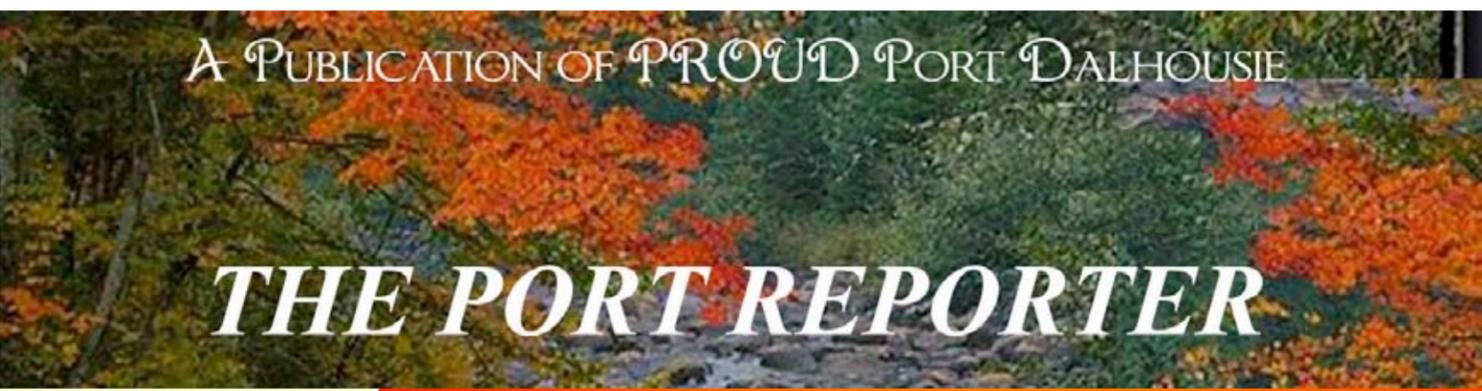


If you
care
be there
Nov.
29,30



A PUBLICATION OF PROUD PORT DALHOUSIE

THE PORT REPORTER

OCT.
2005
VOL. 1
No. 9

VISIT OUR WEBSITE WEEKLY
FOR UP TO DATE NEWS

WWW.SAVEPORT.CA

Is the Region Going to Leave Port and Other Communities Naked?



Mr. Ian Neville
Public Works Commissioner
Niagara Region

Dear Mr. Neville:

On June 4, 2005 we wrote to you and asked: "On behalf of the over 200 members of our volunteer organization we are hereby requesting NO cutting of trees on Main St. begin until a proper tree replanting program is approved and funded. If our government can find funds to ultrasound and cut trees, it can definitely find funds for proper replanting."

Since then, we appeared before the Region's Public Works Committee to plead with the members to fund tree replanting. We emphasized to Committee members this is a critical issue and without replanting, future generations will not have the benefit of our beautiful -albeit fast-dissapearing- tree canopy.

As of late September, we have not been informed that tree replanting has been approved or when will it begin. Funds continue, however, to be freely available for tree removal and many residents complain about the mature trees being cut on Main St. In the meantime, we talked to Mr. Jerry McLaughlin, the City of St. Catharines Forestry Supervisor, and he tells us the City does have a tree replanting program. How is it that they care about our future generations but the Region does not seem to?

Once again, we request a replanting program similar to the last one (in 2001/2002) that includes:

1. Three new trees planted for every one cut.
2. New trees to be of largest possible calliper and of indigenous species that will eventually replace the high canopy.
3. New plantings to be nurtured initially by your staff. Staff will explain to adjacent residents what ongoing care is required.
4. New trees to be planted along current bare areas where trees have been cut -particularly along north side of Main. These plantings are over and above the ones in #1 above.

Mr. Neville, we know from the comments made by members of the Public Works Committee that there is support for tree replanting. Will you please make sure this gets on the Committee's agenda again so replanting may start this Fall. We look forward to your confirmation.

Sincerely,
Lorraine Cordner, Green Committee Chair
PROUD Port Dalhousie

(see response on page 7)

NEW ORLEANS DISASTER: CAN IT HAPPEN HERE?

While severe storms like hurricanes are more likely to strike the southern part of North America, we should always be prepared...Here are some tips from the Canadian Red Cross website

(www.redcross.ca)

Thunderstorms, tornadoes, hail, blizzards, high winds and heavy rain can develop quickly and hit hard - posing a threat to life and property.

If you are like most Canadians you have probably had to clean up after these storms and you know the damage they cause. Some problems cannot be prevented. High winds will topple trees and heavy rains will cause rivers to flood.

But some damage can be avoided or at least reduced, if you take a few simple precautions such as knowing the type of storms common to your area and what time of year they are likely to strike.

The purpose of this document is to help you prepare for severe weather by listing a few steps which you can take to protect your family, yourself, and your property when a severe storm hits your area.

LISTEN FOR THE WARNINGS

Environment Canada monitors the weather 24-hours a day, seven days a week. If a severe storm is on the horizon, the weather service issues watches, advisories and warnings through national, regional and local radio and television stations, and Environment Canada's Weatheradio.

WEATHER WATCH:

Conditions are favourable for a severe storm, even though one has not yet developed. This is usually issued early in the day. Keep monitoring weather conditions and listen for updated statements.

WEATHER WARNING:

Severe weather is happening or hazardous weather is highly probable. If a weather warning is issued for a tornado, it means that one or more tornadoes have been observed or are forecast for the specified area. Other warnings include those for a severe thunderstorm, blizzard, high winds, heavy snow, snow squall, heavy rain and significant freezing rain.

BE PREPARED

Storms such as tornadoes often strike too quickly to allow you to choose a shelter or to pack an emergency kit.

You may want to have a plan that outlines where you will go and how you will keep in touch with members of your family if a severe storm hits.

Municipal, provincial and territorial emergency measures organizations can provide valuable advice to help you prepare for emergencies.

CHOOSE YOUR SHELTER AREA

A basement, closet beneath storm cellar or a places to take event of a the stairs are good shelter in the severe storm.

If none of these is available, sit underneath a sturdy piece of

furniture on the ground floor in the centre of the building away from the outside walls and windows.

Be sure you discuss the shelter area with your family.

PACK AN EMERGENCY KIT

This should include food, clothing, blankets, medication, water purification tablets and firstaid and tool kits as well as flashlights and a battery-powered radio - with extra batteries for both.

REDUCE THE HAZARDS

Trim dead or rotting branches and cut down dead trees to reduce the danger of these falling on your house.

You may also want to consider checking the drainage around the house to reduce the possibility of your basement flooding after a heavy rain.

CHOOSE A PLACE TO MEET

- When a severe storm strikes, members of your household may be at work, school or a friend's place.
- To avoid unnecessary worry, plan a meeting place or some system of communicating with one another to check that everyone is safe.

WHEN A SEVERE STORM IS FORECAST

- Severe weather can occur any time of the year, winter or summer.
- Make it a habit to listen to the local radio or television stations for severe weather warnings and advice.

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THE PORT
REPORTER

A Publication of
PROUD Port Dalhousie

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OPINIONS

Niemoeller's Lesson

Martin Niemoeller was a Protestant pastor born January 14, 1892, in Lippstadt, Westphalia. He was a submarine commander in World War I. He was anti-communist and initially supported the Nazis until the church was made subordinate to state authority.

In 1934, he started the Pastors' Emergency League to defend the church. Hitler became angered by Niemoeller's rebellious sermons and popularity and had him arrested on July 1, 1937. He was tried the following year and sentenced to seven months in prison and fined.

After his release, Hitler ordered him arrested again. He spent the next seven years in concentration camps in "protective custody." He was liberated in 1945 and was elected President of the Protestant church in Hesse and Nassau in 1947. He held the title until 1964. He was also a President of the World Council of Churches in the 1960's.

Niemoeller was a pacifist who spoke out against nuclear weapons. He is best known for his powerful statement about the failure of Germans to speak out against the Nazis:

"First they came for the Communists, but I was not a Communist so I did not speak out. Then they came for the Socialists and the Trade Unionists, but I was neither, so I did not speak out. Then they came for the Jews, but I was not a Jew so I did not speak out. And when they came for me, there was no one left to speak out for me."

He died in Wiesbaden on March 6, 1984. How is Pastor Niemoeller's experience relevant to us? First, let us admit that the vast majority of us aren't heroes. We admire heroes and depend on them to rescue us from desperate situations. But most of us don't really want to be heroes. It's too dangerous. So what can we, the basically good but

unheroic majority, learn from this man? Niemoeller was busy with his own problems. He saw the rising tide of Nazi totalitarianism, but he saw it from a distance. It was too far away to affect him and those he cared about, or so he thought. He saw Nazism's early victims. He was sorry for them, but he didn't identify with them. He felt sympathy, but not empathy. They were too different from him, or so he thought. Then the tide of violence came closer. It began to engulf people who looked like Niemoeller, people with whom he could identify and empathize. But by then it was too late. Much of what he held dear had been swept away, and people he knew personally had disappeared. And then they came for him. How is this relevant today?

Source: [Wistrich, Robert S. Who's Who in Nazi Germany NY: Routledge Press, 1995.](#)

A LOCAL PERSPECTIVE

The lesson that Niemoeller taught me is that we must act as one or find ourselves all alone when we, in turn, need help. We all live in different areas of the City and Region but our hopes and dreams are very similar. Wanting to live in a healthy community and to support our neighbours in times of difficulty is as true for Merriton as it is for Port; as true for the inner core of the city as it is in West St. Catharines and as true for Welland as it is for Beamsville. When we ignore what is happening in other neighbourhoods and think it won't happen where we live, then we have fallen into the trap in which Niemoeller found himself and regretted his whole life. If we do not have the courage to speak out against wrongs against our neighbours, then indeed we may find ourselves 'having no one left to speak for us.' Niemoeller overcame his initial apathy, then had the courage to correct his error, despite great personal risk.

It remains to be seen whether we will do

as well. If we lack the moral courage to speak up for others, then our neighbourhoods will be left to the mercy of those who do not have the best interest of communities in mind, only their pocketbook.

Source: T. Gould

1File: Port Dalhousie /September 26/05

A love letter to Port Dalhousie from Cathy Perkins

For most of my life I've known of Port Dalhousie as someplace special, having had a Queen's classmate who called the village home. A long-ago boyfriend from Beamsville would sometimes drive us over to Port to enjoy its last-century charm, the sight of swimmers and ships on a lake that's like a sea, that great view from the Port Mansion verandah, and cold beer on hot days..

In the mid-80s, when two prescient Toronto friends impulsively drove off the QEW to see the village, fell in love with it and bought a lake-view home almost on the spot, I was delighted. I hoped Port hadn't changed too much and that they'd invite me to visit. And so it was. I bring friends. I bring family. Port's our HQ for jaunts to Niagara Falls and the Shaw Festival. The fan club keeps growing.

My home has many reminders of happy visits, including stained glass, pottery, favourite jewellery in hand-painted boxes, postcards of the canal and locks, sun hats and summer sandals. The shops change names and specialties, but they never disappoint.

The best souvenirs, though, are my memories -- memories of putting my granddaughter on a favourite carousel horse and riding one beside her, over and over, just a nickel a ride. Talk about heritage!

- watching her and other children romping around the park and beach (so clean, so well used) and walking 'way out on the pier to admire the historic lighthouses;
- hitting Scorecard Harry's for Trivia Night, where cheering regulars make it feel like a block party;
- walking the dog, daytime or bedtime, noticing that even the pets are sociable and classy here and that neighbours greet one another, and the dogs, by name. Is that what urban expert Jane Jacobs means by Port Dalhousie's "intimate human scale?"
- being welcomed at Mass in Star of the Sea, a classic little church clearly linked to Port's marine history;
- laughing at the summer antics and outfits of tourists around the Mansion and Lakeside Hotel -- new generations of young people enjoying our same old places;
- and far from least, sitting above Henley Pond, centre of the sports universe during regattas, but on any day a treat to the eye and the spirit.

When the village won its Heritage designation, it seemed to me -- walking along Dalhousie Ave. and its side streets -- that the homes and gardens looked more spruced up than ever. How shocking, then, and sad to read in the Ottawa papers barely months later that the Canadian Heritage Foundation lists Port Dalhousie as one of the country's 10 most endangered sites. I don't think it's selfish to hope that when my grandchildren visit with their own children, they'll find a Port they can still recognize and love.

This summer, illness kept me off the QEW -- ergo, off my favourite black carousel horse. But I'll be back, with camera and wallet, looking for a great buy, a fine dinner, a new memory, and your friendly smiles and nods.

LAKESIDE HEALING PRESENTS

"DISCOVERING DOWSING"

Sunday, Nov. 13, 2005

2-5 p.m.

A Hands-On Introductory Workshop to help participants understand dowsing & its role in healing.

\$30.00 p.p. (includes manual)

Pre-Registration Only

905-935-1168 PAGE 3

Port Dalhousie Seniors Centre

Contact Information

Port Dalhousie Senior Citizens Centre
19 Brock Street 905-646-8000

Monday

1:00 p.m. - 4:00 p.m. ... Bingo

12:00 noon - 4:00 p.m.

... Quilting

Tuesday

1:00 p.m. - 4:00 p.m.

... Crafts and Social Time

Wednesday

1:00 p.m. - 4:00 p.m.

... Euchre

Saturday

(1st Saturday of each month)

7:00 p.m. - 10:00 p.m.

... Euchre

Note: Foot clinic every 6th

Thursday - - \$10.00

Call for dates and time (646-8000)

Doug Mackie has an excellent website about Port Dalhousie and it appears to be interactive too (you can add your memories so that information about Port's past will grow). It can be found at www.portmemories.com. Great work Doug!

Two sides of Harbour now fighting Noise & Vandalism

Sept. 19, 2005

Speaking for two dozen residents on the Michigan side of Port Dalhousie, Hans Van der Slagt outlined to City Council how the City's inability to enforce its own noise by-law has resulted in some homeowners being forced to live like prisoners in their homes for the last ten years. The prevailing westerlies carry the sound from loudspeakers at downtown Port bars to the East side of the harbour and residents have to sleep with ear plugs and shut windows. To his knowledge there have been no convictions of breaching the noise by-law in spite of this severe noise problem.

There have also been numerous COMPLAINTS ABOUT THE BARS --and particularly MY Cottage with its licence for over 1700-- on the west

side of the harbour. PROUD Port Dalhousie is very aware of the concerns of area residents and PROUD members, including representatives from its Executive Committee, attended the Council meeting to support the Michigan side neighbours.

After the Council Meeting, PROUD's President, David Bergen, reiterated PROUD's position on the noise/vandalism issue:

a) We consider this a very serious issue and one that concerns many residents. Our volunteers have previously pressured the Alcohol and Gaming Commission, NRP, Fire Department and City Council/Staff on these issues and we strongly support efforts to solve the problems of noise and vandalism.

b) The bar/noise problem is separate and independent from the proposed Tower development (except for the fact the developers own the Lakeside Hotel and may be in a position to solve the My Cottage problem if there was a will to do so).

c) There are ways to solve the problem through licensing, policing, by-law enforcement and parking management. These solutions should not penalize the "good" business establishments that are not part of the problem.

d) The development is, in fact, not a solution as we could end up with more bars in new buildings if the proposed retail and commercial space were built and failed --as is extremely likely.

**If you'd like to share a story or a picture, send us your photo, name, or why you enjoy our paper; we'd love to hear from you!
34 Bayview Drive or email: dalhousiecity@yahoo.com**



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www.smilesniagara.com

RECIPES

SCALLOPS IN SPARKLING WINE

- 1/4 cup of lime juice
- 1/4 cup olive oil
- 1/2 cup sparkling wine
- 1 Tbsp. coriander, finely chopped
- 1 tsp lighted toasted mustard seeds
- 2 tsp fresh ginger, finely grated
- 1 tsp. sugar
- pinch of cayenne pepper
- 1 lb. fresh sea scallops

Add all the ingredients, except the scallops, to a large bowl and whisk to combine. Add the scallops and cover the bowl with plastic wrap. Refrigerate for 3 hours. Remove the scallops from the marinade. Discard the marinade and serve the scallops. The marinade has cooked the scallops. A Seviche style appetizer. Serve with Hillebrand Estate's Trius Brut.

WINE COUNTRY SPARERIBS

- 1/4 cup olive oil
- 1/4 cup tomato ketchup
- 1/4 cup dark brown sugar
- 1/4 cup Gamay Noir wine
- 2 Tbsp. grape jelly
- 2 green onions (white part only) minced
- 1 clove garlic, minced
- 1 Tbsp. fresh ginger, finely minced
- 1 Tbsp. soy sauce
- 2 tsp. dried chili flakes
- 1 lemon, juice and zest of
- 2 sprigs rosemary, chopped
- salt and pepper to taste
- 6 lbs. pork spareribs

In large bowl combine all ingredients, except the spareribs, and whisk to incorporate. Place the ribs in the marinade, cover with plastic wrap and refrigerate overnight.

Preheat grill to moderate heat.

Remove the ribs from the marinade and pat dry.

Season with salt and pepper to taste and grill for 45 minutes, turning every so often to ensure equal coloring and cooking.

Remove from grill and serve. Serve with Hillebrand Estate's Harvest Gamay Noir.

"Recipes from Wine Country" by Chef Tony DeLuca of Hillebrand Estate Wines located in Niagara on the Lake.

Visit www.vineyardsestatewines.com for more recipe ideas. Wines can be purchased at Vineyards Estate Wines Port Plaza 600 Ontario Street.

COMMUNITY SERVICE NOTICE

October 5, 2005

Dear Neighbours,

My name is Dave and my wife's name is Lorna. We are presently in the process of changing the zoning by-law for 25 Main Street. As we all know, the businesses that are currently in place at this address are a tattoo shop and an arcade. My wife and I plan to change the zoning for this property so that we can open a Breakfast Restaurant. For this all to work many issues have to be dealt with as you could imagine. Without the focus of this business to be something that would indeed give this community a service in which it lacks would be a shame. We will not be seeking a liquor license nor do we want one nor do we, as a community, need another drinking establishment in Port Dalhousie. We will be opening a fun, friendly, warm, family run business that will offer homemade breakfast to please. Our hours of operation will be from 6 am to 3 pm daily. After speaking with some of you I am aware that there is a concern with the garbage a restaurant may generate. I will do my best to remove the garbage from the premises on a daily basis to prevent rodents from infesting our neighbourhood. Changing the zoning will mean that the Owner (NICK) could rent these units out and create nicer establishments in the long run and fix this area up all together. With all things going in a positive direction renovations are scheduled to begin in Jan. 2006 and a grand opening in Feb. 2006. If you have any questions or would like to discuss this in further detail I can be reached at (905 937 9193) We also live in Port and want to support this community in all areas including the small businesses that make Port so unique. There is a public meeting being held Nov. 2nd 2005 at city hall so you can express any concerns at that time

Thank You
Dave and Lorna Layzell



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THOUGHTS FOR OCT OBER

Wouldn't it be nice if whenever we messed up our life we could simply press 'Ctrl Alt Delete' and start all over?

My husband says I never listen to him. At least I think that's what he said.

If raising children was going to be easy, it never would have started with something called labour!

Brain cells come and brain cells go, but fat cells live forever

November 29 & 30
If you Care
Be There

Remembrance Day 2005

FLOWER OF REMEMBRANCE: SYMBOL OF UNITY

On November 11th Canadians all across the country will stop and pay tribute to the men and women killed in Canada's wars and military operations. Some will remember friends and relatives long dead. Others - like yourselves perhaps - will pause in tribute (but will really have not to remember).

For millions of Canadians the poppy has long been the flower of Remembrance. It originally was a reminder of the blood-red flower which grew in the fields where many Canadians died in a place called Flanders. It remains the flower of Remembrance. In schoolrooms across Canada for a number of years students have discussed Remembrance; recognizing the sacrifices which others made for Canada but unsure of how they themselves could respond. What could they do? How could they live up to the expectations of the men and women who gave their lives for Canada and future generations? Today, there is an answer. It was always there only now it can be seen much more clearly. It has to do with unity.

Canadian unity is not as strong today as it once was. When men from all parts of Canada came to a place called Vimy Ridge in 1917 everybody said that it was impossible to take the Ridge from the enemy. In a very important battle on a very cold day the Canadians did what nobody thought was possible. They took Vimy Ridge. When the guns stopped, the Canadians were very happy. Not so much for the victory itself but for the difficult thing they had done together. They were proud to be Canadians. Some of them who were wounded and waiting to be shipped to hospital lay on stretchers in tunnels in the earth. They carved maple leaves on the wall. It was a good time to be a Canadian.

In another war when the guns stopped at a place called Dieppe, the Canadians suffered a terrible defeat. This time Canadians from East and West shared a defeat. And as the wounded, ragged soldiers were marched away to prison camps, they marched proudly, knowing that they had shared something difficult. It was a sad time to be a Canadian. Thousands of young men from all parts of Canada faced death together at Dieppe. You can see their graves and read their names on the stones. The stones speak eloquently of ethnic and religious origins. They speak of men with a common cause: Canada.

In Canadian schoolrooms today there are students whose parents, or even themselves, remember other wars. Some remember the terrible ordeal of escaping to freedom. To them the poppy can be a symbol of that freedom. But it is important for all of us to remember that unity of Canadians in wartime enables all of us to enjoy freedom.

Although Canada now has repatriated her constitution, the spirit of a common cause is lacking. We no longer share difficult things with a sense of unity. The poppy, then, is a reminder of the need: a challenge to each of us to seek out that spirit of unity which sustained our forefathers and our country.

http://www.legion.ca/asp/docs/rempoppy/allabout_e.asp



Picture courtesy of The Royal British Legion



Branch 350

The Act of Remembrance

They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.

From the poem, "For the Fallen" by Laurence Binyon

In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing fly

Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you with failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

Lt.-Col. John McCrae

I am thankful : An internet article

for the wife
who says it's hot dogs tonight,
because she is home with me,
and not out with someone else.

for the husband
who is on the sofa
being a couch potato,
because he is home with me
and not out at the bars.

for the teenager
who is complaining about doing dishes
because it means she is at home,
not on the streets.

for the taxes I pay
because it means I am employed.

for the mess to clean after a party
because it means I have
been surrounded by friends.

for the clothes that fit a little too snug
because it means
I have enough to eat.

for the lady behind me in church
who sings off key because it means I can hear.

for the pile of laundry and ironing
because it means
I have clothes to wear.

for weariness and aching muscles
at the end of the day
because it means I have been
capable of working hard.

for the alarm that goes off
in the early morning hours
because it means I am alive.

and finally, for too much e-mail
because it means I have
friends who are thinking of me.

send this to someone you care about. I just did.

Live well, Laugh often, & Love with all of your heart!

THE POPPY...THE FLOWER OF REMEMBRANCE

Each November, millions of poppies blossom in Canada. They blossom on the jackets, dresses and hats of nearly half the Canadian population and they have blossomed over 80 years, since 1921. The poppy is the symbol that individuals use to show that they remember those who were killed in the wars and peace keeping operations that Canada has been involved in.

The association of the poppy to those who had been killed in war had existed for at least 110 years prior to being adopted in Canada. There are records of a correspondent who, during the Napoleonic War, wrote of how thickly poppies grew over the graves of soldiers in the area of Flanders.

The person, who more than any other and was responsible for the adoption of the poppy in Canada, was a Canadian Medical Officer during the First World War. This person was Lieutenant-Colonel John McCrae of Guelph, Ontario.

John McCrae was a tall, boyish 43-year-old member of the Canadian Medical Corps. He was an artillery veteran of the Boer War in South Africa and was described as a person with the eye of a gunner, the hand of a surgeon, and the soul of a poet when he went into the line at Ypres on the 22nd of April 1915.

April 22 was the first time that the enemy used poison gas but the first attack failed and so did the next wave and the next. In fact, for 17 days and nights the allies repulsed wave after wave of the attacking enemy. McCrae wrote - "One can see the dead lying there on the front field. And in places where the enemy threw in an attack, they lie very thick on the slopes of the German trenches."

Lieutenant-Colonel McCrae, worked from a dressing station on the bank of the Yser Canal, dressing hundreds of wounded and never removed his clothes for the entire 17 days. At times the dead and wounded actually rolled down the bank from above his dugout. At other times, while awaiting the arrival of batches of wounded, he would watch the men at work in the burial plots which were quickly filling up. In time, McCrae and his unit were relieved and he wrote home " We are weary in body and wearier in mind. The general impression in my mind is one of a nightmare".

Lieutenant-Colonel McCrae came away from Ypres with 13 lines scrawled on a scrap of paper. The lines were a poem which started: " In Flanders fields the poppies blow..."

These were the lines which are enshrined in the innermost thoughts and hearts of all soldiers who hear them. John McCrae was their voice. The poem circulated as a folk song, by word of mouth and all who hear it are deeply touched. In the United States for example, the poem inspired the American Legion to also adopt the poppy as the symbol of Remembrance.

In Canada, the poppy was officially adopted by the Great War Veterans Association in 1921 on the suggestion of a Mrs. E. Guerin, a French citizen. But there is little doubt that the impact of John McCrae's poem influenced this decision.

The poem speaks of Flanders fields, but the subject is universal - the fear of the dead that they will be forgotten, that their death will have been in vain. Remembrance, as symbolized by the poppy, is our eternal answer which belies that fear.

Sadly, Lieutenant-Colonel John McCrae died of pneumonia at Wimereux near Boulogne, France on the 28th of January 1918 when he was 44 years old.

High Flight

Oh! I have slipped the surly bonds of Earth
And danced the skies on laughter-silvered wings;
Sunward I've climbed, and joined the tumbling mirth
Of sun-split clouds, — and done a hundred things
You have not dreamed of — wheeled and soared and swung
High in the sunlit silence. Hov'ring there,
I've chased the shouting wind along, and flung
My eager craft through footless halls of air. . . .

Up, up the long, delirious burning blue
I've topped the wind-swept heights with easy grace
Where never lark, or ever eagle flew —
And, while with silent, lifting mind I've trod
The high untrespassed sanctity of space,
Put out my hand, and touched the face of God.

— John Gillespie Magee, Jr



During the desperate days of the Battle of Britain, hundreds of Americans crossed the border into Canada to enlist with the Royal Canadian Air Force. Knowingly breaking the law, but with the tacit approval of the then still officially neutral United States Government, they volunteered to fight the Nazis.

John Gillespie Magee, Jr., was one such American. Born in Shanghai, China, in 1922 to an English mother and a Scotch-Irish-American father, Magee was 18 years old when he entered flight training. Within the year, he was sent to England and posted to the newly formed No 412 Fighter Squadron, RCAF, which was activated at Digby, England, on 30 June 1941. He was qualified on and flew the Supermarine Spitfire.

Flying fighter sweeps over France and air defense over England against the German Luftwaffe, he rose to the rank of Pilot Officer.

On 3 September 1941, Magee flew a high altitude (30,000 feet) test flight in a newer model of the Spitfire V. As he orbited and climbed upward, he was struck with the inspiration of a poem — "To touch the face of God."

Once back on the ground, he wrote a letter to his parents. In it he commented, "I am enclosing a verse I wrote the other day. It started at 30,000 feet, and was finished soon after I landed." On the back of the letter, he jotted down his poem, 'High Flight'.

Just three months later, on 11 December 1941 (and only three days after the US entered the war), Pilot Officer John Gillespie Magee, Jr., was killed. The Spitfire V he was flying, VZ-H, collided with an Oxford Trainer.

WHAT'S UP?

OCT OBER

11th: "From Caribou to Computers" - Miggs Wynne Morris, author of Return to the Drum Teaching Among the Dene, Four Points Sheridan, Schmon Pkwy, 7:30 pm. More info? 905-935-4115.

15th: Electrical Pollution: "No Place to Hide", Dr. Magda Havas-speaker. St. John's Anglican Church, 80 Main St. Port Dalhousie. 1-5 pm \$15.00 (includes refreshments). Co-sponsored by: Breast Cancer Research & Education Fund and SWEEP (Safe Wireless Electrical and Electromagnetic Policies).

Doors Open Niagara: See website doorsopenniagara.com for more info.

SMITHVILLE: Until the 15th, Farmer's Market, Saturday mornings-Smithville Fairground from 8 am-1 pm.

17th: Career Expo 2005 Brock University 10 am-3 pm

Nov. 1-10, 2005

WELLAND

November 6
Welland Projects Association
905-732-1515
Toys For Tots Community Concert

Nov. 10-20, 2005

WELLAND

November 13
Seniors Special Events - Drama 50+ Presentation Rose City Seniors Activity Centre 905-732-9777

Thorold's 12th Annual Christmas Arts & Craft Show

Date/Time:
Sat Nov 19, 2005 - Sun Nov 20, 2005
10:00am - 4:00pm

Details:
Come out and experience Thorold's 12th Annual Arts & Crafts Show Saturday, November 19 and Sunday, November 20, 2005 at Thorold Secondary School, located at the corner of St. Davids Road and Ormond Street in Thorold. Enjoy last minute shopping, or kick off the Christmas season, with items from over 80

selected artists/artisans from across Ontario and Nova Scotia.
Admission is \$2.00 with all proceeds to benefit Thorold Secondary School.
For more information please contact Cathy Henderson at (905) 227-7248 or e-mail:

cathy.henderson@sympatico.ca



Nov. 20-30, 2005

ST.CATHARINES

Santa Claus Parade
Sunday, November 27th

The Santa Claus Parade starts at 2:30p.m. Parade route: William St. to St. Paul St. to James St. to King St. to the Market Square. Come to the Market Square following the parade as there will also be apple cider and activities for the family. In partnership with Community Care, please bring a food donation. For info. call 905-688-5601 ext 1503 or email dgarrington@stcatharines.ca

On-Going October-March

The St. Catharines Skating Club, a pleasure skating club for adults with live band music, meets at Ridley College Sports Complex, 8 to 10 PM, Wed. and Sat. nights from late October until early March. Visitors are welcome. Call 905-682-0869 to arrange visits and for membership information.

WELLAND

December 3
Santa Claus Parade
905-732-1515
Welland Projects Assoc.

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WANTED: There is a small garden on Lock Street between The Scrap Shack and the Crafters Guild that is maintained by local volunteer shop employees. We are looking for donations of sun loving perennial plants when you are doing your fall gardening and dividing this year, especially Black-Eyed Susans and smaller grasses. If they could be dropped off at "The Scrap Shack", it would be appreciated.

Full size upright freezer. Great condition. Yours free (perhaps you'll want to make a donation to PROUD?!) if you remove it from the basement and take it away. Call Jennifer at 905-937-3870 for more details.

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Dear Residents of the City of St. Catharines:

The City has set a date for the public Council Meeting on the PDVC tower application (November 29th and 30th at Quality Inn on Ontario St.). This will be a crucial Council meeting and we need to ensure Councillors respect the fact that the overwhelming majority of City and area residents oppose this application and the building of a condo tower. Councillors must listen to the community and all of those who elected them and not be confused by empty "pie-in-the-tower" promises of tax revenue and jobs.

Please plan to be at the Council Meeting on November 29th and 30th to ensure Council reflects the views of the overwhelming majority of residents of the City. The future of our lakefront is in the hands of each of us and every City Councillor.

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"Your Song"

"Morin' Out"

"Rocket Man"

"Piano Man"

"My Life"

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When Rock Was Young?

Saturday November 19, 2005

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A young executive was leaving the office at 6 PM when he found the CEO standing in front of a shredder with a piece of paper in his hand.

"Listen," said the CEO, "this is a very sensitive and important document and my secretary has left. Can you make this thing work?"

"Certainly, Sir" said the young executive. He turned the machine on, inserted the paper, and pressed the start button.

"Excellent, excellent!" said the CEO as his paper disappeared inside the machine. "I just need one copy."

MORAL OF THE STORY:

Never, never assume that your BOSS knows everything

LEST WE FORGET



HEALTH DIALOGUE

CHANGE OF SEASON SOUP

Landscape artists will have noticed how, in the middle of September close to the end of summer, that the outdoor light changed and the colors of the flowers, trees and the lake were so much more vibrant and clear. All those of you who work in office towers will have noticed more of your co-workers with colds, the sniffles, sinus headaches and runny noses and it's not even the dreaded flu season with that major pandemic they keep threaten us with. The nights are colder and when you walk into a shady area, you definitely feel the chill in the air.

Other cultures were experts at observing the way 'seasonal changes affect health. They saw a relationship between the energy within and the energy around us. The fall is seen as the time of lung activity when the lungs, nose and sinuses are susceptible to the changes in the climate.

In traditional oriental medicine theory, the lungs extract energy from the air - we can relate to that, but perhaps not to the idea that the lungs mix the air energy with that extracted by the digestive system from food and so form protective energy. The lungs distribute the protective energy to the skin and the mucous membranes, which line the lungs and nasal passageways. If this protective energy is weak then we have little resistance to the viruses and bacteria with which we share the planet.

We have all been sensitized to the next flu pandemic; it's continually written about in the press, in popular magazines and on the news. Governments are stockpiling antiviral drugs and flu vaccines cannot be made fast enough. The great flu pandemic of 1918, which was inaccurately named the Spanish flu, initial struck in the spring and early summer of 1918. Throughout the summer there were no outbreaks, but come late summer it was back with a vengeance, just when the seasonal temperatures were most likely to

fluctuate. Coincidence you may say, but it's worth thinking about as the ancients saw a correlation to sudden climate changes and disease.

In the west we have chicken soup. In liquid form it is good for health and in book form it helps save our souls. In the east the grandmothers serve 'Change of Season Soup'. It does not taste as good as chicken soup but it's more powerful.

The ingredients are a few Chinese herbs known to every traditional housewife. To make the soup, place the herbs in a glass, enamel or stoneware pot with 5 cups of water and simmer for 30 minutes. Decant the fluid and drink 1 - 2 cups a day for 2 - 3 days at the first sign of

change in the season. This should give you protection from those early colds. You may have to repeat the dose for two or three step changes in the season.

The herbs are: Codonopsis, Astragalus, Atractylodes, Dioscorea, Lycii and Poria Cocos. The herbs can be bought in any Chinese herb store. They are tonic herbs and some of them are used in everyday cooking in the family home.

Get your self and your family ready for flu season. More on alternatives to the flu shot in the next issue and if you want some Change of Season Soup, give me a call.

Geoff Szymanski, ND

NEW ORLEANS DISASTER: CAN IT HAPPEN HERE?

(continued from Page 1)

- Make sure you have a battery-powered radio on hand as the electricity frequently fails during a severe storm.
- Secure everything that might be blown around or torn loose - indoors and outdoors.
- Flying objects such as garbage cans and lawn furniture can injure people and damage property.
- If hail is forecast, you may want to protect your car by putting it in the garage.

Never venture out in a boat.

- If you are on the water and you see bad weather approaching, head for shore immediately.
- Always check the marine forecast first before leaving for a day of boating and listen to weather reports during your cruise.



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- If you are outdoors when a storm hits, take shelter immediately.
- Stay calm. You will be able to cope better with emergencies.

THINGS TO DO AFTER THE STORM.

- Listen to your radio for information and follow instructions.
- Give first aid to people who are injured or trapped. Get help if necessary.
- Unless you are asked to help or are qualified to give assistance, please stay away from damaged areas.
- Do not go near loose or dangling power lines. Report them and any broken sewer

- and water mains to the authorities.
- Report fires to the fire department.
- Be alert to prevent fires, as broken water mains may cause a reduction in water pressure. Lightning and downed power lines can cause fires. Know how to fight small fires.
- Water supplies may be contaminated so purify your water by boiling it for 10 minutes, or by adding water purification tablets, or by adding one drop of unscented chlorine bleach to one litre of water (or three drops for cloudy water). If you use chlorine bleach to purify the water, stir the bleach in and wait 30 minutes before drinking. The water should have a slight chlorine smell.
- Please leave the telephone lines free for official use. Do not use the telephone, except in real emergencies.
- Drive cautiously and only if necessary. Debris, broken power lines and washed out or icy roads and bridges will make driving dangerous after a severe storm.
- Please give way to emergency vehicles at all times.

Finally, if the power has been off for several hours, check the food in the refrigerator and freezer to check if it has spoiled.

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Deadline for posting of community events and advertising for the next issue is Oct. 24th. Call Ian (646-9305).

The Port Reporter will occasionally distribute brochures to help offset our costs. To submit requests for rates please call Bruce (646-1264)/Ian (646-9305).

Health Information Seminar



Cancer, Diabetes, ADHD / ADD, MS, Parkinson's, Fibromyalgia, Depression, Chronic Fatigue, Heart, Stroke, Lupus, PMS, Asthma, Allergies, Neurological, Cystic Fibrosis, Cerebral Palsy, Arthritis, HIV/AIDS, Alzheimer's, Autism, Skin Disorders, Down's syndrome, the list goes on and on.....

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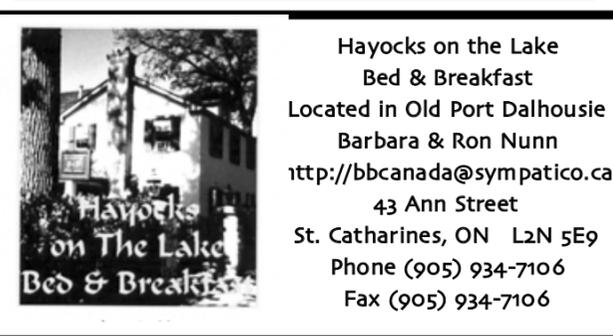
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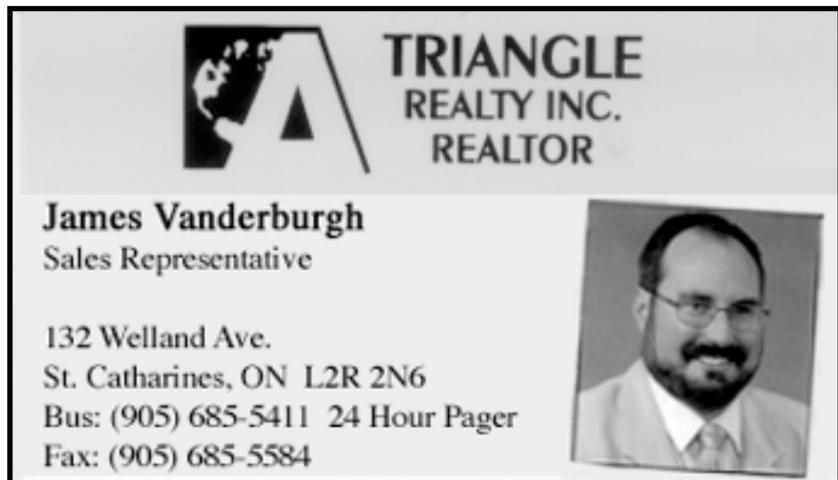
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DO YOU REMEMBER WHEN ROCK WAS YOUNG?

Well to be precise do you remember what songs you were listening to in the 1970's? Like me I would bet that most people would mention at least one song written by Elton John or Billy Joel. "Rocket Man" or "Piano Man" or perhaps you were "Movin' Out" to "A New York State of Mind" all because the "Tiny Dancer" had said "Don't Let the Sun Go Down on Me". The list of songs created by these two giants of music over the past 30 years just goes on and on. They defined our youth, our lives and provide the memories of a more relaxed and innocent time. There were no cell phones, no such thing as email and the internet and definitely no proposals to develop a 326 foot glass tower in Port!

We all remember those days and there is nothing quite like a full evening of nostalgia to bring back those memories. So for one night only on November 19, at the Black Sea Hall, 455 Welland Street, St. Catharines, music and nostalgia lovers along with supporters of PROUD Port Dalhousie can revel in a trip to the 70's when international recording star Jim Witter and his 5 piece band bring their critically acclaimed show "The Piano Men" to town.

"The Piano Men" is a musical celebration of the 70's decade! The show is set entirely to the music of Billy Joel and Elton John, two of the creative icons of the period.

Jim Witter is featured on the grand piano, along with his backup group of guitar, bass, flute/sax/electric keyboard and drums. Jim makes no attempt to mimic his heroes, rather uses the familiar arrangements, and his phenomenal singing ability to evoke their music. Using a rear-projected screen and a visual presentation to take the audience spiritually back to the period he recalls, Jim shows us the headlines, the automobiles, the newsworthy people, the events; even the toys and their TV commercials.

Starting with "Your Song" from 1970, "The Piano Men" takes us on a journey through every year. Which of us don't know at least the choruses to such standards as "My Life", "Candle in the Wind", "Daniel" or "Just the Way You Are". They are the soundtracks of our lives. Every song evokes memories of that simpler time. You'll laugh. You'll sing along. You'll cheer as Jim, accompanied by his band of spectacular musicians recreate some of the biggest hits from two legendary pop writers. Each song is a smash hit. Every lyric and every melody becomes a musical time machine.

Jim has been performing "The Piano Men" throughout Canada and the US for the past 4 years. From British Columbia to North Carolina the accolades keep pouring in and standing ovations follow him and his band where ever they perform!

This gala event is a fund raiser for PROUD Port Dalhousie

so not only will you have a great time but you will be supporting one of the largest groups of it's kind in Ontario as it strives to preserve Port's unique heritage distinction and maintain it's charming village character.

Tickets are available online at www.saveport.ca or by phoning 905 938 1179 and are \$40 each in advance and \$45 on the door (subject too availability). Not only do you get this amazing concert but also hors d'oeuvres are included and exclusive cabaret style seating will be reserved for the first 120 tickets purchased! In addition a cash bar will be available so you can enjoy liquid refreshment whilst you revel in the music! There is limited seating for this unique event so if you want to guarantee your seat and save money, book now! Having seen this show several times, and indeed even performed the orchestral version with Jim last year, I just know the tickets will not last long. So get them whilst you can and I'll see you on November 19 for an evening of pure unadulterated nostalgia.

Michael Reason



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PLATINUM AWARD

Don't miss out on "free" government money for your child's education

Knowledge sure is expensive – and getting pricier by the semester. These days, a university student living away from home can expect costs of up to \$11,000 per academic year¹ and Statistics Canada expects tuition to continue to rise faster than the annual inflation rate² But regardless of cost, a post-secondary education is still one of the best investments you'll ever make on behalf of your children. In fact, Statistics Canada reports that the average university graduate earns almost twice as much as someone with a high school education.

Of course, the value of a post-secondary education goes far beyond monetary rewards – you know that and it's why you want your children to have all the advantages that come with a college or university education. Still, with all the expenses of daily life, it's sometimes difficult to set aside money to fund your child's post-secondary education. But even if you have been unable to save for their education until now, and even if your child is entering the teenage years, there's still time to save – but you must start now or you'll miss out on a lot of "free" government money. Here's why...

- To give a boost to your Registered Education Savings Plan (RESP) savings, the federal government introduced the Canada Education Savings Grant (CES Grant)³ in 1998. The CES Grant matches your contributions at a Basic rate of 20%, usually on only the first \$2,000 in contributions. Depending on your family's net income, you may qualify for an Additional rate of 10% or 20% on the first \$500 of contributions, which could result in an Additional CES Grant of \$50 to \$100.

- Starting in 1998, every qualifying child under the age of 18 began to accumulate Basic CES Grant "room" that is used to determine the maximum amount of Basic CES Grant that a plan can receive from the government in a year. Unused Basic CES Grant eligibility is automatically carried forward from year to year even if you did not have an RESP in place for your child during those years.

- Whether you begin an RESP when your child is 6 years of age or 13, CES Grant is available for every year up to and including the year a beneficiary turns 17. (Special rules apply for children turning 16 or 17 in a year.) The maximum amount of CES Grant that can be received by a child born in 1998 or later is \$7,200 and, if you're playing catch-up, the maximum CES Grant paid by the federal government in any one year to an RESP is \$800 (or \$900 if your child qualified for the maximum Additional match rate in that year.)

Watch out for the "hidden" RESP deadline

To qualify for CES Grant, you must take action before the year your child turns 16. Government rules stipulate that CES Grant will not be paid to a 16- or 17-year-old unless a minimum \$2,000 RESP contribution was made by the child's 15 th year, or a minimum annual contribution of \$100 was made in any four years before the end of the child's 15 th year. Miss the deadline and you'll miss out on every cent of CES Grant.

A professional financial advisor can show you the optimum RESP strategies that ensure you take full advantage of the CES Grant and achieve maximum savings by the time your child heads off to school.

1 www.edu.gov.on.ca/eng/general/postsec/costs.html

2 Statistics Canada, *The Daily*, September 2, 2004

3 CES Grant is funded by Human Resources and Skills Development Canada

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Anne Braithwaite, BBA, is a Port Dalhousie resident and is a consultant with Investors Group Financial Services Inc. in St. Catharines. She can be reached at 905-682-7292 ext. 056 or via email at:

anne.braithwaite@investorsgroup.com

Anne Braithwaite, BBA

Three old guys are out walking.
First one says, "Windy, isn't it?"
Second one says, "No, it's Thursday!"
Third one says, "So am I. Let's go and get a beer!"

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Letters to the Editor

sports:Lawn Bowling Tips

THE PORT DALHOUSIE TOWER: Many Davids, One Goliath

What you trying to do with those little bowls?

Lawn bowling is an outdoor game in which individual or team players roll large balls, or bowls, down one of six parallel lanes of finely cut grass in an effort to make it stop as close as possible to a smaller white ball called a jack. At the end of each round, each player whose bowl stops closer to the jack than an opponent's bowl scores one point. The game ends after a specific number of rounds or points are reached.

The game

The game is played on a grass plot or green. Players roll balls or bowls which

are about 5 in. (13 cm) in diameter.

The bowl is rolled at a smaller ball called the jack.

The object of the game is to get as many as possible nearest a target called the jack.

The green on which the game is played is generally regulation 120 feet square although the Port Dalhousie greens are 105 feet by 107 feet. The green is generally surrounded by a ditch.

The green is generally divided into rinks each approximately 18 to 21 feet wide.

The bowls must not be more

than 16.5 in (41.9 cm) in circumference or 3.5 lb (1.6 kg) in weight.

The bowls are made of a composite material and are flattened (biased) slightly on one side so that they curve.

In singles and pairs, each player has four bowls.

In triples, each player has three bowls.

In the fours competition, there are two bowls per player.

A team of four is also known as a 'rink'.

For sometime now, I have listened to arguments for and against the proposed development of the downtown core of Port Dalhousie and have friends on both sides of this issue. From numerous conversations I have come to believe that a majority of residents in Port Dalhousie are opposed to the thirty-story tower concept. Most people I have talked to agree that the revitalization of Port's down town core is necessary and overdue but seriously question whether a thirty-story tower is the way to do it. Some are even of the opinion from sampling polls that a majority of the entire city of St. Catharines is opposed to the tower concept. Since a citywide plebiscite has never been conducted no one knows where the taxpayers of the city really stand on this matter. I believe this whole proposal is too important and community transforming to be left to the decision of twelve city counsellors and possibly the Mayor. We live in a democracy where the "demos" - the people - rule ultimately. Why not let the people decide this issue once and for all? If those who support the plan - Mayor and city developers included - really believe they have the numbers, what is there to fear? Why not put this whole matter to a citywide plebiscite even if it means waiting one year until the next municipal election. Waiting would avoid any additional costs for the city and a plebiscite would settle the issue once and for all. If the developers and their supporters win, the project will and should proceed - tower included; if they lose, the present proposal with its tower would and should be dropped. Either way the will of the people will have been heard and their wishes respected. I signed on with Proud because I fear that the developer's money - and how this proposed development might serve the tax base - rather than the will of the people - could ultimately determine the outcome of this very important issue.

Gordon Kinkley
One concerned taxpayer

IS THE REGION GOING TO LEAVE PORT AND OTHER COMMUNITIES NAKED? (Response)

Lorraine: The issue of funding our tree planting/replacement program to a reasonable and affordable level consistent with our policies has been an on going debate every budget cycle for the past several years. This was highlighted again when your group appeared before Public Works a couple of months ago. At the present time staff are finalizing drafts of the 2006 current and capital budgets which will be reviewed by the budget review committee and standing committee's of council starting in late October. At the present time staff have allowed for \$100,000 in the 2006 current budget. We are hopeful that all or a good portion of that sum will be supported by council. However I must also caution that as with every budget year there are many activities and projects across all Regional departments that are competing for the same corporate dollars available in any one year. Subject to available dollars I can assure you that our staff will apply those dollars according to our current policy respecting tree replacement and new plantings. I trust this provides the update you requested.

Ian Neville MPA, P.Eng
Commissioner of Public Works

MEMBERSHIP MILESTONE FOR COMMUNITY GROUP: ST. CATHARINES RESIDENT IS PROUD'S 400th MEMBER.

September 26, 2005

PROUD Port Dalhousie, the volunteer community group, announced today that membership has reached 400.

"I weigh both sides of an issue very carefully before proceeding and my personal decision is this tower proposal is wrong for Port Dalhousie", said St. Catharines resident Gordon Kinkley as he filled out his PROUD membership application.

"People are joining from across the City. It shows the widespread concerns about the proposed tower development." stated PROUD Port Dalhousie President David Bergen. PROUD Port Dalhousie, which has rapidly grown to be one of the largest community organizations in the Province, believes the development proposal is incompatible with Port Dalhousie's unique heritage.

It is feared that this massive development, and particularly a tower that is the height of a 33-storey building and almost twice as high as Niagara Falls, will overwhelm the heritage character of Port Dalhousie. It would also overwhelm the limited space of the harbour & beach area and the already-strained traffic and parking capacity.

This past winter PROUD volunteers canvassed door to door to generate dialogue with Port residents. Their effort confirmed the findings of last summer's quantitative survey: the vast majority of residents are alarmed by and opposed to the proposed development. Feedback from other areas of St. Catharines, and now from the vast majority of the over 700 who attended the June 28th Public Meeting, confirms the same is true for the greater community.

PROUD has maintained that a development proposal that upholds the integrity of the Official Plan, the Port Dalhousie Secondary Plan, the Zoning By-Law and the Heritage District guidelines should be the standard for measuring the appropriateness of any future development. PROUD volunteers encourage the community, in addition to expressing their desire for a 'better plan,' to let their Councillors know they should respect the wishes of the community.

WARNING! A new type of virus.....

There is a dangerous virus being passed electronically, orally and by hand. This virus is called Worm-Overload-Recreational-Killer (WORK).

If you receive WORK from any of your colleagues, your boss or anyone else via any means DO NOT TOUCH IT. This virus will wipe out your private life completely. If you should come into contact with WORK put your jacket on and take 2 good friends to the nearest pub. Purchase the antidote known as Work-Isolator-Neutralizer-Extractor (WINE).

The quickest acting WINE type is called Swift-Hitting-Infiltrator-Remover-All-Zones (SHIRAZ) but this is only available for those who can afford it. The next best equivalent is Cheapest-Available-System-Killer (CASK). Take the antidote repeatedly until WORK has been completely eliminated from your system.

Forward this warning to 5 friends. If you do not have 5 friends, you have already been infected and WORK is controlling your life. This virus is DEADLY (Destroys-Every-Available-Decent-Living-Youngster).

Update 25-05-05: After extensive testing it has been concluded that Best-Equivalent-Extractor-Remedy (BEER) may be substituted for WINE but may require a more generous application.

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A reader writes-
A friend is like a good bra -
hard to find,
supportive, comfortable
and always close to your heart!

EXERCISE 101
I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

THE WIFE LIKES TO READ

A couple go on vacation to a fishing resort in northern Minnesota. The husband likes to fish at the crack of dawn. The wife likes to read.

One morning the husband returns after several hours of fishing and decides to take a nap. Although not familiar with the lake, the wife decides to take the boat out. She motors out a short distance, anchors, and continues to read her book. Along comes a law enforcement officer in his boat. He pulls up alongside the woman and says, "Good morning Ma'am. What are you doing?"

"Reading a book," she replies, (thinking "isn't it obvious?")

"You're in a restricted fishing area," he informs her.

"I'm sorry officer, but I'm not fishing, I'm reading.

"Yes, but you have all the equipment. I'll have to take you in and write you up."

"If you do that, I'll have to charge you with sexual assault," says the woman.

"But I haven't even touched you," says the officer.

"That's true, but you have all the equipment."

The Officer says, "Have a nice day."

Moral of the story: Don't mess with a woman who reads.

God is Watching

Children were lined up in the cafeteria of a Catholic school for lunch. At the head of the table was a large pile of apples. The nun made a note, "Take only one, God is watching."

At the other end of the table was a large pile of chocolate chip cookies. Moving through the line a boy wrote another note to leave by the cookies, "Take all you want, God is watching the apples."

Watch out for water!!

A 26-year old person decided to have a cup of coffee. He took a cup of water and put it in the microwave to heat it up (something that he had done numerous times before). I am not sure how long he set the timer for, but he told me he wanted to bring the water to a boil. When the timer shut the oven off, he removed the cup from the oven. As he looked into the cup, he noted that the water was not boiling, but instantly the water in the cup "blew up" into his face.



The cup remained intact until he threw it out of his hand but all the water had flown out into his face due to the build up of energy. His whole face is blistered and he has 1st and 2nd degree burns to his face which may leave scarring. He also may have lost partial sight in his left eye.

While at the hospital, the doctor who was attending to him stated that this is fairly common occurrence and water (alone) should never be heated in a microwave oven. If water is heated in this manner, something should be placed in the cup to diffuse the energy such as: a wooden stir stick, tea bag, etc. It is however a much safer choice to boil the water in a tea kettle.

General Electric's Response:

Thanks for contacting us. I will be happy to assist you.

The e-mail that you received is correct. Microwaved water and other liquids do not always bubble when they reach the boiling point. They can actually get superheated and not bubble at all. The superheated liquid will bubble up out of the cup when it is moved or when something like a spoon or tea bag is put into it.

To prevent this from happening and causing injury, do not heat any liquid for more than two minutes per cup. After heating, let the cup stand in the microwave for thirty seconds before moving it or adding anything into it.

If you pass this on ... you could very well save someone from a lot of pain and suffering

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A panda walks into a bar, sits down and orders a sandwich. He eats the sandwich, pulls out a gun and shoots the bartender in the foot. As the panda stands up to go, the manager shouts, "Hey! You just shot my bartender and you didn't pay for your sandwich! Who do you think you are!?" The panda yells back at the manager, "Hey man, I'm a PANDA! Look it up!" The manager rushes to his dictionary...
 "pan*da n. (Ailuropoda melanoleuca) A rare, mountain dwelling mammal of China and Tibet, characterized by distinct black and white coloring. Eats shoots and leaves."

WHY PEOPLE VOLUNTEER

The origin of the word "volunteer" has been traced to seventeenth century England. Originally, the term referred to a soldier who entered military service not through obligation, such as one who would be "drafted," but on his own initiative, without remuneration. Many countries have their own words or expressions for volunteers, but it is a worldwide concept. For example, the Nepali term for volunteer is "Swyam Sevak." It means somebody working selflessly for the upliftment of civil society. The Japanese terms "Y ui" and "Moyai" refer to completing activities for the common good.

Closer to home, the Webster Dictionary defines a volunteer as, "One who enters into any service of his own free will." Psychologists have defined volunteering as "... any activity intended to help others that is provided without obligation for which the volunteer does not receive pay or other material compensation" (Harootyan, 1996, p.613). The theme is consistent. But, what makes people give freely of their time and energy?

Political scientists say that people volunteer to advocate their interests in politics, to find meaning in life, to express social identity, to contribute to the well being of others, and to improve their chances in the labour market. Others have added a desire to learn skills and a means of escaping negative feelings as motives. Psychologists say that people are driven to volunteer out of a need to express their prosocial dispositions. Overall, research studies suggest that there is an interplay between motives and personality traits.

Personality traits are "enduring patterns of thoughts, feelings, and actions." (McCrae and Costa, 1999). Traits usually have dichotomous dimensions, like yin and yang. Common traits known to most people include passive versus dominant and relaxed versus tense. Most people possess different traits to varying degrees of expression, but some traits are usually more prominent. Personality traits determine behaviours, which impact on choices of careers and extra curricular activities. For example, Fire Fighters and Police Officers tend to be dominant and risk taking.

People who volunteer also tend to possess certain core traits. The first is agreeableness. Agreeable individuals tend to be compliant, trusting, modest, soft hearted, straight forward, and altruistic. Because volunteering usually involves interacting with others, most volunteers are extroverts. Extroversion is associated with gregariousness, sociability, warmth and assertiveness. Together, these traits result in a positive orientation towards other people. (Continued on page 12)

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WHY PEOPLE VOLUNTEER

(continued from Page 11)

Some theorists have argued that the desire to do good is more or less evenly distributed in the population, but some people have resources that allow them to volunteer their time, while others do not (Wilson and Musick, 1999). There are studies that support this notion and indicate that volunteers tend to be middle aged, have middle to high incomes, with higher educational levels and full time jobs. However, other researchers have found that the number of hours worked per week and hourly wages do not contribute to the decision to volunteer.

In general, it is virtually impossible to provide a "cookie cutter" characterization of a volunteer. The bottom line appears to be empathy and the sense that one is making a difference. Do you want to make a difference? Then go ahead and "asamak!" (That's Thai for "apply to do something free of charge").

References

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THE BUFFALO THEORY (from the Internet)

In one episode of 'Cheers' Cliff is seated at the bar describing the Buffalo theory to his buddy , Norm.

'Well you see, Norm, it's like this.....A herd of Buffalo can only move as fast as the slowest buffalo. And when the herd is hunted, it is the slowest and weakest ones that are killed first. This natural selection is good for the herd as a whole, because the the general speed and health of the whole group keeps improving by the regular killing of the weakest members.

In much the same way, the human brain can only operate as fast as the slowest cells. Now, as we know, excessive intake of alcohol kills brain cells. But naturally, it attacks the slowest and weakest brain cells first. In this way, regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine. And that, Norm, is why you always feel smarter after a few beers."



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