



NOTL **Canada Day** in photos

pages 17 to 19

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## **Yellow liquid in bottles** 'creepy', say residents

### **Penny Coles** The Local

Areas of Niagara-onthe-Lake are experiencing two separate patterns of vandalism, neither of them unique to this town.

Residents in Virgil and Queenston have been warning their neighbours on social media and reporting to police incidents of water bottles filled with a yellow liquid being left overnight in backyards and on porches.

Niagara Regional Police spokesperson Const. Phil Gavin said on Friday they had reports of 15-plus bottles being discovered between June 27 and 30. "Generally the bottles are appearing with no associated damage or theft," he said.

Some residents are fearful the bottle is being left in their yard to see if it will be moved in the morning - if it isn't, it would indicate nobody is home, and the house would be targeted for a break-in.

"We cannot rule out that this may be a vetting technique

by criminals to determine whether a home owner is present," said Gavin.

The NRP forensic service unit detectives are examining a number of the bottles, he said. "The contents has been initially examined, and determined to not be volatile."

One of the recent Facebook posts from a Virgil resident said there had been as many as 30 such incidents, and there were also reports of the same situation in Grimsby.

Gavin told The Local Tuesday that he can confirm "the yellow bottle situation is in multiple communities in Niagara. "Our officers are investigating the numerous incidents."

Chris Gillespie, administer of a Facebook page created for residents of the Bradfield Estates subdivision in Virgil, said there have been about five incidents that she has heard about in her neighbourhood and the Homestead area.

One Bradfield Estate res-

**Continued on page 2** 

# **Community effort leads to plaque installations**

### Mike Balsom The Local

Two new plaques in the Niagara-on-the-Lake dock area outlining the historical significance of the rail- rolling down the tracks in PGM Rail Services, whose for a return journey, often er and moved some rocks Chernak of Erie Landway lands there stand as a early 2021 when, during a owner, NOTL native Peter to Toronto or Buffalo, or around," says Simkus. "He mark Company, a division testament to the possibili- Committee of the Whole Murdza, donated the cost sent to the engine house pointed some of them out of Paul W. Zimmerman

the site of the engine house sat about 200 feet south of for the site as well as an- Peter Mulcaster for their them and routed them out where locomotives were the railroad turntable. often repaired after being unloaded.

ties of grassroots commu-nity efforts. meeting, he outlined his of labour for their deliv- for maintenance. and said 'pick one and it's Foundries of Columbia, plans to install a set of orig- ery. Dock area residents Simkus funded the yours'. So we chose these, Pennsylvania. Each plaque

old railroad turntable and down in 1926, the facility included a bronze plaque and historian and author tom Stonework) flattened

other matching plaque for contributions to the efforts. so the plaques could be re-The section of rail was the turntable, where trains acquired last year from would either be turned ston Quarry, and Frank Simkus got the train Niagara Falls company around by hand to prepare Racioppo got on his load- work of artist Andrew

"We went to Queen-

cessed."

The castings are the

plain the importance of the house. Until it was torn

The dream of River inal railroad ties and some donated some sweat equity plaques himself, and cred- and they were shipped to sits neatly and flush Beach Drive resident Ron rail track to commemo- of their own during the in-Simkus, the plaques ex- rate the site of the engine stallation.

dents Pat Hartman, Jim sons, Bogdan and Jan (Sa-

its fellow dock area resi- Burlington, where the ma- near ground level on the His plans, Simkus says, Reynolds, Tony Poulton lyk and Vasu of WJB Cus-

**Continued on page 3** 



# **Rocks through windows also region-wide**

#### **Continued from page 1**

ident is reported to have seen a man caught on her security camera on her backyard porch overnight, trying to open her patio doors, said Gillespie. She described him as about 30 years old, and about 5'8". The next morning she found a water bottle with yellow liquid in her yard.

Jim Armstrong, president of the Queenston Residents Association, estimated there are about a dozen reports of the bottles with yellow liquid that have been left at homes in

it known she had found a bottle on her driveway, and then "the reports started flooding in," he says, from several different streets in the village, and one on the Niagara River tioned them in case anyone Parkway.

He even heard from former thing to watch out for. Queenston resident Helena Copeland, who has moved with her husband Rob to a community near Ottawa, that it's happening in her little village.

Armstrong said there have been reports of a car, a silver or bronze Lexus, stopped on one of the Queenston streets, and



The Local's Karen Skeoch, a resident of Bradfield Estates in Virgil, found a water bottle filled with yellow liquid in her fenced backyard, placed in such a way that the person who put it there must have been in the yard. Like other residents, she is finding the whole situation "creepy." (Karen Skeoch)



the village. One resident made then slowly moving along the road, and also of a young person on a bicycle that nobody recognized. While neither of these have been connected to the water bottles, he menelse has seen them, or as some-

> Armstrong said the police called the water bottles part of a "region-wide" overall pattern of vandalism, also mentioning rock-throwing in some neighbourhoods.

> "Members of the public who find a bottle of yellow fluid on their property are asked to call our non-emergency number, 905-688-4111 "dispatch" to report it," says Gavin.

"Residents are asked to minimize their physical contact with the bottle until our officers attend or we give them other direction."

Gillespie says she's lived in the Bradfield neighbourhood for seven years, and always felt it was a safe place. She, along with her neighbours, wonder what the purpose of such an "unnerving, creepy," act of vandalism could be.

She is suggesting people lock their fence gates, lock their doors and windows, and report any incidents of vandalism to the police.

Gavin encourages home owners to frequently check their properties, and if they are going on vacation, to have a

trusted person do it for them. He also recommends home owners consider the use of motion lighting and quality, closed circuit cameras

The rock-throwing has also occurred in Virgil, and detectives from multiple districts of the Niagara Regional Police Service are investigating incidents of overnight damage to parked cars, says Gavin.

Two photos of cars in NOTL with rocks through their back windows have been posted on Facebook, one by Brittany Lepp on Townline Road and East and West Line. She says although the police have reported some of the rocks appear to have picked up from nearby gardens, that wasn't the case in her situation.

"The rock in my car wasn't from my garden, and didn't seem to be from anywhere nearby. It's about the size of my hand and pretty heavy. They must have thrown it pretty hard, because it broke off my entire back wiper into three pieces."

NRP uniforms and detectives are investigating more than 50 reports of damage across the region from large garden or driveway rocks being thrown through parked car windows, as well as one house window, incidents that occurred on June 28 and June 30.

As well as Lepp's car, police are reporting a similar incident on Four Mile Creek Road, on June 30.

Sixteen of the incidents were June 28 in Grimsby, for which the NRP have a description of a white male, about six feet tall and thin, shirtless, wearing dark pants, a dark baseball cap, and a blue medi-

tion of the suspect in the other areas of the region, where the vandalism occurred overnight June 30. Anyone, residents or busical mask. He is believed to have nesses, in the area near where been driving a dark-coloured these incidents occurred, is NC

UVB

The police have no descrip-

Don't forget to wear





Brittany Lepp was one of several residents of the Niagara region who had a rock thrown through the rear window of her car. NRP are investigating both situations, the bottles and the rock-throwing. (Brittany Lepp) car, similar to a Honda Civic.

asked to check closed circuit security cameras, doorbell video cameras, or operational dash cameras to review footage for suspicious activity during the period when the offences are believed to have happened.

Members of the public who wish to provide information anonymously can contact Crime Stoppers of Niagara online at https://crimestoppersniagara.ca/ or by calling 1-800-222-8477.

Crime Stoppers offers cash rewards to those who contact the program with information which leads to an arrest.

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# Next step: completion of historic turntable

#### **Continued from page 1**

Queenston limestone rock that houses them.

"These things weigh about 2,000 pounds," Simkus says. "Niagara Block came down on June 6 in pouring rain and put them happened without her." into the perfect spots. Masonry in town came by plaques in place."

Simkus was floored by Chernak's work on the bas-relief images on both plates. He points out details, such as facial expressions and wrinkles on the workers, the rivets in the so we put it in," Simkus bridge and the texture of the exterior walls of the train shed, that he did not could." expect to see in the finished product.

He also points out that none of the contributors to engine house building or the project were named on the plaques.

"It does mention that the turntable surface was reclaimed by local residents who cleared the debris and created this garden," says Simkus. "That was largely Pat Hartman's work. She's so excited by this garden, nine now with the plaque."

Simkus says NOTL

in maintaining the lush garden that surrounds the turntable, and is quick to laud town CAO Marnie Cluckie for her support for the project.

"I truly believe in her," Simkus says of Cluckie. "None of this would have

Between the turntable They did a great job. Chris and the engine house area Brown from Third Stone a short piece of rail has also been installed. Not part of four days later and set the the original plans, Simkus says it's there to guide those who stop at the turntable toward the engine house site to complete their journey through the historic rail lands.

"We had this left over,

Remarkably, says there are no existing next steps, and we're getphotographs of either the ting those plans together." the turntable. The dock Hartman found out back area rail lands were most in 2016 that the town had likely considered an in- in its possession some of dustrial area at the time. the actual base stones from As such, few would have the original turntable that thought to have taken any had been moved off-site pictures due to the expense in 1990 to accommodate approval to reset those re- a loader, just with shovels. of photography in the sewer and water lines. Sim-1800s.

as it gets bigger and more his fellow dock area denielaborate. She's on cloud zens is a completion of the he hopes will soon be laid turntable itself.

"We want to maintain of the circle. parks supervisor JB Hop- the momentum," Simkus



says. "We wanted to use all Ron Simkus has some large stones on the property that he would like to have moved into place as part of the next step of the material we had if we the turntable project. (Photos by Mike Balsom)

Simkus explains that kus walks behind the turn-Up next for Simkus and table garden to point out the seven large stones that along the original footprint

"They were quite ruthkins was also a big help states. "Marnie has asked less back in 1990 in tear- the asphalt that current-

chopped out 45 per cent of Turntable Way. the turntable. We've actu-

the archaeologist." their original places along entire ring." the circle, and will work

Simkus for more details on our ing out the turntable," he ly forms the intersection set Simkus back approxilaments. "They literally of River Beach Drive and

> "It will actually be an ally documented the loca- improvement of the road," drew a conceptual recon- narrowing it, we'll actually struction. I've sent it all to be reinforcing it. We can do most of the work to set love for the retired engi-Simkus hopes to get the smaller stones without neer, who is also known maining seven stones into We want to complete the water levels around Ball's

> Simkus says the archaewith Racioppo to acquire ologist who was consulted new, smaller stones to on the plans has fully supfootprint. That will require the historic stones on the this area," he says, "and breaking away some of grass area of the turntable. The project has thus far recognition."

> mately \$15,000 out of his own pocket, and he estimates the next phase will cost him another \$10,000. tion of all of the stones and Simkus says, "We're not He hopes to have it all in place some time this fall.

> > It's clearly a labour of for keeping watch over the Beach. But Simkus says he's not the only one who feels that way.

"The dock area rescomplete the 360-degree ported the placement of idents really believe in we didn't do it for





around for its return journey. The locomotive could also be moved the locomotive to be turned around for its return journey. The locomotive could also be moved from the turntable to the engine house located nearby on Turntable Way. Following the removal of the railway tracks and the turntable machinery, the stone circle became derelict and overgrown and was nearly forgotten. In 2007 the turntable surface was reclaimed by a local resident who cleared the debris and created a garden for all to enjoy.

The relics of the former railway have been designated under the Ontario Heritage Act.

and maintain sufficient steam pressure in the boiler for the first train out in the morning. All that remains today of the engine house is the concrete foundation of the repair pit, which was about 6 feet (2 m) deep. It provided access to the underside of the locomotive, so that a mechanic could carry out inspections, maintenance and repair work as required. The engine house was demolished in 1926 when passenger service was terminated to Niagara-on-the. Jake the-Lake.

This is a site of historic interest as designated under the Ontario Heritage Act.





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### **Norm Arsenault withdraws election nomination** staff have the necessary tools to Decides to try for better life balance Arsenault says he and his ing us from going too far, but wife Dianne hope to travel a eventually that is the plan."

### **Penny Coles** The Local

Coun, Norm Arsenault has withdrawn his nomination as a candidate for the October municipal election.

"After considerable reflection," he said, "even though my wife supported me in running again, I made the very difficult decision to withdraw due to the amount of time that I was spending doing the job."

Those who watch council meetings will understand when Arsenault says he is "the type who cannot do anything in moderation and as such, I was spending an enormous amount of time reading, and researching every issue at the expense of my personal life."

He made the difficult decision to step back and get a better perspective "of where I am at this stage of my life, and continuing at this pace was not it. While others may be better at managing this job and their personal life, I struggle with that balance."

The job and the issues were always on his mind, he says, "and that is not healthy. I feel privileged at having been able to represent the people of NOTL and wish all the candidates, both those who have already stepped forward, and those yet to announce, the very

best. It is a difficult task with \$50,000 worth, he says. constant demands 24/7."

Arsenault says he really enjoyed doing the research that allowed council to move issues forward. When issues come up "we debate, sometimes ad nauseum, but once the ducks all line up, so to speak, it is truly satisfying to get the result you were looking for."

He mentions as an example the short term rental issue.

"I spent three years on that file, was instrumental in making changes in 2020 to add operating an STR without a licence an offence, as well as advertising without a licence an offence, an offence to not show your licence number on your ads; then we brought Granicus Host Compliance to assist with identifying illegal operators and provide a 24/7 customer service line for complaints. In addition, and again in 2021, I was also instrumental in bringing in the AMPS bylaw which removed the STR offences from the Provincial Offences Act to an administrative penalty. The AMPS bylaw, which came into effect Sept. 7, 2021 was a game-changer."

The combination of Granicus and the AMPs have resulted in more than 50 penalty notices given to STR operators, and all have been paid — about

"Prior the the AMPS bylaw, only one offence was ever prosecuted, and it took two years to get it through the courts. Now

effectively control the industry. Using Granicus, staff identified over 90 illegal operations time with their six-year-old within six months, laid over 90 penalty notices and finally took control of this industry. To me that is extremely satisfying."

bit more, and spend a bit more granddaughter "who is growing like a weed."

At the moment, "we have an elderly dog that is prevent-

"For now, personally, I just need time to decompress, do a bit of gardening and just relax. I still have four months to go, but that should go by quickly."

### Tuesday proclaimed Terry Fox Day in NOTL

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

John Wiens remembers well the day Terry Fox came to town.

It was 42 years ago July 12, the day that has been proclaimed Terry Fox Day in Niagaraon-the-Lake.

The young man had just passed through Toronto on his Marathon of Hope, and suddenly everyone knew what he was doing, the goal he had set for himself, and everyone wanted to meet him, says Wiens.

He remembers Gloria Ghetti, president of the local Cancer Society, asking at very short notice, maybe a couple of days, if the Prince of Wales Hotel could host an afternoon event.

Joan King, organizer of the annual Terry Fox run in Simcoe Park, says Fox was coming to Niagara Falls to meet Jay Triano, a basketball star from the falls who had been a student at Simon Fraser University in B.C. Somehow Ghetti arranged for Fox to pay a short visit to NOTL.

general manager of the hotel, and scrambled to find space him at the hotel." for the event. The Victoria and Albert Room, which would have been his first choice, was booked — it was the middle of July, at the height of the tourist season, and both the town and the hotel were busy.

The only room not in use was Vikki's, the disco, also named after Queen Victoria, so he arranged for some sandwiches and prepared to greet Terry.

"I was looking forward to meeting him. I remember shaking his hand," says Wiens, "He just stood in the middle of the room, and people went up to talk to him. He was very quiet, very humble."

Wiens says there was something about him "that you just knew was special. You really felt you were in the presence of someone special."

At that point, those in the room sensed he was going to accomplish something great, and the atmosphere was one of

Wiens was part-owner and pure excitement, said Wiens. "I sence, she wanted to do some-

was whisked away, and it wasn't until later that those who met him felt the excitement turn to sadness, knowing his cancer had returned, and he was not going to finish his marathon.

Run returning to Simcoe Park this Sept. 18, after a two-year ab-

It was a short visit before he

King says with the Terry Fox

was very proud to have hosted thing special, and asked Lord Mayor Betty Disero to proclaim July 12 Terry Fox Day, which she has. Disero also quickly arranged for a bench on King Street, near the entrance to Simcoe Park, to be dedicated to Fox.

> On Tuesday, July 12, King will mark the day at the bench for its 9 a.m. unveiling, and will stay there to sell T-shirts for the Terry Fox Foundation.



Joan King, wearing a Terry Fox T-shirt that says 'I'm not a quitter' on the sleeve, sits on the bench dedicated to Fox, with photos of the day he paid a short visit to NOTL. (Penny Coles)



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Kristi Frank and Olivia Sinclair-Brisbane in The Duke and Two Irenes (Shaw Festival, 2021). Photo by Jason Lupish (Lauren Garbutt Photography).

### THE NOTL Gocal **EDITORIAL** July 6, 2022 notllocal.com Power station, tunnel bring tourism to new level

Driving along the Ni- Alas, it was not to be. agara Parkway from Niaga-Falls, it's hard not to be impressed with the architecture of the power stations along the way.

Years ago I was involved in a project with the District School Board of Niagara that involved a partnership with Ontario Power Generation. Sitting in the offices in one of the old buildings, I was hoping like crazy that I would be invited to tour one of these marvels built in another time.

ra-on-the-Lake into Niagara Parks opened a new attraction. amongst the giant equipment The old Canadian Niagara Power Station, which was built from tory of the falls themselves, and 1901 to 1905, was opened to the their place in Indigenous lore. public on June 28, 2021.

> agara Parks, was proud of the station, which operated from new attraction, which brought visitors right into the building in 2005, earned Niagara Parks amongst the giant transformers the 2021 Lieutenant Governor's and other equipment that generated power using the flow of in Conservation. The award was the waters of the Niagara River. announced by the Ontario Her-

-*Local*letters-

It's an amazing, bright space itage Trust earlier this year. Last year, though, Niagara that allows visitors to stand while also learning about the his-

Not surprisingly, the David Adames, CEO of Ni- re-imagination of the power 1905 until its decommissioning Heritage Award for Excellence

I remember several years

our house. It took over an

up and put it out of its misery.

tions, wishes . . .

to cover.

Thoughts, ideas, sugges-

-if NOTL won't hire an-

-speed bumps on Lake-

-maybe have a fund where

-maybe we should all take

the town can work with local

vets to put down an animal in

higher fences, lower speed

limit, more police patrol?

other Ken Reid then maybe

My guess is that another award may soon be coming for the organization for its newest attraction on the same site, one that

takes visitors even deeper into the world of power generation. Niagara Parks opened The Tunnel July 1, on the same site as that award-winning power station.

The Tunnel ushers visitors into a glass-walled elevator for a trip 180 feet below ground.

The ride down the shaft itself is impressive, with much of the machinery that pumped the water through the power plant visible through the glass. But that's just the start of the journey. Once past the seven layers

of strata, it's out the elevator and into a 2,200 foot (670.5 metre) accessible concrete walkway lined with rustic brick walls. It's the incredibly preserved remnant of the original tailrace that brought the water back into the Niagara River after it ran the turbines on the ground floor above.

It's an amazing trek through the spacious walkway, conjuring scenes from old movies involving underground worlds. One could imagine numerous future film projects shot in the tunnel, which might easily double as the catacombs of Paris or an abandoned tube station below London.

At the end of the tunnel lies an outdoor viewing platform where visitors get a stunning view of both the American and Canadian falls. Only aboard the Hornblower Cruises can anyone safely get a better panoramic experience of the natural wonder. It's about as close to the falls that you can get without going over in a barrel.

Dignitaries and local media gathered at the power station, itself a new attraction having opened in June, 2021, for the official unveiling of The Tunnel last week. Parks Commission chair April Jeffs credited Rankin Construction, Ellis Engineering, Thyssenkrupp and Black Creek Metal of Fort Erie for their contributions to the project.

floor of the power station and ects by helping with the apalong the walkway are a num- proval of a \$25 million loan to er stations, the incredible efforts ber of interpretive panels that Niagara Parks from the Ontario that must have been put forth to shed light on the engineering Financing Authority. marvel that both the station and the tunnel must have been at the ments and the creativity of the turn of the previous century. Niagara's original Indigenous people's relationship to water and specifically, to the 'thundering waters' that gave our region ism not only rebound, but also





The tunnel itself, as much as the view at the end of it, are both wonders to behold. (Photos by Mike Balsom)

its name.

Many touring both the power station and the tunnel for the first time spoke in awe of the fact that all the original work was completed without the use of the modern machinery and equipment that is used today.

The idea to restore the power station and open the tunnel dates back to a Doors Open event that Niagara Parks hosted in 2019. The sold-out session convinced the Parks Commission that there was great interest and potential in the location as a permanent tourist attraction.

Installed both on the ground province supported both proj-

exceed anything we've ever seen here in the Niagara Region."

"To put it simply," said Jeffs, "this building has a unique and special history that deserves to be preserved and celebrated, and we have accomplished just that."

Niagara Parks has done an amazing job of creating an attraction that brings tourism to another level, both literally and figuratively, in the region. Yes, the view at the end of the tunnel is a wonder to behold, but the tunnel itself, as well as the elevator shaft, are just as awe-inspiring.

Living in the region, many Jeffs pointed out that the of us tend to take for granted the beauty that surrounds us, and when it comes to the pow-

### Please, drivers, slow down Here we go again . . . first a young turtle then last week a coln County Humane Society fawn. What's next?

Lakeshore Road from Chautauqua towards Four Mile Creek the speed limit is 60 km/hr, however, some think it's a road where you can 'put the peddle to the metal.' Almost daily you see cars or motorbikes passing on a solid line and at times doing almost double the speed limit. Seldom do you see anyone being pulled over.

Last week coming from town driving west near the overpass at the creek before Garrison Village Drive around 4:30 p.m. I noticed something on the road. It was a small fawn that must have just been hit. Its leg was completely mangled, but it was still alive.

Cars continued to pass, some honking and yelling. Really!

A couple from town stopped and assisted with controlling traffic.

I tried reaching the Lin- still waiting. with no luck. The lady helping ago when a deer was hit near said why don't you call a vet. I did, as I was upset seeing this hour before the police showed fawn suffering. I asked if they could just come and put it down, but they couldn't.

I then called my husband and 911. My husband arrived, picked it up and moved it off LCHS needs more officers, or the road. I guess the police at or them to have a smaller area that point called LCHS.

We were expecting company for dinner at 5 p.m. I went shore near the DND lands, home and my husband stayed. When I got home I called LCHS and this time I was able to get a human on the phone.

Unfortunately they had one officer who was on a call in Thorold. The officer arrived around 6 p.m., the fawn still a step back and not always be alive and suffering.

She apologized, although it wasn't her fault, they have and our four-legged friends. a large area to cover. The lady who stopped with her husband apparently came back to check while my husband was

in a hurry to get somewhere. Share the road with humans Stay safe.

distress?

Shirley Madsen NOTL

# View from the couch

### **Donald Combe Special to The Local**

Everyone loves glamour, glitz and the underdog winning the prize. Miss ending was "correct." Pettigrew Lives For A Day

Donald Combe is a re- flix series and movies for

fairy tale that takes place in loves to go to movies. Until London just prior to World he resumes going to the-War II, and is in every way atres, he has graciously breathtakingly beautiful...I agreed to share his opinfound it charming, and the ions, through "short and sweet" exclusives, of Net-

(Prime, 2008) is a lavish tired English teacher who The Local.



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|--|---|---|
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"With these types of investteam at Niagara Parks to work They also further explain with so many local partners," said Niagara West MP Sam Oosterhoff, "I know that the future is bright, and that we will see tour-

create them.

Funnily enough, while touring the attraction I also marvelled at the feats of engineering that Rankin and the other companies involved performed in the last year to create such an enjoyable experience.

Don't wait for friends to visit from out of town to experience both attractions yourself. Besides, if you tour it for the first time with those visitors, my guess is you won't be able to convince them you are just a jaded local who's seen it all already.

Both the Niagara Parks Power Station and The Tunnel can be accessed at 7005 Niagara Parkway in Niagara Falls. Visit niagaraparks.com for more information and to pre-order tickets. Mike Balsom

The Local

notllocal.com

The opinions expressed in submitted commentary, and letters to the editor, are those of the contributors and not necessarily those of The NOTL Local.

## **COMMENT** Facts of life as they apply to the brain

### Larry W. Chambers **Madeline Smith Special to The Local**

Contrary to popular belief that dementia is inevitable, steps can be taken by individuals and societies to reduce the risk of dementia and, simultaneously, increase brainability.

Research published in the last decade has turned upside down what has long been taught on this subject - making it more important than ever for us to review what is known about the brain and how it changes as we live longer.

Doctors who graduated before 2000 were taught that the brain only developed during childhood, but that after age of 20 all that happened was that brain cells died off. This was the theory that won Professor Santiago Ramon y Cajal the Nobel Prize in 1906; however, we now know he was wrong. There is continued debate over whether we can renew brain cells in adult life as mice do, or as our own kidney and liver cells renew, but we do know that we can develop new brain circuits. This is called neuroplasticity, and there is evidence now that new circuits can be formed at any age if the brain is asked to do so, either by external stimulation or by physical activity.

Dementia is not a disease like rheumatoid arthritis that can be confirmed with a blood test. It is better described as a condition which can be observed by people, including people without a medical degree. There are four changes that indicate that dementia is becoming more conspicuous and which need to be taken seriously. These include:

· failures of self-care, for example failure to wash or get to the toilet in time with apparent disregard for the consequences;

failure to look after one's home properly, such as leaving the gas or water on;

· problems with driving; · problems with money. These signs of dementia are

different from normal aging. It is

normal aging.

brain as a result of the normal aging process, but these do not cause major problems. For example, people notice memory slips as they live longer — an inability to remember where they put their keys or the name of someone they met yesterday or the name of a book that had an influence 20 years ago — but these memory slips are not signs of early dementia, they are problems with filing and recovering pieces of knowledge.

Aging is too often blamed for the changes taking place in our bodies and minds when, in actuality, the normal biological process of aging does not have a substantial effect on the brain. We now know that three other processes are important in determining what happens to us and how quickly we decline. First, there are changes in the way the brain works due to loss of what could be called brain fitness. As we live longer, our brain is often challenged less. For example, if we retire from a challenging job and do not substitute that challenge with other challenging activities, our brain becomes less fit. There are now techniques for examining how the brain works, and these are revealing how new circuits form when the brain is asked to perform a new task. The task may be physical, such as dancing, or cognitive, such as learning a language, or a combination of cognitive and emotional, for example chairing the committee of a voluntary organization. This runs contrary to ageist assumptions that as people live longer, they need less stimusponding to stimulation.

Second, Alzheimer's diseases are only one cause of dementia. Many diseases affect the brain other than Alzheimer's disease, secondary cancers in the brain, for example. Recent research highlights the contribution of namely dementia due to impair-

the way we think and feel. This is Some changes occur in the affected not so much by aging as by the attitudes and behaviours of other people, particularly what could be called ageism consistent under-expectation of what people in their 60s, 70s, 80s and 90s can achieve based on incorrect beliefs, for example, that all intellectual functions deteriorate with age, whereas some improve. New research shows that problems formerly considered to be entirely due to the aging process, such as memory loss, hearing decline, and cardiovascular events, are instead influenced by the negative age beliefs that dominate our society.

What we need is a cultural revolution to rethink aging, and to find out how we can increase our brainability whatever our age, and how we can reduce our risk of dementia. There is no guarantee, of course, because Alzheimer's disease remains the single most common cause of dementia and we do not know yet how to prevent or treat Alzheimer's disease, but there are many other causes, and therefore many other actions, that can be taken by individuals and society at large.

What can individuals do? Find a friend and explain to them the difference between dementia and normal aging.

What can the community do? Society needs to educate all members about the difference between dementia and normal aging, the cause of dementia, and the fact that, in the words of The Lancet, "... it is never too early and never too late to reduce the risk of dementia."

This article is a summary of lation and are less capable of re- Larry and Madeleine's December 2021 presentation on "How to Reduce your Risk of Dementia" for the Learn and Live Program series held at the Niagara-on-the-Lake Library. Larry W. Chambers has authored 200 articles and books concerning disease prevention (e.g. dementia), quality improvement vascular causes of dementia, in long-term care homes and innovative approaches for continument of the blood and oxygen ing professional development. He supply to the brain. Risk of vas- is research director of the Niagara cular dementia and other causes Regional Campus, Michael G. mentia or MCI (mild cognitive of dementia can be changed so DeGroote School of Medicine, the risk of dementia can be re- McMaster University. Madeleine Smith is a medical student at the Aging, fitness and disease Niagara Regional Campus, Miemphasis should be on the fact are well understood. So too are chael G. DeGroote School of Medi-

### **Childhood memories that** encouraged love of nature

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

My parents routinely took our family to a quaint gem of campground called Faun Lake. Located in upstate New York, the landscape is a matrix of rolling farm hills and deep Carolinian forests. It is always remarkable to me that just half an hour outside of Buffalo, there is enough wild space remaining to cater for black bears and timber rattlesnakes.

of those animals, the common snapping turtle is easily at home in the creeks, swamps, and little lakes of the region as well. Thanks to this local reptile, it was my first moment as a The Swamp across the road. little kid where I got to feel like a nature superhero.

The local pool of Faun Lake campground was suddenly shut down one afternoon, as staff had discovered about a dozen Timbit-sized juvenile snapping turtles drifting about in it. Some were getting swept into the filter area to a surely fatal trap. The chlorine and other chemicals can't be good for their skin, either.

shine, probably at seven years time, we said yes. old. Most staff and adults in the area were reluctant to get into the pool. It's amazing how the respected snap and dinosaur-like build of adults can still make an adult uneasy when they are no bigger than a Toonie, squishy, and could mouth at most.

I was welcomed into the closed pool to swim across its edges and down to its depths to rescue these animals. I remember pulling a few of their little bodies out of the filter. It appeared they there were no casualties.

the staff, my parents and I descended down the bank to the nearby lake, their true natural from underground in one of gardens, gravel pits, and road- emitted was unmatched. side shoulders inviting places

easy it is to dig and bury the deposited eggs.

Looks like these youngsters erroneously yet instinctively found the pool first. After releasing the turtles and victoriously eating some ice cream, I made my way to the pool as well. Ball hockey, strangers, and

### the swamp

Times have changed, and I can't imagine this sort of story unfolding so candidly without worry in 2022.

I was playing ball hockey in Less intimidating than both the driveway with my brother Isaac and a couple other friends of mine. It's a late spring day, and the drone of western chorus frogs reminds us of that in the distance, a place we simply called

> A vehicle pulls up on the road, and a lady hangs her head out the window. Her two sons are in the backseat, and they appear around the same age as our little ball hockey squadron. She was quick to ask, "Hey, can my kids play and hangout with you?"

In hindsight, it is really bizarre that this adult didn't look for another adult on the premise. As innocent little kids who had pretty open hearts about This was my moment to including others in a good picked up a couple hours lat-

> Surely enough, she dropped the two kids off in our driveway, said she'd come back to get them in a couple of hours, and mysteriously drove away. Again, we have no idea who story to cap off this two-part these kids are.

We introduced ourselves probably fit a pea into their and proceeded to grab these two brothers a hockey stick. Hockey didn't appear to be their favourite, so we decided to get them some rubber boots and go explore The Swamp.

As I learned more about these two kids by the minute, were all accounted for and that it became very clear they were from an inner-city environ-With turtles in a bucket, ment. They shrieked as they took their first step into the sucking, stinky mud. They jumped at chipmunks and toads habitat where they belong. My making noises in the dry leaves. guess is that these eggs hatched The looks on their faces told me wish I could have dug it up for that they were on high alert as this week's article. the nearby pool gardens or the sensory overload of the enmulch beds. Unfortunately, vironment was clearly foreign to Suzuki would eventually handadult snapping turtles often them. However, they were not find our landscapes such as intimidated, and the joy they We proceeded to find snapto lay their eggs because of how ping turtles, snakes, and even cherish that circle of events.

get bit by a couple of horse flies. We caught frogs with our bare hands, and one of us fell into the stagnant, filmy water. But we loved it.

This story stands out for me because it was the first moment as a kid where I feel like I stepped outside of myself and genuinely watched someone else's interpretation of events. It was the first memorable time where I felt happy to watch someone else be so happy in nature.

Very little did I know that such an experience would passionately pave the way for me work in the field I do today. On my private hiking tours and my work for the school board, I can assure you that there is no dollar value to watching the youth have their eyes light up when they experience something profound and intriguing in nature. Those eyes, and that look, is a window into the mind of someone who is learning about themselves and their surroundings in an unforgettable way. That is "the look" that I look for to this day when I am at work. And yes, it happens with adults, too!

Also, the random kids were er as promised. I sit here, and wonder if they still think about that day, too.

#### A personal meeting with David Suzuki

I feel like a short and sweet series, about how at around 10 years old, I met David Suzuki at one of his public forum events.

My personal meeting, as I viewed it, occurred over the course of maybe 20 seconds. He was stationed outside of Sir Winston Churchill High School, which is funny to consider, as that is where I unknowingly would be going to school one day. My cousin snapped a photo of me standing awkwardly a few feet away from him, star-struck and probably hyperventilating a little. It is one of the dorkiest and laughable photos to date, and I

unhelpful to talk about pre-deimpairment) although people, including respected academics, duced, by at least a third. do use these terms. Instead, the that dementia is different from the factors that affect the mind, cine, McMaster University.

Little did I know that Mr. write me a little letter and sign a picture before I commenced hiking the entire Bruce Trail in 2014. I will always admire and



# Guys, Girls, Kids give back

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

Niagara's Wise Guys, a group of men who began raising money to give to local charities more than 30 years ago, are like everyone else, happy to see fundraising events returning.

However, they are no longer just the Wise Guys. They now have committees of Wise Girls and Wise Kids, planning fundraising events to be dispersed through the Wise Guys Charity Fund, which gives 100 per cent of funds raised to Niagara organizations through a granting process.

Doug Smith, president of C.R. Smith Financial Services and local organizations and charities which is based in NOTL and apply for grants, and the board helps children and young adults makes the decisions.

Smith and his father, Chuck more local organizations, such as Smith, more than 30 years ago, and since then, has raised and donated \$4.4 million. Last year, even during the pandemic, they were able to raise \$365,000.

The Wise Guys started out raiseing money for the new YMCA in St. Catharines — the one that recently closed — and then they kept going, raising as much as they could to help as many worthy causes as they could. They have a long list of charities they've supported, most of them region- them about organizing an

with disabilities and their fami-Wise Guys was started by lies across the region. Some are the NOTL Public Library and the Heritage Trail.

The goal of the fund remains simple, Smith says, "to improve the quality of life in the Niagara region," and to do it by operating top-notch fundraising events that people come back to year after year, including the 31st annual men's golf tournament July 20, which already has a waiting list.

About seven years ago, a small group of women approached

chair of the charity, explains that al, including Red Roof Retreat, event themselves, and came up with the Wise Girls Tee Party. This will be their seventh, and will be held Aug. 8. It's an all-ladies fun event that happens on the golf course, and it is sold out as well.

> Naomi Knight is one of the Wise Girls who loves the opportunity to raise funds for her community. The women decided they would do a golf tournament as well, she said, and it became the Tee Party.

> Last year they held a "low-key" version with fewer holes and fewer people involved, so that golfers could be spaced out, and there was no dinner. As simple as it was, she says, "we still raised money."

"We're so jazzed to get back

### Notice of Study Completion **Municipal Class Environmental Assessment** York Road and Four Mile Creek Road Intersection Improvements,

### St. Davids, Ontario

**PUBLIC NOTICE** 

The intersection of York Road (Regional Road 81) and Four Mile Creek Road (Regional Road 100) is located in the heart of the community of St. Davids in the Town of Niagara-on-the-Lake. The intersection is currently controlled by an all-way stop, and during peak periods motorists experience delays. The skewed angle of the intersection also creates vehicle safety issues, while there is an opportunity to improve pedestrian and bicycle facilities for the intersection and vicinity.

Niagara Region, through their consultant CIMA+, has completed a Municipal Class Environmental Assessment Study for the subject intersection in accordance with the planning process for Schedule 'C' projects, as outlined in the Municipal Engineers Association Municipal Class Environmental Assessment document (2000, as amended in 2007, 2011, and 2015), as approved under the Ontario Environmental Assessment Act.

An Environmental Study Report has been prepared to document the planning and decision-making process for the study. By this notice, the Environmental Study Report is being placed on the public record for a 45-calendar day public review from and including, June 30, 2022 to August 15, 2022 on the project website:

#### niagararegion.ca/projects/regional-road-100/default.aspx

Interested persons may provide written comments to the project contacts within the 45-calendar day review period. All comments and concerns should be sent directly to the Niagara Region project manager and consultant project manager by August 15, 2022.

> Maged Elmadhoon, M.Eng., P.Eng. Manager, Transportation Planning Niagara Region 1815 Sir Isaac Brock Way Thorold, ON L2V 4T7 Phone: 905-980-6000, ext. 3583 maged.elmadhoon@niagararegion.ca

Phil Weber, M.Eng., P.Eng. Senior Project Manager CIMA+ 500 - 5935 Airport Rd Mississauga, ON L4V 1W5 Phone: 905-695-1005, ext. 6732 phil.weber@cima.ca

#### Section 16 Order

In addition, a request may be made to the Ministry of Environment, Conservation and Parks for an order requiring a higher level of study (i.e., requiring an individual/comprehensive EA approval before being able to proceed), or that conditions be imposed (e.g., require further studies), only on the grounds that the requested order may prevent, mitigate or remedy adverse impacts on constitutionally protected Aboriginal and treaty rights. Requests on other grounds will not be considered. Requests should include the requester contact information and full name for the Ministry. If no order request is received the project will proceed to design and construction as outlined in the planning documentation.

Visit the Ministry's website for more information on requests for orders under Section 16 of the Environmental Assessment Act:



Wise Girls Veronica Brewster, Janet Farmer and Naomi Knight are looking forward to their next Tee Party, raising some funds and giving back to the Niagara community. (Photo supplied)

out on the course," she adds. "Everyone is very excited. It has a pre-COVID feel to it. And it's a nice way to give back to the community, to our community. That means a lot to me."

The best part of it is coming together to raise funds, and having fun, says Knight. "Wed love to have more members, and it's a wonderful group of people."

This year grant applications have to be in by 5 p.m. Oct 1, and the board will consider the requests, make their decisions, and have them paid out by Christmas, although some of the larger amounts, those above \$50,000, are spread over three years.

They typically award between 18 and 25 grants, a year, Smith says, beginning at \$500 and going up to \$150,000.

The silent auction and dinner is their next event, July 19, and there are still some tickets left.

"It's a casual night," says Smith, at Coppola's Restaurant with an assortment of hors-doeuvres served all evening long, and a chance to bid on trips, sports memorabilia, spa days, and more, alongside favourite sports celebrities. Tickets are \$50, and sell quickly.

Also coming up is the Charity Roast, Sept. 22, an- https://wiseguyscharity.com.

other fun event that sells out, says Smith.

They also have a Wise Kids group, of great young people who come up with fabulous events for kids to have fun and also raise money. The kids have a mini-putt day planned for August, and a Turkey Bowl and Pasta Night in October.

Smith says some of the volunteers have tried to involve their kids in events over the years, and in 2019 came to the Wise Guys and said the kids wanted to be more involved. "The kids sat around the table and created a Family Day event," he adds.

The three events they have planned for the fall "are making up for lost time," after two years of not being able to do anything.

"It's so much fun watching these kids get excited, and talk about what they could do. Even if they don't raise money, they will be learning about giving back to their community."

The group is growing as other parents see these kids doing such a great job, he says, "and we're always looking for volunteers, for anyone who wants to be involved."

For more information about the Wise Guys Charity Fund, grants, events or volunteering, visit



Strawberry Festival Committee & Congregation

#### ontario.ca/page/class-environmental-assessments-section-16-order

The request should be sent by August 15, 2022 in writing or by email to both the following contacts, as well as the project team contacts noted above:

> Minister of the Environment **Conservation and Parks** Ministry of the Environment Conservation and Parks 777 Bay Street, 5th Floor Toronto, ON M7A 2J3 minister.mecp@ontario.ca

#### Director

**Environmental Assessment Branch** Ministry of the Environment Conservation and Parks 135 St. Clair Ave. W., 1st Floor Toronto, ON M4V 1P5 EABDirector@ontario.ca

All personal information included in your request - such as name, address, telephone number and property location - is collected, under the authority of section 30 of the Environmental Assessment Act and is collected and maintained for the purpose of creating a record that is available to the general public. Personal information collected or submitted in writing will be collected, used and disclosed by members of Regional Council and Regional staff in accordance with the Municipal Freedom of Information and Protection of Privacy Act (MFIPPA). The written submissions including names, contact information and reports of the public meeting will be made available. Questions should be referred to the Privacy Office at 905-980-6000, ext. 3779 or FOI@niagararegion.ca.

This notice was first issued on June 29, 2022.



### niagararegion.ca

/niagararegion @niagararegion

Thanks You!

The 2022 Strawberry Festival Committee from St. Andrew's Presbyterian Church would like to express our appreciation to the Niagara Community and Visitors for making our Festival on June 18, 2022 another successful event. It was great to be able to reach out to our Niagara Community after 2 very long years of isolation. We would like to make a special mention to those businesses and organizations that gave a helping hand to the Festival Committee in preparation for this important fundraising event to maintain the upkeep of the historic Church and Manse.

Chank you:

Harvest Barn St. Catharines **Froese Farms** St. Davids Lions Club St. Vincent de Paul Church Van Noort Florists **Tigchelaar Berry Farms Seaway Farms** Hendriks Your Independent Grocer

**Simpsons Pharmacy Christian Assembly Hall Jack Custers from Your TV** The Source & The Cogeco Team Town of Niagara on the Lake **Region of Niagara** 

And all of those who so graciously donated to our Silent Auction.

# New adult day program begins in NOTL

### **Mike Balsom** The Local

The new adult day program for senior citizens kicked off Tuesday at the Niagara-on-the-Lake community centre with three morning and five afternoon participants. With a planned capacity of eight for each session, staff was pleased with the first trial day turnout.

Offered through the Niagara region, the program is being run out of the space vacated by the Niagara Nursery School when it moved into its new facility at the north end of the community centre beside the library.

"It's all freshly painted," said Tara Schleich, one of the recreationists on staff, "and we have fresh new flooring and cabinetry and a larger, accessible washroom. We're really excited about our new space."

As well, the outdoor space, used previously as a playground by the nursery school, is now a patio with tables and chairs for the participants to sit casually and enjoy their snacks.

The program is designed to help adults 60 years of age and older stay physically active, cognitively stimulated and socially connected. It will eventually run Mondays through Fridays in three-hour morning and afternoon sessions. Schleich said clients sign up for one of the two sessions, whichever works best for their needs.

For caregivers who have had little time on their own during the pandemic, the valuable reanother benefit to the program.

an independent activity, she explains, which could be a word puzzle, an art project or knitting, for example. Alternatively, the independent time might be spent socializing and catching up with fellow participants and staff members.

Next would be what Schleich called a brain game.

"We switch it up regularly," she said. "There are lots of different brain games we can do to get us thinking and to get our minds working. We try to make it fun, to keep everyone interested, active and engaged."

Both sessions then move on to an exercise program that is called Healthy, Safe and Strong.

"It's mostly done seated," explained Schleich, "but there is a portion that they can decide to do standing if they wish. It's about 40 to 45 minutes, with a warm-up. We do simple exercises for range of motion, and for stamina and endurance. There's some cardio, and some kind of apparatus, such as pool noodles or exercise balls."

some light stretching, it's time community centre. for coffee or tea, a snack and some casual conversation. Then comes the Health Bite.

"That's where we talk about things we can do to maintain our physical and mental health," Schleich explained. "This week we're talking about the Five Ways to Wellbeing. eye and ear health, things you can do to maintain your in the Adult Day Program, cli-

spite time and peace of mind is healthy. Every week it changes." The Health Bite takes about The morning begins with 15 minutes, and then it's on to the Stay Connected portion of

> the session. "Clients can learn something new here, or share their experiences with the group," she said. "This week the theme is carnivals. We try to make it interactive, so we might talk about carnivals in the region, such as the Virgil Stampede. The idea is to stay connected to the community and the world as well."

> The participants in Tuesday's first morning session were certainly smiling and enjoying their time with the five staff members. That's one of the goals of the program.

> "We encourage everybody to laugh and have fun," said Schleich. "It's a really great place for everybody to come to get out of the house, to maybe meet some new friends. COVID has really put a damper on our social life. The change of scenery is great for our clients."

The consistent daily routine is important in allowing clients to feel comfortable and to know what to expect during After a cool-down with their three-hour stay at the

> As a recreationist, Schleich is responsible for the development and implementation of social recreation programming for diverse groups of seniors. The program is based on the results of a research study called

To be eligible to participate eyesight and keep your ears ents must be at least 60 years

Staff members of the adult day program, with recreationist Tara Schliech (right) and the very first participants, Jack, Luigi and Herman. (Mike Balsom)

old and not be residing in a visit is \$16.20, debited once a long-term care facility. They must be medically stable, not consistently requiring one-toone programming or services, and be able to transfer independently or with one person assisting.

The program coordinator will develop a client service plan with input from the client, his or her care partner and the staff team, taking into account each client's unique history, interests and abilities. Non-regulated health professionals are on site to assist with administering medications if needed.

Currently, said Schleich, the NOTL program is only open Tuesdays and Thursdays, and the first trial session is free of charge. As more clients begin month via pre-authorization. There is no charge, of course, Adult Day Program, visit niif the client misses a day, and it is expected that they attend at

least one a week.

For information on the agararegion.ca/seniors or call 905-984-2621.



to come in, it will move to five The former nursery school play area has been turned into a nice days a week. The cost for each outdoor patio for the adult day program. (Mike Balsom)





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| 109 Oueen :   | Street 905-468-3205  | • St. Davids Office 9   | 05-262-6996   |  |  |



# Do you know how to take care of your feet?

(NC) With summertime comes the chance to spend more time outdoors getting active. For many of you actually scrubbed us that also means being your feet? Many people on our feet for longer tending our garden. With deserve a little extra care. Here are some tips to give your feet the help they and some dedicated soap deserve:

#### **Practice proper** foot hygiene

When is the last time think normal shower runperiods of time – whether off sufficiently cleans their ill-fitting shoes can cause a we're hiking, cycling or feet, but that's not always host of serious problems. the case. Next time you're From general foot pain to this uptick in activity, feet in the shower, give your feet the attention they need with a sponge or loofah time.

#### Avoid wearing tightfitting shoes

While you might be tempted to sport a pair of chic heels or sandals that don't fit quite right, wearing bunions, tight-fitting shoes are not worth the damage. When trying on a new shoe, ensure your toes do not feel pinched, and stay away from footwear that and kick your feet up this geometry of your feet, require a "break-in period."

#### Give yourself a foot massage

Not only will regular massages or reflexology sessions help to ease stress, but they are also good help absorb the everyday for your health and the health of your feet. They hitting the ground, which boost circulation, which gives you tired, achy supports healing and keeps feet and fatigued lower your muscles and tissues body muscles. Getting healthy. They're a good customized orthotics that

weekend.

### **Get fitted** with orthotics

Without the right cushioning and support, your feet and shoes may not shock of repeatedly reason to treat yourself are matched for unique

like Dr. Scholl's Custom Fit Orthotics, can make a big difference. They're actually clinically proven to provide immediate and all-day relief of five lower body pains.

You can find more information or get fitted for orthotics where available at a local kiosk. They'll be rolling out across the country in the next few months.

www.newscanada.com

### 4 easy-to-remember tips for managing fatigue

(NC) Fatigue is a common symptom that affects people with chronic activities so you're not helping you conserve your conditions such as arthritis. It can be hard to manage since it can affect most areas of your life. But there alternate activities so you tucked in, shoulders down are strategies that can help.

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

#### **1. Prioritize**

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

#### 2. Plan

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

### 3. Pace

Break up your daily the "two-hour pain rule" it if you feel pain for more than two hours after an activity.

4. Posture

Correct

distributes weight over your larger muscle groups, overdoing it. There are energy. To check your several ways to do that. You posture, align your ears can take regular breaks and over your shoulders, chin don't put too much strain and back, tummy in, seat on one part of your body. tucked under, and knees You can also give a nod to unlocked. When driving, sit close to the wheel with which suggests you overdid your knees bent and use a supportive pillow at your lower back.

> Learn more tips for managing fatigue at arthritis.ca.

www.newscanada.com



posture



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Date

Time

Place



### Leave financial stress behind while you're on vacation

(NC) A vacation should be a time of rest and relaxation away from the hectic pace of work and daily life. But it can also become a time with a lot of expenses that may prevent you from enjoying the moment.

To make sure you don't ruin your vacation with worries about unexpected spending, prepare a budget for the activities you would like. This way you can set limits on your spending, identify ways to reduce costs, ensure you spend within your means, feel in control and, most importantly, reduce your stress.

The same principles apply to a vacation budget as to your regular spending. Make a list of your planned expenses and divide them into needs and wants. Consider required expenses such as accommodation, food, gas, and travel in- ed tours, boat rides and the fun stuff, think about without. Also, include you to better estimate



surance. Wants might eating at the best restau- what's important to you a cushion for the unex- how much money you'll include things like guid- rants. When considering and what you can live pected. All this will allow need and plan ahead to tion at canada.ca/money.

put that amount aside.

The Financial Consumer Agency of Canada has a free, easyto-use online budget planner that can help you prepare. And when you're on your vacation, watch for new electronic alerts from your bank to help warn you about overspending. By June 30th, 2022, Canadian banks must send alerts to customers when they have \$100 left in their chequing account or come within \$100 of their credit card limit. You can contact your bank to customize this minimum amount, so you'll receive a text, email or app notification if you go past it.

Overall, your vacation should be a time of relaxation and adventure, and thinking about your spending in the planning phase can help it stay that way.

Find more informa-



#### 582 Ontario Street, St. Catharines www.RoyalHenley.com



# How to age gracefully, from the inside out

(NC) Aging gracefully isn't about trying to look like your younger self again — it's about living your best life and having the physical and mental health to enjoy it. You can get better with age by taking a proactive approach to your diet and lifestyle. Here are some tips to help you along:

### Don't snooze on good sleep

Restorative sleep is crucial for tip top health. It also plays a role in your skin's health. Aim to get around eight hours of uninterrupted sleep each night. Getting enough sleep has been proven to lower the risk of heart disease and stroke, reduce stress, reduce inflammation in the body and improve focus and concentration.

#### Drink more water

In addition to being hydrated can also improve proven to help keep your energy levels and skin healthier and reduce brain function.



Increase fibre intake signs of aging, staying

enough can actually of Gerontology, older Fibre is a major player help keep you youthful. people who ate fibre-rich in so many of our body's According to a recent diets were 80 per cent systems, and getting study in the Journals more likely to live longer

and stay healthier than those who didn't. Some top food sources of fibre include flax seeds, apples, artichokes, broccoli, raspberries, and sweet potatoes.

#### Supplement with collagen and silicon

Healthy skin begins beneath the surface. Collagen and silicon provide the building blocks for healthy, firmer skin. However, both naturally decline in our bodies as we age. Look for high-quality supplements, especially Canadian brands that guarantee transparency, purity and potency. CanPrev Beauty's Collagen, for example, is clinically proven to give smoother and firmer skin in 28 days. It includes bioactive collagen peptides clinically proven to stimulate skin collagen production.

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# **Cherry Festival return causing 'palpable excitement'**

## Rev. Leighton Lee reflects on first year at St. Mark's

### **Penny Coles** The Local

It was just over a year ago when the new rector arrived at St. Mark's Anglican Church. Rev. Leighton Lee loved what he had learned about Niagara-on-the-Lake as a visitor: the interesting people in town, the history, the music, and the vibrant community. He was looking forward to not only meeting the parishioners but also expanding the church outreach programs - community engagement was at the top of his mind.

However, when he arrived from Alberta, where he was rector of the Cathedral Church of the Redeemer in downtown Calgary and dean of the Calgary diocese, it was mid-pandemic — a challenging time to meet a new parish with churches closed.

Last Friday, sitting on the back porch of the rectory, understandably a favourite place to relax, Lee looks back on how life has changed during the pandemic, and although there were struggles and challenges to face, at how well people have adapted to change.

Across Byron Street from the rectory, Canada Day celebrations are in full swing. But looking out on the very large backyard, with the historic church and cemetery just off to the side, and a border of trees at the rear, the voices are just a quiet murmur in the busiest part of town on the busiest day of the year. Birds are chirping their various songs, and there are glimpses of the wildlife that frequents the yard — Lee willingly shares the space with raccoons, groundhogs and other small animals, although he keeps his distance from the skunks. It is very much an oasis, perfect for peace and reflection.

His arrival in NOTL in the midst of a lockdown seems such a long time ago, he says, and as we ease into what feels like post-pandemic, "we're all learning to manage our own feelings of risk management, and what we're comfortable with." Gradually COVID measures eased over time, churches were allowed limited in-person services, and small groups could meet with masks and physical distancing. Soon, the last restriction is to be lifted, says Lee — choirs will once again be able to sing in church. Masks are now a personal choice. "There were people who didn't want to return to church until they didn't have to wear a mask, and others who are still more comfortable wearing them," he says. Services are still available virtually, but that will come to

an end in September. In the meantime, he has found it a different experience meeting people without a mask for the first time, "but some how it all worked."

He has recovered from a very mild case of COVID likely contracted at an airport breakfast during a short trip to Calgary — the worst of it being the boredom of self-isolating. He's accustomed to living alone, but also seeing people regularly, and "as soon as you know you can't go out, that's when you want to."

"It seems inevitable now that everyone will have it at some point or another," but the feeling of shame seems to be dissipating, "and I'm glad we're getting over that."

He is settled at the rectory, having unpacked his antiques and placed his furniture that suits the historic building so well. And it has come to feel like home. When he returned recently from Calgary, he was pleased to feel that way — that as much as he likes to visit, NOTL and the rectory are where he belongs. He feels the same in a spiritual sense, that St. Mark's is the place he is supposed to be, and says it seems the parishioners feel the same. He felt that when he first arrived, and he still does.

Church warden Allan Magnacca agrees Lee is in the right place at the right time.

It's part of the history of the church, he says, that since 1792, the War of 1812, the First and Second World Wars, and the depression, "we seem to have in most cases had the right rector for the right time. I believe, and I think the parishioners would agree, that really exciting to think that we have the right person with us at this time. There is nothing but the most positive feeling, and we look forward to some great years ahead."

"It's been quite lovely, actually," says Lee, "getting to know lots of people during times that have been not so much difficult, but different, and realizing the strength of the human spirit. We are more adaptive than we thought we would be, but we didn't really have a choice, we just made it work. There was so much that we had to re-imagine. It all feels normal now, and when the choir returns in the fall, that will be the last part of the puzzle. We have mu-

church will be like it used to all involved. be. Church is church, whether you have music or not, but it's also about familiarity and tradition — tradition is an

in the church before he arrived, and now Music Niagara is also back at home, able to where the festival began.

The cherished Cherry Festival that he has heard so much about, that was so badly missed, will bring not only the church community, but the broader Niagara-on-the-Lake community and visitors from further afield back to St. Mark's for what is a very special day to

He says he's been watching volunteers prepare the sales areas for this Saturday's festival — clothing, treasures,

important part of the church." jewelry and bake sale tables, A music lover, Lee was children's activities, "not to turn of such events is to the aware of the great acoustics mention the pies, of course. I've not seen anything like it. It's generating a real feeling of palpable excitement. And it's hold its concerts in the church not just about St. Mark's. Our for the wider community."

As important as the recommunity, "in a world where so much is going crazy, and much is changing for ill, church can be a refuge, a place of calm in the midst of focus for this year is doing this a storm. It's so important for people to have that."





Rev. Leighton Lee is feeling at home at St. Mark's and in the rectory. (Penny Coles)





sic, we have hymns, but it's

### Pops in the Crops

TONY BALDINELLI, M.P. **NIAGARA FALLS** NIAGARA FALLS/NOTL OFFICE: 905-353-9590 FORT ERIE OFFICE: 905-871-9991 TONY.BALDINELLI@PARL.GC.CA • TONYBALDINELLIMP.CA



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# Important to promote planting of native species

### **Dr. Ron Clavier Special to The Local**

Niagara-on-the-Lake is no stranger to horticultural excellence. We have been leaders in national competitions such tive species because: as Communities in Bloom for some time.

We love our beautiful gardens, and we are up to our elbows again in triple mix as the Town has declared 2022 to be • the Year of the Garden.

It important to add that a major component in various NOTL public meetings has been "protecting our environment to better our lovely town."

That said, I have noticed a disconnect between the town's publicly expressed commitment to environmental responsibility and the action it has taken in the name of that cause. Specifically, I have not seen any serious actions or even discus-

sion about what is arguably the platform in the following catmost important aspect of environment concern: the planting of native species. I am not alone is this assessment.

- They are vital to local ecosystems. They have evolved vines; and rose gardens" over a very long period and do very well when planted close to their "home."
  - They do the best job of pronative wild animals.
- They improve soil, air, and toxins and pollution.
- pollinators.

further, in May, 2021, the a tribute to the beauty and sci-NOTL Communities in Bloom committee invited residents to This has involved the removal "submit their gardens for consideration on the town's Join the Conversation engagement

egories: container gardens; vegetable/kitchen/herb gardens; water feature gardens; hydrangeas; children's gar-It is important to plant na- dens; hanging baskets; bee and butterfly gardens; specialized plants in Niagara; climbing

> Sadly, there was no mention of native plantings in this list.

I am proposing that NOTL viding food and shelter for continue in its leadership role by bringing the importance of native planting to the cause of water quality by removing environmental responsibility.

Since 2015, I have convert-They help attract native ed a small parcel of the Two Mile Creek flood plane behind To illustrate my concern my Garrison Village home into entific benefit of native species. of all invasive and toxic species

**Continued on page 15** 



notllocal.com



community centre on An- visit https://www.notlhort- The garden photos are from 2021, with the exception of one from this year.

## **NOTL Garden Tour this Saturday**

### Local Staff

The Niagara-on-the-Lake Horticultural Society is holding its 30th Anniversary Garden Tour this Saturday, July 9, from 10 a.m. to 5 p.m.

It is recognizing the Na-

within short driving dis- count its visitors. tance.

tickets required.

Stop first at the NOTL derson Lane to pick up a society.com.

tional Year of the Garden, map and a bracelet for entry with 25 gardens, most in the to each garden, as a way for Old Town, and a few others the horticultural society to

The map and bracelets It is a free tour, with no will also be available at each of the gardens.

For more information



# **Ravine garden part of Horticultural Society tour**

### **Continued from page 14**

and replacing them with native • "Carolinian" trees and shrubs. The ongoing project has the blessing of both the NOTL Horticultural Society and the Niagara Peninsula Conservation Authority.

On July 9, my ravine project will be part of the horticultural society's annual garden tour. My involvement in this tour will be part of my larger initiative to get NOTL gardeners to consider putting more native species in their already beautiful gardens.

Ways in which the community can help:

• Expand public education

about the benefits of native species.

- Encourage gardeners to explore the amazing variety of native trees and shrubs, and when the time comes to re[lace existing non-native species from their gardens, to do so using native species.
- Emphasize the importance of native plantings in regular media columns and podcasts.
- Expand the size, prominence, and species selection of native departments in local nurseries.
- day Organize school trips to parks and forests, where students can distin-

guish between native and non-native species, and see first-hand the impact of invasive species.

- Lobby governments for grants to subsidize nurseries so they can offer discounts and other incentives to customers who choose native species.
- Lobby to add a native category in the annual Communities in Bloom competition.
- Include native beds among the Queen Street and other public plantings.
- Include at least one native garden in each year's annual Shaw Guild and NOTL Horticultural Society tours.



This is the most recent photo of this year's initiative for the garden. Photos by Ron Clavier)



### Learn to play

Gwenie New enjoys her tennis lesson at White Oaks Resort and Spa. (Greg New)



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# Lots to do, from sports to volunteering

### Mike Balsom The Local

Since it first opened its doors in 2011, the Niagara-on-the-Lake community centre has been a hub of town activity. Fittingly, last Thursday the Anderson Lane space was a perfect host to an open house for residents to find out more about activities that take place at town facilities.

A small grant from the non-profit ParticipAC-TION allowed the parks and recreation department to plan and host the session that gathered representatives from numerous organizations that offer chances for residents to

stay active.

ter Challenge grant," said town was informed of their successrecreation supervisor Dan ful application, they reached Maksenuk. "We got \$650 and we brainstormed what to do with it. The thought was, coming out of the pandemic, with all the activities that take place not just here in the community centre but in all town facilities."

"What a great way to reintroduce services that the town NOTL Gatekeepers, among provides in the community as we come out of COVID," Lord Mayor Betty Disero said. "We have so many new residents every year, and many don't know what's available."

It all came together in a out to community groups on June 17 with an invitation to participate.

Representatives from mimany folks new to the town, nor hockey, the NOTL Soclet's have an open house for cer Club, various badminton groups, Newark Neighbours, the NOTL Tennis and Skating Clubs, the Niagara Predators, Autumn Leaf Tai Chi and the others, lined the auditorium Thursday. Visitors sauntered in and circulated around, asking questions and picking up information sheets from some of the groups.

Local, with just under an hour left to go. "I think we've had about 150 to 200 people come out so far. We're happy with for Newark Neighbours. Behow it's turned out."

NOTL manager of customer experience and communications Lauren Kruitbosch added that it didn't take long for the goodie bags being offered by the town to the first 50 visitors to be claimed.

of the senior men's, women's Eloisa and three-year-old and co-ed badminton clubs were in attendance at the open house. Though the three clubs do not operate during the summer months they were there to

"It was a Community Bet- very short time. Once the town a pleased Makesenuk told The join for the fall sessions held at the Community Centre.

> Pat Hicks and Marilyn Rickard were staffing the table sides promoting the need for donations to their food bank and thrift shop, they were encouraging newcomers to consider filling out a volunteer application.

family moved to Niaga-Representatives from each ra-on-the-Lake with his wife daughter Mara last August. Because many programs were on hold at that time the family really didn't know what was out there for Mara as far as ac-

"It's been a good turnout," encourage new members to tivities. They appreciated the opportunity to visit the open house where a number of options for their family were all on display.

> "We came to the library a lot," Eloisa said of the past year, "but we're hoping to get more out of the community centre now that summer is here and Mara's on vacation."

"It's hard to find activities Apoena Becker and his for her age," added Apoena. "Most of the ones we were able to find were for ages six and up. She's a COVID baby, up until just a few months ago she's had very little contact with anybody. We hope to get her socializing with other kids more."



Apoena, Mara and Eloise Becker are newcomers to town, and Soccer club president Carrie Plaskett and her son Henry Buff- Anyone for a game of duplicate bridge? You can find it at the wanted to learn about activities for kids. (*Photos by Mike Balsom*) ington were happy to talk about how much fun soccer is for kids.





community centre.



There is a ladies badminton club at the community centre for Rosemary Goodwin was at the community centre for a little those interested in joining.



tennis talk.



Niagara Predators' Kevin Taylor and Connor Shipton were at the open house to introduce themselves.

1016

### 

Greek Road Paints is still **mixing** things up! **Open for in-store shopping** (5 Customers at a time) Monday to Friday - 8 am to 5 pm, Saturday 8 am - 12 pm Place your order in advance and we can have it ready for you. Call 905-468-2412.

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# Art, history and lots of fun for Canada Day



Festivities at Fort George were held Canada Day, including activities for the kids. Canada Day at Fort George. Peter Martin and Elizabeth attended with their daughter Zoe, and lots of kids enjoyed the fun of the popular kiddie militia. (Tony Chisholm)



Phil Leboudec presents Kai Clifton, 6, with a prize for winning The Local's Canada Day colouring contest. The contest was sponsored by Phil's Independent, Maple Leaf Fudge and The Friends of Fort George. Mason Vidal, 5, receives a prize from Julie Biczel of Maple Leaf Fudge. (Karen Skeoch)



The family-owned Aura on the Lake opened Canada Day with Uday, Anjna, Nittin, and Prakriti. It's "a passionate family venture, to be able to serve the food that we've always enjoyed, to the community," says Nittin. (Photo supplied)









Artistry by the Lake, a juried show of more than 80 artists and artisans, was presented by the NOTL Chamber of Commerce in Queen's Royal Park over the holiday weekend. (Photos by David Gilchrist)

### **Niagara Motors gives back**

Councillor Allan Bisback, Lord Mayor Betty Disero, Elise Gasbarrino, Mary Gasbarrino, George Gasbarrino, Melaina Gasbarrino and Adam Bogar cut the ribbon on the new Style Canada pop-up store on King Street. Elise is a former brand manager with Burberry and account executive with Oscar de la Renta in New York City. She's also well-known for her Pink Pearl Foundation, which helps young women with cancer. During COVID, she moved back home to NOTL to be closer to family. The store is an extension of the website Elise runs, style.ca, that focuses on fashion, beauty, lifestyle and home. They partnered with a Canadian company called Article for the grand opening of the King Street space. (Mike Balsom)



# **Canada Day in true NOTL-style**



Canada Day started early in Simcoe Park, with a good turnout of ambitious runners who joined the VR Pro Kids 1K run and the Canada Day 5K, for adults, which started from Simcoe Park as all the festivities got underway. Photos by Mike Balsom









Cars begin to arrive for the Canada Day car show in Simcoe Jade McLaughlan of Sentineal Carriages with Ethan, both Park. (Mike Balsom)





horse and carriage decorated for Canada Day. (Penny Coles)





Above, the Royal Canadian Legion celebrated Canada Day in Juliet Dunn and Peter Shea entertain the crowd Friday, Juliet beginning with Sunny Side of the Street as a slight drizzle of rain began. style with great music, great food and great company. (Photos Also entertaining in Simcoe Park was the Thomas Nelson Band featuring Graham Lear, former drummer for Santana. by Mike Balsom)

Breakfast was prepared and served in Simcoe Park by Rotary Club of NOTL members, a tradition that has been sorely missed the last two years and was much appreciated by all those who attended. (Photos by Mike Balsom)



# Excitement builds, day ends with cake





Town crier Tom Peckar brings the Canada Day cake along Queen Street and into Simcoe Park. (Photos by Penny Coles)



The wading pool was a popular spot with familes and kids in Simcoe Park on a hot Canada Day.



nana, Ruth Belfie.



and the ambience of Canada Day in NOTL.



Maya and Celia Ballantyne were in Simcoe Park with their Mike and Wendy O'Shaughnessy settle in to enjoy the music Martin Quick of the Rotary Club, Justin Hamilton and Heather Quick were taking donations for Shelter Boxes, a Rotary project.



The 41st Regiment of Foot Fife and Drum Corps leads the cake



Catherine O'Donnell of Willow Ca



Coun. Erwin Wiens, MP Tony Baldinelli, Couns Allan B

parade into the park.

ada Day cake, attending the event with her granddaughter, Alyanna. Gary Burroughs and Wendy Cheropita prepare to cut the cake.



Coun. Clare Cameron serves cake to the waiting crowd, with her son Harold.

Coun. Gary Burroughs slices into the cake while a patient crowd awaits.

MPP Wayne Gates, Regional Coun. Gary Zalepa and Lord Mayor Betty Disero are ready to go to work on the cake.



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Saturday, July 9, is the Cherry Festival at St. Mark's Church on Byron Street! Be sure to check it out and try all the yummy cherry treats! Thank you, Saxon R. for this photo of the sign!

### Friends Interviewing Friends

Grab your bestie and conduct your own interviews using questions from the Gazette or come up with your own!

**Artist's** 

Corner

Submitted by :

Lily, 5



Saxon Reese interviewing Ilias Dritsacos for the next Gazette!



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### **WORD SEARCH**

FOXBQXMCSTUMTCY BCQAWARENESSUMI

FOUNDATION RESEARCH

- to work out with my dad. I like camping and hiking with my family. I especially like to draw.
- Q. When did you start to draw?

I have always liked to draw from the time I was in Kindergarten. This past year, I started to use POS-CA markers and posting my drawings on my Carscool which is my YouTube channel.

What inspired you to 0. make a Terry Fox poster? I created this Terry Fox poster to bring awareness to my community to sign up for the Terry Fox Foundation and help raise money for cancer research.

# More from Carson

FoxRun/

community to sign up for the Terry Fox Foundation (NOTL Terry Fox Run - https://www. facebook.com/NOTLTerry-FoxRun/) and help raise money for cancer research.

Every year, my family and I raise money and participate in the Terry Fox Run. At school, we are asked to bring in a Toonie for Terry and students are given a sticker to write who they are running for. Sadly, we know grandparents, parents, and friends who have been touched by cancer.

I drew this picture in hopes that families and friends create a team and join together to raise money for Terry Fox's

who have been touched by

Q. What do you hope this poster will do for people who see it?

cancer.

0.

A. I drew this picture in hopes that families and friends create a team and join together to raise money for Terry Fox's cause to help stop the suffering cancer causes.

Why is July 12 an important day for the people of Niagara-on-the-Lake? On July 12, 1980, Terry Fox visited Niagara-onthe-Lake. I would like to encourage family and friend to join https://www.

facebook.com/NOTLTerry

Terry Fox is a reminder to us all that anyone can get cancer and each one of us can make a difference.

### **Q.** What is your hope?

**A.** My hope is that every family in Niagara-on-the-Lake and beyond will join the Terry Fox Run and ask for donations to help fight this disease that touches our lives and the people we love. https://terryfoxschoolrun.org/



**Carson McConkey, I2** 





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cause to "help bring an end to the suffering cancer causes." On July 12, 1980, Terry Fox visited Niagara-on-the-Lake. He is a reminder to us all that anyone can get cancer and each one of us can make a difference. My hope is that every family in Niagara-on-the-Lake and beyond will join the Terry Fox Run and ask for donations to help fight this disease that touches our lives and the people we love.

Help support cancer research and join the Terry Fox Run on Sept. 18. Thank you for supporting the Marathon

Canen

### Inspirational Quote Submitted by : Nova, II



### SUBMISSION INFO

The hope for this page is to get kids involved and interacting with the community in a positive way. We welcome submissions for all categories from kids of any age. Please keep the reviews positive and all submitted content appropriate for kids of all ages. Please send all submissions to joyousnotlkids@gmail.com and in the subject line please put the category for which you are submitting. Thank you.

### **CHARITY**

We are looking for charities in which kids can participate. If you would like your organization to be highlighted here, please send your information to joyousnotlkids@gmail.com.

# Three Music Niagara performances coming up



Although the popular Elmer Iseler Singers have been part of previous Music Niagara seasons, their July 14 appearance will be their first performance at St. Mark's. (Photos supplied)

#### Mike Balsom The Local

Music Niagara Festival's 2022 summer season continues with three performances over the next eight days.

Navy Hall will be the setting for a performance of *Heat!*, featuring Julie Nesrallah and Guy Few on Saturday, July 9.

Nesrallah is familiar to many as the host of *Tempo* on CBC Music and the executive producer and star of Carmen on Tap. The mezzo-soprano has been the recipient of several distinguished awards, including the Canada Council for the Arts Emerging Artist Award and Mid-Career Grant, and the Queen's Diamond Jubilee Medal for her cultural contribution to Canada's performing arts.

Few, meanwhile, is a trumpet, piano and corno da caccia virtuoso (a brass horn instrument) and vocal soloist who holds a fellowship from Trinity College, London, England. The Juno Award nominee is a member of various chamber groups and is an instructor in the music faculty at Wilfrid Laurier University.

will include expressive and and baritone/bass singers from the years.

spotlight at the same venue. Although the Elmer Iseler Singers borne-born Elmer Iseler, lost (EIS) have been part of previous Music Niagara seasons, this home in the Albion Hills of will be their first performance Caledon East. at St. Mark's.

in Niagara," says EIS conductor and artistic director Lydia Adams. "I have been at St. Mark's to attend concerts and I just love the building. We are hoping to use the organ there, to showcase it a bit. We're excited to be singing in that space for the first time."

Adams says 21 singers, choral scholar Sharang Sharma and pianist Shawn Grenke will be part of what will be only the second in-person performance for the group since March 13, 2020.

"We performed in Vancouver on that date, just before the pandemic started," Adams recalls. "We're excited to finally get going again. Our first performance is on July 10 in Ottawa. We did a number of online life to the growth of Canadian performances during the pandemic, but we're finally getting back together. There's nothing involved in commissioning, like performing live."

Their repertoire Saturday include soprano, alto, tenor Canadian choral works over fearless interpretations from across the Greater Toronto

top vocal ensemble takes the EIS since 1998. That's the year as it was to Iseler, is instilling a the choir's namesake, Port Colhis battle with cancer at his

Iseler was known as the "It's always a real thrill to be dean of Canadian choral conductors, and was important in the development of choral music in Canada. In 1954, he founded Canada's first professional choir, the Festival Singers, and later was the artistic director and conductor of the 180-voice Toronto Mendelssohn Choir for 33 years. He founded the Elmer Iseler Singers in 1979.

> "I met Elmer at a camp in Nova Scotia," says Adams. "He invited me to come to Toronto to play piano for the singers. As soon as I finished my studies in England (at the Royal College of Music and the National Opera Studio), I came back and I played for him for 19 years."

Like her mentor before her, Adams has dedicated her choral music. Through her direction of the EIS, she has been premièring, performing and The Elmer Iseler Singers recording numerous original

"The choir was built

love of choral music amongst younger Canadians.

"We've been really lucky to partner with the VIVA Youth Singers in Toronto," she says. "We have an educational program with them, and we are working toward a performance of Handel's Messiah with them later this year."

Adams points out that longtime member of the EIS board of directors, John Buchanan, is a relatively new resident of Niagara-on-the-Lake, having moved here in 2019 with his wife Heather. Buchanan says it's a real treat to have the singers delightful town.

'The singers have a long friendship and association with and Music Niagara," adds Ad-Atis Bankas," says Buchanan ams. "The whole team is so exin an email to The Local. "So it's thrilling for me to now live in this vibrant musically-rich community and be able to connect with both past and new

patrons. EIS is one of the best in Canada."

"I love working with Atis cellent, and the audiences have been fantastic. They make us feel so welcome and take great care of us."

ance, the Elmer Iseler Singers performing in what he calls a professional choral ensembles kindly request that all audience members wear masks during the performance.

Tickets for *Heat!* featuring Julie Nesrallah and Guy Few (July 9), The Gesualdo Six (July 12) and The Elmer Iseler Singers (July 14), all starting at 7 p.m. are available via

For their St. Mark's appear- musicniagara.org.

# Wednesday night sailing

Conductor and artistic director Lydia Adams considers Elmer Iseler her mentor.

Debussy, Chopin, Saint-Saëns, Albéniz, Montsalvatge and Bizet.

Award-winning British vocal ensemble The Gesualdo Six follows on Tuesday, July 12 with their performance of the English Motets at St. Mark's Anglican Church.

Gesualdo Six is the top group in the world in acapella singing," Music Niagara founder and artistic director Atis Bankas told The Local earlier this year. "They happened to be on a North American tour. We have history with their leader, Owain Park, who wrote a piece ('The Spirit Breathes') that was performed for St. Mark's 225th anniversary in 2017. This is a top, world-class ensemble."

composers such as De Falla, Area and beyond. Aspiring members audition for a spot in the choir and successful candidates must continue to do so annually to retain their place. Adams says they have an extensive list of understudies who are able to be slotted in for certain performances when

unavailable.

"We think of it as a company of singers," Adams says. "They will sing so much better if they work together on a consistent basis. But many of our members audition for other engagements. This summer two of our singers are off performing in Quebec and Nova Scotia, so we have substitutes filling in."

Adams has been the con-Two weeks later, another ductor and artistic director of

around a dedication to Canadian composers and writers," Adams says. "It's wonderful to be the first choir to bring something to life, to be the first to work with that composer and author."

The July 14 program includes Nur: Reflections on LIght, those in lead roles might be a composition by Hussein Janmohamed commissioned by the Aga Khan Museum, premiered in 2014 by the Elmer Iseler Singers, and conducted

by Adams.

Other Canadian composers whose work will be featured include Eleanor Daley, Srul Irving Glick and Healey Willan. As well, poems by Canadians Carole Leckner and Mary Louise Martin will be part of the repertoire.

Also important to Adams,



NOTL Sailing Club Wednesday night racing on a beautiful evening for two J 111s, with boats from both sides of the U.S. and Canada borders. (Robin Eaglesham)

# **Yocal**SPORTS

# Tennis club members excited about summer games

### Mike Balsom The Local

With the 2022 Niagara Canada Summer Games just a month away, Rosemary Goodwin is buzzing with excitement, as are many members of the Niagara-on-the-Lake Tennis Club.

"We have lots of volunteers lined up," Goodwin, past-president of the club and a current board member, says. "They're just starting their training, picking up their accreditation and their uniforms now. It's starting to feel real."

sport operations for the tennis competition for the games, along with Marianne Groat. The six courts in NOTL as well as four in Welland will host all of the tennis matches running from Aug. 7 to 13. The finals, including the bronze and gold medal matches, are scheduled in NOTL for Aug. 13.

"Twenty-one Tennis Canada officials are coming," says Goodwin, who is also the Southwest Region chair on would be resurfaced by now," the Ontario Tennis Association board of directors. "They're coming from all

choice between the National Bank Open, which happens court refinishing to begin latthe same week, or the Sum- er this week. mer Games."

officials receive an honorarium for working the National Bank Open, while participation in Niagara is strictly on a best players may opt instead volunteer basis.

"They choose it usually because they've done it in the past," she explains. The chief in that tournament. of officials, she adds, "said that everybody raves about Niagara and he can hardly wait to see it. The pressure is on."

Goodwin predicts that Goodwin is co-lead of Memorial Park will draw a large number of last-minute spectators looking to catch some sports action while on holiday.

> on today, she says, and when Games include Rebeca Mathey learn there's tennis to watch in NOTL, "they will want to come here to see our ard and Gabriela Dabrowski beautiful town."

> there's still a bit of work to be CEO of the Women's Tennis done.

Goodwin tells The Local. "We thought the new lights would be up and the pavilion would

over the country. They have a be painted by now too."

Goodwin expects the

Also this week each prov-As Goodwin explains, the ince will be sending its list of athletes to Tennis Canada, says Goodwin. She adds that for Team Ontario, some of the to enter the qualifying matches for the National Bank Open in hopes of competing

> "Generally speaking, though, both Tennis Canada and the provincial association are giving the Canada Summer Games a higher priority this time than they have in other years," she adds. "Whoever ends up competing here will be high-level players."

Past athletes to compete in Visitors will ask, 'what's tennis at the Canada Summer rino (2005), Brayden Schnur (2013) and Eugenie Bouch-(both 2009). Welland's Stacey Despite the excitement, Allaster, the former chair and Association (WTA), recently "We thought the courts named a Companion of the Order of Canada for her involvement in the sport, competed in 1989.

Goodwin has a personal



Stewart Friesen's Halmar Friesen team celebrated their Monday night victory in the Short Track Super Series Firecracker 50 at Fonda Speedway in Fonda, New York. It was a busy long weekend for the NOTL native, with four races in his #44 Modified. He placed fifth Friday at Land of Legends Raceway in Canandaigua, NY, and followed that up Saturday with a big win at Utica-Rome Speedway. On





The NOTL Tennis Club held its annual mixed doubles tournament earlier than usual to accommodate preparations for the Summer Games. The A division title was captured by Gerry McIlhone and Carmen Bowron (top photo), and the B division by Ross Robinson and Karen Rhind.

connection to past Canada to act as deputy Chef de Mis- opening and closing ceremo-Summer Games, though it sion (along with St. Catha- nies at the Atlanta Olympics, wasn't as a tennis competi- rines native Dick Pound, the and he also served as MC at tor. Her late husband Don, an longest-serving member of tennis' Rogers Cup for more on-air personality and execu- the International Olympic than 35 years. Don passed tive at the CBC, was involved Committee) for the Canadiin the 1967 Canada Winter an team at the 1972 Summer Games in Quebec City. Two Olympics in Munich, Germayears later, he was able to ny, and led the team as Chef draw the first Canada Sum- de Mission for the 1976 Winmer Games to Halifax, where ter Olympics in Innsbruck, he was living and working at Austria. the time. In 1996, Don was the

away in Niagara-on-the-Lake following a battle with pancreatic cancer in 2018. The club has recently held its annual mixed doubles tournament, earlier than usual to accommodate the planned preparations for the Summer Games. The A division title was captured by Carmen Bowron and Gerry McIlhone, who beat the pairing of Lynda Morley and Jerzy Gorski. Nicole Marsh-Burke and Ken McGilivray were the consolation winners. In the B division, Karen Rhind and Ross Robinson, took top honours over Amanda and Jim Thackray. Mary Towndrow and Peter Rider won the consolation title.

Sunday, it was on to Orange County Fair Speedway in Middletown, NY, where he finished third. (Photo supplied by Halmar Friesen Racing)



CORNERSTONE

Sunday, July 10th

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

Message: Ryan Jantzi **Ministry Director ONMB** 

www.ccchurch.ca

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Don Goodwin went on master of ceremonies for the

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### CROSSWORD AND SUDOKU

| 1  | 2  | 3  | 4  |       | 5  | 6  | 7  | 8  |    | 9  | 10 | 11 | 12 | 13 |
|----|----|----|----|-------|----|----|----|----|----|----|----|----|----|----|
| 14 |    |    | 1  |       | 15 |    |    |    |    | 16 | 1  | 1  | 1  |    |
| 17 |    |    | 1  |       | 18 |    |    |    |    | 19 | 1  | -  |    |    |
| 20 | -  |    | 1  | 21    |    | -  |    |    | 22 |    | -  | -  | 1  |    |
| 23 |    |    | 1  | 24    |    | -  |    |    | 25 |    | 1  |    |    |    |
|    |    | 26 | 27 | -     |    |    | 28 | 29 |    |    |    | 30 | 31 | 32 |
|    | 33 |    |    | 1 111 |    | 34 | 1  |    |    |    |    | 35 | -  |    |
| 36 |    | 1  | 1  |       | 37 |    | 1  |    |    | 38 | 39 | 1  | 1  |    |
| 40 | 1  |    |    |       | 41 |    |    |    |    | 42 | 1  | 1  | 1  |    |
| 43 |    |    | 44 | 45    |    | 1  |    |    | 46 |    | -  | 1  |    |    |
|    |    |    | 47 |       |    |    |    | 48 |    |    |    | 49 | 50 | 51 |
| 52 | 53 | 54 | 1  | -     |    | 55 | 56 | 1  |    |    | 57 |    | 1  |    |
| 58 |    |    | 1  |       |    | 59 |    |    |    |    | 60 | 1  | 1  |    |
| 61 |    |    | 1  |       |    | 62 |    |    |    |    | 63 |    | 1  |    |
| 64 | 1  | -  |    |       |    | 65 |    |    |    |    | 66 |    | 1  |    |

### Across:

- Wander 1
- White or Blue African river 5
- Ahura ---, Zoroastrian 9 Supreme Being
- 14 "... Marching --- war ..." (Sabine Baring-Gould)
- 15 Downright dastardly
- 16 Sherlock seeks them
- 17 Supercelebrity
- 18 Immeasurably long periods
- 19 Heavenly supporter
- 20 Causes house moves in California?
- 23 " ... Venus sets --- Mercury can rise" (Pope)
- 24 Some 25 For each
- 26 Piece on earth?
- 28 Timber management
- 33 Lay
- 34 Wedding attendant
- 35 Weeding implement
- 36 Ironclad Mrs. Rice encrypted
- some FBI database entries 40 GWB, to GHWB
- 41 Quaintly ancient
- 42 Flag
- 43 Really?
- 46 "In your dreams!"
- 47 It never gets off the

- ground in Australia 48 Home to Jaguars but not
- Panthers
- 49 A decade
- 52 Sub rosa
- 58 Found in rings and bulbs
- 59 "Battle Hymn of the
- Republic" author
- 60 Pennsylvania resident famous in February
- 61 Fatty acid, for example
- 62 And the rest
- 63 Kansas movie barker
- 64 Corporate bigwigs
- 65 Century note 66 Double-click, perhaps

### Down:

- 1 Elevate 2 Half of "The Odd Couple"
- Pet Antonio fusses about З
- sometime
- 4 Nat King Cole's "--- Lisa"
- "Well You ---" (Thelonious Monk) 5
- Trade in the elephant 6
- variety is illegal

9

- Short note 7
- 8 "Lohengrin" heroine
- 9 Big name in antivirus software

6

- 10 Tables with frontals
- 11 Bantu language

- 12 Distribute cards
- 13 Helper, for short
- 21 Model --- Campbell
- 22 Bender
- 27 "Solaris" author Stanislaw ----
- 28 Golfer who won three British Opens and three Masters
- 29 Giant people-eater
- 30 Place to find a bargain
- 31 Staffs
- 32 Triumphant cry
- 33 28 Down is one of them
- 34 Friends
- 36 "--- : Miami" (CBS hit)
- 37 Still in dreamland
- 38 Superior herring?
- 39 "Halt! --- fire!"
- 44 Valiant
- 45 They're made in reparation
- 46 Far away from home
- 48 Up in arms 50 Cream of the crop
- 51 It can run while you walk
- 52 Flat-fish
- 53 Multi-user computer
- operating system
- 54 About to go off? 55 "--- Call Me MISTER
- Tibbs!' 56 Jot
- 57 "He's --- no good"

### OBITUARY

CHERITON, G. ROBERT - P. ENG., MBA - G. Robert (Bob) Cheriton was born September 30th, 1948, and he died peacefully on June 30th, 2022, at St Catharines General Hospital. Son of Jack and Lorna Cheriton, Bob is survived by his devoted wife of 52 years, Rosalie Sandra Cheriton, his two children, Suzanne Elizabeth and her husband David, and Sean Christopher and his wife Deanna. He is survived as well by his four adoring and rambunctious grandchildren, Jackson Robert Weaver, Brecken Xavier Cheriton, Dylan James Weaver, and Pearson Morris Cheriton. Bob was predeceased by granddaughter Catalina Cheriton. Bob will also be missed by his brother Rick Cheriton, his wife Brigit, and their children Bob and Jennifer. He is also survived by the Thomson family in Quebec, Anne, Rhonda, and Sarah.



No Pressure

Bob was born and grew up in the small northern Ontario town of Smooth Rock Falls. At the age of 15, Bob's family moved for less than a year to the equally small town of Thurso, Quebec, when Bob's father took a job there. While living in Thurso, Bob attended Buckingham High School, where he met Rosalie and they became high school sweethearts, eventually both attending Carleton University in Ottawa, where he studied engineering and she majored in biology. Shortly after graduation Bob and Rosalie were married in Ottawa and celebrated their 50-year wedding anniversary in May of 2020.

Soon after graduation, Bob began working for Bell Canada as an engineer. He spent his entire career with Bell, promoted to increasingly senior positions. Bob was an active and respected member of the global telecommunications sector and his role with Bell afforded him a great deal of professional satisfaction as well as many rewarding adventures.

In October of 1973, Bob accepted a transfer to Rio de Janeiro, Brazil, where they lived for six months before returning to Canada. Rosalie soon became pregnant, leading to the birth of their daughter Suzanne in 1975. Their son Sean soon followed in 1977. The family eventually settled in Markham, Ontario, where they remained for 15 years.

Toward the end of Bob's career with Bell, he returned to school to complete an MBA with Western University's prestigious Executive MBA program. A passionate oenophile, Bob and his working group focused their Master's research project on the wine industries of South America, after having visited Argentina and Chile, where they visited local vineyards and tasted many glasses of wine - all in the name of higher education, of course. Soon after completing his MBA, Bob was able to take early retirement and begin a particularly happy and satisfying period of his life with Rosalie, living in Niagara-on-the-Lake.

It cannot be said that Bob slowed down much in retirement. Once settled in Niagara, Bob quickly became very involved in the community, joining the boards of the NOTL Hydro and the NOTL golf course, as well as volunteering for the steering committee of the Niagaraon-the-Lake Santa Claus parade for over twenty years, with his two close long-time friends Bruce Pospeich and John Fryer. An avid gardener, Bob worked at the Broadway Gardens for a time as a water features specialist, and he partook frequently of the incredible food and wine of the Niagara region. In his twenty-plus years in Niagara-on-the-Lake, Bob made many close friends and became a deeply respected and well-known member of the community.

Bob was known as a highly intelligent, practical, Jack-of-Many-Trades who could be counted on whenever he was needed. He had a notably goofy sense of humour, did an impeccable Donald Duck impression, could build a computer from the ground up, was an excellent cook, made exceptional wines, possessed a cunning business acumen, was a talented woodworker, a trained sailing captain and keen fisherman, a playful father and grandfather, and a reliable straight shooter.

In 2016, Bob was confronted with one of the scariest medical diagnosis a person can face - pancreatic cancer - and was told he likely had 6-8 months to live. Never satisfied to follow anyone else's path but his own, Bob took to researching every new treatment for pancreatic cancer around the world to determine his best course of action. Settling on a combination of experimental and first-line therapies, Bob extended the 6-8-month prognosis to almost six years, making the most of this time travelling with Rosalie, his children and grandchildren, continuing to golf, drinking great wine, and enjoying life to the fullest - making the most of every moment he had.

The bravery and determination he demonstrated in facing his cancer diagnosis were the final notes of a life lived on his own terms, with a great deal of love, passion, and humour. He will be deeply, deeply missed by all who knew him.

In lieu of flowers, the family asks that memorial donations be made in Bob's name to Pancreatic Cancer Canada or the Niagara Health Foundation. The family would like to acknowledge the excellent and compassionate care he received at the Walker Cancer Centre, particularly from his oncologist Dr. Radhika Yelamanchili.



As per Bob's wishes, cremation has taken place. A celebration of life will be planned for later this summer. Arrangements have been entrusted to MORGAN FUNERAL HOME, 415 Regent Street, Niagara-on-Norgan the-Lake. Memories, photos, and condolences may be shared at www.morganfuneral.com.

### **PUZZLE ANSWERS**

### Sudoku solution from June 29, 2022

8 2 5 6 3 9 1

3 4 2 1 8 6 5

1 5 9

7 8 2

4 3 6 2 7

6 5 9 4 7

7 1 6 2 5

2 6 3 9 1

7

8

9

3 2

8 3 6

4 9

7 8 5

4 5

6

9

1

2 4 7

5 1 8

6

8

4

5 3

9 3

9 8

Nylon, 52 Sole, 53 UNIX, 54 Ripe, 55 They, 56 lota, 57 Up to. 39 Or I, 44 Heroic, 45 Amends, 46 Afield, 48 At war, 50 Elite, 51 Rods, 32 Yes, 33 Pros, 34 Pals, 36 C S I, 37 Not up, 38 Cisco, Naomi, 22 Spree, 27 Lem, 28 Faldo, 29 Ogre, 30 Thrift shop, 31 7 Line, 8 Elsa, 9 McAfee, 10 Altars, 11 Zulu, 12 Deal, 13 Asst, 21 Down: 1 Raise, 2 Oscar, 3 At one point, 4 Mona, 5 Needn't, 6 Ivory,

61 Lipid, 62 Et al, 63 Toto, 64 Execs, 65 Yard, 66 Open. 48 A F C, 49 Ten, 52 Surreptitiously, 58 Onion, 59 Howe, 60 Phil, records, 40 Son, 41 Olde, 42 Iris, 43 Is that so, 46 As if, 47 Emu, Per, 26 Plot, 28 Forestry, 33 Poem, 34 Page, 35 Hoe, 36 Criminal Icon, 18 Eons, 19 Atlas, 20 San Andreas Fault, 23 Ere, 24 Any, 25

Across: 1 Roam, 5 Uile, 9 Mazda, 14 As to, 15 Evil, 16 Clues, 17

# **Gocal**SPORTS

# **Predators hold practice sessions at Gale Arena**

### **Mike Balsom** The Local

The turnout was a little more sparse than expected for Niagara Predators head coach Kevin Taylor and his assistant Connor Shipton, but the pair ran about eight skaters through some drills and instruction at the Gale Centre in Niagara Falls last Thursday night.

Returning Predators Dawson Walker and Reese Bisci as well as recent signings Tyler Gearing and Anthony Tropea hit the ice with four others for the first of a series of biweekly sessions at the Niagara Falls arena.

Taylor ran the group through exercises focusing on agility, speed and footwork. Many included short bursts of skating with quick those heads up." pivots and fast stickwork.

Walker and Bisci seemed in mid-season shape as they manoeuvred through a series of cones set up across one end of the surface. And Tropea in particular was impressive with his speed around the obstacles.

"One thing these guys have to do is keep their heads up a little better," Taylor said after the practice.



signing, Anthony Tropea. (Photos by Mike Balsom)

great, but they have to get forward told The Local after

(he turns 21 in August) is a level of hockey for me, it graduate of St. Paul Cath- should be a fun season." olic High School in Niagara Falls, as well as Niagara ward to further skating ses-College. Tropea has been sions with his teammates playing with the Ferroni and others throughout the rals AAA player. "Then I got mate, returning defenceman Hockey Academy out of summer. Hamilton-Stoney Creek for the past couple of years. He ice, to get some practice and signed with the Predators on experience before the sea-June 6.

"I'm looking forward to

the session. "Kevin is a great The 20-year-old Tropea guy, a great coach. It's a new

Tropea is looking for-

"It's great to get on the son starts," he added.

Also new to the Great- of St. Catharines Collegiate



Coach Kevin Taylor shares some tips with the Predators' recent Coach Kevin Taylor runs through some drills with a small group of skaters.

League is St. Catharines native Tyler Gearing, the

in this spring's draft.

"I haven't been on the ice for two years," said the forspark started up again."

"The speed, the footwork is playing on the team," the er Metro Junior A Hockey acknowledged Taylor's goals eligibility, Gearing hasn't yet for the Thursday session.

> "He gets us to move our Predators' sixth round pick legs," Gearing laughed. "He knows his stuff."

> Gearing will be reunited with some familiar faces on mer St. Catharines Falcons the Niagara roster, including and Southern Tier Admi- his former Falcons teamdrafted, and I came back on Logan Baillie. Though three the ice at the prospect skate years younger that Gearing, about a month ago, and the second round draft pick Nolan Wyers has also skated The 19-year-old graduate with Gearing in the past.

With two more years of

set his goals where hockey is concerned.

"I haven't really thought it through yet," he said. "I'm hoping to catch on with a U.S. college, maybe, something along those lines."

The next open skate will be held at the Gale Centre on Wednesday, July 13 from 7 to 8 p.m. Players interested in coming out are invited to send the Predators a direct message through their Instagram @niagarapredators.





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