

The Niagara-on-the-Lake LOCAL



It's going
to be a
great year
at St. Mike's
page 17

The trusted voice of our community.

notllocal.com SEPTEMBER 5, 2019 Volume 1 · Issue 34



Labour Day corn roast

The neighbourhood of Chautauqua has been holding a corn roast for about 25 years now, for friends to gather, bid farewell to summer and make the transition to September. Ella Andres, Norah Palmer, Martha Gleddie and Lord Mayor Betty Disero shuck corn, while Buddy Andres serves it. (Fred Mercnik)

NOTL paramedics deliver baby at ambulance base

Penny Coles
The Local

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 to-

gether Wednesday, Aug. 28.

Mark has delivered a few babies during his career, but in the days leading up to her delivery Taylor was becoming increasingly frustrated that she hadn't had that opportunity. Every time she and her partner would get a call about an imminent delivery, she 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, he jokes, she was very much in charge, giving orders to four

other paramedics who were on duty, plus supervisor Terry Flynn, and her husband.

Last Wednesday, Taylor was up early, around 5:45 a.m. She had sold a desk she'd advertised online, and the purchaser was expected to pick it up at 6 a.m.

Mark was at work, finishing up a late shift, so she dragged the desk outside by herself, cleaned it up, then took their dog for a walk.

This was six days after her due date. She'd expected baby number four would come sooner, so she wasn't surprised when she

felt a strong contraction. She phoned Mark to warn him she thought the baby would arrive that day, and went to take a shower.

She had a few more contractions 20 minutes apart, and then all of a sudden they were only four minutes apart, she says.

"It happened so suddenly, with nothing in between. I was amazed at how quickly my labour changed from 20 minutes to four."

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



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

POLARIS PRIZE WINNING TENOR
JEREMY DUTCHER

FALL HOT TICKETS

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Max Weinberg's Jukebox | THUR 24 OCT

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Juliet & Romeo | THUR 14 NOV

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Willowbank moving toward financial sustainability

Penny Coles
The Local

Staff at Willowbank Estate in Queenston are determined to achieve financial sustainability 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 Willowbank last Thursday, managing director Craig Crane told about 20 Queenston residents he wants to continue the discussion that began in April, at an event in the Bright Parlour. It had been a terrible evening, he said, but about 20 residents braved the elements and helped lay the groundwork for improving communication and community relationships.

With Crane last week were Cait Wooll, the voice on the Willowbank end of the phone who answers all kinds of queries, with an official title of education co-ordinator; and former student Andrew Bowers, now a full-time staff member who uses his skills to provide everything from building maintenance to teaching assistance.

"I'm the liaison between Cait and Craig," he said. "I do whatever they need. I do whatever anybody needs."

At the April meeting, Wooll said, the message from residents was a desire for better communication about what is going on at Willowbank, more interaction between the school and residents for events, and seeing the estate site cleaned up.

"We're on it," she 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.

The renovated lower floor of the main house, which includes a new kitchen, and the grounds can also be rented for events, with local caterer Robin Howe 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.

But it doesn't have to be just weddings — the building would be suitable for smaller gatherings, such as book clubs. "We'd love to bring that kind 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 laboratory, 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.

The other project on the horizon is determining the use of the former Laura Secord



Craig Crane, managing director of Willowbank, design educator with a background in architecture, sustainability, heritage conservation and adaptive reuse. He plans to lead the estate and school of restoration arts toward financial sustainability. With him is Georgia, Cait Wooll's dog and Willowbank's mascot. (Photos by Penny Coles)

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 Niagara, which closed the small elementary school. In its final days it had offered Junior Kindergarten to Grade 3 for students from Queenston, St. Davids and the surrounding rural area, but an addition in St. Davids Public School opened up capacity for those grades.

Part of the Queenston 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 educational use — it has always been used for education," said Crane.

Residents will be asked to give their feedback as well.

"We want to do the right thing for Queenston, and the right thing for Willowbank. That's why we're here."

The feedback gathered last April, he said, "was very important to us. We've taken it to heart, and it will very much be part of the process moving forward."

Willowbank has just two sources of income, relying solely on donations and tuition, "but that's going to change. It has to."

Asked about raising tuition to become more sustainable, Bowers, a graduate of the three-year program, said he had to remortgage his house to attend. He explained the school's 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 students, 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 symposiums, 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



Willowbank staff members Andrew Bowers, Cait 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 after last Thursday's open house.



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

something they don't like, and then come here." She would hate to see an increase in tuition, which begins at \$10,000 for the first year and decreases for the next two.

"We wouldn't want the school to be exclusive, so that only the rich can come here. It's meant to appeal to those who are committed to heritage."

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

"There are lots of irons 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."



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Conservancy member recalls decades of fighting development

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, which she raised mostly in NOTL single-handedly, and her eyes light up when she speaks of her four grandchildren, now adults themselves with interesting lives and careers of their own.

In her quiet humility, she says she doesn't feel she's done much to deserve attention, but she is happy to reminisce about her friends Margherita Howe and Laura Dodson. The three women were founding members of the Niagara-on-the-Lake Conservancy about 31 years ago, and they were all rewarded for their efforts to protect significant heritage attributes of the town from development.

The fourth founding member, Peter Stokes, a renowned restoration architect, died in 2013.

The Conservancy hasn't had a lot of victories to celebrate over its three decades, but the wins were significant, says MacLachlan.

"We lost a lot of battles, but in the process we became a name, a force. And we won some important ones. We had some good councils over the years, and we had some who were not supportive."

One success that saw the group raising money for years to pay off legal bills, she recalls, was a decision at the Ontario Municipal Board, which after a long-drawn out battle against purses much greater than theirs, restricted the height of the King's Point condominiums on Ricardo Street. The difference in what was originally proposed and what was

eventually allowed to be built was not huge, but it prevented the two buildings from blocking the sight lines from Fort George across the river to Fort Niagara on the American side.

MacLachlan remembers attending council meetings with Dodson and Howe, and how differently they handled the many debates about heritage and development.

Howe was outspoken and irreverent. She would sit at council meetings in her regular spot behind the press table, cussing in the colourful language for which she was well-known — she used four-letter words with a regularity uncommon in women of her generation. They were directed to council members, when Howe thought they were wrong — which was almost always — in a voice just loud enough to assume she intended to be heard.

Beside her would be Dodson, who missed very few council meetings, and as MacLachlan recalls, was always very much the lady. She could be outspoken in her opinions and aggressive in her dedication to heritage preservation, but as angry as she might have been, she was always respectful. "She might have thought council was wrong, but she was so polite, they didn't know what to do with her."

MacLachlan's role was more of a quiet behind-the-scenes one, the way she liked it, but was not without notice.

Howe died in January 2006, Dodson in January 2007, both having spent some time in the NOTL Hospital, which the three women also worked hard to save. Under the leadership of the late Gerry Wooll, they were successful in protecting it from closure, threatened under the Mike Harris government in 1995. Although services were reduced over the ensuing years, a small number of beds remained open until 2015, when the Niagara Health System closed the hospital doors for good.

"I've visited so many people in that hospital. I was sent there from St. Catharines after



Judy MacLachlan, one of the NOTL Conservancy's founding members more than 30 years ago, recalls battles won and lost in its efforts to stop inappropriate development. (Penny Coles)

I fell on my patio and broke my arm. It was such a relief to be back in Niagara-on-the-Lake. So many people have finished their days there, and received such loving care. Why they would close it is one of the mysteries of life for me. We thought it was a great little hospital for a small town."

The other, perhaps greatest victory, she says, was saving the Willowbank Estate property 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 us her dream of the Conservancy turning a building into a school of restoration arts. I said 'Laura, we'll never 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 vol-

unteer 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. She is 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's always elegantly put together, smartly dressed, hair done —

Continued on page 4

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Board member questions future of once-vibrant organization

Continued from page 3

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 her walker to navigate through the small rooms to prevent tripping.

"Every morning I get up, I tell myself, I can't fall. I'm so careful. And I don't walk as much as I used to, especially in the winter."

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 she enjoys at the side — that was how it was described when featured on the cover of a gardening magazine — or, depending on the weather, she may choose to relax on the front verandah and watch the world go by. She has a cat, Chauncey, whom she inherited when her friend Norm

Howe passed away. Chauncey likes to go outside. He had been rescued by Norm's daughter Louise, and he was accustomed to being outdoors, even though he had been declawed. MacLachlan won't let him roam, but she does take him out onto the verandah on a leash, where he can curl up and keep her company.

MacLachlan is still 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 attracted 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 SORE (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

unsuitable development, but our focus was on the whole town." It upsets 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."

She looks around her sun room, and says, "I feel so lucky to live here, in my funny little house." Then, holding

onto her walker, she cautiously walks from the back of the house to the front, to settle on the porch. "I'm not going to

leave this house. I'm not going to fall," she says, repeating the mantra that will allow her to stay.

Success!



Nancy Bongard holds up one of the art pieces still to be sold at the RiverBrink Art Museum show and sale Sunday afternoon. More than 120 pieces of the 200 that were available were gone by then. Bongard said the proceeds from the event will be used for programming, lectures, courses and education at the Queenston museum. There was a lot of enthusiasm from visitors and sponsors, resulting in a very successful show, she said. (Fred Mercnik)

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What are the benefits of a low carbohydrate diet?

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, ATKINS, 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).

When we eat a typical North American diet (higher in carbohydrates), our bodies use carbohydrate 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, or FAT-BURNING. In this state, we are able to improve our sensitivity to insulin, which offers more benefits to our overall health.

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 **DIABETES** and **OBESITY**, low carb dietary patterns have also shown benefit for **arthritis, polycystic ovarian syndrome (PCOS), fatty liver disease, metabolic syndrome, high cholesterol, hypertension, anxiety and depression.** Some who follow these dietary patterns also report enhanced

memory and cognition, improved energy and sleep, reduced food cravings, and fewer digestive issues.

Overcoming carbohydrate cravings

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, HIGH-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.

If you would like to know more about low carbohydrate diet patterns and which one is the **best diet approach for YOU**, come see us at Simpson's Pharmacy. If you are on medications, please speak with a health care professional before making changes to your diet. Some medications may need to be adjusted to ensure a safe transition and to avoid low blood sugar.



Natalie Caetano Feitoza, MSc BScPhm,

was a pharmacist in Brazil and has completed her Masters of Science at Brock University in Nutrition. She has a wealth of knowledge in Therapeutic Nutrition, natural health and healthy lifestyles. She has a passion about helping people feel their best through lifestyle change.



Sean Simpson, RPh BScPhm FMNM ABAHP,

is a compounding Pharmacist and owner of Simpson's Pharmacy and Simpson's Apothecary. In 2015, he completed a Fellowship in Metabolic and Nutritional Medicine with the Metabolic Medicine Institute affiliated with the University of South Florida School of medicine and became a certified member of the American Board of Anti-Aging Health Professionals. Sean is a member of the Canadian Clinicians for Therapeutic Nutrition and is currently undergoing further certification with the Institute of Personalized Therapeutic Nutrition so he can help more people to safely come off chronic medications for metabolic disorders like diabetes that can be treated with dietary modification.



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EDITORIAL

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 humdrum winter, when it's still cold outside and our lifestyle has settled into a routine.

Is there not a corner of our brain, a residual from when we were kids — however long ago that might have been — that makes Labour Day, and 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, early mornings and later sunsets, weekends of barbecuing, indulging and over-indulging occasionally, gathering around a backyard pool with friends and families, spending time with

our kids and grandkids, and doing all we can to make the season special. It just naturally seems a more relaxed 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 — cleaning out the garage for the winter, sorting plants in the garden and preparing it 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 voiced, 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

LOCAL FINDS



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AND THE FIFTY-FIRST OF HIS MINISTRY

Beaven toured with bishop Donald Combe Special to The Local

In 1850, James Beaven wrote the first philosophical work in Canada for English-speaking students entitled Elements of Natural Philosophy. His best-known work is, however, Recreations of a Long Vacation, describing a diocesan tour in 1845 on which he accompanied Bishop John Strachan. Beaven travelled with the bishop on other shorter tours in 1847, 1848, and 1854. His daughters Blanche and Mary Harriet were active members of the parish of St. Mark's, and lived in the cottage on Byron Street, immediately adjacent to the church cemetery.

Garden of the Week



The final Garden of the Week winner is 155 Loretta Drive, owned by Brian and Jackie Lonergan. "The owners have created a charming entrance to their home using paths, 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.

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The Niagara-on-the-Lake LOCAL

The trusted voice of our community

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Newcomers to Canada hike on escarpment



Owen Bjorgan
Special to The Local

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-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 ex-



This is a group shot taken at the end of a nearly six hour hike. It was an unforgettable cultural experience that took place on the trails here in NOTL. (Owen Bjorgan)

perience 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 hik-

ers. 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.

A Man Goes to the Movies

Donald Combe
Special to The Local

Blinded by the Light is about connections, love, respect, acceptance and above all about following the light that blinds. The film is filled with humanity, hope and charm. I loved it.

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.



Viveik Kalra at the movie premiere.

Auchterlonie on Astrology

Bill Auchterlonie
Special to The Local

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.lookin-gupwithbill.com/>.

LETTERS

Thanks to volunteer fire department

We would like to say thank you to the volunteers of NOTL, Queenston, Glendale 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.

Kari Juras
Niagara Flower Growers



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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 bath 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 in-

sects in the meadow, and soon after house wrens arrive. The wrens check out every lavender 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 in-

sects. 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 catbirds 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.



Eastern bluebirds go after meadow insects.



House finches feed on small insects such as aphids.

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

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Frogs also seem to like forget-me-nots.

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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 Ken-

mir 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 906-688-4111, hit option 3, badge #9361.

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. (Photos by Fred Mercnik)



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



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Tom Rooney as Cyrano and Patrick Galligan as De Guiche with the cast of Cyrano de Bergerac. (Emily Cooper)

Shaw production of Cyrano witty and fun

Paul Sawchuk
Special to The Local

The Shaw Festival has taken to task the formidable Cyrano de Bergerac, written by Edmond Rostand in 1897, and the result is a delightful and inventive adaptation of the original work based on a translation written by the Shaw's own Kate Hennig.

In short, the historical comedic-epic is set in the 1600s during the Franco-Spanish War. Our hero, swordsman

Cyrano de Bergerac (Tom Rooney) becomes embroiled in a plot of love. Fearful that his physical aberration - he has a very big nose - would turn off the woman he loves, his cousin Roxane (Deborah Hay). Cyrano discovers Roxane loves another, a member of the Gascon soldiery named Christian (Jeff Irving) who is a paragon of beauty yet considerably devoid of grey matter.

The lovers, unbeknownst to each other, enlist Cyrano's help in aiding the relationship.

The clever Cyrano, however, becomes wise to changing affections and plots toward his own benefit. However, the criss-crossing turns comedy into tragedy, much to the work's credit. While the first three acts are full of wit, verve, and enlightened romantics, 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 something the Shaw is more than accustomed to, so it was great to see the cast and crew really having fun with the material. At the Royal George, the stage breathes, allowing for real depth of scenery so the director, Chris Abraham, can stage scenes appropriately for an epic, relying on true depth of field rather than a dull, two-dimensional plane. This staging is very effective for Cyrano. When war threatens the Gascons on the field, it's in the background, yet there is a real sense of foreboding because 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 listed, split among the 14 cast members, not counting background actors or musicians, but the real weight of the play is on Rooney as Cyrano. Despite his massive facial appendage, which he admits is an emotional achilles heel, Cyrano is fiercely proud. Rooney is energetic as the leader of the Gascon battalion and demonstrates this with fearless swordplay that is matched by his lovelorn, witty wordplay. It's because of these familiar arm extensions - the pen and the sword - that Rooney hunches down in the shadows and guides the lovers further toward each other. Rooney is energetic, but effortlessly wears the mask of the man torn between truth and the lie. He loves Roxane, and will do anything for her,

including helping her win another man's heart. In private, with his companion Le Bret (Tanja Jacobs), there is no facade and Rooney shows the hopelessness and depression that drives Cyrano. It's in these moments where, despite the fight he appears to give, Rooney plays Cyrano as a man who knows he's already defeated. The fight for his pride, his efforts with sword and pen are merely to stay alive, in his mind.

Hopeless romantics Roxane and Christian provide comic relief. Jeff Irving bumbles as Christian, who loves Roxane but lacks the eloquent flowery poetics that Cyrano does. When Christian becomes wise to Cyrano's affections for Roxane, and that Cyrano's work in writing letters on behalf of Christian was more effortless than he thought, Irving brings a particularly restrained rage to Christian that is very refreshing. Rather than lash out, though it would create another interesting sword fight (alas, that's not the direction that Rostand chose to go in 1897), Christian, in his youthful verve and confusion, runs headlong into battle.

Deborah Hay has a lot of fun as the oblivious Roxane. Here is a woman who is so blinded by the beauty of Christian, and smitten by his words by the end. Hay seems to know there is some ridiculousness to Roxane's betwixt affairs and effectively plays up this "smitten socialite" very nicely. She is, at the very least, an honest fool for love. When she meets the Gascons on the battlefield in a later act, her upper-class expectations are played for laughs. Hay really is a humorous highlight in the somber act.

The leads aside, Cyrano

has a vast ensemble cast that pepper the stage to varying degrees of flavour as the adaptation calls for it. The feeling of camaraderie surrounding Cyrano and the Gascons is ever-present, yet from the beginning of the play, before Rooney even makes his clever introduction seated amongst the audience in the Royal George, Cyrano's power is felt. He is a man whose opinion of others matters, who's strength and wit is formidable, and he is a man not to be trifled with. When his voice booms throughout the theatre - again, before even taking the stage - it is clear Cyrano is a man who has earned his friends and loyalties. It's easy to find such a character obnoxious and his companions no better than enablers of bad ethics. Yet, Rooney, Irving, Hay and the rest of the cast make the praise for Cyrano feel earned, and for a man who can at times be dramatic yet melancholic, loving yet loathing, and embattled with himself, this is no small feat.

Cyrano de Bergerac is a classic for a reason, after all. The hero is an emotional wreck, his love isn't reciprocated and he's a poet forced into war simply to survive. This is unconventional, of course, but there's something relatable in it to all of us. Sure, to a degree we all relish those too-perfect heroes, but when looking back on any stories, epics, myths and legends, it's the imperfect characters we love the most.

Cyrano became a cynic all because he couldn't look past his nose. Hennig took that and ran with it. Showing that Cyrano sees only his faults and not his true potential, and pays dear for his self-pity, well, that's a strong lesson that doesn't get lost in the Shaw's wonderful and funny production.

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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)



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Niagara Tennis team to raise money for Terry Fox

Penny Coles
The Local

When Rosemary Goodwin relaxes in her sun room overlooking Rye Park, she can see the tree that was planted in memory of her husband Don.

The cheery, comfortable space at the back of their home was where they spent the last weeks of his life last summer, Don stretched out in a chaise, facing the park.

“We were very fortunate to be able to keep him here, right to the end, thanks to Dr. (Karen) Berti. We didn’t see many people. Our friends understood that, and supported us.”

Those were intense days, although quiet and peaceful, just the two of them making the most of every moment of the remaining days they would have together.

Don Goodwin died of pancreatic cancer on Aug. 21, 2018, leaving Rosemary grateful for the time they had together, but desolate at her loss, and unsure how she would go on without him.

“We had been together since 1982. I was so fortunate — that’s what I have to keep telling myself. I had him in my life for 37 years.”

Don had retired after a successful career in broadcasting with the CBC, on air and in management, and was heavily involved in sports promotion, often as a master of ceremonies at prestigious

events. The man Rosemary describes was not only at the top in his chosen career, which he loved, but also a mentor to young people in sports, warm, caring, witty, and highly respected by all who knew him. “He was also the smartest person I have ever known. He was so smart. Any time I had a thought about anything, I could sit down and talk about it to the smartest person I knew. Now, when I have an idea, I ask myself, ‘how would Don deal with this,’ and I get drawn down the path of the conversation I would have had with him.”

Often the talk would be about tennis — it had been a passion of Don’s when they met, and although Rosemary had no involvement in the sport at that time, she grew to share his interest, eventually becoming heavily involved as a volunteer in the Niagara-on-the-Lake Tennis Club.

When Don died, Rosemary says, “there was no funeral, no memorial service. That was what Don wanted. And there is no way I would have been able to turn around and plan one, get dressed, receive people and talk to people. It amazes me that others can. But friends were reaching out, asking what they could do, what did I need, and I didn’t know the answers to any of their questions.”

She understood she needed

to be with people, but “I couldn’t just sit and and chit chat. So I got in touch with Joan (King, organizer of the Terry Fox Run), and asked for a dozen Terry Fox T-shirts. She scrambled to see what she could find, and a tennis friend emailed a few people who might join me on the run.”

She quickly had a dozen people offer to walk with her. It was a beautiful day, along a gorgeous route, strolling with friends and having “easy conversations” with all of them before they completed the five-kilometre walk, she says.

Several of Rosemary’s friends also had bibs, saying they were running for Don, but in Rosemary’s mind, it wasn’t just about him — it was about several losses others had experienced, including two women, members of the tennis club, “way too young to die from cancer. They were in my thoughts, along with others who have lost parents, loved ones, those who are ill and being treated, those who have passed away from cancer. Everyone has been affected — you can’t find anyone who hasn’t been touched by cancer. That’s why the Terry Fox Run is so powerful.”

Despite participating just three weeks after losing her husband, she says she found the event uplifting. “There was this huge mass of people, parents with strollers, people walking their dogs, kids on



Rosemary Goodwin was at centre court following the recent Rogers Cup tournament in Toronto, when her husband Don was honoured for 35 years at the event as a broadcaster. (Photo supplied)

scooters going by. It’s a wonderful cross-section of people and families. It represented the spirit of Terry Fox, that indomitable spirit, and he challenged us to do the same. I think that’s why it’s such an extraordinary experience. And Terry Fox was such an inspiring figure — sometimes I think we forget that.”

For those of a certain age, says Rosemary, “we remember him running from the Maritimes to Ontario, with hardly anyone knowing about him. There was no attention paid to him in the media. Then all of a sudden he was in Ontario and there were people lining the streets, passing pails to collect money along the line. People were cheering for him, the media started taking note of what he was doing, and we got a closer look at who he was. He was such a gentle spirit, so unassuming. He wasn’t ever a ‘this is about me’ type of person. And when it turned tragic, when he needed medical care and eventually had to stop, his job was unfinished. He wanted to run sea to sea, and when he couldn’t, he wanted us to pick up the torch where he left off. He’s become a powerful national symbol, and what we’re seeing is the ripple effect.”

When she and her friends finished last year’s run, nobody wanted it to end, so they extended the visit, lingering over coffee for a short time.

“I don’t think anyone anticipated it being such an uplifting event,” she said.

The year since Don’s death and her Terry Fox Run partic-

ipation has been “horrible and wonderful,” says Rosemary.

She hasn’t spent a lot of time going out with friends, telling them she’s not really up to accepting invitations. Those she has accepted, including two trips to the theatre, which Don loved, proved to be very difficult.

But it has also been a year of celebrating the public person who was highly respected in his career, at events that Rosemary has been invited to attend.

At the Rogers Cup tournament in August, Tennis Canada unveiled a sign proclaiming the broadcast booth in the corner, where he had worked for 35 years, the Don Goodwin Public Address booth. It was a very moving ceremony, she says.

He was also honoured at the Sports Media Canada banquet, and the awards that have been handed out for years, named to honour renowned sports writer George Gross, were this year renamed the George Gross Don Goodwin awards, or GGs, at the annual event, which Rosemary was also invited to attend.

In his career, Don joined the CBC coverage crews of Olympics, Pan Am, Commonwealth and Canada Games — he was instrumental in instituting the Canada Games — as well as prestigious international tennis, squash and badminton tournaments. But the time in his life for which he may be best remembered, says Rosemary, came in 1989, when he was just about to retire from CBC.

He had announced all kinds of important sports events, but never the news. At that time, he was in CBC management, and there was a strike by those in the broadcasters’ union, which included Knowlton Nash and Peter Mansbridge, who announced the 6 p.m. news and The National at 10 p.m. Don was the only member of management who had on-air experience, and for what was intended to be a day or two, he read the news for those two popular segments, seven days a week during the strike that ended up lasting a month. By then, he had developed a fan base amongst those who recognized and appreciated his warmth, and he continued to be recognized this past year, with events to honour his memory.

“I felt like it was a whole year of being with people who cared about him, who remembered him,” Rosemary says.

“Now I feel I have to stand on my own two feet. I have to move on, and I’m not sure I know how to do that.”

She will rely on tennis to help her, she says.

“Tennis was a huge part of Don’s life, although it was not in my life at all when I met him. Everything I know about tennis, everywhere I’ve ever been related to tennis, has been because of Don. It’s where I feel most comfortable. And there is still so much to do, in such a positive way.”

She plans to attend the Davis Cup in Madrid, Spain,

Continued on page 13

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LOCAL BUSINESS SPOTLIGHT: BRICKS AND BARLEY

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Tunes for Terry at community centre

Local Staff

Tunes for Terry will raise money for the Terry Fox Foundation, leading up to the annual run. Organized by Yvonne Darte Grecco, it will be held Friday, Sept. 6 at the community centre on Anderson Lane.

The music trivia event will feature Niagara's Name That Tune, Live with Lee, who is also featured at the Niagara-on-the-Lake Golf Club's trivia nights. Refreshments and snacks will be available. Tickets are \$20, and the evening, which begins at 7 p.m., is a licensed event. It will offer prizes, raffles, and a 50/50 draw.

To reserve tickets, call Grecco at 905-468-3055, or Joan King at 905-262-5898.

Run teams encouraged



Rosemary Goodwin had dinner in NOTL with her two grandsons from Ottawa, James and Aidan Goodwin. They will participate in a Terry Fox Run in Ottawa. (Photo supplied)

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.

"It'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 Pillsy.

Cousins Joe and Mike Pillitteri 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 conversation, 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.

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Lemonade stand supports Team Pillsy



This will be the third year the Pillitteri 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 Pillsy 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)

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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 having 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."

Mark realized they were coming up to the Linwell ambulance base, so when he put in the call, he asked to be met there. He and Taylor arrived first, but within about two minutes two crews arrived — four paramedics, including Kerry Jackson, who as an advanced-care paramedic took



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)

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."

The paramedics quickly moved furniture out of the way in the crew room — Taylor was grateful she didn't have to deliver her baby in a garage — then put her on a stretcher, got out all the equipment they needed, hooked up some monitors and put in an IV.

"Then 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 she and Mark will 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 — seven," says Mark, including Taylor in 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."

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 patients, 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 good skin colour, hope 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, Taylor saying she felt better than after any of her other deliveries.

"I can't 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 Grove, 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 first of many more adventures to come for the youngest of six siblings.



Taylor and Weston Haynes are loaded into an ambulance about 10 minutes after his birth, for the trip to the St. Catharines hospital. (Photo supplied)

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Local business helps keep workers safe

Rich Mell of Grape Escape Bicycle Tours was at Phil's val-u-mart in Virgil last Thursday, putting front and rear lights on bikes for farm workers. The cycling tour company ordered lights from their supplier, and Mell and other volunteers helped install them. This Thursday, Sept. 5, two other Grape Escape co-owners, Ian Mell and Diane Shaw, will be at the Virgil grocery store from 5:30 p.m. to 9:30 p.m. They will have 400 more lights to install, 200 each for rear and front, again supplied by Grape Escape. (Jane Andres)



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."

She 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 to-

gether. 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.

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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 potentially fixable by employing gene-editing techniques or derivative RNA technologies to stop progression. In some cases, the disease can be prevented from de-

veloping 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 rev-

olutionary 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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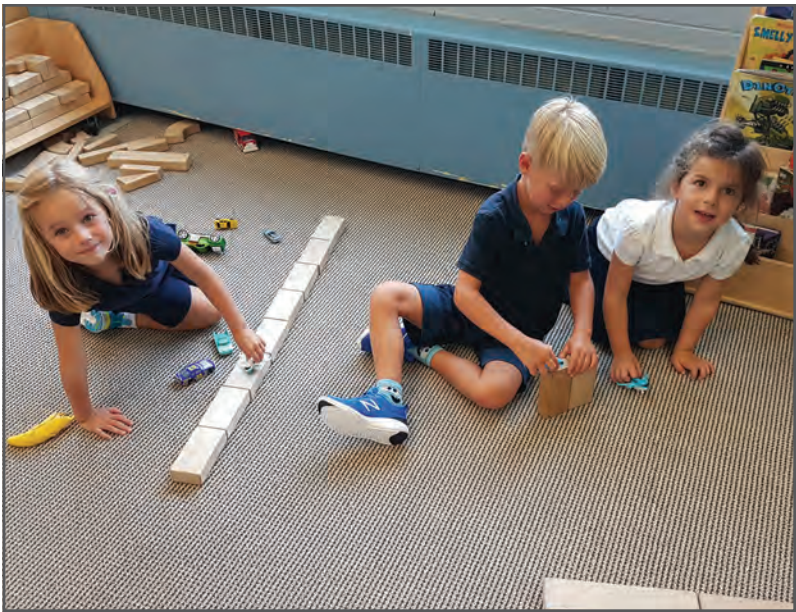
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SCHOOLS

ST. MICHAEL CATHOLIC SCHOOL



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, Quinnton Robertson-Walker and Gemma Fratangelo; Penny Werner, and Berlin Falk-Reay. (Photos supplied)



LOCAL WORSHIP

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September 7 @ 10 a.m. - noon
 Cynthia Rand invites friends and neighbours to a "Breakfast Party", Saturday, September 7th, 10 a.m. to noon. 1278 Line 2, to meet Sandra O'Connor, the Green Party Candidate.

SEPTEMBER 11 MEMORIAL SERVICE

September 11 @ 8:30 am - 9:30 am
 On Sept. 11, the NOTL Chamber of Commerce is once again hosting a short memorial service at the Cenotaph on Queen Street to remember the lives lost during the 2001 terrorist attacks in the United States. It begins at 8:30 a.m. Contact the Chamber of Commerce at 905-468-1950 for more information.

CANADIAN FORCES SNOWBIRDS

September 11 @ 2 - 7 p.m.
 The Niagara Historical Society welcomes the Snowbirds at the Niagara District Airport. Come to be spellbound by the world-famous Snowbirds as they perform amazing aerobatics. Details can be found at: www.notlsnowbirds.ca

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1 The Beehive State

5 PIN points?

9 Bring aboard

13 Beget

14 Entreaty

15 Nonchalantly unconcerned

16 Bewitches

18 American Idol winner --- Studdard

19 Block

20 Conjectures

22 --- Dalgleish, P.D. James protagonist

24 Pole

25 Biological duplicate

28 Shun

31 "A very high price to pay for maturity" (Tom Stoppard)

34 Acquire through merit

35 Bank link

36 Strain

37 Tote

38 Speaking point?

39 Little devil

40 Pitcher's stat.

41 Requested in exchange for a kingdom (Shakespeare)

42 Locale of the Viminal Hill

43 Prohibition

44 Colombian cash
- 45 Artificial waterway

46 Matinee favorite

48 "Chop-chop!"

50 Magic

54 Pickle

58 Chemically inactive

59 Obsolete

61 Rocky debris at the base of a hill

62 Fail to mention

63 Bean capital of S America?

64 Decline to bid

65 Charts

66 Everyone, down South
- 21 Homeland leaver

23 Imelda ---, who had a hoe surfeit

25 Tabloid target

26 Spanish saint martyred in boiling pitch

27 Arrangers

29 Synthetic meat can be created in this

30 The Pearl of the Black Sea

32 Third letter of the Greek alphabet

33 Eject

35 Gazed upon

38 The door in Dordogne, or in Texas

42 With celerity

45 Found behind the shin

47 Ventures

49 Lends

50 Small tuft

51 Machu Picchu builder

52 Chamber

53 Where the 3:10 went

55 Mother of Uranus

56 Web code

57 Small dabbling duck

60 Apex

SUDOKU PUZZLE

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

PUZZLE ANSWERS

Across: 1 Utah, 5 A T Ms, 9 Ship, 13 Sire, 14 Plea, 15 Blase, 16 Entrances, 18 Ruben, 19 Slymie, 20 Theodas, 22 Adam, 24 West, 25 Clone, 28 Avoid, 31 Age, 34 Earn, 35 Bridge, 36 Tax, 37 Lug, 38 Lectern, 39 Imp, 40 E R A, 41 A horse, 42 Rome, 43 Ban, 44 Pesos, 45 Canal, 46 Idol, 48 A s a p, 50 Wizardry, 54 Plight, 58 Inert, 59 Out of date, 61 Score, 62 Omit, 63 Lima, 64 Pass, 65 Maps, 66 Y'all.

Down: 1 Uses, 2 Tint, 3 Arty, 4 Hermann, 5 Apnea, 6 T L C, 7 Meet, 8 Sash, 9 Slurs, 10 Habitation, 11 I see, 12 Pens, 15 Broaden, 17 Alide, 21 Emigre, 23 Marcos, 25 Celeb, 26 Laura, 27 Organizers, 29 Vitro, 30 Odessa, 32 Gamma, 33 Expel, 35 Beheld, 38 La Porte, 42 Rapidly, 45 Calif, 47 Dares, 49 Spots, 50 Wisp, 51 Inca, 52 Room, 53 Yuma, 55 Galaj, 56 H T M L, 57 Teal, 60 Tip.

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

Lacrosse duo win coveted championship

Andy Boldt
Special to The Local

Two local members of the Niagara Thunderhawks Junior Bs helped the Junior A team from 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 reassigned 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.



This year's Minto Cup was earned with the help of Niagara Thunderhawks players. (Photos supplied)

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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