Where do you want to see Pride crosswalk?

Penny Coles
The Local

The town is planning a survey to determine where a rainbow crosswalk should be located in town, as well as preferable sites for five rainbow benches.

There will be a choice of three locations offered for the crosswalk, and an opportunity to offer another alternative.

In January, during the town’s 2022 budget discussions, it was agreed that $15,000 be put aside for a Pride crosswalk, to be located somewhere outside the heritage district — at one time, the intersection of King and Queen Streets was discussed but dropped.

During budget discussions Coun. Gary Burroughs asked that the rainbow crosswalk be deferred until 2023, to allow for more public discussion. Although there was public consultation on social media, “it didn’t have a huge response,” Burroughs said, and there had been no discussion with the public about where the crosswalk would be located. Burroughs intended his motion to defer the decision until budget discussions of 2023, “since we have more detail on location.” Instead, his motion was changed to include consultation about the location of the crosswalk, as well as five rainbow benches, to be scattered around the municipality, but not to put off installations until 2023.

Continued on page 2

Shaw hits home run with Damn Yankees

Mike Balsom
The Local

Actor Drew Plummer received a promotion this weekend, from the supporting cast of the Washington Senators to starter. Taking advantage of the opportunity, he knocked the ball out of the park.

Plummer, slated to be part of the ensemble in the role of Vernon in Damn Yankees, stepped into the lead as Joe Hardy in place of James Daly Saturday evening.

The Sheridan College graduate played Hardy with a convincing sense of wonder at finding himself the talk of the town for his prowess at the plate and in the field. Of course, Hardy should feel in awe of his own abilities, as he only recently morphed from 40-something Joe Boyd, a fan of the hapless Senators, to a performance that seemed spot on his hometown team, making him the target of the New York Yankees for the pennant.

It is the mysterious Appealge, the devil in human form, appears out of nowhere to offer the real estate agent a chance to save the struggling Senators. Boyd takes the deal, insisting on an escape clause, and leaves his wife Meg to join the team. Hardy quickly finds a spot on his hometown team, impressing Senators manager Van Buren (Jay Turvey, in a performance that seemed to come right out of a 1950s baseball film) from the moment he steps into the dugout. Hardy’s new teammates are equally excited at the prospect of the team finally adding a long-ball hitter good enough to take on the hated Yankees.

Mike Nadajewski ate up the stage as Appealge. The veteran of eight years at Stratford Festival played the role with unbridled glee. His spotlight performance in Those Were the Good Old Days was the highlight of the show, with the audience cheering at every turn.

Continued on page 3

Local Realtors, Local Knowledge... Still Your Best Choice!

The O’Connor Team
Survey offers three locations outside heritage district

Monday night’s council meeting included a brief discussion about the crosswalk and benches, and it was agreed the survey will be launched in June and available for two weeks, since most responses come in that timeframe, soon after a survey is posted and advertised, councillors were told.

The town has received a grant to fund one rainbow bench to be installed in the Queen Street area. The bench and paint have been purchased according to the requirements of the grant. Funding is available within the operations department operating budget to fund the other four benches, and the $15,000 was approved for the rainbow crosswalk, a staff report says.

As directed by council during that January 2022 meeting, a public survey regarding the placement of the rainbow crosswalk and benches has been developed, through consultation between staff and the town’s Diversity, Equality and Inclusivity Committee.

The survey questions are:

1. The following locations have been suggested as potential areas for a rainbow crosswalk. Please select all of your preferred locations.
   a) Intersection of King Street and Front Street
   b) Intersection of Niagara Stone Road and Anderson Lane
   c) Intersection of Wellington Street and Picton Street
   d) Other: (please specify or leave comments)

   The survey also gives instructions for those who are interested in making a donation toward these projects.

2. The following locations have been suggested as potential areas for rainbow benches in Niagara-on-the-Lake: Mary Street and King Street (Old Town), Centennial Park (Virgil), Sparky’s Park (St. Davids), and Niagara on the Green Park (Glendale).

   Are you in favour of these locations?
   a) Yes
   b) No
   c) Other: (please specify or leave comments)

   The survey also gives instructions for those who are interested in making a donation toward these projects.

After the two-week survey, staff is expected to report on the results and move forward with the installation process soon after.

The town expects to use the same rainbow crosswalk design as in other municipalities, the report said.

Burroughs questioned whether staff is knowledgeable about creating surveys — he indicated that it asks where the crosswalk should be located, not whether people agree there should be one, although that was not what council directed staff to do — and after assurances from CAO Marnie Cluckie, said “I think we should spend some time getting a good, unbiased survey, whatever the topic.” He added he knows that will be the case with the involvement of the CAO.

Continued from page 1
Plummer as Yankees starter shows depth of ensemble

Continued from page 1

Days was a comic tour de force. Nadajewski drew in the audience, lying cross-legged on the stage by the end of the number, leaving them begging for more.

And Nadajewski had great evil chemistry with Kimberley Rampersad as Lola, his female assistant whom he enlists to ensure Hardy is unable to enact the escape clause, set to expire near the end of the baseball season, on Sept. 24.

Rampersad’s Lola is the temptress, ensuring her co-conspirator Applegate she is up to the challenge he has set for her. Rampersad takes the spotlight on A Little Brains, A Little Talent, outlining exactly how she plans to woo the hapless Hardy. And she returns for the Latin-inflected Whatever Lola Wants, her response to Hardy’s rebuff of her initial advances. Rampersad brings the right amount of sexiness and seduction to the role of Lola. Whether dancing triumphantly on a bed or reclining sultrily on a divan, it’s easy to feel Hardy is doomed to miss the best-before date on that escape clause and spend the rest of his days in a fiery domain, far from his wife, who is still pining for her lost love.

As the musical enters Act 2, it’s Plummer’s Hardy who pines for Meg. As the long baseball season drags on he misses her more and more. Plummer brings a sweetness to his scenes with Patty Jamieson’s Meg, pulling at the audience’s heartstrings.

As well, the duet between Hardy and Lola on Two Lost Souls is a showstopper. Plummer matches Lola one fleet-footed move after another, with the ensemble providing support throughout.

The set design by Cory Sincennes is like an extra character in Damn Yankees. From the opening set, a wall of old magazine ads placing the musical clearly in the middle of the 1950s, to the stunning, fluidly-flowing baseball stadium, it’s a marvel to watch the actors interact with their surroundings.

One has to give stage manager Beatrice Campbell and her crew much credit for the way everything comes together with perfect timing. As well, the choreography by Allison Plamondon is wonderful, especially on the large ensemble numbers, such as The Game, when the nine members of the Senators gather in the clubhouse to sing of their exploits with the opposite sex.

For its 60th season, Shaw Festival has hit a home run with Damn Yankees, right down to its choice of understudies such as Plummer, who was able to pinch-hit for Daly and capture the pennant this weekend.

Damn Yankees runs at the Shaw Festival Theatre until Oct. 9. For information about Shaw Festival tickets, please see shawfest.com.

The cast of Damn Yankees, on stage at the Shaw Festival Theatre until Oct. 9. (Photos by Michael Cooper)
Coun. Sandra O’Connor is concerned about the lack of a nurse practitioner in town to look after residents who are not members of the Niagara North Family Health Team. O’Connor raised the issue at a recent committee-of-the-whole meeting, saying she had been asked by residents whether that role would be filled. However, she was quickly shut down, told there are two nurse practitioners in town, Erin Jarvis at the former hospital offices, and Jane Carson in Virgil. Doing some follow-up research, she realized there is some confusion about those two nurse practitioners, who only look after patients who are members of the family health team and have doctors in town.

Those who don’t were in the past able to see a third nurse practitioner who had an office in the former hospital building, but who was employed by Niagara Health, not the family health team. She could see anyone on a walk-in basis, including those who didn’t have doctors in town, as well as visitors, but she went on maternity leave and didn’t return. Niagara Health has never filled that position, O’Connor explained.

At Monday’s council meeting, O’Connor did her best to clear up the confusion.

“There is a waiting list to get a doctor in NOTL, and to have access to their nurse practitioner, and there are over three million tourists a year that visit our town,” she said. While some council members were confused because they regularly see Jarvis or Carson, that’s because they’re rostered members of the family health team, O’Connor said.

“We need additional medical services in NOTL.” She brought up the issue in the first place because NOTL pays a tax levy to the Niagara Health system, primarily as funding the St. Catharines hospital site.

“To my knowledge,” said O’Connor, “NHS has not informed the community of the withdrawal of this service. There is nothing on the NHS website about this service. We pay a specific tax to the Niagara Health service, but we don’t have any services in town.”

What is the town getting for its money, she asked, and while health care is not the jurisdiction of municipalities, and should not be providing health care, “we should advocate to ensure that our town has the appropriate health care infrastructure that we need to thrive.”

Municipalities have a role to play in advocating for the health-care needs of their community, she added. “This is what we need to do.” O’Connor told councillors she will be making a motion next meeting regarding municipal advocacy for the restoration of the nurse practitioner formerly provided by the Niagara Health system.
Farm worker advocates looking for WSIB changes

Local Staff

On Injured Workers Day, June 1, Niagara residents are calling on Ontario’s Workplace Safety and Insurance Board (WSIB) to take urgent action, to bring an end to the destruc-
tive practice of “deeming” and to ensure proper compensation for injured migrant workers and their families.

Local advocate Jane Andres has told the story of Jeleel Stewart in The Local — in May, 2008, he was employed for his second year at Mori Nurseries in Niagara-on-the-Lake when his left hand was crushed by a forklift in a workplace accident. He was sent back to Jamaica, where he re-
ceived physiotherapy and was partially compensated by WSIB for two years. In 2010, WSIB terminated his compensation and physiotherapy on the basis that he could conceivably find work at a gas station in Niagara because he still had one working hand, despite the fact that he lives in Jamaica.

While employers received billions of dollars in rebate funds from WSIB this year, injured workers like Stewart and their families continue to suffer, unable to afford even the basic necessities, says Andres. Except for a brief period, the Stewart family has had no in-
come for food, rent, or school for their children.

Unable to work or provide for his family of seven, Andres says, he has struggled with se-
vvere depression. Due to con-
stant pain and stress, his health has deteriorated significantly in recent years. He has developed diabetes and cannot afford adequate nutrition. He has de-
veloped serious cardiac issues and has been hospitalized three times in the last two months, which has added to the severe stress he has faced daily for the past 14 years.

“All migrant workers are valued members of our com-
munity. They deserve the same rights as Canadians, which is impossible under these tem-
porary programs,” says Andres, creator of Niagara Workers Welcome, a local organization that works to connect local mi-
grant farm workers with a car-
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ful practice of deeming and to provide proper compensation to Jeleel Stewart and his fam-
ily immediately. This is about creating healthy, safe commu-
nities where all neighbours are welcome and valued, without exception.”

Andres and other local res-
idents who support Stewart are sending a letter to WSIB presi-
dent and CEO Jeffrey Lang, as well as local representatives, to call for immediate, urgent, and life-saving changes.

To donate to the Stewart family and learn more about how to support migrant work-
ers injured in Niagara, visit neverlosehope.ca

For more information about Stewart, visit https://notllocal.com/2022/04/15/husband-father-friend-more-
than-a-migrant-worker

There are also two YouTube videos available that share the story of Jeleel Stewart, which can be viewed at https://you-
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If you haven’t already voted, it’s time for a decision

It’s all over but the voting. Thursday is the day we vote for a provincial government. Hopefully everyone has received their voting card — it tells us where to go to vote. If you don’t have a voting card, visit The Elections Ontario website at http://www.elections.on.ca/en.html to find your polling station. Go there on Thursday, between 9 a.m. and 9 p.m., with identification that shows your name and address, and you will be able to vote.

Though most voters likely already know how they will mark their ballot, for some, there may be last-minute jitters about doing what is best for the province, and for them, we have choices. Progressive Conservative Leader Doug Ford wants to remain the premier of the province, and is being challenged by Liberal Andrea Horwath, Leader Stephen Del Duca, and the Green Party’s Mike Schreiner. Del Duca and Schreiner were pretty much unknown before the lead-up to the election, although they’ve both worked hard at overcoming that. They’ve spoken in public more than Ford, as they have their riding candidates.

Ford’s favourite slogan is get it done, and he tells us as often as he can that his PC candidates will get it done. As for what “it” may be, he has promised housing starts, new hospitals across the province — not so much about how much he will get the doctors and nurses to work in them — as well as new highways and more public transit. Del Duca has had to work at getting voters to forget the decade of the last provincial Liberal government led by Kathleen Wynne, a dismal history to overcome. He too is promising more new homes, and says he plans to lure more doctors and nurses. He will scrap any plans for new highways, instead offering $1 rides on public transit across the province. Andrea Horwath also promises more housing builds, better affordable hospital and rental units, and help for first-time purchasers in the form of loans for those who qualify. She has focused on health-care improvements, including hiring more nurses, and she would also bin the new highways Ford wants to build.

Mike Schreiner has worked with charities and public appearances, coming across as committed, smart and articulate, but he can only hope for a party win of a few more seats than last election. He too talks about affordable housing, health care and transportation, including building more bus lanes, and not surprisingly has a comprehensive plan to address climate change, an important topic pretty much absent from most election discussions.

So those are our choices in a nutshell, but that doesn’t help us know who most likely to keep their promises. We’ll know soon who will get the opportunity to try. At this point, all that’s left for us to do, if we haven’t already, is get out and vote. To borrow the words of Doug Ford, get it done.

Penny Coles
The Local

Places of biodiversity, important ecosystems can also be dangerous

Owen Bjornan
Special to The Local

During small talk with someone last week, I asked the question, "what is something that scares the daylights out of you, but you have always wanted to do?" This individual’s answer was skydiving, and fair enough. But you, but you have always wanted to do? That scares the daylights out of me. Hopefully everyone has answered the question, “what is something you are afraid of?”

For an example to answer my own question, take the Ondo-Pacific nation of Papua New Guinea. Sinking snug on the plane to this remote, exotic tropical landscape contains towering mountains, lush tropical rainforests, 15 active volcanoes, massive mangrove rivers and coral reefs. The island has many of its issues have to do with a lack of medical care, yet the medical system for the patient’s (me) have been compromised due to a severe illness. The website goes into detail about the different types of crime, and how it can occur in both the capital city and deep in national parks. In my research of this country, I spied a curious and intriguing story.

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Local VOICES: Nursing through COVID

Jayne Serluca
Special to The Local

As I reflect over the past year, and my career as a nurse, I have come to understand that COVID has dramatically changed my life and relationships.

During the first few months of the pandemic, community healthcare shifted its assessment methodologies to minimizing contact with patients. Some services may have been impacted throughout homecare as staffing shortages continued, but those concerned with requiring care to be waisthight. That being said, community nurses continued to be a witness and support patients in any capacity possible.

About a year ago, I shifted from my career as a rapid response to a casual RN in the community. That was temporary, which encouraged and a special level of professional development. I had the opportunity to work with the fragments of her life. She hopes to live more fully to 2019), begins with a funeral response nurse to a casual RN in the community. That was temporary, which encouraged and a special level of professional development. I had the opportunity to work with the fragments of her life. She hopes to live more fully to 2019), begins with a funeral.

As I reflect over the past year, and my career as a nurse, I have come to understand that COVID has dramatically changed my life and relationships. The pandemic has brought about some positive changes, and our work-life balance has improved. I have learned to place more emphasis on my family and the importance of spending quality time together. Personally, I have also come to enjoy a lack of social obligations, and no longer feel the pressure of sayings yes all the time.

Uncertain as to what the next years hold, we hope see more in a positive light. The pandemic has made our community stronger, and in some ways, more unified than ever. There has been a growing trend to support each other and continue to move forward as a whole, a positive result of very challenging times.

Jayne Serluca was a Local Voice in June, 2021, when she joined Niagara Re- gional immunization program to vaccinate people in our community.
I expect that to be the or- dinary resident of Niagara- on-the-Lake, the ongoing con- troversy and arguments con- cerning this complex develop- ment is likely to be Solmar’s own and under im- mediate appeal to the Ontario Land Tribunal) and its impact on the surrounding neighborhood and the heritage aspects of the Rand Estate are probably both very confusing and seemingly interminable.

In my opinion, the basic cause of this situation has to be what has been proposed by the developer as being self-interest only and is totally unsuitable for this site and the immediate surrounding area, and in the opinion of most people a very poor fit that will inevitably destroy the historic property that is seen by many as both important and historic. Anybody who has ob- served Solmar and its cavalier attitude toward important heritage preservation over this issue in the past two or three years would agree that preser- vation of these important heri- tage assets is simply not part of the development plans. In the event that this developer were to be given a free hand without restraint, the Rand property would likely be razed com- pletely to accommodate the construction of a high-density residential development (191 units revised and slightly reduced to 172 units) and the six-storey hotel currently on hand and any heritage value that exists would be greatly dis- minced and eventually dis- appear forever.

I am sure that this is not what the residents of NOTL would want, and it is not in the public interest as claimed by the developer. Every voice is important and needs to be heard by council and by Solmar.

Derek Collins
NOTL

Subdivision plan does not respect heritage, reader says

Kidnappings, guerilla warfare prevent economy boost

Continued from page 6

Jumping continents again, there is a giant blob of green in the middle of Africa. The Congo rainforest is the sec- ond-largest region of tropical rainforest in the world, second only to the Amazon. It is full of un- knowns and unexplored. It is the home to gorillas, but also guerilla warfare. Entire families and villages can be brutally wiped out overnight. Families and villages can be also guerilla warfare. Entire

This is a sad reality and a shame to the innocent locals who live there. I am a firm believer that 99 percent of people in the world, in any country, are inher- ently good and harmless. For conversation sake, the one per cent of criminal behaviour keeps a potentially healthy tourism industry at bay, an industry which economically help such impoverished countries.

To play some global hop- scotch for a moment, we can consider that Peru has areas of the Amazon where Indigenous tribes can attack visitors and park staff, while we also have to be mindful of dangerous drug smugglers who are trying to not be seen on the back rivers.

In China, people can simply be detained or disappear with- out question due to aggressive government behaviour, which is not something I am exactly keen on. However, I would definitely learn to be extra- cautious during our China’s sub- tropical mountains and Yangtze River gorge, containing an en- dangered species of dolphin and a rare type of alligator.

Full circle and back to Can- adian soil, we can feel grateful that we generally live in an area of the world with social and cultural stability. We are not perfect, as human dangers can exist in Canadian wilds, too, but on the scale of relativ- ity, I would wager our country scores very high in the positive correlation between peaceful people and peaceful forests.

Why would I, Wade Tay- ler Davis, a retired chemist and dentist, venture forth from a life in Cincinnati, in Ohio, and come to the Great North?

The brewmaster program at Niagara College was the bat- tle of course. Arriving in Niagara- on-the-Lake, I visited my old high school, friend, Dr. Mary-Ann, Kerner, who took me to the brew- ery at Niagara College, where I met several very enthusiastic professors and students. It was, as I once described it, a perfect environment. I would be accepted into the brewmaster program, thus starting my new Canadian life in Septem- ber; even a life change to a place with many anecdotes for my book, The Story with Many Distractions, to be published in the future.

When I first thought of the word “brewmaster”, Iram Stok- er’s Dracula came to mind. I’m not sure why that word brought the demon into my conscience, but maybe as I write this story, it will resurface... or not.

Possibly it’s because Dracula was an interesting, scary creature, not unlike a brewmaster profes- sor. That thought came to reality in my very first class, when the professor-brewmaster noticed me and said I wouldn’t be able to finish first and leave. I thought I should be able to be the first one finished. So, on the next test, I raced through it and was ready to get up first and leave, but you might know it, I got there a few seconds before me. I never did that “get up first” thing again.

Another amazing student was also an athlete and gradu- ate of Queens University, with a master’s degree in GIS from Edinburgh University in Scot- land. He was a mapping expert, the guy you want to know when you’re hoping that large oil depot in Texas was more of a “get up first” thing, and he would finish ex- ams about the same time, and be the last to leave.

I continue on about my impressive classmates, but you get the picture, these young people were the top of the educa- tion program now, all 17 members of my class every few weeks. That was something to look forward to and turned out to be a great learning experience. A college instructor always joined us because we were stu- dents, and headed a representa- tive from the college. Our assis- tant brewer, George, also came along, and brought his music to enjoy, or not. I didn’t depend on your appreciation of ’80s rock. My music preference was more tuned to the ’60s, but I would never admit that to the class. None of them would know Jack Scott, Frankie Laine or even Gene Autry never had what they said.

The one thing that really struck me about the students was that they were all former college or uni- versity graduates. In fact, as a group, they were the smartest young peo- ple I’ve ever known. They were there because of their passion for brewing and science, not just drinking like my college friends (not me, of course) but they accepted me as just another student on the same path they were. I really appreciated that, and being an eternally optimistic person, I expected that how it would be.

One young student was an athlete and graduate of McGill University, possibly the top Ca- nadian university, along with the Universities of Queens and Toronto. After every exam, he would finish first and leave. I thought I should be able to be the first one finished. So, on the next test, I raced through it and was ready to get up first and leave, but you might know it, I got there a few seconds before me. I never did that “get up first” thing again.

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Continued on page 9
Continued from page 8

the Queen Street window. The Cafelougs have visited Beau Chapeau to train Harrison and Olsen on how to use the equipment.

Neufeld shows off a glass case, holding gems such as an Italian admiral’s hat from the mid-1800s, a hat belonging to an Olympic gold medalist from 1928, and top hats from the turn of the twentieth century.

“We’re restoring them, and trying to carry on the stories that come with them,” Neufeld says. “Many of them were made with this same equipment that we have right here in our store.”

“These are the very first gift cards,” he continues, pointing to a set of miniature men’s and women’s hats and hat boxes. “If you wanted to buy someone a hat, you bought one of those, gave them to your loved one, and they brought it back to cash in for a hat.”

Neufeld says the new equipment makes the shop not just a destination for tourists, as it has been for 25 years, but also a destination for true hat-lovers and collectors. “It’s kind of like restoring a rusty old ’60 Mustang with no floor boards,” Neufeld explains. “We completely disassemble the hat, bathe it, clean it, steam it and re-block it back to its desired shape. Then we’ll put a new band on, a new binding on the edge and a new inner lining. When it’s done it is in showroom condition.”

Neufeld is visibly excited about the new direction being taken by Beau Chapeau. He’s committed to preserving and telling the story of the history of hats through the restoration and hat-making process.

At the anniversary and grand opening celebration Friday, Neufeld was quick to thank his staff and his family, including his father Elmer, who during the pandemic put in eight-hour days to disassemble, sand, restore and refinish much of the cabinetry and vintage machinery. He also recognized former staff members from the store’s early days who came to take part in the event.

A behatted Neufeld also gave much credit to many of his neighbours for their mentorship.

“It’s the anchors,” he tells The Local “just Christmas, Irish Design, Greaves Jama. They know what they are doing. They are pros, with a high level of skill.”

Atwell’s Agent Carter fedoras in the world during that time. A new Indiana Jones film scheduled to be released in 2023 should help that you received feedback from happy hat-wearers.

“We have so many people who post photos of them wearing their hats on our website,” he marvels. “We have some people who come back year after year to show us their photos personally, too.”

As well, through 25 years he’s weathered some of the highs and lows of the hat trade. He expects women’s hats to have an uptick this year with Queen Elizabeth’s platinum jubilee and the return of polo to the Niagara-on-the-Lake Commons in September.

For men’s hats, there’s been nothing like the resurgence of Agent Carter in the world during that time. A new Indiana Jones film scheduled to be released in 2023 should bring its own surge on the men’s side, too.

“Timing is everything,” he says. “It’s the anchors, but it’s also the new wave of young women wearing hats for the first time. And it’s the men coming back.”

As for any business to make it through a quarter of a century it has to build a relationship with its customers or clients. Hats are a very personal purchase, and it’s common for Neufeld to receive feedback from happy hat-wearers.

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Before helping Kevin and Jana cut the ribbon on their Beau Chapeau expansion with Lord Mayor Betty Disero.

Jana and Kevin Neufeld cut the ribbon on their Beau Chapeau expansion with Lord Mayor Betty Disero.
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Rezzas meet Filomena, become her people

Mike Balsom
The Local

Filomena Pisano didn’t think anything good could have come from her daughter’s chance encounter with a coyote in late April.

“You’ve probably seen the video by now. Pisano’s daughter trying to fend off a lunging canid as it tries to attack Charley, the family’s Shih Tzu. Local resident Tim Baliaski running full speed at the coyote, chasing it away. The video went viral and garnered national news network attention.

Pisano was shaken, scared and angry. She posted the video from the security camera in her nearby house to a local Facebook group and the conversation about what to do about the Old Town coyote problem was on.

Adrian Rezza joined the conversation, worried that he and his young family may one day have to fend off the same animal near their Kar-stone Court home, just a stone’s throw from Pisano’s house.

The very next day Rezza had his own close encounter.

“I took my daughter to the park, and I saw this coyote on her path. I reached out to him thinking he was having a panic attack. I reached out to him to make sure he was okay. We ended up talking on the phone for over two hours,” Rezza posted the details of his own incident on the same Facebook group and it garnered Pisano’s attention.

“If you look at it (his post),” says the visual artist, “there were no periods, no spaces. I thought he was having a panic attack. I reached out to him to make sure he was okay. We ended up talking on the phone for over two hours.”

Rezza and his brother Lucas are rappers, songwriters and producers who work under the name of 80 Empire. They create their songs out of Lucas’ Old Town home, Adrian writing lyrics, rapping and singing, with Lucas composing the music and creating the beats and backing tracks.

The brothers found a kindred spirit in Pisano, whose stunning visual art has captured much attention in recent years. All three are of Italian descent.

“Her art, her charisma, her kindness,” Adrian says of Pisano. “She looked amazing. We were working without a storyboard, but it all came together. Artists, music and painters, just make it work.”

Lisotto, says Lucas, is about “politics and bullshit.” It uses paintings as a metaphor.

“I just rolled everything into the middle of the room, and started to paint. I didn’t know he was going to videotape me. At that moment, I left my body.”

“He (Fatty) asked me what I do to get started,” says Pisano. “I just rolled everything into the middle of the room, and started to paint. I didn’t know he was going to videotape me. At that moment, I left my body.”

“Was she in a zone,” Adrian agrees.

“Eight Empire left the Virgin studio with all the footage they needed for the video, which debuts Aug. 1, two weeks after Paintings will hit all streaming services. The full Intermission album will follow shortly after that.

And Pisano got what she needed a month after the harrowing experience with the coyote.

“Through this event I have met my tribe,” Pisano says today. “I have met the people who are kind, the silver lining in this mess. I regretted posting that video at first, and I got a lot of negative comments.”

As the track continues to enjoy in her high-ceilinged studio, she beams with pleasure.

“I’m so happy,” Pisano enthuses. “This healed it. These two guys and Fatty coming into my studio, the moment they entered, the coyote story was healed.”

 Lucas Rezza, with Filomena Pisano and his brother Adrian, are in the artist’s Virgil studio, where some footage was filmed for the rappers’ new record. (Mike Balsom)

Filomena Pisano

The very next day Rezza and his brother Lucas met Filomena, become her people.

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Lucas Rezza, with Filomena Pisano and his brother Adrian, are in the artist’s Virgil studio, where some footage was filmed for the rappers’ new record. (Mike Balsom)
Youth committee holds mental health conference

Penny Coles  The Local

The teen members of the Lord Mayor’s Youth Advisory Committee have had some help learning how to deal with stress and look after their mental wellness.

Now they’re ready to start sharing what they’ve learned with others.

The Mind Over Matter wellness conference, hosted by the LMVAC and Learn & Live, a series of wellness sessions, was held at the community centre Friday. Patston’s Mental Health councillor Kristen Schroeder was on hand to lead a two-hour discussion about teen issues and mental health.

There were also activities about mental health and wellness, as well as pizza and snacks on offer for the teens.

Terry Mactaggart, one of the organizers of the Learn & Live sessions, usually held at the NOTL Public Library, says it was “a wonderful two hours,” and although it was directed at teens, “even I learned a thing or two.” The LMVAC worked hard to make it a success, she says, and Learn & Live wouldn’t hesitate to partner with the youth council again next year.

LMVAC chair Michaila Ivri, a Grade 10 A.N. Meyer Secondary School student in Niagara Falls, says they plan to host it again, and have learned the importance of advertising — the event was well-organized but not well-attended, other than by their own committee members and some friends. Those who were there, however, felt they came away with very helpful and important information.

This was their first in-person initiative since COVID. Ivri says — all their meetings have been virtual, except for one project to clean up garbage along York Road, which the teen council members did in conjunction with the St. Davids Lions Club.

They also did a live Black history project on Instagram, and tried to get a skating party organized, which fell victim to a warm spell when the ice melted.

The group, which has a town staff member as an advisor, has posters printed to advertise the mental wellness conference, but not in enough time to get them posted in schools. “We weren’t able to get the word out,” Ivri says, but will instead try to get the message across to their friends, and hope they will help spread it.

“They were all things we organized, which fell victim to a warm spell when the ice melted.”

The feeling of having to make a decision about something — instead of getting off their phone or avoiding Instagram, spending time with a friend, making new friends, or reading before going to bed — is easier.

“People who were there, however, felt they came away with very helpful and important information.”

At the event, Schroeder gave them a list of about 100 easy ways they can make changes in their lives, and spoke to them about the importance of building their resilience before something bad happens by making small, incremental changes in their routines. That can make a big difference in how they handle stress, and prepare them to deal with it when it happens. She asked them to build 30 minutes into their routines to try some of those measures.

“Her many suggestions were all designed to turn the teens’ focus to something positive, such as watching or playing a sport, getting off their phone or avoiding Instagram, spending time with a friend, making new friends, or reading before going to bed.”

She also spoke of accumulating positive experiences, building mastery of something by focusing on a new skill, avoiding mood-altering drugs, including caffeine, balancing activity with sleep, and getting enough exercise.

“They were all things we can incorporate into our routine, but it doesn’t have to be the same thing all the time,” says Ivri.

She believes Schroeder’s tips are already working for her. The feeling of having to make a big change in routine, and doing it daily, can be overwhelming, “and if you fail just one day, you may give up,” she says. But if she decides, as she has, to read before going to sleep, even three nights a week, it makes it easy for her to incorporate that into her routine. “Hearing that changed my mindset, and made it less overwhelming.”

She says she has had similar conversations with her friends, and while it doesn’t help to have someone say you have to do something, a suggestion to start by doing something small is easier.

“We talk a lot about mental health,” she says of her conversations with friends. “If someone is going through a rough time, we’ll all chip in to help.”

When I see my friends this week, I feel we can have this discussion, and it will make a difference.”

This is a good learning experience. When you go to a therapist, it seems like you have to change your routine completely. But doing things incrementally, changing just a small thing, helps you on your way to feeling better.”

Although Ivri says she and her friends have conversations about mental health, “there is still a stigma. Talking about it is not fun. But this is actually a topic that can be a fun, not draining or heavy.”

She feels the conference last week was a good format, and they will do something similar next year, but will ask those interested in attending to register — they had people say they would come, but then didn’t show up, she says.

She has high hopes for a great year for the LMVAC next year. They had 10 members this year, but meetings were virtual, and some members had never met other than through Zoom. Returning members will be able to meet in person, and have time to rebuild as a council, she says.

A wrap-up meeting was planned for this week, and we’ll talk about what we’ve done, and focus on what we can do next year to improve.”

Kristen Schroeder of Patstone Mental Health, A.N. Myer students R尼亚rah Degazos and Brianna Kosehman, and Lord Mayor Youth Advisory Council members Julia King from Eden High School, Michelle Ivri from A.N. Myer, town staff member Marah Minor, Ezekiel Ivri from A.N. Myer, Lord Mayor Betty Disero, and Matteo Grusso from St. Paul Catholic High School, were at the mental health conference held at the community centre Friday. (Photo supplied)

Dr. Kevin Clark and Dr. Rebecca Zabek-Clark

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Looking back on 25 years of B&B industry in town

Penny Coles
The Local

Twenty-five years after the Bed and Breakfast Association was formed in Niagara-on-the-Lake, the town has changed, and so has the accommodation industry, but maybe not as much as residents might think.

The number of visitors coming to NOTL was often quoted in the 1990s as being around the three million mark each season, a number which is still used today.

Minerva Ward, president of the NOTL Chamber of Commerce, says she has heard that number since she accepted her position with the chamber, but won’t use it, or any number, because there is no scientific basis. Data has never been collected that could accurately state the number of tourists coming to town, she says. One of her goals is to determine an accurate number as a base, to track growth and help make decisions about the tourism industry.

Although B&Bs are still a popular choice for many visitors, there are fewer of them than there were 25 years ago, with more alternatives for visitors, including more hotel rooms, and the growth of other kinds of accommodation rentals.

The NOTL Chamber of Commerce was once a source of B&B reservations, some of them coming from an early website, others from people who walked into the office looking for a place to stay. Likely the biggest change in the industry has come about because of the proliferation of reservation systems, making online bookings easy for visitors before they leave home.

The chamber is not involved in taking reservations, says Ward, but the NOTL B&B Association is a member of the Chamber and is represented on its board. B&Bs are listed on the chamber website, with a link to accommodations.

Lynne LeGallais and Kern Moody are two former B&B operators involved in the early days of the association, as it broke away from the chamber. Speaking to The Local during a Zoom meeting, Moody explains in the 90s, not all B&B owners thought they were getting their fair share of reservations through the chamber, and pulled away to create their own official association. They used one of their member’s website to advertise, with captains who would take phone calls, matching visitors’ needs to B&Bs.

The captains, says Moody, also did inspections to ensure B&Bs were up to their standards before they would take bookings.

That system didn’t last long. Operators, says Moody, “needed to be competitive, contentious and curious,” and the association transitioned to a third-party booking website, run by someone who did not own a B&B.

LeGallais, with a B&B on the Niagara River Parkway, recalls the chamber still had its website and also became very active members of the B&B Association.

“The town licensing process was quite arduous, she says, “Every property was inspected, and it was expected they would give you advice whether you wanted it or not, such as ‘you want to change the colour of this room because people won’t like that!’ We had lots of input from the town.”

John Foreman, a current B&B owner and president of the association, was in the conversation, saying with a laugh, “I would say they’re still on that path.”

Moody says there were inspections by town bylaw officers, the fire department, and the regional health department. At that time, there were just over 300 licensed B&Bs, presenting people with a more affordable option than hotel rooms, but also making more rooms available for tourists — before the growth of B&Bs in town, many visitors would stay in Niagara Falls hotels, says Moody. Having rooms in town meant guests would stay longer, and take advantage of local restaurants.

The number of B&Bs is now down to about 150, says Foreman, but including other kinds of vacation rentals, there are about 300, all with inspections by town bylaw officers, and to ensure homes are up to fire and electrical codes. The B&B Association also includes other kinds of rental accommodation, including cottages, country inns, and villas.

Although there has been talk in recent months about harsh penalties for those operating without a licence, or not following other rental protocols, B&Bs of 20 years ago caught breaking rules also faced tough punishments, although there weren’t many, says Moody. As president of the association, he visited two, and those were the only two he knew of during his years with the association. Both were offered an option by the town — a $25,000 fine or a one-year licence suspension, and they both chose to pay the fine, he recalls.

Moody and his wife Peggy ran their B&B on Lakeshore Road, by Bayberry Lane, from 2002 to 2018, selling in 2018 and moving to St. Davids.

“Peggy and I started coming to NOTL in 70s,” he says, Continued on page 23
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 to the plan will identify and develop a strategy for meeting Niagara’s biosolids treatment needs to the year 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 (i.e., 5 years) and long term (to the year 2051)
- Improve biosolids marketability; and
- Address community expectations regarding level of service, odour, air noise, water quality, protection of the environment and aesthetics

**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.

Public Information Centre No. 1 related 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](http://niagararegion.ca/projects/biosolids-master-plan)

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

Albert Succi, Senior Project Manager  
Water & Wastewater Engineering  
Niagara Region  
3501 Schmon Pkwy., PO Box 1042  
Thorold, ON L2V 4T7  
905-980-6000 ext. 3308  
Toll-free: 1-800-253-7215  
Fax: 905-865-5205  
niagarabiosolidsmp@niagararegion.ca

Personal information collected or submitted in writing at public meetings will be collected, used and disclosed by members of Regional Council and Regional staff in accordance with the Municipal Freedom of Information and Protection of Privacy Act (MFIPPA). The written submissions including names, contact information and reports of the public meeting will be made available. Questions should be referred to the Privacy Office at 905-980-6000, ext. 3779 or FOI@niagararegion.ca.

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 Niagara Region’s Accessibility Advisory Coordinator at 905-980-6000 ext. 3252 or accessibility@niagararegion.ca.

**GET INVOLVED**

Public feedback is an important part of the process. Information about the project will be available on Niagara Region’s website as part of Public Information Centre No. 1. You can learn about the project, strategies being considered and how you can have your voice heard.

**PUBLIC INFORMATION CENTRE NO. 1 DETAILS**

Information about the Biosolids Management Master Plan will be made available on the project website beginning Wednesday, June 8, 2022. This will be followed with a two-week period to submit
The much-awaited Saturday morning Farmers’ Market at The Village opened for its 16th straight season Saturday, and is expected to run for 20 weeks, until Oct. 8, from 8 a.m. to 1 p.m., with many of the favourite vendors from previous years on-hand with their fresh produce and crafts. The popular Wednesday SupperMarket is still a question mark — while COVID restrictions are no longer a factor, there is construction on the property that affects the market area. Organizers are saying there is a possibility there could be a SupperMarket later in the summer, but it’s not a certainty. Check the market website for updates on both markets at http://marketatthevillage.ca/2022/05/30/farmers-market. (Photos by Mike Balsom)

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Kyra Simone and Gregary Ford of Kiwi’s Curios offer hand-made jewelry.

Ken and Rose Bartel are back with a fresh batch of their popular rhubarb.

Public input on the proposed development charges by-law is welcomed and encouraged. During this time written comments are the preferred method of receiving public input. Written comments may be sent by mail or email. You can also provide oral input by joining the electronic meeting.

Written submission: To provide written input, please mail your comments to the Office of the Regional Clerk, Niagara Region, 1815 Sir Isaac Brock Way, PO Box 1042, Thorold, ON, L2V 4T7 or clerk@niagararegion.ca by 4 p.m. on Wednesday, June 29, 2022.

Oral submission: To provide input orally at the virtual public meeting, please submit your delegation request to the Regional Clerk by completing the online form at niagararegion.ca/government/council/speak-at-committee.aspx or to clerk@niagararegion.ca before 4 p.m. on Wednesday, June 29, 2022. For more information, visit niagararegion.ca/government/council/speakingatcouncil.

If you require any accommodations in order to participate in meetings or events, please let us know in advance so that arrangements can be made in a timely manner. Please contact the Accessibility Advisor Coordinator at 905-980-6000 ext. 3252 or accessibility@niagararegion.ca.

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Date issued: June 2, 2022.

PUBLIC NOTICE

Annual Strengthening and Resurfacing Program Various locations throughout the Niagara region Commencing Spring 2022 - weekdays

Motorists and the general public are hereby advised that Niagara Region’s Annual Strengthening and Resurfacing Program has commenced. For updates on this project please visit niagararegion.ca.roads. This project is required to increase the lifespan of the road sections by improving the structural integrity.

The proposed work includes:
• Replacing selected cross culverts
• Milling off the top course of asphalt or doing a cold in place strategy of the road section
• Repairing cracks in the base course asphalt and replacing concrete curbs that are in poor condition
• Paving new top course asphalt, line marking and adding granular to shoulders

Please expect traffic delays and that daily road closures and detours as identified will be required for paving operations during construction. The contractors’ anticipated hours of operation from 7 a.m. to 7 p.m., weather permitting.

Businesses and residents will have access during the closure but may be directed to take an alternate route to get to their destination.

Emergency services will also have access if required.

Any inquiries concerning this project may be directed to Niagara Region Dispatch at 905-984-3690 or Melissa Tomascik, C.E.T., Project Manager Transportation Engineering, at 905-980-6000 ext. 3189.

Your co-operation and patience during this period of inconvenience is appreciated.

Bruce Zwaniga Commissioner of Public Works (Interim)
Niagara Region

PUBLIC NOTICE

Niagara Region Proposed Development Charges (D.C.) By-law and Underlying Background Study

Niagara Region will hold a virtual statutory public meeting pursuant to Section 12 of the Development Charges Act, 1997, as amended, to present and obtain public input on Niagara Region’s proposed Development Charges By-law and underlying background study.

A statutory public meeting is being held under the provisions of Section 12 of the Development Charges Act, as follows:

Date: Thursday, June 30, 2022
Time: 6:30 p.m.
Location: This meeting will be held virtually

A copy of the background study and proposed by-law is available at: niagararegion.ca/business/property/background-study.aspx

The background study and proposed by-law is exclusive of Transit Development Charges which will be provided at a later date. A public meeting will be held at a later date with respect to Transit Development Charges.

Due to the efforts to contain the spread of COVID-19 and to protect all individuals, the council chamber at Regional headquarters will not be open to the public to attend meetings until further notice. To view live-stream meeting proceedings, without the ability to provide oral submissions, please visit niagararegion.ca/government/council.

Have your say

Public input on the proposed development charges by-law is welcomed and encouraged. During this time written comments are the preferred method of receiving public input. Written comments may be sent by mail or email. You can also provide oral input by joining the electronic meeting.

Written submission: To provide written input, please mail your comments to the Office of the Regional Clerk, Niagara Region, 1815 Sir Isaac Brock Way, PO Box 1042, Thorold, ON, L2V 4T7 or clerk@niagararegion.ca by 4 p.m. on Wednesday, June 29, 2022.

Oral submission: To provide input orally at the virtual public meeting, please submit your delegation request to the Regional Clerk by completing the online form at niagararegion.ca/government/council/speak-at-committee.aspx or to clerk@niagararegion.ca before 4 p.m. on Wednesday, June 29, 2022. For more information, visit niagararegion.ca/government/council/speakingatcouncil.

If you require any accommodations in order to participate in meetings or events, please let us know in advance so that arrangements can be made in a timely manner. Please contact the Accessibility Advisor Coordinator at 905-980-6000 ext. 3252 or accessibility@niagararegion.ca.

Personal information collected or submitted in writing at public meetings will be collected, used and disclosed by member of Regional Council and Regional staff in accordance with the Municipal Freedom of Information and Protection of Privacy Act (MFIPPA). The written submissions including names, contact information and reports of the public meeting will be made available. Questions about this collection and disclosure should be directed to the Access & Privacy Office at 905-980-6000 ext. 3779 or FOI@niagararegion.ca.

Date issued: June 2, 2022.
Royal Henley is looking forward to presenting our Art Gallery featuring works of Dr Ron Clavier and residents. We are thrilled to showcase this exhibition featuring "Coming of Age" and the talents of our residents, with 50% of all proceeds from the sale of artwork being donated back to community care.

"Aging" is a word that conjures images of infirmity, and calls into question our ability to contribute meaningfully to society. A far more positive phrase related to getting older is "coming of age" – we use it to signal that a person has lived a certain number of years and is now mature enough to engage in adult behaviour. It is unfortunate that we reserve "coming of age" for young people when coming of age happens every day of every person's life, no matter how long they have lived. To learn more about the artist, visit www. ronclavier.com

Social gatherings are an important part of life and our calendar is full of fun. At Royal Henley Retirement Community, you can connect with fellow residents and develop genuine friendships while enjoying all kinds of interesting things to do.

In order to keep things interesting, we regularly rotate the types of activities that are available to residents and outside community members. Each week, our residents have various options to choose from. We understand the abilities and interests of residents may differ from person to person and this allows us to tailor events and activities to our residents needs.

For example, we have a variety of physio classes based on one's ability level. These classes are great for balancing, strengthening and stretching.

With the events and activities we offer, you can find something to spark your interest. From cooking demos, exercise, social hours, cards and more you’ll have a wide range of fun activities to choose from.

And the best part – you can join all these activities under one roof, even when the weather can be challenging.

You could stop by the men’s coffee club, join a group for a game of Bridge or Euchre, or even go to the movies.

We have some great Senior Friendly events planned for the upcoming summer months. Come out for a visit and explore retirement living. The Royal Henley Retirement Community offers events that are open to the public, but we do ask that you RSVP to let us know you would like to attend.

For the month of June, we are featuring an Art Gallery and Classic Car Show. Call Krista or Jessica for further details at 905 935 1800. Follow us on Facebook or our www.RoyalHenley.com website to see the events you can look forward to.
3 ways to keep gardening with back pain

Gardening is a favourite leisure activity for many of us, providing hours of relaxation, de-stressing and outdoor enjoyment. But if back pain, mobility issues or a health condition is getting in the way, don’t be discouraged. There are many things you can do to continue your hobby.

1. Start with a warmup
While it may not always feel like it, gardening is a physical activity, so just like any exercise it’s good practice to warm up before you start. A five-minute walk and some light stretches will help prime your body for extended periods of sitting and squatting. Be sure to consult your health care provider for warm-ups best suited to you.

2. Use the right tools
Simple things like cushions, kneelers and chairs can help you move and sit more comfortably and reduce the strain on your back and knees. Specialized tools like garden scooters and long-handled trowels and cultivators can help you when bending forward.

3. Check in with an expert
A health-care professional like an occupational therapist can assess your needs and help you develop strategies to adapt so you can continue doing the activities you love. They’ll work with you to find the right approaches to help you keep tending to your flower beds, plants and produce.

You can find an OT through the College of Occupational Therapists. The College works to protect you and your family by ensuring all licensed OTs in Ontario are trained and qualified to offer safe, competent and ethical services. Find more information at coto.org.

www.newscanada.com

5 tips for gardening with sore joints

The days are getting longer, the temperature is getting warmer, and many of us are itching to get our hands dirty in the garden again.

Whether you choose to grow colourful blooms or nutritious veggies, gardening can be great for your mind and body. But, if you have arthritis, it can also be hard on your joints.

“There are many benefits that come with gardening, but it’s important to remember to avoid pushing yourself too much,” says Trish Barbato, president and CEO of the Arthritis Society. Here are some tips she shares.

1. Start low and go slow.
Gradually increase the amount of time you’re active and the effort you make while gardening. Schedule tasks like weeding, mulching or pruning over several days to avoid overexerting yourself.

2. Use the right tools.
Tools with larger grips or extended handles can make many tasks easier for those with arthritis. Use a seat or kneeling pads to avoid putting stress on your knees.

3. Bring the garden to you.
If working at low levels is difficult for your joints, consider raised planters or an elevated container garden.

4. Build in breaks.
Set an alarm at least every hour to take a 10-minute pause. This will help you avoid stiffness and pain the next day.

5. Avoid the heavy lifting.
Carry smaller loads, or better yet, delegate more challenging tasks to family and friends. Find more information and resources to help you garden at arthritis.ca.

www.newscanada.com

Whether a Biker or a Baptist

It doesn’t matter if you’re a Biker or a Baptist. If you prefer a church, a garden, or a pub. If you want stories and laughter or silent tranquility. A procession or a party. No matter what your budget, the only thing a funeral absolutely has to be is whatever you want it to be.

When your time comes, are you prepared? Will you burden your family with planning your funeral after you’re gone? Or will you pre-plan your funeral and have it done your way? You can help your family, even after you’ve passed.

You buy insurance in the event something might happen to your home or vehicle, you plan your finances, and you create a Will and Powers of Attorney to handle your affairs. Doesn’t it just make sense to pre-plan your funeral arrangements?

Morgan Funeral Home has been part of the Niagara-on-the-Lake community since 1959. Founded on the principle established by funeral directors Gordon & Betty Morgan “of serving families just as we would want to be served.” The team at Morgan Funeral Home continues to be available to help you or your family answer your pre-need and at-need funeral questions.

Call us to pre-arrange exactly what you want—traditional or contemporary.
What not to forget when planning your estate

(NE) When it comes to planning your estate, there’s more to consider than you might realize. Luckily, knowing the most common mistakes can help you avoid them. Whether you’re creating your first estate plan or updating an existing one, here are some things to consider.

Digital assets
We live in a technology-driven time, and that makes digital estate planning a must. From online banking and automatic billing to emails, social media accounts and even digital currency, digital assets are worth looking after. As you would with other parts of your plan, name a Digital Executor who can handle your assets properly.

In case of emergency file
This file places all critical documents in one place, so executors have direct and easy access to the will, bank statements, insurance policies, birth and marriage certificates, the cemetery deed and so forth. Other important information to include are funeral preferences, real estate deeds, property taxes, tax returns and computer user IDs and passwords.

www.newscanada.com

4 easy-to-remember tips for managing fatigue

(NE) Fatigue is a common symptom that affects people with chronic conditions such as arthritis. It can be hard to manage since it can affect most areas of your life. But there are strategies that can help.

“We’ve found the ‘four Ps’ is one of the best techniques to help people cope with fatigue,” says Trish Barbato, president and CEO of the Arthritis Society.

1. Prioritize
Keep a list of all your activities for one week and arrange it in order of importance. Then determine what you can skip, do differently or delegate. By only taking on your top priorities, you can conserve your energy.

2. Plan
If you usually feel better in the mornings, schedule your more demanding activities then. Just don’t overdo it. Something big coming up? Book rest time before and after.

3. Pace
Break up your daily activities so you’re not overdoing it. There are several ways to do that. You can take regular breaks and alternate activities so you don’t put too much strain on one part of your body. You can also give a nod to the “two-hour pain rule” which suggests you overdid it if you feel pain for more than two hours after an activity.

4. Posture
Correct posture distributes weight over your larger muscle groups, helping you conserve your energy. To check your posture, align your ears over your shoulders, chin tucked in, shoulders down and back, tummy in, seat tucked under, and knees unlocked. When driving, sit close to the wheel with your knees bent and use a supportive pillow at your lower back.

Learn more tips for managing fatigue at arthritis.ca.

www.newscanada.com

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Downsizing for happiness in a smaller space

Downsizing for retirement can relieve stress and help you focus on what is truly important. Whether you feel ready for the change or you’re a little nervous to plant roots somewhere new, here are some tips for a smooth and easy transition.

Start decluttering now
Even if you don’t plan to move for some time, it’s worth cutting down on your clutter. Begin thinking about items you really want to keep forever, such as your mother’s china. If those antique dishes mean a lot to you, keep them for your next place and plan to actually use them. If they are just taking up space, recognize that and don’t feel bad about finding them a new home. Beginning to tackle this step now will save you last minute stress and guilt when it comes time to move.

Consider your lifestyle
Are you looking to leave behind the hustle and bustle of city life? Or, are you excited by the option of walking to nearby shops and activities in an area where you don’t have to rely on a car? Will your new pad be the home base for a rotation of visiting family or are you planning to live the more nomadic life of the frequent traveller? Consider your physical, social, and personal needs as you think about how and where to live in retirement.

Use all tools available
There are many options and considerations when creating a retirement plan, so use all the resources available to help you make an informed decision for your golden years. For example, you can use free census data to learn about a potential new community before moving there. You can find useful details on population, age and types of dwellings in different places. Specifically, you’ll be able to see if there is a higher concentration of seniors or lots of young children, along with the type of housing in your target area. It’s a great way to learn more about a place before you move there.

Find more information at statcan.gc.ca/census. www.newscanada.com
Learn & Live to explore local cultural gems

Penny Coles
The Local

The Learn & Live program, an initiative that arose from one of the recommendations in the town's Community Wellness Committee's report to council, is turning its attention to local culture for its next session.

A small steering committee of people, separate from the Wellness Committee, began meeting in the spring of 2021, to develop this initiative, which since then has presented themed sessions on a variety of topics to small groups of about 25 people at the NOTL Public Library.

Terry MacTaggart, one of the organizers of the series, says they choose different subjects for the community information sessions that will be of interest and meet the needs of locals. The upcoming discussion will focus on three cultural institutions in town, with presentations from Sarah Kaufman, managing director and curator of the Niagara-on-the-Lake Museum, Caitlin Woolli, director of Willowbank School of Restoration Arts, and Debra Antoncic, director and curator of RiverFlink Art Museum.

“We know people are crazy to get out of the house, and ready to learn or see something new,” says MacTaggart. “And these three different institutions in town are some of the best-kept secrets that should spark some interest in people.”

Woolli plans to show a video and some photos of Willowbank and its students, in an informal presentation for those who are interested in the background of Willowbank, how the school came to be and what it offers. Showing photos of what the students do at the school would be a good way to share its success with locals who might not know about its history and the adaptive reuse of an historic home as a school.

Woolli says, “I had to say. I also learned a lot in such little time! Would it’ve been able to hold an open house or tours, to show the public how the students are able to use and learn from the buildings, although Woolli says they now are looking forward to opening to the public this fall.

All three will talk a little about the history of their cultural organizations in town. Antoncic, of RiverFlink, says that will be a brief part of her presentation. The art museum, located on the Niagara River Parkway as it turns by the Queenston Cenotaph, is not always recognized as such, she says — it’s easy to drive by, focused on the turn, and not see it. Situated in a large home with a beautiful view of the Niagara River, it features changing exhibitions from the renowned art collection of Samuel E. Weir, as well as art on loan from other collections. The museum gardens are sometimes a place for people to stop and admire, says Antoncic, without knowing what goes on inside the building.

The Learn & Live presentation will provide the opportunity for people to look, she says, as she plans to show slides of the art work at the museum. She envisions the presentation to be: “some what interactive,” with participants looking at art work.

Continued on page 21

Beyond the stage at the Shaw

Warren Bain
Submitted to The Shaw Festival

This year, the Shaw Festival is bursting with opportunities to engage with The Shaw with their Beyond the Stage programs!

On June 4, when Embedded Artist Travis Seto teaches insights on acting in a period play. The June 11 Music Theatre workshop is led by Ensemble member Kevin McCachlan and Music Intern Paul Rodermond, and simulates a professional musical theatre rehearsal experience with singing and dancing. The Teen Workshops conclude on June 18 with Stage Combat led by Ensemble member Shane Carty, who will delve into the secrets of staging authentic combat scenes. Sign up for one, two, or get a discount by signing up for all three workshops, but hurry – spots are limited!

Back by popular demand, the Monologue Derby for Teens runs from August 15-26, and features an opportunity for teens to engage in mentorship, training, and performance. This program was developed last year as an answer to limited performance opportunities for high school aged youth in Niagara during the pandemic. Travis Seto, lead instructor, has noticed the difference. “We’ve seen firsthand how our program has opened the hearts and minds of our participants. Building on last year’s success, we plan to continue giving young people the performance opportunities that could change their lives.” The response from the first year of the Derby was overwhelmingly positive, as one participant said: “Everyone was very welcoming, the instructors made me feel special and really listened to what I had to say. I also learned a lot in such little time! Would definitely recommend this program.”

Susanne Merriam, Senior Manager of Education at the Festival, is excited. “We’ve unofficially dubbed this year the ‘Year of Fun! We want to create a space where audiences and the wider community can engage with the Festival and our 60th anniversary season. Our Beyond the Stage favorites for all, like the Shaw Seminar and Continue the Conversation, are returning as well as new exciting experiences like What Comes Next! and the Art of Ideas. Really, I’m looking forward to inviting young people back to the Shaw Festival after such a long time for our workshop opportunities with the Teen Workshop and the Monologue Derby for Teens. It’s going to be so much fun!”

The Shaw Festival believes in real human connections, and that philosophy is at the very heart of the Beyond the Stage programs. For more information, visit shawfest.com/beyondthe-stage or call the Box Office at 905-468-2172 to register.

Photos by Cosmo Condina Photography

Willowbank, a historic estate now operating as the School of Restoration Arts, nestled among the trees on a hill overlooking the village of Queenston. (Charlie Porter)
Tiny Museum to take history out into community

Continued from page 20

and engaging in a discussion about what they see.

Kaufman, curator of the NOTL Museum, will also talk a little about history, with Memorial Hall Ontario’s first purpose-built museum. In addition to the changing exhibits, she can also talk about the many programs it offers, providing “a life-long education component for the community, where people can learn their local history.”

That includes the current exhibit that promotes Niagara-on-the-Lake’s waterfront and Lake Ontario, talks about the impact of climate change on the area, the walking tours and theatrical shows, all ways of sharing local history with residents, newcomers to NOTL, and visitors to town.

The Tiny Museum is one of the bonuses that will be used to go out into the community and share stories of local history, but it was finished and ready for use just as the pandemic hit, says Kaufman. Now, as people are drawn to events and festivals that are back on track after two years, she is anticipating a busy season ahead for the Tiny Museum.

The Learn & Live session on the three museums is Monday, June 13, from 6 p.m. to 7:30 p.m., at the NOTL Public Library.

There are a limited number of spaces. Register for the event by calling 905-468-2023 or visit https://notlpubliclibrary.libnet.info/events?v=grid

The Tiny Museum, parked outside the NOTL Museum on Castlereigh Street, is expected to be in demand this summer.

The School of Restoration Arts class of 2023: Josh Chan, Sean Blank, Dawn Chan, Mackenzie Campbell, Rémy Bles, Johanna Keus, Casimir (Sean’s dog often found at Willowbank) and Caitlyn Woolf. (Charlie Porter)
This Niagara Boulevard garden on the tour was created to complement the colonial-style home, with stone pathways and steps, softened with geraniums and perennial grasses, ornamental trees to provide shade and colour, and a back garden featuring Annablel hydrangea, Russian sage, and more, encouraging visiting bees and butterflies. (Photos supplied)

A Prideaux street garden on the tour includes a fire pit, a cutting garden and a small vegetable plot, and provides shade, structure, colour, privacy and food for bees and butterflies.

Penny Coles
The Local

The 16th Annual Garden Tour is featuring eight spectacular private gardens to view in Niagara-on-the-Lake.

The June 11 event is a self-guided tour, with master gardeners on site to answer questions while participants enjoy creative and unique gardens. Garden tour committee chair Jane Catcher, determined to make the event even more memorable, has ensured there will be something extra in each garden, with either a musician or artist on site.

"Like any event, we're always looking for ways to tweak or change things up," she says. "The 2021 garden tour was held late in the season due to the pandemic, so the twist was the beauty of fall gardens, as well as a little extra in the way of musicians or artists in each. This year, there will again be a "special treat," either a local artist, possibly painting the garden, or a musician providing some entertainment as guests walk through. All are giving their time and talent to the event, says Catcher.

"This was one of my goals, something I'd wanted to do," she says, and last year was so well-appreciated she wanted to do it again.

Last year, she added, was a "picture perfect day," and hopefully will be again this year.

The guild looks for new and different gardens to feature each year, but will occasionally repeat one after a five-year span.

This year there is one repeat, but it was newly planted five years ago, and as gardens mature, they change. "It's a completely different garden, and we didn't hesitate to include it," says Catcher.

New this year is a garden magazine, beautifully put together for the event, and something participants will be happy to keep. It's free of charge for patrons who book before the day of the event, but donations will be welcome, with all money raised from the garden tour going to the Shaw Festival.

Last year's proceeds sponsored the Christmas Carol production. Tickets are on sale through EventBrite until June 10 for $30 per person. On June 11, from 10 a.m. to 4 p.m., tickets will be available at any of the gardens for $30, cash only.

For more information, visit https://www.shaw-guild.ca/garden-tour/
Continued from page 13

usually staying at the Pillar and Post. But by the 1980s, “the Pillar and Post was out of our price range. We called the chamber looking for a B&B, and once we tried one, we never went back to hotel rooms.”

When they decided to retire to NOTL, he and Peggy decided they would run a B&B for five years, and re-evaluate. After their five years was up, Peggy said she wasn’t ready to give it up, but by the end of year six, she had had enough.

Running a B&B “isn’t hard work, but it’s long work. You needed to be there, and she found the pressure of changing a room at 11 a.m. to get it ready for someone coming at 12 was starting to get to her, so we said it’s over,” says Moody.

The house was too big for the two of them, and they decided to sell it. The people who bought it didn’t reopen it as a B&B immediately, but did eventually, he says.

LeGallais purchased a large property on the Niagara River Parkway, beside the Grand Victorian, in 1998, built the house to run as a B&B, and opened in 1999. They kept it for seven years before also selling, when they received an offer they couldn’t refuse, and moved to St. Davids, and then up the hill to Niagara Falls.

When she and her husband Randy had retired, they knew the one part they would miss about their careers was meeting people, so the idea of a B&B for them was ideal, she says. She had no plans to give it up when a local real estate agent asked if she could show the house to a couple who had been visiting NOTL for three years, looking at houses. They had their eye on the LeGallais home, and the real estate agent asked if they could see the house, hoping it would persuade them to look more seriously at something else. Instead, the couple made an offer. LeGallais says she couldn’t handle the idea of selling, but when they returned a couple of months later, Randy had convinced her they could do more with their free time if they sold, and that was the end of their seven-year run.

Foreman says five to seven years is about average — he and his wife have had their B&B for five years, and he thinks they will probably give it another two or three, although he expects they will stay in their home.

Most end up selling, finding “they have more house than they need,” he says. And when B&Bs come up for sale these days, there aren’t many takers. He attributes that to the high price of housing.

If you have to spend $1.5 million, that to the high price of housing, aren’t many takers. He attributes that to the high price of housing.

When he and his wife left, he says, it was “a hard as if you were going to the moon.”

Looking back, Moody says “they have more house than they need,” he says. “It’s kind of hard to make the math work.”

For those who want to run a B&B, the chief attraction is the interaction with people. “The highlight of running a B&B is the conversation around the breakfast table, but maybe the most people aren’t interest-ed in that,” Foreman says.

Moody and LeGallais both agree that although they enjoyed the freedom of hav-
Coyotes run for Rankin cancer fundraiser

Kate Fish
Crossroads principal

Crossroads Coyotes laced up for a hugely success-ful Rankin Cancer Run last Thursday . . . and what a day it was!

Students and staff collected donations for the month of May, and by Tuesday had totalled more than $13,000, with more donations coming in. In addition to supporting an extremely important organization in Niagara, students had a great after-noon organized by the staff and Grade 8 students.

After students finished their run or walk, they were able to play games led by intermediate students, participate in impromptu karaoke and dancing, have their face painted, and write messages of hope, inspiration, and gratitude in sidewalk chalk all over the tarmac.

The day was a joyful event that brought everyone together outside for the first time in years! Students and staff were also fortunate to wear a Rankin Cancer Run T-shirt designed by our very own Grade 3 Coyote, Olivia Rapone.

While the event itself only lasted a few hours, the impact of working together to support such an important cause will last for years to come. We couldn’t be more proud of our Coyotes!

Kate Fish and Olivia Rapone show off the Rankin Run T-shirts Olivia designed. She won a design contest for the T-shirts that were intended to be used for the Rankin Run in 2020, but it and the 2021 run were cancelled, and the T-shirts were distributed this year for the 2022 event. Every student at the school received a free T-shirt, says Fish.

Grade 7 teacher Andre Thames got into karaoke with some of the students dancing and singing along with him.

At the end of the day, Crossroads principal Kate Fish and vice-principal Melora Brewster very good-naturedly participated in a pie-throwing event. They both said the pies were delicious. (Photos by Penny Coles)

Jon Velsink and Emmett Edgecombe show off their painted faces, arms and hands, one of the fun activities of the day.

Principal Kate Fish signs T-shirts for students Maddy MacPherson and Vivian Flear.
More than 300 kids aged three to 14 descended upon the soccer fields in the Virgil Sports Park Saturday for the NOTL Soccer Club’s opening festival, a perfect day for the start of a new season. (Photos by Mike Balsom)
For Thunderhawks, good things come in threes

Andy Boldt
Special to The Local

It’s often said bad things come in threes, and for the Thunderhawks U22 Lacrosse team’s opponents, this is true. The Ostromecki brothers are often a thorn in the sides of their opponents because of their three-pronged attack — an attack the Hamilton Bengals were unfortunate to experience during last Thursday’s contest which saw the Thunderhawks finish with a 6-4 win.

Colby, the oldest Ostromecki and the newer player to the game, often provides the stoic, do-my-job defence that most teams look forward to having on their team. He often provides a spark on the bench, which rallies his teammates to step up for the next play. At 20 years of age, Colby is hoping to be successful in winning a provincial championship in his last year of eligibility.

Hunter, the offensive brother and the second oldest, has the most experience and success of the three. Hunter has won a provincial championship with the Thunderhawks in the U15 division and played up for the Niagara Jr B Thunderhawks during his U18 season. Recently, while playing for the Brock University field lacrosse team, he was able to be one of a few players to win the CUFLA championship with help from a winning goal by Aiden Buis, a Niagara alumnus, winning the 2021 national championship.

Noah, the youngest of the three brothers and rookie to U22 play, has forged a position as a face-off specialist. Winning a majority of his face-off draws has provided the all-important ball possession for the Thunderhawks, a key aspect of the game. His quick feet and highly aggressive defence often limit his opponents to poor scoring opportunities, and provide some transitional breakouts from the defensive zone.

Although a number of brothers have suited up for the Thunderhawks, the Ostromeckis are not the only three-pronged attack that has been seen in NOTL Thunderhawks recent history. The VanderZalm brothers (Isaac, Malcom and Saul) shared similarities to the Ostromeckis.

Isaac and Malcom were both defensive juggernauts for the Thunderhawks, while Saul, also a good defender and a Brock field lacrosse member, was the offensive player of the trio. Check out the NOTL Thunderhawks minor lacrosse website for game schedules, and plan to attend the July 9 Alumni Day where the U22 Thunderhawks will be hosting the Milton Mavericks in a double header. Games start at 10 a.m. and 3 p.m. at the Meridian Credit Union arena.

Go Thunderhawks!
OBITUARY

WALL, JACK FRANK — October 6, 1924 - May 16, 2022
Due to a debilitating bout of pneumonia as a young adult, Jack Frank Wall was not expected to see thirty years of age. While anticipating his last breath with his widowed mother by his side, he committed to being an advocate for the outcasts of the world if God would spare his life. God took him on and Jack’s script was written.

He married a woman that believed in him. He refused jobs that required him to not hang out with society’s delinquents. His pay checks were given away before he got home. Five years into their marriage, he and his wife, Anne, became houseparents for 20 boys at Alissa Craig Boys Farm (now Craigwood Youth Services). They founded Parkhill Girls’ Home (now Teen Girl’s Home) and Ausable Springs Ranch which became the largest private group home program in the 70’s. He founded The Missing Piece Coffee House in Grand Bend as a creative venue to keep kids off the streets. He established the first continuum care home in London, Ontario (now Chelsea Park Oxford). He renovated homes into apartments for Laoitn refugees post Viet Nam war. He created residential homes for post-psychiatric patients. He believed in integrated communities. He believed all people deserved to know the fullness of God’s creation.

In 1984, he and Anne sold all they had and moved to Haiti. They were 60 years old. His intent was to empower the poorest of the poor to “become masters of their own destiny”. This became his last “hoorah”. Today, the Foundation for International Development Assistance (FIDA) stands true to providing resources to men and women who are motivated to become invested shareholders in their own agricultural cooperative. His oldest grandson, Jason, who lived with them in Haiti, recalls seeing his grandfather literally give the shirt off his back on more than one occasion. He says on his passing, “He left big shoes to fill... at least those he did not give away.”

Jack died as he lived. He fulfilled his purpose... passing on the one remaining thing he held: his God-given vision. All else had long been given away. His last breath was granted at 2:57 p.m. on May 16th, ironically due to complications with pneumonia. Funeral service has been held.

In memory of a man who made such a difference in our world. Not only as an Uncle but as a role model whom he touched and changed many people’s lives for the better.

All our love always and forever to our Uncle Jack.

Richard, Cathy, Brandon, Thea and sister-in-law Helen Wall. Predeceased by younger brother David Wall.
Christyna Prokipchuk is an avid cyclist, and has organized a fundraising cycling tour to raise money to send to Ukraine.

Along with a group of avid Niagara cyclists, Niagara-on-the-Lake resident Christyna Prokipchuk is organizing a fundraiser to help the people of Ukraine.

She is hoping for 100 cyclists who will ride to raise money for Help Us Help, a registered Canadian Ukrainian charity that has been helping in Ukraine for a long time.

The July 23 cycling event is called Steppe Up for Ukraine — the steppe are a region in Southern Ukraine, an area of natural green space with the longest growing season, not unlike our Niagara region, she says, with its farmland and vineyards.

Not only does the name symbolize something important to the people of Ukraine, the cycling distance does as well.

The route is a very scenic, self-guided loop beginning at St. Mary’s Ukrainian Church in Niagara Falls, and will begin with a brief ceremony and blessing, says Prokipchuk.

It has been organized like a group ride, with cyclists choosing a 19-kilometre or a 91-kilometre tour of the Niagara region — 1991 was the year of the dissolution of the Soviet Union, when Ukraine became independent, she explains.

The route will stop by notable Ukrainian sites along the way, before ending the loop back at the church, with some homemade Ukrainian food, including cabbage rolls.

With a goal of raising $30,000, Prokipchuk says the event will be coupled with a silent auction, and already has some great items to be auctioned, including an original, 36” x 48” oil on canvas painting by local artist Ron Clavier, called Sunflowers.

Prokipchuk, who will soon be welcoming a Ukrainian refugee family into her home, is desperate to do whatever she can to help the people of Ukraine as they flee their homes, fearing for their lives and their children.

Since the beginning of the invasion, Help Us Help, a Canadian registered charity founded in 1993, has been responding to urgent requests for medical supplies in Ukraine, and is supporting the relocation of Ukrainians from high-risk areas to safer locations, including support for residential institutions and orphanages.

For more information, register for the ride, to donate, offer silent auction items or to volunteer or sponsor the event, visit https://www.justgiving.com/team/STEPPEUPforUkraine