2,2)
- 6.. Regular fluctuation (3,3,4)
- 7. Rarely (6)
- 8. Mass cup (7)
- 9. Grey (5)
- 14. Inaccurate (3,3,4)
- 15. Bullfighting devotee (10)
- 17. Female protagonists (8)
- 18. Courtesy title for a man (7)
- 20. Overwhelming rush (5)
- 21. Largest of what used to be the
- Sandwich Islands (6)
- 24. Simmer (4)
- 25. Behavioral problem most common in boys (1,1,1,1)

Have some fun

Crossword Puzzle

Last issue's answers

| ¹ P | 2 | L | 3 L | 0 | 4W | S | | ⁵ A | ⁶ B | R | ⁷ A | Н | ⁸ A | М |
|-----------------|-----------------|---|---------|---|-----------------|---|-----------------|-----------------|-----------------|---|-----------------|---|-----------------|---|
| | Α | | E | | 1 | | | | U | | М | | 1 | |
| ⁹ A | S | 1 | Т | 1 | s | | ¹⁰ A | L | L | F | 0 | U | R | S |
| | K | | М | | Н | | S | | В | | U | | В | |
| ¹¹ P | Υ | R | Е | N | Е | Е | S | | ¹² S | Υ | Z | Т | Α | X |
| | 0 | | G | | D | | 0 | | | | Т | | G | |
| ¹³ O | U | Т | 0 | F | F | 0 | O | 2 | ¹⁴ S | | ¹⁵ S | 0 | S | 0 |
| | | | | | 0 | | 7 | | ٦ | | | | | |
| ¹⁶ S | ¹⁷ C | Α | 18 M | | ¹⁹ R | Е | Α | Р | Р | Е | ²⁰ A | R | ²¹ E | D |
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SCIENCE (%)



Research with pigs shows hope for heart and stroke patients



DR. BR®WN

Dr. William Brown Special to The Lake Report

Statistics suggest as many as 300,000 Americans and Canadians suffer from a sudden cardiac arrest out of hospital and roughly half can be resuscitated with reasonable recovery and little or no loss of function.

Unfortunately, the other half aren't so lucky, because help is not at hand or too late, or even with help, those with pulseless tachycardia (too high a pulse rate to maintain cardiac output) or ventricular fibrillation (chaotic contractions with no cardiac output) often don't respond well to resuscitation including electroshock treatment.

A Canadian study led by the University of Toronto, working with similar centres in London and Ottawa, suggests there is a better way.

They proposed changing the shock protocols to one which repeated the shock at a short interval or, alternatively, changing the path taken by the stimulus current through the heart by moving the lateral chest pad to the back of the chest.

Both protocols significantly improved the chance of patients surviving to discharge, but the brains of those patients who received the double-shock technique recovered better than those in whom the stimulating electrode was moved.

As you might expect, outcomes following cardiac arrests depend very much on the overall health of the patient, their cardiac health and, especially, the time between arrest and resusci-

New studies suggest the latter interval may be more fluid than we previously

I was taught the timeframe was short for positive outcomes with ischemic strokes involving the brain and heart attacks caused by a coronary or arrhythmias causing a significant drop in pumping of the heart. For the brain, it could be as little



Studying pigs might lead to breakthroughs in treating heart attacks. FILE/RICHARD HARLEY

as a few minutes before irreparable damage was done.

Experience in the last decade suggests that interval may be much longer for ischemic strokes because it depends so much on whether, and to what extent, adjoining vessels can make up part or all of the shortfall.

Then in 2019 investigators showed that pig brains severed from their bodies in slaughterhouses managed to survive four hours without any blood flow.

As well they partially recovered some nerve cell functions if circulation was re-established using a pulsatile pump, an acellular hemoglobin molecule to oxygenate the tissues and a brew of other drugs to suppress inflammation, which so often adds to the tissue damage caused by ischemia.

In 2022, the same group studied anesthetized pigs after their heart was stopped. Following one hour without any circulation, the circulation was restored using a similar pulsatile pump and a similar acellular hemoglobin was used to oxygenate the tissues together with dialysis to maintain electrolyte levels in the blood.

And not only did organs such as the heart and kidneys survive but genetic studies revealed genes favouring recovery were activated while those that favoured cell death were reduced.

The point of the pig studies in the case of heart attacks and stroke is that tissue can survive ischemia longer than we thought. As well, they showed that restoring circulation artificially coupled with a perfusate containing an acellular haemoglobin molecule which doesn't clot may be necessary along with an anti-inflammatory cocktail to extend the window of recovery in heart attacks and devastating ischemic

Putting all of these strategies together in a clinical setting is another matter and likely a long way off.

But the methods used in pigs offer a new way of thinking about restoration of brain and other organ functions in the face of ischemia and given how devastating ischemic of the heart and brain can be, well worthwhile in my judgment, however weird the protocols in pigs may seem.

In short, hope, but not

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

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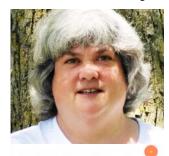
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Ten ways to keep your indoor plants healthy in winter



GROWING **TOGETHER**

1. Move them closer to a light source. Winter means shorter days and a reduced number of sunny days. So, it is beneficial to move plants a bit closer to the window so the light conditions are similar to what they are in spring and summer.

2. Water less often, only when the soil feels dry. Lower light levels in winter means your plants will not be growing as vigorously as in other seasons. The faster a plant is growing, the thirstier it will be. A plant that you watered every week in summer might now prefer to go two weeks without water. Instead of a regular schedule, check whether the soil is dry or

use a moisture meter. It is best to let the top inch of soil to dry out completely before giving it more water.

3. Stop fertilizing them – they don't need it in winter. Again, because the plants are not growing as quickly in winter, they do not require as many nutrients as they do at other times.

4. Keep them away from cold drafts and registers or radiators. A cold draft from an exterior door can set back sensitive plants. Having plants too close to heat registers or radiators blowing out warm, dry air can also be stressful to the plant.

5. Don't stress about leaves yellowing and drop**ping off.** You will often see leaves turn yellow lower on a plant or near its centre right before or as it is pushing out new leaves or are producing new flower buds. This takes a lot of extra energy and the plant will then drop some of its oldest leaves so it will have the extra energy it needs. Only be concerned when leaves at the tips of branches turn yellow.

6. Monitor for insect and



Leaves turning yellow and falling off is a normal thing — don't let it scare you.

disease problems. The best way to stop insects or diseases ruining a plant is to nip it in the bud (pun intended). By monitoring your plants weekly, you can get ahead of a potential problem. Check for spotting or blotching on leaves. If the problem is in the early stages, the safest and fastest way to control it is to pinch off and throw away infected leaves.

7. Increase the humidity. When you think most the plants we have indoors are from a tropical climate, it only stands to reason that they prefer to grow where

there are short morning showers regularly.

This creates an atmosphere with higher humidity – but the air inside our heated homes tends to be drier in winter. Most houseplants grow best when humidity is 40 to 50 per cent, but in winter it can be as low as 10 per cent. A simple way to ramp up the humidity around plants is to cluster them together. Water evaporating from the potting soil and water lost naturally through the leaves will raise the relative humidity right around your plants.

Another easy method to increase humidity is to place plants on trays filled with pebbles and water. The bottoms of the pots should be above the water level to avoid root rot. As the water evaporates, it creates a more humid microclimate for your houseplants.

Misting plants is not as effective. Studies have found misting would have to be done many times a day to raise the humidity level enough to make a difference.

8. Keep foliage clean. To make the most of limited winter sunlight levels, make

sure leaves are free of dust and grime. You can do this by wiping down the leaves with a damp cloth or sponge or even set them into the shower for a quick rinse.

9. Resist repotting plants in early winter. Plants take well to repotting when they are actively growing. That's why spring and summer are the best times to do so. But repotting the plants when they are in a resting state can shock dormant indoor plants.

10. Cut back leggy plants late winter or early **spring.** As the days are lengthening and the sunlight becomes stronger, your plants will begin to grow more. The best time to prune indoor plants is just prior to a growth spurt. This helps increase the branching, creating a denser plant.

If all else fails, remember, you can always sing to them. I find that show tunes work best. Maybe something like "The Sun Will Come Out Tomorrow."

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



Venus and Neptune ensure romance is alive and well

Bill Auchterlonie The Lake Report

Thursday, Feb. 9: With the moon in Libra, still in full moon mode, here is a day where restraint can pay off and where the truth should work for everyone. Where were you on Sunday, Feb. 9, 1964? Odds are, you were at home watching the Beatles' premiere performance on the "Ed Sullivan Show."

Friday, Feb. 10: Intimate conversation and generosity makes this a Friday to remember. The first-ever gold record, awarded for sales of one million copies, on Feb. 10, 1940, goes to Glenn Miller's "Chattanooga Choo Choo."

Saturday, Feb. 11: Today, Mercury enters Aquarius, one of its favourite signs. Aquarius is an air sign, and Mercury loves air signs

because it and the air element share similar qualities: communication, awareness, curiosity and objectivity. The upcoming weeks are great for any activities that involve the intellect: learning, reading, solving problems. Happy birthday to Jennifer Aniston, born Feb. 11, 1969. After playing the role of Rachel Green on "Friends," she has made a career as a film actor.



Sunday, Feb. 12: Out with the old and in with the new. Be open to new possibilities and see the new as something original. Today is the birthdate of one of

America's greatest presidents and orators, Abraham Lincoln, born Feb. 12, 1809.

Monday, Feb. 13: Today is the day of the third-quarter moon in Scorpio, at 11 this morning. It's the solar system's way of reminding us that a new moon is only a week away so we need to take care of all the things we have been meaning to do. Happy birthday to Peter Gabriel, singer and songwriter with Genesis and as solo artist. He was born Feb.



Tuesday, Feb. 14: With the moon in Sagittarius and other optimistic signs, it's a

wonderful day to daydream and imagine. Happy birthday to one of America's most influential abolitionists, Frederick Douglass, born Feb. 14, 1818.

Wednesday, Feb. 15: Today, we have a magical Venus-Neptune conjunction in Pisces. Venus conjunct Neptune in Pisces is the most romantic transit you can get. What a treat for Valentine's Day. Whether vou're in a relationship or not, this is a great time to connect with your heart from a "not knowing" to a "totally known" reality. Happy birthday to a sculpture, "The Angel of the North" by Anthony Gormley. Erected in Britain on Feb. 15, 1998, it is 20 metres tall and has a 54-metre wingspan.

Check out my podcast, Looking up to the Stars, at wwwlutts.com.

In Memoriam



In Memory of Douglas John Garrett

May 20, 1927 - February 10, 2022

Dear Dad,

A year has passed since you left us, without you here it has felt like an eternity. The sound of your laugh cannot be replaced, you are missed dearly by so many. Until we meet again in Heaven, I will always cherish memories of you and all that you taught me in life.

> Love your daughter Kelly





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