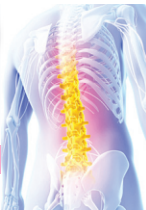


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Erland Lee Museum given Trillium grant

For decades, the Erland Lee Museum has been dedicated to preserving the history of the world's first Women's Institute and a global WI network that now extends to 74 countries.

NEWS
PAGE 39

Mane attraction

An open house at Whispering Hearts Horse Rescue on Sunday doubled as a reunion for the Hagersville farm's newest four-legged resident and the woman who saved her.

NEWS
PAGE 36



All I want for Christmas...

Caleigh Duddeck was one of the many children who had a visit with Santa at St. Paul's Glanford Church on Saturday afternoon. While she didn't ask for her two front teeth, she did ask Santa "for me to not fall so much." To read more about the event, see Page 40.

PHOTO BY TAMARA BOTTING

Suspect nabbed in Glanbrook attack

Fifteen-year-old victim facing 'at least a year of rehab'

PAGE 5



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St. Nicholas meets Santa Claus at church event

TAMARA BOTTING
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THE SACHEM & GAZETTE

With cookie decorating, carol singing, ornament making and a visit from Santa himself, it was a perfect Christmas party on Saturday afternoon at St. Paul's Anglican Church in Mount Hope.

A number of volunteers were on hand to help the children and parents with the crafts and cookie decorating, and Liz Hadfield-Inrig led the singing, including the crowd favourite, When Santa Got Stuck Up the Chimney.

Sister Mary Catherine Robertson said that the attendance at the event was about average.

The church regularly holds free family events throughout the year. In October, they offered a free pumpkin carving event.

Before Santa came out for his visit, the children had a visit from Saint Nicholas of Myra, who talked about his



Liz Hadfield-Inrig led the group in a number of Christmas carols and other holiday songs, including the crowd favourite, When Santa Got Stuck Up the Chimney. PHOTO BY TAMARA BOTTING

life and the legacy of generosity he left behind. The church's rector, Rev. Alex Hewitt, took on the role.

When Santa came, all of the children had an opportunity to tell them what

their Christmas wishes were before they were served a hotdog lunch.

Topping eight-and-a-half-year-old Arianna Duddeck's Christmas wish list was "a new doll house."



Kids at the event got to learn about Saint Nicholas of Myra's life and his legacy of generosity. PHOTO BY TAMARA BOTTING

Her younger sister's request will be a bit harder for the elves to wrap.

Six-and-a-half-year-old Caleigh Duddeck asked "for me to not fall down so much."



Arianna Duddeck enjoyed making Christmas ornaments. PHOTO BY TAMARA BOTTING



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Goat yoga? No kidding

Kylene Oreskovic of Leosta Farms in Binbrook has partnered with friend and yoga instructor Laicie Walker to bring goat yoga to the area for the summer. To read more about the latest fitness trend, see Page 37.

PHOTO BY TAMARA BOTTING

NEWS



Air Force Day at warplane museum PAGE 2

Evening dedicated to teaching safety PAGE 5

Rick Penfold celebrates 50 years with O'Neill's PAGE 6

SPORTS



Ken Montour named to lacrosse hall of fame PAGE 41

Rivermen earn bye for first round PAGE 42

Sulphur smell and cloudy water

Family at odds with city after well is run dry

PAGE 40

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The goats at Leosta Farms in Binbrook are ready to spend some time doing yoga this summer.

PHOTO BY TAMARA BOTTING



Can you say 'na-baa-ste?'

Binbrook farm offers classes in the latest exercise trend

TAMARA BOTTING
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THE SACHEM & GAZETTE

A lot of people enjoy doing yoga as part of their regular exercise routine, but there's nothing regular or routine about a session of goat yoga. Like its name suggests, the latest twist on the

centuries-old practice is to do yoga with goats roaming around the class space.

Kylene Oreskovic of Leosta Farms in Binbrook and friend Laicie Walker heard about goat yoga on the news and saw posts on social media from people who had taken part.

"At first, I was like, 'Why would people do this?' I always thought of yoga as

being in a very calm and quiet environment. You can't expect it to be really quiet with goats around," Oreskovic said.

As they heard more about it, though, the pair decided to give it a try.

"I had the goats and she's an instructor," Oreskovic said. "With each of our knowledge, we came together."

Walker has been practicing yoga for about six years, and teaching it for two. She's also qualified to teach yoga to children.

The first session – held on the farm in the barn – had five people come out and the second session had double the number of participants. It's been a bit of trial and error as they've learned how to conduct a class

effectively.

"Somewhere around there, it was posted on the Binbrook Moms Facebook page and then it just exploded," Oreskovic said.

"It's actually still very calm, but it's a different kind of calm. There are different smells, and different sounds here."

Oreskovic noted that while some of the people they've had sign up are already dedicated yoga practitioners, "some people just really like goats and they come out with no yoga experience."

Each class runs for about an hour and a half.

"At the beginning, I teach a bit about goats," Oreskovic said. "We let people take pictures with them and let the goats get to know them so they'll interact more during the lesson."

As the yoga gets underway, it's not uncommon for the animals to walk between people's legs while they're in poses or jump onto their backs when they're lying down.

"The goats are very involved," Oreskovic said.

"They're very friendly and sociable. They're very inquisitive; they like to explore everything."

"This is a different take on yoga," Walker said. "It challenges us to not take ourselves too seriously, and to just play and have fun with the unexpected antics of these adorable goats."



It challenges us to not take ourselves too seriously, and to just play and have fun with the unexpected antics of these adorable goats.

KYLENE ORESKOVIC

Oreskovic is a strong advocate for agriculture. She previously served on the Binbrook Farmers' Market committee and has taken part in agri-education programs.

She sees goat yoga as another way to get people interested in what happens on a farm.

"I really like that agriculture is being involved in a different way," she said.

The pair will continue to offer goat yoga throughout the summer. They have classes for adults only as well as family sessions for all ages. For more information or to sign up for a class, look for their page on Facebook – Yoga on the Farm with Laicie and the Kids – or email kyleneoreskovic@gmail.com.

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Do you bank at a credit union? Not for long

Local credit unions protest government ban on calling their financial services 'banking'

TAMARA BOTTING
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THE SACHEM & GAZETTE

Bank is soon going to be a four-letter word for credit unions in Canada.

On June 30, the Office of the Superintendent of Financial Institutions (OSFI) issued an advisory stating that its interpretation of the Bank Act restricted the use of the words bank, banker and banking by "all non-bank financial service providers, including both federally

regulated trust and loan companies and provincially regulated institutions ... also ... unregulated financial service providers."

"We don't write the Bank Act; we enforce it," said Sylviane Desparois, manager of public affairs for OSFI, an independent government agency reporting to the ministry of finance.

"We observed that non-bank financial services providers were using the word more, especially in their logos, marketing and websites, which is why we decided to issue this advisory ... the rationale is

from the Bank Act, to avoid confusion for consumers."

By the end of this year, all non-banks will have to remove the word from their websites and other electronic mediums. By June 30, 2018, they have to remove it from any printed material, and by June 30, 2019, it has to be removed from any physical signage.

"Most credit unions did protest (and) tried to get the Ministry of Finance to push back on that. It obviously did not work," said David Heowig, member service representative at Meridian Credit Union's Binbrook branch. "It's a bit of an obstacle, because we have to change the terminology."

Steve Bolton, president and CEO of Libro Credit Union, said that when the advisory came out, "we were dumbfounded ... to find out a word we've been using, a word the public believes is a verb, is a word

we can no longer use."

Bolton said that credit unions "have no ambition to be a bank. We're very different; we have a very different organizational structure," which is why he's not opposed to a limit on credit unions using the word bank as a noun.

However, he added, "Banking is what we do. We have deposit accounts, checking accounts, banking products. That's the business we're in. To say now that we can't use the word that Canadians use day in and day out to describe a set of activities is just silly."

Flamborough-Glanbrook MP David Sweet agrees.

"To me, banking has become a generic, colloquial word now. If I want to write somebody a cheque, I'm banking. If I want to deposit some money, I'm banking. It has nothing to do with the differentiation with credit unions or char-

ter banks."

Sweet said that his office hasn't been getting calls from constituents about this issue.

"I think it's because it's summer and it hasn't really hit them," he said.

Sweet thinks that as more people become aware of what's going on, "everybody's going to say this is bureaucratic mumbo-jumbo that's gone amuck again."

Bolton estimates the "mumbo-jumbo" will cost Libro about half a million dollars to comply.

"I think it's a waste of time, energy and money," he said.

As for the idea that the change will limit confusion among consumers, Bolton minced no words.

"I don't buy that," he said. "I haven't heard one instance of someone being confused. I find that argument really light."

Where were you in 1967?

Multiple events are coming to the Haldimand County Museum and Archives in August that the public is welcome to attend.

On Aug. 9, there will be a talk exploring the fascinating lives of Canadian prime ministers' wives. The day will also include a high tea.

On Aug. 23, the classic author series continues with a day looking at Alistair MacLeod. MacLeod's powerful and moving stories vividly evoke the beauty of Cape Breton Island's rugged landscape and the resilient character of many of its inhabitants.

The Where Were You in '67? exhibit continues until Sept. 22, celebrating Canada's 150th birthday with a look at what life was like in 1867 and 1967.

For more information on any of these programs and exhibits, contact the museum at 905-772-5880 or email krichardson@haldimandcounty.on.ca.

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