

SUMMER 2020

# HOME ON THE *Green*

COMMUNITY LIFE IN THE  
BALLANTRAE GOLF & COUNTRY CLUB



## In This Issue:

### **Flower Power**

The Glorious  
Gardens of Salvatore  
& Filomena Tesoro

### **Profile:**

The Eclectic Life  
of Iggy Natoli

### **Made in Canada**

Bloody Caesars &  
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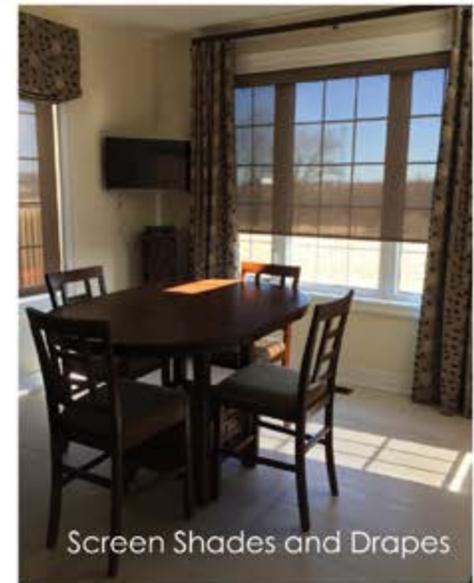
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<b>PUBLISHER</b>	Helen Hunt
<b>EDITOR</b>	Anita Draycott
<b>Assistant Editor</b>	Karen Clark
<b>Social Liaison</b>	Kathy Billington
<b>Contributing Writers</b>	Enid Sanders, <i>Secretary</i> Lynne Balfour Mary Bresser Johanna Burkhard Deb Garneau Greg McCain Ken Miyauchi Al Moldon Jan Richards Alison Scowcroft Jim Scrivens Maurice Smith Gerhild Somann Blair Tullis
<b>Proofreaders</b>	Mary Hallam, <i>Coordinator</i> Helen Mitchell Diane Ross
<b>Contributing Photographers</b>	Joe Zinner, <i>Coordinator</i> Frank Allison Lynne Balfour Anita Draycott Karen MacKay Doug Peters Lynn Peters
<b>Production Coordinator</b>	Terry Coulson 416-606-5876
<b>Advertising Sales</b>	Elaine Saksons, <i>Coordinator</i> , sakselai@gmail.com John Pittaway, <i>Administrator</i> Bryan Black Kay Corlett Bill Hewitt Maggie Pittaway Pat & Ray Stadnick Linda Tanaka Carol Taplin
<b>Distribution</b>	Norm Bresser Al Moldon
<b>Comptroller</b>	Marie Hewitt
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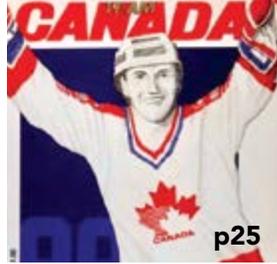
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*Home on the Green* welcomes submissions from residents of our community for possible inclusion in the magazine. Send articles and news items in WORD format to [homeonthegreen@rogers.com](mailto:homeonthegreen@rogers.com). *Home on the Green* reserves the right to accept, edit or reject any submitted article. All such contributors are deemed to have consented to the publication – either in print or online – of any information submitted by them.



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Industrial Alliance Securities Inc.

[andrew@rempecapital.com](mailto:andrew@rempecapital.com)  
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## MESSAGE FROM THE PUBLISHER



By the time you are reading this, summer will be in full swing.

The planning and effort for our *HOTG* summer issue began during the early stages of COVID-19. We were not sure what our lives would be like by the time this issue was delivered but the team remained focused on getting the magazine into your hands and providing value. Congratulations!

Like many of you, we're anxiously waiting for a "return to normalcy," but we understand it's going to take time. What will the world look like when this is all behind us? Normal may still be something that's a long way off. Months of social distancing ourselves to help stop the spread has fundamentally changed our lifestyle and our environment.

Everyone, from frontline healthcare workers to large corporations, has had to alter how to live, work and play. We have discovered that many things can be done remotely and effectively with computers using Face Time and Zoom. And how about those drive-by visits to family celebrating birthdays as a result of physical distancing? We may still be doing this but we have adapted and we are "Stronger Together, Tous Ensemble."

Who thought we would order groceries online? For many of us it was something new and it worked. So why not continue? Forego the weekly trip to the supermarket. Why take the time and make the effort, especially on a miserable day when provisions can come to your doorstep?

Earth Day on April 22 marked the 50th anniversary of that celebration. Information shared on Earth Day showed that emissions lowered globally but it's safe to say that no one would have wanted emissions to

be lowered because of COVID-19. The virus has taken a grim global toll on lives, health services, jobs and mental health. But it has shown the difference that communities such as ours can make by looking out for each other—that's one lesson that will be invaluable in dealing with future pandemics and climate change.

I am super proud of our team and I extend a huge thank you to everyone for volunteering your time and passion to give us another fantastic issue of *Home on the Green*. Also, a shout out to our advertisers! This is a trying time for them yet they continue to support our magazine, so please continue to support them.

I would like to highlight a couple of things within the magazine. Please see the information below my message from our Website team and their re-launch of the *HOTG* Newsletter. Also, on our Notice Page (page 48), we are pleased to share with you an enhancement regarding our advertisers. We have added links to our online *HOTG* issue to link directly to our advertiser websites.

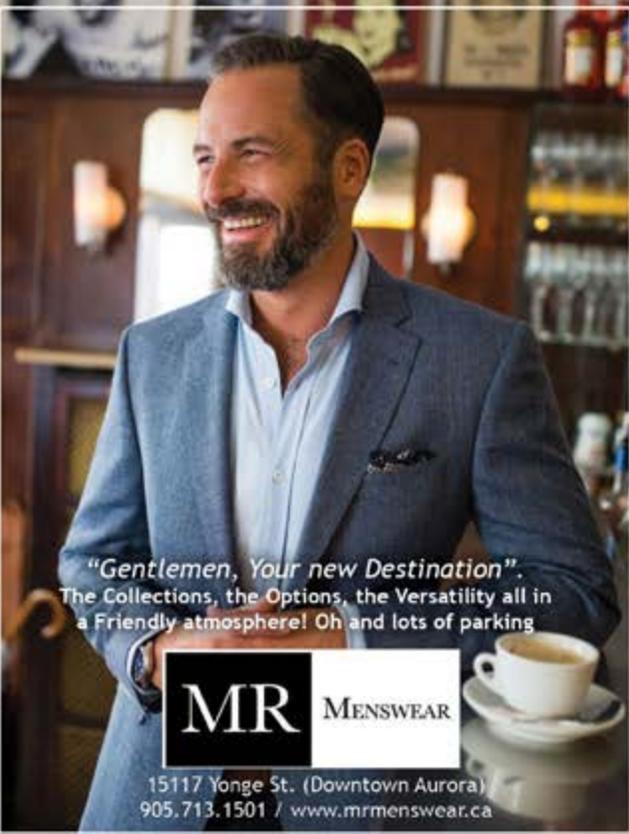
Hopefully you are enjoying the *HOTG.ca* website and accessing information and updates about activities within our community. The website team makes every effort to update the calendar of events so check regularly for any changes.

Enjoy the magazine and the rest of the summer!

Helen Hunt

We hope you have signed up for and are receiving our recently re-launched *Home on the Green* newsletter. Along with the quarterly magazine and *hotg.ca*, we see the newsletter as the "third" communication vehicle that we will be using to keep you informed about what is happening in the community. To find out more and to sign up, simply go to *hotg.ca* and follow the prompts.

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# A MESSAGE FROM OUR COUNCILLOR MORE FROM MAURICE



*(This is being written in April while in isolation. Hopefully matters will be somewhat different for all of us when you get to read this article)*

## COVID-19

These words were not in our vocabulary until this past spring. No doubt the subject now preoccupies most of our time as we pass through uncharted territory. I leave it to our local media to keep you apprised of all the negative aspects of this current issue. The virus is here and affects the reality of all we do as we have had to push the pause button. At times like this we Canadians will prove our strength and stand together until this is over. It's what we do.

In general I consider myself to be a very positive person. I therefore refer to, and paraphrase from, an email recently received from a resident.

"This is another day of lock-down. But tell me what have we really missed? We don't like uncertainty and the unknown but we have so many good things to depend on. We have fresh food, shelter, hot and cold running water, access to unlimited information and technology which allows us to communicate with family and friends, we can exercise, we are saving money, we can still laugh and cry and the LCBO is open."

To these comments I add the words from a song by The Rolling Stones. "No, you can't always get what you want. But if you try, you get what you need."

So let's celebrate our successes to date while in isolation and with social distancing. Yes, there may be those who have some struggles at this time, but let's remember that we are being served by many wonderful emergency service, medical, long-term care, retail and distribution personnel. We are also grateful for the first responders, customer service staff and other town personnel who have been overloaded with calls and questions and yet continue to work through obstacles and challenges.

Many of the wonderful residents here in BGCC (yes, originally initiated by Condo 3 residents) have shown in various ways including noisy salutes to emergency personnel, "drive-bys" and gifts of home-baked goodies, how much each of these providers, our heroes, means to the community.

Town Council has also reacted to your needs and concerns in a number of ways. Water bill and property

tax payments were allowed to be postponed without penalty or interest. What is important to note with these two items, (very similar to other institutions), is that these are only deferrals, they are not forgiveness. While there is a forgiveness of penalties and interest, the original principal amounts will remain and ultimately will have to be paid. If you can make these payments by their due dates please do so. The town still has many expenses, such as staff salaries for those continuing to work, along with other items that are ongoing. Thank you in advance.

In a further effort to help residents coping with financial burdens caused by COVID-19, Council has reduced the 2020 water billing rates. In conjunction with assistance from the Region, the rates charged for the balance of 2020 for water consumption will be reduced by 10% from those set previously.

This reduction will be effective retroactively to March of 2020 and will be in effect until at least the end of 2020. Obviously, the water bills for March 2020 have already been mailed so residents will be apprised of the savings on their next bill for this retroactive reduction in rate.

Council has also approved the launching of a new website amidst this pandemic as it was felt that local businesses required immediate assistance. We believed the greatest challenge for consumers was to learn what businesses were operating, while businesses were challenged with messaging what they were offering.

The use of the new website, [www.L4A.ca](http://www.L4A.ca) "Everything Stouffville," fully funded by the Town, is free to local businesses. It has been created to help our community find and support local businesses that are open and ready to provide their products and services, promotions, delivery options and menus.

We trust you will find this new site a useful tool in your effort to fill your pantry while helping the local merchants through this struggle.

For up-to-date regional and town information concerning the virus go to [www.york.ca/covid19](http://www.york.ca/covid19). The site is updated twice a day.

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# Your Digital Legacy

BY KEN MIYAUCHI



In a previous article, "Your Digital Life," I discussed the definition and breadth of our internet interactions that create our digital footprint. I also examined some general aspects such as browsers, usernames, and passwords. This second article will examine other aspects of our digital lives and then explore what happens to our digital images when we die.

If you subscribe to social media platforms such as Facebook, Instagram, Snapchat, or Twitter you have created a digital profile. It is wise not to overshare information such as your full name and address, usernames, aliases, passwords and especially photos. Also, use the privacy settings to restrict access to your data.

When travelling, there are times when you must identify yourself in order to use a free WiFi service. This occurs at airports, hotels, and local hotspots. Consider using a false identity. For example, I use "chuckwagon@gmail.com" as my username and create a fictitious password.

Over the years, you have likely established multiple email or social media accounts, created links to numerous websites and subscribed to various mailing lists. Review these and delete, deactivate, or unsubscribe to minimize your digital image. If you receive emails from unknown websites, be careful about unsubscribing. Sometimes, these untrustworthy sites want you to unsubscribe so that they know that you are a real person. As a result, you will receive even more emails.

Let's imagine that you have done everything to minimize and manage your digital footprint. It is not yet time to sit back with a sense of satisfaction. What happens if you are mentally incapacitated, or worse yet, you die? With regard to your physical assets, if prior to death you were to be denied access to, for example, your bank account, you could go to the bank with identification and regain access. If you died, your executor could examine your files and mail to determine your assets and the will would give him/her the power to deal with them. Who would attend to your digital affairs? How would an executor even begin to take stock when presented with a blank screen of a locked computer, tablet, or phone? Would an executor even have the skills to approach this task?

Decades of internet usage has fundamentally changed the definition of assets, estate planning and management and the role of an executor. A new role has emerged in wills - a digital executor. This may be a different person from the overall executor of your will.

Your digital executor must obviously be computer savvy and should be named in your will. Remember the list of accounts, usernames, and actual passwords that you placed in a secure location (e.g. safety deposit box)? It should also be accessible to your Power of Attorney (Property) and digital executor. Do not imbed this list in your will; simply have a reference in the will to the list's location. This will make it easier to update information without the onerous process of changing your will. If you have significant digital assets, you may wish to name these assets and beneficiaries in your will. An estate planning professional and your lawyer can assist you.

Managing and disposing of your digital assets involve more than closing accounts. There may be a significant amount of funds to be retrieved. For example, your loyalty program points could be worth thousands of dollars. Since there may not be a paper trail, the usernames and passwords are vital to securing these financial assets. Sentimental assets such as photos and emails, if existing only in the cloud, would be lost without the username and password. It may be wise to have backup copies on unlocked hard drives or DVDs so that your family could access these important items.

The realm of digital asset management is in its infancy. Estate legislation is evolving and there are only a modest number of tools and services. So, no matter how meticulously we have planned, perfection is impossible. We must be prepared to revise and adjust as required.

Your digital self is somewhat like the invisible man. You don't see him but you are aware of his actions and of his impact on your real world. By creating a "shoe" for your digital footprint, you will enable positive internet interactions and minimize negative, unwanted intrusions. And just as important, your heirs and beneficiaries will thank you for making their roles much easier at a very stressful time.





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# Salvation from Isolation

BY ENID SANDERS



In a world that has been turned inside out and upside down, where I am confined to my home and living in almost complete isolation, there is something happening right outside my back door that reminds me that there is still some “normal” out there.

Every spring several Canada Geese come to Ballantrae and spend a few weeks on our pond. We are always complaining about them and chasing them away. In fact, they are protected under the Migratory Birds Convention Act but as they are so numerous, they can also be hunted during hunting season as long as you have a license.

This year, things have changed in so many ways.

We noticed that one of the geese seemed to be making a nest on the other side of the pond. At first we thought she was dead because she was not moving but after watching for a while, we realized what was happening. She and her mate were preparing to become parents.

Suddenly I felt a connection to this goose. She somehow represented the fact that the world as I once knew it still existed. In fact, I have become so obsessed with her that I am constantly watching out the back window to make sure that she is okay. She certainly has given me something to hope for.

It never occurred to me before to do any research on these birds that are so common in Canada and that are regarded as pests by so many people because they make a big mess wherever they are.

On Wednesday, April 8, the goose actually lay down in the nest which is on the ground near the pond. We noticed that the male goose was always around but he stays in the pond. A female goose will lay up to eight eggs. During the incubation period of about 28 days, she will not leave the nest and she will neither eat nor drink. She will only guard her eggs. The male is there for protection only, although they do mate for life. It is interesting to note that he is always swimming in the

pond but I never see him move close to her. I cannot see them at night so I do not know if he stays in the pond but he is certainly there whenever I look out.

On Thursday, April 9, the weather turned very cold and when we woke up in the morning, the ground was covered in snow. I could not wait to look out the window and there she was, covered in snow, still sitting in her nest.

On Friday, April 10, we again woke up to cold and snow but she was still there.

I have always been amazed by the maternal feelings that animals exhibit but somehow, right now, because of the terrible time that we are all going through due to Covid-19, this bird has come to represent (to me anyway) a feeling that everything will be okay, that life goes on. She is definitely not affected by this virus that is now controlling our lives. She has only one purpose in life – to protect and take care of her family. She has given me something to reflect on and she is a great distraction during this period of isolation.

I am so afraid that something will happen to her eggs or to the babies after they hatch. Apparently, geese can be very aggressive when they think their goslings are being threatened. Art and I actually witnessed that one day when we were hiking with our two dogs. One of the dogs got too close to the nest and suddenly we realized that she was about to be attacked by the goose. Luckily we rescued her in time and have now learned to keep our distance. I hope that the racoons and fox that live near here will also leave her in peace.

By the time you read this article, I hope that she will have had her babies and that the goslings will all be safe and healthy. They will stay with their parents for about a year.

I also hope that everyone in Ballantrae is safe and healthy and that coronavirus is only just a memory.

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# What Time Is It?

BY AL MOLDON

About 20 years ago, I was on the hunt for the “ultimate clock radio” for my bedroom side table. After much research, I found it! Made by Emerson, it had all the features I was looking for and more: AM/FM radio, digital time display with 2 brightness settings, dual alarms so I could sleep in after my spouse had been awakened (we were both working at the time), snooze feature, battery backup in case of power failure and the best feature of all—automatic time setting! You see, this radio had a special receiver in it that listened to the super accurate atomic clock signal in Boulder, Colorado. My clock radio would stay synchronized to it at all times. It even handled Daylight Saving time changes, something that had to be done manually to most clocks of that era.

Recently however, I became aware of a new breed of clock radio that made my Emerson anything but “ultimate.” I was getting complaints that the “dim display” was not dim enough, the radio had developed static and hum on the stations and the alarm feature couldn’t be automatically silenced on weekends. It was time to look for another “ultimate clock radio.”

I was browsing the internet looking for deals when I spotted an ad for the Lenovo Smart Clock with Google Assistant. Intrigued, I looked up the description and then started to get excited. Could this be the new “ultimate” I was hoping to find? The features sounded amazing: 50,000 radio stations in crystal clear quality, 10 levels of display brightness that vary with the room lighting, unlimited repetitive alarms with the ability to skip days when the alarm is not needed, a four-inch colour time display with multiple backgrounds, a charger connection on the back for a cell phone



and, to top it off, the Google voice assistant was built in! Now I could be awakened with a gently increasing alarm melody which halted when I said, “stop.” Then a voice would greet me and tell me the time, local weather, my calendar items and the latest news from multiple sources I had selected. As a bonus, split second accuracy would be maintained via the internet.

I was getting ready to buy when I noticed it was on sale with 50% off! That did it. I quickly ordered the Lenovo Smart Clock and a few days later it replaced the old Emerson. No need to even look at the clock now as I can just say, “Hey Google, what time is it?”

You can check out a full demonstration video by asking YouTube about the “Lenovo Smart Clock.”

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# Music to Our Ears

At a New York press conference in January the Global Wellness Summit released its top ten wellness trends for 2020—those that would have the most impact on a \$4.5 trillion global wellness industry. Participants had heard from 550 experts including economists, doctors, academics, technologists and CEOs from 50 nations.

Here's what they said about the benefits of music.

## WELLNESS MUSIC

We all self-medicate through music, but most people don't grasp just how powerful the medical evidence for music therapy is: Humans are *hardwired* for music; no other stimulus positively activates so many brain regions; and stringent studies show its dramatic impact on mood, anxiety and pain.

If formal "music therapy" has always seemed a tad dowdy, now, suddenly, something big is happening. Music as an *intentional* therapy is being radically reinvented by new technologies. Music is emerging as one of the hottest trends in wellness, and wellness concepts are shaking up the massive music industry. "Wellness music" is being born, and the trend takes provocative forms.

There's a big uptick in scientific research identifying how music's structural properties (such as beat, key, chord progression, etc.) specifically impact the brain and biometrics such as heart rate and sleep patterns—so evidence-based music and soundscapes can be developed as precision medicine. Music therapy's potential is so immense that the NIH just awarded \$20 million to fund a Sound Health Initiative to uncover music's brain mechanisms and new applications to treat everything from PTSD to autism. That's serious money for serious science. The trend is also being fuelled by our exhaustion with visual culture and screens: More of us are retreating into music and sound, as evidenced by everything from the surge in podcast-listening to the rise of hip "vinyl listening bars."

The mainstream music industry is pivoting to "wellness music." There's an explosion of wellbeing playlists (stress-reducing, sleep-focused, etc.) at the big streaming sites such as Spotify. There are big, new audiences for ambient and now actually cool "New New Age" music. Musical artists—from Erykah Badu and Jhene Aiko to bands such as Sigur Rós—are incorporating all kinds of wellness into their concerts, whether mass sound baths, meditation or aromatherapy. Full-blown audio-wellness festivals are rising. "Wellness" is becoming a new mode of listening—beyond the artist or genre.

A fascinating development: the rise of "generative" music, with apps that pull your biological, psychological and situational data to create a tailor-made-for-you,

always-changing soundscape—to improve your mental health any time you want to tune in. Berlin-based Endel is the headline-grabber, and their app deploys biometrics, AI and algorithms to create a personalized ambient wellness composition that just keeps blossoming as your bio and environmental input provides more data—whether you're stressed in traffic or headed out for a run. At London's wellness music sanctuary Wavepaths, founded by a neuroscientist and leading psilocybin researcher, you nest in an egg-pod, sensors gauge your biological and emotional states, and AI translates that data into a healing composition that courses through you via 21 surrounding speakers. (Music that simulates psychedelic experiences will rise.)

Meditation apps are morphing into wellness music apps. New player "Wave" foregoes the old whispery, guided meditations for an all-wellness-music platform that, combined with its pulse-vibrating bolster, delivers multi-frequency meditation. Mega-meditation app "Calm" is evolving into a "wellness music" platform. Their incredibly popular "Sleep" channel features compositions by alt-rock stars such as Moby and Sabrina Carpenter designed to work as adult lullabies. In 2020, they're working with famous artists—whether country or hip-hop stars—to create new, long-form "Calm" music for wellbeing (essentially becoming a wellness record label).

We'll see ear-opening, new music and sound experiences at travel destinations. Wellness resorts have launched so many sound baths, they've become a collective, mind-melting "Gong Show"—and the ancient sonic journeys aren't going anywhere. More wellness studios, such as London's Mind Like Water, will put rich menus of sound healing under one roof, whether Ayurvedic sound therapy massage or CBD sound journeys. Some really new acoustic experiences will hit wellness travel. "Deep listening" in noise-protected nature looks to be a fascinating development. In Amazon Awakenings' "Let it Happen" trip, acoustical ecologist Gordon Hempton leads travelers on an "interactive sound journey" in the sonically stupendous Ecuadorean rain forest, at the first noise-pollution-free "Wilderness Quiet Park." You learn to recover your lost animal-alert, 360-degree hearing, and practice "deep listening exercises" to identify the natural "drumbeats, violins, raindrops and choruses" around you.

People will pit artist-created music against new, neuroscientist-designed wellness soundscapes. But this trend isn't about giving up your Bob Dylan or Beyoncé fixes – it's about seeing music's health potential anew, with far more "wellness music" options: radical new technologies, experiments and experiences.



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# Let's Toast the Hawaiian Pizza & Bloody Caesar

BY JAN RICHARDS



Despite its tropical name, Hawaiian pizza is a Canadian creation. The pineapple-laden pizza is the brainchild of retired cook Sam Panopoulos, who emigrated from Greece to Canada in 1954. He opened the Satellite Restaurant in Chatham, Ontario and would often travel across the border to Detroit, Michigan, to sample new diner fare. Sam tasted traditional Italian pizza and he soon added it to his menu.

When Sam went on to experiment adding pineapple and ham to his pizzas, he chose the name Hawaiian pizza after the brand of canned pineapple he used.

Inspired by the sweet and savoury flavours of Chinese food, Sam introduced diverse flavours to Canadian diners. Say what you will about Hawaiian pizza—you either love it or hate it—this dish attracts as many fans as detractors.

Canadian cuisine now goes well beyond maple syrup, butter tarts and bacon to represent the cultural diversity that makes Canada and its gastronomy great!

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# Bloody Caesar

BY JAN RICHARDS

In 1969 Walter Chell, a bartender at the Calgary Inn, was tasked with making a signature cocktail for the new Italian restaurant in the hotel. He mixed vodka with clam and tomato juice, Worcestershire sauce, and spices creating a drink with a unique spicy flavour which he called a "Caesar" as a nod to his Italian roots. A regular customer at the hotel ordered this new inventive cocktail and made a flippant remark to Chell about the spicy vodka libation. He said, "Walter, that's a damn good bloody Caesar!" Thus the Bloody Caesar cocktail was officially named.

The drink became an immediate hit and was recognized as Calgary's most popular mixed drink. In 2009, according to an Ipsos-Reid poll, the Bloody Caesar was Canada's most popular national cocktail; an estimated 350 million Caesars had been consumed.

Basic preparation of a Bloody Caesar cocktail follows the "one, two, three, four" rule. The recipe calls for one shot of vodka, two dashes of hot sauce, three dashes of salt and pepper, and four dashes of Worcestershire sauce topped with 4-6 ounces of clam and tomato juice served on ice. The ingredients are poured into a glass rimmed with celery salt and garnished with a crisp celery stick and a wedge of lime.

This blend of sweet, salty, sour, spicy and bitter in an alcoholic beverage is a staple for Canada Day celebrations and weekend brunches. Not only is the Bloody Caesar a cocktail that can rightfully claim that it came, quenched and conquered Canada but it is also as red as our flag, eh?

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# Hail Caesar

Try these variations on Canada's cocktail.

BY ANITA DRAYCOTT



## MAPLE BBQ CAESAR

*Canadian whisky and maple BBQ sauce – truly Canadian, eh?*

### RIM

Lemon juice and Montreal steak spice

### INGREDIENTS

**1 oz (30 mL)** Canadian whisky

**1 tsp (5 mL)** maple-flavoured BBQ sauce

**2 dashes** Worcestershire sauce

**2 dashes** hot sauce

**2 grinds** freshly cracked salt and black pepper

**4 oz (120 mL)** Mott's Clamato Cocktail

### GARNISH

Knot of maple bacon on a skewer

Freshly cracked black pepper

### RIM

A highball glass with lemon juice and spice.

Fill glass with ice.

Add ingredients in order listed.

Stir well and garnish.

## CUCUMBER - INFUSED CAESAR

*The fresh cucumber makes a great counterpart to the savoury ingredients.*

### RIM

Lemon juice and freshly cracked salt and pepper

### INGREDIENTS

**4 slices** cucumber

**2 dashes** Tabasco sauce

**3 grinds** freshly cracked salt and black pepper

**1 oz (30 mL)** gin

**4 oz (120 mL)** Mott's Clamato Cocktail

### GARNISH

Cucumber slice

In a mixing glass, muddle everything but the gin and Clamato.

Add gin and Clamato and stir well.

### RIM

A highball glass and fill with ice.

Strain mixture into glass and garnish.

### One-Eighty (Peterborough, ON)

Consider the "Butcher Shop Caesar" from One-Eighty Sports Pub in Peterborough, ON. Rimmed with Sriracha celery salt and made with dill pickle-infused vodka, it's topped with all the fixings: thick cut double smoked bacon, kielbasa, beef jerky, a pepperette, old Cheddar, jalapeño Havarti, triple cream Brie, pickled asparagus, a spicy bean, dill pickle and olives.



# GONE SALMON

## *Fishing*



**BY LYNNE BALFOUR**

Looking for a different type of holiday?

Like many experienced travellers, Lynne and Doug Peter were looking for an interesting adventure when an ad for a floating lodge near Haida Gwaii, also known as the Queen Charlotte Islands in BC, a base for salmon fishing, caught their eye. The Peters flew to Vancouver, took another plane to Bella Bella, north of Vancouver, then were transported on a Grumman Goose float plane to King Pacific Lodge. They were enchanted by the scenery and ambience. The lodge featured communal dining for the 30 guests, great food and accommodation, and 18 fishing boats, each with room for two guests and a guide. Having sent their sizes ahead, they were outfitted with waterproof floatation coats and leggings for their daily





eight-hour excursions (starting at 6:30 am!) Although they went in August, the weather was often cold and wet.

Two downriggers (poles and lines with weighted balls attached that spring loose when fish bite) trolled behind the boat tempting Chinook and Coho salmon and snapper with lures or salted herring bait. Once caught, it took 30 to 40 minutes to haul in the fish which often weighed up to 20 pounds. Hard work! With a limit of eight salmon per person per year, the guides were very strict about rules and all boats were regularly inspected. The catch was cleaned and frozen for guests' return home.

A Chinook is larger than a Coho salmon, both of which are commonly caught in the area along with snapper and ling cod, apparently an ugly fish. A larger salmon called a Tyee (that is not usually caught) can run up to 30 pounds. The Peters also fished for halibut that live 25 miles out in the ocean, not among the inshore islands. Halibut tend to school in seas of 1500 feet to 2000 feet depth, but above sea mounds just 250 feet under the surface. Fishermen use heavier lines (two-pound), lowering the lures and dragging them along the bottom. Halibut are heavy (20 pounds) and hard

to lift to the surface, "like dragging up a tire." Female halibut and larger stock are protected for breeding.

Besides the beautiful scenery, the Peters watched Orcas "bubble feeding" - circling a school of small fish, breaching together to stun and then eating the smaller fish. On another site, sea lions were stealing the fish as the fishermen pulled them in.

The number of salmon has been negatively affected by increasing habitation along the rivers they swim up in the spring to lay their eggs. They are vulnerable going both upstream and downstream to bears, eagles, fishermen and, in some places, pollution.

Lynne and Doug have gone to three or four different fishing lodges in the Queen Charlotte Island area. They prefer the taste of wild salmon over farmed salmon. Although they have travelled to many places (Australia, New Zealand, Malaysia, South Africa, Dubai) their current favourite destinations are the BC Islands for fishing adventures.

(Thanks to the Peters for their untangling advice!)

# ENJOY Summer's BOUNTY OF Fresh Produce!

BY JOHANNA BURKHARD

When writing this column at the end of April for the summer issue of *Home on the Green*, it's hard to imagine what changes there might be when we are grocery shopping in the coming months. Right now newspaper headlines are reporting on the spread of COVID-19 among workers in our slaughterhouses potentially posing a threat to our future meat supply.

I can only wonder if prices of our favourite grilling meats, especially steak cuts and pork ribs, will be sky high because of a disruption in supply. So far poultry hasn't had the same issue but this could also change.

However, with all of the local farms around us we should have

no problem finding a varied selection of great fresh produce, so for this article, I have focused on main dish and side salads to enjoy this summer!



## QUINOA & CHICKPEA SALAD WITH CILANTRO & LIME DRESSING

Quinoa is a super grain with a mild, nutty taste that is high in protein and fibre. A friend who was undergoing chemo treatment found that this recipe was one of the very few dishes that appealed to her during her treatments. The combination of lime and quinoa makes for a great tasting salad that can stand alone as a main dish and also keeps well in the fridge for a day or two.

### MAKES 4 SERVINGS

**3/4 cup (175 mL)** quinoa, well rinsed in cold water (\*see tip)

salt

**1/4 (60 mL)** cup olive oil

**1 tsp (5 mL)** finely grated lime zest

**2 tbsp (30 mL)** fresh lime juice

**1 tbsp (15 mL)** liquid honey

**1 tsp (5 mL)** dried oregano leaves

**1 tsp (5 mL)** ground cumin

Freshly ground black pepper

**1 can (398 mL)** chickpeas drained and rinsed, about 1-1/2 cups (375 mL)

**1-1/2 cups (375 mL)** cooked fresh corn kernels (about 2 cobs)

**1 large** red pepper, seeded and chopped

**3** green onions, thinly sliced

**1/2 cup (125 mL)** coarsely chopped fresh cilantro

**1/4 cup (60 mL)** cup raw pumpkin seeds (optional)

1. In a medium saucepan, bring 1-1/3 cups (300 mL) water to a boil over high heat. Add quinoa and 1/4 tsp (1 mL) salt. Cover. Reduce heat to medium-low and simmer for 15 minutes or until quinoa is tender and water is absorbed. Uncover and fluff with a fork. Let cool.

2. In a small bowl, combine oil, lime zest and juice, honey, oregano and cumin; season with salt and pepper to taste.

3. In a serving bowl, combine quinoa, chickpeas, corn, red pepper and green onions. Add dressing and toss to coat. (Can be prepared up to a day ahead; cover and refrigerate.)

4. To serve, stir in cilantro and pumpkin seeds, if using.

*\*Tip: Although packaged quinoa is often pre-rinsed to remove the naturally occurring saponins, a resin-like bitter coating, it's advised to give the seeds an additional rinse to remove any powdery residue that may remain.*

## COBB SALAD

Always a favourite at the Ballantrae Golf Club restaurant, this substantial salad was made famous at Hollywood's Brown Derby in the 1930s and has remained popular over the years.

To go meatless, substitute chicken with poached salmon, cooked shrimp or canned tuna. Omit bacon and cheese. Increase the egg to one per person and use a whole avocado. Add additional chopped fresh herbs you may have on hand as well – a good suggestion when making any salad.

### MAKES 2 SERVINGS

#### DRESSING

**3 tbsp (45 mL)** extra-virgin olive oil

**1 tbsp (15 mL)** red wine vinegar

**1 tsp (5 mL)** Dijon mustard

**1/4 tsp (1 mL)** dried tarragon leaves or fine herbs

salt and freshly ground black pepper to taste

#### SALAD

**4 cups (1 L)** baby salad greens or chopped romaine lettuce

**1 cup (250 mL)** diced cooked chicken (1 small chicken breast)

**1** ripe but firm tomato, cut into wedges

**1/2 large** Hass avocado, cut into slices

**1** hard-cooked egg, sliced (\*see tip)

**4 slices** bacon, cooked crisp and chopped (optional)

**1/2 cup (125 mL)** crumbled blue cheese or goat cheese, or whatever cheese you have on hand

**2 tbsp (30 mL)** chopped fresh chives or sliced green onions

- Dressing:** In a bowl, whisk together olive oil, vinegar, mustard, tarragon, salt and pepper.
- Salad:** Divide greens among two wide salad bowls. Pour half the dressing over and toss to coat well.
- Arrange chicken, tomato, avocado, egg, bacon bits and blue cheese over lettuce. Sprinkle with chives and drizzle with remaining dressing. Serve immediately.

*\*Tip: To hard-cook eggs: Place eggs in saucepan; add cold water to cover eggs by 1 inch (2.5 cm). Place over medium-high heat; bring to a gentle rolling boil. Boil for 2 minutes; cover and remove from heat. Let stand for 10 minutes. Drain and chill eggs in cold water.*

## SALMON BURGERS WITH RÉMOULADE

*Rémoulade is a French version of tartar sauce made with fresh herbs. I like to have this fabulous sauce on hand to dress up any kind of burger or sandwich. It's also great to spoon over grilled or baked salmon.*

### MAKES 4 SERVINGS

**1 lb (500 g)** skinless salmon fillet, cubed

Rémoulade (see recipe), divided

**2 tbsp (30 mL)** dry unseasoned breadcrumbs

**1/4 tsp (1 mL)** salt

Freshly ground black pepper

**1/2 cup (125 mL)** panko crumbs or dry unseasoned breadcrumbs

**2 tbsp (30 mL)** vegetable oil, such as avocado (approx.)

**4** brioche buns (such as Ace Bakery), split and toasted

**8** thin slices tomato

Boston or leaf lettuce

- In a food processor, combine salmon, 1/3 cup (75 mL) rémoulade, the 2 tbsp (30 mL) breadcrumbs, salt and pepper. Pulse until finely chopped. Transfer to a bowl and shape into four 1/2-inch (1 cm) thick patties.

2. Place panko crumbs in a shallow bowl. Lightly coat both sides of patties in crumbs.

3. In a large nonstick skillet, heat oil over medium-high heat. Cook burgers for 3 to 4 minutes per side (reduce heat to medium if browning too quickly) until golden and cooked through to centre.

4. Spread toasted buns with rémoulade. Place salmon burgers on buns and garnish with tomato slices and lettuce. Refrigerate any remaining rémoulade.

### RÉMOULADE

#### MAKES ABOUT 1 CUP (250 ML)

**2/3 cup (150 mL)** mayonnaise

**1 tbsp (15 mL)** whole-seed mustard

**2** green onions, finely chopped

**2 tbsp (30 mL)** finely chopped fresh parsley

**2 tbsp (30 mL)** finely chopped fresh dill or basil

**2 tsp (10 mL)** fresh lemon juice

Hot pepper sauce

- In a bowl, combine mayonnaise, mustard, green onions, parsley, dill and lemon juice. Season with hot pepper to taste. (Can be prepared up to 2 days ahead; cover and refrigerate.)

## BABY BOK CHOY SALAD WITH GINGER - SESAME DRESSING

*Baby bok choy has a mild flavour and tender texture that makes it ideal in this delicious salad. This was one of the recipes I prepared in May 2019 for Ballantrae residents to introduce the Zephyr Organics Farm Shares Program that offers home delivery of their locally grown organic produce to our homes in Ballantrae on a weekly, bi-weekly or monthly basis until the end of October. There is still an opportunity to sign up for the rest of the growing season!*

For more information visit:  
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[jen@zephyrorganics.com](mailto:jen@zephyrorganics.com).

### MAKES 4 SERVINGS AS A SIDE DISH SALAD

#### GINGER SESAME DRESSING

**2 tbsp (30 mL)** light tamari or soy sauce (\*\*see tip)

**2 tbsp (30 mL)** rice vinegar

**4 tsp (20 mL)** toasted sesame oil

**1 tbsp (15 mL)** granulated white or brown sugar

**1 tsp (5 mL)** grated fresh ginger root

#### SALAD:

**4 cups (1 L)** chopped bok choy (leaves and stems, about 3)

**1/2 cup (125 mL)** sliced radishes

**3 tbsp (45 mL)** chopped chives

**2 tbsp (30 mL)** toasted sesame seeds (\*\*see tip)

- In a bowl, stir together tamari, rice vinegar, sesame oil, sugar and ginger root.
- Trim ends of bok choy and separate into leaves. Wash well in cold water and use a salad spinner to remove excess moisture. (Or wrap stems and leaves in a clean kitchen towel to remove moisture.)
- Place bok choy in a bowl and add radishes and chives.
- Just before serving pour dressing over and sprinkle with sesame seeds. Serve immediately.

*\*\*Tip: if using regular tamari or soy sauce, use 4 tsp (20 mL) instead.*

*\*\*\*Tip: To toast sesame seeds, place in a dry skillet over medium heat for 3 to 5 minutes or until lightly browned, stirring occasionally. Or, place on an ungreased baking sheet in a 350°F (180 C) preheated oven for 8 to 10 minutes, stirring occasionally, until lightly browned.*

#### RICE BOWL WITH BOK CHOY SALAD

##### MAKES 2 MAIN COURSE SERVINGS

Place about 1 cup (250 mL) warm or room temperature cooked brown rice in two large shallow bowls. Prepare Baby Bok Choy Salad with Ginger-Sesame Dressing recipe as directed and divide between the bowls of brown rice. You can also top the dish with grilled tofu or chicken, if desired.



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# Hockey: A Trip Behind The Iron Curtain

BY GREG MCCAIN



In a previous article I alluded to two of the things I enjoyed while growing up. The second of these was playing hockey. After a short career in professional hockey and leaving several of my teeth on the ice, my father impressed upon me the concept "to get an education." After all, I would be the first McCain to get the chance to go to a university (although my dad later went to the Western Business School at age 65). After finishing med school and then specializing in surgery I was lucky enough to restart my hockey career, albeit as team doctor for the short-lived Toronto Toros and then with the Canadian Olympic Hockey Team. Our trips to Russia began in Helsinki, the gateway to Russia, where we played a number of exhibition games. This allowed the team to adjust to the time difference and also to the larger ice surface. I was fortunate to visit Tampere and Turku and help with the setting up of sports medicine clinics. The Finnish team challenged the Canadians to a sauna followed by a naked roll in the snow. The Canadians won the challenge as the Finns sat back and drank beer and thought how stupid we were to even think of rolling in the cold snow.

Before going through Russian customs we all placed small souvenirs on our bags which were miraculously missing when we claimed our luggage. It seemed a little bribe made it easier to clear customs.

In addition to the hockey, Russia was a real cultural experience for me. I saw the Pushkin Museum of fine art with its large collection of French impressionists, the Bolshoi ballet, one of Russia's oldest theatres (built in 1776) in Moscow and the *Nutcracker* in Kiev with a full orchestra playing Tchaikovsky's musical masterpiece. The audience was filled with children just as it is when it is performed in Toronto. I also had an opportunity to visit Minsk and its large sports facility. The team stayed in tourist hotels for visitors. Amazingly the phones rang in every person's room every hour through the night waking up the Canadian players to make them tired. We played with Canadian spirit. When Paul Henderson broke his nose and returned to the bench, he said, "Just push it straight, I cannot miss a shift." That was lucky for us because he scored the winning goal.

During the World Cup in 1986 we were about to leave Moscow for Helsinki when our plane was cancelled. We were looking forward to a good meal (at that time there wasn't even a McDonalds in Russia). I was with Alan

Eagleson, one of the most powerful men in hockey at the time, who put down his platinum American Express and said, "Just get me out on the next plane." It didn't work; we all had to wait. When we finally got to Helsinki we were greeted by an array of Geiger counters. This was the year of the Chernobyl disaster.

I have had the good fortune to grow up playing hockey and then to prolong that career using my surgical skills. I have enjoyed watching my son and now my granddaughter play hockey. We have a junior A team in Stouffville. It is good hockey. Go out and support local hockey. Remember, it is still our "national pastime."



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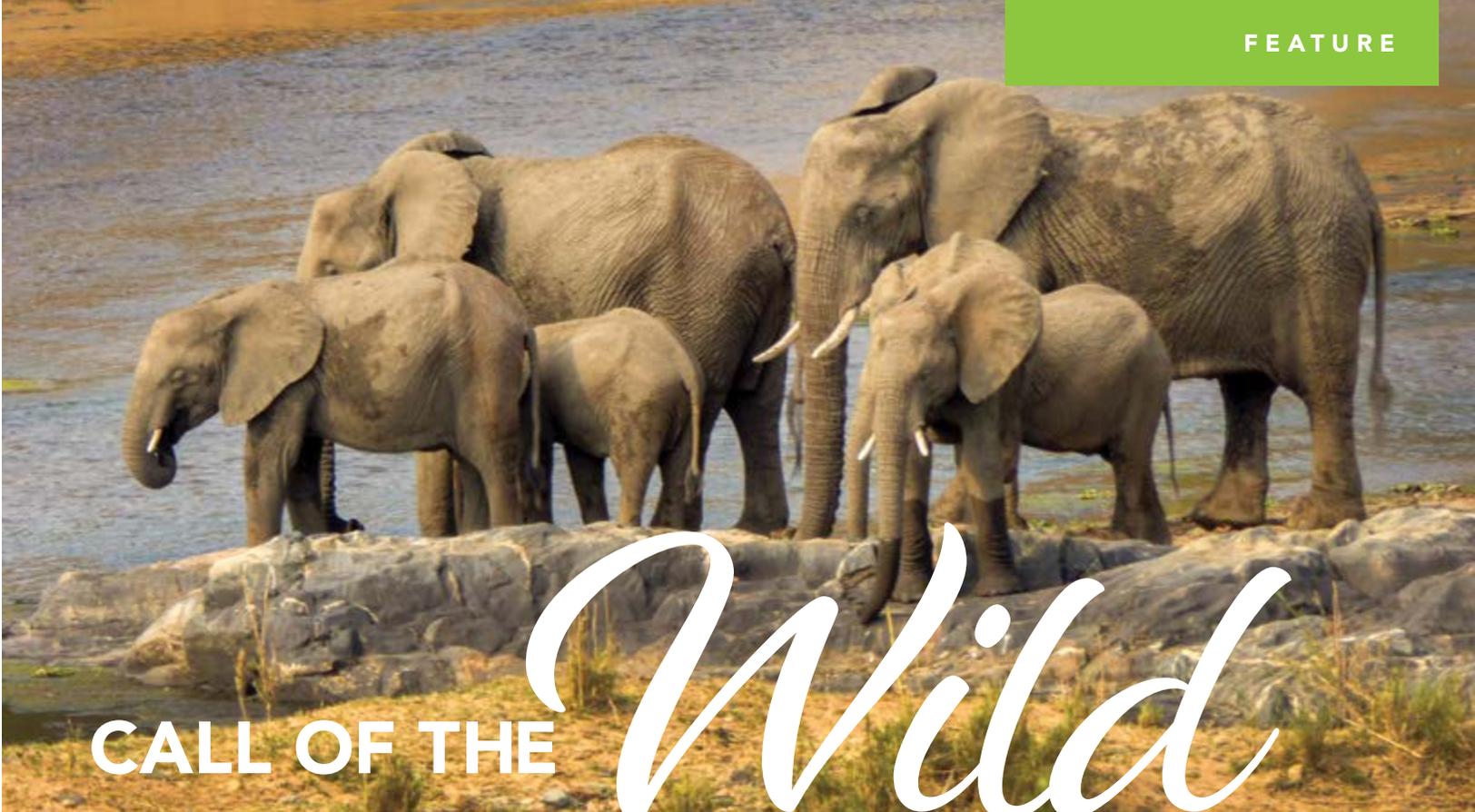
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# CALL OF THE *Wild*

BY ANITA DRAYCOTT

Consider this African proverb. Every morning in Africa, a gazelle wakes up. It knows it must run faster than the fastest lion or it will be killed. Every morning a lion wakes up. It knows it must outrun the slowest gazelle or it will starve to death. It doesn't matter whether you are a lion or a gazelle. When the sun comes up, you better start running.

Three lion cubs have just crawled out of the rib cage of a recently killed buffalo. Their noses are smudged in blood and they are so stuffed they can barely walk. Nearby a vulture waits its turn on a tree branch.

If you have never witnessed the majesty of wild animals on their own turf, it's difficult to explain why a safari can be a life changing experience. Most of us are so accustomed to living in our manufactured concrete jungles that being exposed to nature in its rawest state in an environment that we don't control reminds us that we are part of a much bigger picture.

## SAFARI SELF-CATERED STYLE

My recent South African safari was indeed life changing, but it was also a bargain. According to the African Safari Cost Estimator (on [www.discoverafrica.com](http://www.discoverafrica.com)), the cost per person for seven nights in a mid-range lodge is approximately \$8,000. Our group of ten just returned from a week in a five-bedroom house located in Mjejane Private Game Preserve bordering on Kruger Park and it cost approximately \$700 per person for seven nights total (see Safari Smarts sidebar). That's one heck of a deal!

Ideally located on the Crocodile River, our abode, called Lion Rock, had all the comforts of home and more. Each

bedroom had an indoor and outdoor shower, fine linens and modern fixtures. The kitchen was outfitted with stainless steel appliances, granite countertops and more pots, pans and dishes than a professional chef could want. Outside the huge deck and plunge pool overlooked the Crocodile River where wildlife sightings were in constant supply. Our package at Lion Rock included a daily maid, gardener and our own exclusive game ranger, who took us on two drives per day at times of our convenience.

The difference between Lion Rock and a luxury safari lodge is that it is a self-catering property, meaning we had to supply and cook our food. This was actually preferable for my group as we were able to prepare and eat what and when we wanted. Every morning Santa, the cheery maid, took care of our dirty dishes and cleaned the house thoroughly. She even offered to wash and iron our clothes.



## ANIMAL KINGDOM

But we really came to see the animals and we were never disappointed. South Africa, literally teeming with wildlife, boasts a staggering 900 bird species, approximately 300 species of mammals and 450 species of reptiles. Mjejane is home to The Big Five (Cape buffalo, lion, leopard, rhino, elephant) and more. It's a private game reserve so the sightings are

much more intimate than at Kruger Park because there are fewer people and rangers limit the number of vehicles so as to not disturb the animals. The rangers also communicate amongst themselves via radios to share their sighting information.

The true credit for our memorable experiences with the animal kingdom goes to Johan Rademeyer, the game ranger who works exclusively for the Lion Rock owners. The man was not only a veritable font of information with eyes like a hawk, but his passion and respect for nature and wildlife were genuine and infectious.

On our first evening drive we spotted all of the Big Five. Johan regaled us with all sorts of trivia and facts. Originally the Big Five was a hunting term for those animals that posed the greatest risk to hunters on foot. Did we know that giraffes are born two metres tall? Or that there are 40,000 muscles in an elephant's trunk? Rhinos are near-sighted which makes them vulnerable prey for poachers whose key market is Vietnam. Powder from the rhino horn has been used in traditional Chinese medicine and more recently some believe it can cure cancer and hangovers. Each zebra has a unique stripe pattern on its shoulder. When a baby is born its mother turns it around clockwise and anti-clockwise to teach it her pattern. Dainty impalas have "M" markings on their rumps; hence they are known as the McDonald's "fast food" of the bush. Some peculiar collective nouns include: a bloat of hippos, a zeal or dazzle of zebras, a murder of crows, a crash of rhinos. The Cape buffalo is considered to be the most dangerous of the Big Five due to its unpredictability and speed. Old buffalo bulls that the herd has deserted are called *dagha* boys because they love to wallow in mud (*dagha* means mud in the Zulu language). The bulls may be old but you don't want to mess with them.

### A DAY AT LION ROCK

For seven days, our routine went something like this:

- 5:00:** Up and under the outdoor shower from where I watched the hippos and waterbucks performing their morning ablutions in the Crocodile River.
- 5:30:** Load the cooler with a thermos of coffee and Amarula (African liquor made of amarula fruit: the "Baileys" of the bush).
- 6:00:** Off in the Toyota Land Cruiser with Johan for morning game watch.
- 8:00:** Coffee break while watching frolicking hippos.
- 9:30:** Return to Lion Rock. Download photos. Work out in the small gym. Take a dip in the plunge pool.
- Noon:** Lunch on the deck, binoculars at the ready.



**14:30:** Siesta time.

**16:00:** Prepare cooler for sundowners and off with Johan for more surprise sightings.

**17:30:** Sundowner gin & tonics and snacks in the bush.

**19:00:** Return to Lion Rock for dinner.

**21:00:** Bonfire under a sky studded with stars.

### UNFORGETTABLE AHA MOMENTS

Actually, there was never a "typical" day on safari at Mjejane. One afternoon we came very close to some flirting rhinos and Johan explained how the feisty female lays down the rules for this dating game. We got so close to an elephant I could almost reach out of the Toyota and touch its trunk. Giraffes have to contort their long legs into a tripod base in order to bend and drink from the river. Perhaps most dramatic was a pride of lions that took down a buffalo. For three days afterwards, we watched mom and the cubs devour the carcass.

Johan pointed out creatures great and small, including all sorts of beautiful birds, plants used for medicinal purposes, tiny crabs and chameleons. He explained some of the multi-faceted aspects contributing to the balance of nature in the bush – from the hunting rituals of lions to the secrets one can learn from a dung beetle's dung.

There were a few startling encounters. One evening as we were enjoying sundowners, Johan told us to get in the vehicle quickly. Something had upset an adolescent elephant in musk and he began chasing us while making frightening trumpeting calls. On another occasion four lions and a herd of elephants almost had a confrontation just in front of our vehicle. I came face to face with a warthog outside my bedroom door one morning and remembered Johan's comment that the electric fence was to keep us humans in rather than the animals out. We had to shoo some frisky monkeys away from the pool. My group did not encounter any black mambas or scorpions, but those were two good reasons to keep the doors shut at all times.



Never was there a dull moment at Lion Rock. When we weren't out on game drives we had a never-ending parade of elephants, giraffes, various antelopes and more coming to the Crocodile River for a drink or a bath. A particularly handsome kudu bull with spiral horns enjoyed nibbling on bushes right beside our pool.

Acclaimed writer Ernest Hemingway is usually credited with introducing *safari*, a Swahili word meaning journey, into the English language after his adventures in Africa in the 1930s. Once you've been on safari you realize that the "journey" of understanding the balance of nature has just begun.

**SAFARI SMARTS**

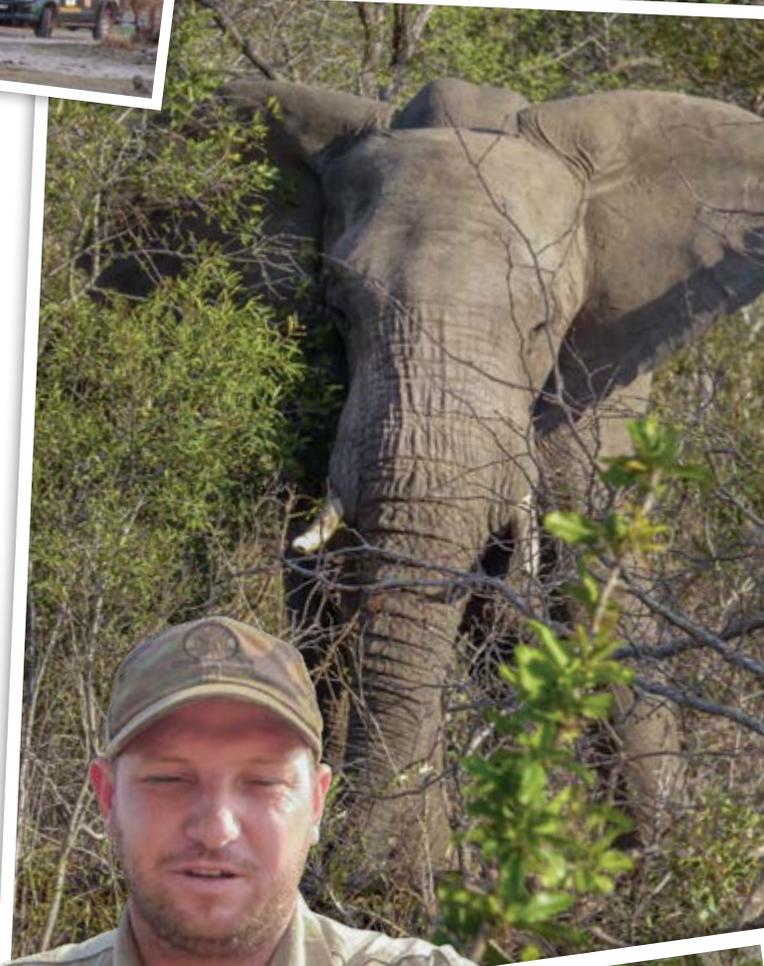
Make bookings for Lion Rock or other properties through the Winchester Group ([www.winchestermarketing.com/mjejaneriverlodges](http://www.winchestermarketing.com/mjejaneriverlodges)).

The base rate for the lodge per night is just under \$900 per night and it accommodates a maximum of ten people.

Amenities at Lion Rock: five ensuite bedrooms with indoor and outdoor private showers; fully equipped modern kitchen with granite countertops, six-burner gas range; three refrigerators; washer/dryer; pantry; games room with pool table and large television, huge living and dining rooms; furnished deck with plunge pool and both gas and wood-burning barbecue; boma (fire pit) on upper level viewing deck with bar; small gym, WIFI.

Fly to Nelspruit Airport and rent a car. If you don't want to go shopping, prepare an advance shopping list and the Winchester Group can arrange to have your food and beverages delivered from the Spar grocery store in nearby Malelane.

Bring covered shoes, long pants, binoculars, sunscreen, sunglasses and a camera with a good zoom lens. Don't forget your sense of adventure!



## PROFILE

## IGGY NATOLI'S

*Eclectic Life*

FROM MAKING MUSIC TO SOAP WITH SOME GOLF,  
LAWN BOWLING AND TENNIS ON THE SIDE



BY ALISON SCOWCROFT

**I THINK MOST PEOPLE KNOW YOU AS THE GUY FROM OUR TENNIS CLUB WHO MAKES THE BEST LUNCHES, BUT THERE'S MORE TO YOU THAN THAT, ISN'T THERE?**

Yes, I have a company called Buncha Farmers that I started in the summer of 2006. It was a co-op made up of 11 farmers, bakers and soap makers. We had a store for several years but closed it in December of 2008.

**HOW DID YOUR PRODUCT LINE BECOME WHAT IT IS?**

We realized pretty quickly that the cleaning products, including the soap sticks, were such a huge draw we could barely keep them in stock. So we quickly focused on that element of the business. We have since grown it to include bar soap, detergent for clothes, creams and lip balm.

**I'VE TRIED MOST OF YOUR PRODUCTS AND I'M CURIOUS ABOUT HOW YOU GOT INTO MAKING CREAMS.**

I took a course on making skin creams and it became a bit of a passion for me. I make it in small batches with all-natural ingredients.

**I UNDERSTAND YOU ALSO OWN AND RUN TWO FARMERS' MARKETS.**

Yes, they run from May to October, one at Hillcrest Mall every Sunday, the other at the People's Church at Bayview and Sheppard every Friday.

**TELL ME ABOUT YOUR VARIED BACKGROUND.**

Yes, my first love is music. I chose that as a profession and studied piano and music theory privately in Liverpool, England. When I returned to Toronto I had a band and we





played in showcase clubs in the '80s, including Rivoli, Larry's Hideaway, the Beverly Tavern and the Drake Hotel.

**WHAT MADE YOU LEAVE YOUR MUSIC CAREER?**

(Laughing) It was hard to pay the bills. So when I turned 30 I decided to become a golf pro. I taught golf for 15 years.

**LUCKY FOR YOU. AS I UNDERSTAND IT, THAT'S HOW YOU MET YOUR WIFE JOAN.**

Yes, she was one of my students, so I consider that a very wise career change indeed.

**THERE'S ANOTHER INTERESTING FACT THAT MANY PEOPLE DON'T KNOW ABOUT YOU & THAT'S YOUR LAWN BOWLING EXPERTISE.**

Yes indeed. Joan and I started lawn bowling in 2008. We participated in area tournaments as a team and won seven or eight titles in the mixed doubles category. Joan and I were Ontario Champions in the over 55 games in 2012.

**YOU SOUND LIKE A VERY BUSY GUY WITH YOUR COMPANY, YOUR FARMERS' MARKETS AND YOUR INVOLVEMENT IN THE COMMUNITY. DO YOU STILL FIND TIME FOR YOUR MUSIC?**

Yes, I still write songs. As a matter of fact I have one called "Precious Love" that you can hear on iTunes in Hip Culture.

**DO YOU HAVE A WEBSITE WHERE PEOPLE CAN SEE YOUR PRODUCTS?**

Yes, [www.bunchafarmers.com](http://www.bunchafarmers.com).

Given these unusual times, let's try to support local businesses such as Buncha Farmers Inc.



# Flower POWER

THE GLORIOUS GARDENS OF  
SALVATORE & FILOMENA TESORO

**BY KAREN CLARK**

After a long and trying spring, we are all looking for a fresh start and a boost to the psyche... what better way than to plant some flowers and watch their colours unfold? Scientific research has shown that flowers help ease stress and anxiety. Studies done by Rutgers University have also proven that flowers improve moods by releasing brain chemicals such as dopamine and serotonin—creating a positive reaction to flowers.

Walking the streets of Ballantrae, residents will undoubtedly admire some pretty planters and gardens, but the stunning floral display, lovingly tended by Salvatore and Filomena Tesoro at 41 Couple's Gallery, is worth a detour.

The Tesoros moved here from a one-acre property near Bloomington and Ninth Line where they had large gardens. Having lived in Ballantrae for 17 years,

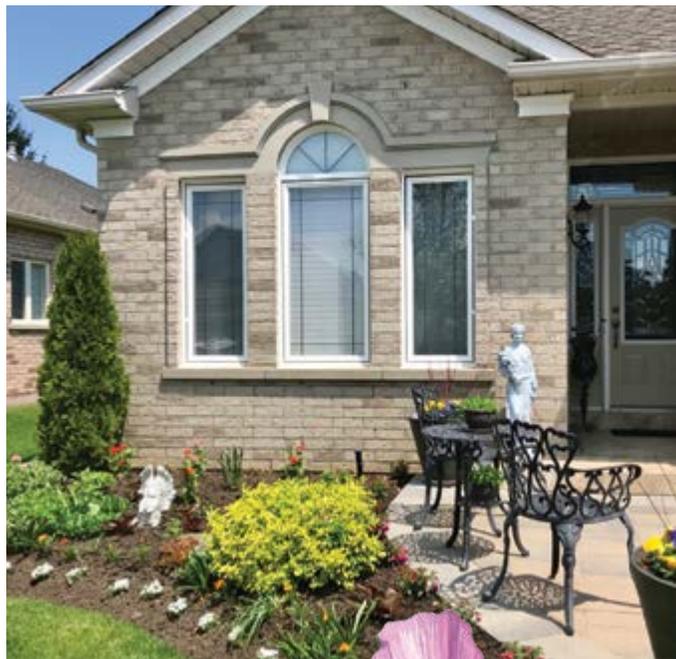
these avid gardeners have created several flower beds on their south-facing property.

Being retired and not into any sports, they find the garden provides a good source of exercise, aside from the rewards of growing beautiful flowers.

Amongst the roses and sunflowers, the glorious dahlias add a splash of vibrancy. These tuberous perennials have an interesting history that can be traced back to the 1500s in the mountainous regions of Mexico and Guatemala. Designated as the national flower of Mexico in 1963, their existence can be traced back to the Aztecs who cultivated the tubers as a food source and used parts of the plant to treat epilepsy. The long hollow stems were used as water pipes.

Filomena says their preference for growing dahlias is due to their flashy display and variety of shapes and colours. Related to the sunflower, daisy, chrysanthemum





and zinnia, there are 42 species of dahlias. Bloom sizes range from a tiny two inches in diameter to up to one foot, aptly named "Dinner Plate."

Although dahlias are perennials, the tubers must be taken in during the winter and stored in a dry, cool basement.

So if you are out enjoying a stroll or bike ride on a sunny day, you will probably find the Tesoros out

tending the garden for their enjoyment...and ours. Lucky us!

Take time to smell the flowers.

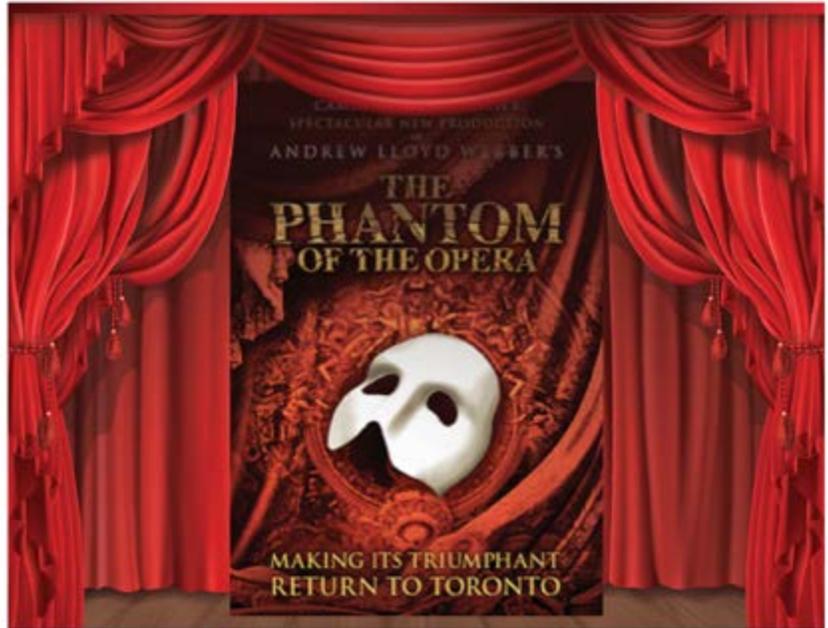


# Phantom of the Opera Trip

BY SUE DALY

On January 29, Ballantrae fans of the Broadway play *Phantom of the Opera* embarked on a journey to the Princess of Wales Theatre in Toronto. Some had already seen the show at least once. Our group travelled on a luxurious limo coach bus equipped with leather lounge seats and music. The performance did not disappoint. Arrival and departure went smoothly and everyone was home in time for dinner.

More planned activities by the Ballantrae Social Committee will be announced when we are able to do so. Keep safe!



## Ladies' Dine Around

Nineteen ladies enjoyed the Dine Around on February 11.

Due to the teachers' strike several loving grandmothers helped out their families by babysitting kids and were unable to attend; other grandmas were able to attend, leaving grandpas at home to tend to the grandkids!

Variations of sushi, tempura, maki rolls and teriyaki were enjoyed at the Kato Sushi Restaurant on Main Street, Stouffville. The Sushi Boat was especially fun to share at the table.

Everyone received a little silk Chinese sack filled with a fortune cookie. The sacks will be handy as travel bags for jewelry, etc.



# A Great Smile Lasts A Lifetime.

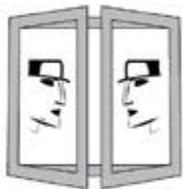
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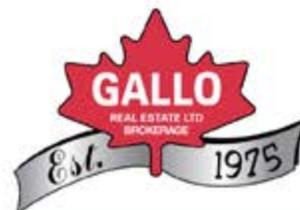
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# Ballantrae Residents' Food Bank Fund Drive

BY WAYNE BURGESS



A great big **THANK YOU** to all residents of Condos 3, 4 and 5!

On May 6, the three condo presidents, along with Councillor Maurice Smith, presented a donation of \$12,656.00 to the Stouffville Food Bank! This amazing generosity resulted from a challenge by the Condo 3 Food Bank Fund Raising team to the folks of Condos 4 and 5.

Photos of the presentation are featured in *Stouffville Sun-Tribune*, the Stouffville Food Bank web site, [www.wsfoodbank.ca](http://www.wsfoodbank.ca) and our own *Home on the Green* web site, [www.hotg.ca](http://www.hotg.ca). Councillor Smith also gave us special recognition at the Town Council meeting.

The fund drive will provide much-needed assistance to many Stouffville residents who are suffering and desperately struggling as a result of COVID-19.

The generosity and caring so wonderfully exhibited must continue as we cannot lose sight of the fact that this suffering and need will be ongoing for some time.



**NOTE:** Through the *Stouffville Sun-Tribune*, our "challenge" has been passed on to other condos and communities in Stouffville.



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## THE SS SAGAMO'S HOMECOMING

BY GERHILD SOMANN

My late husband Rolf Somann had a boundless love for the outdoors. His greatest passion though was water. He grew up on the outskirts of Hamburg, Germany near the Elbe River and many other waterways – a vast arena for outdoor adventures.

In his early youth his mom, a gymnastics teacher and war widow, registered Rolf and his two brothers in their local kayak club. It was a natural fit for where they lived. The winters were mild in Hamburg, so they spent a great part of the year kayaking and camping. Prior to emigrating to Canada, Rolf and his brothers took a train to Switzerland with their folding kayaks, found the River Rhone and paddled all the way to Avignon, France through the Ardeche Valley – their trip of a lifetime.

Once in Canada, Rolf's love for water only intensified. From owning a small motorboat, to sailing, he gravitated to scuba diving. Later he canoed the French River.

In the course of his diving years he investigated shipwrecks in the Muskoka, French River and Georgian Bay areas. Many of his over-40 diving missions took place in the winter under ice. Once he surfaced with a two-handled silver cup. Although he always wished to turn it over to a museum, it was forgotten. After moving to Ballantrae the cup resurfaced and we decided to find a proper home for it.

But Rolf became ill and the cup was once again forgotten. My beloved Rolfi passed away on July 20, 2019. In tidying up some of his personal belongings and taking care of all there is to take care of after a death, I remembered Rolfi's wish. There was the cup – on a shelf in the basement. I cleaned it up and noticed an engraved *Sagamo* inscription. Via the internet, I soon found that there had been a *Sagamo* passenger ship in Gravenhurst. Since 1963, she had been sitting unused at the wharf and in August, 1969 a catastrophic fire had destroyed the entire wood portion of the ship.

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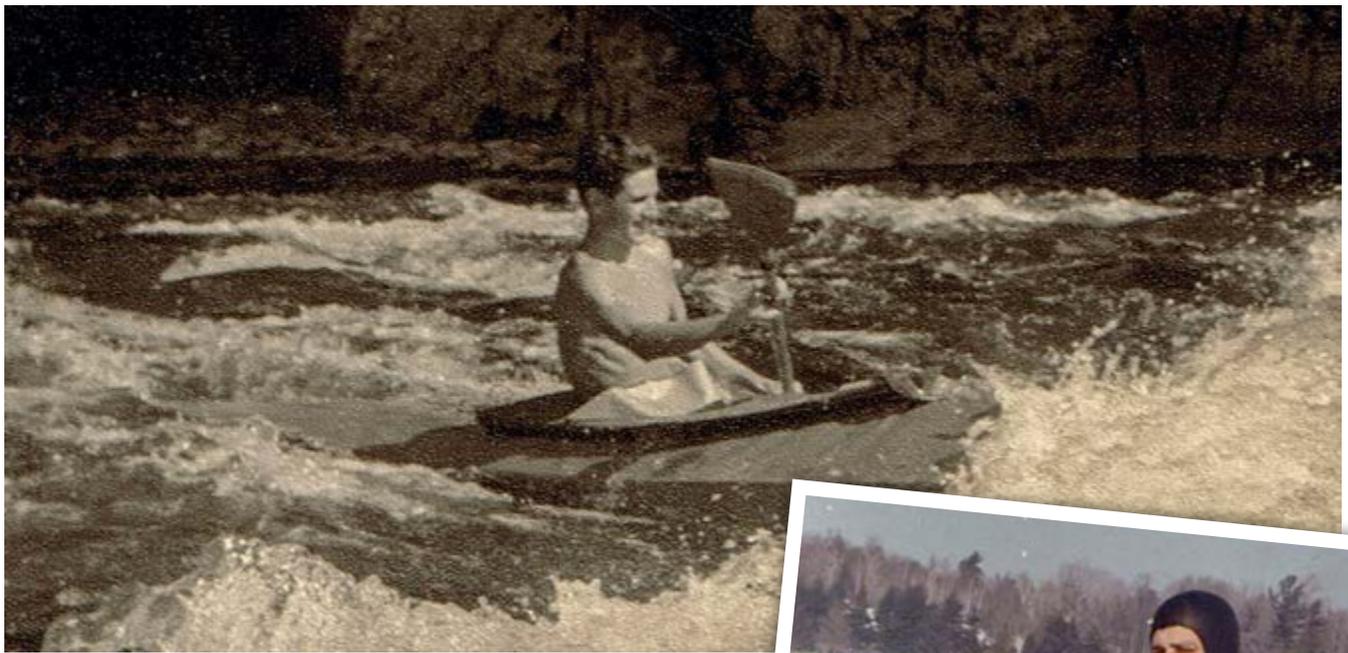
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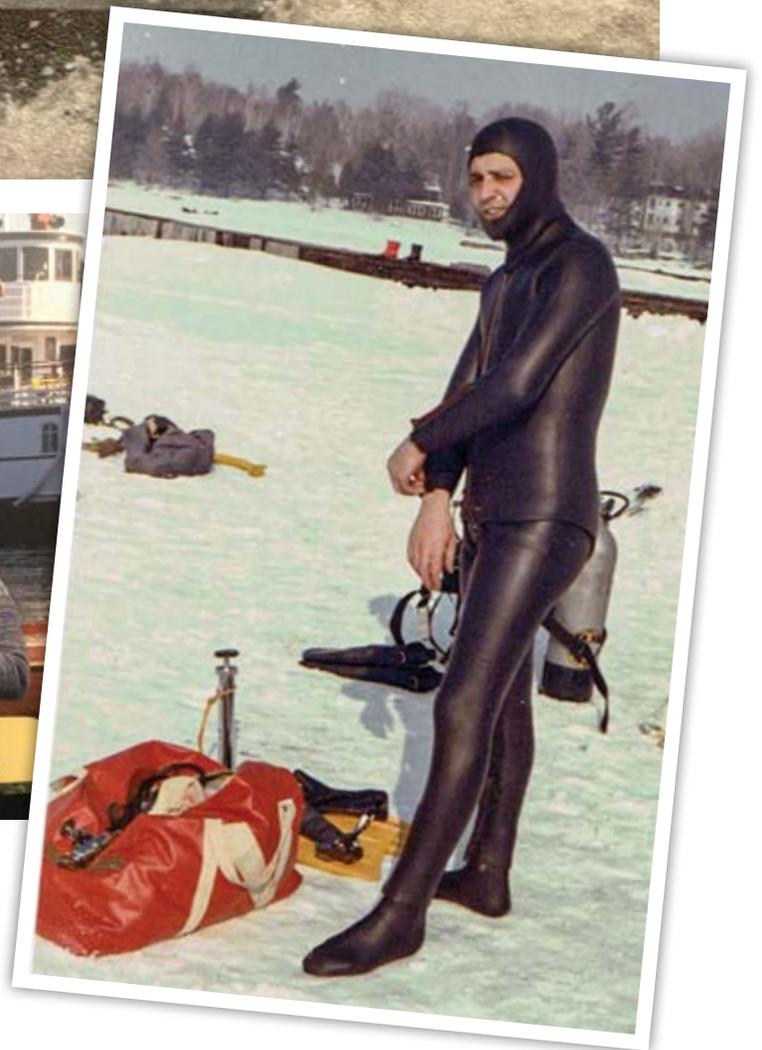
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Left to right: Eva, Gerhild and Ann Curly

As Rolf's dives had taken place in many locations, I had to go through his dive log to determine the timing of his Gravenhurst dives and was able to narrow his find down to 1969 or 1970. The Historic Society directed me to the Gravenhurst Discovery Centre where I was happy to connect with the curator, Ann Curly. On October 31, 2019 our oldest daughter Eva and I presented the cup to her. She was delighted with this unusual donation and told us that for the month of June 2020 she would plan a *Sagamo* exhibit and would also include some of Rolf's diving paraphernalia.

After the presentation, Eva and I ventured to the Blue Willow Tea Shop at the Gravenhurst Muskoka Wharf for afternoon tea and reminiscing. This is where Rolf and



I often sat when in Gravenhurst to pick up our annual basket of blueberries. We were so happy to finally have Rolf's wish fulfilled and we now look forward to revisiting the Discovery Centre in June and perhaps also to enjoy a cup of tea at the Blue Willow.

**NOTE:** Due to COVID-19, exhibition date may change. Call 1-866-687-6667 for more information.

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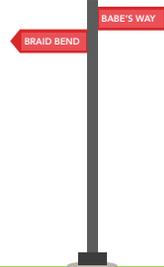
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# What's In A Name?

## Streets Of Ballantrae Golf And Country Club BY MAURICE SMITH



Street names were assigned as follows:

**CONDO 1** names honour prominent Masters Tournament winners,

**CONDO 2** names honour prominent U.S. Open winners,

**CONDO 3** names honour prominent CPGA Champions,

**CONDO 4** names highlight winners of The (British) Open Championship, and

**CONDO 5** names recognize female legends and honourable mentions.

The roadways called The Masters South and The Masters North delineate the south and north portions of the "ring roads." These were named after the most prominent single tournament in golf. The eastern entrance road, Legendary Trail, was named for the many legends that blazed a trail for the great game of golf.

**ANDY'S ALLEY** — Andy North was a three-time All American while attending the University of Florida in Gainesville. He then had a moderately successful career on the PGA Tour, winning only three tournaments. What is unique about Andy is that two of his three wins came at the U. S. Open.

**ARNIE'S CHANCE** — Arnold Palmer dominated the game for many years. He won The Masters four times and was also runner-up four times. He participated in the Masters for 50 consecutive years. His first win as a pro was the Canadian Open in 1955 at the Weston Golf and Country Club.

**BABE'S WAY** — Mildred (Babe) Didrikson-Zaharias was considered by many as the greatest woman athlete of the first half of the 20th century. She was the first American woman to win the British Amateur title. She then turned professional and went on to win 33 times on the LPGA tour, including three wins at the Ladies' U. S. Open. The Babe Zaharias trophy is still presented to the female amateur athlete who has done the most during the year for women's sports.

**BARRETT BEND** — Percy Barrett won the CPGA title twice. He also won the Canadian Open the fourth year it was

played (1907). He became a Southern Ontario course designer and did the original layout for both the Mississauga and Galt Golf Clubs.

**BEN'S REIGN** — Ben Hogan won The Masters twice and was runner-up on four occasions. He also won the U. S. Open four times. He was involved in a horrific auto accident in 1949 that impacted his career. In 1951, he entered just five tournaments but he won three of them, including the Masters and the U.S. Open and finished second and fourth in the other two. He won the 1953 (British) Open, the only time he played it.

**BERG COURT** — Patricia (Patty) Berg won 39 times on the LPGA tour. As of 2019 she holds the record for the most Major wins (15) on the LPGA tour. On three occasions, the Associated Press named her Woman Athlete of the Year.

**BOBBY LOCKE LANE** — Arthur D'Arcy "Bobby" Locke, like Gary Player, came from South Africa. He finished as the low amateur the first time he played in The Open Championship in 1936, eventually winning it four times. He also won the Canadian Open in 1947.

**BOROS LINK** — Julius Boros won 18 times on the PGA Tour. He won the U.S. Open in 1952 and in 1963. With his win at the 1968 PGA Championship at age 48, he became the oldest player ever to win a major.

**BRAID BEND** — James Braid was a five-time winner of The Open Championship. When he retired from professional golf he became a course designer. He designed both the King's and Queen's Courses at Gleneagles, Scotland.

**COUPLES GALLERY** — The street named for Fred Couples lines the eastern portion of Phase 1. It encompasses the residential area in much the same way the gallery of fans line the fairways when he plays. His win at the Masters came in 1992. For many years thereafter he has been a strong and popular player on the tour.

**EMMO ALLEY** — This street, the only one not named after a professional

golfer, was named in recognition of the Mayor of Stouffville for his unwavering support and efforts through the municipal approval process for the BGCC complex. Schickedanz used a nickname he had since his early years. The nickname Emmo, (pronounced M – O) belongs to Wayne Emmerson who eventually became Chairman of York Region.

**FALDO'S FLIGHT** — Nick Faldo is a three-time winner of the Masters. With his win in 1996, he set a record by coming back from a six-stroke deficit after the third round. He has also won The Open Championship three times.

**GENE'S LANDING** — Gene Sarazen was one of only a handful of players to win all Major golf championships. He won 39 times on the PGA tour and won the U.S. Open in 1922 and in 1932.

**GENTLE BEN** — "Gentle" Ben Crenshaw was a two-time winner of the Masters in 1984 and in 1995. He, like Ballesteros, has also been the runner-up on two occasions. He is widely regarded as one of the best putters in golf history.

**GOLDEN BEAR** — Jack William Nicklaus, also known as "The Golden Bear," is revered as a major force in professional golf and is one of the greatest golfers of all time. Jack is the only golfer with the honour of having two streets in our complex named after him.

**HAGEN HOLLOW** — Walter Charles Hagen was a major golf figure in the first half of the 20th century. He won the U. S. Open twice. In 1922, he became the first American to win the (British) Open. He eventually won it four times.

**HALE'S LANDING** — Between 1971 and 1994, Hale Irwin won 20 times on the PGA Tour. He played on five Ryder Cup teams and won the U. S. Open three times. When he won in 1990, it was 15 days after his 45th birthday. This made him the oldest player ever to win the tournament—a record that still stands.

**HORTON'S FIRST** — 1934 was the first year The Masters was played and Horton Smith was the winner. He repeated the

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feat again in 1936. His share of the prize money in 1934 was \$1,500. Actually, the tournament lost money and one of the host club members put up the \$1,500. When Tiger Woods won in 2019 he received \$2,070,000.

**JACK'S ROUND** — Jack Nicklaus is a six-time winner at Augusta. His dominance at the Masters spanned an amazing 24 years. He still holds three Masters records: oldest golfer to win (46), most cuts made (37) and most top ten finishes (22).

**JOSE'S WAY** — Jose Maria Olazabal, a Spaniard, spent the first ten years of his professional career on the European tour. His PGA tour success has included two Masters titles. He has also been a member of the European Ryder Cup team on several occasions.

**LAMB'S RUN** — Willie Lamb was a successful multiple winner of tournaments in the early years of the CPGA when he captured five titles. He was the Head Pro at Lambton Golf and Country Club in Toronto from 1934 to 1964.

**LEE'S GALLERY** — Lee Trevino (The Merry Mex) is an icon for Mexican Americans. He won 29 times on the PGA Tour, and 29 times on the Senior's Tour. He won the U. S. Open in 1968 and in 1971. Two weeks after his 1971 win he won the Canadian Open, and the following week The (British) Open. He thereby became the only player ever to win three national titles in the same year. He won the Canadian Open on three occasions.

**LITTLE BEN** — The developer wanted to name a street after the local amateur great Marlene Stewart-Streit but the names Marlene and Streit were rejected by zoning officials. It was therefore decided to use Little Ben, a nickname by which she had been affectionately referred to at Lookout Point in Fonthill, Ontario where she first took up the game. The "Little" referring to her five-foot, four-inch stature and "Ben" comparing her golfing personality, spirit and competitiveness to Ben Hogan. She has been the only Canadian (male or female) to be inducted into the World Golf Hall of Fame.

**LONG STAN** — Stan Leonard was Canada's most persistent champion capturing a total of eight titles during his

21-year professional career. He played exclusively on the Canadian Tour until 1955 when he joined the PGA Tour. He finished in the top ten at the Masters on four occasions. He was also the low Canadian at the Canadian Open nine times.

**LORD BYRON** — Byron Nelson was a two-time winner of the Masters. He also won the Canadian Open in 1945, when it was played at Thornhill Country Club. That year he won a total of 18 official PGA tournaments and finished second in seven others.

**MCDERMOTT TRAIL** — John J. McDermott Jr. was the first U. S. born golfer to win the U. S. Open. He won in both 1911 and 1912. With his win in 1911 he became the youngest ever winner, a record that stands today.

**MORRIS BELT** — The Open Championship is unique in that it has had multiple father and son winners. Tom Morris Sr. and Jr. each won the tournament four times. The Belt portion of this street name has some historical significance. Tom Morris Jr. was the first participant to receive an award for his winning efforts. The prize was a red leather belt.

**PLAYER PLACE** — Gary Player was born in South Africa and with his win in 1961 he became the first ever non-American Masters champion—eventually winning it 3 times. He still holds the record for the most-consecutive cuts (23) made at this tournament. In 1965 he became the only non-American Grand Slam winner.

**RAWLINS GATE** — Horace Rawlins was the winner of the first (1895) U. S. Open. There were only 11 entries that year and he received \$150 of the \$335 purse. In 2019, there were 9125 entries with a total purse of \$12,500,000.

**RAWLS LANE** — Betsy Rawls won 55 LPGA Tour events including the U.S. Women's Open four times. She was inducted into the LPGA Hall of Fame in 1967.

**SEVE'S APPROACH** — Severiano "Seve" Ballesteros won the Masters twice and was runner-up twice. His win at Augusta in 1980 was the first ever by a European player. It also earned him, up to that time, the record as the youngest (at 23) ever winner.

**SIR GEORGE** — George Knudson is one of Canada's most recognized names in the world of golf. He won the CPGA title

five times. He tied for second (one stroke back of the winner, George Archer) in the 1969 Masters.

**SNEAD'S GREEN** — Sam Snead managed three wins at the Masters. He also holds the record as the oldest player ever to make the cut at the U.S. Open in 1973 at the age of 61. His 82 life-time tournament wins was a record until Tiger Woods came along.

**SUGGS LANE** — Louise Suggs won 50 times on the LPGA tour; eight were Major Championship titles. In 1950, she was a co-founder of the LPGA. She was also the first woman elected to the LPGA Hall of Fame.

**TURN TAYLOR** — John Taylor, along with James Braid and Harry Vardon, dominated The Open Championship at the turn of the 20th century. He was the winner five times. He also captained Britain's Ryder Cup team to their win over the U. S. in 1933. He is the only team captain on either side never to have played in the Ryder Cup matches.

**TOMMY ARMOUR ALLEY** — Armour won the Canadian Open three times. He also won the PGA Championship and the British Open.

**VARDON GATE** — By winning The Open six times, Harry Vardon holds the record for the most wins of this event. If, when holding your golf club, you have the little finger of your lower hand overlapping the index finger of the upper hand, you are using what is called a Vardon grip, a style this player originated. Today the PGA tour player with the lowest stroke average for a season is presented with the Vardon trophy.

**WETHERED WAY** — Joyce Wethered won the British Women's Amateur on four occasions. She also won all five English Ladies' Championships she entered. The immortal Bobby Jones once remarked, after golfing with her, that she was the finest golfer, man or woman, he had ever seen.

**WILLIE'S ROUND** — Willie Anderson was a Scottish emigrant who became the first golfer to win four U. S. Opens — one of only four players to accomplish this feat. He is however the only player in history to have won this tournament in three consecutive years.

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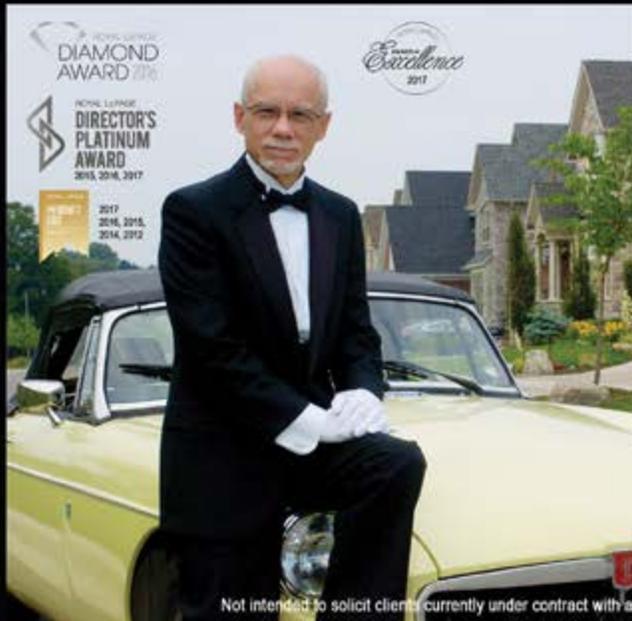
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BY MARY BRESSER/  
DONNA CLARK

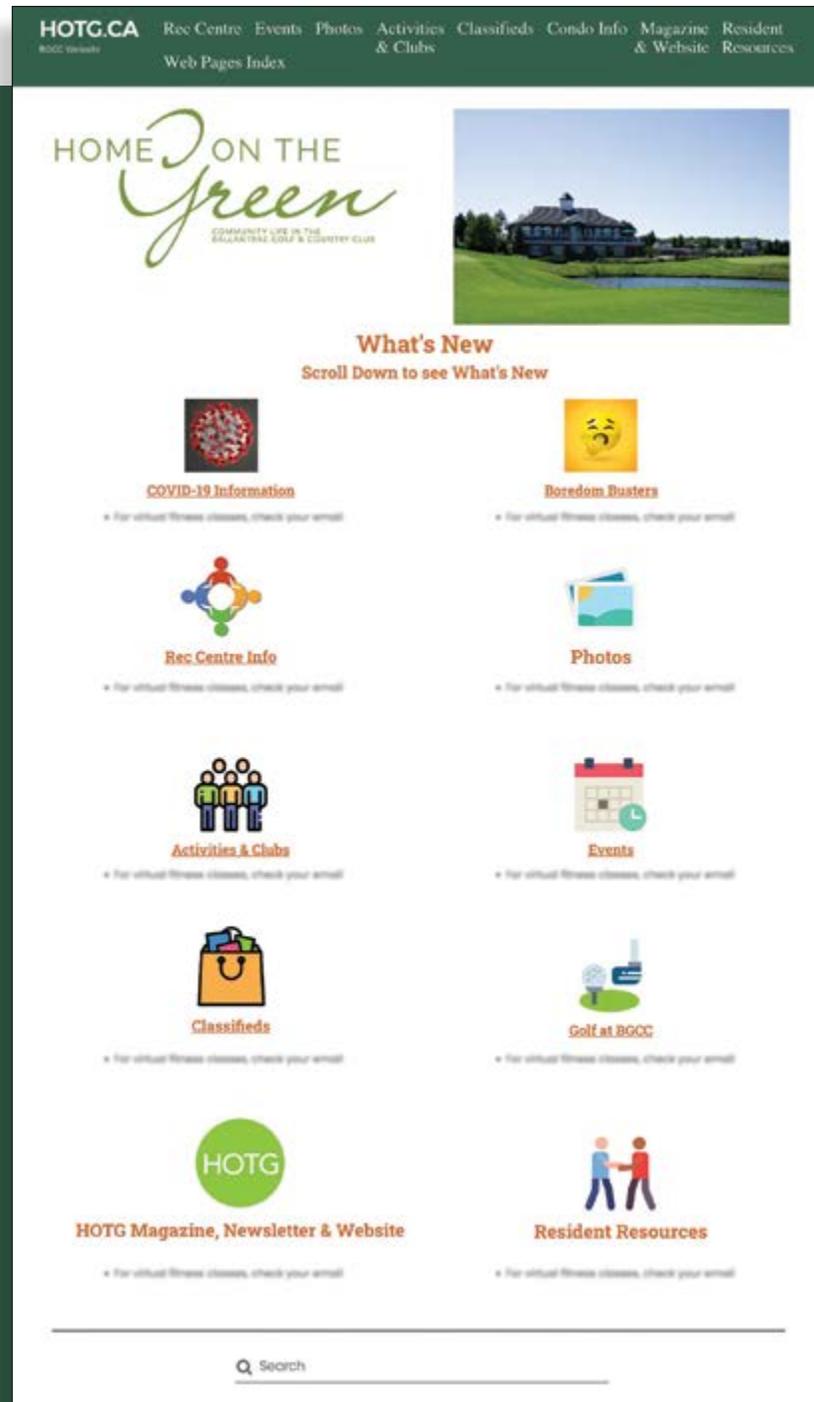
Let's start with the **Home Page**

Note the easy to use menu across the top. You can click on any of the headings and go to the landing page for that section. Still can't find what you are looking for? Our recently added **index** gives you an alphabetic list of website content. Skim down the list or use the search box, available on every page, to find what you want.

Now let's explore the "What's new" part of the home page. We have organized this section using the same categories as in the menu bar with two new exceptions. We created a **COVID-19** section with the most up to date information (which we hope will soon not be needed). Additionally we added a new fun section called **Boredom Busters** to help us all stay entertained during these times. Maybe this will be a keeper going forward!

The remaining sections are kept updated regularly and we highlight "what's new" under each of the categories so you can quickly see what has changed and whether you want to visit that section of the site for more information.

We don't have space to go through everything that is in each of our sections but we do encourage you to explore at your leisure. On the following page we will focus on **Resident Resources** as it has been reorganized and there is a wealth of information available to you. And remember, if you can't find something such as 'Real Estate listings', just go to the **index** on the main menu or the new sub index on the Resident Resource landing page and scroll down until you find it. Click on it and you will go directly there.



We hope this gives you more reasons to visit [hotg.ca](http://hotg.ca). And we trust that you have signed up for our new and improved **HOTG** newsletter. It is our third **HOTG** communication vehicle and complements both the quarterly magazine and our website. You can sign up on the website or email [webmaster@hotg.ca](mailto:webmaster@hotg.ca).

## Resident Resources

Is where to look for all kinds of helpful information. It even has its own **Index!**



**Emergency Services & Hospitals** has suggested links for veterinarians, power outages, and other emergency services.



**Resident Help & Volunteers** is where you'll find information about help with temporary, non-emergency needs. Things around the house like changing light bulbs or doing minor repairs, or a drive to appointments. Volunteers are available to help. Also included are some of the charities in the area who are looking for volunteers.



**Independent Living & Home Care Services** has resources for transportation services, various societies such as Alzheimer, Cancer, Arthritis, and more. Home care services like Personal Care workers, help to adapt your home to make it safe, meal delivery services and Fall Prevention service options.



**Community Information & Active Living** contains "Real Estate" listings, links to the Rec Centre page, Resident Organized Activities, Seniors' clubs, Obituaries, Travel Information, Newspapers and Elected officials.



**Medical Equipment for Loan** is where to look if you have a short term need for small medical equipment like crutches, a knee brace, a shower bench and a selection of other items.



**Property Management & Home Maintenance** contains information on the Property Manager, Melfer & Porcupine, Fire prevention, garbage and recycling.



**Trade Referrals** is a newly reorganized referral list of tradesmen one of your neighbours has had a good experience with.



**Web Site Help** contains navigation tips and frequently asked questions.

# HOME ON THE GREEN NEWSLETTER



We hope you have signed up and are receiving our recently re-launched *Home on the Green* newsletter. Along with the quarterly magazine and hotg.ca, we see the newsletter as the 'third' communication vehicle that we will be using to keep you informed about what is happening in the community. To find out more and to sign up, simply go to hotg.ca and follow the prompts.

## BALLANTRAE'S VOLUNTEER ASSISTANCE PROGRAM

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At time of print, many of our advertising partners were closed as per the Ontario Government guidelines. We hope they are open for the summer but suggest you contact them by phone or by our new hyperlink feature found in the online version of the magazine [hotg.ca/hotg](http://hotg.ca/hotg). Click on the website in the ad and you will be redirected to the advertiser's site. Also check out the index. If the advertiser's name is highlighted, this allows you to click and be directed to their website.

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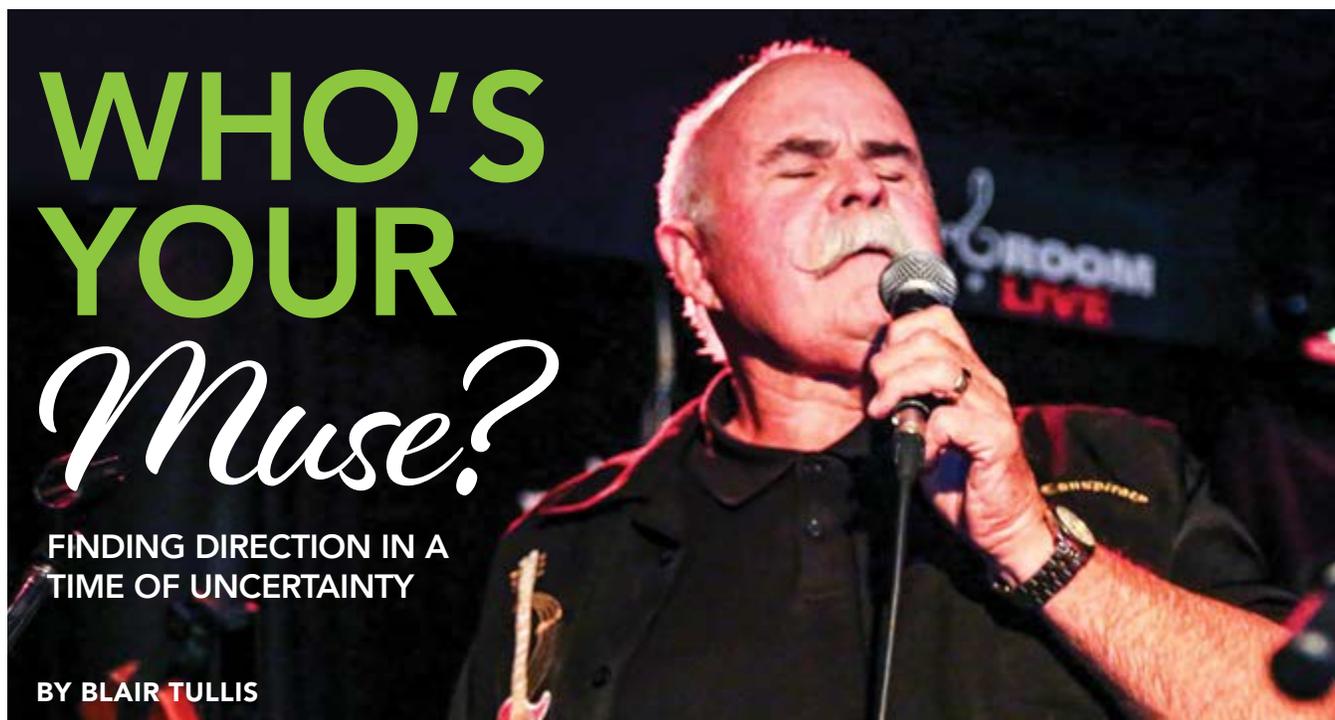


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# WHO'S YOUR Muse?

FINDING DIRECTION IN A TIME OF UNCERTAINTY

BY BLAIR TULLIS



Ever wonder why you never have the time to do something you want to do? It may be getting back to watercolours, learning to play guitar or just reading more. Everyone has a muse, be it for music, art, literature or whatever. We just never quite get the time to pursue our passions.

Well, folks, you now have time! Like never before, you have time.

My muse is Cecilia, patron saint of music, who sang to God as she lay dying. If that was her ticket to sainthood, John Prine may be next up. In his last album before his death in April, he wrote a song, *When I Get to Heaven*, where he's "going to shake God's hand and thank him for more blessings than one man can stand." Then he's going to have a vodka and ginger ale and smoke a cigarette that's nine miles long. His optimistic idea of heaven, where he can join a band and have a nightclub where he'll forgive anyone who did him wrong, surely has to earn him his wings. But, I digress, as Ronnie Corbett used to say.

Music has powers that touch the soul. Whether it's listening to Pink Floyd being *Comfortably Numb* or Andrea Bocelli singing *Ave Maria*, the music takes me away to a place where reality is suspended for a while so my soul can heal and gird itself for the next onslaught of sobering input. I soar above the fray to forget about Covid, Trump or Western alienation for a little while.

With less to see in person, there is so much more out there online for us to enjoy. It's interesting how musicians, deprived of their ability to get in front of live audiences, have reverted to playing from home to whomever might be out there in the ether. Some are raising money for medical

supplies. Some just need to be performing to say thank you to those who are working on the front lines. All of them need to perform to live. We are the beneficiaries of their passion for the muse. Whether it's Nora Jones, in sloppy sweater and no make-up, sitting at her piano in her den, or an Italian opera singer serenading the neighbours from his balcony, we're seeing a rethinking of just how we connect.

Your connection may be an online bridge club. Go for it. We have the time now to indulge our passions, and the tools to make it possible. Get back to what makes you happy. There's nowhere else that you have to get to anyway.



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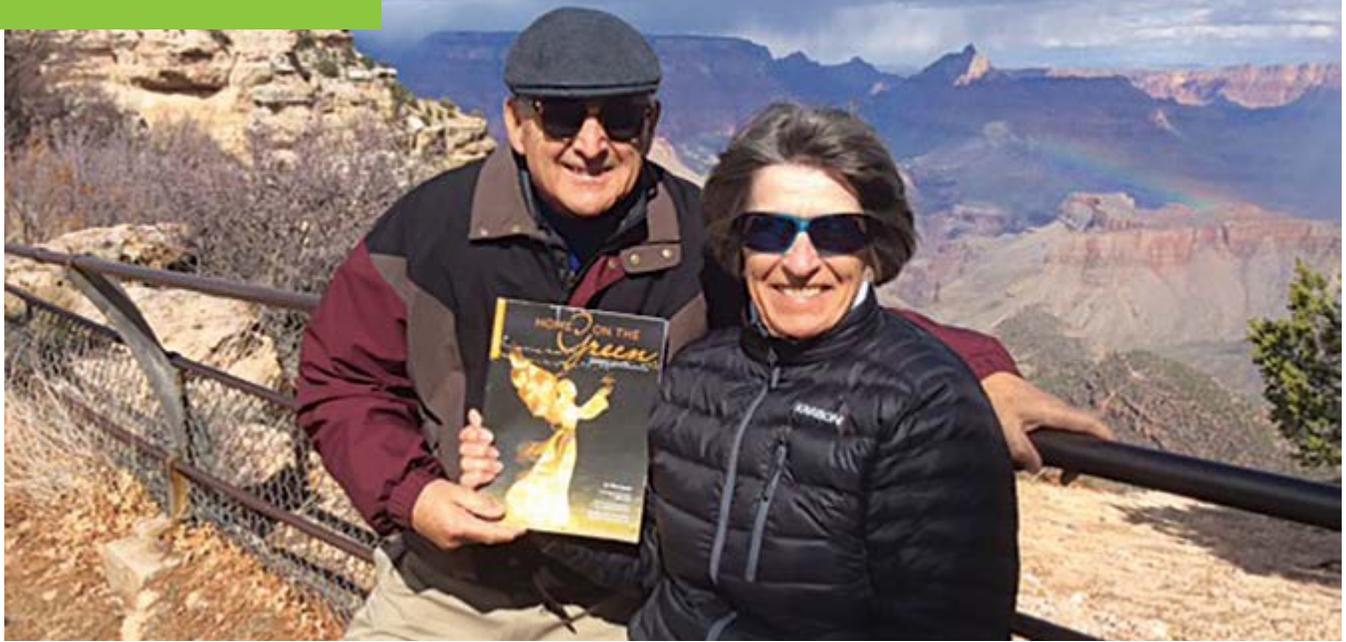
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*The Grand Canyon*

Ballantrae residents, Therese Skinner and Frank (Skip) Braun, along with Jackie Pim, were lucky enough to be among the last visitors before Grand Canyon National Park closed due to COVID-19 restrictions. After having spent three months in warm and sunny Pebblecreek,

Arizona, the three had arrived at this natural wonder on March 12 only to battle snow-covered ground and relentless winds. Fortunately, they were dressed for the weather and held their *Home on the Green* magazine tightly for the photos.



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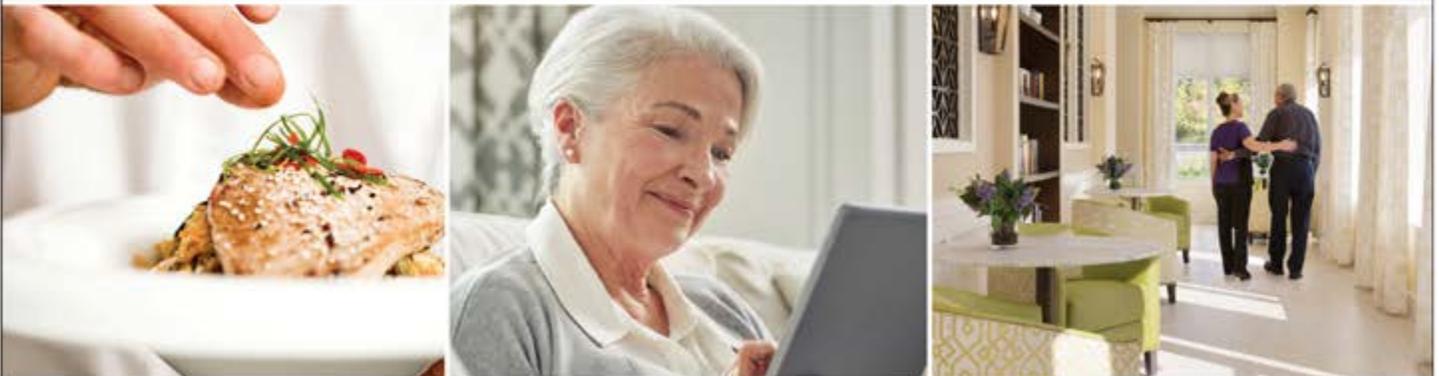


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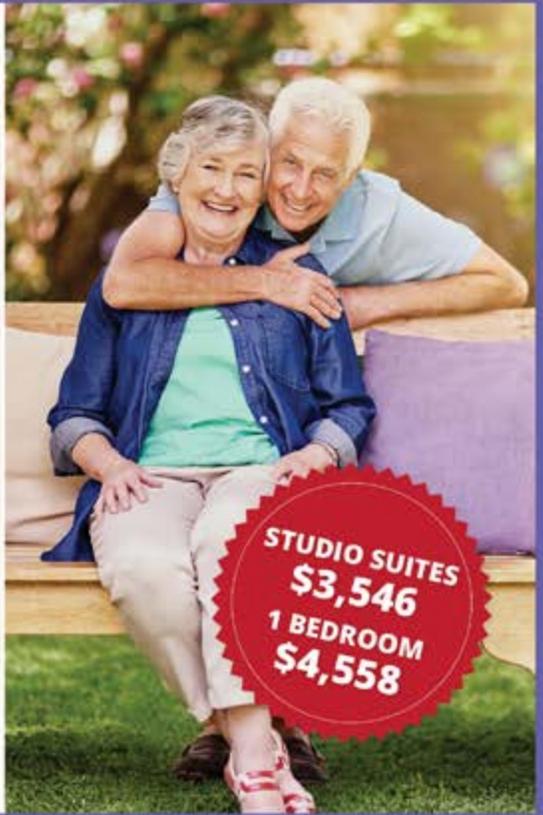
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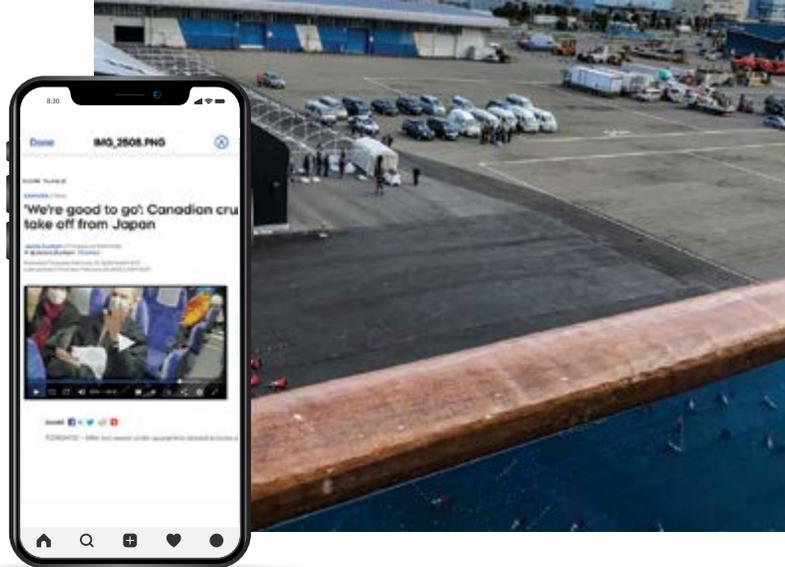
BY LYNNE BALFOUR,  
DEB GARNEAU & JIM SCRIVENS

We all love travel, adventure and cruises to new places. But sometimes...we get more than we bargained for.

Deb Garneau and Jim Scrivens had booked a 30-day southeast Asia cruise on the Diamond Princess beginning in January 2020 and designed to end in Yokohama, Japan on February 3. It had been a wonderful vacation up to the point when they were suddenly stunned by an announcement from the ship's captain.

The captain announced that a passenger, who had boarded the ship in Tokyo on January 20, disembarked after five days because he felt unwell. He subsequently tested positive for the COVID-19 virus. Once the cruise ship docked, Japanese health officials boarded and went from room to room to check temperatures and the general health of passengers. This initial testing revealed that many passengers had contracted the virus. In the early days of an imposed quarantine a large number of ambulances were seen dockside every day to evacuate the sick passengers. Over time it was estimated that 700 to 800 people were taken off the ship to the waiting ambulances, one per ambulance. These passengers were taken to hospitals throughout Japan; some were driven six or seven hours away from the ship. In the early days, the captain had provided very limited information as to the extent of the outbreak. All passengers had obtained much more detailed information through the media. Later they discovered that the Japanese Ministry of Health had been controlling the information flow through the captain to the passengers. Ultimately it was reported that six passengers had died and 705 had tested positive for the virus, of whom 322 had displayed no symptoms.

During the quarantine period, meals were delivered by the ship's crew, who throughout those weeks provided service over and above expectations. The staff was not tested for the virus until all the passengers had disembarked. If they felt ill, they were asked to self-quarantine—not easy when all rooms, washrooms and dining facilities were shared by multiple staff. Later on during the quarantine, times were posted when passengers could exit their cabins to get some fresh air on some of the decks. Jim and Deb chose not to do that. During that time, they kept their spirits up by talking to family twice a day and responding to a constant flow of emails from many of their friends back home in Canada. At no time did they feel unwell nor did they demonstrate any of the typical symptoms. With everyone trying to contact their families, the internet was not working well, until the ship substantially



increased the bandwidth to unprecedented levels. Periodically, while in port, the English TV channels appeared to be blocked.

After about a week in quarantine the American passengers on board were repatriated by the US government. Approximately one week later, the Canadian passengers were informed that a plane had been chartered for their return to Canada, with preliminary arrival in Trenton, Ontario.

Disembarkation from the ship went smoothly to awaiting chartered buses, but upon arrival at the local airport they were told that the plane was not ready for departure. They had to wait on the bus, while wearing face masks, for four to five hours. Eventually the plane departed for the twelve-hour flight to Trenton. While on the plane, specially trained doctors constantly monitored all passengers for any virus symptoms. Upon arrival at CFB Trenton, the Canadians were processed through immigration and subsequently received by our military, who provided box lunches, various toiletries, blankets, etc. They were then loaded on buses for the four-hour trip to Cornwall, Ontario. There, they were housed in small hotel-style rooms at the NAV Centre, an educational facility used by Transport Canada. Food was catered by a local restaurant and delivered to their rooms by Red Cross staff. They were allowed to walk outdoors or through their building at any time. Because it was so cold, the Red Cross staff supplied coats and other warm clothing that they had not packed for their intended tropical vacation. Red Cross nurses checked them twice a day. The nurses were kind and comforting and they kept their clients in good spirits, treating them as friends. The Canadian Red Cross staff was from all over Canada (including a nurse from Stouffville). The Scrivens were very impressed with the skill, concern and friendliness of the Red Cross team. As they finally left their quarantine quarters, they passed through another building where all the medical staff cheered and waved them good-bye. Deb said it was a very emotional experience!

At the end of the Canadian quarantine, they had the option of bussing to Montreal or to Ottawa for a flight to the Toronto airport or of renting a car. Jim and Deb decided to rent a car – at that point they had had enough of crowded public transportation. They arrived home in BGCC a mere four days prior to the Province requesting that all Ontarians stay at home to maintain isolation!

Ironically the Scrivens have three children who are involved in medical fields and are potentially working with people who could have COVID-19.



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