

Daylight Saving Time ends Sunday at 2 a.m. Don't forget to turn your clocks back.

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Oh my gourd! These decorations are spook-takular

T'was the night before Halloween, and houses were decorated to scare all the little ghosts, goblins and superheroes trick-ortreating on AnnMarie Drive Tuesday night. (David Gilchrist)

Families want kids' activities closer to home

Sharon Burns The Local

Some parents attended Monday's open house to to see what the town is offering in the way of programming for families, some were interested in filling out a survey on what they would like to see offered, and some saw it as a great opportunity for their kids to enjoy the play zone.

The Town of Niagara-on-the-Lake parks and recreation department was holding the open house at the community centre to promote their recreational programming survey for parents, with a separate survey for kids to take with an adult's assistance.

Olivia Friesen had already filled out the survey. Mother of Landen, seven and a half months old, and Adriana, three, Friesen simply loved the idea of a drop-in play zone like the one parks and rec staff set up in the

community centre on Monday evening. "I think having something like this is amazing for families just to come in when it works for them," she said.

Bex McKnight, with a fouryear old son, said she would love to see more physical activity, "more things like this where they can just come, move their bodies, and learn about healthy living."

"I know the community centre does lots of things for people in older demographics, but for kids, especially as we go into the winter season, it is tough to find programming in Niagara-on-the-Lake," said McKnight, who would also love to see some dedicated music programming.

The town is planning on expanding programming opportunities for families, youth and children and has two surveys open for feedback. A survey for parents and guardians

Continued on page 4

Valerie Pringle recognized with Women in Business Award

Mike Balsom The Local

Niagara-on-the-Lake resident Valerie Pringle was totally taken by surprise when she received a call from Women in Niagara Council that she would be receiving a Lifetime Achievement Award at the upcoming Niagara Women in Business Awards.

had never even heard of the awards," the veteran Canadian broadcaster tells The Local. "It's such an honour to be thought of for this. It's so lovely."

"Valerie's commitment to

philanthropy, advocacy, and community engagement has made her an inspiration to us all," says a post on LinkedIn by council chair Nora Kalb of Innovate Niagara. "Her work with various charitable organizations and her unwavering dedication is truly commendable."

"I had no idea, and I circles for more than 50 years, beginning with her first job at CFRB original hosts of CBC Television's Midday and spent a number of years as co-host of CTV flagship program Canada AM.

Pringle hosted CTV's coverage of the 1993 election and 1995's Quebec referendum, as well as the 1994 Olympics in Lillehammer, Norway. After leaving the network, she went on to host a travel show called Valerie Pringle Has Left the to making Canada a better place Building, produced documentary specials for Discovery tiques Roadshow on CBC.

Her most recent broadcast-Radio in 1973. She was one of the ing gig is as host of Buffalo public broadcaster WNED's 30-minute interview show Canada Files.

But, as Kalb's post suggests, it's her dedication to philanthropy that has truly caught the eye of the Women in Niagara Council.

"Two passions in particular that I've been really happy to connect with, and that I've worked super hard at for decades," she says, "are the Trans Canada Trail and the Centre for Addiction and Mental Health."

Pringle has been a stalwart Channel Canada, and hosted the Trans Canada Trail for about that right from the start." cture in Canadian broadcasting—the Canadian edition of An-—more than 20 years. She chaired and subsequently served as the she had connected with many chair of its fundraising foundation for another eight. She headed a campaign that raised \$83 million to connect the trail across the country, a task that

was completed in 2017.

"I loved everything about the trail," she says. "That it connected Canadians, and that it got people outside and encouraged both physical and mental health. I'm certainly not the first person to connect getting outside and walking with men-Pringle was involved with tal health, but I know I thought

Her public profile as a the board for six of those years broadcaster and the fact that and advocating for better treatof Canada's greatest families and politicians through the she adds. "I took a tour of the years were instrumental in the old facility and saw that it was campaign's success.

"I travelled the country, I

celebrated the trail builders," she says. "I was in every meeting. I did all the grunt work. Apart from my kids and my marriage, I think it is the greatest thing I ever did. It's a great Canadian treasure. And when I left two years ago, our son (Tony Pringle) joined the board."

With the Centre for Addiction and Mental Health, "the whole issue of mental health ment and access to mental health care was another focus,"

Continued on page 4



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Councillors have options to reduce length of meetings

Kris Dube The Local **Local Journalism Initiative Reporter**

Niagara-on-the-Lake councillors overwhelmed by their meeting schedule continues to be an issue raised at town hall.

Before a lengthy debate and consideration of an information report regarding the flow and length of planning meetings, an issue raised on several occasions by Coun. Gary Burroughs, a similar concern was raised by Coun. Wendy Cheropita during Tuesday's council meeting when she asked if some adjustments could be made to what appears to be a busy Tuesday next week for local elected officials.

A budget review committee meeting is set for 9:30 a.m., as well as a committee-of-thewhole meeting at 6 p.m.

Cheropita asked whether it would be possible to merge both meetings instead of holding them

so far apart in one day.

"We published this calendar already in advance," responded Lord Mayor Gary Zalepa.

Crowded and hectic public meetings have been a bone of contention for Burroughs, and he reiterated during Tuesday's council meeting that he wants changes made.

"I know staff are working very hard," said Burroughs, noting that preparation for meetings needs to be considered.

"If you're reviewing all this work, it takes a lot of time," he added, before council had even started discussing an information report from staff about options regarding planning meetings — brought on by previous concerns he has raised.

Coun. Maria Mavridis said she'd like to see meetings not spread out as much, but that she also understands now is perhaps the busiest time of year, and that council's schedule isn't always

cent weeks.

"It is a lot of reading, but it only happens around budget time," she said.

Coun. Sandra O'Connor also said she's open to one day of meetings, which would allow members to take care of the "significant preparation" they need to do ahead of time.

Coun. Nick Ruller also said he doesn't like meetings being "sprinkled" throughout the week, noting it's "very difficult to balance the competing interest of a family and full-time career."

But Zalepa told council it's up to them to create the schedule, which is what they did for 2023.

"I appreciate the feedback and I'll make sure staff have heard that," he said. "We'll look at that for the 2024 calendar," he added.

Councillors also discussed a staff report that included options on how committee planning meetings can be more efficient.

Through a motion made by as crowded as it has been in re- Mavridis, council endorsed two or four points" raised collectively. report is finalized and doesn't end

of those options — the first related to the amount of time speakers are given.

Currently, members of the public who wish to speak to a planning application are allotted up to 10 minutes, according to the town's procedural bylaw.

Staff said this could be reduced to five minutes per speaker. The chair should also continue to encourage those who wish to speak only to bring up new items that previous speakers have not raised, the staff report said.

Coun. Erwin Wiens suggested there should be better enforcement of speakers not being repetitive. "Rarely have I ever heard that someone stopping a speaker and saying 'we've already heard that," said Wiens, adding that possibly people are not being interrupted "because we don't want to offend our residents."

He also said it's common to see dozens of speakers registered, while only hearing "maybe three

Burroughs asked if staff up being included in the report. would be able to filter individuals who register into categories of those who actually plan to deliver remarks, separate from people who simply want to show support or opposition to one side of an issue or project.

"That might be a substantially smaller list if we can focus on the ones who want to speak," said Burroughs.

In response, clerk Grant Bivol said, "we already do that." The second option supported by council relates to written comments.

The town's procedural bylaw specifies if a member of the public submits written correspondence on an application, they cannot speak to the same items at the public meeting, but this is not being enforced, the report says.

Many people who submit written comments also present the same information in person, but due to reporting timelines, often correspondence is received after a

Staff say they could prepare an addendum info package with any written correspondence on an application to the Monday agenda package so that all written correspondence received is provided to council at the public meeting.

"Further, staff could identify the summary of comments in the staff presentation, and the clerk could announce that comments have been received and provided at the beginning of the public portion of the meeting," reads the option.

Another option that would involve additional meetings to the calendar was shot down by council through Mavridis' motion.

Staff also suggested they be given authority to make decisions over minor planning applications, and shorten the process of making recommendations to council, reducing the time spent by councillors dealing with those issues. They plan to continue that discussion with council at a later date.

Updates to room tax will increase town revenue

Kris Dube The Local **Local Journalism Initiative Reporter**

Despite questions and concerns over a report on the increase short-term rental sites in town will have to pay into the Municipal Accommodation Tax starting next year, Niagaraon-the-Lake council is moving forward with plans already set,

Nov 8

8:30 pm

approving an update to the existing bylaw.

The process began in June 2022 when council approved the tax for accommodations with five or more bedrooms at a rate of two per cent, with it rising to three per cent on Jan. 1, 2024, and to five per cent at the start of 2025.

In May, council approved charging all short-term rentals the tax, including bed and breakfasts and regardless of how many

rooms are available.

Coun. Maria Mavridis first put a motion on the floor to defer approval of the report and bylaw updates until after the short-term rental committee meets in late November, but rescinded it after chief administrative officer Marnie Cluckie said postponing an update to the bylaw would result in the one-per-cent increase in the new year not applying to any accommodations, that it would be

Ticketed

Event

"status quo" for them at that time.

Mavridis was satisfied when Cluckie explained that further revisions to the bylaw can still be made after the new rule is in effect. "Bylaws are always dynamic that way," said Cluckie.

Staff says a letter has been received from the Niagara-onthe-Lake Bed and Breakfast Association, which outlines technology and implementation concerns with the tax for short-term rental operators.

Staff have addressed those concerns in the bylaw and will update related support materials on the town's website, the report to council said.

Another housekeeping item included a change to remittance deadlines to bring them more in line with trends in the province.

Hotels, motels, and inns will now be on a monthly remittance schedule, with short-term rentals remitting the tax they collect quarterly.

Revenues that include shortterm rentals in the accommodation tax may generate an additional \$1.24 million in revenue, which will have to be shared 50 per cent with the local Destination Marketing Organization, Niagara-on-the-Lake Tourism, a branch of the NOTL Chamber of Commerce, the report said.

Citing concerns related to technology, booking, and management of the tax, the bed and breakfast association (STAY Niagara) is asking that short-term rentals be able to charge an "equivalent MAT fee," saying it is "not practical" to have the accommodation's technology calculate the tax.

"This simple clarification will ease the MAT implementation across the different reservation systems and online travel agencies typically used by the STR community," the association said.

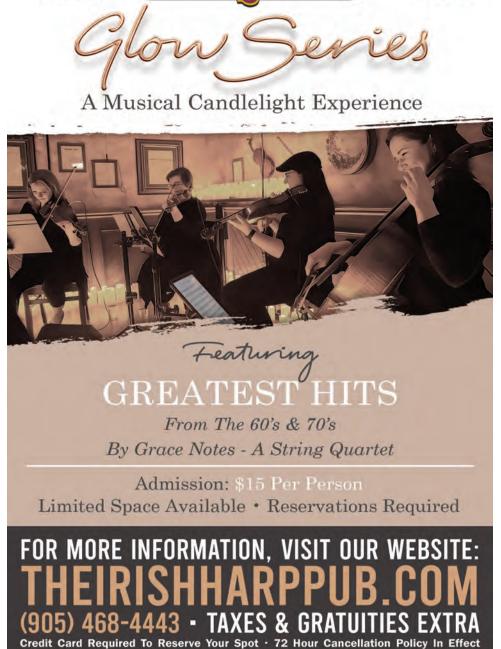
The system does not have to calculate the tax, and "a line item or a note which explains the charge on the receipt is acceptable," staff said in its report.

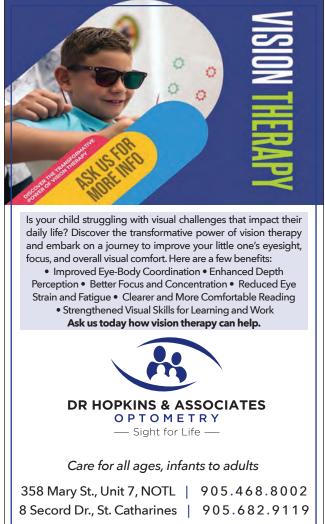
Coun. Gary Burroughs raised a question about one section of the bylaw, which says accommodations "shall keep books of account, records, and documents sufficient to furnish to the town or its agent with the necessary particulars of sales of accommodations, amount of MAT collected and remittance."

He believes the local government should seek a legal opinion about this part of the bylaw.

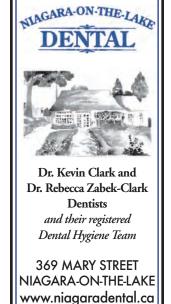
"The town doesn't have the right to evaluate their calculations of room rates," said Burroughs.

Director of corporate services and treasurer Kyle Freeborn said this is a "standard clause" related to MAT bylaws, but the town will "follow up to the legal requirements" of that part of the bylaw.





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Gates pushes minister to keep nurse practitioner promise

Penny Coles The Local

Last week, MPP Wayne Gates questioned the Ford Conservatives' record on local health care access in Niagara.

Gates has been pushing the province for nurse practitioner services to be returned to Niagara-on-the-Lake for more than a year, including writing several letters, one with Lord Mayor Gary Zalepa, sending them to Sylvia Jones, Minister of Health — but with no response.

Gates raised the issue in question period and also spoke out against the recent reduction of service hours at Douglas Memorial Urgent Care Centre.

"In my community, in Niagara-on-the-Lake, people are facing a challenge, accessing front-line health care services," said Gates. "More than one in every three residents don't have a family doctor. Returning a nurse the town?" practitioner in the town gap. The town has contacted the Minister of Health, who confirmed they would get the needed nurse practitioner services. But the the year. W hy is this gov-



MPP Wayne Gates addresses Minister of Health Sylvia Jones, asking why she isn't keeping her promise to fund nurse pracmany of whom are seniors titioner services in NOTL. (Screenshot)

would help fill this service 30 per cent of Niagara-on-the-Lake's population was older than 65, al-40 per cent of residents are follow-up since. town hasn't heard back in not registered with the Ni-

As of 2021, more than noted that the provincial government confirmed in July 2022 that the nurse practitioner was supportmost double the provincial ed and funding was availaverage, said Gates. Nearly able, but there has been no ed by reminding Gates

Although he repeated ernment refusing to assist Team. His most recent let- lature, asking the minister care and a review where It always contains items

ter, also signed by Zalepa, more than once why she is it will be spent. She also not carrying through on a spoke of the investments promise made to NOTL, and expansions that inand each time Jones rose clude the South Niagara his question. She respondthat the NDP voted against tice," Gates told The Loa budget that included \$30 cal, "that the opposition agara North Family Health his question in the legis- million for primary health votes against a budget."

to speak, she didn't answer hospital now under construction.

"It's standard prac-

that the opposition doesn't agree with — he calls them poison pills — and items they wanted included but aren't, knowing it will pass without their support, he explained.

The issue to him, he says, is that the minister "promised to allocate funding for a nurse practitioner for Niagara-on-the-Lake. She made that commitment. If you say you're going to do something, then do it. Otherwise you are lying to the community."

That's what the question was about "and she answered. a commitment that would be filling an incredible need in Niagara-on-the-Lake, a high percentage of seniors. It just makes sense. Over the next three years, one-third of the people of Ontario won't have a family doctor. That makes nurse practitioners and midwives very important. It's a no-brainer, so what's the hold-up? They want to make health care fail, so they can privatize it, but that's a much bigger question."

It's a frustrating situation, but "all I can do is continue to do what I do. I'm to the guy making the decisions, and I'm also not the guy who make the



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Parents asked to fill out survey on programming

Continued from page 1

and a survey for youth can be found at www.jointheconversation.org, and on the town's until Nov. 6.

Catherine Garceau has three children under the age of five, and had not yet found the time to complete the survey, but town representative Marah Minor provided a station at the open house for the public to share their feedback about youth and family programming. "We have this board here so people can put their Post-it notes on it, and we also have the QR code so people can scan it and take one right now," she said, referring to kids love to move," siad McGuf-

of the surveys. We also have our daughter Maeve. "She's doing fin. "We really made the most of on the spot," she said.

pool would be epic. My girls their summer swimming."

Friesen wants the town to "encourage community and build connections with different families. "Making new friends on the mommy mat" is amazing, she said, as she sat with a group of friends, young children, and babies on a mat provided by the town.

Tasia McGuffin wants "anything that will get her out

IPad if they want to do it right dance, gymnastics and swimming in St. Catharines. So, Garceau said that "an indoor yeah, that's tricky," she said.

website. The survey is open love to swim. It would mean is awesome," said Diki McElcontinuing their progress from hinney, "because there is the drive there and back and then there's dinner and bedtime." McElhinney said the time spent taking children to Niagara Falls or St. Catharines, for programming that they can't find here, is difficult. "It just really pushes back bedtime," she said.

McGuffin, Friesen and McElhinney all note having local programming that allows their children to move is key. "The

all the library programming we enjoyed over the summer, but the more that is available, the "Anything that's more local better it is for these girls."

> Parks and recreation director Kevin Turcotte said the survey can also be filled out by scanning the QR code in this newspaper. Town staff will consolidate survey results and submit an information report to council for consideration, probably in December, he said.

> "We just appreciate everytheir feedback, and it's great to see a lot of smiling little faces run around in the auditorium," said Turcotte.



body coming out and giving Adriana Friesen in front, Tasia McGuffin and baby Maeve and Brynn, Mabel Kennedy and mom Diki McElhinney with Delphine Kennedy, and Olivia Friesen with baby Landen have some mom and kids' time at the community centre.

Pringle grateful to receive award from Niagara

Continued from page 1

Dickensian, it was awful."

Other broadcasters often contribute to causes, often showing up as masters of ceremony at events and lending their name and image to campaigns. But like with the Trans Canada Trail, Pringle was much more than a figurehead with mental health centre.

"I showed up at meetings, I helped work through problems, I raised funds, and I advocated," she says of her two decades there. "We're closing in on having raised almost a billion dollars and having rebuilt that 27-acre site. I've been part of marketing committees that have come up with important

messages about mental illness."

With a big smile on her face, Pringle calls that work fascinating, satisfying and rewarding. She loved putting in the effort and seeing the results over the long term.

kind of commitment when the 2013 Laura Secord Commemorative Walk was held on the Laura Secord Legacy Trail. There she was at the Laura Secord Homestead alongside first lady Laureen Harper. She and Harper were the first walkers to home about 14 years ago. leave the site, and they completed the entire 32-km journey.

The Pringles have also sponsored three Syrian refugee families through their work with a group Valerie started through Toronto Metropolitan Univer-

email confirming that the third of those families had received their Canadian citizenship.

"We helped them navigate the system," she says. "We Locally, she exhibited that drove out to Mississauga to meet with them, helped them solve their medical problems. We didn't just sign the papers. It was a lot of work. I'm really proud of what we did there."

Pringle and her husband John bought their Old Town Though they still maintain a residence in Toronto out of necessity, they call NOTL their true home.

"The heavenly part of COVID for us was living in Niagara full time," she says. "I felt safe, and our grandchilmother was working for the ness Awards will be held Thurs- the Falls on Fallsview Boulevard. Ministry of Health. I love this community, it's the only place we really want to be."

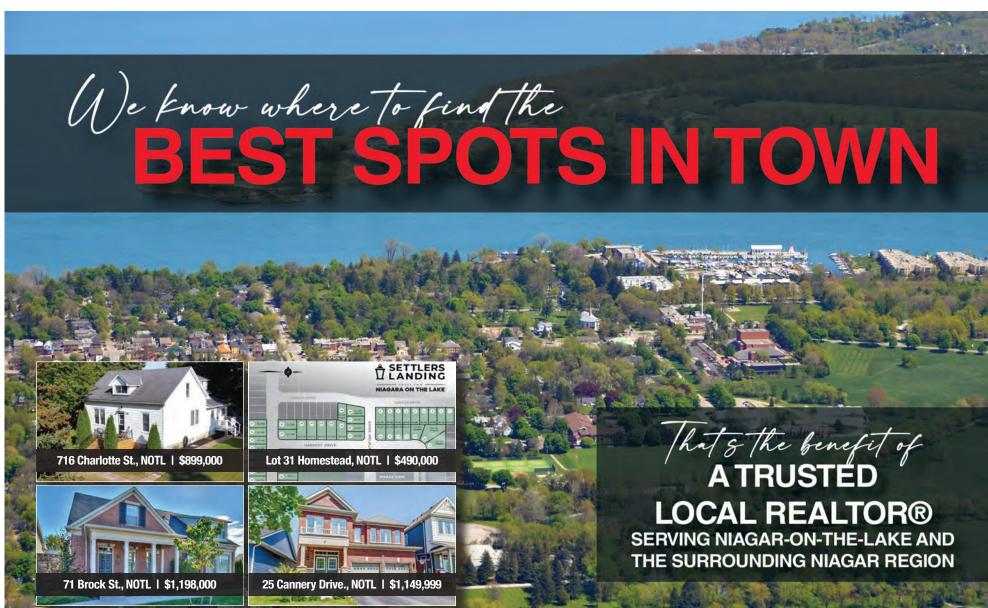
And being recognized by a Niagara-based organization means a lot to her.

Her work with the addiction and mental health centre. "of course, is in Toronto, and the trail is everywhere," says Pringle. "Maybe that's why I was so surprised they wanted to honour me. It's very special to receive this recognition here, where our heart is."

Pringle will be out of the country and unable to attend the awards ceremony, but has recorded an acceptance speech that will be played at the event. Valerie Pringle (Supplied)

sity. She recently received an dren were with us because their The Niagara Women in Busiday, Nov. 16 at the Marriott on







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Town ready to go to work on next phase of heritage trail

Kris Dube The Local **Local Journalism Initiative Reporter**

There is a deadline for the in the coming weeks. work on the Upper Canada Heritage trail, with more work expected in the next Oct. 6, which generated a lot couple of weeks.

Town parks and recreation manager Kevin Turcotte told the committee of trail that crews be will mobilizing, "with a goal to get to Line 1 before the snow flies," adding he prefers to stop at a cross street once weather becomes an impediment and work needs to be put on hold.

"We're going to go as far as we can until we get work will resume in the there to Line 3. spring.

of "positive comments," and a feel from residents that a deplete things in terms of three-metre width is preferred. the money raised," he told

Coun. Wendy Cheropivolunteers working on the ta said she recently brought view. up fundraising efforts during a council meeting, hoping to 3 to Line 9, will have an esdonations are needed.

> Restoration of the first phase, from John Street to from Line 9 to York Road. East and West Line, has been tee is now committed to rais-

Tony Chisholm, vice-A new sign for the trail is chair of the heritage trail also expected to be installed committee, said this work is part of phase two — and Turcotte said a public sur- that fundraising efforts will section is finished.

> "That will pretty much The Local in a recent inter-

remind the community that timated cost of up to about \$120,000, said Chisholm.

"The last section is going completed, and the commit- to be a lot more expensive because part of it is washed snowed out," he said, adding ing \$160,000 — about \$100 out," said Chisholm, adding

that once the ground thaws, a metre — to finish it from that it has sat in disrepair for about 15 to 20 years as a result of a significant rainstorm.

> "It's been deteriorating steadily," he said.

Chisholm didn't have an vey about the trail closed on need to ramp up once that exact amount of what type of price tag will come with that work but estimated it could be in the range of \$450,000.

> A targeted completion date depends on the success of grant applications and Phase three, from Line fundraising efforts, he said, noting it "could be years away."

> Restoration of the trail, The fourth phase runs more than 10 kilometres long, is funded entirely by fundraising efforts.

> > The trail was established to follow the railroad corridor of the Erie and Ontario Railway linking Niagara-onthe-Lake, the first capital of Upper Canada, with Niagara Falls and the Great Western Railway, reads the fundraising group's website.

When operations began when she power-walks. in 1854, it was one of the first steam-powered railroads in derful trail for the commu-Canada West, the new name nity," said Cheropita, who is for Upper Canada.

the mid-1950s, with the cormittee. ridor being formally abandoned in 1969. For 50 years, looks at the "big picture" the trail has been used by cyclists, equestrians, runners, walkers, cross-country skiers the Bruce Trail system.

New trees were planted bordering the trail last spring. (Photos by Tony Chisholm)

and others.

"It's a wonderful, woncouncil's representative on Rail operations ceased in the town's heritage trail com-

> She told The Local she with this project, hoping that one day it could connect to

It traverses past business-Cheropita uses the trail es and wineries she believes could benefit from the refurbished trail.

> "There might be opportunities to attract sponsorships from businesses," she said, also adding there has been interest from those involved with the redevelopment of the Queenston Quarry.

"There are a lot of people to connect to the fundraising goal."



The first phase of the trail, which starts at John Street, has been completed.



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EDITORIAL

Sunrises and sunsets interact with species differently



Owen Bjorgan **Special to The Local**

Black or white. Dark or light. On and off, push and pull. Good and evil, truth and bull. Sunset versus sunrise: life is full of dualities and dichotomies.

Let's stick with the last theme, one that every human in the world experiences every passing day. That construct of time, the day, is created by the tilted and rotating earth as it orbits around the sun at about 107,000 kilometers per hour, giving the stationary sun an appearance of rising and setting over horizons from Canada to Uganda to Argentina.

The sun appears as a tiny sphere in the sky, despite being approximately 109 times the diameter of earth. In some regions of the world, the sun can appear massive as it reveals or conceals itself over an opaque edge. Near the poles of the planet, sometimes people and wildlife alike don't see the sun inevitable morning. Guilty as flower species rotate to the face

On a family Thanksgivup towards Bobcaygeon (any Tragically Hip fans here?) for a fall-colour infused getaway on the lake. Even driving just tree colours are ahead of Niagara. This is testimony to why the highly biodiverse Carolinian Forest zone and the wine belt exist in Niagara — our slightly longer growing season shows green growth for a little bit longer than areas just north

our own personal show very picture in this article shows my soon, Niagara.

In the meantime, I'd love to share how thankful my family, my girlfriend and I were feeling, with a sunrise and a sunset for the books. I rarely get to sleep in, so sometimes it takes a healthy dose of encouraging, or perhaps peer-pressuring, to get me outside to see an everyday spectacle so many of us miss

drones at such a pace that we often negate the beauty of the

charged, as we are culturally trained to hustle our lives away ing long weekend, we went and stay up into the dark without a second thought. Here I am writing this article in the late dark, for example.

Interestingly, we have no beyond Burlington, the radiant issue with milking every hour of sleep before our alarm must go off every morning, though. We are comfortably trained to bank that morning time away for snoozing. As you read this, ask yourself, what is the ratio of sunsets to sunrises you have seen in your life?

A sunrise is harder to get to, It is time to get ready for I get it. However, the featured girlfriend sitting as a silhouette in the face of the day's first direct ultraviolet rays.

Unless it is winter, every plant in the world wakes up with the sun. This is the bottom of the food chain being activated, which therefore awakens the diurnal insects and herbivores who emerge to find delectable nectar and scrumptious leaves. As the sun rises Our society hums and higher, the carnivores come out

During a sunrise, many



Sunset photo of the trip, featuring an opaque shoreline and epic cloud formations to usher us into the evening. (Photos by Owen Bjorgan)

the sun, and long limbed plants presented with a massive sheet do a physiological stretch to of flowing grey layers rippling enjoy the new day's warmth and prepare for photosynthesis. Plenty of plants and trees actually tuck themselves in at night, quite literally, to reduce cold temperature harm to their cells and to conserve water and energy. Picture yourself going into fetal position or laying like a shrimp in your bed when you feel cold, only to stretch wide awake as the morning warmth Finally, a delayed yet fortuitous sets in.

This particular sunrise would have been anticlimactic for most, as the desired orange burst of light was put on hold by the artist herself, mother nature. My girlfriend and I were

across the sky at high speed. These slabs of cloud, called nimbostratus, are a classic fall weather cloud type showing evidence of cooler temperatures and light rain. These blue-grey concrete blankets were gliding over our heads towards the anticipated sunrise. It was an appreciable mood unto itself, even without a glimpse of light yet. crack in the sky unfolded, and the eruption of sun created the ing this to challenge themphoto I took.

Equally as awesome yet entirely different was the sunset we were presented with later that night. When is the last

time you saw a sunrise and a sunset in the same day?

The sunset shows us a familiar and dramatic close to the day. Photosynthesis takes a halt, most animals rest, and a select cult of carnivores roam the night both in and out of the water. Our species begins to unwind and relax, and I don't believe there is a better way to set the tone for a fun evening other than a sunset while paddling the canoe out on the water.

I encourage everyone readselves, maybe even once a month, to take in a sunrise. You won't regret experiencing the waking, driving force of our daily lives.



View from the couch

Donald Combe Special to The Local

It is both a relief and a joy to sit and watch Something's Gotta to Give (Netflix, 2003), with a good director, Nancy Meyers,

and Keanu Reeves, and producing a film that is entertaining and genuinely worth watching. Donald Combe is a retired for The Local.

taking on a good script, work- English teacher who loves to go ing with dependable actors, to the movies. Until he resumes Jack Nicholson, Diane Keaton going to theatres, he has graciously agreed to share his opinions, through "short and sweet" exclusives, of Netflix series and movies

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(TIPS)



much like plants do.

The Niagara-on-the-Lake The Trusted Voice of Our Community Canada

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Where's Ben?

Eden student Ben Foster continues to discover new locations in NOTL, wondering how familiar others may be with them. If you know where this photo was taken, email penny@notllocal. com. Last week must have been too tough — Ben was in Homestead Park in Virgil.

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

COMMENT

Gocal LETTERS NOTL should have an indoor pool

the NOTL swim team (Electrifying Eels) being given a medal and certificates by Coun. Sandra O'Connor at at the com-

In the Local edition of mittee of the whole meeting of the year. Oct. 11, the photo showed for placing second at Niagara Regional competitions.

They practised at the St.

Surely a town of over pool if they can afford two ice Davids and Memorial Park hockey rinks. A municipallypools, open only two months owned and operated indoor

lessons, water safety and stay in NOTL. Let's have to convince our town council 18,000 can afford an indoor, Aquafit for all ages and train swim moms and dads and and hire our local teens as teachers as well as hockey life guards.

This will encourage more

Please sign our petition at

pool can offer swimming young people to come and notlindoorpool@gmail.com to match all contributions, and we can start fundraising.

Elizabeth Oliver-Malone NOTL

Yocal LETTERS Please don't allow high-rises

the-Green neighbourhood and recently learned that White Oaks has submitted a proposal to the town to build four high-rises up types of city structures historical feel of our town

Although we would like

I live in the Niagara-on- around the Glendale area ra-on-the-Green to increase services, offer it is an overall Niagaramore residences, and hope- on-the-Lake issue. fully increase tourism, we Niagara-on-the-Lake.

This is so much to see development occur more than a Niaga- now, it's just a matter of our communities and con- tion online at change.org

Residents vested in reare opposed to having these taining the charm and these city-like sky-rises.

If these are approved

issue; time until more developers tinues to be a world-class are requesting permission destination, not a metrofor additional high-rises, politan enclave. and our community is no longer recognizable.

to 25 storeys high on their that act as a gateway into should also be opposed to to ensure the future of Niagara-on-the-Lake grows in a way that complements

I am asking all residents in Niagara-on-the-Lake to We have an opportunity sign a petition urging the town and council to deny this application.

You can find the peti-

and search for Deny white oaks resort and spa's proposal to increase building

> Ken Beard, NOTL

YocalLETTERS The Last Casualty at Vimy Ridge

commemoration of remembrance next week, I'd like to share a few memories of a former colleague, mentor, leader and superb all-round professional soldier: Lieutenant Colonel Michael (Mike) Watkins, MBE, Royal Logistic Corps (formally Royal Army Ordnance Corps).

Mike had a long and varied career serving in the British Army as a Senior Ammunition Technical Officer. Towards the end of his service, he undertook voluntary work for the Durand Group on behalf of the he was my technical sergeant ern Ireland, 1985. I was serv-

As we approach the annual French and Canadian governments. That was to explore and clear Remnants of War from tunnels, primarily large land mines left over from the First happiest memories was being World War.

> part in the clearance of some three tonnes of deteriorated explosive deep below the Canadian Vimy War Memorial, Mike was tragically killed in a tunnel collapse nearby.

I have very fond memories corporal ammunition technician and mediocre rugby player,

major. He provided me with ing (regular) much-needed positive advice, support and direction.

One of my most vivid and taken by him (on a Wednes-In 1998, shortly after taking day 'sports' afternoon) for a breathtaking, entirely illegal rally drive through the Warwickshire countryside in his souped-up Ford Escort. It had bucket seats, shoulder harnesses and bags of power! Wow!

Thanks Mike, 46 years later of Mike. When I was a young and I still get a buzz thinking about that afternoon!

Another was from North-

another four-month two earlier. emergency tour. He was on Intelligence Unit. On an early fall morning, I was called to a with a grin and a wink. meeting with Mike.

was unusually flushed; the rea- a memorial plaque to him at son became apparent quickly. the Vimy Memorial in France. He just got back to base after I occasionally chat to my relaan unexpected close quarter, tives and close friends about nighttime contact with a Provisional IRA Active Service Unit, at a public airing on this great along with four colleagues.

bumped into each other on a serving their countries around quiet country lane an hour or the world.

a two-year stint as a captain erational brief with a bit of dry with the Weapons and Bomb humour. His update ended with "...shots fired; no hits claimed"

After Mike's passing, Vet-At the time, I thought he erans Affairs Canada placed him, but this is my first attempt guy. He's one of hundreds of They had quite literally thousands who lost their lives

During a family trip to the I got his usual detailed op- UK, a former colleague and retired RCMP member took the time to visit Vimy and view Mike's memorial. My daughter did the same on a school trip to France in 2017. I'm very proud to say Yasmin is now in her sixth year serving as a member of the Canadian Armed Forces.

> Next week I'll quietly spend some time thinking of Mike and a few others, Mick O'Neil and John Howard to name two.

'We remember — Sua Tela

Rob Craig,

Library interview with Mary Powers, retired broadcaster

Dr. Robin Williams Library Board Member

The Niagara-on-the-Lake Public Library board and staff are interested in exploring the special place books, reading, storytelling and libraries hold in the hearts of our community members. The power of the written and spoken word, the enchantment of libraries and childhood memories of time spent with books, creates a profound tapestry of emotions and experiences.

This questionnaire prompts introspection and reflection, offering a unique lens through which to examine the bond between readers and their connection to books, storytelling and libraries.

Mary Powers, a Niagaraon-the-Lake resident retired from a 30-year career in broadcasting (CHUM Productions) and international content marketing, has a face that sparkles when she talks about books. As a lifetime reading enthusiast, she met with Dr. Robin Williams at the NOTL Library earlier this fall to share her reading story.

Q: What are your earliest memories of reading?

I was raised in a Ukrainian family, and that was our home language. My mother used to read to me in Ukraine and so it wasn't until I entered Kindergarten that I learned English. I quickly figured out I couldn't get the apple juice instead of the grapefruit juice at snack

I had a wonderful Grade 3 teacher (Mrs. Little) and I have a strong visual memory of her reading aloud to our whole class C.S. Lewis' The Lion, the Witch, and the Wardrobe. She was a particularly talented reader and storyteller and would read every day after lunch for either 45 minutes, if we had scored well on our spelling bee test or for 20 minutes if we had not. When she read, we were spellbound, and it was incredibly impactful. So, from then on, I was hooked on the magic of stories and

Q: What was the first book you read?

I guess it was the second in the Narnia series (The Chronicles of Narnia) and after that, I marched through the next five of his books. It introduced me to the idea of reading a full series of books, which I have continued throughout my life when I find an author's voice I relate to, I search out and read the whole body of their work.

Q: What was your first experience with libraries?

My most memorable experience was with my school library at McMurrich Junior school in Toronto (Grades 1-4). There was an amazing librarian whose name I can't remember. But she was the classic twinsetand-glasses-on-a-string-looking lady and yet, she had a gen-

fully and often introduced us to a specific book she thought we might enjoy. I remember she introduced me to the books of Jules Verne. I have been lucky to have been introduced to books by two such remarkable

you read at a time?

I always have one or two on the go. I can become way too absorbed in a book, staying up too late, so I keep an alternate that is less interesting to switch to, when I should be going to bed.

Q: When do you read?

I often start my day with a digital paper read, then 45 minutes of my book. My favourite thing on a Saturday or Sunday is to go to the chair beside the fireplace and curl up with my book. But I also read in bed at night and in fact can't get to sleep without reading.

Q: What is your favourite book of all time?

Oh, that is a hard question as there are so many, but as of today it would be Covenant of Water (Abraham Verghese). It is a multigenerational story that follows a close-knit family through life in southern India. It is a story that really touched me.

Q: You had a busy international career; how did you find time to read?

There was nothing more wonderful than finding myself uine interest in each of us, as on a 15-hour flight to some-

individuals. She listened care- where like Hong Kong, pulling out my book, and being able to read, with no interruptions and someone coming by to offer me tea, or wine or a snack. How lovely is that?

Q: Do you read hardcopy or digital books?

I read both. I always have **Q:** How many books do my Kobo nearby, which I have had for about 12 years, but I will also pull up books on my phone if that is what I have with me. I used to be a big book buyer and when we would move, I would have boxes and boxes of books to cart. Even on vacation, I used to be the gal with one suitcase for clothes and one full of books. Digital access now makes it so much easier.

Q: Do you always finish books that you start?

I can only think of two books that I gave up on. I hang in until the end, as I need to hear what the author was trying to do and understand the solves murders in an English end of the story.

what to read?

My favourite genre is fiction and I often get recommendations from other readers, but my tastes are varied and eclectic. For example, I have a niece, Miranda, who introduced me to four fantasy novels in The Twilight series (Meyer). As I



Mary Powers (Supplied)

read 10 of his Flavia de Luce WWI nurse in London. series. It is about an 11-yearold girl who is a scientist and village. I have that author on Q: How do you decide my watch list, so I am notified when his next novel comes out. But I have also read our own Canadian Louise Penny and her inspector Gamache series (18 books) as well as Patricia Cromwell's Scarpetta series (eight books), Ian Hamilton's Ava Lee series (14 books), G.M. Mallett's The Max Tudor novmentioned before, once I find els (eight), and I am currently an author I like, I will pursue reading Jacqueline Winspear's the full series. Alan Bradley is seventh book, The White Lady

Mary also said her mother had encouraged her to memorize and recite poetry in Ukrainian, so reaching back into her childhood brain she recited a poem, It's All the Same to Me, by the famous poet Taras Shevchenko (1814-1861) in the melodic, gentle language of her childhood. She loosely translated its final section for me - Shevchenko didn't care if he was forgotten in the snows of a foreign land as long as his beloved Ukraine wasn't left plundered and on fire. It seemed like a perfect moment a Canadian writer and I have — a strong woman story of a to end to the conversation.

THE NOTL Spocal Veteran TV producer turns lens on NOTL

Mike Balsom The Local

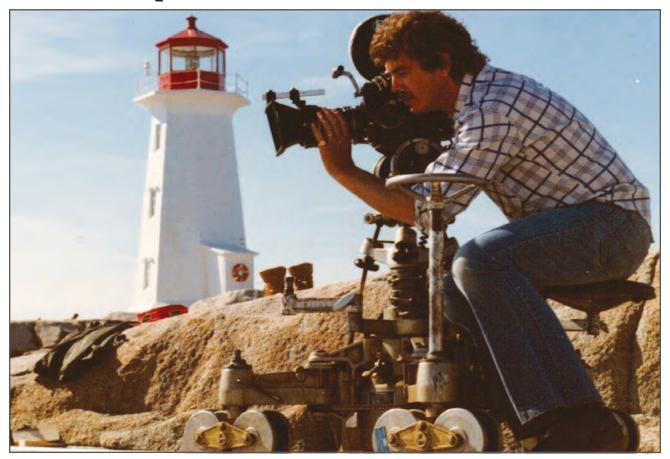
The descriptions that could be applied to Niagaraon-the-Lake resident Nigel Napier-Andrews are nearly endless: bon vivant; raconteur; gourmand; connoisseur; voyager; gentleman.

The retired television and live event producer brings all of those qualities to his latest project, a video series dubbed Escapes with Nigel, that looks at the marvels of the town he has come to love since moving to The Village with his second wife Diane Watts a year ago.

Napier-Andrews was born in London in 1942 while his father Ken was a prisoner of war in Japan. He was raised by his mother, Lush, and his grandparents in Wimbledon.

Following the end of the Second World War, the family moved to Cairo, Egypt, then Benghazi, Libya. In 1959, the scene shifted to Kenya, where his father was working for the British American Tobacco Company. It was while idling at a fancy private club in Kenya where a 17-year-old Nigel's career path began when a fellow ex-pat handed him his business card.

"A week later I showed up at the offices of the Kenya Weekly News with his business card in my hand," says Napier-Andrews. "I started that day in the classified advertising de-



Nigel Napier-Andrews in his earlier days behind a camera in Nova Scotia. (Supplied)

partment. After a few weeks ITV's Coronation Street had pieces to edit. Eventually, I learned all the principles of journalism from a crazy Brit named Sinclair Horne."

With political and racial unrest settling in, Nigel fled back to England, where eventually he was hired as a buyer for an advertising agency. In this role he was required to visit television studios. It was 1961.

they gave me a few bits and been on the air less than a year and videotape was not even being used yet.

"It was all live," remembers Napier-Andrews. "I went on the set of Coronation Street and all kinds of game shows and other programs that we were buying time in. That got me interested in television."

Despite that, he found the daily grind actually quite boring, and moved on to the public relations department for the Borax chemical company. They sent him to locations across the world, and again he visited the sets of television shows such as Death Valley Days, starring future U.S. president Ronald Reagan.

Soon, a friend of Ken's took a position with the BBC in a new department that was tasked to distribute the network's programs across the

world. He offered Nigel a job, and though it was again an administration position, he was able to spend even more time on film and television sets.

"I was encouraged to learn and to volunteer as much as I could," says the spry 81-yearold. "I was fascinated by it all. I was starting to pick things up. Working even as the most junior person on a live drama

Napier-Andrews' big break came in November 1966, when the BBC sent him to Canada as their on-site production manager during Expo 67.

"They sent me to Montreal all expenses paid to handle dignitaries and producers who needed film crews," he tells The Local. "I was expected to shoot stuff from time to time, too. I spent the whole summer, a lot of it enjoying myself in the press club."

During this time he developed friendships with a number of producers at the CBC. Again, his charm and class led to his next opportunity with Canada's national broadcaster after Expo 67 came to an end.

Only 24 years old, Napier-Andrews started out as a gopher, but soon landed a role as producer on a talk show called Elwood Glover's Luncheon Date shot at Toronto's Four Seasons Hotel. He also developed and produced the hit panel show This is the Law and worked with Graham Kerr on The Galloping Gourmet. Perhaps influenced by the charismatic Aussie, in 1974 Nigel published his own cookbook, How to Eat Well and Stay

Maybe the recipes were just too darn good, because soon he was a bachelor no more. A year later he married his first wife, Melissa, and they settled in

Continued on page 9

Clio's 50+ Years of Providing Foot Comfort

Elio Difelice knew he wanted to be associated with shoes when he was 10 years old, and not just on his feet.

That led to an apprenticeship with a master cobbler in a one-man shoe shop in his home town of Castropignano, Italy, where Elio learned something about shoes that became the foundation of his family's business over 50 years later: no two feet are alike, and fit is the essence of a good shoe.

DiFelice came to Canada at the age of 29, and married his childhood sweetheart Lucia, a girl from his home town of Castropignano.

He found employment at the old Sunbeam shoe factory in Port Colborne, and worked there for many years before venturing out on his own in 1970, opening a shoe repair shop on Albert Street in Thorold.

Business at his shop went so well that in the mid 70s he opened a larger location around the corner on Front Street, adding a full line of footwear, and renamed his store Elio's Shoes and Repair.

When his son Mario joined his father in the late 80s, they expanded their footwear lines. Soon after, brother Rob joined the familv team and Elio's took off from there.

When Elio retired in 1997 and the boys took over, they expanded again, doubling its size and product lines at the Front Street store, while maintaining the business.

Sadly Elio passed away in August, 2005.

After his death, the brothers had a vision of where they wanted to take the business, and in 2016 renamed the store Elio's Foot Comfort Centre and relocated to a state-of-the-art, modern facility at the Pine Street Shopping Centre in Thorold. The brothers had decided to stay in Thorold because of their long history in the community, as well as it being in the centre and heart of the Niagara Peninsula, a close drive from Niagara Falls, Welland, Fonthill, St. Catharines and Niagara-on-the-Lake.

Over the years Elio's has made many changes, and now employing 10 people, with two pedorthists and a chiropodist on staff at

What Elio started 53 years ago as a one-man shoe repair shop is now a 4,000 square foot clinic and shoe store, with four assessment rooms as well as an onsite lab. Elio's Foot Comfort Centre features the latest styles in orthopedic and athletic footwear, custom shoes, custom foot orthotics, footwear modifications, knee and ankle bracing, compression sox and much more....

Today sons Mario and Rob and their staff carry on their father's legacy by continuing to build strong relationships with local physicians and their patients.

The brothers look forward to helping the residents of Niagara and southern Ontario walk in total foot comfort, while always remembering it all started many years ago by a young man in the small town of Castropignano, Italy.



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Tel: 905-227-4215 www.eliosfootcomfort.com

Collaboration leads to Escapes with Nigel

Continued from page 8

Mississauga, where they raised three children — Rebecca, 45; Megan, 42 and Matthew, 40.

It was while producing the very first edition of the Gemini Awards show for the public broadcaster that he began to butt heads with CBC brass.

"Inevitably, because I was a bit cocky, I had a fight with CBC management and that was the last thing I did for them," he explains. "So I began to work as a freelancer."

He then produced and directed a soap opera called High Hopes that aired on CBC and was syndicated in the U.S. He produced television specials featuring musicians Sylvia Tyson, Don McLean, Oscar Peterson and Platinum Blonde, and on the side taught production and video editing at Sheridan College. Napier-Andrews was also involved with Dan Iannuzzi's successful application to launch CFMT, Canada's first multicultural television station (now known as Omni Television).

He then retired from broadcasting and became a sort of producer-for-hire in the corporate world. In this role his biggest client was RBC, to whom he pitched the idea of a quarterly video magazine. He caught the attention of president and CEO Alan Taylor and was hired to be part of their public relations department.



Nigel Napier-Andrews connected with Old Town resident Matt Phillips, an award-winning cinematographer and cameraman, and now they are working together. (Mike Balsom)

"I've been lucky all my life," says Napier-Andrews. "Some people say it's because I'm a nice bloke, or it's because I know what I want and know how to with a great team, and I've always encouraged creativity."

after 15 years, but continued to work in event production. He also started a blog called Gentleman's Portion (gentlemanspor-

tion.com) where he continues to share recipes and stories about his life in television. And just last year a script he wrote became a Hallmark-style movie called *Key* get it. I always loved working to Love, starring Alicia Dea Josipovic and Corey Sevier.

Convinced by a number of He retired from RBC in 2009 friends that moving to NOTL would be perfect for him, he and Diane bought their home in The Village in late October, 2022. Napier-Andrews then

connected with Old Town Andrews. "I contacted him and resident Matt Phillips, an cinematogaward-winning rapher and cameraman with more than 30 years of experience in both film and televi-

"He and I met years ago through sailing (Napier-Andrews served as commodore at Toronto Island's Harbour City Yacht Club) and he helped me with some corporate videos," says Napier-

said 'let's do something."

The pair purchased a drone together, and Phillips, whom Nigel calls Captain Matt, pieced together a collection of video and audio equipment, and they began their new collaboration.

"What got it going was in the middle of winter he waddled over to my house," says Phillips, "and along the way he shot some video of his walk

with his iPhone. So then we started thinking about getting more serious with it."

Napier-Andrews and Phillips are two episodes in on Escapes with Nigel, both coming in at just under three minutes long. The first instalment looks at historic Queen Street, while the latest sees him visiting Fort George. Phillips is currently editing episode three, a visit to the NOTL Museum.

The Local watches as Napier-Andrews, wearing his signature Panama hat that he is proud to say he purchased from local store Beau Chapeau, stands by the bust of Colonel John Butler as Phillips shoots the intro to episode four.

True to form, as a few walkers stroll by while the pair work on getting the perfect take, Napier-Andrews turns on the gregarious charm, which just seems to come naturally to him.

And for the natural peopleperson, NOTL is right up his alley. He loves it here so much he really wants to shine a light on everything the town has to

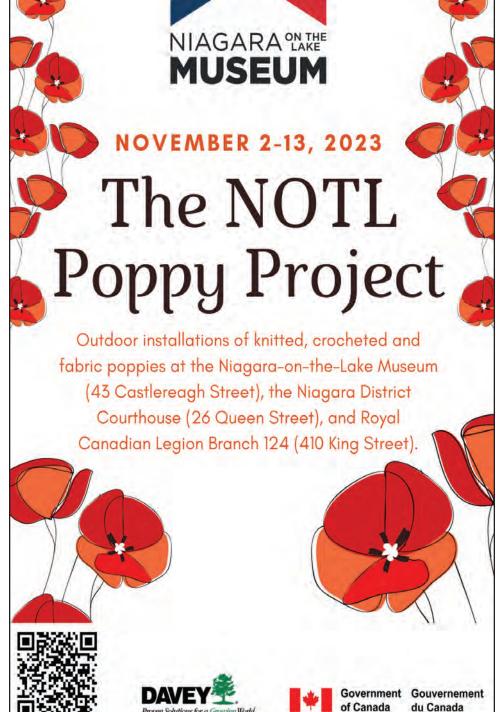
"Once we got here we discovered an instant social circle," he says. "On top of that we also found that somehow when people come to NOTL they seem to become especially friendly. Everywhere we go in the neighbourhood people stop and chat. Who knew such a place existed?"



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This Seminar is for parents, grandparents and guardians of all school-age kids.



Purple poppy horse blankets part of this year's display

Local Staff

Wednesday is the day the Niagara-on-the-Lake Museum's stunning poppy displays are once again being installed

al Poppy Campaign.

The poppies can be seen Street. from now until Nov. 13 at the

Royal Canadian Legion's annu- displays this year at the Roy- to Sentineal Carriages. The al Canadian Legion on King purple poppy is an internation-

NOTL Museum on Castlere- brigade have created two large animal life during both world agh Street, the Court House purple poppy blankets to be wars, but in particular, in the

in town, to complement the on Queen Street, with two new worn on the horses belonging First World War, explains mu- blankets for them this year, she ally recognized symbol that Members of the poppy honours the significant loss of

seum community engagement coordinator Barbara Worthy.

In the past, Sentineal used individual purple poppies on their horses and carriages, but the ladies wanted to make two explains.

The display at the museum also includes a poppy garden, dedicated to local veterans who served and fell during the First and Second World Wars.

Museum volunteers recognized by province

Local staff

Six volunteers for the Niagara-on-the-Lake Museum have been recognized with an Ontario Volunteer Service Award for outstanding contributions to the NOTL Museum.

Each year the province recognizes individuals who have dedicated outstanding, continuous years of service to nonprofits, schools, community centres, hospitals, libraries and other community associations.

community volunteers were honoured with an Ontario Volunteer Service Award, including the following NOTL Museum volunteers who were honoured for their consecutive years of volunteering:

Richard Merrit: 35 years; David Hemmings: 15 years; Ken Schander: 5 years; Mona Babin: 5 years; Dick Coyne: 5 years; and Ted Rumble: 5 years.

"Volunteers are the very heart our museum," says Sarah Kaufman, the museum's man-

In 2023, more than 3,400 aging director. "They are skilled, committed, and extremely dedicated, and clock up numerous hours doing a variety of work from data entry and collections management, to poppy-making and gardening — they are absolutely invaluable to us."

To receive this prestigious award, the museum's news release says, volunteers are nominated by an organization, and receive a personalized certificate and lapel pin celebrating their years of service during recogni-

tion ceremonies that take place across the province between August and October each year. The awards recognize adult volunteers for five to 65-plus years of continuous service in five-year increments, and youth volunteers for two or more years of continuous service.

To learn how to nominate someone for honours and awards for achievements in volunteering, go to ontario.ca/ page/honours-and-awards-volunteering.



This is last year's poppy garden — a new one will be installed Wednesday, along with the poppy displays at the NOTL Museum, the Court House and the Royal Canadian Legion. (Supplied)



Museum volunteer Margaret Teare, with Laura Sentineal of Sentineal Carriages, volunteers Denise Ascenzo, Peggy Bell, and Eddie, affectionately known as Eddie Spaghetti. (Supplied)



Museum managing director Sarah Kaufman with volunteer Ted Rumble. (Photos supplied)



Volunteers Ken Schander, Dick Coyne, museum's managing director Sarah Kaufman, and volunteers Mona Babin, David Hemmings and Richard Merritt.



Wonderful 4-bedroom family home set in the desirable Garrison Village neighbourhood. The main floor includes a light-filled dining room, spacious kitchen with Quartz island and an open family room with fireplace. The upper level offers 2 bright bedrooms, bathroom and primary suite including ensuite and walk-in closet. The fully finished lower level features a kitchenette, 4th bedroom, bathroom, recreational room with fireplace and plenty of storage. This property is situated on a truly special spectacular fully fenced, irregular-shaped lot, complete with mature perennial gardens, multiple seating areas, automatic retractable awning, outdoor shower, pool area, interlock driveway and 2-car garage. Appreciate the peaceful lifestyle of charming Niagara-on-the-Lake.

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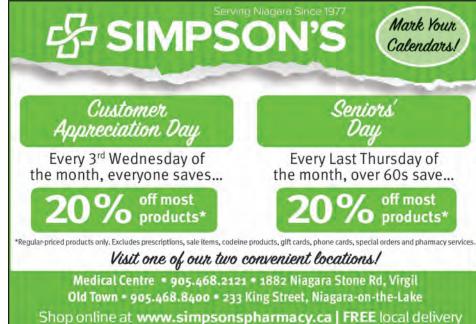














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Love Where You Live: SUPPORT **Local**

The Power of Water on display at the Pumphouse

Maria Klassen The Local

The Niagara Pumphouse Arts Centre is presently featuring the Power Cozens. Running from impacts of human pres-November 1 to 26 in the ence. Using manmade pig-Joyner Gallery, this collection vividly brings to life Ontario's untouched artist has painted.

Horne Cozens began studying art at the age of immigrated to Northern landscapes we cherish. Ontario a few years later, couraged her to be creative and explore various media. Horne Cozens graduated from the University of Toronto with a degree in Music Performance. As an adult student she attended the Ontario College of Art (now OCAD) and studied Fine Art, with a specialty in figure drawing and painting.

She channels the influher work, a Pumphouse news release says, as well as drawing from her own background as a print-

natural world and human- heightened awareness. ity, inviting us to find our

of Water exhibit by cele- presents familiar landbrated artist Janet Horne scapes with the concealed ments, colour, texture and form, Horne Cozens purposefully infuses these tralandscapes of waterfalls, ditional landscapes with winding rivers, and serene human elements. This lakes, familiar places the mirrors our unceasing influence on nature's canvas, serving as a poignant reminder of how we are two in Japan. Her family intertwined with the very

As a child growing where her love for art con- up in Northern Ontario, tinued. Her mother en- Horne Cozens took her surroundings for granted. Returning to the familiar landscapes as an adult made her aware of the profound beauty of the land: the immense skies, vibrant colours and the calming effect of nature. From the various relationships individuals have cultivated with the land, to the far-reaching consequences we all bear on the climate ence of the Group of Seven and environment — these and First Nation artists in realities became the seeds of her artistic exploration. According to her online bio, Horne Cozens believes

maker. She delves into sal challenge that necessi- ty. Through my art, I aim to story of water — a tribute the interplay between the tates collective action and convey the transformative to the natural world and a the artist, view the artwork,

place in this shared realm. draw profound inspiration phasizing the consequenc- opening reception Sunday, Her distinctive style from the heart of the wil- es of our actions on these Nov. 5 from 2 to 4 p.m. derness, coupled with an invaluable acute sense of responsibili- Each brushstroke tells the 2:30.

impact of climate change reminder of its fragility." Horne Cozens says, "I on these landscapes, em-

ecosystems. with opening remarks at

Come and interact with and connect with fellow All are welcome at the art enthusiasts while enjoying some refreshments. Chateau des Charmes will be providing a selection of fine wines.



climate change is a univer- The artist Janet Horne Cozens with her painting, Coolings. (Aimee Medina)





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notllocal.com

Judy MacLachlan 'was a force,' devoted to her community

Penny Coles The Local

After time spent in the hospital recovering from knee surgery, and facing eight weeks of rehabilitation, Judy MacLachlan just wanted to go home — and with the support of her family, that's what she did.

With them gathered around her in the home she loved fiercely, MacLachlan died Friday, at a time and place of her own choosing, the day before her 88th birthday.

As difficult as it was to let her go, her family supported her decision, knowing it was right for her, says her son Rob.

After going through the process of being approved for MAID (Medical Aassistance in Dying) Judy decided she wanted to die at precisely 11:59, on her couch at home, "happy, with a smile on her face," her son Rob says. "She was peaceful, she was calm. It was the way she wanted to go."

She had come home from the hospital four days earlier, "spent that time being worshipped by her friends," Rob laughs, and had the opportunity to say goodbye to her daughter Sarah, Rob, and her four adult grandchildren.

He talked about the process as "a new dimension of death and dying. It was for her ultimately a good way to say goodbye."

And one, after being witness to it, he believes he could choose for himself.

MacLachlan lived alone, but was very much a people person, had many friends, loved parties, and yet was happy to enjoy her sunroom overlooking the river, where she had her morning coffee: her "tiny, perfect" patio nestled in her little garden — that was how it was described when featured on the cover of a gardening magazine; or sitting on her front porch at the end of the day, a glass of wine by her side.

She lived her life to the fullest in a community she was passionate about protecting, and when needed, went to battle to save it.

the founding members of the was really challenged, and she Niagara-on-the-Lake Conserof three women who would sit at council meetings, ever watchful over development decisions that went against their mandate to preserve the significant heritage they were charged with protecting.

In a chat with The Local after she had been chosen one of the Niagara Foundation's Living Landmarks, an award presented to someone who is considered to have made an outstanding contribution to the quality of life in NOTL, she was humble about her role, deflecting attention to her two good friends, Laura Dodson whom had passed away years

She had also battled alongside her friends to save the NOTL Hospital, successfully, and Howe.

threatened with closure under the Mike Harris government in 1995, but with reduced services and a dwindling number of beds, it remained open for another 20 years, thanks in part to the three women who were part of a large group of activists.

Judy also pointed to the height of King's Point condominiums as one of their wins, and Dodson's determination to see the Willowbank Estate property saved from development to become the School of Restoration Arts — Judy sat on its board from the beginning.

She was a long-time member and volunteer of St. Mark's Church, a regular behind the cherry table during the church's annual festival.

She was well-known as an inveterate shopper, and it was important to her to always look her best. She dressed smartly — she liked to decide what she would wear the next day before she went to bed at night, says

She had ordered some tops before she broke her hip, and when she got home from the hospital the Monday before she died, she delighted in wearing them. And she especially loved shoes, buying far more than she needed, but enjoying having them.

"She loved beautiful things," says Sarah. "And she loved being well-dressed."

Every so often, when there were clothes boxed and put away to make room for the new ones, "we'd go through this dramatic purging — it was hard for her."

But she was also "very serious-minded." She loved teaching, she loved languages, travelling once she retired, and she devoured books, surrounding herself with them on shelves around her home, and in piles on the floor.

But in recent years her energy "was highly depleted," Sarah MacLachlan was one of says. "Her ability to get around became more and more housevancy about 35 years ago, one bound. She didn't want to lose her dominion over herself."

Judy said often she was determined not to fall — she used a walker even to get around in her small home, to prevent herself from tripping — but she fell getting out of bed one morning, leading to the surgery and hospitalization she was so determined to avoid.

She had also been battling multiple myeloma, which is considered treatable — she had chemotherapy for it at the St. Catharines cancer clinic —but it is not curable, and it was sappying her strenght.

Rob says his mother had and Margherita Howe, both of been talking about assisted dying for about a year, but was waiting for the right time, and eventually it became a matter of "sooner rather than later."

It can take up months to go for a time at least, and found through the application, which herself visiting friends there in involves interviews with two later years, including Dodson doctors, one of whom came to Judy's home and provided The hospital had been assistance for her on Friday, he explains.

Judy had been thinking ahead to April, wanting to greet a great-grandchild who is expected in March, but when she broke her hip, she decided that was too far in the future.

Instead, she chose Friday, thinking of another baby about to enter the world, a great-grandson whose birth was expected earlier last week.

"We sat together that morning, and had coffee and breakfast, and she was ready," says Rob. "We knew it was the right thing at the right time."

"She said to us, 'I'm having a wonderful life, and she was dying as she wanted to."

Both Sarah and Rob talked about Judy as a great mother, who was supportive and encouraged them to do what they wanted to do. She enrolled Rob in the NOTL junior sailing program because he loved boats, which he has since made into a career, and urged Sarah to spread her wings and travel — which she continues to do, while also enjoying a successful career in book publishing.

"She was super strong," says Rob, "and opinionated. She knew what she wanted, knew what she believed. She's always been a force.

And a courageous one. "It takes a lot of courage to make that ultimate decision. You have to be very sure of yourself. And she was. She was somebody to admire in so many ways."

And so she spent her last morning with her son and daughter and her grandchildren — they called her Nona because she always said she



Judy MacLachlan on her Ricardo Street porch, where she liked to relax with a glass of wine. (Penny Coles)



Judy MacLachlan surrounded by family: Cathy Andres (wife of son Robert MacLachlan), daughter Sarah MacLachlan, grandchildren Kate MacLachlan, Sophie Marsh, Andrew MacLachlan, Nathalie Marsh, Robert MacLachlan, and Noah Richler, Sarah's husband. (Supplied)

wanted to be Italian — after know her great-grandson yet to Wright, a very popular figure had every day, one piece of dore Jude, sharing her name. the river, half of the toast butboth peanut butter and jam, day. just how she liked it.

coffee and the breakfast she be born would be called Theotoast in her room overlooking She would have loved to have known he also would share her tered and the other half with birthday — he was born Satur-

Before her death, Judy And she was delighted to was able to talk to Father Bob

around NOTL and at St. Mark's who has been retired for several years. She asked if he would speak at her funeral, and he agreed, says Rob.

Her funeral will be held at St. Mark's Anglican Church on Byron Street at 1 p.m. Friday.



November 1, 2023 notllocal.com

Celebrate Seniors-Golden Years Guide

Think your family isn't using AI? Think again

(NC) If you read or how to use it smartly and be sure to check it's work watch the news these days, safely. it seems like every other story is about artificial intelligence, or AI for short. But AI has been around a lot longer than you think. In fact, you probably use it more than you suspect. Here are four ways it's being used in our everyday lives, plus some tips on

Grammar guidance and writing review

text message and your leverage similar intelliphone autocorrects or gence to improve their suggests a word for you, communications that's AI. Used an online making it more challengtranslation tool? That's ing to identify threats. It powered by AI too – just isn't enough just to spot

for accuracy.

At the same time, we aren't the only ones whose writing skills benefit from Every time you type a AI - scammers can also

grammar issues or typos in unfamiliar emails anymore; digital users must be vigilant in checking sender email addresses and learning more ways to identify scams.

Productivity power

If you use a customer service chat window online or have a smart-home assistant that recognizes your voice, you're using AI to make your life easier.

AI can also be a useful tool when trying to generate ideas or start research for everything from homework assignments to the next big project at work. To help check the accuracy of the information the program generates, submit a prompt asking it to provide links to the sources referenced, and then double-check those sources. Students, of course, should not submit AI-generated content as their own. That would be considered a form of plagiarism and could get them expelled.

Money savings

You may already be using an AI-based app to help you create and manage a budget - it may categorize your expenses, send you alerts about your accounts or provide insight on your financial situation. Some use AI to automate routine accounting tasks like entering invoices in a database, freeing up countless hours of admin for small business owners. If you're going to use these kinds of apps, confirm that they do not violate your bank's user agreement. If the app's security is breached and your account is hacked, your bank might hold you liable. Also be sure to review the privacy policies and adjust the settings to keep your personal information safer.

You may be saving money with internet browser extensions or apps that find coupons or discount codes for various purchases. Navigation apps can also suggest the most fu-

el-efficient routes for travel, so you avoid idling in traffic. And some insurers have apps that track your driving habits in real time and offer discounts for commuting safely.

The bottom line on staying safe with everyday Al

Of course, any online tool comes with its risks. Researchers have shown that AI has many biases and may draw from false or inaccurate sources. So, it's important to use your instincts and cross-check any information, especially if it feels suspect. There are also free digital literacy programs, such as Telus Wise, which has been providing online safety resources to people of all ages for ten years, that will help you safely navigate the online world - and avoid pitfalls in the ever-evolving world of

Learn more about how to use AI and other online tools safely at telus.com/

3 steps to make your home a safer sanctuary

(NC) Your home should most accurate results. If buildup fixed before you be your haven – a place for you to rest, recharge and enjoy your life. But even in the most magazine-perfect home there are a few important steps to take to keep your hideaway healthy.

Test for radon

Radon is an invisible radioactive gas that can seep up from the ground anywhere in the country. You can't see it or smell it, but long-term exposure to radon is the number one cause of lung cancer in non-smokers, and it increases the existing risk of cancer in those who do smoke. It doesn't matter if you have a newly built home or an old fixer-upper, your radon level could be high.

The only way to know if there is a dangerous level of radon in your home is to test for it using a do-ityourself kit or by hiring a qualified professional. Health Canada recommends using a long-term

your level is too high, you can return. should hire a professional to fix it - it's a usually an easy, one-day job costing about as much as a new home appliance.

Install CO alarms

monoxide, known as CO, is another deadly gas that you can't see, taste or smell. It's made by fuel-burning appliances like gas stoves and fireplaces. When installed, maintained and used properly, these appliances are safe. or not enough ventilation, CO can build up to a deadtired and achy and eventually lose consciousness.

every level of your home, be replaced every five to 10 especially outside sleeping years. areas, is the only way to protect yourself from this deadly gas. If an alarm goes off, get everyone out immediately and call emergency services right away. There shouldn't be damage to your home, but you'll test over three months in need to air out the home about radon gas at takeacthe fall and winter for the and get the source of the tiononradon.ca.

Replace batteries in smoke detectors

We all have smoke detectors in our homes to alert us in case of a fire, and you might know you are supposed to test them and change the batteries every six months. Put a note on your calendar to remind you when it's time for this important step. You can also consider wiring in your smoke alarms if you ever update your electrical But if there's a malfunction system. Just remember that you'll still need back-up batteries installed in case ly level. You may become of a power outage. Or buy ones with a built-in 10year battery. Depending on Installing CO alarms on the model, detectors must

Even though these safety steps may not be as pretty or satisfying as sprucing up your space with new paint or decor, they are crucial steps to ensure you can rest easily and safely in your home.

Find more information







THE NOTL & Pocal notllocal.com November 1, 2023 15

Celebrate Seniors Golden Years Guide

Diving into the Legacy of South Korea's UNESCO World Heritage Sites

The UNESCO World Heritage Sites of South Korea hold the key to the nation's captivating heritage. But what makes them so profoundly significant? Join us on a journey to these fascinating sites and discover the tales they tell.

In the heart of Seoul lies Jongmyo Shrine, a sacred erence and ancestral worcentury and meticulously reconstructed after a 16th-century Japanese invasion, this shrine houses the spirit tablets of past Joseon Dynasty

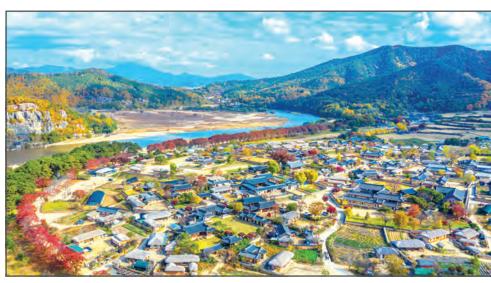
kings and queens. Its unique pungsu and Confucianism. spatial layout, nestled among valleys and low hills, embodies traditional pungsu principles. Jongmyo's significance as a UNESCO site lies in its preservation, remarkable with traditions of ancestral worship still observed.

The testament to Confucian rev- Palace Complex in northern Seoul is an architecturship. Built in the late 14th al masterpiece, seamlessly integrated into its natural surroundings. Built during the 15th century, it harmonizes with the environment, reflecting the principles of

The lush Secret Garden, or Biwon, with its terraces, pavilions, and a diverse array of trees and plants, exemplifies the palace's harmonious relationship with nature. Changdeokgung has had a profound influence on Korean Changdeokgung architecture and landscape planning.

Southwest in Suwon City lies Hwaseong Fortress, a remarkable defensive feat constructed in the late 18th century. Spanning 5.74 km and enclosing 130 ha, this fortress demonstrates an ingenious blend of traditional Korean architecture and modern innovations. Its design was a result of careful planning, incorporating military, political, and commercial functions, and adopting the latest scientific knowledge. Remarkably, it covers both flat and hilly terrain, utilizing the landscape for maximum defense.

Nestled in the mountainous landscape of the former Joseon Dynasty region, Hahoe and Yangdong are 14th-15th century clan villages that reflect aristocratic Confucian culture. Strategi-



Tradition comes to life as you wander the charming lanes of Hahoe Folk Village.

cally positioned to provide ry, a testament to the thrivphysical and spiritual nour- ing Buddhist culture during ishment from their natural the Silla Dynasty. The Seoksurroundings, they feature guram Grotto, hewn from a harmonious blend of clan residences, timber-framed houses, study halls, and dha, surrounded by intricate Confucian academies. The stone sculptures. Meanwhile, picturesque setting, adorned with mountains, trees, and water, offers captivating terraces and splendid pagoviews from pavilions and retreats.

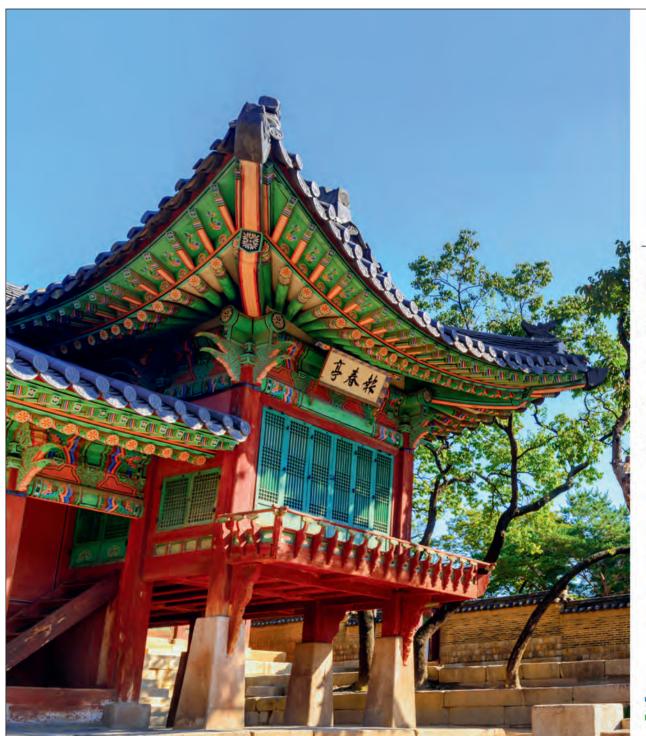
Perched on Mount Tohamsan, the Seokguram chitectural expressions of Grotto and Bulguksa Temple Gyeongju, capturing the esare exceptional architectural wonders from the 8th centuand artistic excellence.

granite, houses a colossal statue of Sakyamuni Bud-Bulguksa Temple boasts wooden structures on stone das. These sites, marked by meticulous craftsmanship, epitomize the Buddhist arsence of spiritual devotion

These sites are more than just remnants of history; they serve as a bridge between the present and the past, allowing us to immerse ourselves in the soul of a nation that has persevered through the ages. Join Craig Travel on an exploration of South Korea and Taiwan, departing on April 11, 2024. To secure your spots, contact us at 1-800-387-8890, email us at journeys@craigtravel. com, or visit craigtravel.com. Don't miss out on a \$200 discount if you book before November 30th!



Hanbok-clad locals explore the historic ambiance of Jongmyo Shrine.





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16 November 1, 2023 THE NOTL Gocal notllocal.com

Seeger's Adele show to benefit hydrocephalus, spina bifida charity

Mike Balsom The Local

Singer Angela Seeger is turning a chance to check off an item from her bucket list into a fundraiser for A Song, A City, a charitable organization run by Niagara-on-the-Lake native Danny Lamb.

"I'm a history buff, and I love haunted places," Seeger laughs. "I've always loved the (NOTL) Court House because of that. And this setting really lends itself to Adele. It's so intimate, it totally adds to the Adele experience."

The former NOTL resident is known for her ability to immerse herself in the persona of the artists she emulates, whether it be Agnetha Faltskog in her role as a member of the Abbamania touring show, Janis Joplin, Ann Wilson of Heart or Annie Lennox of Eurythmics, among many others.

Seeger's tribute to the British singer responsible for hits Rolling in the Deep and Set Fire to the Rain, scheduled for a Nov. 10 performance at the historic Queen Street landmark, has become a real crowd-pleaser.

"I change the set every time I do this show," Seeger adds. "I have a couple of different songs I'm working on specifically for the Court House. I change my performance to match where I am mentally. I have a feeling that I'll be even more 'Adele' than ever on this show."

Seeger has performed the Adele show a number of times locally for promoter Ken Lamb, whom she first met when she was School in Queenston.

that she use the upcoming show to help out Ken's son



Angela Seeger on the steps of the Court House, with Ken (left) and Danny Lamb. (Photos by Mike Balsom)



a student in his class at Bob Mavridis of Corks is supporting the fundraiser with a dinner discount for ticket holders. With Ken and Danny Lamb and Angela Laura Secord Elementary Seeger are Corks' employees Bekah Merrick on the left, Amber Lampman.

hind A Song, A City.

REAL ESTATE

cephalus, affecting his became an ambassador for District Secondary School

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BUSINESS

So it made sense to her Danny, who is the man be-spina bifida and hydro-cord. At 18 years old he few years later, the Niagara Danny was born with nervous system and spinal Hydrocephalus Canada. A grad created the idea for A friend and fellow musi- debut of Danny's inspirastop.

He continues to advocate for people with spina tween Seeger's two sets next bifida and hydrocephalus, as well as those with other disabilities, bringing them together through his annual P.U.S.H. (People United for Spina Bifida and Hydrocephalus) livestream and regular podcasts. Lamb promotes music, art and poetry as a way to heal and deal with afflictions.

"I'm incredibly grateful that Angela is helping out with this show," Danny tells The Local. "One of ca/e/hello-its-me-tickets the biggest conversations -707192199907?afwe have with our efforts is f=ebdssbdestsearch.

about building community through the lens of allyship, being around friends who show up for you and with you."

As well, local restaurateur Bob Mavridis has pledged his support for the cause. He promises that on Nov. 10, for anyone who shows their ticket to the Adele show while dining at either Corks Wine Bar and Eatery or Firehouse Flame, both on Queen Street within walking distance of the Court House, he will donate 15 per cent of their bill to A Song, A City.

"It's been 10 years that A Song, A City has been a thing, and Bob was on the ground floor of that," says Danny. "He continues to be a supporter and continues to show up. I am incredibly grateful to have his support, too."

Of Seeger, he says, "she's just the best, known worldwide, and she's lovely. It was Angela who suggested this, and that's one of the coolest things. I've always believed in the importance of the power of music. When you have a platform, it's important to say something that helps move the world forward in some beautiful way."

funds raised through the Court House show will be used to support the production of future P.U.S.H. livestreams, the most recent of which gathered worldwide supporters of the cause together just last week.

"We're in this exciting spot," Danny says, "where we're working with other organizations, including Hydrocephalus Canada, trying ways to continue to invest in projects locally. Our approach on this year's livestream was about thinking local, acting global. We've really tried to instil that."

Last week's P.U.S.H. Song, A City, and left with livestream, including the cian Jay Baty on an aware- tional new song Powerful ness and fundraising tour (Hold Space), was recorded across Europe and Turkey, and can be viewed on the writing a new song at each A Song, A City YouTube channel.

> During the break beweek, Danny will be backing up his young friend Austin Dill. The 19-yearold St. Davids resident, who has cerebral palsy, will be singing one of his own original songs, Never Give Up, with Lamb on harmonies and keyboards.

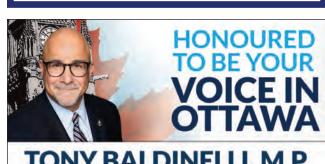
> Seeger's Adele show starts at 7:30 p.m. next Friday at the Court House. Tickets are available in advance at eventbrite.



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NOTL teen is junior provincial handball champion

Mike Balsom The Local

The trophy is almost as big as he is, but Jaden Polgrabia of Niagara-on-the-Lake proudly handball about three years in high school, when Wally's hoists it up to show it off.

The 13-year-old won the Ontario Junior Handball Championship earlier this year and was presented with the OHA (Ontario Handball

nior Player of the Year earliback in 1984 and 1985. er this week at White Oaks, where he plays the sport.

ago through a new junior program begun by coach help of Jaden's father Mark, whose name is also on that same trophy, having earned

Association) trophy for Ju- the junior title twice himself, Oaks program began. With and younger, but a few high to score a point off their serve

"I've been playing the sport my entire life," says Polgrabia began playing Mark. "I began when I was father used to coach us. It disappeared here for many years, Wally Oprzedek, with the but now that fewer people are playing racquetball, it's starting to come back."

court time free of charge for future of the sport. the young players.

began with about 12 kids, ball being struck against the and now hosts about 30. wall by hand. Players wear That's how the White Most of them are Jaden's age gloves and goggles as they try

the racquetball courts sitting school students have begun idle most of the time, Oprze- to show up to the sessions dek was approached about held at White Oaks Monday starting the junior program, through Wednesday evewith White Oaks giving the nings. That bodes well for the

Mark says the program in an enclosed court, with the

by making their opponent miss their shot, similar to racquetball or squash. It can also be played outdoors, on courts with either three walls or just one.

"It's the oldest ball sport," The indoor game is played Mark says. "There are Egyptian hieroglyphs that show people hitting a ball against a

Continued on page 20

THE WATERFRONT — RESTAURANT + LOUNGE MENU

Gaze out on stormy waters while staying cosy in our waterfront restaurant

APPETIZERS

Soup du Jour 8

Charcuterie 28

Cured meats, pickled vegetables, Assorted cheese, crackers

Caprese Tomato Dip 17

garlic roasted tomato, mascarpone cheese, basil oil, grilled flatbread

Mussels 23

red curry cream, peppers, onions, cilantro, rosemary

Soy Ginger Tuna Nacho 28

marinated tuna, avocado, crispy wontons, serrano peppers, green onions, toasted sesame seeds, cilantro, sweet soy ginger sauce, ginger aioli

Brie Crostini 18

caramelized onion & pear chutney, beet reduction,

Vegetable Spring Rolls 18

julienne vegetables, thai red pepper sauce

Chicken Wings 23

1lb – celery, carrots, blue cheese choice: mild, med, hot, cajun, buffalo, honey garlic

Bacon Wrapped Scallops 28

fresh sea scallops, apple & fennel slaw, maple butter

Shrimp Scampi 25

sauteed garlic shrimp, toasted focaccia

GREENS

Caesar 12 17

romaine hearts, croutons, bacon, asiago-caesar dressing

Waterfront Waldorf 18

apples, celery, pickled red onion, candied walnuts, blue cheese crème, cider vinaigrette

tomato, cucumber, peppers, black olives, red onion, feta cheese, greek dressing

Buddha Bowl 20

ancient grains, edamame beans, green beans, cucumber, red cabbage, baby greens, carrot ginger dressing

HANDHELDS

Waterfront Burger 24

house made patty, gruyere, crispy bacon, sautéed mushrooms, onion, spicy house sauce

California Veggie Wrap 19

julienne vegetables, spring mix, tomato, cucumber, soy ginger vinaigrette, jasmine rice

Reuben 20

corned beef, swiss cheese, sauerkraut, rye bread, thousand island dressing

Prime Rib Sandwich 24

sliced prime rib, balsamic glazed lettuce, tomato, onion, swiss, horseradish mayo

Clubhouse 20

turkey, ham, lettuce, tomato, bacon, cheddar, mayo

OPEN FOR

BREAKFAST

АТ 8AM

MAINS

Fish and Chips 24

8 oz. haddock, coleslaw, tartar, lemon

Asian Noodle Fusion 22

julienne vegetables, cashews, cilantro, soy-ginger sauce – add chicken \$10

Chorizo Chicken Penne 27

penne, tomato sauce, grilled chicken, chorizo sausage

Maple Glazed Rainbow Trout 32 warm potato salad, french beans

Chicken Cordon Bleu 32

prosciutto ham, gruyere cheese, mashed potatoes, seasonal vegetables

Grilled Lamb Pops 48

3 lamb chops, mashed potatoes, grilled peppers + asparagus, rosemary au jus

Seared Beef Tenderloin 55

8oz tenderloin, mashed potatoes, grilled peppers + asparagus, peppercorn crème

Feature of the Day

ask server for details

Prime Rib Dinner 42

served on Friday, Saturday and Sunday starting at 5pm

PIZZERIA

Margherita 20

tomato sauce, tomatoes, mozzarella, fresh basil

Pepperoni 21

tomato sauce, mozzarella, pepperoni

Potato Bacon 22

mini potatoes, smoked bacon, truffle cream, baby arugula

Daily Flatbread

ask server for details

Gluten free pizza crust 3

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STEDIES ESTE

Royal Oak costumes are a real monster-piece











Students (above) enjoy Halloween activities, visiting scary houses and collecting food for Newark Neighbours instead of candy. Teachers and staff also took part in the fun, dressing as The Royal Oak Care Bears. (Supplied)

Fang-tastic costume parade at St. Davids













It was a perfect day for Halloween as St. Davids students from all grades, and even teachers, paraded through the village in their costumes, with parents gathering to watch. (Photos by Mike Balsom)

notllocal.com THE NOTL Your November 1, 2023 19

STED ESTE

Creepin' it real at Crossroads School











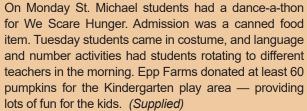


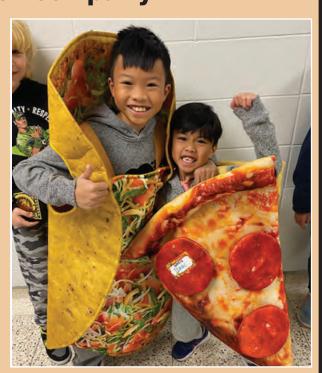
Crossroads students went all out with their costumes, and had some fun together on a very busy day that combined school activities with Halloween celebrations. (Supplied)

Time to boo-gie at St. Michael's Halloween party











YourSPORTS

Boxer Mckenzie Wright fighting for spot on Olympic Team

Mike Balsom The Local

Armed with her recent experience training and competing in South America last month, St. Davids boxer Mckenzie Wright feels ready to punch her ticket to the Paris 2024 Olympics to represent Canada at 50 kilograms.

Though her semi-final loss to the USA's Jennifer Lozano on Oct. 26 prevented her from securing that position via the Pan American Games, Wright told The Local this week she's excited to head to Montreal to take on the women who will be challenging her for that single spot.

"It's discouraging that I have to qualify this way," she said, "but I grew so much as a boxer in the five weeks that I was down there, more so than I have in my entire career. There was so much exposure, and I'm excited to bring this version of me back into the ring domestically in Montreal."

Wright and the other Canadian boxers spent three weeks ahead of those the high altitude in Bogata, Colombia, and sparring with a few of the competitors from other countries who opted to prepare there.



Santiago games training in Mckenzie Wright was awarded the bronze medal after her loss to the U.S. boxer. (Supplied)

"Every morning at ing, then breakfast, then we did there."

7 a.m. we came down, straight to training sesgave a urine sample, then sions. After that was lunch, testing and heart rate test- training sessions. That's all their matches in Santiago.

The experience paid acclimatize at sea level to knew she had to scramble," dividends that she wasn't get the full benefits of the weighed in," she explained. a short rest, then right fully aware of until the altitude training," she out-"Then there was oximeter back into our afternoon team began preparing for lined. "That took five days before the start of compe-"We had to re- tition. Our first training

session there I felt like Superwoman. We were going really hard, but we were all feeling like we were barely breathing hard. I never felt that much in shape ever."

Though the draw for her matches took place on Wednesday, Oct. 18, Wright's first match wasn't until that Saturday, when she faced Aylin Dayana Jamez of Guatemala. Her bout was the first one on the card in front of a packed house at Santiago's Olympic Training Center.

"It was so exciting, the venue was so electric," she remembered. "I was a bit nervous, I had never experienced so much electricity in the air. The crowd started roaring, the lights were going crazy, there was smoke at the end of the fighter's tunnel, my heart was just pumping. It's the most excited I've ever been in my whole life. That was my highlight of the entire five weeks."

The 33-year-old came out strong against Jamez and clearly won the first round. The Guatamalan's strategy changed in round two, and Wright adapted on her way to victory.

"She was down, so she said Wright. "All she did was hold me. It turned into a messy wrestling match.

Continued on page 22

Handball is a family sport: father, son and daughter

Continued from page 17

wall. It is one of Ireland's three national sports. As the Irish migrated all over the world, they brought handball with them. And it's still to this day played at every military base and at just about every fire station in the world."

Because it is a bit harder to learn and requires a lot of quick movements, it fell out of popularity after the 1970s as squash, and more recently pickleball, were catching on.

"It's great for conditioning," says Mark, a volunteer firefighter. "Lots of football players play it as well. And you have to learn to use both sides of your body."

Jaden is familiar with that requirement.

"I'm getting better at hitting left-handed," says the Grade 8 student at St. Michael Catholic Elementary School. "I practise on it all the time."

With the White Oaks proin the Pickering area, 2023 was the first time in many years

that an Ontario junior cham- Polgrabia to have her name pionship was held. They were etched on the trophy when she hosted at White Oaks.

hockey and softball and is the only member of the famscored a hole in one on the ily who does not play handball. ninth hole of the NOTL Golf Club this summer, beat an and Kaitlyn continue to hone older local opponent, Max their handball skills each week, a close game, going to a tie progress two nights a week. breaker before he came out victorious 11-10.

"He had a really good opsports such as racquetball and posite hand," Jaden says. "He plays tennis, so he had that experience with the other side. He was also good with his ball is that it can be an afstrong hand too."

such a strong, ambidextrous Parent, a sly Jaden responds, "I used my special serve. It has special ingredients and special forces that I can't really reveal at this time. I don't want to give away too many secrets. It gives a lot of power, and I serve it to the back corner to tariohandball.ca/juniors-2. make it zig zag a bit."

Jaden's younger sister Kaitgram and another one running lyn, 11, also plays handball in about joining the program, the White Oaks program. She email says she plans to be the third ontariohandball.ca.

competes for the champion-Jaden, who also plays ship next year. Mom Caroline

Meanwhile, both Jaden Parent, for the title. It was with Mark overseeing their

Oprzedek welcomes more youth to join the handball program at White Oaks when the next session starts in January, 2024.

"The big push with handfordable, inexpensive sport When asked how he beat for kids," says Oprzedek. "All you really need is a pair of sneakers and a ball and you can play. Our goal is to attract those kids who can't access some of the other more expensive sports."

> For more information, visit the OHA website at on-To contact Walt Oprzedek (known to most as 'Wally O') juniorcoordinator@



Jaden Polgrabia with his trophy — which has his father's name on it as well. (Mike Balsom)

YocalSPORTS

Preds pick up three points in first three-game weekend

Mike Balsom The Local

Lots of positives can be pulled from the result of the Niagara Predators' first in the third. three-game weekend of this young Greater Metro 61-37, while goaltender Junior A Hockey League Georgii Kodzaev stopped season.

On either side of Saturday's 4-2 loss to the Tottenham Railers the team put complete performances of the season, a 7-1 victory over the Northumberland Stars Friday and a 3-2 overtime loss to the first place North York Renegades.

The Preds were firing on all cylinders Friday, with Reese Bisci leading the way with a pair of goals and singles from Gehrig Lindberg, Cameron Savoie, Ethan Culp, Yakov Shevchenko and Shane Kaplan. Niagara went up 5-0 before the Stars scored their only goal on goaltender Zane Clausen with 3:09 remaining in the their best two-way hockey second period.

What's more, their power play was the most effective it's been all season, with three of their seven goals coming with a man advan-

"We had that game from start to finish," head coach Kevin Taylor said Friday night. "There are still some things that need to be corrected, some bad habits. We're still reaching for the puck a lot, and I think we're in the third period when them to hold their heads up a little too offensive. No major issues, but we have to be better defensively."

They had the opportunity to push their winning streak to three games Saturday night in Tottenham but Locker. North York defendthe Predators came out on the losing end of a 4-2 decision against the Railers.

in the first period, but the up 2-1. Preds answered back in the tie it up, but with Cameron tie it up.

Savoie serving a penalty, Sultan Ismanov put away the go-ahead marker late in the period. He added an insurance goal for the Railers

The Preds were outshot 57 shots and was named the game's first star in the losing effort.

"The things they did Sattogether two of their most urday were things we don't practise," said Taylor about his squad. "They decided to do something totally different. Our top guys didn't come to play, and our guys that don't see as much ice time didn't really prove that they wanted to be here."

The next day North York brought a leagueleading 10-0-1 record and the league's leading scorer Christopher Rende into Virgil's Meridian Credit Union Arena for a rare afternoon home game.

of the season, holding the onds into the extra frame Renegades scoreless for McKinstray completed his

the second period when berg and Fernandez and Culp took a pass from Fernandez and beat North kowski on his glove side. York goalie Marco Squeo the Renegades.

Gehrig Lindberg stole the high. We battled them the puck in the Renegades' zone entire game." and kicked it to Fernandez. The speedy forward tried to severely outshot for the complete a pass across the second straight game, 51crease to teammate Isaac 14 according to Sunday's er Ernazar Isamatov tried to zaev stopped the bulk of intercept the pass and inad-The Railers scored twice own goalie to put the Preds Preds first goal, with Man-

But McKinstray scored game between the pipes. second. Luca Fernandez his second goal of the game



In the Preds vs North York Sunday afternoon game Gehrig Lindberg battles two opposing defenders. (Photos by Mike Balsom)

period, the Renegades had both Rende and McKinstray The Predators played on the ice in the three-onthree situation. Just 26 secmore than half of the game. hat trick when he took a Niagara struck first in bouncing puck past Lindbeat goaltender Mike Man-

"They played hard," said on his blocker side with Taylor, "they showed tons a quick wrist shot. Three of heart tonight. There is minutes later, though, Jake so much positive that came McKinstray tied it up for from this game. This is the best team in the league. Our The Preds were up again guys are upset, but I told

Again, the Preds were scoresheet. Georgii Kodthose shots before being vertently knocked it past his injured not long after the kowski closing out the

But Taylor acknowlscored twice for Niagara to with 4:38 left in the third to edged that Niagara's defenders were more involved

To start the overtime in the game than previous- nice move (on the winning be available for next weekly, getting in front of shots and sacrificing the body to block them. On anoth-Rende to just a single assist.

"Their top three guys have speed, and they have Josh Frena as well as dea full bench," he added. our top guys are tired. But the locker room. Taylor exhe (McKinstray) made a pects Frena and Denning to

goal)."

The game was marred er positive note, they held who skated off the ice with injuries. Besides Kodzaev, forwards Shane Kaplan and fenceman Dylan Denning "We're short-benched, so all closed out the game in have a chance to avenge the

end's games.

The 4-5-1 Predators visit by a number of Predators Northumberland next Saturday night and travel to St. George to take on the Ravens Sunday afternoon. Their next home game is Friday, Nov. 10 when they overtime loss to the Renegades.





Goaltender Mike Mankowski with some Preds defenders.



Preds Luca Fernandez is stopped by Marco Squeo.

YocalSPORTS

Wright has confidence in her ability to succeed



Mckenzie Wright, in blue, fighting a boxer from Costa Rica. (Supplied)

Continued from page 20

I was still landing lots of clean shots and I don't remember getting tagged by against Abarca was her But the judges called if for her too much. It made the best performance of the her again. I haven't looked scorecard a lot closer, but she couldn't catch up."

few days before her second thought," said Wright. "She bout, against Costa Rica's tried to get in my face a lit-Valeria Cardenas Abarca on Tuesday. She knew what adjustments she had to make after beating Jathe first time since 2016.

against a southpaw," said that round," Wright told Wright. "It requires some The Local. "But it came up different positioning. We It wasn't very pretty, but don't have a lot of southpaws in Canada."

Wright claims her fight games.

"When we touched With that first fight un- gloves, I realized she was der her belt, Wright had a much bigger than I had tle bit, but I learned from grab on or swarm me."

After the first round, mez, but had to prepare for won by Wright, Boxing taking on a southpaw for Canada coach Vincent Auclair told her to take "I needed to have a a small step back and let training session on Sun- Abarca rush, then fire a day to go over what to do combination at her. With her nerves settled down after the first round, she was gy perfectly.

"Every time I would cut the angle on her," she said, "I would make her miss. I would then capitalize by countering with full combinations, and they kept landing. I just took over the rest of the way, and it wasn't a close match at

Wright won that match 5-0, and punched her ticka win against Jennifer Lozano of the U.S. would have qualified her for the Olympics.

Wright held an advantage in both height and reach over the American, another left-hander.

"I wasn't worried about time, because I had already faced it," she said. "I didn't know much about Lozano, though, as I hadn't faced her on the international scene before."

Though the first round saw Wright land a few combinations and force this tournament, I know the American onto the defensive, the judges called my performance. My skills the round in Lozano's fa- have gone to the next level.

"I was confident I took mine."

4-1 for her. I was stunned. So in the second round I tried to push it, and I was landing some great shots. back at the fight to analyze why yet."

In her corner, Boxing Canada coach Danielle Bouchard told Wright to make sure she didn't take a step backwards in the first fight not to let her the third round. And she didn't, aggressively attacking her opponent for the final three minutes. But Lozano escaped enough of Wright's punches to impress the judges on the way to a 5-0 decision.

> Wright earned a bronze medal in the loss.

"It was a competitive able to execute that strate- and close fight," Wright said this week. "I can't be too disappointed in that. But at the same time it's still a heartbreak because of how close I was to qualifying for the Olympics. It stings, for sure."

> But she will get her chance to earn her spot at the Olympic Team Trials in early December in Montreal.

Wright has five weeks to et to the semi-final, where train with her coach Jesse Sallows at his City Boxing Club in Niagara Falls to get ready to defend her spot as Canada's representative at 50 kilograms. As the defender, she will get a bye for the first round, but she expects there will be nine other women trying the southpaw factor this to knock her out of that

> "There's a target on my back, I'm the girl to beat," said Wright. "I've failed many times before, but that's what makes someone a champion, having to keep coming back. After there's been a huge jump in I'm confident that this is





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To place an Obituary or In Memoriam in our Classifieds, please contact Julia at: julia@notllocal.com or 905.934.1040 Deadline is Tuesdays at 1 p.m.



CROSSWORD AND SUDOKU

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Across:

- Unorthodox religion
- Whip
- 10 Fashion and lifestyle magazine
- 14 "Houston, we've had a problem ...
- 15 To pray, to Ovid
- 16 Israeli prime minister,
- 1969 1974 17 Test or boob?
- 18 Giver
- 19 "Terrible" leader
- 20 Chop Springsteen into
- pieces for many retailers 23 Fly ball trajectories
- 24 Hate
- 25 --- Smith, Empress of the Blues
- 28 Compel
- 30 Boiling mad
- 31 Harmless simpleton
- 32 Janes, who could be anyone
- 36 Comedian's date 37 Spreads into a battle line
- 40 Winter bug
- 41 Suddenly lose it
- 43 Filth
- 44 "--- Body?" (Dorothy L Sayers)
- 46 Pass into disuse

- 48 Topes
- 49 Don't take chances
- 52 Ipanema stroller?
- 53 Kind of field
- 59 Egyptian opera
- 60 In plain sight
- 61 Indifferent
- 62 Nicholas was the last
- 63 Lead character in "First Blood"
- 64 "The Rite of Spring" composer --- Stravinsky
- 65 Personal set of cards
- 66 Single-masted sailboat
- 67 "And Then There Were --- " (Agatha Christie)

Down:

- Budgetary reductions
- "I refuse!"
- Gray wolf 3
- "--- is a foreign country ." (L P Hartley, "The Go-Between")
- Dress top
- 6 Smooths
- 7 Summoned the servants
- 8 Foam clog
- Tendency of like to beget like
- 10 Gave off
- 11 Pre-lunch reception

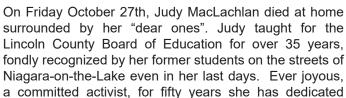
- 12 All Cretans, according to Epimenides
- - 13 Physicist --- Mach
 - 21 Asked nosy questions
 - 22 Middle of wine vat is a dry area
 - 25 Major Leagues
 - 26 The Emerald Isle
 - 27 Narrative of heroic exploits
 - 28 Fellini's "La --- Vita"

 - 29 Castle
 - 31 PCs' "brains" 33 Baum's Land

 - 34 Otherwise
 - 35 Goes to law
 - 38 Maximilian and
 - Charlemagne
 - 39 Avowed
 - 42 Poster
 - 45 --- one: golfers' dreams
 - 47 Astern
 - 48 Circus center 49 Strand
 - 50 Professor Henry's protégé
 - 51 Portable chair
 - 52 Star who wanted to be let alone
 - 54 Elliptical
 - 55 Reminder
 - 56 Fast-food option
 - 57 "The Heat ---" (Glenn Frey)
 - 58 Crux

OBITUARY

MACLACHLAN, JUDITH ELIZABETH (NEE WESTON) OCTOBER 28, 1935 - OCTOBER 27, 2023



herself to this community she chose. A parishioner of long standing at St. Mark's, she participated fully in the life of the church. She served at various times on the boards of Friends of the Fort, Amnesty International, The NOTL Library, Willowbank and the NOTL Hospital, and was a founding member of the Niagara-on-the-Lake Conservancy. In 2013, she was awarded the Order of Niagara by the Anglican Diocese and in 2018 her extraordinary commitment to local heritage was recognized by the Niagara Foundation with a Living Landmark Award. She was also a social member of the NOTL Golf Club, where she ate and drank regularly and a fixture too at The Stagecoach that she declared had the "Best Breakfast in Town" and where, her own special order, they cooked her bacon crisp and her toast almost burnt! She will be greatly missed by all who knew her but none more so than her children Sarah MacLachlan (Noah Richler), Robert MacLachlan (Cathy Andres) and her four grandchildren Andrew MacLachlan (Melissa Redekop), Sophie Marsh (Hugo Elwes), Kate MacLachlan and Nathalie Marsh and her dearest friend of almost seventy years, Bethann Martin. Judy wished to thank doctors Ahmed, Qawi, Duboff and Scott for their extraordinary counsel and care and all the nurses and lab techs at the Walker Family Cancer Centre and the Niagara Falls and Welland Hospitals and the PSW's and nurses who attended to her at home, for their ongoing hard work. She was hugely appreciative of all you did for her.

"Judy, are you a glass half-full girl?"

"I'm just grateful to have a glass!"

As per Judy's wishes, cremation has taken place. Arrangements entrusted to Morgan Funeral Home, 415 regent Street, Niagara-on-the-Lake. A Funeral Service to celebrate her life will be held at St Marks Anglican Church (41 Byron Street, Niagara-on-the-Lake) on Friday November 3, 2023 at 1 pm. In lieu of flowers, those who wish may make a memorial donation to the charity of

one's choice. Memories, photos, and condolences may be shared at www.morganfuneral.com.



DOUG OGILVIE SEPTEMBER 3, 1946 – SEPTEMBER 29, 2023

Doug passed away peacefully at Royal Jubilee Hospital in Victoria, B.C. on September 29 at the age of 77.

Survived by his first wife Teresa, grand-daughter Cassidy-Lynn Ogilvie, and stepsons Zachary and Adam Lepp. Doug is predeceased by his life partner Kathleen Lepp, his mother Phyllis Coles (Ostrander), his father John Ogilvie, his son Christopher Ogilvie, and his brother Drew Ogilvie.

Doug was born in Victoria, B.C. and lived in California and Montreal before moving to St. Catharines, Ont. where he attended Ridley College. After marrying Teresa, they moved from Toronto with their son Christopher, to Sidney, B.C. where he attended the University of Victoria, graduating with a degree in urban planning, followed by a return move to the Niagara Region.

He spent much of his life in Niagara-on-the-Lake, a town he loved and which became a second home to him. In his later years, Doug told and documented many stories about his time in NOTL and about the many people he met in town. Doug had many family members and made many friends in the Niagara Region.

Doug returned to his hometown of Victoria, B.C. in the late 1990s where he was a passionate volunteer for both the Our Place Society and the Dandelion Society, helping struggling Indigenous youth and Victoria's vulnerable community. He made many, many friends in the community and was admired and loved for his compassion and selflessness.

As per Doug's wishes, cremation has taken place, and he will be scattered on the Pacific Ocean by his surviving family.

Those wishing to honour Doug's memory may do so by donating to Our Place Society in Victoria, B.C.; to any other homeless shelter; or by showing simple kindness and compassion towards those struggling with homelessness or addiction.

PUZZLE ANSWERS

Sudoku solution from Oct. 25, 2023

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Garbo, 54 Oval, 55 Memo, 56 To go, 57 Is on, 58 Core. Sworm, 42 Macard, 45 Holes In, 47 Att, 48 Big top, 49 Beach, 50 Eliza, 57 Sedan, 52 27 Saga, 28 Dolce, 29 Rook, 31 C P Us, 33 Of Oz, 34 Else, 35 Sues, 38 Emperors, 39 Heredity, 10 Emitted, 11 Levee, 12 Liars, 13 Ernst, 21 Pried, 22 Nev, 25 Bigs, 26 Erin, Down: 1 Cuts, 2 Uh-uh, 3 Lobo, 4 The past, 5 Bodice, 6 Irons, 7 Rang, 8 Croc, 9

63 Rambo, 64 Igor, 65 Hand, 66 Sloop, 67 None. Boozes, 49 Be sate, 52 Girl, 53 Electromagnetic, 59 Aida, 60 Overt, 61 So-so, 62 Czar, 32 Does, 36 Gig, 37 Deploys, 40 Flu, 41 Snap, 43 Muck, 44 Whose, 46 Lapse, 48 Ivan, 20 Shopping centers, 23 Arcs, 24 Detest, 25 Bessie, 28 Drive, 30 Irate, 31 Coot, Across: 1 Cult, 5 Birch, 10 Elle, 14 Uh-oh, 15 Orare, 16 Meir, 17 Tube, 18 Donor, 19



24 November 1, 2023 THE NOTL Gocal _____ notllocal.com



Shoalts signed copies of his books for many of those who attended the session at Caroline Cellars. (*Photos by Mike Balsom*)



Shoalts' fifth book, released in mid-October, recounts his 3,4000-kilometre trek from Long Point in southern Ontario to Ungava Bay on the Labrador Sea.

Adam Shoalts' adventures

Author and explorer Adam Shoalts spoke to a sold-out crowd of 60 readers at Caroline Cellars last Thursday evening.

Originally from Pelham, he was promoting his fifth book, Where the Falcon Flies, a description of his solo journey in 2022 from Long Point, Ontario, to Ungava Bay in arctic Quebec.

His signature humour and stories of meeting wildlife up close captivated the gathering for 90 minutes in the latest in Niagara-on-the-Lake Public Library's Wine and Words Series.



Explorer Adam Shoalts wowed the crowd with tales of his encounters with bears, moose and musk oxen on his journeys.



Shoalts' signature humour kept the crowd of about 60 enthralled for almost 90 minutes.





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