



Walk the heritage trail and smooch a pooch
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At the memorial service for the Battle of the Atlantic, the casting of carnations off the Navy Hall dock while a bell tolled was a reminder of the 26 ships lost from the Canadian and Allied Armed Forces and merchant marine fleet. (Mike Balsom)

Amazing Race celebrity in town agrees to photo

Mike Balsom
The Local

Tracey Frena and her family are big fans of the CTV Television program *Amazing Race Canada*.

So imagine how excited she was when her husband Mike, who runs Castlerock Landscape and Maintenance, called to tell her Friday that he was sure he saw host Jon Montgomery and a camera crew setting up to shoot a segment for the show near the Niagara-on-the-Lake Golf Club.

Frena and her daughter Rachel jumped in the car and headed down to Front Street to see if they could catch some of the action.

"We sat there near the second tee and waited and

waited," says Frena, "and we were just about to give up when all of a sudden we saw some camera people running and running. That's when we took a bunch of pictures."

The pair then drove through town and spotted more camera operators near the Starbucks outlet on Queen Street. She and Rachel were scheduled to help decorate smile cookies at Tim Hortons, so they went and did that, then returned to the golf course at around 4:30 p.m.

"We were walking up the path to Fort Mississauga," she explains, "and it looked like they were done filming. Then I saw this

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Rain didn't dampen battle spirits

Mike Balsom
The Local

A little bit of rain wasn't going to stop the 78th annual memorial service to commemorate the Battle of the Atlantic at Navy Hall in Niagara-on-the-Lake.

A large crowd, most finding refuge under umbrellas, braved the wet weather Sunday afternoon along with the Royal Canadian Naval Association Niagara Region to remember the 4,400 Canadians who lost their lives in the longest continuous battle of the Second World War.

As emcee Mike Britton said to open the ceremony, the rain was but a drop in

the bucket compared to the trials and tribulations faced by the members of the Royal Canadian Navy, the many merchant seamen and Royal Canadian Air Force Squadron members who fought in the campaign that lasted from 1939 to 1945.

After moving the 2022 memorial service inside Navy Hall, the decision was made to remain outside Sunday, although the conditions forced the early departure of the Niagara Falls Concert Band and the cancellation of a flyover from the Southern Ontario T28 Trojan Squadron.

The casting of the carnations off the Navy Hall dock next to a moored Coast

Guard ship and the tolling of the bell, poignant reminders of the 26 ships lost from the Canadian and Allied Armed Forces and merchant marine fleet, went on as planned.

During her address on behalf of Niagara Falls MP Tony Baldinelli, former Wainfleet mayor and current chair of the Niagara Parks Commission April Jeffs shared a personal story of a family connection to the Battle of the Atlantic.

"My own grandfather, who passed away about 25 years ago, served on the HMCS Skeena," Jeffs told the crowd. "It was an escort ship on D-Day, and it helped sink two German U-boats in the time that he was on that ship.

So this has special meaning for myself today."

Following the memorial service, Jeffs told The Local that seeing the HMCS Skeena on the list of the 26 ships lost during the Battle of the Atlantic on the afternoon's program really hit home for her.

"I was really blown away when Mike named my grandfather's ship," said Jeffs.

John "Jack" St. Thomas, said Jeffs, was a French Canadian who was born in Port Colborne.

"He was 18 years old," Jeffs explained, "and he could not wait to enlist. He was gone for about a year and a half, and he never really talked about

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Amazing Race Canada host Jon Montgomery takes a selfie with locals Tracey Frena and her daughter Rachel, both huge fans of the show.



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Public asked to comment on John Street area character study

Carrie Gleason
The Local

The town and planning consultants from Urban Strategies are looking for input from residents of Niagara-on-the-Lake following the first phase of a character study presented at an open house.

The character study area includes the Randwood Estates properties, (144, 176 and 200 John Street East and 588 Charlotte Street) as well as Brunswick Place (210 John Street East, now known as the McArthur Estate) and the properties on Christopher Street and Weatherstone Court at the edge of Old Town. It also takes into consideration the surrounding area, including the nearby vineyards, the Fort George Historic site, and the residential neighbourhoods.

The purpose of the study is to define the character of the area and identify appropriate policies, regulations and design criteria that will help guide change in the area through the town's official plan. The objective at the open house was not to deliberate or comment on specific development applications for any of the properties in the study area, but to look at all the properties as a whole.

Two of the lots, on John and Charlotte Streets, are now proposed to be developed as a subdivision, and two John

Street properties as a hotel and conference centre, both owned by Solmar and Two Sisters Resorts, although the hotel proposal seems to be on hold.

The study, according to SORE (Save Our Rand Estate), is considered to be relevant not only to the Rand Estate property but potentially to other developments in the Old Town.

As planning consultant Tim Smith explained after one participant asked about the potential to conserve the Rand Estate as a gentleman's hobby farm, "the Rand Estate has already been carved up, it has already gone through a number changes. There is no way of going back to what it was. If the desire were to be for what's left of the Rand Estate to be maintained as a hobby farm without any significant changes, we have to keep in mind that that's very much up to the landowner. If they want to do that wonderful, that's great. But if they don't, they really do have rights in Ontario to propose something else for the land, and we have to respond to that. Ideally there will be policies in place already to guide that change. We're playing catch-up, and frankly even what we come up with won't have a huge influence (on any existing development applications), given the timeframe."

Instead, the character study identifies what is important to



The character study open house, consultants stressed, was not intended to provide comment on any specific development proposals in the area, but rather to identify appropriate policies, regulations and design criteria to guide change. (File photo)

protect of the existing cultural and natural heritage features, and will provide guidance for future development of the area in terms of land use, cultural and natural heritage, as well as design.

According to the consultants' findings, there are several elements that define the character of the study area, including a setting that is equal parts town, countryside and historic open space; significant natural features such as watercourses and trees; important historic and distinctive buildings and formal landscapes; concrete, masonry and stone walls; and the more recent neighbour-

hoods of Weatherstone Court and Christopher Street. These character elements will be incorporated into drafting official plan policies and zoning regulations during phase two of the project, which takes place over the next couple of months.

Currently, 144 and 146 John have site-specific general commercial and open space zoning while 588 Charlotte and the south end of 200 John are zoned residential development. Policy themes that will guide these developments include protecting and buffering significant natural features, conserving cultural heritage, protecting the countryside for agricultural uses and natural heritage, using lands for development efficiently and promoting intensification, and creating mixed housing types in new communities.

During the question and answer portion of the open house, consultants and town director of community and development services Kirsten McCauley took questions from participants,

several of whom raised concerns about the building height allowance for commercial developments and for residences in the future neighbourhood. The consultants responded that the current bylaws allowing for the height of four to five storeys for commercial buildings and three storeys for residential would fit with the character of the area.

When asked about the appropriate population density of a future neighbourhood, consultant Smith responded that "this is an area where form, character, and design are fundamental and should be the drivers of what happens here. The density is what will fit within three-storey buildings that are designed and arranged in a manner that respects all the defining features (identified in the character study). Start with form and character and see what density comes out of that."

In terms of the types of housing that will be allowed in the neighbourhood, Smith said

all they can do is "encourage a variety of housing that meets the needs of all incomes and includes affordable housing ... we can't require it under provincial planning legislation, so we can address it but in quite a constrained way. It depends on what the landowner's interest is in and what can be negotiated through the development application process."

Other participants expressed concern for the preservation of trees on the property as well as the wetlands. Planner McCauley responded that "One of key principles or direction is to enhance landscaping and natural vegetation within the entire study area. The policy directions will support that and it will be enforced by the town's tree bylaws."

Details of the character study, including a cultural heritage analysis, a physical site analysis, an emerging heritage and development framework, and draft policy analysis can be found by viewing the slide presentation on the town's project webpage at notl.com/node/3011.

NOTL residents wishing to comment on the character study can either complete the survey on the town's webpage by May 18, or email Kirsten McCauley at kirsten.mccauley@notl.com.

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Sombre ceremony remembers lives, ships lost

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it. I've done some research on it, and I know that they were involved in a couple of battles. Just before the war ended they were on the coast of Iceland and the ship smashed on one side and it sank. They lost 15 or 20 people that night."

Jeffs speculated that perhaps Jack didn't talk much of his war experience because of the trauma he had suffered.

"And I don't think a lot of the family really asked," added Jeffs. "I was told by my mother, (as) the oldest of the four kids, not to ask him questions. He did tell me that he got really sick on the ship and was quarantined for two weeks. Now that he's long gone, every time I come to something like this I wish I would have pushed him for more."

Despite the rain, Jeffs remained impressed with the poignancy of the annual ceremony.

"I'll be back next year for sure, even if Tony doesn't send me to represent his office," Jeffs promised. "And I'll be sure to bring some of my cousins, too."

Bob Coles, first vice-president of the RCNA Niagara Region, served as parade marshal, and was pleased with the support shown by those who came to watch the service Sunday.

"I'm sure if the rain had held off there would have been even more," Coles said. "I'm sure many planned to

come, but were keeping their eye on the forecast."

Coles explained what the RCNA is all about.

"We're there for the Armed Forces, particularly the naval veterans and merchant marines," said Coles. "We accept anybody, civilians as well. We donate money to the cadets, we come out for every Remembrance Day ceremony and other memorials."

Coles said the Niagara Region chapter currently has about 35 active members, with about 75 per cent of them having served in the Armed Forces. They run this memorial every year and also participate in the Battle of Britain memorial in September.

"We're trying to recruit more members," he said. "The problem is we're a small organization, and I don't think too many people know about us."

Second vice-president Jeff Seburn said the group was optimistic that the rain would hold out Sunday, but laughed about the fact that it started just as Britton took to the podium.

"It was an easier call (to move inside) last year, because it rained all morning," Seburn said. "We went really big this year compared to last year, and hoped for the best. We only had to skip a few things on the program."

The Niagara Falls-born Seburn joined the Navy when he was having trouble finding a job. His original post was as a sonar officer on a submarine.

"My submarine, the Ojibwa, is now a museum in Port Burwell," Seburn explained. "We get a work party together every June to go and clean it up."

Seburn retired from the Royal Canadian Navy five years ago after more than 32 years, in later years serving in Halifax on the HMCS Charlottetown. He had a number of different roles on the ship over the years, including as a deck officer and also as a boarding officer, inspecting ships for contraband and criminals.

"The navy has a hard time getting any publicity except for along the coast of Canada," said Seburn, who shipped out to the Persian Gulf after the Sept. 11, 2001 attack on the World Trade Center. "Many don't realize how important the navy is as an institution in Canada. We have the longest coastline in the world. It's important for us to protect it."

Seburn went on to speak of the importance of the 32 Niagara-based ships that usually plied the Great Lakes, but were deployed during the Battle of the Atlantic. More than 200 sailors lost their lives on those ships.

At the end of the afternoon, NOTL Lord Mayor Gary Zalepa, whose son Nathan is a member of the Royal Canadian Navy stationed in Esquimalt, B.C., enquired about membership in the RCNA Niagara Region.

At only \$35, as Coles said, it's a real bargain.



The Colour Guard heads down to the water for the ceremony. (Photos by Mike Balsom)



O Canada is sung to open the ceremony, while most people shelter under umbrellas.

No news on when show airs yet

Continued from page 1

guy who looked a lot like Jon. We asked if he would take a picture with us and he was so nice to us."

It was a big thrill for the pair, who have often discussed how much fun it would be to compete on the show.

The NOTL Local reached out to Insight Productions, the company that produces *Amazing Race Canada*, to find out when the episode shot in NOTL would be aired, but they are keeping things under wraps until the new season begins this summer.



Contestants were racing to the pit stop near Fort Mississauga, which was closed during filming. (Rachel Frena)



Rachel Frena gets a photo of the pit stop in the distance — for those unfamiliar to the show, contestants are racing to it to meet host Jon Montgomery and stay in the race.

2023 MUNICIPAL TAX REMINDER NOTICE INTERIM SECOND INSTALLMENT DUE MAY 17, 2023

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Payment Options:

- By mail or **post-dated cheque** to the Town of Niagara-on-the-Lake (1593 Four Mile Creek Road, Virgil ON, L0S1T0)
- **In-person** to the Town Administration Building (1593 Four Mile Creek Road, Virgil, Monday to Friday, 8:30 a.m. to 4:30 p.m.)
- Via drop box at the Town Administration Building, front and side entrance (1593 Four Mile Creek Road, Virgil ON, L0S1T0)
- **Electronically** from a bank account using the 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.

A penalty of 1.25% will be added on the first day of default and the first day of each month thereafter. To avoid penalty and interest charges, payment must be received by the Town by the due date of May 17, 2023. Penalties may not be waived.

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

To save time and potential late fees, pay your taxes through a Pre-Authorized Payment (PAP) plan, online or through telephone banking. Property owners can also request to receive their property tax bills and notices from the Town by email through an eSend service. For information on payment options or to sign up for eSend, please visit notl.com or call 905-468-3266.

Thank you.



IN THE MATTER OF THE ONTARIO HERITAGE ACT, R.S.O. 1990, CHAPTER 0.18
AND IN THE MATTER OF THE LANDS AND PREMISES KNOWN MUNICIPALLY AS
200 JOHN STREET EAST AND 588 CHARLOTTE STREET (RAND ESTATE)
IN THE TOWN OF NIAGARA-ON-THE-LAKE IN THE PROVINCE OF ONTARIO

NOTICE OF COUNCIL DECISION

TAKE NOTICE that the Council of the Corporation of the Town of Niagara-on-the-Lake, at their meeting on April 24, 2023, provided a decision on Applications under sections 33 and 34 of the Ontario Heritage Act for alterations, demolition and removal of heritage attributes on the properties at 200 John Street East (File No. HER-015-2022) and 588 Charlotte Street (File No. HER-16-2022). This serves as notice of Council decision as required under section 34(4.2).

At its meeting on April 24, 2023, Council resolved the following:

Whereas the two previous Councils of Niagara-on-the-Lake both approved motions to protect the buildings and designed landscape of the Rand Estate; and

Whereas this Council wishes to reinforce the previous decisions of Council regarding heritage protection at the Rand Estate;

Be it resolved that the minutes of the Municipal Heritage Committee and all recommendations in report CDS-23-077 be approved, except for recommendations permitting removal/demolition of designated heritage attributes (specifically items 1.1.13, 1.1.22 and 1.2.1), and that such permit applications under the Ontario Heritage Act be denied:

Note items 1.1.13, 1.1.22 and 1.2.1 have been amended per Council's resolution below.

1.1 With respect to the Heritage Permit Application for 200 John Street East (File No. HER-015-2022), it is respectfully recommended that:

- 1.1.1 The proposal to remove mature trees and plantings and construct a road and pedestrian pathway through the panhandle at 200 John Street East be refused;
- 1.1.2 The removal of the White Ash, identified as Tree #5 in Appendix D, drawing L-900A within the Wallace HIA Addendum, be approved, subject to the following condition:
 - 1.1.2.1 Prior to the removal of the tree, a report is prepared by a qualified engineer, at the applicant's cost, demonstrating that any potential impacts to the boundary wall will be mitigated prior to removal of the tree or its root system to the satisfaction of the Director of Community and Development Services;
- 1.1.3 The proposal to remove healthy trees along the boundary wall on 200 John Street East be refused;
- 1.1.4 The proposal to remove and widen the boundary wall opening and remove the brick pillars at the entrance to 200 John Street East be refused;
- 1.1.5 The proposal to construct a new Axial Walkway on 200 John Street East with new alignment and the proposed commemoration plans for sunken gardens be refused;
- 1.1.6 The Peony Garden adjacent to the Tea House on 200 John Street East be restored in situ, that mowing of the area ceases immediately, and that the original (existing) plants be provided ongoing maintenance, and the opportunity to recover in order to encourage the plant's vitality and ability to grow on;
- 1.1.7 The proposal to remove the extant circular Mound Garden on 200 John Street East and construct a new mound garden in a new location be refused;
- 1.1.8 That the existing Mound Garden be retained, and the Austrian Pine Trees circling the mound be restored;
- 1.1.9 The proposed restoration of the Swimming Pool Garden according to the original Dunington-Grubb drawings be approved;
- 1.1.10 The proposal to remove any portion of the Dunington-Grubb designed Swimming Pool Garden on 200 John Street East be refused;
- 1.1.11 The proposed use of Corten Steel plaques and their locations as proposed in the Commemoration Plan for the Swimming Pool Garden at 200 John Street East be refused;
- 1.1.12 The proposed restoration of the Tea House, in-situ, at 200 John Street East is approved, subject to the following condition:
 - 1.1.12.1 Prior to restoration, a Documentation Report and Restoration Plan for the structure and its context, prepared by a qualified professional member of CAHP at the applicant's cost, be submitted to the satisfaction of the Director of Community and Development Services
- 1.1.13 The proposed removal of the concrete swimming pool structure on 200 John Street East be refused;
- 1.1.14 The proposed removal of the footings from the original pergola in the Dunington-Grubb designed Swimming Pool Garden at 200 John Street East be refused;



- 1.1.15 The construction of a contemporary pergola design at 200 John Street East be refused;
- 1.1.16 The proposal to relocate the Bath Pavilion on 200 John Street East be refused;
- 1.1.17 The proposed removal of trees within the arboretum-like landscape on 200 John Street East, adjacent to the Bath Pavilion, be refused;
- 1.1.18 Any development within the former orchard area on 200 John Street East includes landscape enhancements through the planting of suitable fruit-bearing tree species;
- 1.1.19 The proposed restoration of the Whistle Stop structure on 200 John Street East and the reuse of the salvageable wood brackets be approved, subject to the following condition;
 - 1.1.19.1 Prior to restoration, a detailed Restoration Plan, prepared by a professional member of CAHP, at the applicant's cost, be submitted to the satisfaction of the Director of Community and Development Services;
- 1.1.20 The installation of interpretive signage within the Whistle Stop setting be approved, subject to the following condition:
 - 1.1.20.1 Prior to installation, a detailed Commemoration Plan for the area and a Landscape Restoration & Management Plan for the surrounding naturalized area, prepared by a professional member of CAHP at the applicant's cost, be submitted to the satisfaction of the Director of Community and Development Services;
- 1.1.21 The removal of healthy and viable trees within the naturalized area surrounding the Whistle Stop on 200 John Street East be refused;
- 1.1.22 The proposed demolition of the Calvin Rand Summer House on 200 John Street East be refused;
- 1.1.23 The proposal to demolish the Carriage House on 200 John Street East be refused;
 - 1.1.23.1 In light of the unique attributes that the Carriage House exhibits, which demonstrate the disruptive change in transportation from horse and buggy to an automobile on this former hobby farm, the Municipal Heritage Committee specifically endorses the recommendation 1.1.23 to deny demolition of the Coach House.
- 1.1.24 The proposed removal and transplanting of the Rose of Sharon hedge and Oriental Cedar hedge northeast of the Carriage House on 200 John Street East be refused; and
- 1.1.25 An archaeological assessment be completed for the entire property at the applicant's expense, and that no demolition, grading or other soil disturbances shall take place on the subject property prior to the Ministry of Citizenship and Multiculturalism confirming to the Town that all archaeological resources concerns have met licensing and resource conservation requirements and that a copy of all archaeological assessment reports and Ministry Compliance Letters are submitted to the Town, to the satisfaction of the Director of Community and Development Services.

1.2 With respect to the Heritage Permit Application for 588 Charlotte Street (File No. HER-016-2022), it is respectfully recommended that:

- 1.2.1 The proposed demolition of the main residence (former stables and barn) on 588 Charlotte Street be refused;
- 1.2.2 Any materials that can be salvaged from the main residence (former stables and barn) on 588 Charlotte Street, such as the cupola, weathervane, horse stall doors, wood half glass door and wood panelling, be re-used on the subject properties, as recommended within the Commemoration Plan, to the satisfaction of the Director of Community and Development Services;
- 1.2.3 The proposal to relocate the one-storey outbuilding be approved, subject to the following condition to the satisfaction of the Director of Community and Development Services:
 - 1.2.3.1 Prior to the relocation within a Community Garden Park setting on 588 Charlotte Street:
 - i. a Temporary Protection Plan, prepared by an Ontario licensed P. Eng. at the applicant's cost, detailing the specifications for its relocation; and
 - ii. a Restoration Plan, prepared by a professional member of CAHP with specialization in buildings for its rehabilitation and final proposed location at the applicant's cost;
- 1.2.4 The proposal to demolish the two smaller sheds on 588 Charlotte Street be refused;
- 1.2.5 An archaeological assessment be completed for the entire property at the applicant's expense, and that no demolition, grading or other soil disturbances shall take place on the subject property prior to the Ministry of Citizenship and Multiculturalism confirming to the Town that all archaeological resources concerns have met licensing and resource conservation requirements and that a copy of all archaeological assessment reports and Ministry Compliance Letters are submitted to the Town, to the satisfaction of the Director of Community and Development Services;
- 1.2.6 The proposal to remove and widen the boundary wall opening and remove the red brick pillars at the entrance to 588 Charlotte Street be refused; and
- 1.2.7 The proposal to remove healthy trees along the boundary wall on 588 Charlotte Street be refused.

The owner of the subject properties may appeal Council's decision by giving notice of appeal as required in the Ontario Heritage Act to the Ontario Land Tribunal and the Town Clerk within 30 days of the day the owner received notice of Council's decision.

Inquiries related to these Applications can be directed to the Clerk's Department at clerks@notl.com. Further information on the Heritage Permit Applications can be found at the following link: www.jointheconversationnotl.org/rand-estate.

Dated at the Town of Niagara-on-the-Lake on the 10th day of May 2023.

Shaunna Arenburg, (A) Town Clerk

EDITORIAL

Life isn't a Hallmark card for today's mothers

A long-running commercial for a credit card company points out there are some things money can't buy — they're priceless.

If there is something that is truly priceless, it's love, never more true than a mother's love for and dedication to her family.

Yet while being a mom is celebrated across the country on a day just for her, a women's non-profit organization says the majority of Canadian mothers are overworked, overstressed and feeling undervalued.

A survey conducted about a year ago by the Canadian Women's Foundation showed women are still struggling, mostly because of the need to

balance work and childcare responsibilities.

While dads of this generation are much more likely to share those responsibilities than previously, the survey, which polled more than 1,500 working caregivers, found moms said they do more than their spouses when it comes to managing their children's schedules and activities, and supporting their education.

More than a third (37 per cent) of working mothers said they've put their career on the back burner to manage home and caregiving responsibilities.

The balance may be shifting from previous generations, but women are still struggling.

And while in some homes, and some cultures, fathers need to step up, the workplace has a strong role to play in alleviating the stress of parenthood by making policy changes that are beneficial to both moms and dads.

And it's not only the moms with partners. Imagine single moms, often financially strapped and afraid to ask for time off work, or those who find themselves caregivers of aging parents and all that entails.

When good staff is hard to find — and that seems to be the case more often than not these days — it isn't always about money. As important as a fair salary is for both genders, employers, including all levels of

government, should consider flexible schedules when possible, and encourage open dialogue to help improve working conditions for all parents and caregivers.

That would make a workplace more attractive to potential employees, and contribute to the retention of good workers, not to mention the benefit of having people come to work less stressed.

Even when there are partners sharing the daily schedules, activities, meals, shopping, school projects, doctors' appointments and the pleasure of housework, along with all the other daily tasks necessary to keep a family household

running — and congrats to all those out there who are already doing that — it isn't enough.

Our society has become one where a second income is most often a necessity for families just to afford the basics: a home, bills paid and food shelves stocked.

Now it's time for a societal change in the workplace — which is already happening, but again not quickly enough — to recognize family responsibilities as a priority, to do a better job of accommodating those who sometimes need to look after sick children and parents, and to find creative ways to allow that to happen while maintaining a strong,

healthy and happy workforce.

Only then will moms have the time and energy to truly make the most of well-earned Mother's Day celebrations.

Happy Mother's Day to all you moms out there, whatever your stage of life — to those struggling with the needs of young kids or are caregivers to elderly parents, or braving a workplace that doesn't offer the gender equity you deserve, and to grandmas who are watching and helping the next generation of women courageously navigate the difficult balance of their lives.

Penny Coles
The Local

Turtle on its deathbed a lesson in harsh reality of nature



Owen Bjorgan
Special to The Local

One of my favourite aspects of outdoor touring and adventuring is that the natural world serves up moments you just can't script. There is no foreshadowing what will slither, crawl, hop, or run across the trail as we push deeper into our local forests and wetlands.

As my guests and I finally breached the brow of the Niagara Escarpment recently, one of the children with us cried out, "Look, a turtle!" What appeared to be a rock was in fact alive, with four clawed legs and

a Godzilla-like spiked tail. The large snapping turtle had wet leaves plastered to her face, and she barely moved a muscle as we quietly approached her.

Something felt off. I quickly mentioned the classic "don't try this at home" line, and I reached in to peel the muddy leaf off her face. This is when she flinched, but there was no trademark snap, hiss or strong leg jolts characteristic of a snapping turtle out of water.

I'd say both of her eyes looked swollen and infected, but she only had one. It appears it was gouged out by a potential predator, but that wouldn't explain why both sockets were swollen and goopy. Perhaps there was an impact to the head. For such a swamp bottom dweller, snapping turtles actually have some of the most beautiful

eyes in the animal kingdom, akin to little golden stars shining in a dark brown world.

The skinfolds around her thick neck were discoloured, and there appeared to be dry blood around her face. Something had happened to this animal.

Now, I am faced with what I believe is a super important part of not only my job, but as an adult to convey a tough conversation to children.

Every day in life, adults have opportunities to explain and analyze the tougher events in the world.

War, racism, sexism, crime, bullying, ideologies and death. These are tricky conversations, but we still have to discuss these unfortunate realities and how we get exposed to it. Even for the animal kingdom.

The safe and easy angle to take would be to explain to the children that the turtle is probably just really sleepy and maybe a little bit ill, just like humans. Or, I could mention that she is likely going to die soon, and that raccoons, coyotes and birds of prey are going to descend on her helpless body the moment the sun goes down tonight and literally eat her alive.

With much more moderate language, I chose the latter angle

of conversation. Nature can be perceived as peaceful, balanced and beautiful in one moment, and can be utterly ruthless and competitive in the next. The very balance that we humanly adore about our natural world is actually a result of more savage and dark events that happen behind the scenes. This moment may appear sad to us, but it is a necessary part of life that keeps our ecosystems and human lives in balance.

It may seem disheartening that this turtle's ailing state will be taken advantage of the moment we walk away, but we would also be sad for the raccoon if it were hit by a car or torn apart by a hungry owl.

Similarly, the lunch meats in my hikers' bag came from an animal so we could fuel up to go for a big hike. It is all connected, and every living thing requires a lunch break to make the world go round.



An adult snapping turtle discovered by kids provides a teaching moment. (Owen Bjorgan)

Don't get me wrong, we can never forsake or ignore the unique human trait known as empathy. As a biologist and realist, I still felt sad and disturbed for this poor turtle, but understood that the animal was about to add to a very delicate yet crucial component in the food web. We are still allowed to feel sorrow — in fact, I fear the day when people forget

how to feel that way altogether.

The natural world, including our species, mates, feeds, kills, competes and repeats. However, the beauty of being an adult is that we can soften the edges without stripping away the importance of the situation.

This is where nature is a teacher, and we become the moderators for a more realistic future.

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View from the couch

Donald Combe
Special to The Local

Seven Women and a Murder (Netflix 2021) is very operatic, very dramatic, very

contrived, very stunning, very stylish, very beautiful, very voluptuous, very Italian, very silly and very worth watching.

Donald Combe is a retired English teacher who loves to go

to the movies. Until he resumes going to theatres, he has graciously agreed to share his opinions, through "short and sweet" exclusives, of Netflix series and movies for The Local.

The Niagara-on-the-Lake
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Where's Ben?

Eden student Ben Foster continues to discover new locations in NOTL, wondering how familiar others may be with them. If you know where this photo was taken, email penny@notllocal.com. Last week's photo elicited a correct answer: an email from Josh (no last name) identified Ben at the Meridian Credit Union Arena.

COMMENT

Remembering Gordon Lightfoot



Mike Balsom
Special to The Local

The death of Gordon Lightfoot last Monday prompted many Canadians to reflect on the singer-songwriter's meaning and importance to their country. As Lightfoot's biographer Nicholas Jennings wrote in the *Globe and Mail* on Tuesday, "more than any other singer-songwriter, Gordon Lightfoot personified Canada."

That is perhaps unarguably true. One cannot deny that there is a purely Canadian feeling, both lyrically and musically, in his earlier recordings. Songs such as *Early Morning Rain* and *Ribbon of Darkness* from his debut 1966 album, *Home from the Forest* and *Song for a Winter's Night* from 1967's *The Way I Feel*, *Pussywillows*, *Cat-Tails* from 1968's *Did She Mention My Name*, and *If You Could Read My Mind* from the 1970 album that was originally called *Sit Down Young Stranger* until the aforementioned song became a massive hit.

There were bigger hits to come, such as *Sundown*, *Care-free Highway* and *Rainy Day People*. And is there anyone of a certain generation who wasn't introduced to *The Wreck of the Edmund Fitzgerald* and *Canadian Railroad Trilogy* through a

history or music class?

So no, it is impossible to deny the Canadian bonafides of the Orillia-born bard.

My introduction to Gordon Lightfoot's music came from my sister Joanne, 10 years my senior, when I was about eight or nine years old. She was a gifted singer and guitarist, with a voice that could stop you in your tracks. Blind since birth, she attended the W. Ross Macdonald School for the Blind in Brantford. I never quite fully understood at that age why my big sister didn't live with us for 10 months out of the year. But I looked so forward to her visits back to St. Catharines on weekends whenever that was possible.

Invariably, she would arrive with a case full of cassette tapes, with music from Elton John, Joni Mitchell and Crosby, Stills, Nash and Young, as well as comedy that perhaps I was too young to understand from Cheech & Chong and George Carlin.

And along with the cassettes she always brought along her 12-string guitar. Man, could Joanne ever play that guitar! She loved the Beatles, and would play and sing some of their early songs for me. But the one song I always remember her playing for me was Lightfoot's *Bitter Green*.

I'm sure I was too young to understand the song's meaning, but I know that I loved singing along with her to the chorus. Though it is undoubtedly a sad lament, as Lightfoot sings of a woman on the hill "waiting

for her master to kiss away her tears", the chorus seemed joyous, anthemic. Since those days I have always equated his music to my big sister.

Like many, I turned to more rebellious sounds during my teens. I had little use at the time for Lightfoot's more genteel sounds, and mostly ignored his mid-1970s run of hit albums in favour of heavier music from Rush, Black Sabbath and Led Zeppelin.

Then, years later, I was working the evening and overnight shifts as a producer (really just a fancy name for a knob-twiddler) at CHRE radio in downtown St. Catharines, now Move 105.7. Back then it might have been referred to as an easy listening, or soft rock station.

I wasn't allowed to talk, or to choose the music that was played. Gordon Lightfoot's songs were a staple at CHRE. At first, I enjoyed spinning his songs, reacquainting myself with his genius and remembering those moments with my sister. But after a while it became monotonous. Maybe too much of a good thing.

One song in particular stands out from this time. *Beautiful* is indeed a very beautiful song. But the number of times I played it on that station, added to the many weddings I DJ'd around that time where that tune was requested, turned me off his entire catalogue completely. I couldn't listen to Gordon Lightfoot for years.

Since he passed, though,

I've had Gordon Lightfoot playing on repeat via Spotify and regaining my appreciation for him. There's a good reason why the likes of Bob Dylan and Kris Kristofferson sang his praises and covered his songs back in the day. He was an amazing songwriter.

And not all of his songs stand out as Canadiana, either. Some of his music reveals a darker side that I never before realized was there. Have you ever listened to *For Lovin' Me*?

"So don't you shed a tear for me, 'cause I ain't the love you thought I'd be, I've got a hundred more like you, so don't be blue, I'll have a thousand 'fore I'm through."

That's not what most people think of when they think of Canadian, is it?

He often sang of drinking, too. In *Baby Step Back*, whiskey and wine help him pass the time. The liquor tasted good and the women all were fast in *Early Morning Rain*. And the bar he sings of in *Somewhere U.S.A.* is so cool he'd like to stay there.

Then there's *Sundown*, his biggest hit, written about his girlfriend at the time, Cathy Smith. She was his former back-up singer who became his mistress. The song documents a tumultuous and complicated relationship. And if the name Cathy Smith rings a bell it's because she is the same Cathy Smith who later served 15 months in prison for injecting John Belushi with a fatal dose of heroin and cocaine in 1982.



Gordon Lightfoot (Shutterstock)

It had been more than 30 years since Gordon Lightfoot had released any music that approached the quality or importance of his work through the 1960s and 1970s, though his last two records, 2004's *Harmony* and 2020's *Solo* both had their enjoyable moments.

But he didn't need to. He had long ago earned his position as, if not the most Canadian of all singer-songwriters, certainly on a par with the likes of Ian & Sylvia Tyson, Joni Mitchell and Murray McLauchlan, whose *Farmer's Song* from 1972 is pure Canadiana. There's also Stomp-in' Tom Connors, Bruce Cockburn, Gordon Downie of the Tragically Hip and Neil Young, who sometimes gets a bad rap for being less Canadian because

of his move to California so many years ago.

A big regret for me is that I never had a chance to see one of Lightfoot's many shows at Massey Hall. He played the venerable music hall every year since 1967, often for multi-week runs. He was the last to play there in 2018 before its doors closed for renovations, and the first to perform when it reopened three years later. It seemed there would always be a chance to see him there.

Lightfoot's passing is indeed a huge loss to the country.

And though my sister no longer sings and plays the guitar, we still talk about music, and her love for Gordon Lightfoot continues to this day. We mourned together last week, as I am sure many did.

Local LETTERS

Important two Parliament Oak panels are preserved properly

It's nice to see that there is some obvious local concern for what is going on at the Parliament Oak site and its connection to our local history.

By all reports, it seems that for the developer it's a done deal. Two items of great concern are the two amazing panels on each side of the front of the two wings facing King Street.

They were done by a

little-know local artist by the name of John D. Shaw. We knew him as Captain Shaw, as he had a very small sailboat that often sank. He kept it at the Old Slip, now the sailing club. Any additional information about him would be greatly appreciated. They are signed John D. Shaw.

Now back to the main item, what is the future of these most important panels. How will they be pre-

served, and where will they be located? How will they be handled?

These are extremely valuable and important items of local history and concern. More to come on this subject I hope, as so far they seem to be almost forgotten.

I look forward to other thoughts on this.

Christopher Allen
NOTL

Mimosas, high tea to celebrate coronation



The ladies of Stone Gate Park in Virgil gathered to celebrate the Coronation of King Charles III Saturday morning. Mimosas were served with high tea by hostess Katie Reimer, (left) with Donna Turner, Ada Dunatav, Susan McMillan, Helen Mosca, Sandra Beattie, Marg Colao, Syl Wiens, Sandy Lichty, Carole Berlove and Donna Seymour. They gathered at 8 a.m., not 5 a.m. as they have for funerals and weddings, says Reimer — that's the advantage of recording. High tea included the traditional scones and tiny sandwiches, "and of course, wearing our finest, with hats." (Supplied)



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Kids help send kids to camp, with simple lemonade stand

Penny Coles
The Local

Caroline Polgrabia is once again doing the rounds of Niagara council meetings, looking for help making summer “a little sweeter” for everyone.

She is asking Niagara municipalities to proclaim June 10 Mountainview LemonAID Day, which has become an annual fundraiser to help send kids to camp.

Polgrabia, president of the Family and Children’s Ser-

vices (FACS) Niagara Foundation board, told Niagara-on-the-Lake councillors recently that last year about 100 lemonade stands set up across the region — eight in NOTL — raised \$86,000 to help families send their kids to camp.

Across the region, she said, “families stepped up and parents got involved.”

The foundation has been around for almost 25 years to support FACS, said Polgrabia, by raising funds when they see a need over and above what

government funding pays for.

This is just the second year for LemonAID day — it grew from an idea her two children, Jayden and Kaitlyn, had pre-pandemic. They wanted a lemonade stand, planning to buy ice cream with their proceeds. But they also decided to raise money to help other kids, and made a donation to help send kids to camp. Last year it became a regional event, organized by the FACS foundation board, with a goal of “kids helping other kids,” Polgrabia said.

Sending kids to summer camp, she explained, helps build their self-esteem critical social skills that they might not be getting in other settings, as well as creating “lifelong memories all kids should have.”

Thanks to Mark Bassiano of Mountainview, all the supplies, including the stands, banners, T-shirts and hats for kids, and lemon concentrate, is donated to those who participate.

“We didn’t want families to have to do anything — they could just run the stand and have fun,” said Polgrabia.

That meant 100 per cent of the money raised was able to help families supported by FACS who lack the financial resources to send their kids to camp, “and we truly believe children should have that opportunity of these enriching

experiences. That’s why this event is so important.”

Some went to day camp, said Polgrabia, others went to overnight, out-of-region camps, and some foster families were able to go on camping excursions that they wouldn’t have been able to do with their foster kids otherwise.

“There were also home baskets put together for those who were still COVID-shy,” she added, that had items such as scooters, skipping ropes and other things “to get the kids out and about. We really tried to serve all the families in whatever way they were comfortable.”

Last year, she said, she drove around to visit local stands, “and there were grandparents sitting there, neighbours sitting there, and the entire family was involved. It was really a fun event. We’re excited to go ahead and do this again.”

There are already 34 stands registered for June 10, and \$1,930 raised, said Polgrabia.

She has had a good reception from the municipalities she has been able to visit. NOTL Lord Mayor Gary Zalepa agreed to proclaim June 10 Mountainview LemonAID Day, and councillors congratulated her on the success of last year’s event.

Coun. Wendy Cheropita said she saw a number of stands last year, “and they were



Jayden Polgrabia, 13, asks Thorold councillors to endorse June 10 as LemonAID Day. They enthusiastically agreed.

really outstanding.”

Coun. Adriana Vizzari lives in St. Davids, and participated last year with her four children. It was well-run, she said, easy to set up, and a lot of fun, with lots of support from organizers.

“It was really a great event, so thank you,” she said to Polgrabia. “We’re looking forward to doing it again this year.”

Coun. Maria Mavridis also thanked Polgrabia for “all the amazing work that you do in our community, including the LemonAID campaign.”

When Mavridis saw the lemonade stands last year, she said she thought the event must have been going on for years, it was so well-organized.

But most important, she added, as she and her daughter visited the stands, she felt “it was just an amazing, really good heartfelt community project, so thank you.”

After the NOTL deputa-

tion, Polgrabia’s son Jayden, 13, asked if he could do the next one, which was planned for Thorold.

Mayor Terry Ugolini enthusiastically agreed, and when Jayden finished his presentation, Ugolini and council also endorsed June 10 as LemonAID Day.

“I just wanted to give it a go,” Jayden told The Local of his request to speak to Thorold councillors, “and I thought if one kid or parent was watching, maybe they would want to sign up and help.”

Was he nervous? “At the start, yes, but once I got closer to the end, I started to think I was doing okay and it got fun!”

LemonAID is important, he added, “because some kids don’t get to go to camp like their friends. I think all kids should get to go to camp.”

To register for a LemonAID stand visit facsniaagara.foundation.org.



Adriana Vizzari hosted a LemonAID stand last year with her children Gigi, Antonia, Loretta and Matthew Cater. She has already registered for a June 10 stand. (Photos supplied)

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Less evidence of waterfront garbage a surprise

Penny Coles
The Local

Tim Bala has been cleaning up the waterfront for years, and although he had fewer volunteers to help this Saturday, the good news was there was “considerably less garbage” for them to clean up.

He was surprised, not sure of the reason for it — it could be fallout from COVID, he said, or it could possibly be people are finally starting to realize what they are doing to the environment when they throw their garbage in

the lake.

“I’d like to hope that’s what it is,” says Bala, owner of Paddle Niagara, who these days divides his time between the beach, where he’s best known as Tim Bala, and sitting at the council table as Coun. Balasiuk.

In 2019, he began partnering with a Toronto group called A Greener Future, which stages annual waterfront cleanups from Niagara-on-the-Lake to Kingston. They and some local volunteers were able to cover a long stretch of waterfront, says Bala, from Fort Mississauga to

Navy Hall, collecting about “a few hundred pounds of garbage.”

And along the way, “we had a blast, with new and old faces.”

Thanks to Penner Building Centre and A Greener Future, participants were provided with all the supplies they needed, including bags, tarps and gloves.

A Greener Future, he says, also brings along aluminum buckets to eliminate some of the use of plastic bags.

Local Jason Clement “was driving all over,

bringing stuff out of the water, throwing it into his truck, and covering a big area,” he says.

For the most part, there were far fewer water bottles, less fishing tackle, but as heartening as that is to

see, “you also realize how much stuff sticks around,” says Bala.

About five years ago, they found a lot of clear plastic balls that looked like they were from children’s play equipment. They

seemed to have blown into the lake on a windy day, and then washed up on the shore. “Every year we pick them up and think we’ve got them all, and every year we go back and find more,” he says. “For five years.”



Volunteers cleaning up the waterfront Saturday included Emma Martin, James Bradford-Andrew, Owen Bradford-Andrew, Tim Bala, Hazel Norris, Jasmine Griesse and Lauren Alberstat. (Photos supplied)



Tim Bala and the team from A Greener Future sort the garbage they found along the waterfront. The Greener Future crew from Kingston was in NOTL Saturday to help, intending to go to Sunset Beach (formerly Municipal Beach) in St. Catharines Sunday.



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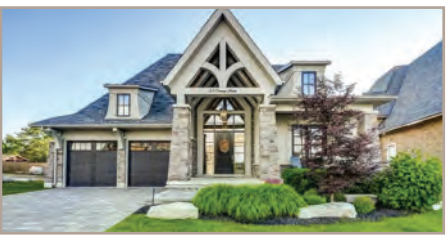
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St. Davids Leos organizing dog wash, dog guide walk

Penny Coles
The Local

The St. Davids Leos have three important fundraisers coming up — two to raise money that will go toward training dog guides, and one to support young people with cancer.

For the first time, the Leos have taken over organization of the annual Walk for Dog Guides, which has previously been an event offered by the St. Davids Lions Club.

Also a first is a dog wash, with the Leos partnering with Pet Valu in Virgil.

Leos clubs are community service clubs for youth 12 to 18 years of age, sponsored by Lions. In St. Davids, they are led by Lion Bradd Anderson. The local club has a mix of Grades 7 and 8 students, and several who have gone on to high school.

The local Leo Club was formed in March 2015, drawn by its values — the international goals for Leos are leadership, experience, and opportunity — and also a way to help their community.

St. Davids School and the Lions Club, neighbours on York Road, have always had a good relationship, with the Lions funding several projects at the school over the years, and a Leo Club was seen as an opportunity to develop that partnership.

It is also a way to attract Lions members when the Leos turn 19, to St. Davids or other clubs, said Anderson.

Leos help out at the Lions Carnival, jumping in wherever help is needed. They also worked at the Friday hamburger nights during the pandemic, and help at the fish fries.

Promoted by International Lions, there are about 7,500 Leo clubs for young people around the world. There are only a small number in On-



John Kott, along with his wife Laura Kott are the new owners of Pet Valu in Virgil, which is well-equipped to host the Leos' dog wash fundraising event Saturday. (Photos by Penny Coles)

tario, says Anderson, and the St. Davids group, with 36 members, is one of the largest, if not the largest.

The dog wash is this Saturday, May 13, 10 a.m. to 4 p.m., for \$15 a dog. The Leos will do the washing, using the two self-serve dog-washing stations Pet Valu has available for customers. Everything that is needed is provided, including shampoo, towels and a dryer. Dogs are tethered to the tubs for their safety.

The Walk for Dog Guides is May 28. Registration begins at 10:30 a.m. The walk around the St. Davids Lions property at 1462 York Rd. starting at 11 a.m. There will be hot dogs and French fries at the park for those who participate — and anyone can walk, with or without dogs.

At a meeting with Leos Sunday to finalize details, Anderson praised them for their work on social media, and for everything they are doing to raise money for dog guides — he has left them to be pretty independent in organizing the coming events.

"I'm so proud of our Leos," says Anderson. "St. Davids is blessed."

He also had praise for Laura Kott, who with her husband John is the new owner of the Pet Valu store in Virgil.

"I can't say enough about the support Pet Valu has given us," he said.

He assured the Leos who are washing the dogs that other clubs which have held similar fundraisers say they have gone well. If a dog gets anxious, he said, the dog owner will be there to calm it down. Of those he spoke to about the dog wash, "they said they've never had an incident."

Hardi Patel and Maya Dueck, both in Grade 10 at A.N. Myer Secondary School, are Leos who have taken on the role of lead organizers for the dog walk and wash.

"I joined the Leos because I wanted to be part of a group of young people doing something in their community, especially in St. Davids. Being a St. Davids Leo is a way to do that," said Patel.

Dueck admitted to being a touch nervous about the events they are organizing, especially the dog wash, which as a first for the club, doesn't give them a base from which to plan — she is hoping both will be successful.

But they are both also excited, and looking forward to the events.

Dueck said her family doesn't have a dog — her brother is allergic to them — and she loves dogs.

"I think that's one of the reasons I'm looking forward to this so much — I can be around them."

They both laughed about expecting to get wet at the dog wash, and ending the day covered in dog hair, "but it's going to be a lot of fun," said Patel.

Anderson said he has "complete confidence" in the girls, and he has no doubt the Leo events will be successful. Seeing the way they have handled themselves, the level of independence and responsibility they have demonstrated "settled any doubts I may

have had."

Lucas Peter, 19, is now a St. Davids Lion who also helps out the Leos, having been involved with the club since 2017 through his sister Hannah, when he began helping out with the carnival and fish fries.

He has just finished his second year at Brock University studying medical sciences, and is also a volunteer at the welcome desk in the Niagara Falls hospital site, so hasn't had a lot of time for meetings, but he will have more time to help out with the upcoming events and others throughout the summer.

He originally volunteered because he needed the hours for high school, he said, and soon realized he likes volunteering. He wants to continue "to help make a better community, in a leadership role."

The money raised by the Leos at their dog wash and dog guide walk will go to the Lions Foundation of Canada Dog Guides, where dogs are trained and matched with those who need them through seven distinct programs: canine vision, hearing, service, seizure response, au-

tism assistance, diabetic alert and facility support. The Leos have already raised funds to sponsor two autism assist dog guides, partnering with the Merriton Lions Club. One of those dogs is now helping a young Virgil girl, said Anderson.

Coming up is a third fundraiser, this one to support the MacKids Teen Zone Project, which is upgrading a teen cancer unit in Hamilton. The space is for teens during their chemotherapy or other cancer treatments. Lions clubs in the area committed to fundraising for the unit, and the Leos also chose to be involved, said Anderson.

They are planning to sell town tulip bulbs — selling the bulbs planted in town flower beds has become an annual fundraiser. This year former Lord Mayor Betty Disero, who has organized the sale in past years, is working with the St. Davids Leos, said Anderson, although he doesn't have a date for that yet.

For more information on the dog walk or the dog wash call 905-359-3091 or email walk4DG@stdavidslions.ca.



Organizers Hardi Patel and Maya Dueck listen while St. Davids Lion Bradd Anderson explains how much work the Leos have done to prepare for the two upcoming fundraisers.



A group of Leos met at the St. Davids Lions hall Sunday afternoon to make sure they are ready for upcoming events to raise money for dog guides.



Lucas Peter, with Leo leader Bradd Anderson, is now a Lion who helps out wherever and whenever he can.

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HAPPY *Mother's* DAY



Tips to plan the perfect Mother's Day

(NC) With mom's special day just around the corner, dads and partners can use these simple tips to prepare for a day she won't soon forget.

Create a homemade DIY gift
Moms love receiving a

gift with a personal touch from the kids, so spend an afternoon with them making something she'll love. Thoughtful ideas include a card with the kids' handprints, a vase you all decorate together or a family picture mounted on a hand-

painted frame.
Bake while she sleeps
Think moms dream of breakfast in bed? Many moms really just want time to relax. Instead of waking her up with breakfast, let her do her thing while you keep the kids entertained

by cooking with them in the kitchen. A Cuisinart Precision Master stand mixer is a helpful tool for making sweet treats, soft breads and salty favourites. It also comes with a recipe booklet with step-by-step instructions, meaning you can master whatever dish she loves.

Remember – it's all about her
Just because it's Mother's Day doesn't mean she wants or needs to spend all day with the kids. Make a reservation at a nice restaurant for dinner and let her decide what she wants to do the rest of the time. Whether that's

spending the day in bed with a book, seeing a movie with friends, or going to the spa, let her know you'll hold down the fort while she's doing whatever she pleases. Bonus points if you do some laundry or fix that thing she's been asking you to for months.
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Embrace your mom's healthy heart on Mother's Day

(NC) Is the woman in your life a champion at juggling work, kids, her partner and parents? Do you think she puts everyone's needs first and hers last? Does she ensure everyone and everything is taken care of at any hour, despite not having enough hours in the day? If your answer is "yes", it may also be true that she doesn't find time to pay attention to her own heart health. Heart disease and stroke is a leading cause of death for women in Canada

This Mother's Day, families can make sure their moms put themselves first by planning a full day of heart-healthy and fun ac-

tivities, like these:

- Start the day with a personalized message: Send a heartfelt message on a custom Mother's Day e-card, which shares how you're going to help mom make time for her heart—today and every day.
- Serve her breakfast in bed: Mouth-watering breakfast burritos cooked in two minutes and served piping hot in bed could be the perfect healthy start to her day.
- Join her for yoga: Yoga improves circu-

lation, keeps blood pressure levels in check, lowers the heart rate, and improves oxygen supply to the body—a great combination to help achieve better heart health.

- Pamper her with a spa package: There is nothing like relaxing the mind and body to make her feel fitter and more energetic. And a stress-free mind and body is good for heart health.
- Treat her to a healthy family dinner: There are many heart healthy, delicious recipes to choose from, including lamb stew with mini potatoes, salmon BLT or just good old homemade macaroni and cheese.
- Encourage her to seek heart health information: Help your mother learn about prevention tips, warning signs and symptoms, and remind her to ask heart-health related questions of her doctor at her next check-up.

Of course, with mom being mom, she will continue to ensure that groceries are bought, kids are fed and taken to swimming lessons, parents have taken their medication, and she has a stellar presentation for her next meeting. Show her you care on her special day by gifting her a healthy heart using e-cards, recipes and health information from thehearttruth.ca.
www.newscanada.com

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Mother Daughter Tea

Monday, May 15 at 7 pm at Bethany Mennonite Church
572 East West Line, NOTL

All women are invited to enjoy Cake and Tea while learning about the *Nyanyas of Niagara* (Grandmothers helping Grandmothers) a local campaign supporting African grandmothers who are raising their grandchildren.

Donations collected at the Tea will be given to this project.



NOTL lawyer shines in international competition

Mike Balsom
The Local

Niagara-on-the-Lake resident Brent Campagnola is now a member of an exclusive club of sorts.

As part of Dalhousie University's international law moot competition team, capturing the Canadian title in Winnipeg, Man., he and his teammates spent 10 days in Washington D.C. in April competing with 138 teams from 97 countries at what is often referred to as the 'Olympics of Law.'

The Philip C. Jessup International Law Moot Court Competition team is "almost like a cult," Campagnola tells The Local on a recent visit back home in NOTL for his sister's wedding. In Washington, he says, "there were so many people who said they go every year. They come back to judge or to coach teams. We had judges from Afghanistan and Germany, and some who said they'd been coming for 15 years. It's part of their personality."

Recognized in law circles around the world, competition in the Jessup Moot, says Campagnola, can open doors for an aspiring legal professional. In fact, many competitors were offered positions at firms while in Washington last month.

After earning a pre-law degree at Carleton University in Ottawa, Campagnola applied for law school and wasn't accepted. So he returned to Carleton, where he finished a Master's degree in applied linguistics. That led him to a job teaching English in Korea for two years.

When he returned to Canada, he volunteered as a caseworker at Kitchener's Compass Refugee Centre, helping newcomers to Canada. On his third application to law school, he was accepted and began his studies at Dalhousie's Schulich School of Law in 2020.

Now in his third and final year at Dalhousie, Campagnola didn't know much about the Jessup Moot when he applied to be a part of the Halifax, N.S. university team.

"I took a couple of international law classes in my second year and I really enjoyed them," he said. "And they were my highest grades. The professor (Rob Currie) for my evidence class is the coach for the team. It ended up making perfect sense to apply."

Campagnola was one of four students to make the cut last fall. Soon, he found himself in regular sessions with Currie and



Brent Campagnola with his team members Taline Selman, Nicole Arski and Julia Hiltz.

volunteer deputy coach Sarah MacLeod, an associate at Halifax law firm Burchell Wickwire Bryson and a 2020 Dalhousie Jessup alum herself.

The first task for the team was to familiarize themselves with the case as set out by the International Law Students Association, the organization that administers the competition. The 2023 problem was called The Case Concerning the Clarent Belt (Aglovale v. Ragnell), a fictional proceeding dealing with the interpretation of a peace treaty, deadly attacks in an allegedly occupied territory, unilateral economic sanctions and the legal consequences of failing to properly dispose of hazardous waste.

If that sounds complicated, consider the seemingly endless packages of materials the team had to dig into in preparing their written submission, called a memorial, and to later defend their positions at the moot, or mock trial.

That included the Char-

ter of the United Nations, the Statute of the International Court of Justice, the 1966 International Convention on Economic, Social and Cultural Rights and various other international conventions, scholarly documents and relevant past international cases.

"It was a really complex case," says the 29-year-old. "Just with the first issue of four, you have two military objectives being neutralized, and there's the issue of bringing the military into another country's demilitarized zone, and the lawfulness of that given that the country bringing the military in is leasing the territory. They try to pack so much into every issue."

The four team members divided up the tasks and responsibilities, two taking on the role of applicants. The other two, including Campagnola, would act as respondents. They spent the first four months of the school year preparing their written submission and then practising for the oral

competition in Winnipeg.

"I represented the country that brought in its military, sort of the bad guys in the case," he says.

In practice, the two sides would square off against each other in front of volunteer judges from Schulich and the Halifax legal community. Campagnola estimates they ran through the case this way 18 times, for at least three hours each session.

"It was important to stay fresh," Campagnola explains. "Different judges will ask different questions. It's all about how you handle the questions, how confident you are, and how well you can think on your feet."

At the nationals, Dalhousie was one of 17 teams from law schools across Canada to face judges in the mock courtroom. The applicants and the respondents competed three times each in the round robin, with four teams moving on to the final round.

"For the final round, we

went against the University of Toronto," says Campagnola. "Toronto won the coin toss, and chose to take on our applicants. That was the side we wanted. Our applicants were definitely stronger."

Dalhousie came out on top, the first time for the university to win the national competition since 2002. Not only did they place first in the oral competition but they also had the top written submission in the country. Along with Western and the University of British Columbia, they were off to Washington.

As the first place team representing their country, Campagnola and his teammates, fellow third-year students Nicole Arski, Julia Hiltz and Taline Selman, had the honour of carrying the flag into the opening ceremony.

"It was really cool to do that," he remembers. "And when Ukraine got called, and walked up with their flag, the place erupted. That was a really cool moment."

When it came time to go to trial, the Dalhousie team worked cohesively, beating teams from China, Saudi Arabia and Lithuania before losing a hard-fought match against the Honorable Society of Gray's Inn, a post-grad law organization from the U.K. But their 3-1 record in the preliminary round qualified them to move into the final 48, the only Canadian team to do so.

"Our applicants then went up against George Washington University, a pretty prestigious school," Campagnola says. "We really felt we had beaten them, but the judges came out and found for the respondents. We didn't win, but we were pretty happy nonetheless."

The Dalhousie team did return from Capitol Hill with a sixth place prize for their joint written memorial and a ninth place prize for their team memorial. Campagnola's teammate Arski was chosen as 25th best overall oralist out of more than 550 participants at the Jessup.

For Campagnola, it's an experience he will never forget. It opened his eyes to a number of different possibilities he had never considered for his future in law. Meeting a lieutenant colonel from the Canadian Armed Forces in Winnipeg and Canada's deputy ambassador to the U.S. in Washington has left him open to the idea of pursuing international law.

"I was impressed with how enthusiastic the JAG (Judge Advocate General) officers were about what they do," admits Campagnola. "I'm thinking I might one day take the diplomat test, so I could serve as an agent for Canada in other countries."

For now, though, as he writes his last final exams and gets ready for graduation in June, he will continue as an articled clerk at Burchell Wickwire Bryson, where he works with his coach MacLeod.

"I do a lot of civil litigation, human rights and employment," he says of his current role there. "I try to get on some Aboriginal law cases, too. I get to work with a lot of different lawyers on different kinds of cases. It's a really enriching experience."

Don't expect him to be representing clients back here in Niagara any time soon.

"I had a feeling pretty early on that I would stay out here," Campagnola laughs. "It was like a culture shock. Everyone out here is so friendly. And I love living by the sea, and I love the seafood."

Nyanyas social event to help next generation of African women

Penny Coles
The Local

The Nyanyas are holding their traditional spring event this year — although with a difference — but still fundraising for the Stephen Lewis Foundation, which supports women in Africa who are leading the way to a future free from AIDS.

Nyanya Linda Carleton says the group, one of more than 260 groups established decades ago in response to the crisis faced by African grandmothers as they struggled to raise millions of children orphaned by AIDS, has changed direction somewhat.

They are still trying to build up their membership post-COVID, but with a focus that has changed, she says, both for the foundation and groups that support it.

“Those children grandmothers have raised are now looking after the next generation,” she says. They are adults themselves, and rather than helping grandmothers, it’s a matter of helping women of Africa who are working to change the lives of other women,

including tackling health issues.

Women know that the only way to an AIDS-free future is to dismantle the effects of patriarchy, inequality, and gender-based violence, the Stephen Lewis Foundation website says.

Across countries in sub-Saharan Africa, adolescent girls and young women are more than twice as likely to acquire HIV than boys and young men, and those women are mobilizing in their communities. They are educating their peers about HIV prevention, and about keeping girls in school. They are caring for people living with HIV and trying to remove the stigma of an HIV diagnosis.

Groups like the Nyanyas are now helping to support that generation of women, says Carleton, although still through the foundation and the grassroots programs it supports.

And rather than limiting themselves as a women’s group, they are planning social events that might encourage community members who have other ideas for fundraising, says Carleton.

“We’re looking at the

rights of women rather than grandmothers, and we want to encourage everyone, women and their partners, to get involved, by showing them the work we do for the Stephen Lewis Foundation, helping the next generation, the teens and young women in their 20s.”

Their upcoming event is at Ironwood Cider House at 1425 Lakeshore Rd., Tuesday, May 30 from 5 to 7 p.m., with hors d’oeuvres and a cash bar. Everyone is welcome, tickets are \$30, and can be reserved by e-transfer to nyanyas2018@gmail.com. Deadline for registration is May 15.

“Ironwood has been so supportive. They want to help any way they can, and they’ve been very welcoming. From the time we first approached them, they’ve been right onboard,” says Carleton. “They helped put it all together for us.”

The plan is for it to be outside, and fortunately Ironwood has a space upstairs that will also work if they have to move inside.

She refers to the event as “a fun little soiree,” and hopes people will plan to stop by and enjoy it.



The last Nyanyas fundraiser was a holiday cookie sale, small but successful, says Linda Carleton. She hopes for success at the upcoming ‘soiree’ at Ironwood Cider House. (File photo)

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Packed schedule to celebrate Music Niagara's 25th

Mike Balsom
The Local

Launched originally as the Niagara International Chamber Music Festival, Music Niagara is set to celebrate its 25th season with a program of 18 performances between mid-June and the end of August.

Founder and artistic director Atis Bankas says he knew 25 years ago that Niagara-on-the-Lake would offer the perfect combination of scenery and history, along with the wineries and the Shaw Festival, that would make it possible to reach such a significant milestone.

"It was evident right from the start that this was a great place for classical music," he tells The Local. "It's been a true labour of love."

For a festival that celebrates so much of the music of the past, Music Niagara has always had one foot planted firmly toward the future. The 2023 season is no exception to this rule, featuring as it does the return of the performance academy, through which young musicians are tutored by Bankas and other world-renowned mentors.

And on slate this summer are three performances at Ironwood Cider House, a new venue when it comes to the festival.

"It is indeed a very interesting space," says Bankas. "The acoustics will be great there, with the very high ceilings and the balcony above. It's going to

be really terrific."

Veteran Shaw performer Peter Millard headlines a Shaw and Music performance at Ironwood on Sunday, July 9. The 74-year-old will lend his gravitas to Shaw's words related to the composers Franz Schubert and Robert Schumann.

"That's one of our brands, our trademarks," says Bankas. "We started that series years ago. This will be the first time for us working with Peter. He agreed right away, as he remembered (late Shaw artistic director) Christopher Newton doing the series."

On July 23, Ironwood will play host to Music Niagara's presentation of Ensemble Obiora. Founded on the principles of diversity, discovery and dissemination, Ensemble Obiora brings together musicians from different cultural backgrounds with the goal of increasing their representation on the classical music scene. As well, their program includes unfamiliar works by composers of colour whose contributions have traditionally gone unnoticed.

"They are one of a kind," Bankas raves. "Their musicians come from across Canada. They played last year at (New York City's) Carnegie Hall."

The third Ironwood show and the penultimate concert of the season continues another well-known Music Niagara series, Music and Wine, while celebrating students from Toronto's Royal Conservatory of Music, where Bankas has been a

faculty member since 1982.

There's a four-day run of pops programming on the schedule July 3 to 6, as Music Niagara Festival takes over Chateau des Charmes Winery each night.

The series begins with the return of the Fitzgeralds, a high-energy act featuring fiddling and step dancing siblings Tom, Kerry and Julie Fitzgerald. Klezmer-pop mainstays Quartetto Gelato, featuring Music Niagara production manager Colin Maier on oboe, follows on Tuesday. Wednesday will see Steve McDade, a member of both Manteca and Rob McConnell's Boss Brass since the 1980's, bring his quintet to the chateau. The week concludes Thursday with popular jazz vocalist and Jazz FM radio host Heather Bambrick.

The 25th season gets underway on Sunday, June 18 with a performance from the Toronto Youth Choir at St. Mark's Anglican Church. The following evening, world-renowned Vietnamese-Canadian classical pianist Dang Thai Son will play works by Debussy, Faure and Chopin at the same venue.

An evening of baroque music at Grace United Church is scheduled for June 29, featuring Pergolesi's masterpiece *Stabat Mater*, with performances by soprano Katelyn Bird, countertenor Massuci Facchini, and British-Canadian baritone Alexander Dobson. The concert will include a string ensemble lead by Dora-nominated con-

ductor Jennifer Tung.

The Odin String Quartet returns to Chateau des Charmes on July 18, while the Toronto All Star Big Band makes their perennial Music Niagara Festival appearance on August 7 at Ravine Estate Winery's event centre, the first time the festival has presented a performance at Ravine's new building.

The incredibly talented violinist Emma Meinrenken, a protegee of Bankas', will have a busy weekend in early August. She will be featured in a performance academy recital on Friday, Aug. 11, then play with her Kiri Quartet the following two days, with Sunday's matinee a Behind the Scenes performance that will allow the audience to see the four young musicians working on their craft.

"It's another series we started a long time ago," says Bankas. "People have loved participating in it. They get an opportunity to experience what happens in preparation, what needs to be

worked on. We usually get a full house for these."

Solomiya Ivakhiv, the Ukrainian-born violinist, associate professor at the University of Connecticut and professor at the Longy School of Music of Bard College, holds a masterclass at Grace United Church on July 29. And the following afternoon sees the return of *Glory to Ukraine*, a program started by the Lithuanian-born Bankas after the Russian invasion last year.

The season wraps up at St. Mark's with a grand finale celebrating the 25-year history of the festival on Tuesday, Aug. 29.

"The first half will feature some young Ukrainian musicians," Bankas says, "and musicians from Lithuania, playing folk instruments (kankles and birbyne). And the second half will be a great band called Los Variants, who play jazz, reggae, afro-jazz and every other genre that represents the whole mosaic of Canada."

And Bankas adds that well-known comedian and former talk show host Mike Bullard will emcee the program that evening.

For information and tickets to the 2023 lineup of shows, visit musicniagara.org.



Talented young violinist Emma Meinrenken performs this summer with the Kiri Quartet. (Supplied)

Learn about 'hysterical' women and health gaslighting

Mike Balsom
The Local

It was while browsing her Instagram feed that Shawna Butts, the Niagara-on-the-Lake Museum's assistant curator and educational programmer, came up with the idea for her May 18 lecture, *Historically Hysterical: A Look at Women's Health and Health Care*.

"I saw a lot of videos from women whose pain was being ignored by their doctors," says Butts. "Things would be dismissed as anxiety or depression, and these women would keep pushing until they found out that they actually had cancer. And there were women undergoing IUD (intrauterine device) insertion who wouldn't be given pain medication. Their level of pain tolerance wasn't being taken seriously."

Digging more deeply into the questions these social media posts brought up, Butts discovered that this gaslighting of women's health has been occurring since the time of Hippocrates, over 2,000 years ago.

"Women's health has traditionally been defined by their uterus," says Butts. "It's the only thing that is causing them issues. Look at even the witch trials. This has been going on throughout history."

Butts points out that for centuries when a woman presented to a male physician with any kind of abdominal condition, she would have been told it was caused by the 'animal within an animal'. Her uterus was a beast inside of her, and she was at the mercy of its whims.

And throughout modern history, doctors continued to blame women's pain on errant behaviours, mental weakness, or even a 'wandering womb'.

These misdiagnoses and

dismissals of women's health concerns didn't just happen in ancient times.

"It wasn't until the 1980s that women were actually allowed to be included in health research studies," she marvels. "That's when they found out that women actually present with heart attack symptoms much differently than men."

In her research for the lecture, Butts says she was continuously surprised and even angered by her discoveries.

"Driving a lot of the issues home, too," says Butts, "is the way women of different races are treated much more poorly than those that are white. Medical research was done on enslaved women and used to benefit white women. That didn't stop when enslavement stopped, either. And as late as the 1970s, women in Puerto Rico were experimented on with birth control, suffering horrendous side effects."

Butts also mentions the thalidomide tragedy that led to widespread birth defects in thousands of children in the 1950s and 1960s. And diethylstilbestrol (DES), a synthetic version of estrogen that was prescribed to pregnant women between 1940 and 1971 to prevent miscarriage. A study showed that DES actually had no effect on preventing miscarriages, but it wasn't taken off the market by the U.S. Food and Drug Administration until 1971.

"DES was also used in poultry farming," says an incredulous Butts. "They pulled it because men were developing breasts, and the chickens were getting sick. But for years it was still being pushed as safe for women to take it. Women's

health was deemed less important than that of chickens."

These stories and many more will be highlighted during the lecture on Thursday May 18 at 7:30 p.m. at the NOTL Museum. Admission is free to members, and \$10 for guests. Seats can be reserved by calling the museum.

That same day the NOTL Museum is also participating in International Museum Day. Each year, the International Council of Museums uses this day to highlight the role museums play in communities large and small.

The museum council is encouraging people to realize the full transformative potential that museums have for sustainable development and well-being, with particular emphasis on global health, climate action and protecting life on land.

The mission of the NOTL Museum, says a recent press release, is unique in its passion to protect and safeguard the cultural and natural heritage of Niagara-on-the-Lake, as well as promote research, inclusivity, education, cultural participation, and ultimately, community growth. All this is linked directly to the goals of sustainable development and positive change.

Long gone is the idea that museums are boring, dusty mausoleums, the press release continues. Today, museums like the NOTL Museum are vital cultural hubs, trusted institutions and key contributors to the well-being and sustainable development of their communities.

The lecture next Thursday to be presented by Butts is certainly a shining example of that statement.

All visitors to the NOTL Museum can enjoy free admission from 10 a.m. until 5 p.m. on May 18.

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Notice of Public Information Centre No. 2
Municipal Class Environmental Assessment
**Biosolids Management
Master Plan Update**

Niagara Region completed a Biosolids Management Master Plan in 2010 to ensure a long-term, environmentally sustainable, reliable and cost effective biosolids management program for Niagara Region and its citizens. This update will identify and develop a strategy for meeting Niagara's biosolids treatment needs through to 2051, in a manner that is transparent, sustainable, reliable, environmentally-friendly, cost-effective and flexible.

The Biosolids Management Master Plan will be developed to:

- Meet the unique needs of Niagara Region and its customers, including treatment requirements, land uses and users, and environmental features
- Meet future needs associated with population growth, new regulations, climate resiliency, and energy efficiency
- Provide greater flexibility and reliability for biosolids management, both in the short term (within five years) and long term (to 2051)
- Improve biosolids marketability
- Address community expectations regarding level of service, odour, air/noise, water quality, protection of the environment and aesthetics

Through this study, alternative strategies for managing biosolids were developed and evaluated, considering environmental and socio-cultural impacts along with technical feasibility and cost. The objective of Public Information Centre No. 2 is to present our preliminary evaluation results and receive feedback on preferred strategies.

The Process

The Study follows the master planning process as established by the Municipal Engineer's Association Class Environmental Assessment



process for Master Plans, which is an approved Ontario Environmental Assessment process. The Biosolids Management Master Plan Update will satisfy Phases 1 and 2 of the Class Environmental Assessment process. Public and stakeholder input will be sought throughout the process and a Biosolids Management Master Plan Update Report will be prepared and filed for public review.

Get Involved

Public feedback is an important part of the process. Information about the project will be available on Niagara Region's website. You can learn about the project, preliminary recommendations, and how you can have your voice heard.

Public Information Centre No. 2 Details

Public Information Centre 2 will be made available on the project website beginning Wednesday, May 17, 2023. This will be followed with a two-week period to submit comments to the Project Team.

You can access the project website using the link below or by scanning the QR code with your smart phone.

niagararegion.ca/projects/biosolids-master-plan



If you have questions, comments or wish to be added to the study mailing list, please contact:

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If you require any accommodations in order to participate, please let us know in advance so that arrangements can be made in a timely manner. Special accessibility accommodations and materials in alternate formats can be arranged by contacting the **Accessibility Advisory Coordinator** at 905-980-6000 ext. 3252 or accessibility@niagararegion.ca.



Walk a wagging tail and restore a heritage trail

Penny Coles
The Local

A four-legged fundraiser for the next phase of rehabilitating Niagara-on-the-Lake's Upper Canada Heritage Trail will be held Saturday, May 20, offering a opportunity to enjoy the restored portion of the trail.

The off-road, Paws on the Trail event starts at Memorial Park and offers a two- or four-kilometre choice.

The second phase of reconstructing the heritage trail will take place along Concession 1 from East and West Line to Line 3.

Participating in the walk will support its development, while promising "doggie fun" for all canines and canine lovers.

Phase one involved the removal of some trees and underbrush along two stretches of the trail, between John Street through to Charlotte, and from Charlotte out to East and West Line. Improvements were made to the trail surface, making it accessible for all activities, including walking, running, biking and horseback riding.

Barb Gelb uses the trail regularly with Lake, her energetic four-year-old Hungarian vizsla.

She and Lake took part



The three women in front are Haley Szabo, Barb Gelb, and Astrid Shrub, enjoying last year's fundraising walk with their pooches. Gelb is looking forward to this year's Paws on the Trail event. (Photos supplied)

in last year's dog walk, and both enjoyed it. "We walked with people we knew, and dogs we knew. The weather was great, and it was a lovely day."

She says if anyone is nervous about how their dogs might react to a crowd, "there is plenty of room to give your dog some space. It didn't feel crowded at all. You can space yourself out."

She says Lake has become reactive with groups of dogs, and Gelb will be keeping an eye on her. "If I want to separate her I know I can do that."

The trail "is really a lovely place for everyone to walk," she says, "providing a good surface and nicely shaded areas."

Gelb used the trail before its restoration, and says it was okay, sometimes muddy, but has definitely been improved for walking.

The impact on the trail "hasn't been that great," she said. "People were worried it might change the look or feel of it, but it really hasn't. It's been minimally invasive."

The changes have been positive, she added, making

the restored section more accessible, and providing a better surface for all walkers, but especially for those for mobility problems who use scooters or canes.

And for dog walkers who have to get out every day, it's a great location.

"If you feel like you want to support a local cause, this is a way to improve options for walking your dog, or just for walking, and the event should be fun."

Rick Meloen, chair of the town's Heritage Trail committee, says that a group of committee mem-

bers and volunteers have worked hard to make this event a lot of fun and educational for local dog lovers.

There is limited participation so early sign-up is encouraged.

The first 50 dogs get a bag of treats, food and toys. Pre-event outdoor booths will feature a doggie "kissing booth," dog massage, dog photographer, dog communicator and more.

There are great draw prizes — many stores and sponsors have contributed gifts that will be in the prize draw.

May 20 is also dog res-

cue day, and a rescue organization will be onsite.

The cost to register for the walk is \$45 (plus a small Eventbrite fee).

Check-in is at 9 a.m. The walk starts at 10 a.m. from NOTL's Memorial Park on Veterans Way.

All funds will go towards enhancing and continuing the Heritage Trail. Donations are welcome and there will be a prize for the largest donations.

A sponsor form, registration and further details can be found at www.heritagetrail.ca.

Enjoy a mimosa, help a child

With National Mimosa Day coming up on May 16, Andrew Niven, Konzelmann Winery's director of marketing and hospitality, approached Kim Hughes, owner of Sunset Grill on Queen Street, about holding a Mimosa Day fundraiser for Red Roof Retreat. Hughes liked the idea so much she suggested they extend the fundraiser to four days. From May 15 through 18, Sunset Grill in Niagara-on-the-Lake is hoping to serve 100 mimosas, made with Konzelmann's Methode Cuvee Close Riesling, at \$5 each, with all proceeds going to Red Roof Retreat, which is changing and shaping lives of those in the Niagara Region by offering quality respite and recreational programs to children, youth and young adults with special needs and their families. Drop in, enjoy a mimosa, and help the local charity. (Mike Balsom)



Want to smooch a pooch? There will be lots of fun events for dogs at the event, including a kissing booth for those who want to give it a try.

Petra Zantingh art exhibit: *Beauty and Resilience*



Petra Zantingh's painting entitled *Fill your arms with white and pink flowers*, from poet Mary Oliver. (Stephen Parr)

Maria Klassen Special to The Local

Petra Zantingh's artwork is inspired by nature, as seen in the many trees and flowers that find their way onto her canvasses.

Her paintings are on display at the Niagara Pumphouse Arts Centre for the month of May, in an exhibit called *Beauty and Resilience*. Zantingh says she was influenced by the writings of Dutch Catholic priest Henri Nouwen and American poet Mary Oliver. Their literary works speak about the contradictions in life and accepting and finding joy in transitions.

Zantingh sees the dichotomy between urban and natural landscapes, and the many contrasts

we face in life: joy in sadness, light in darkness, fragility in strength. She expresses this dichotomy in paintings of hardy and fading flowers — showing the beauty at each stage from the bud to when the flower has died. The way she paints is an emotional response to the subject and the paint.

Botanicals, trees, roots, vegetation, and flowers are common subjects in her work because of their profound and mysterious spiritual and physical nature. Her interests centre around environmental awareness, especially capturing the spirit and souls of trees. Zantingh says she often goes to the Royal Botanical Gardens in Hamilton to sketch or photograph her subject material. She

has gone from painting trees, which are confined in space, to painting magnolias, which are larger and more fragile. This interest in magnolias can be seen in the current exhibit. The vibrant colours of her palette for painting flowers is richer and wider, bringing out the warm tones in the flowers.

She uses water, watercolour, ink, gouache, and water-soluble graphite. The paintings are sealed with UV varnish, wax or acrylic mediums. There is a fragile and mysterious relationship between water and pigment and the process requires patient manipulation to achieve transparent layers that create subtle nuances.

Her husband makes the wood panels she paints on, and

Zantingh says he customizes the size of the frames for her work. The frames are primed before she begins the painting process. She has an idea of what will develop as she paints, but the outcome is often a surprise.

From childhood she knew that visual arts would play an important role in her life. Her career as a designer and art director was in print publications and newspaper design with a special interest in typography. Since 2002 she has taught courses in drawing, painting and design.

Zantingh says she hopes the viewer will be touched emotionally in some way when they spend time with her paintings. Come and visit, and be inspired by this exhibit.

Map shows attractions for locals and visitors

Maria Klassen Special to The Local

The STAY Niagara-on-the-Lake Tourist Map is now available, and includes information about participating restaurants, shops, wineries, bed and breakfast and vacation rental properties, churches, community centres and more.

While it has tourists in mind who are coming to NOTL, and is a valuable resource for visitors, it will also be of interest to locals who think they know the area well, but may find a hidden gem they didn't know about.

The Tourist Map was first printed several decades ago, with an updated brochure

printed every year.

An extraordinary feature of the map is a work of art used as the front cover design. Members of the Niagara Pumphouse Arts Centre were invited to submit one of their paintings, and in a juried competition, one would be selected for the cover. This year's winner was Julia Kane's *A Perfect Day in Niagara-on-the-Lake*.

John Foreman, President of STAY Niagara-on-the-Lake (formerly the B&B Association), says, "This painting captures the beauty and diversity of our local landscape. The use of colour and composition truly sets this artwork apart and makes it a



John Foreman, President of STAY Niagara-on-the-Lake presents Julia Kane with an honorarium for her award-winning painting. Included are Amy Jodoin, marketing chair for STAY, and Rima Boles, director of the Niagara Pumphouse Arts Centre. (Maria Klassen)

fitting representation of our beautiful town."

Kane was honoured and thrilled to have her painting chosen as the winning piece. She says she draws inspiration

from the lush agriculture of the Niagara region and loves painting vineyards, orchards, street scenes, and clouds. In *A Perfect Day in Niagara-on-the-Lake* she has captured Lake Ontario, with a laker and sailboats in the background. She has included migrant workers in the vineyard, as they are an important part of our culture.

Kane started painting at an early age. In elementary school her artistic talent was recognized, and she participated in many art programs throughout high school.

Her award-winning painting was done in acrylic. In the last few years she also started working with fused glass, and painting with glass paste. Some of her work can be seen at the Pumphouse.

Her favourite place to paint is at Konzelmann Estate Winery, she says. It is the only winery in Niagara located on lakefront property on the shores of Lake Ontario. Kane says on many days she can see Toronto, right across the lake, from the viewing stand. From this vantage point she can capture many subjects for her paintings — vineyards, orchards, workers, water, boats, and clouds.

The Tourist Map is distributed by STAY NOTL members, and available at participating businesses, the Chamber of Commerce Tourist Information Centres, NOTL Ambassadors, and Ontario Travel Centres.

Grab a map and enjoy exploring NOTL this summer.

LocalHAPPENINGS

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Every Thursday
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Legion 4:00 - 8:00 pm
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Legion
BRANCH 124
NIAGARA ON THE LAKE

The Provincial Service Officer will be visiting
the Thorold Legion, Branch 17, on
June 7, 8, and 9

Any Veteran wishing an appointment with the
Provincial Service Officer, should contact
Branch 124, Niagara-on-the-Lake, Legion Office
at (905) 468-2353.

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LocalWORSHIP

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Sunday, May 14th
Mother's Day

9:45 a.m.
Cornerstone Kids Sign In
(Nursery - Grade 8)

10:00 a.m.
Worship Gathering
Online & In-Person

Message: Kevin Bayne
Jesus on Confronting Evil
(Matthew 5:38-42)

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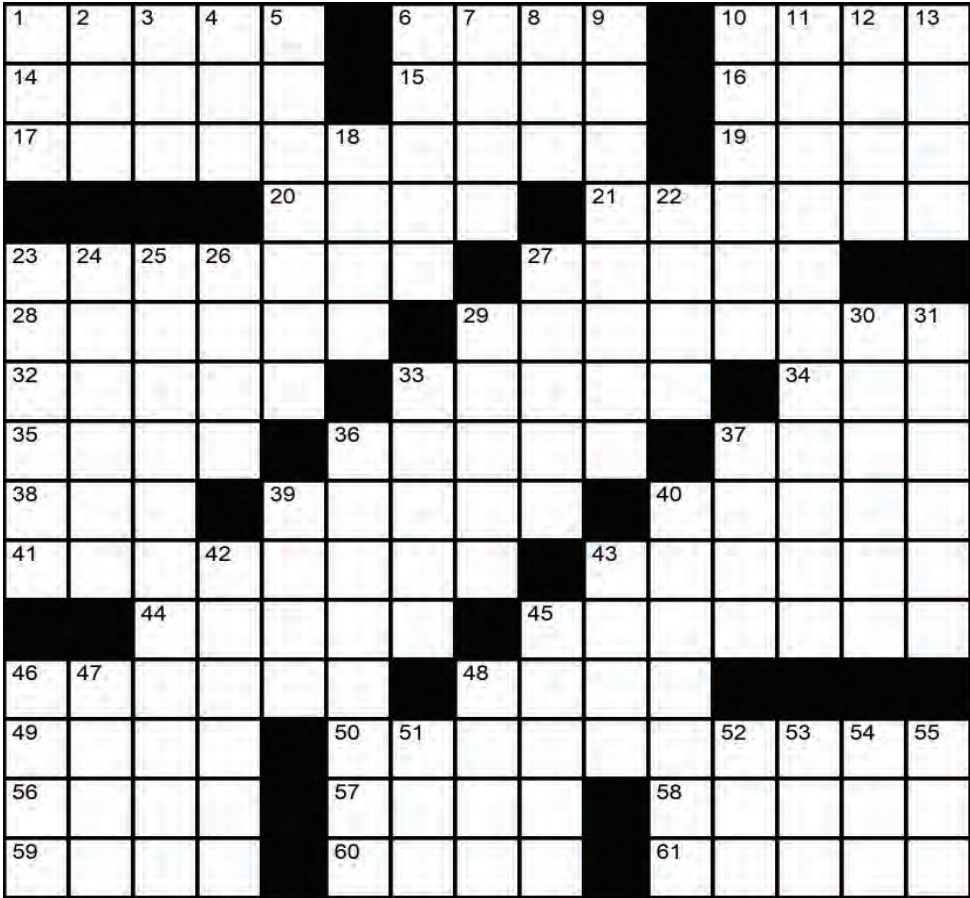
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CROSSWORD AND SUDOKU



- Across:**

1 Old computer dial-up device

6 Adjust

10 Impertinent person

14 Fort Utah, formerly

15 Food scraps

16 Cheat

17 Go-ahead

19 Subject of study

20 Mazuma

21 Baseball scorecard listing

23 Scott Pelley's employer

27 Into a state of decline

28 Melts together

29 Airline perks

32 Bankrupts

33 Turns on the waterworks

34 --- Arbor, MI

35 Utter a shrill cry

36 Panamanian singer --- Blades

37 Gumbo essential

38 Second sight

39 Point of a tale

40 Seen by those with 38 Across, perhaps?

41 Went home to disrupt a play with no men

43 Volkswagen classic

44 Prima donnas
- 45 Mischievous ones

46 Horse that has not won a race

48 Broadcasts

49 'It --- rocket science!'

50 The Martian --- (Ray Bradbury)

56 "Star Wars" monastic warriors

57 Send forth

58 GWTW's Scarlett ---

59 New Mexico artists' colony

60 In order

61 Course halves
- Down:**

1 Auto efficiency measure

2 Boston Bruin great

3 Buck's mate

4 First of her kind

5 Found in barrels, often

6 Labors long and hard

7 Compulsion

8 Degree in mathematics?

9 Steroid hormone

10 Cascades peak

11 Flickertail State

12 "How obvious!"

13 Seckel or Bartlett

18 Hill products

22 Bear in Brittany

23 Magic transport

24 Slightly off-color, I'm in red

25 Put on top, wavy lines dip badly

26 Not one

27 Pitch

29 Name of eight popes

30 Register

31 Winds

33 Prepares for keeping

36 Wines and dines

37 Crude cartel

39 Chess turn

40 Official sitting

42 Side-to-side measurements

43 Where the cows come home to

45 Commotions

46 Spray finely

47 Largest of seven, round the world

48 Any of 44 Across could sing one

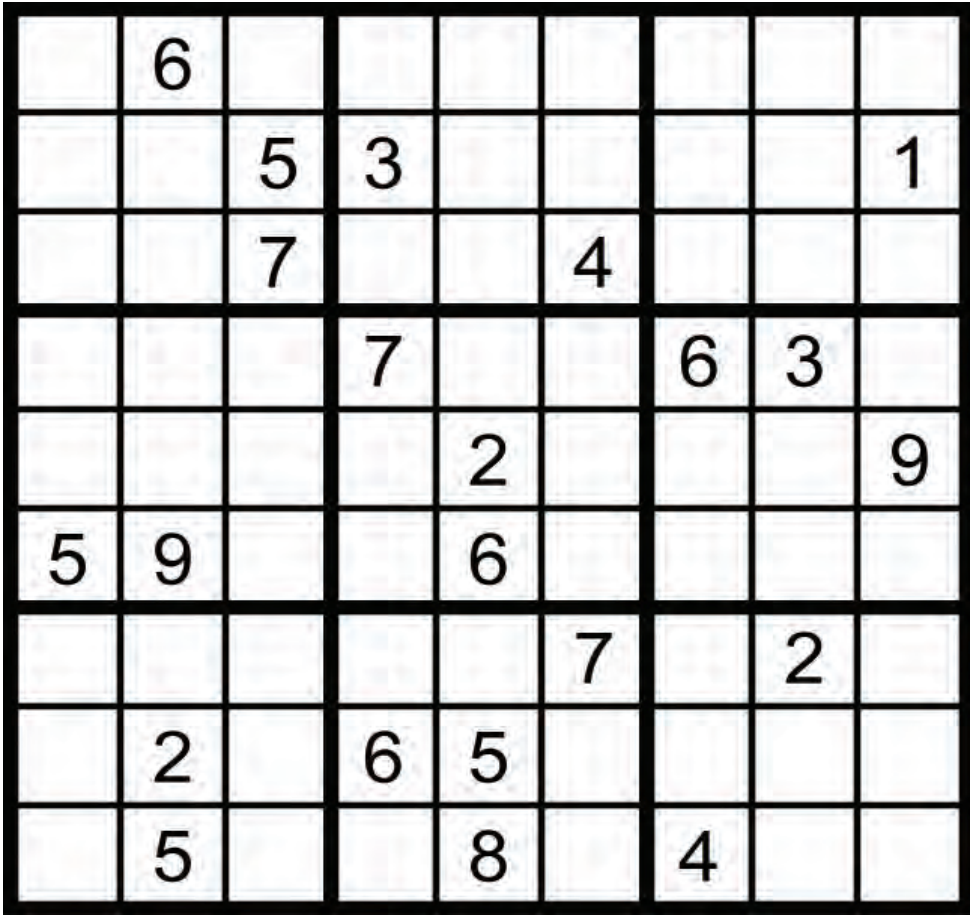
51 Care plan

52 Greek X

53 Intra-office computer system

54 Before

55 Carrier to Copenhagen, briefly



OBITUARY



THOMSON, JOHN BALLANTYNE
October 22 1934 – May 6, 2023.

Beloved husband to Jessie (2015) for 62 years and Elena for the past 6 years. Devoted and much loved father to Janice, John (Sue) and Jim; proud Papa to Andrew (Tania), Lindsey (Chris), Megan, Kaitlyn and James. Great grandfather to Carter and Lincoln. Step-father to Marcelo (Ellen) and step-grandfather to Mathew, Robert, Cecilia and Michael. John experienced life to the fullest, sharing his life stories, integrity and strong sense of humour every day. Golf was certainly one of his passions, but providing a positive, nurturing environment for the family was always the #1 priority.

Cremation has taken place. Funeral service to be held on Wednesday May 10, 2:30 pm, at St. Andrew's Presbyterian Church, Simcoe Street, Niagara-on-the-Lake, followed by a reception in the Kirk Hall. In lieu of flowers, donations to Hospice Niagara or St Andrew's Church would be appreciated.

Memories, photos and condolences may be shared at www.morganfuneral.com



GRAY, (MORTON) MARGO, ON
1937 – 2023

Gray, Margo - Passed away peacefully at Upper Canada Lodge, surrounded by her family on May 8, 2023, in her 86th year. Beloved wife to Tom for over 64 years. Loving mother to Rick (Teresa), Holly (Rob). Caring grandmother of Taylor (Ryan), Ryan (Morgan), Heather (Brandon), Kevan, Bryan (Claire), cherished great grandmother to Zoey. Survived by sisters-in-law Betty and Joyce and many nephews and nieces.

Margo loved all her fur babies, including her current granddogs, Ellie, Theo, Penny and Luna. Predeceased by siblings Bruce (Nelia), Bill (June), Lois (Maurice), brothers-in-law Keith and Dan.

Margo worked for Dan-Nel Coach Lines where she drove a school bus for 20 plus years and made some wonderful friends. Margo was very involved with St. George's Homer Anglican Church in Niagara-on-the-Lake, and received the Order of Niagara for her exceptional services to the Church. She was a member of the Eastern Star and volunteered for many organizations such as The Canadian Cancer Society. She also volunteered at the Tuck Shop at Upper Canada Lodge where she helped all of her grandchildren obtain their community hours for high school. Margo's love for children was so evident by driving school bus and spending time with her grandchildren. Margo received recognition for her volunteerism towards seniors from the Town of Niagara-on-the-Lake in 2005 and was always willing to help when someone or an organization needed assistance.

Margo had a passion for baking, everyone that knew her, loved her apple pies. She loved baking cookies with her grandchildren. Margo and Tom were great partners in everything they did, from raising their children, caring for ducks, saving turtles and working together in their greenhouses. Margo and Tom travelled in their Airstream for 10 plus years, exploring Canada and many Southern US States. Thank you to Dr. Durocher and Denise Murphy and her team at Upper Canada Lodge for the wonderful care they provided to Margo.

Visitation will take place at Morgan Funeral Home, 415 Regent Street, NOTL, ON from 1- 5 p.m. on Sunday May 14, 2023. Service to be held at St. Mark's Church, 41 Byron Street, NOTL, ON on Monday, May 15, 2023 at 11 a.m. A private interment to take place at a later time. Memorial donations made to either the Canadian Cancer Society or the Alzheimer Society would be greatly appreciated.

Memories, photos and condolences may be shared at www.morganfuneral.com



PUZZLE ANSWERS

Sudoku solution from
May 3, 2023

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

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