Taylor Haynes had a plan in place for delivering her fourth baby — one that had to be modified as she got closer to her delivery date.

But having her co-worker, also a friend, deliver her son in the crew room of an ambulance station, was not part of any plan.

She and her husband Mark are both paramedics with Niagara Emergency Medical Services. Mark has 26 years in, Taylor 12. They met as paramedics in 2013, and had their third child together Wednesday, Aug. 28.

“Today’s the day, I can feel it,” Taylor would joke about it, saying “today’s the day, I can feel it.” It wasn’t to be. Instead, Mark got the opportunity to help deliver yet another baby — his own. And although Taylor wasn’t on duty, she was very much in charge, giving orders to four other paramedics who were on duty, plus supervisor Terry Flynn, and her husband.

By the time Mark got home, she knew they had to hurry, and they jumped in their

Taylor and Mark Haynes, outside their Townline Road home, are happy to be home with Weston. (Penny Coles)
Willowbank moving toward financial sustainability

Penny Coles
The Local

Staff at Willowbank Estate in Queenston are determined to breathe financial sustain-
ability for the school of restoration arts, with a host of revenue-generating ideas for the future that include the Laura Secord campus.

They are also committed to reaching out to the villagers for their thoughts, in an effort to include them in their plans and avoid anything that might not suit the community.

At a community engagement open house held at Wil-
lowbank last Thursday, managing director Craig Crane told about 20 Queenston res-
idents he wants to continue the discussion that began in April, in an event in the Brigt
Parlour. It had been a terrible evening, he said, but about 20 residents braved the ele-
ments for events, with local caterer Robin Howie taking the lead on that initiative. The lower floor, looking better than it ever has, is being used as a wedding venue, although only twice so far, but they would like to see more such events.

It doesn’t have to be just weddings — the building would be suitable for small gathering activities, such as book clubs. “We’d love to bring that kind of life back to Willowbank,” Crane said.

A massive $800,000 renovation to the main building is almost complete, and will allow for some classroom space to return, he said.

The third floor is closed off at the moment, and will be part of the next stage of the renovation, which has already addressed accessibility with the installation of an elevator.

To be used as part of the school, the top floor will need a fire exit, Crane said.

The renovations continue to provide a challenge of making a 200-year-old building conform to modern-day building codes, he explained.

“In 2009, when I first heard about Willowbank, it was portrayed as a living lab-
oratory, with students working on the building as part of their learning,” he said. “The students are learning about that struggle. Things sometimes have to be slowed down while you figure it out.”

The recent work, including the installation of a new heating system, had to be done by professionals, but updating the third floor will once again have the students involved.

Their project on the horizon is determining the use of the former Laura Secord Memorial School, referred to as the south campus. In 2012, Willowbank, with the help of the Town, was able to purchase the property from the District School Board of Ni-
agara, which closed the small elementary school. In its final days it had offered Junior Kin-
dergarten to Grade 3 for stu-
dents from Queenston, St. Da-
vids and the surrounding rural area, but an addition in St. Da-
vids Public School opened up capacity for those grades.

Part of the Laura Secord property was designated for residential development, and the Town kept a portion as a community park.

Over the next eight months, Crane plans for design students to visit the lower campus, a stone’s throw down the hill from the estate, to come up with some possible uses for it, with a goal of generating revenue.

“We want it to be an educa-
tional use — it has always been used for education,” said Crane.

Residents will be asked to give their feedback as well.

“We do whatever they need. I do whatever anybody needs,” he said.

In laying out his plans for some changes at Willowbank, Crane told the villagers he hopes to have quarterly sessions with them. While this one was intended to provide a general update on goings-on at the school, those in the fu-
ture would likely each focus on a specific topic of interest to locals.

As one of the revenue-generating ideas, he said, the blacksmith shop is relocating, and the forge building, with its drystone walls and slate roof, will be available for rental.

Willowbank has just two sources of income, relying solely on donations and tu-
ition, “but that’s going to change. It has too.”

Asked about raising tuition to become more sustain-
able, Bowers, a graduate of the three-year program, said he had to remortgage his house to attend. He explained the schools unique curriculum, which makes it the only school of its kind in Canada, doesn’t allow students to access any financing, either through banks, or through Ontario Student Assistance Program for post-secondary education.

Raising tuition would reduce accessibility, he said.

Instead, they are trying to increase the number of stu-
dents, Wooll said. There are currently 21 enrolled for the new semester, but the upper limit is 30, 10 for each year.

“We don’t want a really big school. It wouldn’t be Willowbank. Ten students each year would be ideal,” said Crane.

To get to that number, the recruitment plan will be updated, along with the information on the website, he said. He’d also like to bring in more international students, and to hold satellite programs and sympo-
siums, possibly in Toronto.

Wooll said she’s trying to get more information out to high school students, who tend to go to college “to do whatever their parents intended to appeal to those who are committed to heritage.”

The board is also look-
ing at creating a Friends of Willowbank association, to encourage annual donations from supporters, Crane said.

“There are lots of areas in the fire,” he added, which will be implemented in stages.

“We know there is a big hill to climb, but we think we can climb it.”

Willowbank staff members Andrew Bowers, Carl Wooll and Craig Crane talk about future plans for Willowbank in the Bright Parlour of the estate. About 20 residents and heritage preservationists attended the open house.

Queenston residents and heritage preservationists chat about updates at Willowbank in the Bright Parlour in a Brigt Parlour after last Thurs-
day’s open house.

Willowbank student Alex Shirrack-Lindsay, Andrew Bowers and a Queenston resident look at the slate used on the forge building roof.

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Penny Coles
The Local

Niagara-on-the-Lake is a small community, with many pillars that have given it strength. Judy MacLachlan represents one of them.

On a beautiful morning sitting in the sun room of the Old Town home she loves fiercely, the 83-year-old isn’t much interested in talking about herself.

She is at ease talking about her family — she shows great pride in her two adult children, who raised most of their money for years, and we had some who were not supportive. ”

years, and we had some who were successful in preserving the historic building from being turned into a residential subdivision, and preserving the historic building to become a school of restoration arts.

I remember one day sitting with Laura, having breakfast at the Stagecoach, when she told me about her dream of the Conservancy turning a building into a school of restoration arts. I said, ‘Laura, we’ll be able to do that.’ Within a month she was talking to a real estate agent about Willowbank.

Dodson got the Bright family (former owners of the house, which was built for Alexander Hamilton in 1834) involved, and was able to purchase it for a little under $2 million, putting $300,000 of her own money into it.

Howe, remembers MacLachlan, warned Dodson it would be a bottomless money pit. “Margherita wasn’t keen on the idea, and she was right in a way. It always needs money, but look at what it does,” says MacLachlan, who was on its board from the beginning.

There is still a great core of volunteers involved in the estate and the school of restoration arts, she says. “It wouldn’t be there if it weren’t for the Conservancy and for Laura.”

MacLachlan has also been a long-time supporter and volunteer of St. Mark’s Church, but she says she doesn’t do as much as she used to. She is battling multiple myeloma, which she describes as treatable but not curable. “I am being treated for it at the St. Catharines cancer clinic, with chemotherapy and medication, and although she tires easily, she says, she doesn’t have some of the horrible side effects others do.

She uses a walker, and still enjoys a walk from her home on Ricardo Street to the post office and grocery store, although not as often as she used to. The good thing about the walker, she says, is it allows her to sit and rest when she needs to. “I know some people who are reluctant to use a walker. I love mine.”

She also admits to being a shopper, mostly frequenting Queen Street stores. She always elegantly put together, smartly dressed, hair done —
it’s what she does when she gets up in the morning, every morning. “Dressing is one of my joys in life, and even though I’m 83, I still love shopping. Especially shoes. I have way too many shoes.”

MacLachlan is so content in her home, she says, she plans to stay as long as she can. For that reason, she is desperately afraid of a fall, and uses a walking stick. “I’m not going to fall! I’m not going to fall!” she says, repeating the mantra that will allow her to stay.

She loves to start her day with coffee in her sun room, which faces the river. “I can look out my windows and see another country. I always think that is pretty special. And it’s such a peaceful way to start the day!”

If she’s not at the back of the house facing the river, she has a tiny, perfect little patio on the front verandah and watches the world go by. She has a cat, a gardening magazine — or, when featured on the cover of another magazine, “I can’t see what’s going to happen with it — we can only hope for the best.”

MacLachlan, who is on the Conservancy board, as secretary. President Gracia Janes is the one to go to council now to battle inappropriate development, she says. “She keeps track of everything. She goes to meetings, talks to town planners. She’s always at the core of everything.”

But members are aging, she says. “I can’t see what’s going to happen to the future of the Conservancy. We attract a lot of people at our height, in the 80s and 90s. We had about 250 members, and since there’s no membership fee, we told people, ‘once you join, you’re a member for life.’”

She mentions SORs (Save Our Randwood Estate), and says its members are similar to the Conservancy, “deeply concerned about preserving heritage,” but focused on one building. “I love what they’re trying to do. I hope they’re successful. Our goal was the same, to protect the town from over-development or unsustainable development, but our focus was on the whole area.” It upset her to see how much has been lost, she says. “It’s hard for those of us who remember the town and what it was.”

Now, one of the Conservancy’s main causes is fighting to preserve trees by supporting the Town’s tree bylaw, which is under scrutiny from residents who don’t support it. “We’re really behind that. I don’t know what’s going to happen with it — we can only hope for the best.”

MacLachlan, also one of the original members of the Niagara Foundation, was given the Foundation’s prestigious Living Landmark Award last year. It’s presented to an individual who has made an outstanding contribution to the quality of life in Niagara.

MacLachlan recalls when she woke up the morning after she had been told she would receive the award, she thought she’d dreamed it. When she realized she hadn’t, she was horrified to think she would have to make a speech at the event when the award was to be presented. “I thought, ‘I can’t do that. I’ve been to those dinners for other people who have won, people I admire greatly. Then I thought, ‘I’m 83. I can get up and talk for five minutes and I did. I survived.’"
Low carbohydrate diet patterns help to teach our bodies how to use fat as fuel, rather than just relying on sugar and carbs. When we use fat for fuel, we are in a state of KETOSIS, just relying on sugar and carbs.

When we are eating a typical North American diet (higher in carbohydrates), our bodies use carbohydrates as the primary source of energy. Low carb dietary patterns help to teach our bodies how to use fat as fuel, rather than just relying on sugar and carbs. When we use fat for fuel, we are in a state of KETOSIS, and FAT-BURNING. In this state, we are able to optimize carbohydrate cravings. Optimal ketosis can be maintained by keeping carbohydrate intake to less than 100 grams per day. If you would like to know more about low carb transition more comfortably.

There are currently many low carbohydrate (low carb) dietary patterns in the spotlight, including but not limited to LOW CARBOHYDRATE HIGH FAT, LOW CARBOHYDRATE LOW FAT, LOW CARBOHYDRATE HIGH PROTEIN, KETO, PALEO, 4THINS, and more. While there are many versions of low carbohydrate dietary patterns, the common link is a reduction in the consumption of carbohydrate-based foods (breads, pasta, pastries, chocolate, candies, and sodas).

Who would benefit from a low carb diet?

Low carb dietary patterns can help those with insulin resistance and obesity to become healthier, due to the process of burning fat for energy, which in turn helps with weight loss. Aside from just relying on sugar and carbs, when we use fat for fuel, we are in a state of KETOYSIS, and FAT-BURNING. In this state, we are able to improve our sensitivity to insulin, which offers more benefits to our overall health.

If you would like to learn more about low carb, please speak with a health care professional before making changes to your diet. Some medications for metabolic disorder may need to be adjusted to ensure a safe transition and to avoid low blood sugar.

Optimally, a low carb approach will eliminate added sugar and most grains, however this can be quite challenging for some. For those that have difficulty eliminating sugar and grains, we offer a variety of low carb options of their favorite foods, snacks and/or beverages. For example, sugar-free FB-FIBER NOODLES are an amazing substitution for rice or wheat noodles. They provide high amounts of fiber, without spiking your insulin and they have zero calories. If potato chips are your downfall, we offer a HIGH PROTEIN LOW CARB CHIP that would make a great substitution for the real thing. Instead of sugary sodas, choose ZEVIA, an alternative that is made with stevia and doesn’t contain any artificial sweeteners or sugar. Choose sugar-free BIOSTEEL, as an all-natural formulation to power physical activity, instead of sugary sports drinks. These are just some alternatives that can make your low carb transition more comfortable.

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September is the new January

How many other adults out there feel a new pair of shoes is de rigueur to celebrate the start of September?

Old habits die hard. Although January is the start of the calendar year, it comes in the middle of humid winter, when it’s still cold outside and our lifestyle has settled into a routine.

Is there not a comer of our brain, a residual from when we were kids — however long ago that might have been — that makes Labour Day, the weeks that follow, feel much more like a new year, a new beginning?

New shoes — maybe even a new fall wardrobe, now that our whites are put away — might seem required to prepare us, but September is about more than folding up summer clothes.

We put so much on hold during the summer months, to make the most of eight weeks of warmth and hopefully sunshine, to enjoy the outdoors, to make the most of a perfect time of year, before we gear up for our fall routine.

September is when we really take charge of our lives, look at what we’re doing, and think about how much more we could or should be doing.

Never mind New Year’s resolutions, this seems the more appropriate time to decide to volunteer for some organization that matters to us, to start a new exercise program, join a fitness club class, a book club, a library program or one of the many other opportunities that open up to us as we transition to fall.

And to tackle the chores that herald the change in season — clearing out the garage for the winter, sorting plants in the garden and preparing for the cold weather, dealing with overflowing cupboards and drawers, doing the jobs we’ve put off because we were too busy outside, and freshening up our homes inside to prepare for moving our lives back indoors.

Outside, the leaves are changing colour, the days are still beautiful, and we can continue to make the most of a perfect time of year in this country of ours.

It’s the time to be inspired, get creative, to make the most of this less-in-your-face start of a new year. It doesn’t have to be about massive change but about small steps toward achievable, life-improving goals.

And one of them that occurs to me — maybe because I’m thinking about my young grandchildren all heading off to school, a little apprehensive of their new beginnings — is to focus on kindness.

To steal a phrase from Julia Buxton Cox on her NOTL Today Facebook page, Kindness is Contagious.

In this community of people with strong opinions, which absolutely have a right to be heard, it’s a shame when it is done with words that are meant to hurt, that are divisive.

Opinions can be just as effectively shared with respect, differences accepted without judgement.

Let’s be kind, and hope it really is contagious.

Penny Coles

Garden of the Week

The final Garden of the Week winner is 155 Loretta Drive, owned by Brian and Jackie Lovern. “The owners have created a charming entrance to their home using pathing, and the colour red, as a focal point in their flowers and garden chairs,” said the judges. “A weeping pine and bushes create privacy from the porch seat and there is an interesting blend of stones and creeping plants.” The Town greatly appreciates the work of the Communities in Bloom Committee and the NOTL Horticulture Society for running the contest over the past 13 weeks, and thanks prize sponsors Caroline Cellars Estate Winery, Regal Florist and Garden Centre, Penner Home Hardware Building Centre, and Miracle Gro.
Newcomers to Canada hike on escarpment

This week, the life of all things environmental hopped in the fast lane for me. Outdoor education by day, hiking tours here and there on evenings, and time in a canoe. Plenty of time in a canoe—I enjoyed shutting off the phone for a couple of days and just exploring on the rivers of south Bruce Peninsula.

All of this outdoor time has many side benefits. Other than the exposure to nature, there is also a cultural exchange between people. I want to talk about a guided hike I did this weekend, where the participants were all young adults who are newcomers to Canada (ages 18 to 22). The program they are involved in exposes them to Canadian cultural and environmental life, and creates bonding experiences for people who come from foreign countries.

As part of the program criteria, I planned a six-hour hike that involved a stovetop cookout for lunch. Everything was to be carried in and out of the forest on the trail. I showed them the area I knew best—the stretch of Escarpment between Queenston and St. Davids. I never thought as a kid playing around in those forests that I would ever have such a rich opportunity. This hike was memorable for so many reasons. One by one, someone would end up near the front of the line with me and we would chat. They came from Syria, Sudan, Lebanon, Jordan, and Vietnam, to name some home countries. Some are in school, others are working, some have returned to visit, and others haven’t.

The rainfall prior to the hike made puddles into ponds, and made ponds where water generally never collects to begin with. Each of the hikers embraced the mud fest. It also brought out a lot of wildlife which was always exciting to showcase. Some of these people have never seen a salamander or touched a toad before.

We all had soakers with us in an hour of hiking. Towards the end, some of the guys were fully laying in the streams and mud puddles, just drenched with water and joy.

They all took many photos during the hike. What a time to be alive, where with the click of a button, these people can share a photo back home. However, I also learned that for some, contacting home is never that easy. I am blown away that in those conditions, nobody once really complained. It was a great atmosphere in terms of both the wild trail conditions and the upbeat group. What a lifetime experience for these young adults, and I think it’s special that they could do something like this right here in Niagara-on-the-Lake.

The heavy thunderstorms knocking at the door on that Saturday morning nearly had me cancel the hike for the safety of the hikers. After a calculated read of the radar, I am so glad I didn’t. The day was as amazing for me as I believe it was for them.

Comment

A Man Goes to the Movies

Donald Combe is a retired English teacher who loves to go to movies. His Facebook reviews have become popular with his friends and followers, and he has graciously agreed to share his opinions through ‘short and sweet’ exclusives for The Local.

Bill Auchterlonie on Astrology

Thursday, Sept. 5 is the day of the First Quarter Moon in Sagittarius, a time when the Sun and Moon are at right angles to each other. It’s a time when getting what we want can mean giving up something we also want, or already have. The First Quarter Moon is usually the more challenging of the two Quarter Moons because the Moon is growing in strength on its way to the Full Moon. But both Virgo and Sagittarius are what are called Mutable Signs, meaning they are softer and more open to change. Virgo is a ‘thinking’ Earth Sign and Sagittarius is a ‘thinking’ Fire Sign.

Friday is easier going with the Sun and Saturn and Venus and Pluto making some happy vibes in the skies above. This should be especially positive for Virgo and Capricorn. But clear thinking is still mandatory with Mercury in its home sign of Virgo. And Saturday sees a conflict between Mercury and Neptune as sensible ideas battle imagination and memories from the past. May the best thinking win, especially if you combine it with some sensitive creativity.

Sunday has the potential of a heavenly gift, perhaps good news about a health matter. And that may get some to imagining a better future that seemed further away just the day before.

The work week starts off with a strong Mars making for productivity—especially with physical activities or your vocation. Tuesday Sept. 10 sees the Sun and Neptune at odds, which can be both a good thing, and also a challenge. Try not to be overly optimistic, or simply bound by old rules.

And the week ends up on Wednesday (for this column) with opportunities for growth, if we can open ourselves to change for the better.

Thursday next week is both a challenge and promises friendly surprise. It’s the week of the Full Moon which is on Saturday, Sept. 14, just after midnight. Emotions are high, so try to feel them and tune in for more, because I’ll be back next Thursday with another edition of Auchterlonie on Astrology right here in The Local.

Check out my podcast on Facebook at Auchterlonie on Astrology or visit my website Looking up with Bill at https://www.lookingsupwithbill.com/.

Letters

Thanks to volunteer fire department

We would like to say thank you to the volunteers of NOTL, Queenston, Glenora, and St. Davids Fire Departments, for their quick response to the devastating fire we had in our greenhouse. We would also like to thank our family, friends, and the greenhouse community for all the messages and offers of support in this difficult time.

Karl Jurus
Niagara Flower Growers

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Vivek Kohla at the movie premiere.

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Forget-me-nots attract American gold finches. (Photos by Robert Ramik)

Frogs also seem to like forget-me-nots.

Attracting birds to garden a matter of plantings

Laura Grant
Special to The Local

When planning my garden, I kept birds in mind. I wanted lots of trees for them to roost in and nest, water for them to drink and bathe in, and plants with seeds to feed them.

The feeders are out early in the season to bring them into the garden. Once the forget-me-nots come into seed, the flocks of American gold finches are there to stay. They visit bachelor buttons, cosmos, echinaceas and asters. When the young hatch, they search the garden for insects.

Eastern bluebirds arrive early and go after various insects in the meadow, and soon after house wrens arrive. They check out every laverder plant for leafhoppers, and the lily leaves and roses for beetles.

The Baltimore orioles have different tastes. They like fresh orange and grape jelly to start out, but they too feed their young with protein-rich insects. Our woodpecker keeps tree trunks insect-free and uses one of the bird boxes to sleep in. Little chickadees also nest in the garden, and pick up any caterpillars and grass hoppers they can find. The cathers are very friendly, and nest close to the house. They not only clean the garden of insects, but also entertain us with their melodious song.

The swamp sparrows take care of the insects on the ground. What can I say about our blue jays? Well, they steal my plant labels. They are perfectly capable of untying the labels from the plants and taking them to their nests. I also grow some sunflowers for the cardinals and viburnum for the mocking birds. I shouldn’t forget to mention the garden is relatively free of Japanese beetles and other pests, thanks to the birds. And the pond attracts not only birds, but also dragonflies, which feed on mosquitoes.

OVER 150 YEARS IN THE MAKING

Ravine Vineyard Estate Winery is a beloved destination that is steeped in family legacy and agricultural heritage. In its current incarnation, our fifth generation family farm is home to our organic vineyards and winery, award-winning culinary experiences, sprawling kitchen gardens and grocer, community gatherings, and distinct wedding and special event venues – including weddings in the Lakeview event and conference centre.

Through the generations of the Lowery/Harper family who have proudly farmed this land since 1867, Ravine offers our guests unforgettable experiences, providing a place of beauty, serenity and serendipity across our 34 acres of beautiful rolling meadow in the historic village of St. Catharines, Ontario.

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Large Selection

ARIENS

Snowblower Headquarters

Large Selection

December 20 SUND

$2035

 Moose 92048

Laura Grant
Special to The Local

When planning my garden, I kept birds in mind. I wanted lots of trees for them to roost in and nest, water for them to drink and bathe in, and plants with seeds to feed them.

The feeders are out early in the season to bring them into the garden. Once the forget-me-nots come into seed, the flocks of American gold finches are there to stay. They visit bachelor buttons, cosmos, echinaceas and asters. When the young hatch, they search the garden for insects.

Eastern bluebirds arrive early and go after various insects in the meadow, and soon after house wrens arrive. The wrens check out every laverder plant for leafhoppers, and the lily leaves and roses for beetles.

The Baltimore orioles have different tastes. They like fresh orange and grape jelly to start out, but they too feed their young with protein-rich insects. Our woodpecker keeps tree trunks insect-free and uses one of the bird boxes to sleep in. Little chickadees also nest in the garden, and pick up any caterpillars and grass hoppers they can find. The cathers are very friendly, and nest close to the house. They not only clean the garden of insects, but also entertain us with their melodious song.

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Police investigating drive-by shooting in St. Davids

Local Staff

Police are investigating what they are calling a “targeted” drive-by shooting in St. Davids early Sunday morning.

Niagara Regional Police officers were called to Kenmir Ave. and Tanbark Road at 12:05 a.m. Sunday, following reports of gunshots in the area.

There were no injuries.

Criminal Investigation Branch detectives have determined at least four shots were fired by an unidentified man, who then fled the scene in the rear passenger seat of an older four-door silver Golf Volkswagen, possibly an early 2000’s model. The car has a light blue patch on the front passenger door, and silver rims, with the back rims different from the front.

The car was seen in the area several hours before the shooting.

Police are asking anyone with information about this incident, or who may have dash cam or video footage, to call 905-688-4111, hit option 3, badge #9561.

To leave an anonymous tip using Crime Stoppers, call 1-800-222-8477, or at www.niagaratips.ca.

Chautauqua neighbours gather

Ty Sherlock and Fred Arnot are about to dig in to their corn at their neighbourhood park.

(Tours by Fred Mercnik)

Tara Rosling and Ruth Denyer share a laugh while Eliana McManus prep her corn with lots of butter at the annual Labour Day corn roast in Chautauqua.

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4 SETTLERS COURT
$1,090,000
MLS 30732157 • Thomas Elltoft and Kim Elltoft

23 CONFEDERATION DRIVE
$839,000
MLS 30752825 • Christopher Bowron, Audrey Wright and Nicole Vanderperk

8 DIXIE AVENUE LOT
$598,000
MLS 30751442 • Thomas Eltoft and Kim Elltoft

7 BROCK STREET
$599,000
MLS 30732077 • Christopher Bowron, Audrey Wright and Nicole Vanderperk

278 SIMCOE STREET
$2,999,000
MLS 30738041 • Linda Williams

7276 OPTIMIST LANE #1
$679,000
MLS 30762584 • Christopher Bowron, Audrey Wright and Nicole Vanderperk

1385 NIAGARA STONE ROAD
$398,000
MLS 30762886 • Thomas Elltoft and Kim Elltoft

367 AIRPORT ROAD
$1,034,000
MLS 30737140 • Randy Armstrong

196 TANBARK ROAD
$499,000
MLS 30739552 • Cheryl Carnebrough

1866 LAKE SHORE ROAD
$675,000
MLS 30761400 • Viviane Elltoft and Thomas Elltoft.

7 BROCK STREET
$1,090,000
MLS 30732157 • Thomas Elltoft and Kim Elltoft

6 FISHER DRIVE
$765,000
MLS 30744981 • Marilyn Francis

177 GATE STREET
$1,789,000
MLS 30751440 • Thomas Elltoft and Kim Elltoft

367 AIRPORT ROAD
$1,034,000
MLS 30737140 • Randy Armstrong

196 TANBARK ROAD
$499,000
MLS 30739552 • Cheryl Carnebrough

1866 LAKE SHORE ROAD
$675,000
MLS 30761400 • Viviane Elltoft and Thomas Elltoft.
The Shaw Festival has taken to task the formidable Cyrano de Bergerac, written by Edmond Rostand in 1897, and the result is a delightful Shaw production of Cyrano witty and fun. The clever Cyrano, however, becomes wise to changing affections and plots toward his own benefit. However, the cross-cutting turns come- dy into tragedy, much to the work's credit. While the first three acts are full of wit, verve, and enlightened romanticism, the plot turn at the third act's end leads to a more somber final act.

Hennig's notes in the program detail some of the explicit changes she's made from the text, namely that it is more honest to Rostand's original text. While the play was written with rhyme in mind, translating the words and rhyme from French created a complication - one would have to be sacrificed. Hennig wisely kept the translation as close to Rostand's, instead transforming it into more relatable prose, and has injected some additional liveliness in the play with the creation of some singing and dancing, all of which the cast was up for. A rather somber ode on the battlefield in the fourth act, in particular, haunts the stage.

Bringing a classic such as Cyrano to the stage is some- thing the Shaw is more accustomed to, so it was great to see the cast and crew really having fun with the materi- al. At the Royal George, the stage breathes, allowing for real depth of scenery so the audience can put Cyrano and the Gascons in the middle of battle.

The staging is very effective for Cyrano. When war threatens the Gascons on the field, it stems during the backdrop, yet there is a real sense of foreboding be- cause of the space. There's no need to simply rely on sound or lighting effects to create a suspenseful mood when the staging can put Cyrano and the Gascons in the midst of battle.

The cast is stacked. There are more than 30 parts list- ed, split among the 14 cast members, not counting background actors or mu- sicians, but the real weight of the play is on Rooney as Cyrano. Despite his massive physical aberration - he has a very big nose - would turn off the woman he loves, his cousin Roxane (Deborah Hay). Cyrano discovers Rox- ane loves another, a member of the Gascon soldiery named Christian (Jeff Irving) who is a paragon of beauty yet consid- erably devoid of grey matter. The lovers, unbeknownst to each other, enlist Cyrano's help in aiding the relationship.

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Hay does. When Christian becomes wise to Cyrano's affections for Roxane, and that Cyrano's work in writing to the Gascons in the midst of battle.

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Festival Market supports Old Town church
Grace United Church held its annual Festival Market Saturday, a perfect day for a successful outdoor event, serving breakfast and lunch, and selling jams, home baking, and local produce. Carol Gorman (left) bought some sweet Niagara peaches from Heinz Probst, grown on his farm, Audrey Glouser and Marlene Fry (below right) were selling popular fresh jam made with local fruit, and Bill Leighfield and Richard Byl prepared pancakes for hungry visitors. (Photos by Fred Mercnik)
When Rosemary Goodwin died of pancreatic cancer on Aug. 21, 2018, leaving Rosemary grateful for the time they had together, but deadly to her and her son, how much she would go on without him.

“We had been together for years. I was so fortunate — that’s what I have to keep telling myself. I had him in my life for 37 years.”

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Run teams encouraged

Continued from page 12

this fall where Canada will be one of 120 countries participating, and will go to Melbourne, Australia this winter for the Australian Open after visiting her brother in New Zealand. She will also go to Wimbledon, where she has been invited as a guest, because of Don, she says.

“He’s not hard to fill a life with tennis. And I feel as if step by step, he’s with me.”

When Rosemary walks her five kilometres this Sept. 15, she will do so as part of a tennis team. Organizer Joan King asked her to consider creating the team, which meant doing something very similar to last year, only giving it a name.

There haven’t been a lot of teams in NOTL in recent years, she says, with the exception of Team Pilliteri. Cousins Joe and Mike Pilliteri get so much attention for the cause, and raise so much money — their goal is $100,000 this year — she wonders if others are intimidated, realizing they can’t generate that much publicity or revenue, and shy away from the idea of forming an official group with an online presence.

Rosemary has created Niagara Tennis, and that necessitates naming a captain and setting a goal. She bought another 25 shirts from King for Team Tennis 2019 members, and set a goal of $500, which has already been surpassed.

She also organized a champagne brunch at her home for the team after the run, and says her friends have already been asking what they can bring.

“I really didn’t want them to bring anything. I told them if they have a few extra bucks, rather than spending it on wine or flowers, give it to the Terry Fox Foundation. But nobody likes to come empty-handed, so I asked them to bring their own place-setting. That way they won’t be empty-handed, and when they leave, they’ll take their dishes with them.”

That was one of the times she relied on Don, channeling her thoughts through him. She had a problem to solve, thought about it, and found her answer. “It was totally a Don solution, the kind of answer he would have come up with.”

This year, the run will feel a little different, but Rosemary expects she will still enjoy it quietly, again with easy going, soaking up the atmosphere and the beautiful route. She is also grateful for her team of friends who are coming out to help her make a difference, to be part of an effort that will help eradicate the scourge of cancer.

“There has to be a day in the future when people will say how dreadful it must have been when we didn’t understand cancer, when we couldn’t cure it. They’ll be saying that when it’s finally gone, when the world is rid of it.”

And part of the reason it will be gone, she says, will be the people who put their confidence in Terry Fox and the foundation set up in his name.

To register for the walk, or to donate to Niagara Tennis or any team or participant, go to terryfox.org.

The Sept. 15 five-kilometre NOTL run begins at Simcoe Park, with registration at 9 a.m. and the run at 10 a.m.

Lemonade stand supports Team Pillsy

This will be the third year the Pilliteri boys, Lucas and Leo, have served lemonade at Riverview Cellars, the family winery on the Niagara River Parkway. Labour Day weekend is usually a busy one, but with some publicity, they’ve managed to increase their fundraising efforts for Team Pillity and the Terry Fox Foundation from $300 the first year, doubling that the second year and reaching a goal of $1,000 Saturday. Lucas says they want to raise money for cancer research, and to help Terry Fox finish his race. At the winery were Lucas, who was in charge of the cookies, run organizer Joan King, mom Sarah Pillitteri, Leo pouring lemonade, and Sophia, 18 months, with her dad Mike Pillitteri. (Penny Coles)
Delivering a baby stressful for paramedics

Continued from page 1

van and headed to the hospital. Fortunately her mom had been visiting earlier in the week, and offered to take their kids home with her, to give Taylor a bit of a break, and a chance to rest and relax before the arrival of Weston. The couple explain Weston is their third child. They also have a six-year-old and a toddler who is 21 months. Mark has two daughters, 23 and 21, from a previous marriage, and Taylor has a 10-year-old daughter. “We’re a proper blended family,” says Mark.

If the younger kids had been home, he said, they would have had to take them with them on the trip to the hospital. There would have been no time to drop them off at their grandmother’s. Taylor’s Plan A had long been abandoned. She was hoping Dr. Nwebube, a popular obstetrician at West Lincoln Hospital, would deliver her baby at the small, welcoming facility, as he had her first child, but she found out there was a kink in that plan when she realized it had closed for renovations. Plan B was for Dr. Nwebube to meet her at the St. Catharines site when she went into labour, and he would have done that had the baby come on time, but by Wednesday, he was in Ireland.

“He’s a wonderful doctor, and I really wanted him there, but I realized one of the other two West Lincoln doctors would have to be on call.”

Knowing they didn’t have a lot of time to get to the hospital, Mark suggested calling an ambulance, but Taylor wouldn’t have it.

“There was no way I was giving my co-workers deliver my baby,” she says. “I didn’t want them to see me like that.”

She had to change her plan yet again when it became evident they weren’t going to make it to the hospital. They live on Townline Road near Lakeshore Road in Niagara-on-the-Lake, and Mark got stuck in slow traffic, with migrant workers driving two slow-moving jitneys ahead of him loaded with peaches. Taylor’s labour began to intensify, and she had to reverse her decision about the ambulance.

“I knew this guy didn’t want to wait, so I had to agree,” Taylor says. “He helped out. They all did, including Mark.”

The paramedics quickly moved furniture out of the way in the crew room — Taylor was grateful she didn’t have a plan in which they had to deliver babies in a garage. By then, she was about two weeks into her pregnancy, and she had to put a stretchy shirt on a stretches, got out all the equipment they needed, hooked up some monitors and put in an IV.

“When it was show time,” she says.

It took just 10 minutes for Weston to be born, with Taylor keeping her eyes shut, not wanting to meet the eyes of her friends and co-workers delivering her baby. But looking back, she says, she realizes Mark and Mark would both have to take some good-natured kidding about the situation.

“We’re already joking about how many paramedics it takes to deliver a baby or seven,” says Mark, including Taylor on his count.

“Maybe by next year I’ll be able to make eye contact with them,” laughs Taylor.

One of the crew members, a female paramedic, was new on the job. “Except for Kerry, they all have less seniority than I do,” says Taylor. “I’ve been on the job 12 years and I’m still waiting for my first delivery. I’m so jealous.”

Kerry Jackson, Mark, Taylor and Weston Haynes, Karol Mnich, Daniel Tuff, Terry Flynn and Amanda Bonspiel celebrate the birth of Weston, in which they all played a part. (Photo supplied)

Mark let the crews do their job, but was also able to help out, he says, although it was clear Taylor was in charge. Supervisor Terry Flynn was also there to help. “I think he came because he knows us,” says Taylor. “He helped out. They all did, including Mark.”

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Mark let the crews do their job, but was also able to help out, he says, although it was clear Taylor was in charge.

“They all said I was barking orders, but I was just telling them what I wanted, giving them some direction, as a mom,” she says.

Mark recalls his mixed feelings when he has been called on to deliver babies, saying it’s one of the most rewarding experiences on the job, but also one of the most difficult.

“When you get the call, you don’t know what you’re going to find when you get there. There are so many things that can go wrong. You don’t know if you’re going to see legs first, or a shoulder, or a cord wrapped around the baby’s neck. If it goes smoothly, it’s a great feeling, but it doesn’t always.”

He had one delivery of a baby that needed to be resuscitated, he said. “You have two paramedics, and two paramedics, the mother and the baby. For that reason, to me it’s probably the most stressful call you can get. But in that case, although it was a tough one, the baby was okay. It’s a big deal, delivering a baby, and when it goes well, it’s awesome.”

“They are trained and well-prepared, he says, “but we don’t do it often. You have to be quick and just deal with what’s happening. When the baby comes out, begins to cry and passes the look test, we breathe a sigh of relief.”

The look test, he says, is the first assessment of a healthy baby — paramedics look for skin colour, hear to hear some noise, and check for muscle tone.

Mark and Taylor’s healthy baby boy was born at 8:10 a.m., at 10 pounds, five ounces, and after a short wait for the placenta to be delivered, mom and baby were taken to the St. Catharines hospital, Mark following in his van.

They were released Thursday morning, saying she felt better than after any of her other deliveries.

“I can get over how rested she looks,” says Mark, as they sit chatting about their experience Friday afternoon. “She looks great.”

And with that, while they waited for the rest of the family to get home to meet the new arrival, they decided to take Weston for a drive to The Groves, the new fruit market on Niagara Stone Road, to pick up a sour cherry pie and some butter tarts.

“I don’t believe in keeping babies in a bubble,” says Mark. With an entry into the world that was unconventional, that was likely the start of many more adventures to come for the youngest of six siblings.
Enjoy an hour of yoga at Queen’s Royal Park

Class is free, with donations to Red Roof Retreat encouraged

Penny Coles
The Local

Baillie Thornhill has travelled the world, but she’s ready to settle down, and has chosen Niagara-on-the-Lake.

Promoting wellness is her career path, and yoga her passion. After a lifetime of moving around, first as a child with a father whose job took him many places, and as an adult who chose her own lifestyle of travel, she came home to her family in NOTL, after spending the last two years in Bali, Indonesia, where she was part of a close-knit yoga community.

She plans to continue teaching yoga here in town, and is working on finding out what people like and what she can offer.

To get to know the yoga community, and to celebrate transition from summer to fall in the beautiful surroundings of NOTL, she is offering a free hour-long community yoga class Saturday morning, Sept. 7, from 9 a.m. to 10 a.m., at Queen’s Royal Park by the gazebo.

“I like to meet people, and I’d like people to meet me,” she says.

She is teaming up with Jaclyn Willms, owner of Niagara Fit, where Thornhill will begin teaching yoga classes this fall.

The “gentle movements” of Saturday’s outdoor class on the waterfront will be suitable for all levels of experience, all stages of fitness and all ages, and will be followed by free, delicious breakfast smoothies, “courtesy of the Niagara Fit wonder women,” she says.

“It will be nice to take a moment to be grateful for our surroundings, and how fortunate we are to live in such a beautiful community.”

And Willms are encouraging donations for Red Roof Retreat, “to spend where they see fit,” she says.

There will be extra yoga mats for those who need them, but she suggests those who have one bring it along, “dress lightly, use a bit of sunscreen, and bring a friend. Everyone’s welcome.”

Baillie Thornhill will be leading a yoga session outdoors Saturday morning. (Penny Coles)

She not only inherited the travelling bug from her parents, but also their entrepreneurial spirit. The three of them have settled in Virgil, and are building a business together. She and her mother, Lorraine Thornhill, cycle many mornings with a group of women, sometimes as many as 10, and Lorraine is a wellness coach, with a program called Mind Mastery Training.

Her father Paul is a business strategist and finance coach, and although they have all worked independently in the past, this year they have come together to create a three-day workshop helping yoga instructors, studio owners and retreat leaders build their businesses.
Next InfoHealth session to deal with gene editing

Surprising progress being made on neurological diseases

Dr. Bill Brown
Special to The Local

The human genome is enormous — some have likened it to the Bible in size — in which every letter stands for a gene.

You might be surprised to learn that some insects have millions of genes, and whales many more than we do.

Much of the genome is junk, picked up over millions, perhaps a billion years or so, and has no obvious function. Of the rest, many work in concert with closely related genes, to turn other genes on (activate) or off (silence them). Without this essential function, differentiation of the fertilized ovum into the thousands of cells, which make up the body’s tissues and organs, such as the brain, would not be possible.

The rest are protein-encoding genes, each one of which provides a blueprint for making proteins, each tasked with a very specific job. Most play key roles in structural components of the cell, while others may act as enzymes to facilitate a host of chemical reactions within the cell.

Some traits, such as height, are complex and depend on several hundred genes, which places the task of altering similarly complex traits well beyond current methods for editing the human genome. The same might be said for the multiple genes that influence so many risk factors for disorders such as hypertension.

There are, however, a host of protein-encoding diseases in which mutations affect a single gene. Many of these single gene diseases such as Huntington’s disease, which causes dementia in middle age; Duchenne muscular dystrophy, which leads to severe muscular weakness and death within the first three decades of life; and progressive muscular atrophy, which causes severe paralysis and death in infancy or within early childhood, are potentialiy fixable by employing gene-editing techniques or derivative RNA technologies to stop progression. In some cases, the disease can be prevented from developing in the first place.

That’s very impressive.

Stem cells, the starter cells for mature cells, are a hot subject these days, especially in cancer, but also to repopulate the bone marrow with cells carrying healthy copies of mutant genes in patients with diseases such as thalassemia and sickle cell anemia. Stem cells may also prove helpful in Parkinson’s disease by restoring functioning nerve cells in the brainstem. The fertilized ovum is the mother of all stem cells, beyond which there are many other tissue-specific stem-cells such as those that live in the skin and bone marrow. In the case of the latter, they can create the whole gamut of red and white blood cells. Few stem cells exist in the brain, and of those that do, most are found in the temporal lobe in regions that serve memory. Unfortunately, however, there’s no evidence these stem cells play any useful role in preventing or slowing the memory loss in Alzheimer’s disease. For more on these revolutionary subjects come to the InfoHealth session on Sept. 11, at 2 p.m. at the Niagara-on-the-Lake Public Library. The session will focus on gene editing and stem cell therapies. You may be surprised at how much progress has been made, even in some hitherto lethal neurological diseases.

Other fall InfoHealth programs include the Family Health Team, Part II, on Oct. 9, Artificial Intelligence in Health Care on Nov. 14 and Long-Term Care on Dec. 11, all starting at 2 p.m. Dr. Bill Brown

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A new school year began Tuesday for local students, including those at St. Michael Catholic Elementary School on Niagara Stone Road. Students were happy to be back, and are looking forward to a great new year. Captured on camera on their first day were (clockwise from top left) Grade 1 students Emilia Epp and Eleina Bannan-van der Zalm; and from Kindergarten, Andrew Kallio, Landon Pagnotta, Ethan Qin and Nicole Zdzieblo; Lucy Collins, Dean Pagnotta, and Emma Rapone; Berlin Falk-Reay, Frankie Paugh, Quentin Robertson-Walker and Gemma Fratangelo; Penny Wer- ner, and Berlin Falk-Reay. (Photos supplied)
September 5, 2019

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5    Pin points?
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13   Beget
14   Entwist
15   Nonchalantly unconcerned
16   Bewitch
18   American Idol winner --- Studdard
19   Block
20   Conjectures
22   --- Dolph, P.J. Dumas
24   Pole
25   Biological duplicate
28   Show
31   “A very high price to pay for maturity” (Tom Stoppard)
34   Acquire through merit
35   Bank ink
36   Strain
37   Tote
38   Speaking point?
39   Little devil
40   Pitcher’s stat.
41   Requested in exchange for a kingdom (Shakespeare)
42   Locate of the Vernal Hill
43   Prohibition
44   Colombian cash

Down:
1    Employ
2    Hue
3    Heavy ordinance, briefly
4    Author – Huxley
5    Sleeping problem
6    Careful attention
7    Encounter
8    Oils, for example
9    Insulting remarks
10   Crookedly obtain Thai dwelling
11   Now it makes sense
12   Pigs’ legs?
13   Diversify
14   Trusted assistant
15   Homeland lever
16   Implied -- who had a hose surfeit
17   Tabled target
18   Spanish saint martyred in boiling pitch
19   Arrangers
20   Synthetic meat can be created in this
21   The Pearl of the Black Sea
22   Third letter of the Greek alphabet
23   Eject
24   Gazed upon
25   The door in Dordogne, or in Texas
26   With cadence
27   Found behind the shin
28   Ventures
29   Lands
30   Small tuft
31   Machu Picchu builder
32   Chamber
33   Where the 3:15 went
34   Mother of Uranus
35   Web code
36   Small dabbling duck
37   Apex

SUDOKU PUZZLE

PUZZLE ANSWERS

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

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Laura Van Noort, 1948-2019

1. The Beehive State
   2. Pin points?
   3. Biling aboard
   4. Beget
   5. Entwist
   6. Nonchalantly unconcerned
   7. Bewitch
   8. American Idol winner --- Studdard
   9. Block
   10. Conjectures
   11. --- Dolph, P.J. Dumas
   12. Pole
   13. Biological duplicate
   14. Show
   15. “A very high price to pay for maturity” (Tom Stoppard)
   16. Acquire through merit
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   20. Speaking point?
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1. Employ
   2. Hue
   3. Heavy ordinance, briefly
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   5. Sleeping problem
   6. Careful attention
   7. Encounter
   8. Oils, for example
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   29. Lands
   30. Small tuft
   31. Machu Picchu builder
   32. Chamber
   33. Where the 3:15 went
   34. Mother of Uranus
   35. Web code
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   37. Apex

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Lacrosse duo win coveted championship

Two local members of the Niagara Thunderhawks Junior Bs helped Orangeville win the ultimate prize for their level of lacrosse, the Minto Cup.

Zach Belter and Chris Weier both played for the Thunderhawks this season, but with the early exit of the team from the playoffs at the Jr. B level, both were called up to help the Orangeville Northmen on their quest for the championship.

Belter, a defensive player for St. Bonaventure College field lacrosse in New York, was recruited due to his size, strength and natural ability as a defensive specialist. Although he only played two seasons of box lacrosse, his athleticism helped bolster the Thunderhawks' defence and was recognized by the Northmen as a fit for reinforcing their back end on their quest.

Weier, however, has played his whole career in Niagara-on-the-Lake, both box and field lacrosse. He has won provincial championships in both areas in his minor career.

Weier is a quiet, dependable player who has been the top defensive member of the team all three seasons he has played for the Thunderhawks.

In his rookie year, he won top rookie defensive player for Jr. B lacrosse in Ontario. This success didn’t go unnoticed, and the following season he was recruited to play for the Northmen. This season, Weier had the opportunity to move up for the whole Jr. A season, but remained with his Thunderhawks family.

After the Thunderhawks’ season was finished, he joined the Minto Cup run with the Northmen. Weier played regularly on defence with them, and excelled as one of their top man-short players.

The Minto Cup is one of the oldest continuous awards for athletics, next to the Stanley Cup, originating in 1901 for the top level lacrosse in Canada.

In 1937, it was re-awarded for the best Jr. A lacrosse team in Canada. The cup has visited NOTL four times over the past 30 years, with this year being the fifth.

The Thunderhawks team is the local Jr. B lacrosse club playing out of the Meridian Credit Union Arena, and is made up of a majority of alumni from the Niagara Thunderhawks minor lacrosse system, with exceptions of field lacrosse players recruited from the U.S.

Jr. B is the second highest level of play for players from the ages of 17 to 21 years old. The Niagara team has had a long history of developing highly skilled players. This positive characteristic for the program can be a negative, due to the fact that players get recruited to move to the highest level of play, Junior A. The Thunderhawks have seen five players leave the team to excel at the Jr. A level in the last two seasons, reaching the ultimate goal for these players.

The Northmen won the Ontario championship beating out the Burlington Chiefs, which sent them to the Minto Cup in Langley, B.C. After going 3-0 in the round-robin tournament, the Northmen met the Victoria Junior Shamrocks for the three-of-five playoff for the cup. The Northmen came into the finals as the overwhelming favourite, and didn’t disappoint. They were undefeated for the whole tournament, to win the championship.

For more information, alumni news and the schedule for the Niagara Thunderhawks, visit thunderhawksjrb.ca.

Zach Belter and Chris Weier of the Thunderhawks Jr. Bs helped Orangeville’s Jr. A team win the Minto Cup, the highest level of competition for Jr. A lacrosse.
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