

# The Niagara-on-the-Lake LOCAL



Meet Virgil  
pets who  
go to work

page10

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Rose Bartel (right) sells some flowers to a happy customer at the Farmers Market at the Village. The bouquets consisted of allium, viburnum and lilac, flowers in season. The Farmers Market is in full gear Saturday mornings. The Wednesday SupperMarket has an artisans' market in addition to live entertainment, local food offerings, children's activities, wine and beer. (Fred Mercnik)

## Help volunteered for Dock Area residents Cadets, Virgil Business Association members could be called on to help

**Penny Coles**  
The Local

Cory Abt doesn't have to worry about the rising level of Lake Ontario affecting his Virgil home, but he is concerned about residents living along the waterfront.

"It's not just a Dock Area problem, it's a community

problem," he said.

"Many of the residents in the Dock Area are seniors, and we would like to help if we could."

Abt has offered the assistance of the local Royal Canadian Air Cadet squadron, and said he has also asked Virgil Business Association members if they would

help. He attended Friday's Town-organized meeting for waterfront residents to see if there was any plan to organize volunteer assistance, but when he realized there wasn't, offered it himself.

"My intent in going to the meeting was that I thought there might be a call to action, something put together

to help. I've talked to people at the squadron and they are happy to help if needed."

In the absence of that, he said, he offered the assistance of the cadets. Most of them will be going away to attend organized cadet camps in the summer, but they're available now, he said, and the sense he got from the meeting was, "we have to move quickly."

Continued on page 2

## Prepare to protect your homes, residents warned

**Penny Coles**  
The Local

If the lake level continues to rise as predicted, Dock Area residents should be prepared to protect their homes, and could possibly face evacuation.

Brett Ruck, the Town's environmental supervisor, met with about 30 people Friday afternoon at the community centre to bring them up to date on the impact of the rising lake level, which has surpassed 2017. He also outlined Town staff efforts to mitigate potential impacts as it continues to rise.

But there may come a point where the Town can do no more, he warned.

A report sent to about 100 people by retired mining engineer Ron Simkus before the meeting indicated the water was already about five inches above the record high of 2017, and could go up another five inches in coming weeks.

Ruck was able to show residents, with the maps he's using to model the impact of water rising to certain levels, how their waterfront homes would be affected.

However, it's not so much the water level that is to be feared, he said, but the wave action from high winds and the damage it can cause.

The Town has been working on shoreline protection for several years, and has learned from 2017, he said. He is now focused

on flooding prevention as the more immediate concern.

There have been more bladders added along Melville Street, and more can be ordered for protection against higher levels, he said. There are silent pumps trying to cycle water from drains back to the lake, some manhole covers have been sealed, and check valves installed in some of the sewers to prevent them from overflowing.

However, there are still challenges to overcome. The Town will continue to make sandbags available to residents, but Ruck said he has learned that due to flooding not only in NOTL but other areas, the bags are in short supply.

And water from wave action, caused by wind and by boats, could breach any protection in place.

A mild wind early last week indicated what can occur, and there are likely higher winds to come, he said.

In the event the Town's actions to date don't contain the water, he warned residents, "you need to seriously start thinking about protecting your own homes."

"Water containment for us is crucial. If we lose containment, you have to look after yourselves."

Although he has an action plan that includes several ways of attacking the problem, he said, "please

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# Wave action from high winds could cause damage

Continued from page 1

He's left his contact information with Brett Ruck, so he can pass it on to anyone approaching the Town for help, he said.

The older cadets, aged 16 to 18, are a relatively small group, but they can always count on their friends if needed, said Abt.

Marilyn Shepherd and her husband Paul are waterfront residents who are dealing with rising water and damaging wave impact.

They have placed sandbags in strategic spots along their shoreline, but the sandbags didn't stand up to last week's wind, considered mild in comparison to what is to be expected in coming weeks.

The sandbags were moved around and in some cases carried off by wave action, Paul told environmental supervisor Brett Ruck.

He asked that some of the large white bags, the ones the Town is using, be made available to residents — referred to as me-

tre bags, they hold 2,000 pounds of rock and are being used for shoreline protection. Ruck said he'd look into that possibility, but for now what the Town has to offer residents are the much smaller sandbags, he said.

Even those are heavy to lug around, said Marilyn, who added residents might welcome the help of the cadets if they are available.

"Most of us are doing that work ourselves," she said. "To have some young, strong help would be great."



Brett Ruck, the Town's environmental supervisor, uses mapping to determine the impact of the rising lake level on Dock Area homes.



Peggy Walker (left) asks Brett Ruck what can be done about water flooding her property. (Photos by Penny Coles)



Bladders have been placed along Melville Street to stop lake water from flooding the street.



NOTL Hydro has placed sandbags around Dock Area transformers.



The Town has closed the Dock Area park, and asks residents to respect the closure for safety reasons.

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# Transformers sand-bagged for protection

Continued from page 1

keep in mind nothing is 100 per cent.”

One of the concerns voiced by King's Point residents was water reaching their electrical room.

Tim Curtis, president of NOTL Hydro, was on hand to assure residents there was little likelihood of power disruption from rising water — anything underground wouldn't be affected, he said, and water would have to rise significantly above the cement pads on which transformers sit to cause damage. If that happens, each transformer — there are seven of them along the waterfront — only serves about six to eight homes.

He said they're working at putting sandbags around the transformers, and might have to look at elevating them in the future, “but we can't do that overnight.”

But he couldn't reassure the residents of King's Point, who said they rely on a little \$20 pump to keep water out of their electrical room.

“That's saving us,” said

one resident of the waterfront condominiums.

“Without that pump, we'd be dead in the water.”

Ruck also explained the work on the waterfront path to stabilize the ground and allow for heavy machinery to work on soil erosion.

The path will end up looking as it did before the work, he explained, but will continue to provide access for equipment if necessary in the future. “Who's to say next year or the year after, this won't happen again.”

He also addressed the issue of poor communication in the past with Dock Area residents, explaining being “in the moment, trying to get things done.”

The meeting was called to provide information and the logic behind what is being done now, he added.

There were also positive comments and praise at the meeting directed at Town staff — as one Dock Area resident pointed out, the lake level has already risen higher than it was in 2017, and as of last Friday, residents were not seeing the flooding they did two years ago. “Whatever you're doing, it's working.”



Paul Shepherd will be placing more sandbags along his waterfront property. (Photos by Penny Coles)



Water came up to the bench on Paul Shepherd's waterfront property last week and washed away some of the sandbags. His wife, Marilyn Shepherd, said there may be homeowners in the Dock Area who would appreciate help.

# Fire department preparing for emergencies

## Could have to deal with flooding, sewer or hydro failure

**Penny Coles**  
The Local

At a meeting to discuss actions being taken to protect the Dock Area from flooding, residents were assured the fire department is working on how to proceed in case emergency action is needed.

Deputy Fire Chief Nick Ruller said his department is working with the Town operations staff on emergency measures if there is a breach of water, or a failure of infrastructure, such as

hydro or sewers.

Although the end result could be a temporary evacuation of homes in the Dock Area, he said town staff are doing everything they can to put protective measures into place so that won't be necessary.

Fire Chief Rob Grimwood is the Town's community emergency management coordinator, Ruller the alternate, and both are responsible for developing the town's emergency plan.

They can also draw on the

Region's emergency management department for support, said Ruller — that's who they would contact if flooding continues and an evacuation is required for any of the residents.

“We have access to their full-time staff — they just deal with emergency management. They're a phenomenal resource,” he said.

The regional staff have the ability to engage other organizations such as the Red Cross, he added.

But what services might

be needed would depend on the emergency, he said. Town staff are busy working on prevention, but an emergency situation could come about from flooding, wave action, or a critical infrastructure failure.

“Each one will come with an area of impact,” he said. “In all likelihood we're not looking at evacuation. The Town is especially pro-active in looking at increasing water levels. We're in a good position with the preparations that have been made so far

and measures that have been put in place. I feel we're very well-prepared.”

As problems come along, the Town staff is making decisions and taking the necessary next steps, he said.

“Evacuation is the last resort.”

Ruller said the fire department often becomes actively involved through a call from a resident who has a question and can't find the answer. “They often call the fire department because they don't know who else to call. We're making sure our staff are aware of what's going on and ensuring we're not hampered

by access issues.”

He said it's important for the public to obey road traffic signs, road closures, and to stay back from the shoreline. There is a lot of risk involved in failing to do so, he said.

“I encourage people to be aware and try to avoid the shoreline and the flooded areas.”

Environmental supervisor Brett Ruck said staff is also working on notices to send out to residents, to ensure they have all the emergency phone numbers to call, and is putting in place an easy way to relay messages to residents in the event of an emergency.

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# Technology opens up lines of communication

**Lauren O'Malley**  
**The Local**

It all started with a kiss.

Garrett Bjorgan can't control his body, but the 24-year-old can blow a kiss instantaneously, says his mother Steffanie Bjorgan.

Born with cerebral palsy, Garrett spends his time in a wheelchair. He is non-verbal, other than being able to say "yeah." But now he can tell jokes, choose a song, and order french fries.

"We've been working on his communication forever," says Steffanie. "When he was really little the residents of Queenston did a huge fundraiser for a Macintosh computer for an auditory scanner for him. That was how we first started using technology."

While that allowed him to make some choices and enjoy some basic communication, it was a far cry from where things are today. Which, says Steffanie, is still rudimentary and occasionally frustrating for all involved, but it's progress.

"Garrett is very, very complicated. He's super-smart and knows what's expected of him, but his body doesn't respond the way he wants it to," says his mother. "We've been using simple output devices (also called steppers) which are little switches we attach to his wheelchair. We, his communication partners, would

program them to say things like, 'Hey Daddy, nice to see you,' or 'I'd really like to go for a walk tonight.'"

To communicate these specific statements, Steffanie says, Garrett would have to coordinate his mind and his body and flip the switch. "But imagine if you're spastic and super-excited because your dad's home — it's really hard to use your body."

"He would cry sometimes because he knew what he wanted, but couldn't communicate it."

Steffanie says she would be in the kitchen with Garrett and would ask him what he wanted to eat. "I would start listing foods slowly, and tell him to blow a kiss when he heard the choice he wanted." It always worked, so she decided to go back to technology and see if there could be a system that could just listen for his kiss sound.

"We worked with a communication team at Hotel Dieu Shaver Health and Rehabilitation Centre — in fact it was with a woman who had worked with Garrett when he was little, so it was nice to come full circle with her," she says. "She worked with a company out of Hamilton that was able to come up with a system for Garrett that would work with many devices, and would recognize the kiss sound."

They had a grid of choices on a laptop, each of which

would open up a series of options. An auditory scan — an audio reading of the list — would go through questions: Do you want to hear music? Listen to stories online? Watch a movie? Do an activity? Just talk? Garrett could stop the list with a kiss blown at his chosen activity.

"In music, he would always pick Bob Marley — or, on a quiet day, Leonard Cohen. He had a playlist of pumped-up music for when we would go out," says Steffanie. "Under 'activities' it might have choices like 'I want to bake with you Mom,' or 'I want to play hockey in the driveway with the boys.' But when we took it into the real world, the technology couldn't pick up his kiss with so much surrounding noise."

"We created fewer choices, and trained people to have conversations with him to understand what he wants," she says. "If he chooses 'tell a joke,' the partner will say, 'Hey Google, tell me a joke.' This leads to more conversations."

Steffanie points out that while special needs people can get all the care they need physically, casual day-to-day conversation is complicated and often unavailable to them. "Imagine in your whole day, you don't get a say in anything."

Garrett loves nothing better than to interact. "We kept the music because it's such a



Technology allows music-lover Garrett Bjorgan to make choices about everyday decisions, such as what music he would like to listen to, or what he wants to eat. (Photo supplied)

great avenue of communication," she says.

"We're trying to find the fine line where he's using tech to make choices, and we respond. It's interesting to watch how he grows and changes through technology."

It would be easy to give up, she adds, "because it takes a lot of work. It takes massive patience. But if he can make even 10 choices in a day, it's worth it."

"We move at such a fast pace, you start to appreciate just how lucky we are that we can speak."

Steffanie, who runs the Red Roof Retreat respite hospice for people with disabilities, says, "you look in their

eyes and you know someone is in there with something to say. We have a lot of clients using a lot of different systems. One young girl listens to auditory scans, and uses her chin to confirm her choices. Now she sends emails: 'Hey Mrs. Bjorgan, how is your day going?' I can respond to her in an email, and now we're having a conversation we couldn't have otherwise."

She says they still use the simple output devices, and pre-program them to give him choices between, say, swimming or singing groups in the morning, or going to McDonald's in the afternoon.

If we go to McDonald's, we program the device to

say, 'Good afternoon, I'd like to order french fries, please,' and then he can hit the switch himself when he's ready."

Regarding "the system," as they call the kiss-recognition equipment, Steffanie says the process is rudimentary and time-consuming, "but this situation is better than nothing. That's where he is right now. We're still working on a sound-recording piece where there's no confusion with the other sounds in his environment."

She admits to getting frustrated. "There's got to be an easier way. But we're all optimistic that the programs will get more precise — the girls at Shaver are really good at finding something new."

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# LOCAL BUSINESS SPOTLIGHT: PALATINE HILLS WINERY

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Palatine Hills Estate Winery is excited to announce the launch of Ramblers Supply Co., a new on-site outfitter and refresher shop at Palatine Hills.

This brand addition, led by Neufeld sons Charles and Johnny, is an extension of the existing winery, and represents the next generation of this family-owned operation.

At Ramblers Supply Co., you'll find everything you need for weekend adventure, from outdoor gear and road trip 'snackle' boxes, to cheerful advice toward your next stop and, of course, expertly crafted wines and cider. If you ever have a chance to sit down with the eldest son, Johnny, he'll tell you right away that the Ramblers brand was developed with a clear mission in mind: to break the mould of a typical winery experience.

The Neufeld Farm boasts laid-back hospitality with a down-to-earth feel, and encourages you to leave presumptions about what wine-tasting should look like at the front door.

Ramblers Supply Co.

connects the winery to the outdoor experience that shaped the childhood for the Neufeld sons, and was the vision behind the brand addition. Before the expansion of the vineyard to the impressive 100 acres that it is today, the Neufeld Farm produced both grapes and tender fruit. Having grown up on the farm, the boys spent their early summer vacations pushing in stakes for grapevines, causing trouble, and eating sweet cherries until their stomachs hurt.

Johnny's passion for farming led him to pursue a degree in viticulture from Niagara College, and to work a vintage abroad at a winery in Australia before coming back to work full-time at Palatine Hills.

Charles took a different approach, completing a degree in engineering and pursuing his career in Toronto. However, his love for outdoors and adventure overcame his career choice, and it didn't take long for him to leave his typical desk job behind to come back home and tackle the challenges of an expanding winery operation.

Owners John and Barbara Neufeld first opened the doors of Palatine Hills in 2003, on the heels of an Ontario Wine of the Year award for their 1998 Vidal Icewine. Although the winery has changed a lot since then, they remain an integral part of the operation. Together, the family has worked to create a place for people to explore and enjoy while connecting with the family's love for the farm and Niagara-on-the-Lake wine country.

Whether it's the start of the trip or the destination, Ramblers Supply Co. is the perfect spot to meet up for an afternoon patio session or to stock up for your next outdoor adventure. The Neufeld family is excited to unveil their newly renovated retail space and brand addition at an open house this Saturday, June 8 from 11 a.m. to 6 p.m. Come and enjoy new wine releases, live music, locally-made food and outdoor games fit for everyone.

For more information, please contact 905-646-9617 or email [contact@palatinewinery.com](mailto:contact@palatinewinery.com).



The Neufeld brothers, Johnny (left) & Charles (right), in the newly renovated Ramblers Supply Co. at Palatine Hills Estate Winery

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A background image showing a map of Ontario with various locations marked.



# EDITORIAL

## Swimming pool bylaw has councillors divided

Our new council has made some amazing progress in a short time.

Allowing no grass to grow under its feet, it quickly passed a complicated tree bylaw shortly after being elected.

Then it had to face the issue of enforcement, and dealing with appeals to the new bylaw.

It's dealing with bed and breakfast licensing, short-term rentals, long-term rentals in the Glendale area, and even an ambitious single-use plastic ban. All good, important changes, some of them just catching up with what other municipalities are doing, others taking the lead.

But all putting stress on a staff that was already over-worked, including bylaw enforcement.

This week, their enthusiasm and desire to make a mark as a new council came back to bite them. Council recently passed a new swimming pool bylaw that includes hot tubs, and deals with issues such as self-latching gates, self-latching windows and doors on walls that

act as one side of the fence around a pool, and the size of the chain-link fence holes.

Most of the upgrades, with the exception of the changes to fence regulations, are retroactive, and council asked that once the bylaw was passed, for safety reasons, the Town's bylaw department should move quickly, ensuring that six months from now home owners with pools will be in compliance of the new bylaw.

After all, safety is paramount, and bad things can happen, tragedy can occur, when pool access points are left open.

So, to accommodate the six-month deadline, staff recommended in a report this week that three new contract bylaw officers be hired, also requiring purchasing equipment to do their jobs. It would be up to them to ensure the 1,000 or so people with a swimming pool — nobody knows how many more properties have hot tubs, which are included in the bylaw — be reached.

And that's when councillors balked. Some questioned

the wisdom of their own direction to staff to have a six-month deadline, others supported it — again, for safety considerations, and any associated liability — but were uncomfortable with the cost.

So the way it was left Monday night after a close vote, to be ratified this coming Monday by council, is that the bylaw has been approved and must be obeyed, but there is no money in the budget for added enforcement.

Pool owners will be calling the Town asking for inspections, warned the planning director, but there will be nobody available to do the job.

The discussion amongst councillors was that social and print media will be used to give home owners a check list of what they must do to ensure their pool security measures meet the current bylaw by November.

So for now, with the swimming season about to start, be warned. If you are a pool or hot tub owner, you are expected to comply. You might be wise to check out the rules and find out what you have to do.

### LOCAL FINDS



#### 'Stream' of Americans come seeking British law Donald Combe Special to The Local

The smaller of the two monuments is in memory of one of Niagara's most illustrious citizens, the Hon. Josiah Burr Plumb (1816-1888). The more imposing is a memorial to his wife Elizabeth Street (1830-1868). Elizabeth was the daughter of the prominent businessman, Samuel Street. In 1849 she married the American businessman Josiah Burr Plumb in Albany. Later the family moved to Niagara and took up residence in a mansion where Parliament Oak School is now located.

William Kirby, local historian, writes in his *Annals of Niagara*: "On the 12th of March 1888 died the Hon. Josiah Burr Plumb, who had been the last representative in the Dominion Parliament of Niagara, and was speaker of the Senate. Mr. Plumb was one of a numerous class of rich, intelligent Americans who, having no faith in the continuance of democratic institutions, moved to Canada to enjoy the security and protection of British law for person and property. This class of person is becoming quite numerous in Canada. They readily drop off their republicanism and become loyal citizens and good subjects of the Crown. The stream of these people to England and Canada is one of the remarkable, but natural features of the present time."

### Celebrating history



There are events at Fort George scheduled throughout the summer, including Artillery Day from the War of 1812 last weekend. For information visit pc.gc.ca. (Fred Mercnik)

## The Niagara-on-the-Lake LOCAL

The trusted voice of our community

P.O. Box 430, 1596 Four Mile Creek Road, Virgil, L0S 1T0

Editor:  
Penny Coles  
penny@notllocal.com  
905-246-5878

Publisher:  
The Niagara-on-the-Lake Local

Advertising Sales:  
Karen Skeoch  
karen@notllocal.com • 905-641-5335

Julia Coles  
julia@notllocal.com • 905-934-1040

Classified Sales:  
Anna Tiedtke  
anna@notllocal.com • 905-932-2518

Multimedia Journalist:  
Lauren O'Malley  
lauren@notllocal.com

Graphic Designer:  
Rosie Gowsell  
composing@notllocal.com

notllocal.com facebook.com/notllocal  
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Lord Mayor Betty Disero raises the flag for Pride Day Monday, with Miss Pride Cara Scene, attended by representatives from Pride Niagara, TD Bank (supporters of Pride Niagara), and members of council. (Photo supplied)

The NOTL Local acknowledges the land on which we gather is the traditional territory of the Haudenosaunee and Anishinaabe peoples, many of whom continue to live and work here today. This territory is covered by the Upper Canada Treaties and is within the land protected by the Dish With One Spoon Wampum agreement. Today this gathering place is home to many First Nations, Métis, and Inuit peoples and acknowledging reminds us that our great standard of living is directly related to the resources and friendship of Indigenous peoples.



# Youth conference considered a great success



**Bethany Polti**  
The Local Community  
Advisory Board

Mental Health and Wellness — lots of talk, we wanted action.

So our Niagara-on-the-Lake Lord Mayor's Youth Advisory Council decided to host an informative and interactive conference-style opportunity for our NOTL Grade 8 students.

Last year's conference was great, this year's was even better. Held last week in the community centre, it focused even more on issues that would affect teens.

After Jaclyn Willms from Niagara Fit warmed us all up, we led our 120-plus Grade 8 students to four breakout sessions. Students rotated through each session and then came to hear from our keynote speaker.

In the breakout sessions students learned about and participated in activities surrounding sleep time and screen time, nutrition and the effects of sugar, vaping and smoking, and goal-setting through vision boards.

Dr. Ron Clavier, retired psychologist and brain scientist, spoke directly to our need to turn off our devices, know about how they are affecting our brain development and make sure we get enough quality sleep for our bodies and brains to rest.

Registered dietitian Melissa Dunlop led students through a hands-on workshop looking at how much sugar is in our favourite drinks and how that negatively affects our development. She also focused on marketing and how companies try

to trick us by providing us with fun colours and graphics, and promote these drinks and items specifically to target teens.

Karen Post, growing wellness coordinator from Red Roof Retreat, had students consider their future paths through their own visual and creative expressions. Students made vision boards to map out their ideas and touch base with their inner ambitions.

Megan and Daniella joined us this year from Niagara Region Public Health, and showed our Grade 8s videos about the misconceptions and truths about the dangers of vaping.

Vaping, which is a popular replacement to cigarettes is misleadingly not a healthier choice. They had open-floor question and answer discussions with teachers and students, as many wanted to know more.

Finally we had everyone back to listen to our keynote speaker, Dr. Ron Clavier, who tied up all the breakout sessions with his poignant message that we, as youth, need to ask why to everything. We should not believe the first thing we are told, and to seek out answers to our questions. As teens, we need to keep ourselves informed and make our choices based on our finding out the why, he said.

He also talked about anxiety, which growing numbers of teens experience, and his message was very clear. There is nothing wrong with you if you have anxiety.

You do need to know positive strategies to help yourself, he told us.

After the conference, our youth council had an informal debrief and we felt that everything went really well. We each went to all the sessions,

we worked along with the students and encouraged participation, and I can say that in the vision board workshop we saw lots of great visions that indicate the students were thinking about what they were hearing in each session and are really thinking about their futures.

Some advisory council comments about the conference:

*"It went more smoothly than last year, because we knew what to expect."*

- Clara De Munnich

*"For my first time in attendance, it ran perfectly. I enjoyed it, and received positive feedback on how the day was run."*

- Nathan van de Laar

*"Everyone had put a lot of faith in this event. Not only has our council grown, but has made a name for itself in the NOTL community. Students became more involved in the event and learned important information to help prepare them for young adulthood while also trying to have fun. The day ran very smoothly, thanks to the support of the Town, schools, guest speakers and teachers. Feedback was amazing and we are excited to continue running this annual event."*

- Ellie Harrison

From speaking informally with many of the Grade 8 students, it seemed there was an overwhelming feeling they had a fantastic day, they learned many new things, and they appreciated our conference. Teachers, as well, were impressed again this year and all said they would see us again next year.

Student comments from the day included:

*"The vision board helped me think about my future."*

*"I didn't know vaping was that bad for you. I feel more informed now to make the best choice for me."*

*"Dr. Ron made a lot of sense. And I do need to turn off my phone and get more sleep."*

My personal reflection on the day: I was very encouraged to talk

to so many of our Grade 8 youth and I felt each had made connections to the messages and information they were hearing throughout the day.

I think what is most important is while people are talking a lot about mental health and wellness, our youth advisory council, along with our supporters and breakout session presenters, are

actually doing something to help youth understand their choices.

We are taking action to reach out and help, and it was positively received.

I'd like to conclude by thanking everyone involved in making our second NOTL LMYAC Grade 8 Mental Health and Wellness Conference such a success.



Lord Mayor's Youth Advisory Council members Clara De Munnich, Ellie Harrison, Ava Randall, Hazel Norris, Janvi Ganatra, Bethany Polti, Nathan Van de Laar and Genny Moncion. Absent from the photo are Trinity Griesse, Tiffany Leung, Alexcia Cofell, Kyle Cofell and Brandon Taylor. (Photo supplied)



St. David's students use vision boards to map out their goals for the future. (Photo supplied)

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# Taiji improves core strength and balance

**Penny Coles**  
The Local

Molly Yimlei Yep is a certified personal trainer who understands western fitness. However, two mornings a week she leads classes in Taiji at the community centre.

For overall health, she says, eastern fitness is “a more complete package.”

Taiji — she prefers the more up-to-date spelling for Tai Chi, although it’s pronounced the same — “is a philosophy of how to live ultimately like a relaxed pine tree, with yin yang balance and harmony between heaven and earth. I would translate it as ultimate balance on earth,” explains Yep. It is also one of the martial arts, she adds.

“We practise Taiji to create internal Qi (bioelectricity) flow to have longevity like the pine tree.”

It’s deceptive to watch — the fluid movements are slow and appear relaxed, done in time to calming music Yep has chosen to play very softly in the background.

In her two classes, TaijiFit on Monday mornings and Taiji Cane Form on Thursdays, movement consists of constant stretches, one flowing into the other, and although it might appear to be a gentle exercise, it is building core strength and improving balance — both so important as we age, says Yep — and more of a workout than it

might seem. TaijiFit, she explains, is the modern way to practise the ancient art for health and fitness, with no memorizing of set routines. “You just go with the flow,” mirroring her movements.

Gail Poulsen, first violinist with the Niagara Symphony Orchestra, doesn’t like to miss either of Yep’s weekly classes. She began taking them to support a friend with Parkinson’s Disease, she says. “However, I quickly discovered that the principles of Taiji relate very well to being a professional violinist.”

In Taiji, “you focus on the breath. In music, and in performing, being aware of the breath, and breathing deeply are very important,” Poulsen explains.

Also with Taiji, “you can spend a lifetime perfecting one move — going lower to the ground, for example, or focusing on the position of your fingers. As a musician, you also strive to play more proficiently every time you practise.”

She likes the Yang style of Taiji Yep teaches, which emphasizes round hands and fluidity. “In my teaching and performing, those principles apply as well.”

Many professional musicians experience pain, says Poulsen, especially in the neck and back. “Playing in a professional orchestra is demanding, and violinists are often having to be in odd positions in order to see their

music, accommodate a stand partner, and see the conductor. Taiji alleviates much of the pain resulting from repetitive motions.”

In the cane form, says Poulsen, “you need to understand that the cane is an extension of yourself, and be aware of both your own body, and the alignment of the cane. Likewise, a musical instrument is an extension of our bodies. The awareness I gain from Cane Taiji has helped me tremendously in gaining a deeper awareness of my relationship to my instrument.”

There is a small group of Niagara Symphony musicians, all violinists, who study Taiji, Poulsen says. “We often warm up for a show by doing the 24-Form (a short version of Taiji composed of 24 movements, Yep explains) together. It relaxes us a lot, and keeps us working as one.”

Poulsen, who is fit and strong, with a physically demanding career, is an example of how Taiji can be tailored to ability. She can squat a little lower, turn a little further, making the movements appear slightly more exaggerated and defined. She says she has developed a “passion for Taiji,” and appreciates Yep’s twice-weekly classes as well as the knowledge the expert shares with her students.

Another of Yep’s class members joined because she has multiple sclerosis. She didn’t want her name pub-



Gail Poulsen finds similarities between the movements of Taiji and her career as first violinist with the Niagara Symphony Orchestra.



Molly Yimlei Yep (front) warms up her Taiji Cane Form class at the community centre with the movements of TaijiFit.



Taiji Cane Form is more challenging, using the cane to help develop extra core strength. (Photos by Penny Coles)

lished, but she does want people to know how much the gentle movements have helped her with strength and balance.

“One of the issues with MS is balance. For me, one side of my body is weaker than the other. TaijiFit is constantly changing our balance, teaching us how to stand properly so we can’t be pushed over. That helps with strength, and prevents falling.”

During the Monday class, she says, “we’re pretty much spending all our time balancing from one foot to another. I’ve noticed a real improvement in my balance. I trip a lot less. And after class, I find I’m walking a lot more evenly.”

In the U.S., says Yep, there is a program of TaijiFit that’s free for veterans, recently funded by the government.

“TaijiFit is something everyone can do. You can keep your feet glued to the floor, or lift them, just a little bit, one at a time — whatever is best. But it will help you stay on your feet as you grow older, and stay independent. You need to keep your legs strong and your core strong to keep your balance.”

Yep’s husband, Steve Lunt, had never taken a Taiji class

until he attended a workshop with his wife, involving demonstrations by Taiji masters. “He, like most westerners, had the misconception that Taiji was just for women, especially old women,” she says. “But he was impressed at how powerful and effective it can be for developing strength, core and balance. After that workshop, he signed up for my classes. In China, most of the Taiji masters are men. Taiji is more difficult to accomplish than Kungfu, an external martial art using hard power. Taiji relies on finesse, soft power. The Taiji Cane Form is all about finesse.”

Yep has started a second career with her Autumn Leaf Taiji classes — she’s a retired architect who graduated from McGill University in Montreal. When she says she’s 72, Tracy German, another Cane Form student, chimes in. “I was surprised when I learned that. That’s why I go to Taiji,” she laughs.

German also enjoys the social aspect of the classes — they have coffee after class in the community centre cafe, and an occasional lunch together. “It’s a very friendly, welcoming group,” she says.

She finds the Thursday’s

Cane Form class a little more challenging than TaijiFit, she says, with is better for beginners, and enjoys telling people she’s studying martial arts.

Yep explains the round hook wood cane is considered a weapon.

“Wielding a weapon helps develop the wrist and upper body strength, especially core strength.”

When the cane is extended, it creates a strong cantilever that must be resisted by the body’s core, and helps to increase balance, she adds.

German also appreciates that she doesn’t have to memorize movements.

“In the old days,” says Yep, “it took about six months to learn all the movements. In TaijiFit you just follow me. You don’t have to remember anything.”

Another class member says, “it may look simple, but you still feel like you have had a good workout.”

Monday’s TaijiFit Flow at the community centre runs from 9:30 to 10:30 a.m. Thursday’s Taiji Cane Form is from 10 to 11 a.m. Both are drop-in classes, with a small fee. For more information call 905-262-0366, or email yly.notl@outlook.com.

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# Join lord mayor, staff on community 'walk and talk'

**Penny Coles**  
The Local

The Town-organized Step Challenge began Saturday and continues to the end of the month, with Lord Mayor Betty Disero using the occasion of the third annual fitness competition to reach out to the community.

Beginning Friday in Queenston, Disero and her team, which includes CAO Holly Dowd, executive assistant Shaunna Arenburg and community engagement coordinator Victoria Steele, will visit each community in town while they walk to achieve their step goals and boost their Women in Wellness numbers.

"Anyone who wants to walk and talk with us for about two hours and show us their neighbourhoods is welcome to join us," she said.

Disero got a good start over the weekend, walking at least 10,000 steps Saturday and Sunday, she said. She did it mainly by walking rather

than taking her car, she said, in addition to walking her mother's dog and doing some work in the backyard.

You don't have to be registered in the challenge to join her team's "walk and talk," she said.

Designed to engage the community while promoting active and healthy lifestyles, it's open to anyone who lives or works in town.

Participants register as individuals or teams of four, and steps can be counted using an activity tracker, such as Fitbit, Garmin, Apple Watch, a health app or a pedometer.

Steps can be recorded by entering them manually on the challenge website or by syncing a smartphone or activity tracker.

There are prizes to be awarded each week to an individual and to a team.

But Disero has added an extra challenge to those who participate. "This year, I want to challenge the community to collectively 'walk across Canada.' It is 7428 kilometres to walk across Canada, which

is the equivalent of 14,856,000 steps. If 100 people walk 5,000 steps per day, every day for 30 days, we will reach our goal."

All registered participants' steps will contribute to the group goal, she said.

The Laura Secord Walk is another opportunity to add steps, she said. It takes place Saturday June 22, and follows the legacy trail of Canadian hero Laura Secord on her historic walk from Queenston to Decew, in Thorold.

Disero's team members will meet for the Step Challenge Friday, June 7 at the Queenston Library; and continues Friday, June 14 in Niagara-on-the-Green, meeting at the Royal Niagara Golf Club; Friday, June 21 in St. Davids at the Warner Road fire station; Tuesday June 25 at the Old Town community centre; and for the final community walk Friday, June 28 at the town hall in Virgil. She is inviting community members to meet at 9 a.m. at those locations to walk with her team.

# Shaw Festival announces support for emerging artists

**Staff**  
The Local

At the opening celebration of Brigadoon, Shaw Festival executive director Tim Jennings announced a three-year commitment from the RBC Foundation for the ongoing support of the Shaw Festival's Emerging Artists Program.

Supporting the Festival since 1972, the RBC Foundation is continuing its long-time partnership with The Shaw with a multi-year pledge of \$250,000 in funding, providing support to about 21 emerging Shaw Festival artists through the 2021 season.

Managed by associate artistic director Kate Hennig, the program focuses on providing young actors with a livable income, diverse training and performance experience; mentorship support, and networking opportunities to help them establish successful careers in the arts.

The RBC commitment allows the Shaw Festival to ex-

pand existing training to include workshop sessions with internationally renowned artists who are masters in their craft.

These exclusive classes expose young actors to diverse ideas and varied approaches pairing them with an estab-

lished actor in the Shaw Festival ensemble.

Since the launch of this initiative in 2005, the program has helped more than 60 artists, many of whom have gone on to leading roles at the Shaw Festival and stages across the country.



Alexis Gordon as Fiona MacLaren and George Krissa as Tommy Albright with the cast of Brigadoon, at the Shaw Festival Theatre until Oct. 13. (Emily Cooper)



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# Virgil business owners take their pets to work

**Penny Coles**  
**The Local**

In an age where taking pets to work is growing in popularity, Niagara-on-the-Lake business owners are joining the trend.

Dogs are greeting customers and adding a welcoming atmosphere, and cats are drawing attention and helping to humanize the work environment, say Virgil business owners.

Perhaps the most famous is Thomas, whose home was the Pet Valu Store for five years, until his health deteriorated from cancer. Having him humanely euthanized, as difficult as it was, seemed the best option, said store owner Carol Thibault. She was devastated by the loss of the popular feline, who had become a beloved member of the community. She is still grieving, she said, but she welcomed the opportunity to talk about Thomas, a very special cat, to The Local, and to explain what she sees as the value of business owners including pets in their establishments.

Thomas, she said, “was the soul of our business. I still miss him very much.”

When customers came into the store, “he would run up and greet them, welcome them. He made them feel good, feel important. He’d

follow them around the store, waiting to be petted. Even most of the dog people loved him. Some of them told us he seemed more like a dog. He definitely had dog-like qualities.”

People often came in to the store just for a visit with Thomas, she said.

“He created that job for himself, made himself indispensable. It takes a certain kind of personality to do what he did. He had been a cat who went outside, but in his time with us, he showed no interest in going out.”

When Thibault decided to keep him at the store, part of her reasoning was based on FIV, a feline immune system disease Thomas had picked up during his time outdoors, in a scuffle with another cat. It’s contagious between felines, she said, so she didn’t feel she could have him adopted and possibly pass on the disease to another pet.

But he was pretty healthy for most of the five years he lived in the store, until he began slowly going downhill, showing signs of cancer. Then suddenly he declined very quickly, she said.

Looking back on his popularity, Thibault said, he was the perfect cat to have at the store — he was social, confident and loved attention.

Animals, she said, “are the great equalizer. It doesn’t matter who we are, whether we’re rich or poor, to an animal, we’re all on the same level. That brings people together, gives them something in common. I see that in my store every day, with all my customers. We all love animals. And animals love back unconditionally.”

Pets make people feel better about themselves, she said. “They’re a stress-reliever. They bring our blood pressure down. We might be having a bad day, but we take a minute to pet an animal, and bad things are suddenly better. We forget what was bothering us — whatever it was isn’t important for those few minutes.”

At the moment, Thibault said, she’s not ready to replace Thomas — not that any pet could — but she believes the right animal will come along at the right time, one that is social and can take on the job of welcoming people. When that happens, she will embrace having another pet at the store.

“As long as it’s the right animal, there are so many benefits for staff and customers,” she said. “Bringing a pet into a business environment allows us to redirect our energy in such a positive way.”



Tonie Mori says pets make a business seem more relaxed, and having Charlie at work relieves some stress for her — she works long hours, and doesn’t have to worry about rushing home to feed or walk him. (Alex Heidbuechel)

Although Thomas found a permanent home at Pet Valu initially because of his disease, social skills and welcoming ways, other businesses have taken on cats as mousers, and then found their way into the hearts of business owners and the public.

Cinder is one of them.

She became part of the Benjamin Moore family about a year ago, when Creek Road Paints was in its former location across from the town hall, said Hannah Siemens, an interior decorator at the store.

They picked her out at the humane society, hoping she’d be a good mouser — there’s a treed area and ravine behind the building, and rodents were a problem. “She maybe caught one mouse the whole time we were there. She’s not a hunter,” said Siemens.

It turned out she prefers sleeping to catching mice, so fortunately, when the business recently moved to the building beside Bricks & Barley on the other side of Creek Road, mice were no longer a problem. She had enjoyed going out on adventures in the ravine, but snuggled quickly into her new home and routine, and isn’t terribly interested in going out.

At her current location, “she likes to sleep on the top of the chair,” said Siemens, pointing to Cinder stretched out along its back, where the sleek grey feline is often unnoticed by customers, unless they choose to sit. She’s a little stand-offish, like many cats, but will sit still for a short time and allow people to pet her.

“She’s part of the family now. We love having her here. Everybody knew Thomas at Pet Valu. People are getting to know Cinder.”

Next door to Pet Valu on Niagara Stone Road is Textures Hair Salon, which boasts a small sign in the window that usually reads “Charlie is in.”

When salon owner Jaime Chevalier is working, Charlie is almost always with her — his days off are her days off.

At three and a half years old, the French bull dog has been going to work five days a week with Chevalier since he was eight weeks old.

She chose him from a breeder knowing that was her intention. Christmas was approaching when she made the decision to bring another dog into her life — she had recently lost a faithful and loving Labrador retriever — and her mother had been diagnosed with cancer, a battle she fought and lost.

“I didn’t want it to be the Christmas of sadness, so instead it became the Christmas of Charlie. He is my constant companion. It’s just me and Charlie.”

Clients at the salon have come to expect his presence, and when he was a puppy, “everyone wanted him on their lap,” said Chevalier.

“Some of them still do. He knows which clients to go to.”

There are a few people who come to the salon who are not dog-lovers, she said, “and he just looks at them with his sad eyes. There have been a few clients who don’t particularly like dogs but who love him. But if someone doesn’t like him, he doesn’t bother them. He’ll just go to his bed if you tell him to. And he settles down really quickly.”

He’s not much of a barker, said Chevalier, unless someone walks by the salon on their way to Pet Valu with a dog. Then he gives a few brief barks and waits, on high alert, for the return of the dog, before settling down again.

He doesn’t require much exercise — he’s usually exhausted after a day at work, said Chevalier — and if he needs to go out, he’ll go to the door and let her know to take him to a little patch of grass behind the Virgil plaza.

“He’s pretty well-behaved, and I guess I bring him here because I can. If I’m going somewhere after work, I can usually take him with me.”

Sometimes people stop by just to see him, she said, often

bringing a treat — which is why she has a sign in the door announcing when he’s in.

Patti Rempel, who greets Textures clients at the door, said there is “a different energy when he’s not here. He’s a small dog, but somehow he fills the space in a really positive way when he’s trotting about. I hear the change in clients’ voices when they see Charlie here.”

Chevalier’s Charlie isn’t the only one in Virgil — across the street, Tonie Mori has been taking her Charlie to work at Mori Gardens for the last 14 years, since he, too, was a puppy, “every day I’m here. That’s pretty much every day.”

Although there is lots of space for him to roam, Mori prefers to keep him close by, to ensure he doesn’t get out into the parking lot. He has a regular routine, she says — on arrival, he will bark for something to eat, although he’s already been fed at home. They go for a walk, he says hi to everyone at the garden centre, and then, tired from his morning exercise, he climbs into his basket for a nap.

“I’ve been at a lot of businesses that have pets. I think it’s a good idea. It mellows people, calms them down. And they make the businesses seem cozy, more homey. It makes for a relaxing atmosphere.”

Having Charlie at work is good for Mori as well. Keeping him close by means she doesn’t have to worry about him, or rush home to feed him or let him out.

“This is my second home,” she says of the garden centre. “Sometimes it feels like my first home. And it’s the same for Charlie.”

Regal Florist & Garden Centre has a cat and a dog on the premises, which allow for lots of nooks and crannies for each to cat-nap or watch the comings and goings of staff and customers.

Eight-year-old Keshaka, a German Shepherd, is a fami-



Cinder likes to curl up on the back of the chair to sleep, but allows Hannah Siemens of Creek Road Paints to pet her, for a short time.



When Charlie goes to work at Textures hair salon on Halloween, he likes to dress up. (Photos supplied)

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# Regal welcomes dogs

Continued from page 10

ly pet who will lie in the front window by the door to the garden centre and “keep her eye on things,” says Jolanda Broekema, a retail associate at Regal. Keshaka treats the greenhouse as an extension of her home, especially when the Regal owners’ kids are present. “She’s protective of the family, like most dogs.”

Carly, the Regal cat, is also eight, and likes nothing better than to curl up in one of her many hiding spots to snooze. She follows people around and doesn’t mind be-

ing petted, but dislikes being picked up and will squirm to get away. She too came to the greenhouse as a mouser — cats are pretty common in that environment, where they seem to thrive with the warmth and a regular supply of vermin to catch.

Arlo is a temporary visitor at the moment. Staff member Brian Stanford is in the midst of training his puppy, a rescue dog. “He will be coming to work with his dad soon,” said Broekema.

She looks forward to the time when he will join Carly and Keshaka, believing pets

add to the already-welcoming environment of the family-owned local garden centre. Each has a role to play — enjoying the attention of visitors and returning it, adding to the pleasurable experience of those who come to shop.

At Regal, they are often joined by other pets who are brought along for the shopping trip by their owners, who know their four-legged family members will be warmly welcomed.

“We love when pets come shopping at Regal,” said Broekema, who keeps a digital photo album of all who come to visit.

Steve Irwin, owner of a new bicycle tour company in Virgil, has recently brought Viva into his home and business. The young golden retriever started life on a horse farm, so the small storefront operation in Virgil has been an adjustment for her, but she and Irwin have become inseparable.

She boosts his morale, as only an adoring dog can do, and charms visitors to Vino Vello looking for bikes and a tour guide, as well as locals dropping by with a bike needing repair. Either way, they leave with spirits boosted by an encounter with Viva, said Irwin.

His front door is only a sidewalk-width away from busy Niagara Stone Road, and he lives in terror of her venturing into traffic, but he’s very careful and as confident as he can be about her safety. “She’s unusually bright, and when the door opens, she doesn’t get up and bolt. When she does go outside, she doesn’t go near the road.”

He also worries a little about her trusting nature. “She’s never been around a nasty human. She thinks all humans are wonderful. She is



Tara Rosling and Patrick McManus visit with Viva, after dropping off a couple of bikes to be repaired by business owner Steve Irwin (centre). (Penny Coles)



Carly, Regal’s garden centre cat, likes to curl up in the warm nooks and crannies of the business to snooze. (Photo supplied)



Michelle Langbroek and Jolanda Broekema pets Keshaka, a family pet who considers the Regal garden centre her extended home. (Penny Coles)



Rosie is one of the many dogs who goes shopping at Regal, where pets are welcome. (Photo supplied)

curious about them, and will wander a little ways down the street to say hello. I am a little worried her desire to bond with humans might take her further.”

Irwin said Viva is a doctor’s prescription for some of his emotional turmoil. He returned to NOTL about six years ago, after leaving in 1987 at the age of 25. A chemistry degree had taken him into the corporate world, and “it was never on my life list to come back,” he said, but a difficult divorce left him shell-shocked and looking for a new path through life. A post-traumatic stress di-

agnosis came with a recommendation from his doctor to get a dog. “Viva replaces an enormous amount of the emotional life I was missing,” he said.

His two teenaged boys, one in university and the other in high school, love to come to visit, and Viva is part of the attraction. “They never had a dog growing up. They think of her as their pet, and when they’re here, she is. She’s so good for all of us — I realize now I should have done this a long time ago. I haven’t had a pet in my life since I was 15 years old.”

In the small shop, crowd-

ed with bikes, nobody gets away without a little cuddle from Viva who rubs with pleasure against the legs of visitors. She’s still a bit uneasy around young children, said Irwin — she hasn’t had a lot of exposure to kids — but she understands about 200 words, and with him often repeating phrases that include “gentle” and “friendly,” she’s learning.

Her love of Irwin is evident, and just what he needs. Like other business owners with pets, during the long work days and when they’re over, he never needs to feel alone.

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# Local birthday celebrated on Pedal Pub



Fern Colavecchia and Tony Visca are co-owners of two Pedal Pubs and the local franchise. While they are training drivers, Colavecchia is pitching in to take the wheel. The driver doesn't pedal — he steers and operates the brakes, while up to 10 people can take seats to pedal the vehicle. There are five seats for people to relax and enjoy the ride. (Penny Coles)



Rob Read (centre, with lei) celebrated his birthday with friends on board the Pedal Pub for a tour which included Two Sisters Winery and the Exchange Brewery. (Penny Coles)

## Penny Coles The Local

As Rob Read sat having a late birthday lunch at the Sandtrap Pub and Grill Saturday, he watched as a party vehicle, filled with people obviously having fun, pulled into the parking lot.

When he realized some of those onboard were his friends, he wondered why they were having a party without him.

They weren't. One of the new Pedal Pubs had been hired as a surprise to celebrate his 40th birthday.

He'd had a day-long celebration, with axe-throwing in Niagara Falls before lunch, and the Pedal Pub was the icing on the cake.

"It was a pretty good time," he said. The mobile pub was festively decorated for the party of 13, which went to Two Sisters Winery for tastings, and then to Exchange Brewery.

"You sit facing each other, so you can talk. The music is going, with a playlist for us, and it really was fun. It was a great social event," said Read.

The group and the ve-

hicle got lots of attention as it travelled the streets of NOTL, with the driver avoiding Niagara Stone Road whenever possible and keeping to the side.

"This was a good idea for something different. Lots of people were taking pictures — there were a lot of honks, waving and cameras, and lots of interaction," said Read.

"It was a great day. It started to sprinkle just at the end, but the roof is pretty big. Nobody got wet."

The day ended back at his place, where the party continued over dinner.

The Pedal Pub is offering winery tours for up to 15 people, plus the driver, who doesn't pedal but steers and operates the brakes.

Ten seats have pedals that propel the vehicle, with seats for five more who can just sit and enjoy the tour, or take turns pedalling.

"It's not a super easy ride," said Read. His friends rotated at each stop, and although it was hard work to keep it moving, especially on inclines, "anybody who can ride a bike can pedal. It really is just like riding a bike."

It made for a fun birthday celebration, he said, adding he couldn't imagine any reason not to enjoy it.

Pedalling gets the vehicle, which sticks to the side of the road and stays off busy streets as much as possible, up to about 10 kilometres an hour.

It's a fun and safe alternative to bike tours, said co-owner Fern Colavecchia.

Read's surprise party tour was the third they've had with the fledgling business, owned by Colavecchia and Tony Visca, owner of Johnny Rocco's Italian Grill and the Stone Mill Inn in St. Catharines, Cracker Jacks Bar and Grill and Mick and Angelo's Sports Bar and Eatery.

They've purchased two of the Pedal Pub vehicles, at \$60,000 each, and the franchise rights for NOTL and Niagara Falls.

They are still working with the City of Niagara Falls and with the Niagara Parks Commission, hoping to get them on the streets of the city's tourism district by next year.

They are fixing up an office at 319 Mary St., from which they will sell the tours, and where the Pedal Pubs will be parked.

Visca was at a committee of the whole meeting

recently to tell council of his business plan, telling counsellors the tours make a great corporate team-building exercise.

One of the first tours with the vehicle was for Starbucks management, who used it for team-building, he said.

"People have a lot of fun, but they also have to work together. If they don't pedal, we don't move."

There are different tours available, most around two-and-a-half hours, with stops at local wineries, shops and restaurants. The tours can be customized for individual clients, including businesses organizing a tour for staff, or family celebrations such as Read's birthday.

"This is huge in the U.S.," Visca said, where alcohol can be served on the mobile pub. In Calgary, the franchise owner has been given a year for a pilot project, also serving alcohol.

That won't happen any time soon in Ontario, he said, as he knew when he bought the vehicles.

"I think it might make them a little safer, and just as much fun. People can have a drink at the wineries we visit, but we don't stay for long enough for them to drink too much. We do offer refreshments, but non-alcoholic. This is just something different, an alternative to bike tours."

"This takes the danger out of visiting wineries, drinking and getting back on a bike," said Colavecchia.

One of the big benefits, he added, as he prepared to leave with Read's party guests, is that those on board can easily converse with each other, making it a great social occasion.

Part of the job of the driver is to provide some lively music, and to keep up an entertaining patter that can include information about the town for visitors.

When he spoke to councillors, Visca was asked about parking — he won't be looking for a parking spot on busy Old Town streets, he answered. He wasn't asking council for anything, but rather letting them know his plans, he said.

For more information about tours visit their Facebook page at Pedal Pubs NOTL, or their website, pedalpub.com.

They are offering a discount to locals certain days in June, which will include a donation to a local charity.

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# Beau Dixon returns to Niagara for three performances

## Former Shaw intern to join local musician friends

**Waverly Neufeld**  
**Special to The Local**

Singer, song-writer, musician and actor Beau Dixon will be returning to Niagara-on-the-Lake this weekend with three performances, accompanied by local musicians.

Actor/musician Patrick McManus is calling the weekend a “Beaulapalooza”, featuring Dixon with The Niagara Rhythm Section on Saturday, June 8 at 9 p.m. at The Old Winery. Then on Sunday, Dixon will sit in with Patrick McManus at Silversmith Brewing Company from 3 to 5 p.m., before finishing off the weekend with a Sunday night performance

at The Olde Angel Inn starting at 9 p.m.

Dixon will be returning to the Angel for the first time in more than a year to anchor another of his classic open mic nights, with a special guest list that includes Jason Chesworth, with Ajineen Sagal on fiddle.

It was while assisting with two musicals as a music intern at the Shaw Festival in 2012 that Dixon met McManus. The two became friends and found they shared a lot of musical interests, particularly the song-writing of Willie P. Bennett.

“We’d play tunes together once in a while, and he ended up putting together a few open mics at the Angel,

which were pretty special Sunday nights,” said McManus. “Since that season at Shaw, he kept finding time in his schedule to get down here to play.”

Dixon has a busy schedule, playing shows across the country and recording several albums available on iTunes, yet said he finds himself coming back to Niagara-on-the-Lake for the beauty, and to reunite with his former theatre musicians.

Dixon said while working at the Shaw Festival, he realized it’s difficult for the actors to have a break and let loose.

“What keeps me coming back is just knowing that I can be a source of entertainment, especially for the

actors and the locals.”

The Niagara Rhythm Section performs every Saturday at The Old Winery. Each week, the band invites different guests to perform with them.

Steve Goldberger, bassist and vocalist of the local group, said each week the band plays a different style of music, according to the guest artist’s preference. “It is awesome, it really keeps us on our toes,” said Goldberger. “We’ve got some of the finest singers and songwriters and performers from the country that come.”

With varying styles determined by visiting artists, the band’s music ranges from blues, to rhythm and blues to rock and roll to Led Zeppelin. The Niagara Rhythm Section caters to what the performers play. “There’s no rehearsal,” said Goldberger. “Sometimes they just start the song and we follow along. It’s totally improvised.”

Dixon said locals can expect some soul, blues, and folk music, dancing and sing-alongs, along with a lot of fun. “I encourage anyone that wants to sing a song to come on out,” said Dixon.



Beau Dixon will appear at The Old Winery and the Angel Inn this weekend, with two performances and an open mic event. (Photo supplied)

# Town tulip bulb sale supports tree planting

**Penny Coles**  
**The Local**

Going, going, gone. As quickly as parks staff can dig them up and deliver them for sale, tulip bulbs from the Town’s many gardens have been snapped up.

Local Doreen Bell was grabbing some pink bulbs, and would have liked other colours, but they were sold out.

She was at the property of Lord Mayor Betty Disero about 4:30 p.m. last Thursday for an event that was supposed to start at 5 p.m., but like any great sale, a crowd of early-bird shoppers was arriving.

“These are so fantastic. I’ve already planted yellow and red, and now I’m picking up pink — four dozen all together. My garden should be gorgeous next year. I want a real show of tulips.”

She likes the price of the bulbs as well, she said, pointing out the Town buys the best, “not common varieties. These bulbs are expensive. They’re variegated colours, and huge bulbs. Really beautiful. I see them come up each May, and I say, ‘I want my gardens to look like the Town’s gardens. Maybe next year they will.’”

Every year, Niagara-on-the-Lake parks staff plant 12,000 tulip bulbs, and dig them up late in the spring when it’s time to plant the summer gardens.

There is nowhere to store the bulbs over the winter, and it’s more cost-effective for parks staff to use their limited budget to source new ones each year, says Disero.

She volunteered her property for selling the bulbs, and has spent two Fridays and a Thursday eve-

ning sandwiching meetings between her job collecting money for the tulip bulbs, which go for \$3 a dozen.

Weather permitting, there will be bulbs for sale at the SupperMarket at The Village Wednesday, and any left over will be sold at her Butler Street home Friday.

For the past three years, the bulbs have been sold to raise funds, first by the NOTL Rotary Club, and then the NOTL Horticultural Society took it on.

This year it’s tulips for trees, with the money raised going to the Town’s tree fund.

Next year, says Disero, she’ll offer her property to hold the sale — it takes up a significant amount of space with the bulbs laid out on the ground, sorted by colour — but there will have to be more volunteers to staff the event, so she can get back to her day job.



Doreen Bell was thrilled with the tulip bulbs she bought from Lord Mayor Betty Disero. Proceeds from the sale will go to the Town’s tree fund. (Penny Coles)

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# Development can be more sensitive to the environment

**Owen Bjorgan**  
**Special to The Local**

At work the other day, a couple of the school kids started calling me Shaggy.

I get it, and it's not the first time I've heard it. I guess Shaggy and I both like to eat a ton of food and go on interesting adventures. Same hairdo as well. So inevitably, two kids turned into 20 addressing me as Shaggy. I rolled with it.

"So, if Shaggy is scared of so many things, you must be too," said one youngster. These first graders are with it.

It would be too embarrassing to explain my biggest fear in life is actually getting a needle. Yuck. So I took the opportunity to give them an answer relatable to their outdoor programming.

I told them that, as Shaggy, my biggest fear is humans building their houses too close to natural "houses," meaning to places of environmental significance. There are so many people in this world — more than 7.7 billion of us — and we all need a place to live. That has me scared for our wildlife.

Toronto and southern Ontario are booming in population growth. You can

see it in the recent urban sprawl and filling in of urban boundaries. Toronto's population is spilling over into Niagara, and it appears Niagara-on-the-Lake is trying to accommodate.

I am not anti-development. It's expected and required, and a logical progression for a growing human population.

But what are we to do other than adapt and play smart? How about development with stronger environmental intention? That comes in the form of more scientific fuel being thrown on the fire of decision-making.

There can be a happy-medium scenario for upcoming urban developments in NOTL and beyond, where investors can complete their objectives while making small compromises for the environment. The project gets done, but maybe it gets moved somewhere slightly different, or perhaps reshaped for less of an impact on the ecosystem.

I'm not naive. I understand geographical location changes everything in real estate. Good luck telling someone with waterfront property to simply "build back somewhere over there, because of the environ-

ment."

There are strong provincial laws and processes that oversee and protect NOTL's green spaces, such as areas designated as Provincially Significant Wetlands, or forest plots that get protected because they contain rare tree or bird species.

My issue (and fear) with this system is that it is sometimes too literal. There are no "but what ifs" to consider for environmental areas deemed of lower significance. I think these areas often need a second or third look of sorts before certain developments should proceed on or near them.

Some of the natural areas we've lost in NOTL were small in acreage, but they nonetheless were better than nothing, providing an animal refuge, a stopover, a connector, and a free coolant for the neighbourhood.

If we try to keep our remaining few green spaces, we are also investing in our town's cultural image. What does a cruise into downtown NOTL look like without hints of natural health? Some greenery, some trees, some stands of forest? As we lose our pockets of greenery and fill them in aggressively, I dare say our town not only loses important natural fea-

tures, but also character and originality.

As Shaggy, I'm scared NOTL's urban expansion could erode both the natural and cultural heritage of our town. It would be wonder-

ful to see a new caliber of focus and professional input that could help prioritize the environment and work with property owners and developers.

This is the stuff that

keeps me up at night, worrying about making everyone happy, humans and wildlife alike, and wondering how better to explain this fear to the next generation standing in front of me at work.



Owen Bjorgan's work at Heartland Forest in Niagara Falls reminds him of the importance of engaging youth about the natural world. As he showed them a harmless garter snake, a question from the kids inspired him to write the article for this week, he said. (Photo supplied)

## Guides complete challenge

**Staff**  
**The Local**

Three local Girl Guides have completed the Lady Baden-Powell Challenge, the highest award in the guide program.

It usually takes two years and a dedicated effort to complete the program work, said local Guide leader Leslie

Moulson.

The award, which was given to Josie St-Onge, Ava Giessler, and Hannah Gilchrist, is named for the wife of Lord Baden-Powell, the founder of Guiding and Scouting. She dedicated her life to promoting the ideals of the organization, travelling to more than 100 countries to reach out to girls and their leaders.

The award provides youth with the opportunity to learn more about Girl Guides, encouraging them to complete service projects and presentations, and share their interest and knowledge with others. Guides who successfully complete all components of the challenge are awarded their Lady Baden-Powell pin in their final year of Guides.



Josie St-Onge, Ava Giessler and Hannah Gilchrist, third year guides with the 1st NOTL Guide Unit, received their Lady Baden-Powell pin for completing the challenge in her name. (Claudia Gilchrist)

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# SCHOOLS ROYAL OAK COMMUNITY SCHOOL

## First Royal Oak student to graduate this month

### The Grade 6-8 Class

The school year at Royal Oak is quickly coming to an end. As with all schools, that means graduation is right around the corner. Every year Royal Oak holds graduation for the early years students progressing to Grade 1.

This year will be an extra special event because Royal Oak will be graduating their first ever Grade 8 student, Sebastian Reese.

The early years students have worked extra hard this year to get to this point. They have enjoyed their year, spending time working on letters, sounds, reading and writing, as well as shapes and numbers. Students worked on sharing, taking turns, and teamwork. The students who will be graduating to Grade 1 are Colby, William, Tennyson, and Skielor. We wish them the best of luck next year.

Sebastian Reese, the

eldest of the three Reese brothers (affectionately dubbed Reese's Pieces), will be leaving the school this summer to attend a local high school next September. Sebastian has been a wonderful leader to the younger students in the school. His joyful and polite demeanour will leave a lasting impression on all those who follow in his footsteps. Best of luck in all your future endeavours, Sebastian. We will all miss you.



Maya Gazzard, Grade 7; Charlotte Robinson Grade 6; Sebastian Reese, Grade 8; Jack Wiwcharyk, Grade 6; Tyler Cho, Grade 6; and Ben Foster, Grade 7. Reese is the first to graduate from ROCS, and will be missed by the other students.

## Students recommend Speechless

### The Grade 2-3 Class

The Grade 2-3 students at Royal Oak Community School read a very good book called Speechless, by Jennifer Mook-Sang (Scholastic, 2015).

The book is about a boy named Joe (Jelly) who is in Grade 6 and is bullied by a girl in his class, Victoria. At their school, there was a speech competition and Jelly wanted to win the first prize, which was a tablet. Jelly has stage fright and can't speak

very well and Victoria makes fun of him. In the end he learns how to speak in front of people.

The students thought the book was amazing because it had detail, was descriptive and had funny parts that made them laugh. It was also exciting because when the students were about to find out who won the speech competition, their teacher, Ms. Dennis, stopped reading the book for the day and they had to wait until the next day to see who won, which made

them furious.

The students learned that you should not bully others because it makes people feel bad and that you should treat people the way you want to be treated.

The class will now write a letter to the author, Jennifer Mook-Sang, to tell her their thoughts about the book, ask questions and to see if there will be another book about Jelly and his friends.

Please read this amazing book, Speechless, by Jennifer Mook-Sang.



## Bake sale raises money for school trips

### The Grade 4-5 Class

Recently the Grade 4 and 5s of Royal Oak Community School hosted a bake sale to fundraise for the school.

The class is learning about government and has been practising their persuasive skills. We learned that the government does not fund independent schools and that's part of the reason we hold fundraisers throughout the year. Our group of students wrote a persuasive letter to our teacher petitioning our ideas for the fundraiser.

The bake sale was the idea which persuaded her the most. Once our bake sale was approved we had to decide what the money raised would go towards specifically.

We originally thought about using the funds raised to decorate and beautify our classroom. Over time, we realized that we had to think on a larger scale and use the funds towards transportation for school trips.

Working together we created posters, and sign-up sheets to ask other families to bring in treats

for the sale. We reminded families to ensure they were nut-friendly and had some gluten-free options. Everyone came together to bring in treats for the school and members of the community. We held our bake sale outside on the corner of Byron and Wellington. Some of the treats featured in our sale included monkey bread, doughnuts, homemade jam, fudge, brownies, angel food cake, cherry pie squares, candy kabobs, and many, many cookies.

The Grade 4-5s also led a three-legged race and a guess-the-amount-of-can-

dy jar. The three-legged race brought about much laughter as teachers joined students to compete.

We think it's incredible that students were able to raise almost \$500 in one hour on a rainy Tuesday. Students can't wait until they can hold another one, and raise more money for the school. Thank you to everyone who came out to support our cause, and we hope to see you at the next one.

Ilias Dritsacos, Gabriel Santelli, Hadrian Tataryn, Teia Epp, all in Grade 3; Isaac Trapasso, Sienna Rey and Wes Ridesic, in Grade 2; and Saxon Reese, Grade 3, holds up Speechless, a book the students enjoyed reading.



Olivia Adams, Grade 2; Ruby Elltoft, Grade 4; Leila Ridesic, Grade 4; Kamila Domaradzki, Grade 2; Sienna Rey, Grade 3; William Trapasso, Senior Kindergarten and Madeleine Bennett Freisen, Junior Kindergarten have fun outside the day of the school's bake sale.



Tyler Cho, Grade 6, enjoys a cupcake made for the Royal Oak Community School fundraising bake sale. (Photos supplied)

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# Local students perform in Laura Secord Showcase



Laura Secord Secondary School, known for its DNAArts Program, wrapped up the year with a Dance Showcase last week. Several Niagara-on-the-Lake students participated, including (top left) Bethany Poltl; (top) Michaela Overweg with Olivia Nwaeze, Alex Stewart, and Sam Nkomo; Poltl and Jenna Cowan; Olivia Pillitteri (below right); Sara Leboudec, Ashley Glanzmann, Kathleen Maier, Hailey Reid and Jenna Cowan (below, left); Leboudec; and Kylie Kemp (left). *Photos by Leah Klasen, a Grade 12 student at Laura Secord*



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# Youngster racing on journey to the top

**Mike Balsom**  
Special to The Local

At just 13 years old, St. Michael Catholic Elementary School Grade 7 student Oliver Regier already has three years of kart racing under his belt. And if he has his way, he will eventually realize his dream of competing in the Formula 1 or IndyCar Series, like his hero, Canadian driver James Hinchcliffe.

Oliver's father, local Royal LePage agent Stefan Regier, has been a fan of F1 racing for as long as he can remember. When his oldest son was born, many weekends were spent cradling Oliver on his chest while watching his favourite driver, Kimi Raikkonen, compete on the track.

Stefan has no racing experience himself, other than hanging around with a close friend who attended the Bridgestone Academy and dabbled with competitive driving, until it got too expensive. But since day one, it's always been a way the two have bonded.

So one could say Oliver has come by his love of racing naturally.

Three years ago, Oliver began the Arrive and Drive program at Cameron Motor Sports in Hamilton. He completed the introductory weekend program, earning his racing licence that summer. He continued going to the track almost weekly, gaining confidence, getting used to the open-wheel go-karts, and learning how to strategize and navigate the track. Most professional drivers begin their career on the kart circuit.

Powered by a Briggs & Stratton engine, the karts are able to reach a top speed of about 70 kilometres per hour. They are totally open, and the drivers are not belted in. It sounds dangerous, but this is actually a safety precaution. The open cars have no roll cage, so if there is a rollover, the driver needs to be able to be thrown from the car, says Stefan.

He also points out that the race suit Oliver wears has an external "rib-cage." It's there to protect the driver's ribs from bruising as he is jostled back and forth within the kart. It also provides protection in the event of a collision.

In the Arrive and Drive program, Oliver drives cars provided and maintained by Cameron Motor Sports. The family pays a fee for the privilege of using the equipment.

Last year Oliver stepped up to the Canadian Mini Indy Rookie Series, as a competitor. The Hamilton races run on a bi-weekly schedule. Each session includes two practice runs, two qualification heats, and a feature race.

In 2018, in a field of about 100 drivers from all over Southern Ontario, he placed third overall at the end of the season.

Also last year, he took part in a Make-A-Wish Foundation charity race in Toronto, where he finished second. There, he stepped on to the podium next to Canadian professional drivers



Oliver Regier is achieving success on the kart circuit, where most top racing car drivers begin. (Photo supplied)

Robert Wickens and his hero, James Hinchcliffe.

The following week, during the Toronto Indy, Hinchcliffe recognized Oliver, who was wearing a Hinchcliffe ball cap, in a sea of people. His idol took Oliver's hat and signed it for him.

Watching his son race is a thrilling experience, says Stefan. The family, including mom Sarah and younger siblings Simon and Charlotte, has spent a lot of time at the track.

Stefan, in particular, has enjoyed talking strategy on the way to Hamilton. As well, he usually parks himself at the corner of the track, cell phone in hand, shooting video of his son's practice laps. Once Oliver steps from the kart, father and son discuss how he did on his cornering, with particular focus on the timing of his braking. As Stefan says, races are won with the brakes, not with the accelerator.

Oliver is focused. Stefan always thought of his son as mild-mannered, but noticed for the first time, through his racing, how competitive he is.

"When Oliver's on the track, he's there to win it. He's not there to be your friend. He's there to take first place and go home with points."

Oliver's will to compete, and to win, has prompted him to develop his own strategies for preparing for every race. For race day, he ensures he gets a good night's sleep the night before, and follows a strict diet the day of, heavy in protein and carbs. It is essential that his body be ready for the gruelling physicality of the 15-lap circuit.

The practice laps are key, as they allow him to understand

the track layout as well as to plan his "race lines," or his way around that layout. As Stefan says, it's key that Oliver drives "the fastest 15 laps, not the fastest lap" in order to win.

Oliver is back on the track again this spring, heading into his fifth competitive race in the junior lightweight class this week. The classes don't necessarily go by age, but instead by weight.

Through four races thus far in the 2019 schedule, Oliver has been on the podium each time.

His last race was the Victoria Day Cup. In that one, he held onto first place until a minor slip-up in the sixth corner. He fell back to fifth, then clawed his way back to finish second. Though admittedly it is early, he is currently tied for first in the season points standings.

Oliver races on Wednesday nights, but often takes part in weekend practice sessions. There, he gets to learn from and watch the pro drivers, who pilot their own karts on the same track, hitting speeds exceeding 100 kilometres per hour.

As the kart racing schedule occupies him from early April to Thanksgiving, Oliver is left with little time for typical teenage boy pursuits, such as soccer and hockey. And that's fine for Oliver, as he is singularly focused on getting better and better each week.

The next phase in his progression as a driver will involve stepping up to his own kart. As Stefan points out, this is where it becomes real. From what he has researched, it will involve an annual budget of about \$120,000 per year.

Buying the kart is the least of



At the Toronto Indy, Oliver Regier has his hat signed by his hero, James Hinchcliffe. (Photo supplied)

the expenses. Each week's race requires a new set of tires. With his own kart, the cost of maintenance is up to his team.

And then there's the travel expense, as he would be stepping away from racing strictly at the Cameron Motor Sports track. Sponsorship, of course, would be a big help when that time comes.

And when the time comes that Oliver reaches his 18th birthday, he is hoping he can enrol in the Bridgestone Racing Academy, where his hero Hinchcliffe trained.

Recently, Oliver asked his father if he would have to move to the Kawartha Lakes area to attend the school. Of course, that would be part of the deal.

Despite the cost, and the potential distance if he's accepted into the Bridgestone Academy, the Regier family is willing to do what it takes to help Oliver to continue to chase his dream.

## LOCAL HAPPENINGS

### AA MEETING

every  
Wednesday evening,  
at 8 p.m. to  
9 p.m.  
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IT'S BACK ...

## QUEENSTON VILLAGE GARAGE SALE

Saturday, June 8th • 8 a.m. to 2 p.m.

Rain or Shine!

All households in Queenston are encouraged to participate.



Like the Ikea lamp commercial states: "re-use is good for the environment". There will be no firefighters BBQ due to a scheduling conflict. For more info contact Adrian advills5@gmail.com Another Q.R.A. event.

## NEIGHBOURHOOD WALKS

June 7 @ 6 - 7:00 p.m.

Explore the history of two unique neighbourhoods on Friday evenings. This Friday's walk will be: Queen Street Estates – tour meets outside the Post Office. Tickets are \$10 and must be purchased in advance. Space is limited – 905-468-3912 – contact@nhsm.ca.

## COMMUNITY GARAGE SALE

Saturday, June 8 @ 8 a.m. – 12 p.m.

Kingsview Estates  
556 King St. corner of Anne St.  
Rain or Shine

## ROYAL CANADIAN LEGION, BR. 124 "OLD TIME" COUNTRY DANCE

June 9 @ 7 - 10 p.m.

Featuring the "THE FUGITIVES" an old time dance band from Baldur Manitoba. Royal Canadian Legion, Br. 124, 410 King St., NOTL. Free Admission / Cash Bar

## FIRST ONTARIO PERFORMING ARTS CENTRE

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## LOCAL WORSHIP



Sunday, June 9

Message:  
Kevin Bayne, Pastor

Title:  
Opposition

Kids Programming  
Grade 8 & under

Sunday Worship  
at 10am at 434 Hunter Rd.

Offices at  
1570 Niagara Stone Rd.  
www.ccchurch.ca

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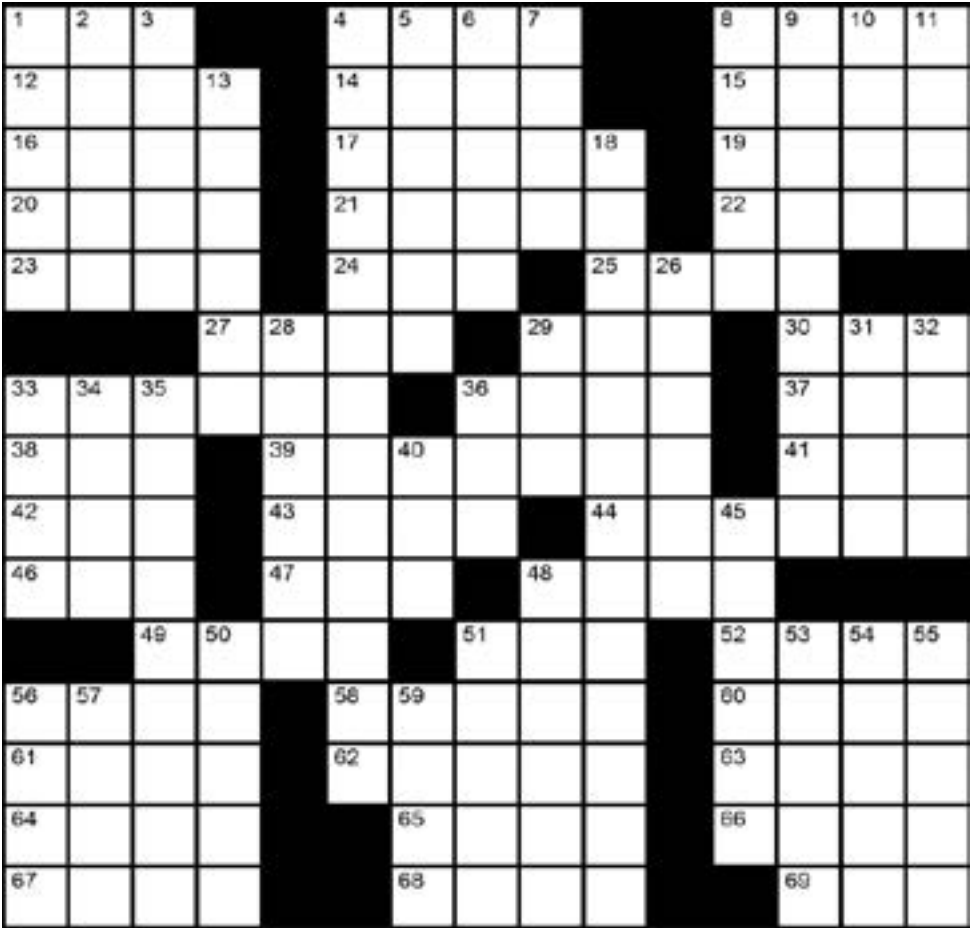
GARAGE SALE

Community  
Garage Sale  
Saturday

June 8

8 a.m. – Noon  
Kingsview Estates  
556 King St.  
corner of Anne  
Rain or Shine

CROSSWORD PUZZLE



ACROSS

- 1 Raises
- 4 1 G
- 8 Strikebreaker
- 12 Siestas
- 14 Egg layers
- 15 Father of a leveret
- 16 Superstar
- 17 Wanes
- 19 Old Peruvian native
- 20 Aligned
- 21 Open
- 22 Enormous
- 23 Abominable snowman
- 24 Scrutinize
- 25 Study
- 27 Mardi ---
- 29 Evil
- 30 E.g. A O L
- 33 Four pecks
- 36 Secret Chinese society
- 37 Bingo!
- 38 Time in Boston
- 39 Merchant ship's capacity
- 41 Immediately
- 42 Dentists' grp.
- 43 "Death --- Expert Witness" (P D James)
- 44 Is adjacent to

DOWN

- 1 One
- 2 Army chaplain
- 3 Gush forth
- 4 Presidential workplace
- 5 Chucks
- 6 Outbreak
- 7 Junkie
- 46 Homo sapiens
- 47 Frequently, poetically
- 48 Mailed
- 49 Specialty food store
- 51 Contemptuous exclamation
- 52 Mantle
- 56 State of constant change
- 58 Lily Munster actress Yvonne De ---
- 60 Not his
- 61 Captain Jack Sparrow actor
- 62 Online missives
- 63 Senses of self-importance
- 64 Wild about
- 65 Look after
- 66 Seedy joint
- 67 Talks lovingly
- 68 Singles
- 69 Could be bobby, red or white

- 8 Destructive Hindu deity
- 9 Those north of the 49th
- 10 Curves
- 11 Police officer's patrol route
- 13 Snow carriage
- 18 Wrestling maneuvers
- 26 Enter stealthily
- 28 Provide new equipment
- 29 Long feathery scarf
- 31 Get lost!
- 32 Minor chessman
- 33 Smile
- 34 Federal farming regulator
- 35 Confront
- 36 Channel revived as Heartland
- 40 --- King Cole
- 45 Engraved with acid
- 48 Salty
- 50 Montreal ---, now the Washington Nationals
- 51 Gray matter
- 53 Breastplate of Zeus or Athena
- 54 Brigham Young University city
- 55 Antique auto
- 56 Depositors' protective grp.
- 57 Longtime "Tonight Show" host Jay
- 59 Rounds

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YARD SALE  
Saturday,  
June 8

(Rain Date June 15)  
8 a.m. – 12 p.m.  
540 Simcoe St.

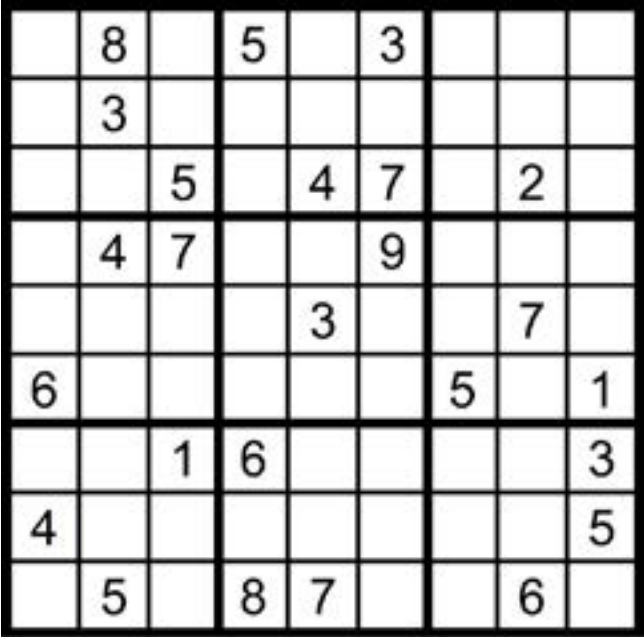
GARAGE  
SALE

9 a.m. - 2 p.m.  
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Queenston Road  
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PUZZLE ANSWERS

Across: 1 Ups, 4 Thou, 8 Scab, 12 Naps, 14 Hens, 15 Hare, 16 Idol, 17 Eases, 19 Inca, 20 True, 21 Over, 22 Vast, 23 Yet, 24 Ver, 25 Read, 27 Gras, 29 Bad, 30 I S P, 33 Bushel, 36 Tong, 37 Aha, 38 E S T, 39 Tonnage, 41 Now, 42 A D A, 43 Of an, 44 Lies on, 46 Man, 47 Of, 48 Sent, 49 Deli, 51 Bah, 52 Cape, 56 Flux, 58 Carlo, 60 Hers, 61 Depp, 62 E-mail, 63 Egos, 64 Into, 65 Mind, 66 Dive, 67 Coos, 68 Ones, 69 Sox, 7 User, 8 Shiva, 9 Canadians, 10 Arcs, 11 Bear, 13 Steigh, 18 Strangleholds, 26 Edge in, 28 Retool, 29 Boa, 31 Shoo, 32 Pawn, 33 Beam, 34 U S D A, 35 Stand up to, 36 T N N, 40 Nat, 45 Etched, 48 Saline, 50 Expos, 51 Brain, 53 Aegis, 54 Provo, 55 Essex, 56 F D I C, 57 Leno, 59 Ammo.





# The great outdoors



Photographer Fred Mercnik noticed the break in the weather brought people outside to enjoy some exercise and fresh air, including families in Simcoe Park, tennis enthusiasts on the Memorial Park courts and young men playing soccer on the field close by.



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\*Example finance payment based on used 2016 Toyota Corolla LE (F345812). Sale price: \$17,951.00, plus OMVIC fee of \$100.00 and HST (8%) = \$19,620.95. Licence fee is extra. Payment is \$500.95 (weekly) for 24 months at 0.9% APR. \$500 cash down. Total cost of borrowing \$19,020. O.A.C. Maximum amount financed over 24 months at 0.9% APR is \$20,000.00. On select used vehicles only. Offer is only valid on June 8, 2019. \*\*Example finance payment based on new 2019 Toyota Corolla LE (F34K079). Sale price: \$23,498.00 plus HST and Licensing. 0% financing offer is available O.A.C. for up to 39 months on select new vehicles only. Offer is only valid on June 8, 2019. Example Payment: \$20,000 financed over 64 months at 0%. Payment is \$239.70 per month. Total cost of borrowing \$5,000. O.A.C. Offers may not be combined with any other offer. \*Up to \$500 additional bonus is only available to customers who book a VIP appointment for June 8th, 2019, to visit any Performance Auto Group Niagara dealership for the 30th Annual One-Day Car & Loan Sale. \$500 bonus is available at the following dealerships: Performance BMW, Performance Lexus, Audi St. Catharines, Performance Acura, Genesis Niagara, and Performance Mercedes-Benz. \$250 bonus is available at the following dealerships: Genesis Hyundai, MINI St. Catharines, Performance Chrysler, Performance Hyundai, Performance Toyota, and St. Catharines Volkswagen. Bonus will be deducted from the after-tax sale price of a new or pre-owned vehicle sold on June 8th. Performance Auto Group reserves the right to amend or terminate these offers, in whole or in part, at any time without prior notice. Additional conditions and limitations may apply. Please see any participating Performance Auto-Group dealership in St. Catharines and Grimsby for details.