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Tree gone, life saved | Page 3

Vol. 7, Issue 29

Canada's most-decorated community newspaper

July 18, 2024

Tragedy of the Foam shipwreck remembered

Julia Sacco Local Journalism Initiative The Lake Report

On July 11, 1874, seven young men set sail from the Royal Canadian Yacht Club in Toronto aboard a yacht called the Foam, en route to the Saturday Night Hop dance in Niagara-on-the-Lake.

But the Foam never made it to the Queen's Royal Hotel venue that night, sinking sometime around 10:30 p.m. and costing the lives of the seven young men aboard.

A hundred and fifty years later, more than 140 NOT-Lers and visitors with an affinity for history gathered to memorialize the young men and the tragedy, for what organizer Ross Robinson says are "all the right reasons."

The ceremony began on Saturday afternoon in front of the NOTL Sailing Club on Melville Street, where bagpiper Margan Stanford led the group to the gazebo at Queen's Royal Park.

Words from Lord Mayor Gary Zalepa, Royal Canadian Yacht Club commodore Kari MacKay and the NOTL Museum's communications coordinator Barbara Worthy welcomed the group to NOTL and provided important historical context for this tragedy.

Worthy described the circumstances surrounding the boat's sinking, adding

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Those commemorating the Foam 150 took a scenic route from the NOTL Sailing Club to the gazebo at Queen's Royal Park, led by bagpiper Morgan Stanford. JULIA SACCO

A hole-in-one and a near-record for Watson



Ricky Watson celebrates the hole-in-one he shot en route to a remarkable score of 30 over nine holes on Sunday morning at the Niagara-on-the-Lake Golf Club. SUPPLIED

Kevin MacLean The Lake Report

It was the crowning touch, a perfect shot in the middle of an almost perfect nine holes of golf.

A gap wedge, sailing 125 yards, over a yawning front bunker, off the flag stick — and directly into the hole.

With the pin position middle left, the group on the tee couldn't see Ricky Watson's ball actually drop in for the ace on the par-3 fourth hole at the Niagara-on-the-Lake Golf Club.

But playing partners Stephen Jenkins and Noel Morris heard it and knew it was a great shot.

They were on hand Sunday morning to witness not only "the shot" but a remarkable nine-hole score of 30 by Watson. That's 6-under par.

"We couldn't see the hole behind the bunker but we heard it hit the flag and didn't know it was in until we got up to the hole," Watson, 34, told The Lake

"It flew directly in without a bounce."

66 ... We heard the flag stick rattle but couldn't see the hole. He flew it straight into the jar."

STEPHEN JENKINS GOLFER

Morris said the "unique sound of the ball hitting the hole or the pin was like a slam dunk. At this stage, we all looked at each other, but were not 100 per cent sure until we got to the hole."

As one of their photos shows, the ball hit the back of the hole, leaving a divot and was wedged inside between the pin and the edge.

Almost as remarkable as "the shot" was what transpired just beforehand.

"After a mediocre start

par, bogey — something clicked (for Watson) on #3,"Jenkins said.

After his drive, he was about 200 yards out on the long par-5 and rolled his second shot onto the green, something many aspire to but few ever succeed.

"The ball rolled up to within 10 feet. Eagle. Then the ace on 4, where we heard the flag stick rattle but couldn't see the hole. He flew it straight into the jar," Jenkins said.

"From that point it was three effortless-looking birdies, 7-under for those five holes. He just missed a birdie on #8 and unfortunately just missed the green on #9."

So Watson settled for pars on the final two holes. Neither of those last two birdie chances was all that close, he said.

"It was a real joy to watch," Jenkins added.

"Noel and I just kept our

Continued on Page 15

Have you been flooded out?

It seems like the Summer of the Deluge, with heavy rains pouring down, sometimes causing extreme flooding events around areas of town.

Have you been affected by flooding this year? Have you seen flooding or snapped photos or videos of flooding in town?

Please send your stories and photos to us. We're looking to gather a comprehensive look at areas of NOTL that are prone to flooding, so we can evaluate infrastructure decisions surrounding the affected areas.

We are encouraging residents from all areas of Niagara-on-the-Lake to participate, so we can get a firm gauge on the situation.

editor@niagaranow.com



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- Historic organizations

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Contact us at **editor@niagaranow.com** to let us know of bequeathal plans



Have an opinion you want heard?

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Konik Estates rezoning in Virgil approved

Julia Sacco Local Journalism Initiative The Lake Report

Council's planning committee approved draft plans for a proposed subdivision and rezoning for the Konik Estates development in Virgil, headed toward Phase 2.

Couns. Gary Burroughs and Sandra O'Connor were the only ones opposed to the motion during a meeting Tuesday.

The proposed development — located north of Line 2 Road and east of Concession 6 Road — includes 52 single, detached homes along with 102 block townhouses and six street townhomes. The latter would face onto Line 2 Road.

Three residents presented during the meeting, urging the town to consider tree preservation before moving forward with the develop-

As of now, one line of trees will be preserved but more than 700 will be taken down.

Resident Catherine Lowry said she appreciated council listening to the concerns of the public and other council



William Heikoop speaks on behalf of Upper Canada Consultants regarding Konik Estates. JULIA SACCO

members in the past, but thinks other aspects have yet to be considered.

Lowry said when a line of trees is together, it becomes one growing organism and taking down some would "set the (remaining) trees up for failure."

"Of course, any trees are better than no trees," she said, suggesting the town consult a professional arborist about the best way to preserve some trees.

Resident Ellen Qualls echoed these concerns, suggesting the item be reconsidered.

"Niagara-on-the-Lake has one of the lowest and unhealthiest tree canopies in the region," Qualls said. She said that 40 per cent is considered the minimum optimal amount for tree coverage in the region — and NOTL comes dead last with 25.4 per cent.

"Virgil is even lower at 19.3 per cent," Qualls said.

Riesling Road resident Ken Burr said he was happy that some of the trees will be kept, but still voiced concerns regarding possible traffic along Niagara Stone Road and Line 2 during construction.

William Heikoop spoke on behalf of Upper Canada Consultants urging council to approve the plans.

He said the organization is required to go through a "specific planning process"

that will decide whether some trees can be saved.

"It requires us to balance different objectives," Heikoop said.

He said that at least 700 of the 810 trees on the lot will definitely have to come down

Coun. Wendy Cheropita spoke in response to the delegations, asking how more trees can be preserved.

Heikoop said the developers are trying to preserve as many trees as possible in the line of trees and any that cannot be saved will be replaced with mature trees.

Burroughs suggested the trees be grouped together rather than placed in a line. Heikoop said that is not something that had been considered but can be looked into.

Lord Mayor Gary Zalepa noted the area does not meet the requirements to be designated as a natural woodlot.

"We are looking to protect something that was planted there," he said.

O'Connor said it meets the requirements to be labelled as a regional woodland, though not a "significant" one.

juliasacco@niagaranow.com

Niagara on the Lake Realty





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Driver alive thanks to removal of tree, says resident

Richard Wright Local Journalism Initiative The Lake Report

A driver who survived an encounter with a notorious section of Lakeshore Road on July 10 is alive because a tree that killed two people in the last 13 months at the exact location was removed, says an area resident.

Scott Gauld has lived near the crash site on Lakeshore Road area for more than 10 years and has seen numerous vehicles hit the mature tree that was located just feet from the shoulder of the road.

Having seen more than one person killed on the tree over the years, he said he's happy to know it won't happen again.

"This kind of stops that," he said.

"I think this is great," he added, speaking of the young man who survived and the removal of the tree.

The driver, identified by police as a 31-year-old man, went off the road in a Toyota Corolla and struck a different tree near the spot where the hazard tree was located, and where a man died just over a month ago on June 5.

Less than a year earlier, a St. Catharines woman was also killed after her car left the road and hit the tree.

A reporter who attended the scene July 10 said the vehicle would likely have struck the tree if it hadn't been removed, and that the distance to the other tree could have been what prevented more serious injuries.



A man sustained minor injuries after his car left Lakeshore Road on Thursday evening, at the site where a hazardous tree was recently removed. There were two fatalities in less than a year after vehicles collided with the tree. The car that crashed Thursday would likely have hit the tree if it hadn't been removed, potentially saving the man's life.

The Niagara Region, which is responsible for that portion of Lakeshore Road, had the trees removed on June 19.

Shirley Madsen has lived in the area for many years and believes that the tree's removal will not stop the problem, despite the good news that came out of the July 10 incident.

"I am thankful that he walked away but it still could have been a lot worse," she said.

"The tree did not cause the problems," she added.

"The Niagara Region made a knee-jerk reaction by removing it. They were busy being reactive and not being proactive by cutting down the tree. It is the vehicles and the people behind the wheel that caused the accidents."

She has a long list of speculations as to why the accidents continue to occur.

"Whether it be medical, carelessness, speeding, texting or looking at something — whether it was personal, falling asleep, drugs or alcohol or a circumstance out of someone's control like an animal, to me, those are the causes."

Gauld agrees that those causes are legitimate concerns, but feels leaving the tree standing still didn't make sense when looking at it on a human level.

"It is 100 percent not the tree's fault," he said.

"The tree didn't jump out and hit the car, the car hit the tree. There is no argument in that. I get it, trees are important too, but I wouldn't say they are worth somebody's life."

He said even if it was distracted driving, the punishment for texting shouldn't be death.

Gauld and Madsen both

believe now that the tree is gone, more still needs to be done to make the section of road safer.

One of Madsen's solutions is stop signs at the three-way intersections where Lakeshore crosses Niven and Four Mile Creek roads to slow traffic down.

Both are in favour of guardrails that will prevent cars from plowing into the dense marshy area that is still behind the now-treeless location.

The Niagara Region's associate director of transportation planning Scott Fraser says his department is working on a comprehensive safety plan for the area.

A few interim safety measures have been taken in the meantime, he said, that include "a curb warning sign as well as hazard markers to clearly identify the area as a high-risk location."





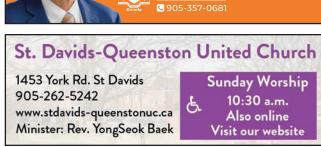


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'They're out of control': Woman plans town hall protest against Parliament Oak hotel

Julia Sacco Local Journalism Initiative The Lake Report

Some residents are upset about planned new developments approved for Old Town Niagara-on-the-Lake and one woman in particular is ready to take a stand.

In response to council's approval of the Parliament Oak hotel during its

June 25 council meeting, resident Karen Taylor-Jones is organizing a community protest outside the town hall in Virgil.

The approved hotel, on the site of the former public school, does not fit within the residential area of King Street, where it will be built, she says.

"It's in the middle of a residential area. What about those poor people who have

to live there?" Taylor-Jones told The Lake Report.

Protesters can meet at 4:30 p.m. on Tuesday, July 30 before the scheduled 6 p.m. council meeting.

Taylor-Jones says she doesn't know the exact number of participants yet, but has "a lot of really good contacts" helping her out.

The main goal of the protest is to get councillors to change their vote and

stop the proposed 129-room hotel.

"These councillors need to do what they say they were going to do (during) elections," she said.

"They're out of control. They're not doing what the townspeople want."

Those interested in joining the protest can contact Taylor-Jones at k.jones55@ hotmail.com

juliasacco@niagaranow.com





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Have an opinion you want heard?

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

'Pledge It' for The Lake Report

Richard Harley Editor-in-Chief

"When there's no one there to tell the story, there's no accountability."

This simple phrase is one of the main reasons journalism is essential to Canadian democracy and Canadian communities.

Without it, most of us would never know how votes went on important issues or who we might be voting for at election time.

And while The Lake Report is breaking the trend and still able to employ a small staff, most traditional news agencies are suffering these days.

Today, there are more issues to cover than ever in our growing town. More stories of all kinds still to be told. And there's less money to hire people to cover it.

At The Lake Report, we are looking to the future and want to ensure that this publication remains around to tell those stories for years to come, and as our town doubles its population.

So, we are kicking off a major "Pledge It" campaign and asking the community to invest in NOTL news.



You can support your community by pledging to donate annually to The Lake Report at **lakereport.ca.**

Readers and supporters can now visit our website to pledge an annually recurring donation to support this newspaper, its staff and the journalism we create.

Pledges can be anywhere from \$100 a year to \$10,000 a year and every cent will be put to good use by supporting news that matters, journalists who care and an editorial team that stands up to the powers that be, when necessary.

Another part of the campaign is encouraging you to consider bequeathing donations to The Lake Report.

As we all age, most of us want to leave the world a better place.

It's hard to imagine a more noble cause than supporting the basic tenets of democracy — a free and

unfettered press.

Our promise to you: We will use 100 per cent of donations received to continue producing some of Canada's finest community journalism.

Our readers know this publication has, since 2020, garnered more news awards than any media organization in the country, and outlasted two other newspapers in town.

We are the only active newspaper Niagara-onthe-Lake has — and this is a town where the first newspaper in Ontario was published.

For all these reasons, we are asking you to Pledge It and help us continue to grow and thrive.

Our initial plan would be to use donations to hire more staff to cover more issues and produce more award-winning journalism.

Frankly, there is simply too much happening for our small team to do it all right now

But we would love to be able to bring all the news that matters to you.

Our secondary plan is to update our website (already honoured as one of the best in the province) and we hope to develop a Lake Report app.

We couldn't be where we are now without the support of the businesses in our community who advertise with us — and the readers who patronize those businesses and read our paper.

We are here for the long term and hope you will consider supporting our endeavours.

You can "Pledge It" by going online to lakereport. ca/donate-today.

NOTL volunteers send 3,200 books to Jamaican schools

Richard Wright The Lake Report

Another shipment of books for school children is set to make its way to Jamaica via Niagara-onthe-Lake, with more than enough reading material to satisfy the young, curious learners who'll have access to them.

This delivery of literature, which NOTL residents
Betty Knight and Dave
Hunter collect every year
from libraries across Niagara, is heading south to
help expand the minds of
youngsters in the Caribbean
nation.

The volunteers have sent 3,200 books to Jamaica this summer — in just the past four years, those involved in the project have delivered more than 8,600 books to the island.

Knight and Hunter picked up the annual project's torch four years ago from long-time fruit farmer Abe Epp, who began it 20 years ago after one of his former seasonal employees from Jamaica took him on a tour of his home nation.

"He lived up in the mountains, so they took us up in the mountains," Epp, now



Volunteer Dave Hunter with some of the thousands of books that were sent to Jamaica this summer, donated and collected from libraries across the Niagara region. They'll be distributed among several schools in the Caribbean nation. SUPPLIED

95, said in an interview outside his home at Lakeshore Road and Line 2.

"And what are you gonna show the boss up in the mountains except the local school?"

Epps clearly remembers visiting every classroom and speaking to students

and teachers.

"The teacher said we can teach them to read and write but we don't have any books," he said.

"I said, 'I don't promise but we will see what we can do.'"

The result has been an effort to send thousands of

books to Jamaica since the campaign began in the early 2000s.

Epp, long retired and still living in the farmhouse he bought in 1950, remains tied to the project in spirit, but leaves the heavy lifting to Knight and Hunter, who use a packing barn on Epp's

property as a jumping point to send the books.

The shipping to Jamaica and the delivery of books to schools is done via Food for the Poor, an international nonprofit charity based out of Florida with chapters in countries around the world including Canada.

Knight and Hunter have been working with Food for the Poor Canada for three years now.

Previously, they worked with the local rotary club on this project. Following that, a private representative in Jamaica received the books and distributed them to the schools.

That process costs a lot of money, said Knight.

"One year I paid for it, one year NOTL Rotary Club paid for it. Abe paid for it for a number of years," she said.

Now, with no costs for shipping and a large organization taking care of logistics such as customs and tariffs, the program is running smoother than it ever has, said Knight.

"You figure stuff out as you go along," she said.

She is even able to watch over the shipment while it's in transit, she added. "We get a tracking number and we can actually see the ship as it works its way down the coast of the United States to Jamaica."

Once the books arrive, Food for the Poor Jamaica takes over and decides what schools the books are delivered to.

Last year, for example, Half Way Tree Primary School in Kingston was one of six schools to receive some of the more than 3,300 books volunteers in NOTL collected.

This process works just fine with Knight, who believes having Jamaicans deliver the books to other Jamaicans is the way it should be.

"My position is it is not the old white woman in Canada to tell them where the books are needed," she

Every year, Food for the Poor Jamaica sends photos of the children with the books back to Canada so Knight, Hunter and Epp can see the fruits of their labour.

"The kids are just so joyous when they get these books," she said. "Now the kids have a choice and an opportunity to learn."

wright@niagaranow.com

NOTL seniors feel tough choices lie ahead



Michael Ennamorato Special to The Lake Report

The results of a detailed survey about the housing needs of Niagara-onthe-Lake seniors as they age provides a number of insights on some of the hard decisions they will have to make as their needs evolve.

As noted in The Lake Report's previous coverage, "NOTL seniors don't ever want to leave, survey finds," seniors have been very clear about their core needs when it comes to future housing.

For the majority, it all boils down to three key elements: the opportunity to stay in their current NOTL community, retaining as much independence as possible and having ready access to health care and other life supports when needed.

This sounds like a reasonable set of expectations, but many seniors feel that achieving all three will be impossible.

Almost half (45 per cent) believe the type of future assistance they'll need won't be available in NOTL and an equally large proportion believe they will have to move from NOTL to obtain the housing and support services they will need as they age.

Given what we know about the existing housing stock and support infrastructure in NOTL, it can be argued that these concerns are not unfounded.

Sounds like a real conundrum.

But how difficult will the necessary trade-offs really be? We know that fully half of NOTL seniors give "remaining in town" the highest possible rating for importance (10 on a 0-to-10 scale).

And more than threequarters assign it a very high score of at least 8 on this scale.

At the same time, though, when asked to choose the single most important hous-

ing requirement, seniors are far more likely to point to "easy access to health care" and to "a single residence with access to a range of services" than to give "staying in NOTL' paramount importance.

This does not at all diminish the critical role that retaining local community ties plays in maintaining high quality of life.

What it does mean, though, is that the benefits of community and the dignity of independence cannot be sustained or enjoyed if the necessary range of health care and other supports are not readily available.

Because you can't achieve the former without the latter.

So, if forced to make a choice, as many seniors anticipate, the outcome will be problematic, will entail some pain and very likely will result in reduced quality of life.

To demonstrate this, let's return to all of those seniors who give the highest possible importance rating score to "staying in NOTL."

More than one in four of these individuals say they

would leave NOTL rather than accept less than their ideal housing and support arrangements.

And this is despite the fact they consider local community ties to be critical underpinnings of their happiness.

How about the remainder? Some don't know what they would do, but most would accept reduced health and other life supports to stay in NOTL.

This, of course, would lead to another form of unhappiness and considerable risk should the gap between needed and available support services become substantial.

How large are the gaps in housing infrastructure and support services when it comes to the future needs of our growing seniors population?

Given the critical importance of the issue, it seems that finding the answer should be high on the priority list of our local policymakers.

Researchers Michael Ennamorato and Stephen Ferley oversaw the comprehensive survey of NOTL seniors housing needs.



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150 years later, victims of Foam shipwreck honoured

Continued from Front Page

that the lake's unpredictability is something everyone understands— even today.

"All of us who know this lake, know how sudden it can come upon us," she said.

She added that with the unclear history and missing knowledge, the story is not just about the loss of young men.

"It is history, it's a cautionary tale for all of us who live with the water, by the water and love the water," Worthy said.

MacKay echoed these feelings in an interview with The Lake Report.

She said that Even though it was more than a century ago, lessons can still be remembered from the tragedy of the Foam, she said.

Sailing and water safety procedures, and awareness, are always advancing, she added.

"I think that any tragedy we can learn from, not just this one of course. More recently lives lost and boats lost in offshore racing have taught us new rules and new



A group of about 140 people gathered Saturday afternoon to pay respects to the victims of the Foam shipwreck. The boat was headed to Niagara-on-the-Lake from Toronto and never made it to its destination. JULIA SACCO

opportunities for lifesaving equipment," she said.

Along with the Foam, MacKay said the yacht club has a dense history that can be referenced when making safety decisions on the

"There are other losses unfortunately at times. We lost one of our classic eight meters on this 50-year-old

ship just last year in a race," she said.

In that instance everyone was safe, thanks to modern advancements, MacKay

Zalepa, an avid sailor, said that the memorial was a great opportunity to not only commemorate the loss of seven young men, but also to bring people together as

a reminder of Great Lakes

"I think it's important for everybody. Open water is a dangerous place and the lakes aren't the same lakes that people might be used to when they're going to the cottage," he said.

The ceremony spoke to the history of the town, Zalepa said.

"This is more sombre, but it's a reminder that these kinds of tragedies happen," he said.

Residents of NOTL and Toronto have been bound together, historically, and it was nice to see everyone come out and bond over history again, Zalepa said.

The ceremony concluded with an unveiling of the seven restored headstones and monument at St. Mark's Cemetery along with a prayer of rededication from Rev. Leighton Lee, a tolling of the bells and a reprise of the Banker's Boys from musician Aaron Berger.

Guests then had the chance to eat and drink at the NOTL Sailing Club, with catering from PigOut Niagara.

juliasacco@niagaranow.com

Niagara 5000 luxury car show is about 'supporting local'

Richard Wright The Lake Report

For Niagara 5000 CEO and founder Alana Hurov, bringing some of the rarest cars on the planet to Niagara-on-the-Lake Aug. 9 in a showcase of luxury and awe is more than just a single day of expensive things lining the community's main drag.

For the former CBC entertainment reporter and producer, who left her most recent position as marketing director NOTL's 124 on Queen Hotel and Spa for a full-time gig as head of the extravagant car show, it is about creating such a lasting impression on high-end businesses and individuals that they have little choice but to look to this community for long-term investment and fun.

"I truly believe this region is the Napa of the north," said Hurov in an interview from her Virgil home.

"We have everything those types of clients are looking for. It just has to be marketed properly."

The Napa she mentions is of course Napa Valley, Calif., which has gained international attention over the years for its wine, climate, food, landscapes



Alana Hurov, Niagara 5000's founder and CEO, hopes August's showcase of high-end cars will be a starting point for more investment in NOTL. RICHARD WRIGHT

tion which, in many ways, mirrors that of Niagara-onthe-Lake.

"I want to help support our region and grow tourism and do it in a way that we can become that premier destination," she said, pointing to Niagara 5000 as an example of a major way to lure the high-end demo-

Growing up in Calgary, Hurov knows something about beautiful landscapes and high-end lifestyles.

Calgary is Alberta's southern metropolitan centre, where big oil and energy companies house their corporate headquarters.

It is a stone's throw from the majestic Rocky Mountains, where people find

and celebrities — a descrip- winter and summer homes world-class skiing and fine dining in communities such as Banff, one of the globe's premier vacation and getaway locations.

With Toronto just down the road from Niagaraon-the-Lake, said Hurov, this town could become a Banff equivalent for people wanting that small town but luxurious getaway.

"We are only an hour and a half from Toronto. So we should be that place where people come for their incredible experience because we have them. We have wine, we have food, we have the lake. We have everything," she said.

And now, Niagara-on-the-Lake has the Niagara 5000. The car show has again

partnered with McLaren Toronto to showcase some of the most expensive sports cars in the world.

Last year, it was known as the McLaren Street Party, but when Hurov's bosses at 124 on Queen decided against hosting again, she jumped at the chance to make it her own.

New this year will be the addition of the Pfaff Motorsports McLaren 720S GT3 Evo, a race car that is driven by Canadian James Hinchcliffe.

Car and driver will arrive in NOTL fresh off a race in

Porsche has also come on board as a presenter and will bring a selection of its race cars.

In all, about 50 cars will line Queen Street, which will be emptied of regular vehicle traffic on Friday, Aug. 9.

The day will begin at 9 a.m. with a kids car rally where youngsters "will be able to rent little Mercedes, little McLarens and little Lambos," said Hurov.

There is a chance for only about 80 children to drive the little sports cars, she added, so parents must preregister their kids on the Niagara 5000 website to avoid missing the opportunity.

Following that, the big guns will come out and the McLaren race car will be unveiled from its trailer in a dramatic show of power and excellence.

The event will officially start a day earlier an the opening night party at Peller Estates and, yes, McLarens and Porches will be there for viewing.

A number of TV personalities have also signed on to attend the gala: names such as veteran TV fashion journalist Jeanne Beker and ET Canada host and former MuchMusic VJ Rick Campenelli may ring a bell.

"Let's showcase our region, especially this town, in a way that people are going to be talking about for years to come," said Hurov.

Those conversations. she believes, will create more interest in the community as a place to visit and invest, and as she sees it now, NOTL could use a marketing boost, especially to attract more people on weekdays and in the offseason.

"When I see a building that has been for lease for a year, it makes me sad," she said. "Why, when there is so much tourism here?"

"When I see businesses struggling in the winter

months ..." she said, pausing. "There is no reason for that."

In fact, Hurov made a deliberate decision when it came to what days the Niagara 5000 will be held in order to offer local businesses the opportunity to earn big on what are normally slower business days.

"I strategically made the event for Thursday and Friday, so I can help support businesses because I know that while in the summer months we are busy, in midweek it is still a lot slower than during the weekend."

Many businesses on Queen Street have been incorporated into the event.

"The idea is that all the (partner) vendors will have some sort of car theme to them, so Carlotta (Il Gelato di Carlotta) is going to be serving orange gelato," Hurov said, noting that orange is the official colour of McLaren.

"It's All Fun and Games is going to be selling carthemed puzzles and the Reading Gym is going to be there," she added, noting they've created a separate logo with the store's mascot in a car.

"It's all about supporting local business."

wright@niagaranow.com

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Lindsay Le Blanc

Contributors: Denise Ascenzo, Dr. William Brown, Penny-Lynn Cookson, Kevan Dowd, Linda Fritz, Patty Garriock, Steve Hardaker, Zahraa Hmood, Evan Loree, Brian Marshall, NOTL Museum, Ross Robinson, Julia Sacco, Kyra Simone, Tim Taylor, Jill Troyer, Garth Turner, Dave Van de Laar, Janice White, Richard Wright, Joanne Young and many more members of the community



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Contributed by Patty Garriock

"There are only two ways to live your life. One is through a miracle. The other is as though everything is a miracle." - Albert Einstein

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Email:

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

Newsroom: 905-359-2270 Advertising Department: 905-932-5646

Office Address

496 Mississagua St., NOTL, Ontario, Canada.

Mailing Address

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

Have a lead on a story?

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

Hangin' in the park



Charlotte Pulman from England enjoys a morning cuppa in the gardens at King and Queen streets in Old Town. DAVE VAN DE LAAR

Editorial

Own something beautiful, it's a smart investment



THE TURNER REPORT

Garth Turner Columnist

Some days you never forget.

It was Monday. I was a columnist and business editor for one of the city's big dailies (remember them?).

Without warning, stocks crashed. The New York market shed 22 per cent in the worst one-day drubbing ever. Deeper than 1929. Was this the start of a new Depression? How would I explain it to readers?

Across town, that morning in 1987, auctioneer Geoff Joyner was having an equally crappy day. He'd just landed a major private art collection. The catalogue was printed. Notices were out.

Then the seller rushed in and said, "The market! It's a disaster. We've got to cancel the auction."

"Everyone said a little prayer," he tells me, "and then we did it anyway - I auctioned 30 paintings in

30 minutes."

Joyner's a legend in Canadian art — and a three-decade NOTL resident. Retired, he and wife Lorraine are major benefactors of the museum, the Pumphouse gallery and the RiverBrink in Queenston.

He's also the go-to guy to explain why you need art. Not just to look at. To make bank.

Just as scared money fled from volatile stocks into paintings — real assets after Black Monday's collapse, a river of cash flows in 2024.

Face it, there's much to fret about. Trump faced an assassination attempt and Biden's on the ropes. The Ukraine war drags on. Gaza's a disaster. Putin, Xi and Kim are BFFs.

Seems the price of everything's going up and markets look scary after the S&P hit over three dozen record highs in six months. What goes up comes down, right?

Dollars are losing their lustre. Risk grows. Real estate is nuts. Does it not make more sense than ever to spread wealth around?

Bidders at a Toronto auction a few weeks ago were thinking that way. Works sold, literally, in seconds for far above estimated values. It repeated something seen in London, New York and other places



Geoff Joyner.

where sales of canvases and sculptures have suddenly met unbridled enthusiasm.

Why would investors be doing that?

"Art has always outperformed the stock market," Joyner says.

"There's only a finite supply, especially of the historical artists. Supply and demand, simple. More people are interested in collecting art than there are artists available. But be aware, this is not a shortterm investment."

Indeed. You can dump a stock or an ETF in seconds if you need the cash. But a painting may take weeks or months to sell. On the other hand, you can relish a work of art while a financial asset is but a blip on a screen.

Art also lives under the tax radar. No dividend or interest and it won't inflate your income. Half the profits (up to \$250,000) are tax-free. Plus, you can hang it in your living room and impress the hell out of your friends.

"Art is safe when financial assets are going down," argues the famed gavel-swinger.

"Art is tangible. It's a diversification. But don't jump in. Do research. Go to galleries. Sit in the auctions. Then buy what you like."

As for making money, look at the typical Emily Carr painting. A decade ago it traded for \$150,000. Now it's over a million.

"That's the evidence," says Joyner.

"And it will continue." So what happened following that Monday market massacre?

I ran pictures of a 1930s soup kitchen lineup on Yonge Street and warned readers of tough times to come. I was wrong. Stocks soon roared higher.

Meanwhile, Geoff Joyner brought his hammer down on what he says was "one of the most successful auctions ever in Canada."

Moral: never get emotional about investing. And own something beautiful.

Garth Turner is a NOTL resident, journalist, author, wealth manager and former federal MP and minister.

garth@garth.ca.



OPINION (%)



LETTER OF THE WEEK

Some good news: Parks workers rescued my prized missing hat

Dear editor:

We are living through a very difficult period of time. People are anxious, tempers are short and criticism abounds.

How refreshing it is to share a delightful story. I only wish that I had the persons' names to share along with this news.

On Saturday, June 29, I set out for a walk along the Niagara River Parkway.

As you may remember, the wind picked up midmorning on that day.

As I walked along, I found myself running after my hat, which had been blown off my head and down the embankment beside the river.

The hat landed in tall grass and seemed impossible to reach. So near, yet



Dr. Fred Ross, wearing his prized red hat, at the Sea of Galilee during his 2019 trip. **SUPPLIED**

too far to retrieve.

This hat was quite special to me as it was purchased and worn on a "Voyage of Discovery" celebrating my special birthday, for a trip in 2019, the only one that my wife and I have been

able to share since COVID

The hat was her gift to me (as was the trip). She chose it in red so that I would stand out in a crowd.

Unfortunately on that windy day, it seemed my cherished hat would be lost

Then, on Canada Day, while walking this same route, I encountered a crew from Niagara Parks who listened to my adventure and were only too willing to offer assistance. Wow.

My sincere thanks to the three gentlemen who were successful at reuniting me with my special hat and restoring my faith in human kind.

> Dr. Fred Ross **NOTL**

Council has courage of its convictions

Dear editor:

I suspect that Ron Fritz's excellent letter about the town needing to pick and choose its legal battles likely reflects the opinion of the majority of Niagara-on-the-Lake residents who are fed up with unsustainable property tax increases year after year.

Mr. Fritz references a councillor stating that "sometimes the protection of the town has to be fought for as a matter of principle."

I well remember the quote where the councillor in question expressed his view that legal challenges were necessary even when there was a zero chance of success.

In other words this councillor was perfectly willing to see taxpayers' money wasted on frivolous legal action and we have seen our property taxes escalate needlessly as a result.

I think this is because some members of council are committed to the status quo and will resist change and progress simply as "a

matter of principle."

Such views are, in my opinion, counter-productive to good governance in a dynamic environment; they are also costly.

Fortunately I believe we now have a majority of council members who do not share these views and have the courage to make the difficult decisions, even if these are unpopular with some people.

This is called leadership. Jonathan Household **NOTL**

Proud of Bjorgan for prestigious honour

Dear editor:

Re: "Steffanie Bjorgan honoured with Meritorious Service Award by Governor General," (The Lake Report, July 11) — the Meritorious Service Medal (civil division) is one of Canada's most prestigious awards

and deservingly granted to Steffanie for her work over many years in serving our community through Red Roof Retreat.

Steffanie, when you go to Rideau Hall to receive the medal from the Governor General, you will be in awe of the diverse achievements of the fellow recipients whom you stand among.

Recipients are treated royally and deservingly so.

Well done, Steffanie. NOTL is proud of you.

Peter Warrack, M.S.C. **NOTL**

Has the die been cast for NOTL's future?

Dear editor:

Has council's 5-4 vote on the Parliament Oak hotel sealed the deal?

Or might it trigger enough blowback for a pause, some sober second thoughts? What has clarified is the discontent that many feel about the behaviour of several councillors.

Begs the question (again) of "What is really going on?" Is this turn of events simply misguided? Or is there something really troubling underneath? Or, acknowledging another possibility, could the critics have it wrong?

Several facts are evident: The decisions to approve are contrary to the official plan, contrary to muchneeded guidance of contextual zoning, will change the living experience of immediate residents as well as others and also are contrary to the election promises that the majority of the five made.

Let's add a fifth and call it conclusive: Niagara-onthe-Lake is an international historic and cultural gem and increasingly fragile now, under threat of decline when examples of



What will the state of NOTL be in a few years if council continues to ignore the town's official plan?

other once special communities are considered.

There are real concerns. An over-reliance on tourism: Too many beds, too much in-town parking, too much gridlock, congestion and noise during too much of the year.

Absence of strategic balance: Nothing officially apparent about the critical need for 21st-century agriculture, capitalizing on artistic endeavours, stimulating a start-up economy. That's really important, all about competitiveness,

entrepreneurship, younger people resident with higher-paying jobs, better demographics and more tax revenue.

Lack of leadership: Including adequate direction to staff. Not just a parttime job.

A flawed consultationbefore-decision-making process: Insufficient weight being given to the views of those most directly affected. In effect, a "Ready-Fire-No Aim" progression.

As well as growing some

more insidious fears. Has any undue, undeclared influence been exerted? Is enough known about how the related funding is derived?

How might we now proceed? Here are three suggestions:

The Lake Report could consider conducting a second questionnaire, an informal plebiscite of those most affected on a day-to-day basis. While imperfect, it would add substance, one way or another, to the situation.

Council could be lobbied to pause, say to late January, in order to provide time to collect more data and consider a more balanced strategy, where tourism is intelligently reset and better understood.

Equally, perhaps even more important, steps could be taken to clean up our act about conflicts and declarations of interests. Current rules and conventions are inadequate and a better, fairer for all, process is possible. That warrants a separate and serious discussion soon.

Mr. Terry Mactaggart NOTL

'Witness' review missed Shaw director's point

Dear editor:

As a theatre goer of many years, I feel obliged to comment on the review of the Shaw production of "Witness for the Prosecution," by Agatha Christie and directed by Alistair Newton, ("Highs and lows in Shaw's 'Witness for the Prosecution," July 11).

Penny-Lynn Cookson has seemingly reviewed this Christie gem as not only a mystery but one which is intended to be a serious commentary on the legal system, male-female relationships and social inequalities.

Worthy as such topics were 70 years ago and still relevant today but the director has clearly chosen to bring a fresh approach to this production.

This was apparent with the entrance of the gorgeous (my aside) Marla McLean as

The form-fitting dress, the long pearl cigarette holder and the smokey saxophone music in the background indicated to the patrons that this was going to be a production relying heavily on the camp side rather than a serious study of social

The reviewer appears to have missed this point as she complained about the logic of Mrs. Vole's expensive wardrobe when she was allegedly poor or that the two barristers sat next to each other in the court

Clearly overlooked was the wonderful chemistry between Patrick Galligan and Graeme Somerville as the two combatants jousted verbally in and out of the courtroom.

Their performances were mesmerizing for the audience as evidenced by the standing ovation for them and the wonderful supporting cast.

I realize each theatre patron sees the world differently but in this case the great majority of the audience by the their response saw the play as the director intended: A somewhat campy production with clever dialogue and all the twists and turns of the usual Agatha Christie mystery.

> Michael Eagen *NOTL*



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Infrastructure and stormwater management



ARCHITEXT

Brian Marshall Columnist

It has been reliably reported that Coun. Erwin Wiens has been heard suggesting he believes the council's decision to rezone the Parliament Oak property from institutional to commercial is consistent with the provisions of the official plan.

How curious since, as resident Bob Bader pointed out in his recent letter to The Lake Report, it flies directly in the face of Section 10.2.8 wherein it states categorically: "To prevent the intrusion of commercial uses into residential areas."

Given that the proposed hotel is smack-dab in the middle of a residential area, I wonder how councillor Wiens could possibly have missed this blatant contradiction to arrive at his opinion

But, let's set that aside to focus our attention on an issue raised in last week's column — that of infrastructure.

In that column, I stated the town should have required an infrastructure study to be completed prior to any change in land use.

By way of clarification, this type of study — which is standard operating procedure in most North American jurisdictions — is commissioned by the town, not the applicant, to ensure that a complete, thorough and objective analysis is reflected in the subsequent report, which can be confidently used to inform the position of staff and council.

And, to be clear, a study of this type examines all facets of the infrastructure, which includes, but is not limited to, roads/traffic, parking, waste and stormwater management, and so on.

Further, since a professional engineering performed the study on behalf of the town, the firm assumes the liability associated with the information presented therein.

Now, a site servicing and stormwater management report was developed by R.V. Anderson Associates Limited for the "Parliament Oak Inn" and paid for by Two Sisters Resorts Corp. last October. This report was provided to the town as a part of the application.

Last Thursday, I sat down to read the report and, despite some familiarity with engineering, was quite lost within a half hour.

As is my want when confronted with specialist information beyond my ken, I reached out to an expert.

Over almost five decades, Richard Connelly's firm planned, designed, project managed, and created infrastructure (roads, drainage, stormwater management) in towns and cities across North America.

Retired here in Niagaraon-the-Lake, Connelly kindly agreed to review the report and provide his observations in layman's terms

In pretty short order, he sent me an email pointing out the opening liability clause, which reads, in part:

"The material in it reflects our best judgment in light of the information available to R.V. Anderson Associates Limited at the time of preparation."

His email continued:
"Any use which a third party makes of this report, or any reliance on or decisions to be made based on it, are the responsibility of such third parties. R.V. Anderson Associates Limited accepts no responsibility for damages, if any, suffered by any third party as a result of decisions made or actions based on this report."

Essentially, this is a disclaimer of any liability for damages suffered "by any third party" using the information contained within the document to underwrite decisions or actions.

It should be noted that R.V. Anderson would be party of the first part, Two Sisters



After St. Davids dealt with widespread flooding in June, Brian Marshall highlights an engineer's report from 2021 stating that larger-scale developments in town can "sigfinicately intensity the rate and volume of run-off" and that doing nothing "is not viable" for the town. SUPPLIED

Resorts Corp. party of the second part, and all others — including the town — would be a third party.

Connelly commented that in his entire career he had "never seen this kind of escape clause on an engineering report."

Further, its inclusion caused him to wonder about the validity of the data underwriting their conclusions given that they disavowed liability for same.

As an aside, it should be noted that at several points during the report the author(s) mention the use of data sourced from the town and report(s) developed by other firm(s) for the previous owner of the property.

It is implied, but not explicitly stated, said data was taken at face value.

Amongst other comments, on rainfall and stormwater management, Connelly opined that the report's use of a two-year rainfall curve for calculations of flows and stormwater management facilities is not acceptable.

And, if the municipality is currently using that criteria for storm sewers and ditches, it is likely the cause of the flooding that occurs with each heavy rainfall.

Due to climate change, he strongly recommends the use of a five-year curve, or even more conservative curves, and notes that in the Ottawa region, they use 100-year rainfall curves for stormwater management facilities

Speaking to sewage, he observes there is no infor-

mation regarding reserve capacity at the sewage plant — data that should have been provided in the report.

He then continued with, "To say that the sewage generated by this facility simply displaces the storm water currently directed to the sanitary system is a bit off base. Is there data on the current flows from the school drains? How would you measure flows from the two connections?"

"Assuming that the school connections are above the water table, flows would likely only occur concurrent with a significant rainfall, so simple displacement is inappropriate," he wrote.

Richard concludes by stating there were "several key elements regarding impact that were left out of this document.

This clearly demonstrates the need to have our community represented by a qualified engineer (contracted by the town) who can review and comment on such major reports" visà-vis projects that will have lasting impact on our town.

Interestingly, Connelly observes that this engineering service is normally charged back to the developer.

As a general note, the traffic impact study — also prepared by R.V. Anderson Associates — contains an identical liability disclaimer.

In a general observation regarding these reports in the context of his decadeslong professional experience, Connelly suggests as such: "We need reliable studies with realistic conclusions, not estimates/information with no liability attached."

As a further note in reference to my July 3 column in The Lake Report ("Architext: Luxury Parliament Oak hotel is a pie-in-the-sky idea. Here's why") questioning parking provisions at the proposed hotel, the traffic impact study actually quantifies on-site parking at 198 spaces with 190 underground and eight on-grade.

So, this proposed hotel makes no provision for event guest parking or spaces for event staff.

If memory serves me, we calculated the parking requirement at five-star hotel standards with full occupancy and two simultaneous 500-person events at a total of 862 spaces.

So, where does the proponent of this application propose that the extra 664 vehicles park?

This question would be laughable if it was not so bloody sad a commentary on NOTL's amateur town processes and council decisions, both of which seem to be hell-bent on destroying the goose that laid the golden egg (and the liveability and character of our unique town).

But before we conclude for this week, let's take a quick trip over to St. Davids, where flooding of properties has, unfortunately, become a regular event.

In April 2021, Brett Ruck, the irrigation and drainage

superintendent for the town filed an official request for an engineer's report on the Four Mile Creek drain.

In this request he stated, "The town has received complaints of flooding, sedimentation and property damage and further investigation is required."

He continued, "Larger scale developments, such as subdivisions with more land parcels, denser housing and road allowances, contribute to a more extensive change in land use. The increase in more impermeable surfaces and landscaping features, such as lawns, also significantly intensify the rate and volume of run-off in comparison to the original property."

In one of two action "options" he wrote, "the status quo should not continue. A 'do nothing' option is not viable."

He continued: "Without a new engineer's report to deal with the assessment issue created by the subdivision developments, all costs incurred maintaining and repairing the current Four Mile Creek municipal drain will have to be borne by the town since they cannot be fairly or legally distributed to the lands in the watershed (the status quo is not recommended)."

This "request" was not even presented to council until February of 2024 and, to my knowledge, no engineering study has been contracted to date.

In the period between 2021 and 2024, roughly six developments have been given the go-ahead (the latest being only a few months ago, after the "request" was tabled in council).

Logically, council should have declared a moratorium on any new development until the engineer's report was completed ... but, nope.

Just another example of highly questionable administrative processes and irresponsible council decisions.

After all, who wouldn't want an indoor swimming pool in their basement?

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



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Express differences but maintain respect

Dear editor:

Thank you for the letter, "NIMBY attitude in NOTL is nothing new," by Tony Giordano on July 11.

As Mr. Giordano observes, change is not new, but is unstoppable despite predictable opposition by arguably minority groups, (albeit with a loud collective voice).

Groups who follow a common lineage and share a NIMBY attitude —and were formerly known locally as Citizens Against Virtually Everything (CAVE) — have a short memory.

In building Queens Landing, King's Point, etc. was it OK to ask for zoning amendments, but

for current projects such as hotels it is not?

Lydia Madonia's letter, "Let's focus on realistic solutions, not just opposition," (June 26) quotes Einstein: "Insanity is doing the same thing over and over again expecting different results."

This sounds familiar: Too much noise, traffic, parking etc. Current arguments are distracting and play on the semantics of what is "fivestar" focused on the Forbes definition.

This ignores the fact that although Forbes is arguably the only independent definition, there are a plethora of other definitions, some of which maybe more applicable and in line with the proposed hotel developments.

Change is inevitable.

We need entrepreneurial developers, elected councillors and, yes, advisory groups to shape this going forward but the process must be conducted with respect for the rules, (and the ability to amend them), the process and, most importantly, respect for each other.

Opposition is an embedded right but please de-personalize the discussion, (i.e. no name-calling, hurtful comments and vitriol). Let's all move forward with decorum to bring the community

together and enjoy the gift of where we live.

If people don't like what council is doing, (councillors who work long hours for cents on the dollar) stand for council or vote accordingly in the next election. But respect the process and the fact they have been elected.

On a positive note, I recently had a long conversation with a member of SORE, an organization with whom I respectfully disagree.

Our differences of opinion did not change but the conversation was mutually respectful and appreciated.

our tax dollars.

Bonita Cawker **NOTL**

The populist approach,

which relegates repre-

sentatives to being mere

delegates of the "voices,"

must be contrasted with the

Burkean approach espoused

by an 18th-century political

philosopher and MP in the

In a speech given in 1774

to the electors in Bristol,

England, Edmund Burke

stated: "Your representative

owes you, not his industry

only, but his judgment and

he betrays, instead of serv-

ing you, if he sacrifices it to

your opinion ... Authorita-

tive instructions, mandates

issued, which the member is

bound blindly and implicitly

to obey, to vote and to argue

for, though contrary to the

clearest conviction of his

judgment and conscience,

unknown to the laws of this

land, and which arise from a

fundamental mistake of the

whole order and tenor of our

these are things utterly

An example of the

constitution."

British Parliament.

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Dear editor:

Canada is a representative democracy. What is the relationship between the representative and the electors?

In the case of municipal elections such as in Niagara-on-the-Lake's, where candidates run as independents and not as members of a political party or of a slate of like-minded candidates, there are two theories defining that relationship: the populist approach and the Burkean approach.

In your June 27 editorial, "NOTL mayor and council can do better," the editor stakes out a populist approach in equating listening with carrying out what the residents are instructing them to do.

"This is about having representation. A voice. A politician who listens ... People don't feel they are being heard or listened to. We live in this town, too. And one thing we should all hope for as residents of a democratic country, is that our voices are heard. That simply isn't happening."

What the editor does not explain is how a representative gets input from the residents, how the representative choses between conflicting and even silent voices, and how to deal with inconsistent voices on seemingly related issues?

Representatives get input from a variety of sources, some formal (eg. public meetings), some informal (eg. text messages, emails, telephone calls, discussions and conversations at public and private functions), some direct and some indirect (eg. when surveys and letters to the editor are published).

Often the inputs are conflicting and are quite few in number when compared to the votes cast in the last election.

In the last election, the major issue in St. Davids was unquestionably the proposed roundabout at the intersection of two regional roads in the centre of the village. The positions of the two candidates for lord mayor were diametrically opposite each other.

Candidate Gary Zalepa,

when he was the regional councillor for NOTL, supported the staff recommendation for building the roundabout.

Incumbent Betty Disero was against it. Whereas candidate Disero, in a previous election, had won more votes from residents of St. Davids than her opponent, in 2022 she won significantly fewer votes than Zalepa did from residents of St.

There are many reasons why people vote the way that they do in an election but was this an example of the silent majority making their views on the roundabout known?

Sometimes populist voices are inconsistent on seemingly related issues.

At budget time it is not uncommon to hear representatives saying that, as stewards of tax dollars, tax increases should be kept at or below inflation. A purely populist sentiment.

However, if those same representatives vote for spending those tax dollars to fight unwinnable appeals before the Ontario Land Tribunal because the vocal voices are clamouring for them to defend the town plan, they could hardly claim to be wise stewards of Burkean philosophy can be found in Brian Marshall's June 27 column, "Wiens, Cheropita and past campaign promises" when he concludes as to Coun. Erwin Wiens: "Indeed, by defining what council wants as separate and distinct from what the town residents want, he promised to follow his own path."

When I cast my votes in municipal elections, I do so for candidates who I believe will bring the best set of skills, experiences and judgments in dealing with the important issues facing our town even where I do not agree with everything that they stand for.

Ron Fritz Queenston

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Cyclist was bitten by an off-leash dog

I am a dog lover. That hasn't changed since I was bitten by a dog this past weekend.

But that bite did provide the impetus for this letter prevailing on Niagara dog owners to ensure, whether via a barrier or a long leash, that dogs are kept safely off the road.

NOTL country roads are a gift to us all. My husband and I are cyclists, and in spring, summer and the warmer weeks of fall, we spend a good chunk of each weekend on our bikes.

This past weekend was no exception. I had designed a route that would take us up to Brock's Monument, then down to Ferox Winery.

About five kilometres from Ferox, we were riding on a quiet road between Concessions 1 and 2 when I felt something bump my back wheel.

I startled, and then cursed when I saw a midsized dog tearing along

beside me. If you've spent time on a bike on country roads, you know the feeling.

I unclipped from my pedals anticipating a potential fall and the dog darted in closer. I felt a sharp pain in my right thigh and saw blood.

I stopped my bike and the dog calmed down and wagged his tail, then trotted over to my husband who had stopped riding as well, greeting him with a friendly wag.

I realized that while I had been bitten, the dog was not overtly aggressive. Clearly, in his canine mind, he was just wanting to play.

Here's the thing, though. That dog, as friendly as he is, was still a menace running loose on a quiet road.

The owner's oversight caused a whole lot of pain and unpleasantness — and spoiled a lovely Niagara day.

So please, love your dogs, let them run around in your yard, but make sure the yard is where they stay.

> Karen Fisman **NOTL**



Karen Fisman wants dog owners to be more vigilant about making sure their pets are on leashes in public. SUPPLIED

KICK OFF - WED. 6:30pm SPECIAL GUEST Hajrullahu

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Music Lineup

Wednesday, July 24- KICK OFF 8 - 11 Live Music, Turntable Rock

Friday, July 26

- 4 6 Tribe 369 and Dreamco 6 - 8 Rock of 80's
- 8 11 Simple Gestures

Saturday, July 27

- 4 6 Amanda Lynn Parker
- 6 8 Giancarlo and the Scarfones

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Lake Report

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Lake Report

CANADIAN TIRE

459 Welland Avenue







Left: Mixed doubles A division runners-up Ken McGillivray and Fran Doran with winners Kim Laidlaw and Gerry McIlhone. Right: B division finalists Alex and Margaret Hobbes, with champions Pam Vandenbaak and Kelly Paquette. TERRY FRANCIS

Champions crowned in mixed doubles tourney

Special to The Lake Report

The Niagara-on-the-Lake Tennis Club experienced another great display of tennis on the weekend, with the Mixed Doubles Championships — the club's first tournament of the year.

Kim Laidlaw and Gerry McIlhone defeated Fran Doran and Ken McGillivray (6-3, 6-1) to capture the A division championship, while Pam Vandenbaak and Kelly Paquette beat Margaret and Alex Hobbes (6-2, 6-2) to win the B division.

In the consolation finals, Kelly Larmour and Manny Umoquit defeated Karen Rhind and Mike Szymanski (6-0, 6-1) to take the A division title.

Karen Vine and Dave Johnson defeated Coral MacKenzie and Richard Berti (6-3, 3-6, 10-8) to capture the B division crown.

In all, 12 teams competed, split into A and B divisions.

There were some excellent matches during round-robin play, with great competition and close scores.

It was a timed format so teams were trying to win as many games as possible within 45 minutes.

Sudden-death points could end a game and add tension and drama to the match.

The point of the night went to Paquette and Vandenbaak playing Natalie Early and Bruce Zvaniga.

Tied at six games apiece when time was called, a sudden-death point was needed to determine the winner of the match — and that victor would potentially move on to the championship round.

Paquette called on his Boris Becker moves and made a diving volley on a good cross court shot to win the point. An amazing effort.

His heroics moved them on to the championship round. A scraped elbow and knee was worth it.

The championship finals were played Saturday morning with a best-of-three sets format. If teams split sets, a 10-point super tiebreaker decided the winner.

Once again there were

some fantastic matches, with close games and wonderful sportsmanship on display.

Of particular note was the play of Berti, who at 88 was moving around the court like a 30 something, chasing down balls and in every point along with his playing partner MacKenzie.

Theirs was the closest match and needed a 10-point tie breaker to determine the winner.

Congratulations to all the winners and many thanks to all who participated. The event was brilliantly administered by John Ramsbottom, the club's tournament director.

Marilyn Francis once again was a huge help in pulling it all together.



This week's riddle is "Jeopardy!" style. Category: 3-WORD RESPONSES

In 1737 Boston held its first parade celebrating what became this annual event.

Last issue:

Category: GLACIERS

Clue: Tasman Lake in this country is one of the few lakes in the world where you can see

Answer: What is New Zealand? Answered first by: Jane Morris

Also answered correctly (in order) by: Lynda Collet, Bob Wheatley, Daniel Smith, Sue Rautenberg, Jim Dandy, Pam Dowling, Wade Durling, Susan Dewar, Sheila Meloche, Marla Percy, Kathy Humphries, Jim Gates, Margie Enns, Hedy Wiebe, Katie Reimer, Catherine Clarke, Elaine Landray, Tuija Johansson, Bob Stevens, Marjory Walker-Barone,

Email answers to editor@niagaranow.com, with your name, for a chance to win a \$25 Irish Harp Pub gift card every week. (Subject line: Riddle me this)

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TEAMS OF THE WEEK

Sunset Grill U8 and Garrison House U9/10



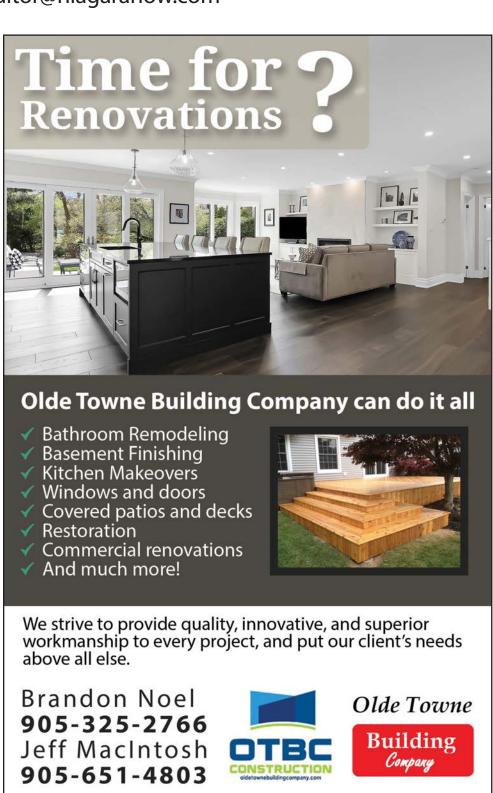


Left: The U8 Sunset Grill soccer team is one of The Lake Report's featured Teams of the week. Pictured are, front row: Brayden Kavanagh, TJ Gauld, Keegan Chafe-Spiewak and Victoria Kane. Middle row: Jaxon Thwaites, Kaliana Neal, Emmitt Nickason, Cormac Nolan, Connor Kritzer and Matilda Adams. Back row, with coaches Katie Felice, Peter Nolan and Amanda Edmunds are Caleb Turnbull, Abigail Felice, Ena Benic, Vivian Goodman and Rebecca Scott. Absent are: Aeryn Garth, Miriam Kocevar, Louisa Leanovich, Ishani Pal and Hudson Perrie.

Right: The U9-10 Garrison House soccer team is one of The Lake Report's featured Teams of the week. Pictured are: Leon Wertsch, Heinrich (Hank) Neumann, Tessa Davis, Felix Bator, Trinity Dodd, Katalina (Kat) Florio, Francine (Frannie) Baskin, Mieka Jantz, Frankie Paugh and coach Julia Rezza. PHOTOGRAPHY BY DAVE VAN DE LAAR

Are you part of a sports team in NOTL that deserves recognition? Send us your story at editor@niagaranow.com





www.oldetownebuildingcompany.com



Watson notches 6th ace



Talk about leaving an impression/ Ricky Watson's holein-one shot flew directly into the hole and was jammed between the pin and the edge of the cup.

Continued from Front Page

usual banter going, some encouragement and some laughs, but as per protocol, we didn't mention the score"

Watson is a former assistant pro at the club and for years has been one of the best golfers around Niagara.

He plays nine holes with his buddies early each Sunday morning before heading off to work, which is why he didn't carry on and play the back nine.

On a par-36 course, such a performance is extremely rare and reserved for only the most elite — and lucky — golfers.

Mark Derbyshire holds the 18-hole course record with a 64 (33-31), shot in the final round of the club championships on July 23, 1995.

He also has shot 29 on the course.

"It was in a match for

the final of the President's Cup," Derbyshire told The Lake Report.

"Mike Maves and I. He shot a 31 and I shot a 29. He wrote about it in his book. I birdied 2, 3, 5, 6, 7 and 9. He birdied 2, 3, 4, 5 and 8."

As for Watson, he recalls shooting 30 once about "15-plus years ago" and now has six holes-in-one to his credit. This was his third one on #4 at the NOTL club.

His others have been at Hunters Pointe in Welland, Orange County National in Orlando and the old Peach Trees par-3 course on Niven Road in NOTL when he was about 10.

And early this Sunday morning, just as he's done so many other times, he'll be out with his buddies on his home course, sharing a few laughs and hitting it straight and long.



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2024 MUNICIPAL TAX REMINDER NOTICE Final First Installment due July 26, 2024

Tax Rates as per Final By-Law No. 2024-032

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- In-person or via front or side entrance drop box at the Town Administration Building (1593 Four Mile Creek Road, Virgil)
- **Electronically** from a bank account using your 19-digit roll number
 - If payment is made at a bank or other pay station, the account will be credited only after the Town has received settlement from the bank. Please allow ten (10) business days for payment processing.

If you did not receive a tax notice, please call the Town at 905-468-3266 ext. 0 to ensure your correct mailing address and P.O. Box number are on file. To avoid penalties and interest charges, the Town must receive payment by July 26, 2024. On the first day of default and every month after, a 1.25% penalty will be added. Penalties will not be waived.

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Members of the U9 Niagara Thunderhawks, front row: Nora Thorimbert, Ben Kirkness, Colton Ferguson, Hunter Konopka and Auston Cwiertniewski. Back Row: TJ Gauld, Kenny Neuhof, Tessa Froese, Noah Werner, Brock Friesen, Nico Mirabella, Bennett Hope, Noah Sticca, Hunter Willms and Connor Cech. TRACEY HOPE

U9 Thunderhawks compete in Huntsville tourney and Zone championship at home

Tracey Hope Special to The Lake Report

The U9 Niagara Thunderhawks lacrosse team competed in the Jack Bionda Shootout Tournament in Huntsville last weekend.

They faced tough opposition, but after returning home, on Tuesday night the Thunderhawks beat Six Nations 7-6 and earned a berth in their zone championship, which

is being played in NOTL this weekend.

At the weekend tourney, the players worked hard and the highlight came during a game against the hometown team, the Huntsville Hawks.

Niagara lost 9-8 when the Hawks scored the winner with two minutes left in the game.

Head coach Jared Hope noted, "The scoreboard doesn't reflect how tight all of our games were this past weekend. Our players made each of our opponents work extremely hard for those wins."

In their other games, Niagara lost 8-3 to the Lincoln Redcoats and 9-2 to the Orillia Kings.

The tournament organizers awarded Colton Ferguson, Noah Werner and Brock Friesen player of the game honours while TJ Gauld, Auston Cwiertniewski and Noah Sticca each won the Hardest Worker Award.

Team manager Allison Cwiertniewski said the players all had a great weekend and are looking forward to the zone championships this weekend in front of a hometown crowd.

"The Zone 9 finals for our division will be at the Meridian Credit Union Arena in Virgil this Saturday at 11 a.m.," Cwiertniewski said.



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- † Not applicable on third party claims

ARTS (%)



Carroll and Rampersad to direct at Royal Shakespeare

Special to The Lake Report

Shaw artistic director Tim Carroll and associate artistic director Kimberley Rampersad are having a stellar year.

Attendance at the Shaw Festival is up, their joint production of "My Fair Lady" has been wellreceived, showing signs of a long and healthy run, and within the next few months, both will direct separate productions at the Royal Shakespeare Company in Stratfordupon-Avon.

That is no small accomplishment.

The Royal Shakespeare is one of the world's most renowned theatre companies. Started in 1875, it boasts some of the most iconic English-speaking productions, including Peter Brook's legendary "Midsummer Night's Dream" in 1970.

This will be Carroll's first return to the U.K. to direct since he took over the Shaw Festival in 2016 and his second time directing at the Royal Shakespeare Company. In 2008, he did "The Merchant of Venice" and this coming fall he will direct "Othello."

Shakespeare's work isn't new to Carroll. While attending Oxford University, he directed five consecutive Shakespeare plays.

As he puts it, "At the time, I didn't know that I didn't know anything."

Since then, he's certainly filled in the gaps. His love of Shakespeare began when he was young.





Shaw Festival artistic director Tim Carroll and associate artistic director Kimberley Rampersad will be directing plays at the Royal Shakespeare Company. It will be Carroll's second time directing at the renowned theatre. DAVID COOPER

"I can date it precisely. It was the beginning of October 1984."

He was about to go to Oxford and was watching the first episode of a series called "Playing Shakespeare," by John Barton.

"I was shouting at the television set because the actors weren't doing what John Barton was asking them to do," he said.

"I was just immediately obsessed with verse, with iambic pentameter, with its relationship to the actor and to the intention of the speaker and how to find not just the clues in the text to what's going on but also how to use that pattern to reveal the ritual force of Shakespeare's verse."

His renowned productions of "Twelfth Night" and "Richard III," which originated at the Globe Theatre in London, moved to the West End and then transferred to Broadway, won numerous awards.

Aside from famously boasting an all-male cast, including Stephen Fry and Mark Rylance, it was also noted for its use of what's known as "Original Practices" — theatre presented exactly as it would have been during Shakespeare's

His new production of "Othello" won't be set in period. It will have an abstract set, a psychological design by Canadian Judith Bowman, and movement

direction by Shaw veteran Alexis Milligan.

They are both making their Royal Shakespeare debut along with Rampersad, who is directing a new adaptation of "The Red Shoes," by Nancy Harris.

Rampersad began her career in Winnipeg, taking dance at the age of five. From there, she moved into performing in musical theatre, eventually becoming a director.

In hindsight, she seemed destined to direct.

As she began to be cast in older roles, she realized those weren't parts she wanted to play. At the same time she wanted to find a way to stay in the industry and keep creating her art.

"I thought, directing is a way I can pursue all those things that fill my heart. I think I have the skill set, talent and work ethic," she

said.

When she was asked by Royal Shakespeare's co-artistic directors Daniel Harvey and Tamara Evans what she would like to direct, Rampersad suggested a family show.

After reading numerous scripts, she landed on "The Red Shoes," scheduled for over the holiday season.

It seems like a natural fit for someone who began her career in dance and whose love for the medium never waned. The flawed female protagonist drew her to the

"I always love it when a woman is a heroine, but she doesn't have to be perfect. She doesn't need to be put on a pedestal."

The story's dark elements, which follow in the footsteps of Dickens and Dahl, also were an attraction.

"There is something active in the melancholy of this particular time of the year. At church, we hear about this child born to bring light into the world, but we also talk about the darkness that surrounds it and gives that light strength."

Having the chance to work with the Royal Shakespeare Company is exciting and "fills me to the brim." she said.

"A few nights ago I slept for about 90 minutes. I am just full. It's such a terribly important thing for my family. They have formed me. And now their child and sister is going to do this work, and I carry their name with me."

"That is the most important thing," she said.

"My parents would say, 'Your grandparents and I never would have imagined that this little child would be about to do this."

We can be proud that the Shaw boasts the calibre of talent sought on an international level. And for those who cannot make a trip to the U.K., their work can be seen right here on NOTL's

Lezlie Wade is an awardwinning director, writer and lyricist. Originally from Niagara Falls, she now makes Niagara-on-the-Lake

Symphony orchestra's 75th anniversary gala attracts hundreds







Left: Nikki Chooi wows the crowd with his beautiful violin solo Sunday evening. Top right: Vaughn and Lauren Goettler, major sponsors of the gala, are happy to see everyone all dressed up to support the Niagara Symphony Orchestra. Bottom right: A crowd of nearly 400 gathers at Jackson-Triggs Sunday evening. JULIA SACCO

Staff The Lake Report

It really was a dreamy midsummer night for the Niagara Symphony Orchestra's "Midsummer Night's Dream" gala.

Sunday evening marked a celebration of the orchestra's 75th anniversary and brought almost 400 people out to the Jackson-Triggs Winery in Niagara-on-the-Lake for the occasion.

"We came up with the theme because it's midsummer, it's at night and it's a dream gala," organizer George Davie told The Lake Report.

A five-course tasting menu was followed by music from the orchestra,

featuring special guests, vocalist Jay Dref and violinist Nikki Chooi, concertmaster of the Buffalo Philharmonic.

Davie and fellow organizer Deborah Hugh said the night was a great success.

"Our primary objective was to make sure that folks here in Niagara-on-the-Lake knew that there's a such thing as the Niagara Symphony Orchestra," Davie said.

Hugh said the audience got a sample of the orchestra's talents and repertoire.

"Now we've achieved what we came to do."

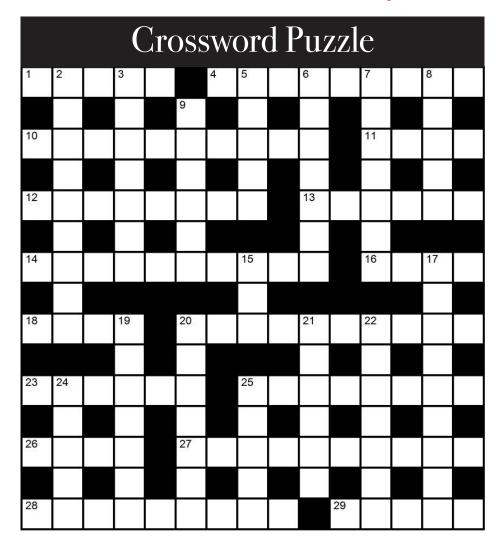
The orchestra hopes to return to Jackson-Triggs again next season, she added.



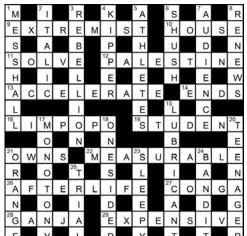
Have some fun

Across

- 1. Scent (5)
- 4. Dutch canal city (9)
- 10. Lively interest (10)
- 11. Small margin (4)
- 12. Serious warning (3,5)
- 13. Animosity (6)
- 14. Tropical fruit (10)
- 16. Unspecified in number (4)
- 18. Singles (4)
- 20. Place to research (10)
- 23. Throughout (6)
- 25. E.g. Aldrin (8)
- 26. Knave (4)
- 27. Matrimonial lady-in-waiting (10)
- 28. Gun dog (9)
- 29. Customary (5)
- Down
- 2. Weed (9)
- 3. Lift up (7)
- 5. Intended (5)
- 6. Hardens metal (7)
- 7. Christens again (7)
- 8. Item with exchange value (5)
- 9. Dozing (6)
- 15. Tennis high ball (3)
- 17. Salty cocktail (9)
- 19. Slacker (7)
- 20. Readable (7) 21. Subscriber (6)
- 22. Vacuum flask (7)
- 24. Long-continued practice (5)
- 25. Connected series of rooms (5)



Last issue's answers



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



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Shred-It returns Aug. 17 at Simpson's Pharmasave.

Get rid of junk papers at Palliative Care's annual 'Shred-it' fundraiser

Staff The Lake Report

There's few tasks more tedious than having to sort through mountains of personal paperwork to find the confidential papers that need to be destroyed and thrown away — and then, actually having to destroy and dispose of them.

Luckily, for anyone facing that Herculean task, the Niagara-on-the-Lake Community Palliative Care Service is once again hosting its annual "Shred-it" fundraiser on Aug. 17.

You can purchase a banker's box from the organization for \$8, or three boxes for \$20, into which you can throw your confidential papers.

From there, you can drive to Simpson's Pharmasave at 1882 Niagara Stone Rd. from 9 a.m. to 1 p.m. on Aug. 17, where volunteers will grab these boxes from your vehicle and carry them into Shred-it trucks, where the papers will be properly destroyed.

All the proceeds from banker's box sales will go to the service organization, which provides palliative care in Niagara-on-the-Lake for those in need.

For more information, visit notlpc.com/event/2024-shredit-fundraising-campaign.

Irish Harp welcomes dog rescue friends

Julia Sacco Local Journalism Initiative The Lake Report

It was raining cats and dogs at the Irish Harp Pub on Sunday — in more ways than one.

Despite stormy conditions, from 12 to 8 p.m. the patio at the Harp was bustling with furry friends out enjoying the PAWsitive Patio event.

The afternoon featured the Harp's dog-friendly menu, a 50/50 raffle and a chance to hear from



Kathryn Gibbs brought out Raleigh, a dog up for adoption on the organization's website.

R.E.B.E.L. Dog Rescue about the pups up for adoption.

The rescue operation works alongside shelters in Texas, Hamilton, Ont., northern Manitoba and surrenders here in Niagara.

Co-founder Kathryn Gibbs said that fundraising is intrinsic to operations and allows the group to make donations to other charities around the region.

"We've partnered with a lot of community organizations, which is really important to us," Gibbs said.

They often give extra food donations and funding to women's shelters, she said.

R.E.B.E.L. Dog Rescue has been in operation for four years and has saved more than 1,000 dogs to

Six dogs are currently in foster care right now and up for adoption.

"Out of our last transport more than half were adopted," Gibbs said.

R.E.B.E.L. will be in Boston Pizza St. Catharines on Ontario Street on Sunday, July 28.

For more information, check out rebeldogrescue.

Lions Carnival returns July 24-27, rain or shine

Local Journalism Initiative The Lake Report

The St. Davids Lions Carnival will be back for its 61st iteration at the end of the month — and hoping for clear skies.

From July 24 to 27, the Lions fairgrounds will be home to carnival games, rides, food, prizes and attractions.

Last year's 60th anniversary was met with heavy

rain showers, but organizer Ken Lamb says the club is hopeful for a sunny few days.

"We're hoping for better weather and we've got lots of great things happening," he said.

"Kicking" the carnival off on Wednesday, July 24, Toronto Argonauts kicker Lirim Hajrullahu will host a kicking and throwing competition alongside other Niagara football players, with prizes and free hotdogs for participants.

"We're going to give away some autographed footballs, which will be, quite literally, a great way to kick off the carnival Wednesday night," Lamb said.

The rest of the carnival will be filled with familiar favourites and the return of the dog show for its second annual competition.

"We've had lots of great feedback and this year it's going to be better than

ever," Lamb said.

Carnival-goers can look forward to the usual nickel sale, grocery baskets, bingo, a great music lineup and more.

Lamb expressed thanks to all of the community partners, adding that nonperishables will be collected in support of Newark Neighbours' food bank.

"We look forward to seeing everyone at the 61st annual family carnival." juliasacco@niagaranow.com

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EXPLORING HISTORY WITH NOTE MUSEUM



Queen Street, pre-1919

Here is a unique image of the intersection of Queen and King streets that shows the dirt roads of Niagara-on-the-Lake, with horsedrawn carriages in the distance. This view is looking westward toward what is now busy, bustling downtown NOTL. Note the absence of electrical poles and that there is no cenotaph clock tower in the centre of the road. This tells us that the image was created before the First World War. The cenotaph was installed to recognize those who paid the ultimate sacrifice during the Great War. The Niagara Apothecary building is on the right and there's a building on the left that looks more like a house. This building has been significantly altered over time and is now the storefront for Hatley.

Sometimes the golf gods take care of golfers



Ross's Ramblings

Ross Robinson Columnist

Tiger Woods has carded 20 holes-in-one. There have only been 34 in Masters history. President Joe Biden has had 14, and with a straight face, Donald Trump claims 16 — many while wearing a red MAGA golf cap.

As we checked in last
Friday for nine holes on a
perfect weather day, NOTL
assistant professional Darren Smith had assured me
that my Australian cobber
Paul Dorgan, out from the
Toronto Hunt for the day,
was going to love playing with "two of the finest
members in the NOTL
club."

Trevor Reid, who does so many good things for the

local golf club members, confirmed that Darren was correct, that Gert and Reg Kennedy had the perfect attitude for the game of golf.

The Kennedys have been around the game for a long time, and had come to terms with the fact that luck plays a large part. Both fit and very nattily attired, they made it clear that fun was going to be the order of the day.

Quickly becoming friends, we got down to the serious business of having fun on the links. And wow — the first hole is so much more dramatic now, with open views of Lake Ontario: the largest water hazard in Ontario.

Making first tee small talk before playing nine on North America's oldest golf course, we humbly calculated that the four of us had achieved an awesome combined total of 17 holes-in-one.

Two for Gert Kennedy — same as me — and Dorgan claimed one. Yes, folks, do the math. Reg Kennedy has had an astounding 12. A dozen!

They have played golf



Paul Dorgan, Ross Robinson and Gert and Reg Kennedy enjoyed a wonderful Friday afternoon on the golf course in Niagara-on-the-Lake, pulling off plenty of holes-in-one.

in Ireland, Canada and other countries for many years, and are still trying to "shoot their ages."

Both were 84, but looked younger and laughed so easily. This was indeed a great day of golf, with new friends.

Added up, we have been on earth for 316 years. And only 17 aces!?

All four of us played some fine shots on hole number one, and we also duffed a few — no harm done. Number two was kinder to us, and Gert and Dorgan made pars.

While on the long third fairway, I realized one reason I love living in this small town between two Great Lakes.

Three tradesmen vehicles drove by on Queen Street, and I knew all three of the lads: Ray Hobbs from Hot Tub hockey; Danny Plomish, who has cooled and heated the air around me for years; and, Tim Jones, a Chautauqua neighbour, and an all around great pal. A proud, positive and long time resident on the Circle.

The next few holes brought the four of us

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closer together, with Gert's full and hearty laugh a true joy. Reg plays a quietly efficient game of golf and hit every fairway. Right down the middle, never in trouble and tidy around the greens.

Dorgan and I were, to be kind, inconsistent, but we both had pars on number six. The views of Lake Ontario were so darn magnificent, with the Toronto skyline off to the north.

Gert holed a 25-foot putt to make bogey on her favourite hole, number seven.

We finished up our nine holes, still loving the com-

pany, and went in for a drink.

While quaffing cold Guinness and Oast House Barnraiser, Dorgan felt compelled to share a few lessons he had learned from his Mother back in the antipodes:

- 1. Always wear linen in the tropics;
- 2. Write on Basilbond paper;
- 3. Never get married;
- 4. Eat your vegetables;
- 5. and, never do your ironing in the nude.

So there you have it, dear readers. Some weeks it's hard to come up with a topic for Ross's Ramblings.

This week it was easy. Rambling about wonderful new friends and a great old friend who hired me 42 years ago has been a pleasure. Our local golf club is a gem. Short, but you still have to play from

100 yards in.

More fabulous memories, and I am certain I heard
Dorgan invite the Kennedys and I to play nine at his
Toronto Hunt Club, directly across the lake.

I'm available that day. Road trip, Road trip. Golf is such a wonderful game.

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The surprising power of the placebo effect



DR. BROWN

Dr. William Brown Columnist

This essay on the placebo effect and the nocebo effects is split between successive weeks.

Let's begin with the placebo effect.

Once I saw a patient who was severely disabled by chronic, unrelenting pain. She was no longer able to work, took several painkillers, including an opioid, and her life was miserable.

Friends suggested that she seek out a faith healer in Quebec.

She did and, within days, the pain began to melt away to the point where she was able to return to full-time work as a custodian.

The change was striking: she was able to return to work and go off all her pain meds for more than a year - that is, until her symptoms returned.

That's when she asked me what she should to.

My response was to go with what worked — the results were a lot better than they were from the several drugs, including opioids, she had been on — and suggested she should seek out the same faith healer again.

She did and once more, for several months, she was nearly pain free.

Unfortunately, the faith healer retired, and her symptoms returned.

Since then, her life has been parked somewhere between her best months after her last visit to the faith healer and her worst months before she first saw her.

She is one of several patients I saw in northwestern Ontario with similar results following visits to faith healers or the like.

Or, what about the reported effectiveness of the Zamboni treatment for multiple sclerosis and other autoimmune diseases several years ago?

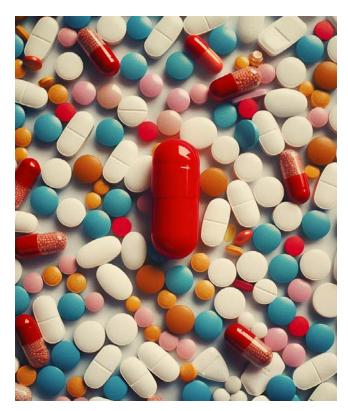
Several of my patients with MS returned after following angioplastic procedures on their neck veins, convinced that their mobility and other symptoms were much improved.

Later evidence showed that there was no evidence of obstructed venous blood flow from the brain or spinal cord.

What explained the effectiveness of this and other non-traditional treatments for chronic pain and other medical conditions?

We don't know, but effective they sometimes are, despite scientific evidence to the contrary.

This brings us to the placebo effect.



Studies have repeatedly shown that as many as onethird of patients suffering from pain see noticeable improvement thanks to placebos, a measure of effectiveness rivalling or surpassing the effectiveness of many pain medications, including over-the-counter drugs and opioids for painful disorders such as headache and lower back pain.

Over the years, I became convinced that there must be some physiological basis underlying the effectiveness of placebos.

I wasn't alone in my

Many of my colleagues felt as I did that there had to be some plausible explana-

Sometimes the treatments were bizarre — at least, from the perspective of Western medicine.

Were these "cures" examples of the placebo effect, whether pills, strong beliefs or other mechanisms as yet poorly understood?

The 2016 the highly respected scientific journal Nature highlighted the nature of the placebo effect.

For example, Jon Levine, an Italian neuroscientist, "administered intravenous infusions of saline to patients who were recovering from surgery, telling them that it was morphine. Onethird reported a significant reduction in pain."

But the interesting part was that the investigators secretly administered naloxone, a drug known to block opiate receptors in the brain — lo and behold, the pain returned.

Here was clear evidence that the placebo effect was mediated through the action of endogenous opioids released in the brain in response to the patient's expectation.

The placebo effect was indeed real.

Evidence mounted that other neurotransmitters such as dopamine were also involved in mediating the placebo effect.

More recently, fMRI studies — a method for revealing the activity of the brain in real time — revealed that areas of the brain related to pain, including those tasked with tamping down the response to pain, lit up in response to placebos.

So, the benefits of placebo were in the patient's head, just not in the fashion with which some physicians dismissively speak of the placebo effect, but ways that were reasonable and consistent with the systems of the brain involved in the perception and regulation of pain.

Other studies have shown that expectation of a benefit influences the benefit from placebos.

And until recently, many physicians believed the placebo effect depended on deceiving the patient — that is, the patient believed the placebo was actually an ac-

That misconception was wrong, too.

For example, in a 2010 study of a placebo given for the irritable bowel syndrome, patients were expressly told they were receiving a sugar pill, yet 59 per cent of the patients taking the sugar pill still reported "adequate relief" compared to only 35 per cent of those not receiving the sugar pill.

Results with chronic low back pain were similar and suggested that even when patients were explicitly told they were taking a placebo, the placebo was still effective - sometimes dramatically so, and without the often downside of adverse effects from many "active"

For years, I have been impressed with the repeated observation that how physicians made the case for certain drugs or even surgical procedures often influences the patient's perception of the outcome.

Taking time to explain the expected benefits in a sympathetic manner makes a difference.

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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Daisy, daisy, give me your answer true



GROWING TOGETHER

Joanne Young Columnist

Can there be any happier flower than a daisy flower?

There is just something about them that makes you smile and want to start humming a tune. They can brighten any summer garden.

Whether it is the large, sunny-coloured gerbera daisies in a container or some coneflower or rudbeckias in a mixed border, their simplicity and bold colours demand your attention as soon as you enter the garden.

The significance of the daisy flowers goes way back in history.

Daisy flowers hold a rich tapestry of meanings in the language of flowers. They symbolize new beginnings and rebirth, embodying love, cheerfulness and beauty.

Like the aster flower, the daisy is associated with innocence, purity, and hope. With their radiant appearance, daisies remain a cherished emblem of joy, hope, and the enduring beauty of simplicity.

Snowy-white daisies represent purity and innocence. Yellow daisies are strongly associated with cheerfulness, friendship, joy and wishing someone well. Like other pink flowers, pink daisies symbolize gentle admiration, affection or adoration.

Now, if you dream of daisies (and who doesn't), they can represent a need for simplicity and frugality, as well as the ability to remain grounded and humble.

Furthermore, daisy flowers in dreams can also signify a sense of joy and happiness. They may represent a time of celebration or a reminder to appreciate the simple pleasures in life.



The fanfare gaillardia, or blanket flower, is easy to grow and richly coloured. JOANNE YOUNG

Let's look at a few perennial plants that have a summer show of daisy type flowers:

Shasta daisies (Leucanthemum):

Shastas have long been a favourite of many gardeners. Their pure white petals with bright yellow centres always look cheery in the garden.

Over the years, they have continued making improvements to this classic by creating varieties with stronger stems, larger flowers or that bloom longer.

There are also snow short growing cultivars such as snowcap' that only grows about ten inches tall and repeats bloom.

Shasta need full sun in order to perform well.

Coneflowers (Echinacaea):

Coneflowers are one of the many native perennials to this area. They are also one of the genera of perennials that have numerous new varieties being released every year.

Just when you think that there cannot possibly be something different they can do, they prove you wrong.

With flower colours ranging from pure white, lime green, yellow, soft orange, bright orange, mango, pink, purple, fuchsia and on and on.

Whatever your preferred colour palette for your garden, you will be able to find it in a coneflower.

I love to blend different shades together in a group-

ing, such as a light orange variety with a burnt orange colour and the lime green colour. It makes for a very fresh look in the summer

A great companion plant would be something with a lemon/lime-coloured leaf, like lime coralbells or Chardonnay pearls deutzia.

With coneflowers, you also get a variety of heights to choose from.

Some varieties will grow less than a foot high while other varieties can grow three to four feet high.

Coneflowers are great at attracting pollinators including bees, a variety of butterflies and many other insects.

Please note that the single petal varieties are more attractive to pollinators than the different double flowering cultivars.

Coneflowers prefer a location with full sun (at least five to six hours) and in soil that drains well.

Sneezeweed (Helenium):

Sneezeweed (also known as Helen flower) is another native perennial that is not as well known.

Its name is probably some of the problem, as people think that it makes you sneeze, but sneezeweed is so named because they used to dry the leaves to make snuff.

Its genus name, Helenium, is an homage to Helen of Trov.

Helenium is a mid-to-late season bloomer that adds a splash of warm colours to the garden. There are several cultivars available at garden centres ranging from yellow to orange to red flowers or a combination of those colours.

They are available in taller growing varieties as well as dwarf ones.

Blanket flower (Gaillardia):

Blanket flower is yet another native perennial that enjoys full sun and sandy soil.

They begin blooming late May and continue to bloom throughout the summer and into the fall.

Blanket flowers are easy to grow with richly coloured, daisy-like flowers.

The plant forms a slowly spreading mound, and the common name may be a reference to how they can slowly spread and "blanket" an area.

There are many cultivars available to choose ranging in colour from yellows, oranges, reds and rusts.

Many of them their petals are lighter in colour at the outer edge of the petals and deepening in colour towards the centre of the flower.

Other sun-loving perennial plants with daisy-like flowers are black-eyed Susan (Rudbeckia), prairie coneflower (Ratibida) and false sunflower (Heliopsis) — all native varieties and great for attracting pollinators.

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

Obituary

Ralph Clemens



CLEMENS, Ralph H. (April 23, 1943- July 13, 2024)

We are deeply saddened to announce the unexpected passing of Ralph Clemens after a brief illness. Ralph was Donna's devoted life partner and friend for 56 years. He was a beloved Dad to his sons Derek

(Jenny) and Stephen (Jill) and a treasured Poppa to Nathan, Finleigh, Clara and Samantha. His family was his world and he was proud of their choices and accomplishments.

Ralph has been a professional chef, franchise entrepreneur and B&B host. He was known for his strong work ethic and was always ready to help friends and neighbours. He was a remarkable man and we are all better for having known him. No funeral service will be held as per his request. Cremation has taken place. For those who wish, donations to the Niagara-on-the-Lake Palliative Care Service would be appreciated. We give sincere thanks to the caring doctors and dedicated staff at GNGH in Niagara Falls.

Wayne Shrubb



SHRUBB, Wayne Douglas- Wayne Douglas Shrubb, 78, of Niagara-onthe-Lake, Ontario passed away surrounded by his loved ones on July 10th, 2024, after a long and courageous battle with Progressive Supranuclear Palsy.

Wayne was born on June 21st, 1946, to William Jack

Shrubb and Gladys Shrubb (Giddy) in Hamilton, Ontario.

After graduating with an honors B.A. in business administration from the Richard Ivey School of Business at the University of Western Ontario, Wayne began working in product management at General Foods Ltd., kickstarting an entrepreneurial career in the fields of marketing and communications as well as international trade.

In 1981, Wayne met the love of his life Astrid Jansen at the Toronto Cricket, Skating & Curling Club, a place at which they spent many happy days with their two children, Lauren and Jansen.

Ever the sportsman Wayne was always active, spending his time cycling, skiing, and playing tennis and golf. His most cherished sporting moments were with his kids as he played with them, taught them, and cheered them on. He never missed a game.

Wayne always put his family first and was known for giving great advice. A man of great character, he placed the utmost importance on honesty, integrity, and loyalty.

Wayne was predeceased by his brother Jack. He is survived by his wife Astrid and his children, Lauren (Paul) and Jansen, and granddaughter Zelda.

A celebration of life will be arranged by his family in the coming months. In lieu of flowers, please consider making a donation in Wayne's name to The Rossy Progressive Supranuclear Palsy Centre or Niagara-on-the Lake Community Palliative Care who provide a valuable service to the community. Memories, photos and condolences may be shared at www.morganfuneral.com





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