



ACO St. Catharines & PROUD receive the  
A. K. Sculthorpe Award for Advocacy  
(story on page 8)



**FREE  
TAKE ME  
HOME**

# REPORTER

Volume 5 No. 10      an all-volunteer, non-profit, monthly community newspaper since 2005      DEC. 2009

## "COUNCIL-APPROVED PLAN DOES NOT PROVIDE ALL PARKING SPACES REQUIRED BY OMB DECISION"

At its November 30th meeting City Council approved two items to do with the tower development in Port Dalhousie:

### 1. The By-Law to Sell Part of Hogan's Alley was passed

This By-Law clears the way for the Heritage District to lose a major historical feature and it was not really required since, at the OMB, the developer testified they could build the project WITHOUT encroaching on Hogan's Alley. Approval was to be expected, however, since a majority of Council have accepted PDVC's argument that the design alternative that closes Hogan's Alley will lead to a "better" development. The one positive on this issue is that the City Solicitor stated the Alley will revert back to the City if the project is not built. "This means that it cannot be used for any development other than the one that has been approved by the OMB."

### 2. Re-Configuring of Lakeside Park Parking Lot

Council approved Staff's recommendation of the proposal from PDVC that provides only 12 additional parking spots. The report also outlined conditions on an agreement with PDVC to ensure they -not the taxpayers- pay for the re-construction. (cont'd on page 5)

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*PROUD Port Dalhousie thanks everyone in the  
Niagara Region for their  
support and wishes everyone a most  
enjoyable holiday season. May the  
wonderful community spirit we all enjoy  
live on for many years to come.*



**This page sponsored by Dr. David Bergen**





# PORT DALHOUSIE PAGE

## THE 3RD ANNUAL RUN FOR HERITAGE A SUCCESS

The St. Catharines branch of the Architectural Conservancy of Ontario (ACO) held their third annual Run for Heritage on Saturday, October 17, in Port Dalhousie. The event was well attended despite the below normal temperatures.

Volunteers started setting up at 8 am in Lakeside Park and registrants started arriving shortly thereafter. At 9:45, ACO Vice-President David Webb (dressed in full period costume) addressed the crowd to tell us about ACO's history and the importance of helping explore and restore Lock 1 of the First Welland Canal. He thanked the many corporate sponsors and, particularly, George Dart (George Dart Funeral Chapel) who has been the name sponsor for 3 years in a row. David then introduced special guests including City Councillors Bruce Williamson and Heather Foss and our local MPP and Minister of Transportation Jim Bradley. Jim spoke about the critical importance of protecting our heritage and thanked everyone for coming out in such chilly weather. David then paused to remember volunteer Bruce Corder who recently passed away and who always volunteer to help at this and other events.

Similar to last year, some people were dressed in clothing from other eras. David Webb fired the musket at 10 am and the event was on. The Run had every age from babies in strollers to youths and adults including June Green who once again walked the full 5km. The five kilometre route took participants past about 10 of Port Dalhousie's heritage homes. Participants were given a map listing the homes. Similar to the past two years, the run/walk/stroll started at the corner of Dalhousie Avenue and Simcoe, traveled down from Dalhousie to Ann to Bayview to Corbett to Mary to Courtleigh and then returned the same way. Participants also had a good view of the lake for a good portion of the route. The route avoided major intersections and busy traffic arteries.

The St. Catharines Roadrunners and Walkers Club again marshalled the run/walk. In addition, the Niagara Ice Dogs and Bones was there signing autographs.

Net proceeds from this year's event went towards the city of St. Catharines' efforts to preserve the lock and delineate the path of the First Canal. The first lock of the first Welland Canal (started in 1829), located in Port Dalhousie, was recently discovered. Together with the city, they aim to restore it. As the foundation is fragile, it's been recovered until restoration work can begin. Harte says she can't wait to see the lock uncovered and restored. "I would like it uncovered. It is the sign of the first expansion of the city."

The first step in the process, Harte says, is the hiring of an archaeologist. City council agreed to partner with the St. Catharines branch of the ACO in August. Such a partnership is beneficial as the project is "something that's going to cost a substantial amount of money," Harte says.

The ACO's mandate is "to preserve buildings and structures of architectural merit and places of natural beauty," Branch President Ken Mackenzie has stated. In addition, Harte says the ACO is also involved in "educating people about the build and natural heritage in the community."

The local branch was founded in 2006 because volunteers were concerned about the Port Place project to be built in the commercial core of Port Dalhousie's Heritage District. As part of the proposal, which has been upheld by the Ontario Municipal Board, some heritage buildings will be demolished.

According to the ACO's website, "almost all of our branches start because of a threat to a local landmark."

Today, the ACO has 19 autonomous branches. With the Port Place project approved, the local branch has shifted focus to other heritage projects in Port Dalhousie. Unlike many of the branch's members, Harte doesn't live in Port Dalhousie, but she does live in St. Catharines. One of the

projects she'd like to see in the future is the establishment of a canal museum in Port Dalhousie. Other members have suggested preserving the Muir Dry Docks, which date back to the 1830s or '40s. With so many heritage properties in Port Dalhousie and the rest of the city, it was essential to have a fund available for heritage preservation, Mackenzie has stated. The Run for Heritage has proven to be the ACO's most successful fundraising initiative. Harte is hoping more people from the city will get involved each year and bring projects to the ACO's attention "to see how we can preserve our heritage."

Involved in the run since its inception in 2007, Harte is now in her second year as run chair. She says the run is "a great way of raise money." The event raised about \$10,000 for the ACO's heritage preservation trust fund. Considering the state of the economy, Harte is hoping they'll raise about the same amount this year. What's important is that more people are coming every year, she says. "It's a really good time."

Following the run, a BBQ was held at the pavilion in Lakeside Park for hot dogs, juices, apples and prizes galore. Prizes were awarded for fastest male and female participant, the highest donations and the oldest and youngest participants. There was also be a drawing of door prizes.

ACO would like to thank all the volunteers who worked so hard to organize the event including: Jennifer Harte (who chaired the Run Committee) and Jeff Loucks, Jan Harte, Lorraine Corder, David Webb and Sheridan Alder, Wendy Holmes, Ruth Barclay, Barb McLeod, May and Alex Crawley, Barb McMullen, former City Councillor Carol Disher, Todd Hildebrand, Hank, Allison and Ruth Beekhuis, Kristine Leivonen and Rick Broughton, Colin Johnston, Ken Mackenzie, David Bergen and Deborah Kehler, Max Frugier and anyone we may have missed.

(pictures of the Run are on page 4)

## John and Sarah PAXTON and Family

by Bill Stevens (bibmstev@computan.on.ca)

In September I conducted a walk around St. John's Cemetery and chose the PAXTON monument for the tour because PAXTON Avenue was most likely named after this family when amalgamation took place in January of 1961. I thought I would share my subsequent research on this wonderful Port Dalhousie family and I welcome any corrections.

John PAXTON was born on March 14, 1836 in Scotland, the son of Peter and Elizabeth PAXTON. Peter and Elizabeth with their children George, John, Margaret and Peter, immigrated to Canada in 1850. I am not sure exactly when they came to Grantham Township, but the family, listed above, appears together in the 1861 census for Grantham Township.

On January 6, 1869 John PAXTON married Miriam PARNELL at the residence of her parents Stephen and Elizabeth PARNELL in Grantham Township. Miriam died on June 19, 1877 at Port Dalhousie leaving John a widower with four young children.

John married his second wife Sarah Ann ('Sadie') GRUNDY on August 30, 1879 in Hamilton. Together they had four children.



St. John's Cemetery Plot

There is a lovely tall monument marking the PAXTON burial plot. The monument also recognizes the burial here of Thomas and Ann GRUNDY. Thomas Grundy was born September 30, 1818 in Atherton, Lancashire, England and died January 19, 1896 at Port Dalhousie and his wife Ann who was born December 27, 1819 in England and died February 18, 1893 at the residence of her son-in-law John PAXTON in Port Dalhousie. Under their names is the following inscription: "The Orphans Friends" According to the 1891 census the Grundy's were living with the PAXTON family and were members of the Church of England.

John had been a lock tender on the canal for many years. John died in the early hours of January 26, 1912 at the age of 76 years at his residence on the north side of Queen Street (now Dalhousie Avenue). Although John was Presbyterian in faith, his wife Sarah Ann was a devout Anglican in faith and long time active member of the Ladies Aid Group, Choir and Sunday School at St. John's Church and John was buried in St. John's Cemetery.

Sarah Ann GRUNDY was born November 9, 1854 in Goderich, Ontario, the daughter of Thomas and Ann GRUNDY. Sarah moved to Port Dalhousie in 1877 and became one of the first teachers at the new public school (many years later named McArthur) when it opened in late 1877. After John's death, Sarah Ann remained in the family home until 1939. Sarah was well known as a news correspondent for the local St. Catharines newspaper chronicling events in Port Dalhousie. Sarah died Wednesday, March 20, 1940 at Port Dalhousie and was buried beside John in St. John's Cemetery on Saturday, March 23 after a service held at 3:00 p.m. in St. John's Church. A lovely picture of her appeared with a lengthy obituary on the front page of the second section of the March 21st newspaper. On May 7, 1991 a plaque was dedicated at the Port Dalhousie Library to remember Sarah's journalist contributions. The Plaque still hangs on the back wall of the library and reads as follows:

### SARAH A. PAXTON

Sarah Ann PAXTON (1854-1940) had a distinguished career chronicling the daily news of Port Dalhousie for about 25 years. She began as correspondent for The St. Catharines Journal and later moved to The St. Catharines Standard (1920-1940). She was beloved as "a real friend" and a tireless community worker. She began teaching at the first Port Dalhousie public school; when it opened in 1877.

This plaque was dedicated by the St. Catharines Public Library Board and The St. Catharines Standard during The Standard's 100th anniversary to recognize the role of those who report and record the essential and significant events that shape a community's distinctive character and heritage.

May 7, 1991

- all born in Ontario

1. Jessie A. - born: October 1870; married Alex PATTON (in 1940 they were living in White River)
2. George - born: July 1872 (in 1940 he was living in White River)
3. Ellen Margaret - born: April 6, 1874; married George BRUCE (in 1940 they were living in McNab)
4. Mirian - born: June 1878; married William RANDALL (in 1940 they were living in Niagara Falls)

### Children of John PAXTON and Sarah Ann GRUNDY

1. Thomas Clyde - born: December 9, 1880 at Port Dalhousie (in 1940 he was living in Alberni, British Columbia)
2. John Norman (see below) - born: December 13, 1882 at Port Dalhousie; killed in action at the Somme on September 1, 1916
3. Francis V. - born: November 1, 1886 at Port Dalhousie; married James L. SEBURN on 24 July 1906 at Grantham Twp; they lived in Port Dalhousie
4. Rhoda L. - born: May 12, 1889 at Port Dalhousie; married Charles SEBURN; they lived in Port Dalhousie

### Sergeant Norman PAXTON

Before going to war, Norman was a talented athlete who played on championship hockey and lacrosse teams. He also married just a month before enlisting into the Canadian Army on September 25, 1914. His attestation papers describe him as 5-feet 9-inches tall, dark complexion, brown eyes, black hair and a plumber by trade. He became a signaller in the Canadian Field Artillery Regiment - Unit: 3rd Bde. (His Service Number was 42191). Norman was killed in action on the Somme on September 1, 1916. Although the PAXTON monument in St. John's Cemetery shows Norman on it, he is buried in the Mesnil Communal Cemetery in Mesnil, France. Norman is Commemorated on Page 146 of the First World War Book of Remembrance that is on display on Parliament Hill. There is also a beautiful stained glass window on the left of the Chancel Screen in St. John's Church, placed there in memory of Sgt. Norman PAXTON, by his parents John and Sarah Ann PAXTON.

**A Group of Canadians** were traveling by tour bus through Holland. As they stopped at a cheese farm, a young guide led them through the process of cheese making, explaining that goat's milk was used. She showed the group a lovely hillside where many goats were grazing. 'These,' she explained, 'are the older goats put out to pasture when they no longer produce.' She then asked, 'What do you do in Canada with your old goats?' A spry old gentleman answered, 'They send us on bus tours!'



Christmas is a time of giving



## ARCHITECTURAL CONSERVANCY OF ONTARIO (ACO) CONTINUES TO RAISE FUNDS FOR HARBOUR LOCK

At its July 13, 2009, St. Catharines City Council reviewed an archaeologist's report on Lock 1 of the First Welland Canal (the "Harbour Lock") and Port Dalhousie Councillor Bruce Williamson concluded: "The buried remains of the first Welland Canal are a treasure that should be protected and shared, and the more people who get involved, the merrier." The city plans to create a visible trail outlining the buried path of the first Welland Canal through Lakeside Park, and Councillor Williamson wants amateur historians and heritage groups to provide input on the location of the canal and how it should be interpreted.

The St. Catharines Branch of the Architectural Conservancy of Ontario (ACO) is taking up Councillor Williamson's challenge and is going a major step further. ACO-St. Catharines will not only provide interpretive input but, has launched a campaign to raise funds to support the City's efforts to preserve the Harbour Lock and delineate the path of the First Canal. "These are tough economic times and we believe the City needs financial support as well as expert interpretation. The Harbour Lock has the potential to be an anchor for Heritage Tourism in Niagara" stated ACO-St. Catharines President Ken Mackenzie. "We will start seeking donations right away and will introduce other programs for raising funds" he added.

Since then, ACO St. Catharines has held the 3rd annual Run For Fitness and Heritage in Port Dalhousie to raise funds for the Harbour Lock. If you would like to help with this very worthwhile cause, please consider a 2009 contribution to ACO-St. Catharines' Harbour Lock Heritage Fund. It is not too late. Donations are made to ACO-St. Catharines and will receive a tax receipt. Please fill out and mail the Pledge Card on page 5 with your donation or phone 905-935-9407 if you have questions.

The Architectural Conservancy of Ontario is a 76-year old registered charity whose mandate is to help preserve buildings and structures of architectural merit and places of natural beauty in Ontario.

### All of Ontario's Treasured Heritage is Now in Danger - Please Help

As you have previously read, the Ottawa-based Heritage Canada Foundation has stated the Port Dalhousie decision approving a 20-storey height condo tower in a low-rise historic district translates to the OMB declaring "open season on all heritage conservation districts in Ontario". Heritage organizations and all those concerned about heritage now fully realize the implications of what the Board did in Port Dalhousie: If Hearing officer Susan Campbell can rationalize the Port Dalhousie tower by claiming she is striking a balance, and accepting unsubstantiated claims of economic benefits, the conclusion is inescapable: EVERY heritage building and district in Ontario is now vulnerable!

It goes like this: A developer can propose a tower in any heritage district (and almost every single one is low-rise) and claim it will provide economic benefits. Regardless of how well-written that district's heritage plan is (and Port Dalhousie's was one of the most detailed ones), Susan Campbell (or another OMB member) can determine that the proposal does not violate the heritage plan. In Port Dalhousie, Campbell ignored the City's two heritage committees and five top heritage experts who testified the tower clearly violated the heritage plan (guidelines). After all, she is entitled to form an opinion albeit subjective and she can also claim she is "striking a balance". Even if the community were to raise half a million dollars and hire a top lawyer and heritage experts as we did in Port Dalhousie, the OMB can rule as it chooses. It can also choose to disregard the fact that the democratically-elected City Council was against the proposal as it did both in Port Dalhousie and in Manotick outside Ottawa.

In Ottawa, the OMB approved that huge subdivision despite opposition by Council and the requirements of their Official Plan. Now in Lake Superior (Wawa), the OMB has approved a quarry in a pristine location over the objections of environmentalists. The Board's rationale?? Although the board

conceded that the coastline is a national "treasure," it said property rights should take precedence over any claims for land preservation." (Globe and Mail, July 23, 2009). Thus, the OMB has managed to add to its already close to omnipotent authority. If property rights trump all other concerns and policies, then we might as well abolish all Planning Departments and throw away all Official Plans: whatever the property owner wants to do will always be allowed! Add this to the OMB's overwhelming arsenal of claiming to be "striking a balance" and accepting unsubstantiated claims of "economic revitalization" and no site in the Province has ANY protection.

The OMB's power is broad, perhaps unbridled and the community's options are very limited. Once the OMB rules, all that is left is to appeal to the courts - a costly process that could lead to another full hearing if the appeal was won- or, opponents can first ask OMB Chair Marie Hubbard to review the decision. In the case of Port, there were three requests for a review by Hubbard. She simply endorsed Campbell's decision and refused the requests even though she admitted Campbell made errors in law. With what appeared to be clairvoyance, Hubbard concluded that the errors would not have led Campbell to a different decision. Case closed.

Can anything be done or are we and future generations doomed to lose all of Ontario's precious heritage? As pointed out by the Heritage Canada Foundation, the Ontario Ministry of Culture says that designating Heritage Conservation Districts (HCD) under the Ontario Heritage Act (OHA) will ensure respect for the community's heritage objectives. But the Ministry was conspicuously absent from the recent high-profile case (Port Dalhousie) that made a mockery of that statement. This landmark OMB decision, HCF continues, calls into question the protection afforded the more than 90 heritage districts already designated in Ontario. It also

## All of Ontario's Treasured Heritage is Now in Danger (Continued)

sets a dangerous precedent for heritage districts across the country: if a 20-storey height tower is appropriate in a district comprised of mostly one- to three-storey structures, why bother to designate a Heritage Conservation District and endorse heritage guidelines for them at all?

The Ontario Heritage Act is NOT effectively protecting our heritage and the Province needs to take action NOW. Two major changes are needed if our remaining heritage is to be saved: OMB reform and proactive intervention by the Ministry of Culture (Heritage). The Ministry of Municipal Affairs needs to rein in the OMB and make it clear that in designated buildings and districts, the Heritage Act and plans take precedence: no "striking a balance between the Heritage and Planning Act" as Campbell claimed. The Ministry of Culture needs to use its existing powers decisively including stopping demolitions and designating threatened buildings.

Only then will we have appropriate development that truly revitalizes, increases heritage tourism and provides an adequate return to developers. If you share these concerns, please write both Ministries and your MPP today...or it will be too late (please see contact information below).

PROUD Port Dalhousie Executive Committee

### Heritage Districts Work! - Reports Now Available

A major project on Heritage Conservation Districts (HCDs) undertaken by the Architectural Conservancy of Ontario to determine whether they are meeting their goals is now complete.

The conclusion? Heritage Districts work! By in large the goals set for individual Heritage Conservation Districts have been achieved. Satisfaction with living and owning property in districts is overwhelming; with seventy-five per cent of respondents indicating that they were either "very satisfied" or "satisfied" with living in an HCD. A study of sales trends showed strong real estate performance in HCDs, especially those where HCD guidelines are consistently enforced.

### THE PORT REPORTER

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**Deadline for posting of community events and advertising for the next issue is Dec. 30, 2009.**

#### HUMOUR ME

A man was standing on the scale, sucking in his stomach. The man's wife sarcastically said, "I don't think that's going to help." "Sure it does," he said. "How else could I see the numbers?"



*Happy Holidays*



*Andrew Gill*

City Councillor, St. Andrew's Ward





**FAMILY HISTORY**

The Smith's were proud of their family tradition. Their ancestors had come to America on the Mayflower. Their line had included Senators and Wall Street wizards. Now they decided to compile a family history, a legacy for the children. They hired a fine author. Only one problem arose: how to handle that great-uncle

who was executed in the electric chair. The author said he could handle that chapter of history tactfully. The book appeared. It said that "Great-uncle George occupied a chair of applied electronics at an important government institution, was attached to his position by the strongest of ties and ... his death came as a real shock."



# TRIVIA night

Saturday, January 30, 2010

Black Sea Hall  
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Game Starts 7:00 pm

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### PLEDGE FORM HELP PRESERVE THE HARBOUR LOCK

YES! I would like to help this cause with my donation.

NOTE: Donations are tax-deductible and an income tax receipt will be issued.

A donation in the amount of \$\_\_\_\_\_ is enclosed as a cheque made payable to ACO-St. Catharines.

Reference: Harbour Lock Heritage Fund

Credit card donation in the amount of \$\_\_\_\_\_ will be charged to my  VISA  Master Card.

Name on card: \_\_\_\_\_ Card Number: \_\_\_\_\_ Expiry Date of Card: \_\_\_\_\_

I pledge \$\_\_\_\_\_ a month for \_\_\_\_\_ months totalling \$\_\_\_\_\_.

Enclosed are \_\_\_\_\_ post dated cheques for \$\_\_\_\_\_ each or charge my credit card as above \$\_\_\_\_\_ per month.

Name (please print): \_\_\_\_\_ Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Signature: \_\_\_\_\_

I would like to volunteer my help with the Help Preserve the Harbour Lock Campaign. Please contact me.

Mall this Completed Pledge Form, including your donation to: ACO - St. Catharines c/o Mr. Ken Mackenzie, President, Box 28049, 600 Ontario St., St. Catharines L2N 7P8.



The Architectural Conservancy of Ontario (ACO), founded in 1933, is a registered charity committed to the preservation of buildings and structures of architectural merit and places of natural beauty. The ACO assists communities in efforts to protect their heritage endowments.

Merry Christmas and Happy New Year  
to all my friends in Port!



Rick Dykstra, Member of Parliament  
61 Geneva St. Downtown St. Catharines  
905-934-6767 - [www.rickdykstra.ca](http://www.rickdykstra.ca)

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### CITY COUNCIL FAILS TO UPHOLD OMB

#### PARKING CONDITIONS (continued from page 1)

There was nothing in Staff's report outlining how the balance of additional spots required by the OMB decision will be provided. If the City allows the developer to provide fewer spots than required in exchange for the cost of reconfiguring the lot this could be viewed as "cash in lieu of parking" which was not an alternative contemplated by the OMB.

Stay tuned, the developer has not abandoned the request for Community Improvement Project (CIP) funds and they could yet come back and ask for taxpayer's money to cover the cost re-configuring the parking lot and other enhancements that would make the condos more saleable.

City Council and the community must remain vigilant and ensure that ALL conditions in the OMB decision are met.

Executive Committee  
PROUD Port Dalhousie  
A PROUD Ten-Year History as a Volunteer Community Organization



The Great Lakes - St. Lawrence Seaway System  
Le réseau Grands Lacs - Voie maritime du Saint-Laurent

SEAWAY NOTICE NO. 8 - 2009

### CLOSING DATES: WELLAND CANAL

The Welland Canal will remain open until 23:59 hours on Dec. 26th. Vessels will be allowed to transit the Welland Canal up to 23:59 hours on Dec. 30th, weather and operating conditions permitting.



## STOPPING SUPERBUGS

Article By: Elizabeth Rogers: Internet posted by 50Plus.com

### Drug-resistant superbugs are on the rise. What can we do to fight them?

**Just say no to drugs -- unnecessary antibiotics, that is.** That's the message health experts want doctors and patients to take to heart. It's scary to think of what health care would be like without life-saving antibiotics, but we could soon find out if we're not careful.

**What's the problem?** Drug-resistant superbugs like clostridium difficile (*C. difficile*) and Methicillin-resistant Staphylococcus aureus (MRSA). We've been hearing about this problem for some time now with outbreaks in hospitals, cruise ships and even schools. Unfortunately, despite previous warnings and preventative measures, the problem continues to get worse. Superbugs are becoming a super threat in Europe, according to the results of a new report. Results showed not only a jump in cases but also a rise in the number of drug-resistant strains.

Superbugs are a classic case of "survival of the fittest". Not only do they endure the cures we throw at them, but they live to pass on their survivor DNA to future generations. In the process, they can mingle with other bacteria too. If you know a thing or two about probiotics and prebiotics, you know that antibiotics wipe out the good bacteria along with the bad -- meaning superbugs are often left without natural "enemies" to help keep them in check. It's no wonder that doctors point the finger at antibiotic overuse as the culprit.

"Rising levels of resistance being reported across Europe to a number of essential antibiotics, and the emergence of bacteria that are resistant to all known antibiotics, is directly linked to the use of antibiotics," warned Director of the European Centre of Disease Prevention (ECDC), Zsuzsanna Jakab, in a report from the UK's Daily Telegraph. "Without effective antibiotics, modern medical treatments such as operations, transplants and intensive care will become impossible."

How is that possible? Think of how much we've come to rely on antibiotics in recent decades. Not only do we use them to treat infections, we use them as a "precaution" for surgeries and other contingencies too.

"If this wave of antibiotic resistance gets over us, we will not be able to do organ transplants, hip replacements, cancer chemotherapy, intensive care and neonatal care for premature babies," said Dominic Monnet, a senior expert at the ECDC, quoted in a story by the BBC. "It is the whole span of modern medicine as we know it, that we will not be able to do if we lose antibiotics." (Read the full story here.)

Antibiotics may not be the only issue. Antiviral medications (which treat viruses, not bacteria) are also a worry -- we've already seen drug-resistant cases of H1N1 (swine flu) and the more deadly H5N1 (avian flu). Some experts are already warning that antivirals should be used to treat illnesses only -- using them to prevent illness could promote drug-resistant strains.

In other words, if we want to be able to fight more infections in the future, we have to cut back on our drug use now.

### How did we get to this point?

We don't like to be sick, and we certainly don't like to see our loved ones suffer with symptoms. People's expectations to take a pill to "make it all better" are part of the problem. Research has shown that viruses are behind 90 per cent of illnesses like colds, flu and minor infections in the chest, ears and throat. However, many people still ask for antibiotics, not understanding this class of medications are actually useless against viruses because they're designed to target bacteria. Some studies have shown that doctors bow to pressure from patients and prescribe pills even if they know better -- especially when there are children involved.

Furthermore, many minor infections like ear aches in children resolve themselves without medication. That's why we've been seeing recent changes in treatment guidelines, and there may be more to come.

But prescription medications are only part of the problem. We want a safe food supply, so animals are being fed antibiotics. We're obsessed with clean homes and sanitary conditions, so we turn to "germ-fighting" products when research has shown that soap and water work just as well.

And when people do get prescriptions, many don't take them or dispose of them properly. We know that antibiotics wipe out the beneficial bacteria in our guts, and the same thing can happen to the environment when antibiotics hit the water supply.

### What can we do?

Microbes are going to become drug resistant -- it's in their nature to mutate and change, after all -- but the goal is to slow down the process so medicine can keep pace.

We rely on medical experts and researchers to track the problem, revise treatment guidelines and devise new medications like antibiotic and probiotic treatments. (There are several governing bodies and task forces like the Canadian Committee on Antibiotic Resistance set up to monitor the problem and promote awareness.) Task forces are also looking at ways to work with farmers to promote healthier farming methods that don't rely on drugs. And veterinary medicine needs to work in conjunction with "human" medicine.

### However, as patients, part of the responsibility lies with us too. Here's what experts say we can do to help:

**- Don't demand antibiotics for viruses.** Talk to your doctor about the most effective way to deal with your illness, and be prepared to take "no" for an answer when the question of antibiotics comes up. Over the counter remedies like decongestants and pain relievers may be the best option to manage symptoms until the virus runs its course.

**- Avoid antibacterial soaps and products.** Soap, water and some scrubbing action will get the job done, or use a solution of vinegar or bleach to disinfect surfaces as needed. Remember, products that promise "germ-fighting" properties can lead to increased drug resistance. (Experts still recommend alcohol-based hand sanitizers when hand washing isn't possible.)

**- Follow directions.** If you are prescribed a round of medication, follow your doctor's orders. Take the full course even if you feel better after a few days. (Just because your symptoms have gone away, doesn't mean the tough bugs are gone too.)

**- Keep your meds to yourself.** Don't share your medication with anyone, and don't take someone else's prescription. The medication could be inappropriate for the infection or even dangerous in combination with other medications, medical conditions or allergies.

**- Avoid hoarding.** Another no-no: don't save any medication "for next time." Unless you're told otherwise by a doctor, you need the full amount prescribed. Storing medication poses additional dangers like accidental ingestion or theft, and drugs can break down sooner than their expiration date if they aren't stored properly.

**- Dispose of medications properly.** Forget about flushing. Experts warn the only safe way to get rid of your unwanted medications is to take them to your pharmacy or local hazardous waste program for proper disposal. If they go in the garbage or the toilet, they'll end up in the water table.

**- Take steps to prevent infection.** Sounds simple, but if we can avoid infections we can avoid needing treatment. Thanks to major health concerns like H1N1 and food-borne outbreaks, we already know the steps: washing our hands frequently, staying home when we're unwell, not sharing personal items like towels or razors, avoiding people who are sick and keeping things clean. Safe food handling practices like proper washing, refrigeration and cooking also help reduce food-borne illnesses.

**The bottom line for patients: medical experts aren't the only ones who should act on this issue. We have to stop taking antibiotics and antivirals for granted, and we need to be more careful how we use them and dispose of them.**

For more information, visit Health Canada's Antibiotic Resistance webpage and the U.S. Centers for Disease Control Antibiotic/Antimicrobial Resistance website.

Sources: Public Health Agency of Canada, European Center for Disease Control, U.S. Centers for Disease Control and Prevention, Health Canada, Canadian Committee on Antibiotic Resistance.



Canadian Science & Engineering Hall of Fame

October 10 to January 3, 2010

Alexander Graham Bell The remarkable accomplishments and great contributions of Canadian scientists, engineers, and innovators have inspired this exhibition honouring their achievements and sharing their stories.

- \* Inspirational ecologist Pierre Dansereau
- \* Groundbreaking aeronautical engineer Elizabeth "Elsie" MacGill
- \* John "Jack" A. Hopps, builder of the world's first portable pacemaker
- \* William S. Boyle, whose work is integral to virtually every camcorder, digital camera, and telescope in use today
- \* Gerald Heffernan, who helped reshape the steel industry around the world.
- \* and many more.

Compelling stories of curiosity, challenge, problem-solving, and discovery by Canadian scientists, engineers, medical researchers, and inventors provide inspiration and insight for youth and adults alike. Meet forty-eight leaders who helped shape Canada - and the world

This exhibit was produced by the Canadian Science and Technology Museum

## BREAKING NEWS: Terror Alert in Toronto: Oct.09

The Toronto Argonaut football practice was delayed nearly two hours today after a player reported finding an unknown white powdery substance on the practice field. The Head coach immediately suspended practice and called the OPP. After a complete analysis, OPP forensic experts determined that the white substance unknown to players was the GOAL LINE.

Practice resumed after special agents decided the team was unlikely to encounter the substance again this season.



## TRIVIA NIGHT

Saturday, Jan. 30th, 2010  
Black Sea Hall  
See page 5 for details.

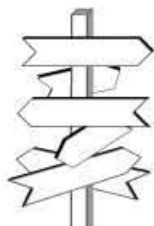


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## ACTIVITIES FOR SENIORS

Port Dalhousie Seniors Centre  
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

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

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

Saturday  
(1st Saturday of each month)  
7:00 p.m. - 10:00 p.m. ... Euchre

Note: Foot clinic every 6th Thursday.  
Call for dates and time - \$10.00



Ho-ho-ho!  
Merrrrry Christmas!

# WHAT'S UP?



**Pelham Santa Claus Parade December 12, 2009**  
The second Saturday in December will be the time for Pelham's annual Santa Claus Parade. Starting at Bethany Reformed Church on Balfour St. to Canboro Rd., through downtown to Church St., finishing at Centennial Park where refreshments will be offered and more activities are planned. Non-perishable food donations will be picked up along the route or can be dropped off at the park. To enter a float or to volunteer, please visit their website.  
Location: Starting @ Bethany Christian Reformed Church Fonhill

**Niagara on The Lake Santa Claus Parade December 12, 2009**  
Niagara on The Lake's Santa Claus Parade will begin at the corner of King and Centre Sts. The parade will turn right on Castlereagh, left on Wellington, left on Byron, left on Simcoe, and left again onto Queen St. Come by and watch the parade makes its way through historic downtown Niagara on The Lake. Certainly one of the best Santa Claus parades in Canada.  
Look for perfect weather this year! 11:11am;  
Location: Niagara on The Lake Niagara on The Lake

**New Year's Eve with Walter Ostanek Thursday, December 31, 2009**  
Plan to spend the 2009 New Year's Eve celebrating with Walter Ostanek at Lipa Park. The indoor event will feature music and dancing, food and refreshments, party favours, and more. Call Tony at 905-688-4368 for more information.  
Location: Lipa Park Pelham

**Niagara Falls New Year's Eve Bash Thursday, December 31, 2009**  
Welcome in the New Year 2010 in Niagara Falls by celebrating New Year's Eve with a televised Outdoor Concert Extravaganza in Queen Victoria Park Niagara Falls. Enjoy the outdoor licensed area along with food and beverage vendors.  
This years Party in the Park line-up of musical talent is sure to blow you away. To help usher in the new year 2010 legendary rockers STYX and the iconic Canadian band Glass Tiger will take the stage. Other entertainers include the 3 member Female band MOERAE FATE, formerly known as DAME, and the sultry voice of Robyn Dell'Unto from Toronto.

**New Year's Eve fireworks in Niagara Falls are scheduled for 9:00 pm and midnight.**  
Fireworks are weather permitting.  
Live television coverage runs from 11pm to 12:30am.  
Winter Schedule - Fireworks on Fridays: November 7, 13, 20, 27, December 4, 11, 18, 26, Two shows New Years Eve, and Friday January 1st, 2010.  
Location: Queen Victoria Park Niagara Falls

**Port Colborne New Year's Eve - Thursday, December 31, 2009**  
Event Details: Come to West St. in Port Colborne and start the new year off with a bang. The city will be putting on a fireworks show along the canal in downtown Port Colborne. Fireworks are scheduled for 8:30 pm, weather permitting. More information on the 2009 celebration will be posted as it becomes available.  
Location: West St  
Date: Thursday, December 31, 2009  
Time: Between 8:00 and 9:00 pm Admission: Free  
More Info: 905-834-7988

**The Modbeats @ CAW Hall -- New Year's Eve December 31, 2009**  
Ring in the New Year with The Modbeats at the CAW Hall.  
Location: CAW Hall St. Catharines

**New Year's Eve Celebration Welland Thursday, December 31, 2009**  
The city of Welland invites you to the 9th New Year's Eve Celebration Thursday, December 31, 2009. This alcohol free event opens in Downtown Welland at 4:00 pm with a fireworks show behind the Civic Centre at 6:00 pm. Other activities will include musical entertainment, games, horse drawn hayrides, skating, refreshments and free hot chocolate.  
Location: Welland Civic Square Welland

**New Year's Eve Celebration Thursday, December 31, 2009**  
In December 2009 starting at 7:00 pm visit the Peach King Centre for free New Year's Eve Skating from 7:00 pm - 10:00 pm. In 2008 the Grimsby Museum and the Grimsby Public Art Gallery was open between 1 and 4pm with family oriented events to enjoy.  
Location: Peach King Centre Grimsby

**Winter Festival of Lights Winter Festival Candle Light Stroll December 12, 2009**  
Gather at City Hall Centennial Square for the 4th Annual Winter Festival Candle Light Stroll. Enjoy choirs and other musical groups, a live nativity scene, roasted chestnuts and hot chocolate. Bring your letter for Santa to drop into the official North Pole letter box and spend some time with the jolly old elf. Bring a canned good for Project S.H.A.R.E. and purchase a candle in support of the Christmas Basket Campaign.  
Spend the evening rediscovering Downtown Queen Street.  
Contact: 1-800-563-2557 • 905-374-1616 ext. 26.  
Location: Queen Street Niagara Falls

**Free Horse-Drawn Carriage Rides December 5, 12, 2009**  
While strolling your way through the Market Square, why not hop onto a horse drawn carriage and take a ride through the Downtown. Complimentary horse drawn carriage rides depart Saturday December 12th from the steps of the Old Courthouse at 101 King Street. A pleasure for all ages,  
Location: Market Square St. Catharines

**A Celtic Christmas - Friday December 11, 2009**  
Event Details: An evening of music, food and great friends, featuring 'Old Plank Road'. Tickets available at Museum (905-732-2215) or Cafe on Main (905-788-3888).  
Location: Welland Historical Museum  
Address: 140 King St.  
City: Welland Time: 7 p.m.  
Admission: Adults - \$12 or \$10 Museum members, Children - \$7 or \$5 members  
More Info: 905-732-2215

**British Home Child and Wrapped in History Heritage Quilt Display September 19 - December 31, 2009**  
You say there is nothing to do? When was the last time you visited the Welland Museum? School Trip, when it was the Library, never--what? The Museum hosts a number of excellent Exhibits throughout the year with the British Home Child and Wrapped in History Heritage Quilt Display from September 19th through December 31st, 2009. Along with the special exhibits currently showing is a wonderful collection of historical facts, photos, and items from the City of Welland's past, and the importance the Welland Canal has played in our history.  
Location: Welland Historical Museum Welland

**Winter Festival of Lights**  
Visit the 27th annual Winter Festival of Lights, Canada's largest lights festival with nearly 2 million lights and over 100 animated lighting displays, including the world-famous Enchantment of Disney displays. You'll also enjoy spectacular fireworks; Concerts at the Arena and children's entertainment; Candy Cane Lane 5K Race & Fun Run; Winter Festival Candle Light Stroll as well as a variety of dinner theatre shows and Canada's largest New Year's Eve party. Don't miss all there is to see and do in Niagara Falls during the Winter Festival of Lights!  
Admission: Free  
Email: [info@wfol.com](mailto:info@wfol.com)

**A Victorian Christmas December 11, 6:30 PM**  
(\$80 or \$75 table of 8)  
Quality Hotel Parkway  
Dance to Niagara's own: JONESY  
\*\*support the women and children of Niagara\*\*  
\*\*\*tax receipt available\*\*\*  
"it is better to build strong children than to repair broken adults"  
INFO: Sharon Pazzaglia  
Niagara Region Sexual Assault Centre (CARSA)  
905.682.7258

**Toronto Motorcycle Show December 11, 12, 13, 2009**  
The show is the place to see the latest motorcycles, ATVs and scooters before they hit dealer floors. The Toronto Motorcycle show will feature over 150 exhibitors including motorcycle manufacturers, such as BMW, BRP, Buell, Ducati, Harley-Davidson, Honda, Kawasaki, KTM, Suzuki, Triumph, Victory, and Yamaha.  
Location: Metro Toronto Convention Centre (South Building) Toronto, ON

**Annual Christmas Display at the Floral Showhouse**  
Discover traditional red, white, and pink Poinsettias as well as many unusual varieties and forms. Cyclamen, Azaleas, Christmas Cactus, and Paperwhite Narcissus add to this spectacular Festival of Winter Colors. As final touches, the Floral Showhouse is adorned with lights, garland, ribbon and many other Christmas surprises. The free flying tropical birds throughout the display houses add to the Christmas merriment.  
Come and experience the sights, scents and sounds of Christmas at the Niagara Parks Floral Showhouse. 2405 Niagara Parkway Niagara Falls, ON  
Time: 9:30AM - 7:00PM  
Admission: Free Parking: Free during winter hours  
For additional information please call 905-354-1721

**Niagara Symphony - Holiday Pops 2! - Yes, Virginia There is a Santa Claus**  
Centre for the Arts, Brock University  
P: 905-688-5550 ext. 3257  
TIMOTHY HANKEWICH Conductor  
Santa makes an early appearance in this wideranging program. Rumour has it that Jolly Old St. Nick may grab a baton and demonstrate music-making North-pole style. Elves on both sides of the footlights will be treated to their Yuletide favourites (from Tchaikovsky's fleeting "Trepak" through Hershey Kay's arrangement of "Deck the Halls" to a covey of carols: "Hark the Herald Angels Sing," "The First Noël," "Angels We Have Heard on High," and "Silent Night"). Including such works as Festive Sounds of Hannukah, and "Mele Kalikimaka" (Christmas in Hawaii) further broadens the appeal of this global celebration. "Yes, Virginia There Is a Santa Claus" will both be heard and seen on guest conductor Timothy Hankewich's entertaining array of seasonal delights.  
Saturday, December 12, 2009 - 7:30pm - New start time!  
Sunday, December 13, 2009 - 2:30pm  
Pre-concert talk 45 minutes prior to performance

**The Gypsy Theatre presents ... Narnia - November 19 - December 20. Tickets \$30**  
Don't miss this opportunity to come and see the newly renovated Seneca Queen Theatre, located at 4630 Queen Street in Niagara Falls, ON.  
CALL FOR TICKET AND TIMES INFO: 905-356-2300 or 1-877-990-PLAY  
4630 Queen St  
Niagara Falls

**The Rankin Sisters - A Maritime Christmas Wednesday, December 9, 2009**  
From the wildly popular Rankin Family, Heather, Cookie and Raylene Rankin celebrate the Christmas holidays with a soiree of Yuletide cheer. Filled with the sisters' trademark Celtic-influenced vocals, this concert tour draws from their delightful Christmas album, Do You Hear, which expresses their love of the holiday season. They've sold more than two million records, won five Juno Awards, over a dozen East Coast Music Awards and a couple of Canadian Country Music Awards. Don't miss your chance to enjoy exquisite three-part harmonies of the sisters singing your favourite Christmas classics.  
Location: Sean O'Sullivan Theatre, Brock University

**Classic Albums Live: A Very Lennon Christmas Thursday, December 17, 2009**  
A live note-for-note recital of John Lennon's best solo work. Classic Albums Live has arranged an incredible set with a change in presentation that fans are going to be surprised to see! The evening will feature such Lennon hits as "Imagine", "Mind Games" and "Happy Christmas (War is Over)." With hundreds of shows across North America, Classic Albums Live has become a concert series that promises to keep delivering the best of shows. Fans and critics both agree - these are some of the best musicians around! Sean O'Sullivan Theatre, Brock University

**\* The Canadian Tenors Celebrate Christmas Sunday, December 20, 2009**  
Celebrate the holiday season with Canada's latest sought-after export with outstanding tenor voices that soar to inspiring heights. From Toronto to Tahiti, Vancouver to Vienna, the entire world's their stage. Since their debut in 2007, The Canadian Tenors have criss-crossed the globe performing more than 150 concerts, thrilling hundreds of thousands of music lovers and sharing the stage with such luminaries as former president Bill Clinton, music legend Quincy Jones and renowned Tuscan tenor Andrea Bocelli. The Canadian Tenors unique repertoire is sung not only in English and French but also in Spanish and Italian, reflecting their multicultural heritage and establishing the group as an international success. Featuring four talented young men with diverse vocal styles, undeniable charm, a night with The Canadian Tenors makes the perfect holiday gift.  
Location: Sean O'Sullivan Theatre, Brock University

**Jim Witter: The Music of Simon and Garfunkel**  
Sean O'Sullivan Theatre, Brock University  
St. Catharines, Ontario  
P: (905) 688-5550, ext. 3257  
Jim Witter is back with a night of Simon and Garfunkel's greatest hits. His multimedia rock musicals of Billy Joel and Elton John have received rave reviews from music critics all across North America. His music and songwriting have been recognized on both sides of the border, earning him multiple awards and nominations from the Canadian Country Music Association, the Juno Awards, and most recently the Dove Awards in Nashville. With a rich, powerful voice and ease of manner at the piano, Jim is a favourite with theatre-goers everywhere.  
Time: 7:30pm

**Boyz II Men**  
Sean O'Sullivan Theatre, Brock University  
P: (905) 688-5550, ext. 3257  
Event Date: January 20, 2010  
Considered the most successful R&B group of all time, Boyz II Men have returned to centre stage with their new album Motown: A Journey Through Hitsville USA. Performing songs from their hugely successful tribute album along with some of their greatest hits such as "End of the Road" and "It's So Hard to Say Goodbye to Yesterday," it is not hard to see why this super group has sold an estimated 60 million recordings in a spectacular career that includes multiple Grammy awards and more than 20 years together. Don't miss this chance to see R&B royalty descend on the Centre for the Arts stage for one night only!  
Time: 7:30pm  
\*\*\*\*\*

**Carousel Players presents Commotion**  
Sullivan Mahoney Courthouse Theatre, 101 King Street St Catharines, This show showcases youth-inspired plays by students from St. Catharines Collegiate and E.L. Crossley Secondary School for audiences 14 and up. Performance at 7 pm. Thanks to a partnership between Brock University, Carousel Players and TALK Niagara, tickets are free. For reservations, call 905-682-8326 X26.



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**ACO'S THIRD ANNUAL AWARDS PRESENTATION**

Awards Presented at Annual Gala November 6th

The Architectural Conservancy of Ontario met at the Arts and Letters Club of Toronto on Friday, November 6 for a celebration of excellence, its third annual awards presentation. The event's Host Sponsor was Woodcliffe Corporation, represented by its President, Paul Oberman. The Presenting Sponsor was Weir-Foulds LLP, represented by George Rust-D'Eye.

The A. K. (Alice King) Sculthorpe Award for Advocacy recognizes an individual, an informal group or an established non-profit organization which at a critical point achieved exemplary success in solving a significant heritage crisis. The people involved have demonstrated leadership in the field, integrity and the ability to be inclusive and communicate the value of heritage conservation to others.

This year's award went to PROUD & St Catharines ACO Branch for their work to preserve the significant 19th century canal village and heritage locks at Port Dalhousie through the creation of a heritage conservation district. A hard fought battle at the OMB has been unable to stop the proposed development of an 18 storey tower on the site, bringing into question the strength of Ontario's heritage legislation.

David Sculthorpe, Paul Oberman, Lorraine Cordner, Ken Mackenzie, Lloyd Alter



The Architectural Conservancy of Ontario

**The A.K. Sculthorpe Award for Advocacy**

Honours a former ACO president who was renowned and beloved for her spirited, energetic and indefatigable will to preserve our valuable heritage.



**PROUD and the St. Catharines ACO Branch**

for their work to preserve the significant 19th century canal village and heritage locks at Port Dalhousie through the creation of a heritage conservation district. A hard fought battle at the OMB was unable to stop the proposed development of an 18 storey tower on the site, bringing into question the strength of Ontario's heritage legislation.

Lloyd Alter, President November 6, 2009



*Wishing everyone in the community a joyous holiday season and a happy and prosperous 2010.*



*Regional Councillor N. Carlos Garcia*

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## RESIDENT PRESENTATION TO COUNCIL REGARDING PORT PARKING

Dear Councillors:

I have reviewed the staff report which follows the in principle decision of a few meetings ago. Though I appreciate that the staff have now publicly admitted that there is only a net gain of 12 spaces, there is nothing in the report which states how the remainder will be made up. Clearly they have accepted that being short 341 spaces(their numbers) plus whatever other shortage this will create is acceptable to them. I would like to let you as councillors off the hook but I can't, no matter how much the staff attempt to sanitize this. The transfer you are being asked to make tonight is no different than the developer handing over a briefcase full of 1million dollars in cash in exchange for bending the rules and bylaws of the city. This is a win\ win for the corporation and the developer but not for the citizens whom you are called to represent. It is the members of your ward and the citizens of St. Catharines who will pay the price in restricted access. For the residents of Port, they will pay for it in terms of increased congestion and parking issues.

The one small thing that the city could do for the residents of Port they have also chosen not to do. That is the removal of the parking exemption which would at least guarantee that the situation will not deteriorate further in the future. This exemption has done its job very well and should be retired now in the interests of the residents. Do we wait until the shortage is 500?1000? When and what will be enough. These are the questions you should be asking tonite. Make no mistake about it, this is not in keeping with the OMB decision.

**Mark my words the developer will be back for more in the future and you will once again be in this situation where you have that sick feeling in your stomach which tells you that you are once again being held hostage. It will happen again and again until you put a stop to it.** The message to developers has to be to follow the rules not come up with some money and we will make it worth your while. That is never appropriate.

Thank-you for your time and consideration.

Hank Beekhuis  
31 corbett Ave  
St. Catharines



*May the Peace and Joy of  
Christmas  
be with you now  
and throughout  
the New Year.*



Ontario

Jim Bradley, MPP  
St. Catharines  
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