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ELECTION 2022

13 running for 8 seats on NOTL council

Kevin MacLean
The Lake Report

They're off and running. A few last-minute hopefuls were able to sign their registration papers before nominations for candidates in the Oct. 24 municipal election closed last Friday.

The final council candidate to submit nomination documents was Katherine Reid of Queenston, who became the 13th person running for one of eight seats.

In the marquee race, incumbent Lord Mayor Betty Disero is facing two challengers: regional Coun. Gary Zalepa and retired business-

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Pumphouse kits bring art to long-term care residents

Somer Slobodian
Local Journalism Initiative
The Lake Report

Seniors are tuning into their artistic sides at Pleasant Manor and Upper Canada Lodge with pre-made art kits.

The kits are put together by the Niagara Pumphouse Arts Centre and delivered monthly to both facilities. The program is part of the Pumphouse's Continuing Arts Recollective Experi-

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NOTLers strike gold



Town's two athletes both reached top of the podium at Summer Games



Rower Kai Bartel and wrestler Zubin Gatta brought home Summer Games gold medals. Gatta also won a bronze. RICHARD HARLEY

Molly Bowron
The Lake Report

In the calm before the storm, water laps softly against the sides of seven carbon fibre racing shells as they line up bow ball to bow ball.

With starting positions set, the rowers await the sound of

the horn to kick off their quest for a gold medal.

In rowing, the men's and women's 8 races are marquee events, similar to the 100 metres in track – The Big One.

But just before the gruelling intensity of the race kicks in, as he always does, Kai Bartel shares a wink and a smile with

his opponents.

On cue, muscles surging, he lunges ahead as the Team Ontario men's 8 boat breaks free of the crowd.

Six minutes and 2,000 metres later, the Niagara-on-the-Lake native and his teammates skim across the finish line of the Royal Henley race course.

They're 42/100ths of a second ahead of British Columbia, a blink of an eye – and 14 seconds, an eternity at this level, in front of the bronze medalists from Alberta.

Golden!
Mission accomplished.

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All's well after calm, windless Lake Ontario delays sailing finale

Evan Loree
Local Journalism Initiative
The Lake Report

It took a few extra hours on Sunday but Canada Summer Games organizers managed to corral enough wind on Lake Ontario to finally finish off the sailing competition.

Sailors were beached for part of Saturday as low winds on the lake played havoc with the Games' racing schedule for the third time in four days.

An unusually calm lake limited the number of races that could be completed on Wednesday and Friday as well.

The wind was up on Thursday and a full day of racing was completed.

Games organizers had reserved Sunday as a "weather day," in case of problems with Mother Nature and they were forced to move four Saturday races – the men's and women's double-hander 29er class – to the last day of the Games.

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Summer Games athletes on the lake fly their provincial sails as they race. JIM SCHACHT

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Bartel has sights on Olympic rowing

Continued from Front Page

Elated, arms raised, fists pounding, Bartel and his crew release a torrent of emotion to celebrate their win, “the hard work we put into the boat and having it all pay off.”

Only three hours before the men’s 8 final on Saturday, Aug. 20, Bartel raced in the men’s pair with partner Shane Keagan of Fonthill, missing a medal position by seconds.

“I was a little disappointed from the pair, that we didn’t medal but I was more focused on racing the 8 rather than the pair,” Bartel said in an interview Monday, his 20th birthday.

Redemption wasn’t long off for both him and Keagan in the 8s race.

Going into the men’s 8 race, the Ontario crew was more motivated because they knew people in the British Columbia boat and the competitive drive was much higher, he said.

And B.C. was the fastest boat in the heats, almost four seconds faster than Ontario.

With such a short time frame between two important medal races, every athlete has their own way of making sure they’re ready.

“I take a lot of caffeine before racing, which gets me really hyped up,” Bartel said. “And I am not a serious guy before races, so I like to keep it light.”

But the second a race starts, he’s totally focused, his head totally in the boat.

In Saturday’s gold medal win his focus changed during the last 50 metres of the race, Bartel admitted.

As he and his crew were just a few boat-lengths from the finish line, “I was literally just staring at the other boat the whole time,” his entire body grinding and pulling and wishing the Ontario boat to gold.

Rowing is a family affair



Kai Bartel and Zubin Gatta strut with their medals on Queen Street. RICHARD HARLEY

for Bartel, literally in his blood.

His father Paul rowed out of St. Catharines and his cousin Owen Bartel, from St. Catharines, competed in the 2022 Summer Games, winning gold and silver.

Kai’s mother Lesley and 17-year-old sister Emma are among his biggest supporters. And his youngest sister, Kennedy, started rowing this year.

During the fall and winter months, Bartel studies at the University of Victoria where he is majoring in commerce. He’s on his way there now, on a road trip to B.C. with his dad this week.

He hopes to get “into the varsity boat at UVIC for this upcoming year and then I’m gearing up for the under-23 championships

next year in Bulgaria.”

The men’s 8 crew for the 2022 Summer Games includes several other racers from across Niagara, but they literally came together as a team the week of the competition.

“I feel like we’re all rowing in the same calibre,” Bartel said.

“We understand what needs to get done in order to win, so we all gelled together pretty quickly.”

The team and individual performances on the water at Port Dalhousie last week were invaluable experiences, teaching the athletes a lot about themselves and their sport.

At almost 6 foot 4, with broad shoulders and a lean build, Bartel is not a small guy, but one of the things he learned from his gold

medal race is will and desire can triumph.

“It doesn’t matter how big you are and how fast you are. We beat a boat full of guys that were bigger than us.”

With a gold medal around his neck, Bartel says the Canada Summer Games experience is just one more step on the road to his Olympic dream.

He’s confident he is headed in the right direction and hopes to follow in the wake of other rowers, like Trevor Jones, who spun Canada Games gold in 2017 into a spot on the Olympic team.

In the meantime, the training sessions at the break of dawn and daily skill development will continue as he strives to build on this summer’s success.



Athletes from Team Alberta out on Lake Ontario for the Summer Games sailing races. JIM SCHACHT

Sailing races completed despite low lake winds

Continued from Front Page

Lake Ontario was oddly calm for most of the Games, an unusual occurrence, as anyone who spends time near the waterfront can attest.

Of course, by Tuesday, two days after the Games wrapped up, the lake was its usual churning, turbulent self again.

Last Saturday morning, on the last scheduled day of competition, things were “not looking promising,” Canada Games sport information officer Clara Gravely said in an interview.

Races were initially scheduled for 11 a.m. but the athletes did not cast out into the water until nearly 2 p.m.

There was a full slate of medal races plus some incomplete races carried over from Friday’s session.

“You can sail in all types of conditions and it’s a little bit of a different technique and strategy when it’s light wind,” said Gravely, who competed at the Canada Summer Games in 2017.

“The minimum is techni-

cally supposed to be five knots (about 9km/h),” she added.

Scheduling delays are part and parcel of competitive sailing, though.

But by 4 p.m. Saturday the boats were moving across the lake consistently and Gravely hoped they would finish the races on the schedule before the day was out.

However, four events had to be pushed to Sunday morning.

For the competitors, waiting for the race to start can be as nerve-wracking as the race itself.

“It’s definitely challenging as an athlete,” Gravely said, speaking to her own experience with competitive sailing.

“You kind of have to just go with the flow and keep yourself a little bit entertained and not too high strung while you’re on shore,” she added.

Victoria Coady, a gold medallist for British Columbia in the ILCA 6 class on Saturday, said, “It is tough. It’s sort of like a hurry up and wait kind of game.”



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