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 railroad lands there stand as a testament to the possibilities of grassroots community efforts. The dream of River Beach Drive resident Ron Simkus, the plaques explain the importance of the old railroad turntable and the site of the engine house where locomotives were often repaired after being unloaded. Simkus got the train rolling down the tracks in early 2021 when, during a Committee of the Whole meeting, he outlined his plans to install a set of original railroad ties and some rail track to commemorate the site of the engine house. Until it was torn down in 1926, the facility sat about 200 feet south of the railroad turntable.

The section of rail was acquired last year from Niagara Falls company PGM Rail Services, whose owner, NOTL native Peter Murdza, donated the cost of labour for their delivery. Dock area residents donated some sweat equity of their own during the installation. Simkus funded the plaques himself, and credited fellow dock area residents Pat Hartman, Jim Reynolds, Tony Poulton and historian and author Peter Mulcaster for their contributions to the efforts. Simkus funded the plaques himself, and credited fellow dock area residents Pat Hartman, Jim Reynolds, Tony Poulton and historian and author Peter Mulcaster for their contributions to the efforts.

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Rocks through windows also region-wide

Continued from page 1

The reports started flooding in, he says, from several different streets in the village, and one on the Niagara River Parkway.

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

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, " dispatched 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, who lives 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 uniform and detectives are investigating more than 55 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 case of vandalism 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 medical mask. He is believed to have been driving a dark-coloured car, similar to a Honda Civic.

The police have no description of the suspect in the other areas of the region, where the vandalism occurred overnight June 30.

Anyone, residents or businesses, in the area near where these incidents occurred, is 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 into the perfect spots. They did a great job. Chris Brown from Third Stone Masonry in town came by four days later and set the 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 bridge and the texture of the exterior walls of the train shed, that he did not expect to see in the finished product.

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

"It does mention that the turntable was reclaimed by local residents who cleared the debris and created this garden," says Simkus. "That was largely who cleared the debris and reclaimed by local residents that houses them."

"Marnie has asked for recognition. "We want to maintain 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 happened without her."

Between the turntable and the engine house area a short piece of rail has also been installed. Not part of the original plans, Simkus says it’s there to guide those who step at the turntable toward the engine house site to complete their journey through the historic rail lands.

"We had this left over, so we put it in," Simkus says. "We wanted to use all of the material we had if we could."

Remarkably, Simkus says there are not existing photographs of either the engine house building or the turntable. The dock area rail lands were most likely considered an industrial area at the time. As such, few would have thought to have taken any pictures due to the expense of photography in the 1800s.

Up next for Simkus and his fellow dock area denizens is a completion of the turntable itself. "We want to maintain the momentum," Simkus states. "Marnie has asked for more details on our next steps, and we’re getting those plans together."

Simkus explains that Hartman found out back in 2016 that the town had in its possession some of the actual base stones from the original turntable that had been moved off-site in 1990 to accommodate sewer and water lines. Simkus walks behind the turntable garden to point out the seven large stones that he hopes will soon be laid along the original footprint of the circle.

"They were quite ruthless back in 1990 in tearing out the turntable," he laments. "They literally chopped out 45 per cent of the turntable. We’ve actually documented the location of all of the stones and drew a conceptual reconstruction. I’ve sent it all to the archaeologist."

Simkus hopes to get approval to reset those remaining seven stones into their original places along the circle, and will work with Racioppo to acquire new, smaller stones to complete the 360-degree footprint. That will require breaking away some of the asphalt that currently forms the intersection of River Beach Drive and Turntable Way.

"It will actually be an improvement of the road," Simkus says. "We’re not narrowing it, we’ll actually be reinforcing it. We can do most of the work to set the smaller stones without a loader, just with shovels. We want to complete the entire ring."

Simkus says the archaeologist who was consulted on the plans has fully supported the placement of the historic stones on the grass area of the turntable. The project has thus far set Simkus back approximately $15,000 out of his own pocket, and he estimates the next phase will cost him another $10,000. He hopes to have it all in place some time this fall.

It’s clearly a labour of love for the retired engineer, who is also known for keeping watch over the water levels around Ball’s Beach. But Simkus says he’s not the only one who feels that way.

"The dock area residents really believe in this area," he says, "and we didn’t do it for recognition."
Norm Arsenault withdraws election nomination
Decides to try for better life balance

Penny Coles
The Local

Cosan, 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 at this pace was not it. While others may be better at managing expense of my personal life."

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, had just passed through Toronto on his Marathon of Hope, and suddenly everyone knew what he was doing, the goal he had set was to meet him, says Wiens. He remembers Glory Ghet- tu, 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 lay Tra- no, a basketball star from the falls who had been a student at Simon Fraser University in B.C. Someone Ghetti arranged for Fox to pay a short visit to NOTL. Wiens was part-owner and general manager of the hotel, and scrambled to find space 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 sandwichs 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 wanted 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 pure excitement, said Wiens. "I was very proud to have hosted him at the hotel."

It was a short visit before he 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.

King says with the Terry Fox Foundation, July 6, 2022

Tuesday proclaimed Terry Fox Day in NOTL

Penny Coles
The Local

Johns 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 Niagara-on-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 was to meet him, says Wiens.

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On now until Oct 6
Power station, tunnel bring tourism to new level

Driving along the Niagara Parkway from Niagara Falls to the Ontario border, it’s hard not to be impressed by 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 office 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.

It’s an amazing, bright space that allows visitors to stand amongst the giant equipment while also learning about the history of the falls themselves, and their place in Indigenous lore.

Not surprisingly, the re-imagination of the power station, which operated from 1905 until its decommissioning in 2005, earned Niagara Parks the 2021 Lieutenant Governor’s Heritage Award for Excellence in Conservation. The award was announced by the Ontario Heritage Trust earlier this year.

My guess is that another award may soon be coming to the organization for its newest attraction, the tunnel on the same site that one that takes visitors even deeper into the power generation area.

Niagara Parks opened The Tunnel July 1, on the same site as that award-winning powerhouse.

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

The ride down the tunnel 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 steel, it is down a flight into a 2,200 foot (670.5 metre) accessible concrete walkway lined with rustic brick walls. It’s the incredibly preserved remnants of the original tunnel that brought the water back into the Niagara River after it ran the turbines on the ground floor.

It’s an amazing trek through the spacious walkway, comparing scenes from old movies to viewing 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 underground world.

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

Dignitaries and local media gathered at Niagara Parks, this time itself a new attraction having opened in June, 2021, for the official opening of The Tunnel last week. Parks Commission chair April Jeffs credited Ranklin Construction, Ellis Engineering, Thessendregg and Black Creek Metal of Fort Erie for their contributions to the project.

Installed both on the ground floor of the power station and along the walkway are a number of interpretive panels that shed light on the engineering marvel that both the station and the tunnel must have been at the turn of the previous century.

I also further explain Niagara’s original Indigenous people’s relationship to water specifically to the thunder waters that gave our region 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.

“With these types of investments and the creativity of the team at Niagara Parks to work with so many local partners,” said Niagara West MP Sam Oosterhoff, “I know that the future is bright, and that we will see tourism not only rebound, but also exceed anything we’ve ever seen here in the Niagara Region.”

“It’s 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 of us tend to take for granted the beauty that surrounds us, and when it comes to the power station, the incredible efforts that must have been put forth to create them.

Funnily enough, while touring the attraction I also marveled at the efforts of Ranklin 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, your guess is you won’t be able to convince them you just a jaded local who sees 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 Bałton
The Local
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.

No one 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 at adult life. We may do so, as we can our own kidney and liver cells renew, but we do know that we can develop new brain cells. This is called neuroplasticity, and there is evidence now that new brain cells can be formed at any age if the brain is asked to learn something new and used.

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 stages that are well recognized. People with dementia are becoming more conspicuous and which need to be taken seriously. These include:

1. Failure of self-care, for example, failure to wash or get to the toilet in time with apparent disregard for the consequences.
2. Failure to look after one’s own home properly, such as leaving the gas or water on.
3. Problems with money

These signs of dementia are different from normal aging. It is unhelpful to talk about pre-dementia or MCI (mild cognitive impairment) although people, including respected academics, do use these terms. The emphasis should be on the fact that dementia is different from normal aging.

Some changes occur in the 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 been read 20 years ago. However, these memory slips are not signs of early dementia, they are problems with filing and recovering pieces of information.

Aging is too often blamed for the changes taking place in our bodies and minds. In actuality, the normal biological process of aging does not have a substantial effect on the brain. We now know that there are other processes in important for 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’. To live longer, our brain is often challenged. 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 reacts to these changes and 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 physical activities. There are many other activities, other than Alzheimer’s disease, that 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 each other the different stages of dementia and normal aging. What can the community do? Society needs to educate all members about the differences 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 Larry and Madeline’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 300 articles and books concerning disease prevention (e.g. dementia), quality improvement in long care homes, and innovative approaches for continuing professional development. He is a research director of the Niagara Regional Campus, Michael G. DeGroote School of Medicine, McMaster University. Madeline Smith is a medical student at the same campus. Michael G. DeGroote School of Medicine, McMaster University.

Memory slips as they apply to the brain

Owen Bjorgn
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 fields and deep Carolinian forests. It is always remarkable to me that just a half hour outside of Buffalo, there is enough wild space remaining to cater for black bears and timbers rattlesnakes. Less intimidating than both of those animals, the common snapping turtle is easily at home in the creeks, swamps, and wetlands of the region. It is well. Thanks to this local rep. that I was first able as a little kid where I went to feel like a nature supereroo.

The local pool of Faun Lake was campground was 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.

This was my moment to shine, probably at seven years old. I was one of the few staff and adults in the area were reluctant to get into the pool. It’s amazing how the respected snap and the curiosity of adults can still make an adult uneasy when they are no bigger than a Toonie, squishy, and could probably fit a pea into their 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 a few of their tiny bodies out of the filter. It appeared they were all accounted for and that there were no casualties.

With turtles in a bucket, the staff, my parents and I descended down the bank to the nearby lake, their true natural habitat where they belong. My guess is that these eggs had hatched from underground in one of the nearby pool gardens or mud banks. Unfortunately, as innocent little kids who had pretty open hearts about including others in a good time, we said yes. The result was that the staff had dropped the two kids off in our drive-way, said shell come back to get them in a couple of hours, and mysteriously drove away. Again, we have no idea what these kids are.

We introduced ourselves and proceeded to grab these two brothers a hockey stick. Hockey didn’t appear to be their favorite, 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, it became very clear they were from an inner-city environment. They shrieked as they took their first step into the sticking, stinky mud. They jumped at the first sight of a large toad and ran into the dry leaves. The looks on their faces told me that they were on high alert as the sounds of their new environment was clearly foreign to them. However, they were not intimidated, and the joy they expressed was genuinely heartwarming.

We proceeded to find snapping turtles, snakes, and even easy it is to dig and bury the deposed eggs.

Looks like these youngsters erroneously yet insistently cared for their Castillo de la Zona. After releasing the turtles and viciously eating some ice cream, I made my way back to the pool: 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 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 in the distance, a place we simply called The Swamp across the road.

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 really bi- zarre that this adult didn’t look for another adult on the prem- ise that they had little kids who had pretty open hearts about including others in a good time, we said yes. The result was that the staff had dropped the two kids off in our drive-way, said shell come back to get them in a couple of hours, and mysteriously drove away. Again, we have no idea what these kids are.

We introduced ourselves and proceeded to grab these two brothers a hockey stick. Hockey didn’t appear to be their favorite, 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, it became very clear they were from an inner-city environment. They shrieked as they took their first step into the sticking, stinky mud. They jumped at the first sight of a large toad and ran into the dry leaves. The looks on their faces told me that they were on high alert as the sounds of their new environment was clearly foreign to them. However, they were not intimidated, and the joy they expressed was genuinely heartwarming.

We proceeded to find snapping turtles, snakes, and even get bit by a couple of horse flies. We caught frogs with our bare hands, and one of us fell into the stagnant, filthy water. But we loved it.

This story stands out for me because it was the first moment in which I felt like I stepped outside of myself and genuinely watched someone else’s inter- pretation of the events. It was the moment that I felt how it was to feel happy to watch someone else be so happy to be alive.

Very little did I know that such an experience would pas- sionately pave the way for me to work in the field I do today. On my private hiking tours and work for the school board, I can assure you that there is no dollar value to watching the people have their bright light when they experience something profound and intrigu- ing in nature. Those eyes, and that look, is a window into the mind of someone who is learn- ing about themselves and their surroundings in an unforgetta- ble way. That is the “look” that I look for today when I am at work. And yes, it happens with adults, too.

Also, the random kids were picked up a couple hours later as promis- ed. I sit here, and ten min- utes later still think about that day, too.

A personal meeting with David Suzuki

I feel like a short and sweet story to cap off this two-part series, about how at around 10 years old, I met David Suzuki at one of his public forum events. My personal meeting, as expected, was over the course of maybe 20 seconds. He was stationed outside of Sir Winston Churchill High School, which is funny to consider that 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 a photo that I look back at today to laugh and laugh and laugh, and I wish I could do hug up for this weeks article.

Little did I know that Mr. Suzuki would eventually hand- write me a little letter and sign a picture before I commenced taking this class. It was a part of the Boys Trail in I will always admire and cherish that circle of events.
Guys, Girls, Kids give back

Penny Coles
The Local

Niagara Wise Guys, a group of men who began raising money to give to local charities more than 30 years ago, have raised and donated $4.4 million. Last year, even during the pandemic, they were able to raise $365,000.

The Wise Guys started out raising 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’re supported, most of them regionally, including Red Roof Retreat, which is based in NOTL, and helps children and young adults with disabilities and their families across the region. Some are more local organizations, such as 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 them about organizing an 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 fund event that happens on the golf course, and it is sold out as well.

Naomi Kight 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, and she called it the Tee Party.

Last year they held a “low key” version with fewer holes and fewer people involved, so that golfers could spread out, and there was no dinner. As simple as it was, she says, “we’ve raised money.” “We’re so jazzed to get back 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. “Wild love to have more members, and it is a wonderful group of people.”

This year grant applications have been in by May 1, and the board will consider the requests, make their decisions, and then have them paid out by Christ- mas, although some of the larger amounts, those above $50,000, are spread out over three years. They typically award between 15 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 Restaurant with an assortment of sports celebrities 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, another fun event that sells out, says Smith.

They also have a Wise Guys group of young people who come up with fabulous events for kids to have fun and also raise money. The kids have a mini-run planned for the fall, and a Turkey Bowl and Pasta Night in October.

Smith says some of the volunteers have tried to involve 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 are learning about giving back to their community.”

The group is growing as other parents see their kids doing such a great job, he says, “and we’re always looking for volunteers, for sure,” he adds.

For more information about the Wise Guys Charity Fund, grants, events or volunteering, visit https://wiseguyscharity.com.

PUBLIC NOTICE

Notice of Study Completion Municipal Class Environmental Assessment

York Road and Four Mile Creek Road Intersection Improvements, St. Davids, Ontario

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 requests 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

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.

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
100 Queen St. W.
Toronto, ON M7A 2J3
minister.mcep@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.
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.

“At first we painted,” said Tara Schleich, one of the recreationists on staff, “and we have our new floor, fresh water fountains and a large, accessible washroom. We’re really excited about our new space.”

As well, the outdoor space, used previously as a play-ground 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 limited time on their own during the pandemic, the valuable rest time and peace of mind is another benefit to the program.

The morning begins with 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 calls 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 30 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.”

After a cool-down with some light stretching, it’s time 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 eye and ear health, things you can do to maintain your eyesight and keep your ears healthy. Every week it changes.”

The Health Bite takes about 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 their three-hour stay at the community centre.

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 the Five Ways to Wellbeing. To be eligible to participate in the Adult Day Program, clients must be at least 60 years old and not be residing in a long-term care facility. They must be medically stable, not consistently requiring one-to-one 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 caregiver 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 Tuesday and Thursdays, and the first trial session is free of charge. As more clients begin to come in, it will move to five days a week. The cost for each visit is $16.20, debited once a month via pre-authorization.

There is no charge, of course, if the client misses a day, and it is expected that they attend at least one a week.

For information on the Adult Day Program, visit niagararegion.ca/seniors or call 905-984-2621.

The former nursery school play area has been turned into a nice outdoor patio for the adult day program. (Mike Balsom)
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 us that also means being on our feet for longer periods of time – whether we’re hiking, cycling or tending our garden. With this uptick in activity, feet deserve a little extra care. Here are some tips to give your feet the help they deserve:

Practice proper foot hygiene
When is the last time you actually scrubbed your feet? Many people think normal shower run-off sufficiently cleans their feet, but that’s not always the case. Next time you’re in the shower, give your feet the attention they need with a sponge or loofah and some dedicated soap time.

Avoid wearing tight-fitting shoes
While you might be tempted to sport a pair of chic heels or sandals that don’t fit quite right, wearing ill-fitting shoes can cause a host of serious problems. From general foot pain to 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 require a “break-in period.”

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

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

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

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

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

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

Learn more tips for managing fatigue at arthritis.ca.

Planning Ahead and Downsizing Seminar
Join us for a lunch & learn seminar. Learn the benefits of planning your final arrangements ahead of time and how to receive your free pre-planning kit.

Date: July 7th, 2022
Time: 11:30 am - 1:30 pm
Place: Butler Funeral Home
424 Niagara Street, St Catharines, ON

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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 insurance. Wants might include things like guided tours, boat rides and eating at the best restaurants. When considering the fun stuff, think about what’s important to you and what you can live without. Also, include a cushion for the unexpected. All this will allow you to better estimate how much money you’ll need and plan ahead to put that amount aside.

The Financial Consumer Agency of Canada has a free, easy-to-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 information at canada.ca/money.
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 proven to help keep skin healthier and reduce signs of aging, staying hydrated can also improve your energy levels and brain function.

**Increase fibre intake**

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

Find more tips at canprevbeauty.ca.
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 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 midst of a lockdown 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.

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

As important as the return of such events is to the community, “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 a storm. It’s so important for people to have that.”
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 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 discussion about what is arguably the most important aspect of environmental concern: the planting of native species. I am not alone in this assessment.

It is important to plant native species because:

• They are vital to local ecosystems. They have evolved over a very long period and do very well when planted close to their “home.”
• They do the best job of providing food and shelter for native wild animals.
• They improve soil, air, and water quality by removing toxins and pollution.
• They help attract native pollinators.

To illustrate my concern further, in May, 2021, the NOTL Communities in Bloom committee invited residents to “submit their gardens for consideration on the town’s Join the Conversation engagement platform in the following categories: container gardens; vegetable/kitchen/ herb gardens; water feature gardens; hydrangeas; children’s gardens; hanging baskets; bee and butterfly gardens; specialized plants in Niagara; climbing vines; and rose gardens.”

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

I am proposing that NOTL continue in its leadership role by bringing the importance of native planting to the cause of environmental responsibility.

Since 2015, I have converted a small parcel of the Two Mile Creek flood plane behind my Garrison Village home into a tribute to the beauty and scientific benefit of native species.

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 National Year of the Garden, with 25 gardens, most in the Old Town, and a few others within short driving distance.

It is a free tour, with no tickets required.

Stop first at the NOTL community centre on Anderson Lane to pick up a map and a bracelet for entry to each garden, as a way for the horticultural society to count its visitors.

The map and bracelets will also be available at each of the gardens.

For more information visit https://www.notlhortsociety.com.
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 replace 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.
- Organize school day trips to parks and forests, where students can distinguish 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.
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 ParticipACTION 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.

"It was a Community Better Challenge grant," said town recreation supervisor Dan Maksemuk. "We got $650 and we brainstormed what to do with it. The thought was, coming out of the pandemic, with many folks new to the town, let's have an open house for 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 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 very short time. Once the town was informed of their successful application, they reached out to community groups on June 17 with an invitation to participate.

Representatives from minor hockey, the NOTL Soccer Club, various badminton groups, Newark Neighbours, the NOTL Tennis and Skating Clubs, the Niagara Predators, Autumn Leaf Tai Chi and the NOTL Gatekeepers, among others, lined the auditorium Thursday. Visitors sauntered in and circulated around, asking questions and picking up information sheets from some of the groups.

"It's been a good turnout," a pleased Makesenuk told The 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 how it's turned out."

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

Representatives from each of the senior men's, women's 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 encourage new members to join for the fall sessions held at the Community Centre.

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

Apoena Becker and his family moved to Niagara-on-the-Lake with his wife Eloisa and three-year-old daughter Mara last August. Because many programs were on hold at that time the family moved to Niagara-on-the-Lake 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 encourage new members to join for the fall sessions held at the Community Centre.

"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 Maris's vacation." "It's hard to find activities 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 had very little contact with anybody. We hope to get her socializing with other kids more."

Soccer club president Carrie Plaskett and her son Henry Buffington were happy to talk about how much fun soccer is for kids. "Anyone for a game of duplicate bridge? You can find it at the community centre."

Soccer club president Carrie Plaskett and her son Henry Buffington were happy to talk about how much fun soccer is for kids.

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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)

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)

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)

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)

In Style!

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)

Niagara Motors held its second annual car show Saturday, with a barbecue (with Ward Simpson helping out), a raffle and lots of fun, with all proceeds supporting Red Roof Retreat. (Dan Skeoch)
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 Park. (Mike Balsom)

Jade McLaughlan of Sentineal Carriages with Ethan, both horse and carriage decorated for Canada Day. (Penny Coles)

Above, the Royal Canadian Legion celebrated Canada Day in style with great music, great food and great company. (Photos by Mike Balsom)

Juliet Dunn and Peter Shea entertain the crowd Friday, Juliet beginning with Sunny Side of the Street as a slight drizzle of rain began. Also entertaining in Simcoe Park was the Thomas Nelson Band featuring Graham Lear, former drummer for Santana.

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

The 41st Regiment of Foot Fife and Drum Corps leads the cake parade into the park.

Maya and Celia Ballantyne were in Simcoe Park with their nana, Ruth Belfie.

Mike and Wendy O'Shaughnessy settle in to enjoy the music and the ambience of Canada Day in NOTL.

Martin Quick of the Rotary Club, Justin Hamilton and Heather Quick were taking donations for Shelter Boxes, a Rotary project.

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

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

Catherine O'Donnell of Willow Cakes and Pastries created the Canada Day cake, attending the event with her granddaughter, Alyanna.

Coun. Erwin Wiens, MP Tony Baldinelli, Couns. Allan Bisback, Gary Burroughs and Wendy Cheropita prepare to cut the cake.

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

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

Excitement builds, day ends with cake

Mike and Wendy O’Shaughnessy settle in to enjoy the music and the ambience of Canada Day in NOTL.
**Announcements**

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!

**Artist’s Corner**

Submitted by: Lily, 5

Joeusnotlkids@gmail.com and in the subject line please put the 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.

**Friends Interviewing Friends**

Saxon Reese interviewing Ilias Dritsacos for the next Gazette!

**Family Friendly July project courtesy of The Niagara Pumphouse**

Use your cellphone camera to scan the code to get started!

**WORD SEARCH**

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**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.

**Interview with Carson**

I created this Terry Fox poster to bring awareness to my community to set up for the Terry Fox Foundation and help raise money for cancer research.

**FIND THE SMILEY FACE HIDDEN ON THIS PAGE!**

**More from Carson**

I was 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 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.

I 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://terryfoxxschoolrun.org/

**Inspirational Quote**

Submitted by: Nova, 11

**CHARTY**

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.
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)

Three Music Niagara performances coming up

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 Camera 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 performing arts.

Few, meanwhile, is a trumpeter, 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.

Their repertoire Saturday will include expressive and fearless interpretations from composers such as De Falla, Debussy, Chopin, Saint-Saëns, Albeniz, Montsalvatge and Brahms.

Award-winning British vocal ensemble The Gesualdo Six follows on Tuesday, July 12 with their performance of the music faculty at Wilfrid Laurier University.

The ensembles founder and artistic director Atis Bankas, says, “The choir was built around a dedication to Canadian composers 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. “I invited him 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 played for him for 19 years.”

Like her mentor before her, Adams has dedicated her life to the growth of Canadian choral music. Through her direction of the EIS, she has been involved in commissioning, premiering, performing and recording numerous original Canadian choral works over the years.

“The choir was built 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: Nai: Reflections on Light, 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, Stub Irving Glick and Healey Willan. As well, poems by Canadians Carole Leckner and Mary Lou Glick and Healey Willan.

“The singers have a long friendship and association with Atis Bankas,” says Buchanan in 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 professional choral ensembles in Canada.”

“I love working with Atis and Music Niagara,” adds Adams. “The whole team is so excellent, and the audiences have been fantastic. They make us feel so welcome and take great care of us.”

For their St. Mark’s appearance, the Elmer Iseler Singers 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 musicniagara.org.

Wednesday night sailing

NOTL Sailing Club Wednesday night racing on a beautiful evening for two J111s, with boats from both sides of the U.S. and Canada borders. (Robin Englewash)
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!”

Goodwin is co-lead of sport operations for the tennis competition for the games, along with Marianne Grost. 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 the Ontario Tennis Association board of directors. “They’re coming from all over the country. They have a choice between the National Bank Open, which happens the same week, or the Summer Games.”

As Goodwin explains, the officials receive an honorarium for working the National Bank Open, while participation in Niagara is strictly on a volunteer basis.

“They choose it usually because they’ve done it in the past,” she explains. “The chief 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 Memorial Park will draw a large number of last-minute spectators looking to catch some sports action while on holiday.

Visitors will ask, ‘what’s on today,’ she says, and when they learn there’s tennis to watch in NOTL, “they will want to come here to see our beautiful town.”

Despite the excitement, there’s still a bit of work to be done.

“We thought the courts would be resurfaced by now,” Goodwin tells The Local. “We thought the new lights would be up and the pavilion would be painted by now too.”

Goodwin expects the court resurfacing to begin later this week.

Also this week each province will be sending its list of athletes to Tennis Canada, says Goodwin. She adds that for Team Ontario, some of the best players may opt instead to enter the qualifying matches for the National Bank Open in hopes of competing in that tournament.

“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 tennis at the Canada Summer Games include Rebecca Marino (2005), Brayden Schnur (2013) and Eugenie Bouchard, Gabriela Dabrowski (2013) and Brayden Schnur (2013). Welland’s Stacey Allen, the former chair and CEO of the Women’s Tennis Association (WTA), recently named a Companion of the Order of Canada for her involvement in the sport, competed in 1989.

Goodwin has a personal connection to past Canada Summer Games, though it wasn’t as a tennis competitor. Her late husband Don, an on-air personality and executive at the CBC, was involved in the 1967 Canada Winter Games in Quebec City. Two years later, he was able to draw the first Canada Summer Games to Halifax, where he was living and working at the time.

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Don Goodwin went on to act as deputy Chef de Mission (along with St. Catharines native Dick Pound, the longest-serving member of the International Olympic Committee) for the Canadian team at the 1972 Summer Olympics in Munich, Germany; and led the team as Chef de Mission for the 1979 Winter Olympics in Innsbruck, Austria.

In 1996, Don was the master of ceremonies for the opening and closing ceremonies of the Atlanta Olympics, and he also served as MC at tennis’ Rogers Cup for more than 35 years. Don passed 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 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.
**OBITUARY**

CHERITON, G. ROBERT - P. ENG., MBA — G. Robert (Bob) Cheron ton was born September 30th, 1948, and he died peacefully on June 30th, 2022, at St Catharines General Hospital. Son of Jack and Lorna Cheron ton, Bob is survived by his devoted wife of 50 years, Rosalie Sandra Cheron ton, and his daughter Suzanne Elizabeth. 

Bob's braveness and determination 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. 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. 

There were seven children, Suzanne Elizabeth and her husband David, and Sean Christopher and his wife Deanna. He is survived as well by his four grandchildren: Jamie, Madison, Jackson, and William. 

Formerly known as the most talented woodworker, a trained sailing captain and keen fisherman, a playful father and grandfather, Bob was born and grew up in the small northern Ontario town of Smooth Rock Falls. In October of 1973, Bob accepted a transfer to Rio de Janeiro, Brazil, where they worked for six months before returning to Canada. 

Rosalie soon became pregnant, leading to the birth of their daughter Suzanne in 1975. Their son Sean was born in 1977. The family eventually settled in Markham, Ontario, where they remained for 15 years. 

**WILL**

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 impressive 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 diagnoses a person can face – pancreatic cancer – and was told he likely had 6-8 months to live. Never satisfied with the treatment he received, Bob was able to take his MBA in Computer Science, 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 embraced very much in the community, joined the boards of the NOTL Hydro and the NOTL golf course, as well as volunteering to a steering committee of the Niagara-on-the-Lake Santa Claus parade for over twenty years, with his two close long-time friends Bruce Boyd and Bob Highway. An avid gardener, Bob 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 born and grew up in the small northern Ontario town of Smooth Rock Falls. 

In lieu of flowers, the family asks that memorial donations be made to 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 Wadhawan. 

As per Bob's wishes, cremation has taken place. A celebration of life was planned for later this summer. Arrangements have been entrusted to MORGAN FUNERAL HOME, 415 Regent Street, Niagara-on-the-Lake. 

**PUZZLE ANSWERS**

**Sudoku solution from June 29, 2022**

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Predators hold practice sessions at Gale Arena

Coach Kevin Taylor runs through some drills with a small group of skaters.

Coach Kevin Taylor shares some tips with the Predators’ recent signing, Anthony Tropea. (Photos by Mike Balsom)

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 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.

“The speed, the footwork is great, but they have to get those heads up.”

The 20-year-old Tropea (he turns 21 in August) is a graduate of St. Paul Catholic High School in Niagara Falls, as well as Niagara College. Tropea has been playing with the Ferroni Hockey Academy out of Hamilton-Stoney Creek for the past couple of years. He signed with the Predators on June 6.

“It’s great to get on the ice, to get some practice and experience before the season starts,” he added.

Tropea is looking forward to further skating sessions with his teammates and others throughout the summer.

“His goal was to move our legs,” Gearing laughed. “He knows his stuff.”

Gearing will be reunited with some familiar faces on the Niagara roster, including his former Falcons teammate, returning defenceman Logan Ballie. Though three years younger that Gearing, second round draft pick Nolan Wyers has also skated with Gearing in the past.

With two more years of eligibility, Gearing hasn’t yet 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.